Thank you to all the parents and Mrs Jenny Rozynski who attended our October P & C meeting. The meeting included a very informative presentation by guest speaker Mr Mathew Clarke who volunteered his time to present and explain how the PBL anti-bullying program works, Thank you Mr Clarke. Cessnock Public School is an exemplary school in the Hunter region for leading the way in PBL and Mr Clarke has played an integral part of the implementation for the program. We as parents and a community should be proud of our students who are proactive with 85% of our students practising anti-bullying principles on a daily basis. Full meeting minutes are available on the school website & APP.

In this newsletter you will meet Gina & Jazz; as we continue with our committee profiles. A big welcome to our newest committee member Colin Warren, and congratulations on your new P & C position as Vice President.

>> NEXT P & C MEETING: MONDAY 17TH NOVEMBER @ 5.30pm ECBC.

---

**Bullying:**

Bullying is a repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyber bullying refers to bullying through information and communication technologies.

- Verbal, eg name calling, teasing, abuse, putdowns, threats, insults, sarcasm.
- Physical, eg hitting, punching, kicking, scratching, spitting.
- Social, eg ignoring, excluding, ostracising, alienating.
- Psychological, eg spreading rumours, dirty looks, hiding or damaging possessions.

TO READ MORE: VISIT www.cessnock-p.schools.nsw.edu.au