

# Mount Kuring-gai Public School Newsletter



Education &  
Communities

Mount Kuring-gai Public School  
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E-mail: [mtkuringga-p.school@det.nsw.edu.au](mailto:mtkuringga-p.school@det.nsw.edu.au)



**School Security:** Another secure fortnight. Thank you to our vigilant community.

**Parents and Citizens:** Reminder of elections for the 2013 office bearers will be held at our AGM November 28. The meeting will commence at 7.30pm.

**Student Welfare:** This week will see our penultimate Star of The Month Assembly. I have thoroughly enjoyed watching and listening to our teachers outline why each one of our 'Stars' were worthy recipients. Once again this demonstrates the knowledge our teachers have of every student at our school. This truly signifies the benefit of a small school environment.

Please see the attached flyer on childhood anxiety, which our counsellor has provided to me for publishing in this newsletter. The Cool Kids program is designed for children 7 – 17 years of age. There is also a Cool Little Kids program designed to help parents of shy or inhibited younger children learn how to increase their child's confidence and reduce the likelihood that they will develop anxiety later in childhood. Please contact the numbers provided or see me for further information.

**Trivia Night:** What an absolutely fantastic time was had by all at the 2012 Trivia Night. The Hawaiian theme was certainly a winner with many clever outfits on display. Congratulations go to the organising committee, which were ably led by Kim and Alison, fantastic effort by all. Special mention must go to the 'pilots' for a stupendous flight, the 'cabin crew' for maintaining the passenger comfort level and to our wonderful entertainment director for providing fun filled 'oxygen breaks' during the question sessions. I would like to thank Jay Hackett for being a wonderful auctioneer, without your tact and persuasive ability, I am sure the final figure would be not as what it turned out to be.

Finally, thank you to our community for your generosity, great conversation and many laughs. I am positive this night will be talked about for many a month. As you are aware, all funds will be put toward our new sand pit and play area along with an Aboriginal signature retreat.

**Proud Principal:** What can I say about our school band? I am thoroughly enjoying being the bandmaster and seeing the children's smiling faces. A huge thank you again to the parents of our band members who drop their children off or come in and help set up the seats and the instruments. You know who you are. Thanks.

Still on our music program..... I am pleased to announce that we can now offer music tuition in clarinet, flute, saxophone and keyboard at MKPS. If you are interested in investigating this fantastic opportunity please make an appointment for a chat with me.

Kind regards,

*Glenn O'Neill*

Principal.

**What's on at MKPS in Term Four: Please note, all activities are also placed on the website.**

Week 7		Friday November 30	SBS 9.30 am.
Monday, November 19	Sports Pro	Week 9	
Week 8		Monday, December 3	Sports Pro
Monday, November 26	Sports Pro		Leadership speeches 9.30am.
Wednesday, November 28	P&C AGM 7.30pm.	Tuesday, December 4	Yr 6 Mini Fete
Thursday, November 29	Band Lunch ☺	Wednesday, December 5	Sushi, Combined Scripture



## Some Pics from Trivia Night







***Fantastic effort committee!!!!!!***

***Glenn, staff and kids.***

## **Canteen News.**

The review of the canteen menu, by the Healthy Kids Association has now been completed. The necessary changes will be implemented. These include the removal of the following items off the menu, fish fingers, beef noodles and gingerbread kids. In an attempt to green up the hot food menu, the following items have been added; stir fried vegetable hokkein noodles and spaghetti bolognese. Also two new green items have been added to the menu Up and Goes (\$1.50) and That Diary Snack (\$1.50). I will continue to investigate the options for green snack ideas as the menu is reviewed. The new and improved green menu will be available shortly.

Another very successful sushi day will be held on Wednesday 14<sup>th</sup> November with 133 sushi rolls munched on by the children.





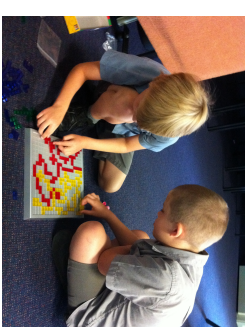
## *Mount Kuring-gai Before and After School Care*

Leeming Street, Mt Kuring-gai 02 94576142 Mobile 0405 508 622  
[mkps.oosh@gmail.com](mailto:mkps.oosh@gmail.com)

***Looking for an excellent local school which has a fantastic Before and After School Care facility?***

**Opening Hours 7.15am-9.00am 3.30pm-6.30pm**

- Now accepting Registrations for 2013
- Places available Monday to Friday
- Discounted session rate for regular bookings or flexibility of casual bookings.
- Fully accredited centre, approved for Child Care Benefit (CCB) and 50% Childcare Rebate (CCR)
- Session numbers vary from 8 to 25 children. Allowing children to quickly build up a caring and respectful relationship with centre staff.
- Based within the school. A community service provided by the P&C Committee and managed by a voluntary parent management committee.
- A healthy breakfast available for children arriving



- Permanent session bookings can be moved within the same week and session type to a different day if necessary. Allowing our regular families flexibility not available at other local centres. (min. 24 hours notice required).
- More detailed information including fees is available in our Parent Information Handbook.

If you would like to organise a visit to our OOSH, have any questions please don't hesitate to contact

Kara Ussher - President of the Management Committee on

[mkps.oosh@gmail.com](mailto:mkps.oosh@gmail.com)

or call our Nominated Supervisor Kristy Kouroutis  
on 0405 508 622

We look forward to welcoming your family to OOSH!





## **P&C AGM: WEDNESDAY 28<sup>TH</sup> NOVEMBER 2012**

### **NOMINATION FORM**

Please find below the nomination form for the P&C Executive Committee. All positions will be declared vacant at the Annual General Meeting. Nominations will be presented and voted upon at this time.

Being a part of the Parents and Citizens association allows you the opportunity to play an active role in your child's education and provides a valuable partnership between the school families and the community.

Please give your consideration to the positions as listed below. You may wish to nominate yourself or another member of the school community. A description of the individual roles can be found overleaf.

I wish to nominate: \_\_\_\_\_

For the P&C Executive position of

President ☐

Vice President ☐

Treasurer ☐

Secretary ☐

Please return all nomination forms to the school office. Any queries can be directed to Carla Todd [carla.todd@yahoo.com.au](mailto:carla.todd@yahoo.com.au)



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## GIVE YOUR CHILD A HEAD START!

GKR Karate is conducting classes for children, adults and families in your area.

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- ✓ Improve Fitness
- ✓ Gain Self Discipline
- ✓ Learn Self Defence



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Trial Memberships • Family discounts • No contracts

[gkrkarate.com](http://gkrkarate.com)



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INC.

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**BEROWRA CRICKET CLUB!**

REGISTRATIONS NOW BEING TAKEN FOR SEASON 2012/13

MILO In2Cricket (5-8yrs)

JUNIORS (U/9-U/16)

SENIORS (SAT & SUN 1-day Comp)

VISIT: [www.berowracricket.org](http://www.berowracricket.org)

or CONTACT:

Phill Reid 0403 300 921 – Milo In2Cricket Coordinator

Michael Parker 0410 437 767 – Junior Coordinator

Will Fiedler 0402 043 524 – Senior Coordinator

EMAIL: [bcc\\_enquiries@hotmail.com](mailto:bcc_enquiries@hotmail.com)



### 2012 NET SET GO CLINIC

**When:** Fridays Term 4 2012  
Oct 12<sup>th</sup> until Dec 14<sup>th</sup>

**Time:** 5.00pm – 6.00pm

**Where:** Montview Rd Netball Courts Hornsby Heights

**Cost:** for 9 weeks (including participant pack)

	5-7 yrs	8-10yrs
New player	\$55	\$65
Existing registered player	\$35	\$35

San Remo NetSetGO! is Netball Australia's Junior Netball Program for **BOYS and GIRLS** from the age of **5 to 10 years**. The program is designed for maximum enjoyment and participation by the children with a focus on participation. The weekly program will be coordinated by accredited coaches and incorporate skill activities, minor games and modified matches in a fun and safe environment.

To register, Email [hornsbylionsnetsetgo@gmail.com](mailto:hornsbylionsnetsetgo@gmail.com)  
or contact Nicole Carr on 0432 858 347.



# Discover Playgroup

## Mt Kuring-gai Jellybabies Playgroup

Mt Kuring-gai Community Centre  
5 Church Street  
Wed 10:00am & Friday 9:30am

Come to Playgroup and meet others in a relaxed and friendly environment.

A Playgroup is a place for you and your children to have fun, make new friends and develop skills through play.

Contact Playgroup NSW on  
**1800 171 882**

or visit  
[www.playgroupnsw.com.au](http://www.playgroupnsw.com.au)

Learn through play • Make friends • Have fun • Discover Playgroup



## REVOLUTIONISING INDOOR SPORTS IN SYDNEY

- Brand NEW courts & nets
- Junior & Senior competitions
- Soccer, Cricket, Netball
- Interactive scoring systems
- Sport & soft play birthdays
- Under 6's soft play
- Sportasauras junior program
- Registration commence on 1st Sept
- Sporting staff required

To receive  
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ensure you

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**Ph: 9484 8008**

17 Sefton Road Thornleigh 2120 (above North Shore Timber)



For full time tables and for bookings & information visit

**[www.sportsbliss.com.au](http://www.sportsbliss.com.au)**

**OPENING  
SEPT**

*LIVE LIFE WELL*



**YOGA**



Yoga in the Iyengar tradition can build strength & stamina, improve muscle tone, flexibility and increase overall sense of wellbeing

Classes now at  
**Mt Kuring-gai Public School Hall**

Mondays 7.15 - 8.30pm during school terms.  
*Starts Monday 6th February 2012*

Cost

\$12.00 per class (prepaid for the term) or  
\$15.00 per class (casual visits)

For more information  
contact

**Fiona Lisle**

P: 0425 261300

E: [thelislles@gmail.com](mailto:thelislles@gmail.com)



## NOW AT MOUNT KURING-GAI

MOUNT  
KURING-GAI  
ACTION INDOOR  
SPORTS  
7 GUNDAH RD  
MOUNT KURING-GAI  
Ph: 9802 0909



Our clinics are of the highest quality  
with exceptional staff and activities  
built for fun skill development:

**TERM 4 ONLY \$120**  
(just mention this ad)

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- Soccer KickSTAR - Advanced Program
- Pre-School Kickstart - 2-5 year olds

**www.sportskickstart.com.au**

Weekly Soccer • Pre-School Sports • Corporate Events • Rugby Clinics • Birthday Parties • Cricket Clinics

### **Action Indoor Sports Mt Kuring-Gai**

**New Indoor Sports Centre and Learn to Swim Pool**

Junior/Senior Soccer, Netball, Cricket

Birthday Parties

**Opening October 2012**

7 Gundah Rd, Mt Kuring-Gai

[www.aismtkuring-gai.com.au](http://www.aismtkuring-gai.com.au)

Email: [info@aismtkuring-gai.com.au](mailto:info@aismtkuring-gai.com.au)

Ph: **9875 2144** or **0434 300 872**



# Invite a little bit of Italy into your home!

Become second parents to an exchange student as they adapt themselves to the Aussie way of life and share their cuisine, history and culture with you. Volunteer host families come from all walks of life and communities: rural, suburban and urban.

Contact WEP for more information: **1300 884 733** or **wep.org.au**

Costanza participated in a semester-long student exchange program with World Education Program (WEP) Australia.

At the end of her program, Costi shared the following:

***Thank You!** Two words that I probably didn't have the chance to say properly so far. Thank you to the coolest host mum, to the nicest host dad and to the funniest host sisters ever! Thank you for making every day of my stay so wonderful and keeping away that homesickness that could have shown up without you. Thank you for all the little moments we shared together, Riley's birthday, the pizza night and all our 'Australian's Next Top Model' nights. Thank you for having been there for me even in the worst moments. Of course it hasn't been always smooth and soft, no one is perfect, and you got to know me and eventually accept me even when I make mistakes.*

*This is what I thank you for, for letting me into your family and say one more time: Thank you! You've been the most wonderful host family that I could possibly have!*



## HOSTING IS FUN!

Join the WEP community and become a volunteer host family to an Italian exchange student.

**WWW.WEP.ORG.AU**

**1300 884 733**



World Education Program Australia Limited (ABN 82 098 289 297)  
PO Box 260, Black Rock 3193, Melbourne, Victoria

T 03 9598 4733 F 03 9598 4233 E [into@wep.org.au](mailto:into@wep.org.au)

A non-profit student exchange organisation registered with the Education Departments



# FORBES FOOTWEAR

## Summer Shoe Sale

01/12/12 – 08/12/12

**ALL STOCK REDUCED**

**Childrens, ladies and  
mens styles.**

**Inc large sizes & orthotic footwear**

Prices slashed on  
major brands including:

Clarks;Slazenger;New Balance;Hush  
Puppies;Diana Ferrari;Florsheim

153 Pacific Hwy Hornsby - 9477 1613  
Open Monday - Saturday

# FORBES FOOTWEAR

## Summer Shoe Sale

**ALL STOCK REDUCED**

**inc Orthotic Footwear, Large Sizes & School Shoes**

Prices slashed on major brands including:

**Clarks;New Balance;Hush Puppies;Supersoft;Florsheim**

Sale commences Sat 1<sup>st</sup> Dec until Sat 8<sup>th</sup> Dec

153 Pacific Hwy Hornsby - 9477 1613 Mon - Sat

ASSESSING NOW FOR  
**COOL KIDS ANXIETY GROUPS**  
RUNNING FROM TERM 1, 2013!

**Approach Psychology**  
*is excited to offer Cool Kids groups  
to anxious children and adolescents  
and their parents  
from Term 1, 2013.*

*Groups will be conducted by a Psychologist  
who has trained and worked professionally  
running Cool Kids groups at  
Macquarie University's Emotional Health Clinic.*

*Medicare rebates may apply for clients  
with a Mental Health Care Plan.*

*Please call (0478) 763 163, or check out  
[www.approach-psychology.com.au](http://www.approach-psychology.com.au), for further information.*



## ***Cool Kids Group Program for Anxiety***

Cool Kids is a structured, skills-based program that teaches children and adolescents how to better manage their anxiety. It involves participation of both the child or adolescent and their parents, and focuses on teaching clear and practical skills. The program has been continually evaluated and developed through research programs run at Macquarie University since 1993. The research indicates that approximately 80% of young people who complete Cool Kids programs show significant improvement in areas such as confidence, number of friends and involvement in extra-curricular activities, school attendance and academic achievement. Additionally, the research indicates reductions in worry, fear, shyness and family distress following participation in Cool Kids programs.

### **Topics covered include:**

- Learning about emotions and anxiety
- Learning to think more realistically using 'Detective Thinking'
- How parents can help
- Fighting fear by gradually facing fear ('Stepladders')
- Problem-solving
- Assertiveness and dealing with bullying

The Cool Kids program is designed for children aged 7 to 17 years, with slightly different versions for primary school children and high school children. There is also a Cool Little Kids program designed to help parents of shy or inhibited younger children learn how to increase their child's confidence and reduce the likelihood that they will develop anxiety later in childhood.

Cool Kids programs run in a group format, between 6pm and 8pm on weeknights for 10 weeks during school terms. Cool Little Kids groups are conducted during business hours, with parents only. Prior to allocation to a group, children and their parents will need to attend a thorough assessment to determine suitability of the Cool Kids program to the child's specific difficulties. Once suitability has been established, the family will be allocated to the next available group (usually in the following school term, subject to availability).

Medicare rebates for group programs may apply if the child has a Mental Health Care Plan from their paediatrician or GP.

For further information, or to book an initial assessment, please call *Approach Psychology* on (0478) 763163 or email [info@approach-psychology.com.au](mailto:info@approach-psychology.com.au)