

Mount Kuring-gai Public School Newsletter



Education &
Communities

Mount Kuring-gai Public School
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School Security: Another secure fortnight. Thank you to our vigilant community.

Parents and Citizens: Congratulations to our new executive office bearers for 2013: Neil Gow (President), Abby West (Vice President), Lucinda Bennie (Treasurer) and Carla West (Interim Secretary). I am sure this executive team will provide outstanding leadership for the years ahead. Carla has agreed to remain as secretary for the short term allowing the team to continue the recruiting and training process for the coming years.

2013 classes: During the AGM Principal's Report I outlined in detail the proposed staffing and class structure for the 2013 school year. Following is a brief overview of the classing for 2013.

Kindergarten- (Miss Morrison and fulltime teaching aide) I will also be providing substantial support through my new role.

Year 1- (class teacher)

Year 2 – (class teacher)

Year 3/4 – (class teacher)

Year 4/5 – (class teacher)

Year 6 – (class teacher)

Learning and Support and ICT management - (Mr O'Neill)

Teacher release – (Mrs Olsen – Mr O'Neill)

Individual teachers for each class will be announced after our ongoing professional conversations and the new 2013 - 15 strategic plan is ratified. What I can assure is there will be minimal personnel change from 2012. I understand there will be some questions arising from the formulation of two composite classes. In this newsletter I have attached my brief paper on composite classes, which I am sure will answer many questions and alleviate many concerns. Positives of this structure are: Year 6 will have one teacher through the week, we can maintain one kindergarten class and resource it appropriately and I will be actively participating in the learning programs throughout the whole school.

Student Welfare: 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.

Proud Principal: Without the fantastic administrative support provided by Pam and Erica in our front office, our school organisation would be much the poorer. Great to work with you and I know our community values and respects your roles. Thank you!!!

Kind regards,

Glenn O'Neill.

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

Week 9	Thursday, December 6	Star of the Month ribbons lunch
Monday, December 3		
	Sports Pro	
	Leadership speeches 9.30am.	
	Friday, December 7	Talent show auditions.
Tuesday, December 4		
	Yr 6 Mini Fete	
	Week 10	
Wednesday, December 5	Tuesday, December 11	Celebration of Learning.

Composites - Stages not Ages

At the beginning of a new school year, many parents might suddenly find their child in a composite class. Naturally, questions arise: for the older group - will my child be held back? For the younger group - will my child be able to keep up?

Composite classes have been the source of much controversy over the years, with parents often believing that their offspring is being disadvantaged in some way by being in one.

The key to understanding composites is realising that growth is determined in stages and not magically by ages. Composite classes teach children who are at compatible stages - not ages. It doesn't mean your child is very slow or a genius, it just means that they are going through a stage either sooner or later than others.

It would be a bit silly to presume that all toddlers, once they reach the age of two, are toilet trained and talk in sentences, some will, some won't, but they all will in the end. My children certainly did not. Stages of all sorts continue throughout childhood and into the teenage years - puberty catches up to everyone at some point.

Although a child might be chronologically older - their maturity, social needs, academic needs and behaviour may be akin to a Year 3/4 balance rather than a straight Year 4 or a Year 4/5. Alternatively, a child may be quite mature and requires the stimulation of a Year 4 or Year 4/5 group. They all get there, the path may be different but the destination is the same. Children have always been in multi-aged classes anyway.

The ages of kindergarten students range from four and nine months to six and six months, an 18-month difference! Some children start school barely toilet trained where others are quite mature and are already reading at an advanced level. Same class but different stages.

It makes sense then to group children who are going through the similar stage so they can relate, help and experience together. Even within the same class, children will be at different levels. Teachers recognise this and usually extend the work of those who learn more quickly and give more attention to those who are slower.

The class then becomes outcome based rather than competition based - this method of teaching also applies to straight classes. The good thing about composite classes is that it draws attention to individual needs and development and facilitates individualised learning. Managing composite classes requires experienced teachers.

Teachers at Mount Kuring-gai are well versed and experienced in conducting programs in composite classes. Older students are not held back in composite classes. Separate programs are used, in most curriculum areas, for the different groups of students according to their level of development. There will be some joint activities; such as in art and drama.

Composite classes can provide significant benefits to both the younger and older students in the class. Older students can benefit from helping younger students in co-operative learning situations. The younger students have the opportunity of enhanced learning experiences where they are ready for it.

The Department of Education says that overseas research has shown children in composite classes do no better or worse academically than their peers in straight grade class, but that, socially, their development is enhanced. They are more confident, can operate better as part of a group, are more assertive, become more independent learners and better problem-solvers. They also make friends outside of their standard age groups.

Composite classes have always existed. Traditionally smaller schools have had to use composite classes to place all their pupils in classes - this is still relevant in many country schools. Composite classes, also known as multi-age, multilevel, fluid or vertical groups, are here to stay.

Schools in the NSW are very careful in allocating students to composite classes, particularly in ensuring the younger students are mature enough to cope. If you have a child in a composite class and are concerned, talk to the teacher and the principal. The greatest impact on student learning is the quality of the teacher not the composition of the class and we have outstanding teachers!

Thank you for taking time to read this document.

Sincerely,

Glenn O'Neill

M(LM); B.Ed (Special Education); Dip. Teach (Primary)

Canteen News.

The last Sushi Day for 2012 will be held on Wednesday 5th December. Order forms must be submitted by Thursday 29th November.

The Salvation Army and St Vincent de Paul were very grateful for the unused canteen equipment the school donated to them. It will certainly assist two very worthwhile charities.

The new “greener menu” will be officially launched in 2013.

As the year draws to a close, planning for 2013 is well underway. If we manage to get sufficient volunteers the canteen will continue to open its doors for the two usual trading days. Could all the existing or new volunteers please advise me of your availability.

The last trading day for the canteen for 2012 will be Monday 17th December.



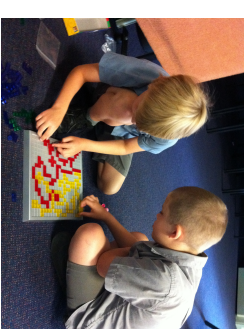
Mount Kuring-gai Before and After School Care

Leeming Street, Mt Kuring-gai 02 94576142 Mobile 0405 508 622
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
or call our Nominated Supervisor Kristy Kouroutis
on 0405 508 622

We look forward to welcoming your family to OOSH!



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

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**COME PLAY CRICKET
WITH THE**

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

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



2012 NET SET GO CLINIC

When: Fridays Term 4 2012
Oct 12th until Dec 14th

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
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

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
opening specials
ensure you

Like us on
Facebook



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

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: thelisles@gmail.com

NOW AT MOUNT KURING-GAI

MOUNT
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ACTION INDOOR
SPORTS
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MOUNT KURING-GAI
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built for fun skill development:

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

- Soccer Kickstart - 4-12 year olds
- 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

Email: info@aismtkuring-gai.com.au

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



Geoff Spotswood

CRICKET* & MULTI-SPORT

School Holiday Clinics

North Sydney, North Sydney Oval No. 2

18 - 21 DECEMBER 2012 - 9am-1pm (4 days - \$210)

14 - 17 JANUARY 2013 - 9am-1pm (4 days - \$210)

Lindfield, Lindfield Oval

18 - 21 DECEMBER 2012 - 9am-1pm (4 days - \$210)

15 - 18 JANUARY 2013 - 9am-1pm (4 days - \$210)

Northholm Grammar

15 - 18 JANUARY 2013 - 9am-1pm (4 days - \$210)

Moore Park, Centennial Parklands

22 - 25 JANUARY 2013 - 9am-1pm (4 days - \$240)

INCLUDES: Tour of SCG & Training at SCG nets

St. Ives, Hassell Park

21 - 24 JANUARY 2013 - 9am-1pm (4 days - \$210)

Baulkham Hills, Ted Horwood Reserve

22 - 25 JANUARY 2013 - 9am-1pm (4 days - \$210)

Enrol Now

Book On-line

Daily rate \$65
See discounts

***FREE**
Private Lesson
for each player!



CRICKET (5 - 16 years girls & boys)

MULTI-SPORT(boys & girls)

(5 - 13 years) Cricket, Soccer, Touch
football, Softball, Aussie Rules,
Basketball** Netball* (*girls only)

Sports Birthday Parties

Private Cricket Coaching

Conducted by Geoff Spotswood, Level 3 Coach, Cricket Australia

Contact Geoff on **0401 382 409** or **9489 8187**
geoff@cricketcoachingclinics.com.au

Book online **cricketcoachingclinics.com.au**

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 1st Dec until Sat 8th 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, 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