

# Mount Kuring-gai Public School Newsletter



Education &  
Communities

Mount Kuring-gai Public School  
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**School Security:** Unfortunately, we have been a victim of another two acts of random and mindless vandalism. As with other events I have informed the police and the appropriate DEC authorities. For community information, the cost random acts of vandalism and graffiti within the school has topped \$7,000 for the year. This is on top of the break and enters in Term 2. These are funds that should be spent on our children at MKPS, not repairs and insurance claims. If you have any information, no matter how minor, please inform me or phone the Police Assistance Line on 131444.

**Parents and Citizens:** Monday, December 17 will see the final P&C meeting for the year. During this meeting the current P&C executive will be presenting leaving parents who have made significant contributions through parent bodies at MKPS with certificates of appreciation. On behalf the former students, staff and principals I offer my sincere gratitude to your tireless efforts and selfless service to this great school. Thank you.

**2013 classes:** Class structures have been settled for the 2013 school year. I will be presenting the staffing to the P&C meeting for tabling. A note will be going home next Tuesday to inform the wider community as to the teachers of specific classes. As with any staffing decision made during 2012, I am beholden to the industrial agreement between the NSW teacher's Federation and the NSW DEC regarding the appointment of teachers and engagement of teaching staff on temporary contracts.

## **Proud Principal:**

**Celebration of Learning (COL):** It has been wonderful to hear and receive such positive feedback from our community regarding our 2012 COL. I extend my thanks to our dedicated and professional staff who worked tirelessly with our students to conceive and produce such a wonderful set of three assemblies. To our community who attended, it was terrific to see the joy expressed throughout the morning. Students.... You were absolutely fantastic, a credit to your families and school. Well done!

**2012 Year 6 Farewell Dinner:** Wednesday, December 12 saw our senior students celebrate the passing out of another Year 6 class. The night was such a great success with students and staff dancing the evening away. Mrs Olsen and Miss Harvey led the staff admirably. Year 6, I wish you all the best in your future schooling and life endeavours. You know where we are if it gets a bit tough next year. Take care and love life.

**Christmas Wishes:** I wish everyone the best for the upcoming festive season. Keep safe and play safe. 2013 promises to be a year of much change administratively, however, our focus at MKPS will always be the children and achieving exceptional social and academic outcomes. A final thank you to a great community!

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 11**

Monday, December 17	P&C 7.30pm.
Tuesday, December 18	Talent Show 2.30pm.
Wednesday, December 19	Students' last day Reports home Leavers Arch 2.45pm.
Thursday, December 20	Teachers' SDD

Friday, December 21

Teachers' SDD

### **2013:**

Wednesday, January 30	Students return Classes allocated.
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## 2012 Graduating Class





## **Canteen News.**

What a busy and exciting year it has been in the canteen. The children have enjoyed many special fun food days and our most popular have been the Sushi Days. They will be returning in 2013. We will also be launching our new, improved and greener menu in 2013.

As the year draws to a close I will be running the canteen stock down. With only two more trading days left it may be necessary to offer alternatives if we are out of stock of certain items. So please be patient.

I would like to thank everyone who has contributed to such a wonderful year. There are too many volunteers to mention, but you know who you are. A heartfelt thanks from me to you for assisting with the smooth running of the canteen.

Also, a special thank-you to our trusty office ladies who assisted me with any administration requirements. It has been fun and the kids will agree with that.

We were successful in opening the canteen on both Monday and Thursdays during 2012 and plan on continuing this into 2013. However this is only possible with the trusty canteen Mums and Dads who volunteer their precious time.

Could all existing canteen volunteers and anyone else wishing to join the "Canteen Team" please let me know if you are available for the roster in 2013.

If I don't hear from you I will assume you are happy to continue. Please email or phone me on 0421 922 537 or 9457 0636 or westmalb@tpg.com.au

I would like to say a special farewell to Jann Rose, Janet Cryan, Cheryl Burnett, Rachel Tancred, Jane Palfreyman who will be leaving the canteen and the school after many years of volunteering. Good luck with your new schools.

On a final note the **Canteen will reopen for business on Monday the 4<sup>th</sup> February 2013.**

**Wishing everyone a very Merry Christmas and a Safe and Healthy 2013. I Look forward to working with you all again in the new year!**





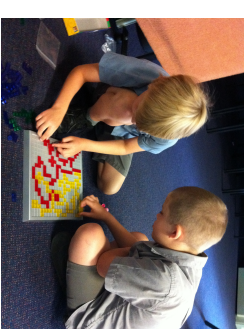
## *Mount Kuring-gai Before and After School Care*

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!





Please Support our Sponsors



## GIVE YOUR CHILD A HEAD START!

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

- ✓ **Build Confidence**
- ✓ **Improve Fitness**
- ✓ **Gain Self Discipline**
- ✓ **Learn Self Defence**



Be one of the  
first 10 callers  
and receive...

**75% OFF**

normal membership fee

Trial Memberships • Family discounts • No contracts

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



**BEROWRA CRICKET CLUB**  
INC.

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](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)



**BEROWRA NETBALL CLUB  
REGISTRATIONS FOR  
2013 WINTER COMPETITION**

Will be held on Saturday 2nd of February 2013

Registrations accepted from 9am – 3pm at the Berowra Soccer Clubhouse, Berowra Oval, Berowra Waters Road, Berowra.

We welcome new players of all ages and also seniors wishing to register a whole team

All new Netta players (aged 7 – 8) will receive a CLUB PLAYING SHIRT FREE on registration

All new junior players need to bring an original Birth Certificate and a copy.

Payment by cash, cheque or credit card.

Netta teams are open to 7 and 8 year olds - (played at Lofberg Rd, West Pymble)

Competition for 9 year olds to senior and masters teams played at Canoon Rd, Sth Turramurra.

Grading Days:

Wednesday 5th of February 2013

5.30pm - 12 yr. olds,

6.30pm – Inter's,

7.30pm – Cadet's

Thursday 7th of February 2013

5.00pm – 9 yr olds,

6.00pm – 10 yr olds,

7.00pm – 11 yr olds

More details available on Registration Day

Net Set Go Program will run at Berowra in Term 2

all Training & Net Set Go are held at Warrina Street Courts

Accredited coaches/umpire training

Family Discounts also apply.



www.bluelight.com.au

**SUPPORT YOUR LOCAL BLUE LIGHT**

**DJ and Karaoke**

**Saturday, 16 February 2013**

**4:30—7:30**

Age 8—12 years

Tickets: \$9 (sibling discount, \$5 ph)

Canteen available

**PCYC Performing Arts Centre**

22 Waitara Ave, Waitara

Tel: **9477 2310** Email: **hornsby@pcycnsw.org.au**



PREBOOKING ESSENTIAL. LIMITED TICKETS AT THE DOOR.

**NO ALCOHOL - NO DRUGS - NO PASSOUTS**





*This Summer*

**UNLIMITED  
BOWLING**

**\$15.90<sup>PP</sup>**  
**ALL DAY**

AMFBOWLING.COM.AU | CALL 132 263

\*Valid 9am-5pm daily during the Dec '12 - Feb '13 public school holidays. Not valid with other offers. Valid on day of purchase only. Subject to availability. Waitlist used & maximum of 2 bowling games permitted before joining waitlist. Excludes AMF centres in QLD. Standard AMF terms of entry apply. See amfbowling.com.au for full terms & conditions.

## Kids!! Have fun learning to speak Mandarin



### NEW Mandarin Language Club at Mt Kuring-Gai Public School for 2013!

#### The Mandarin Stars program offers:

- An engaging program that will inspire a love for learning Chinese.
- An immersion based program that teaches strong listening and speaking skills in Mandarin.
- Language building activities such as role play, Chinese songs, rhymes and games!
- The teaching of Chinese characters, reading, writing and Pin Yin.
- The discovery of Chinese history, culture, festivals, Calligraphy, Tai Chi and even Kung Fu!

#### Date & Times:

Thursday afternoons (Starting 7/2/13)

Kindy to Year 2: 3.30pm to 4.15pm

Years 2-6: 4.15pm to 5.00pm

**Cost: \$16/class**

#### How to Book:

Contact [enrol@mandarinstars.com.au](mailto:enrol@mandarinstars.com.au)

Or call 8437 2498 to arrange a free trial.

\*Trials must be pre-booked with our Enrolments Centre.

mandarin stars



fun mandarin for kids

# 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  
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](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: [thelisles@gmail.com](mailto:thelisles@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)

- 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](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**





# *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](mailto:geoff@cricketcoachingclinics.com.au)

Book online **cricketcoachingclinics.com.au**

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)