

Mount Kuring-gai Public School Newsletter



Education &
Communities

Mount Kuring-gai Public School
Leeming Street, Mount Kuring-gai 2080
(T) 02 9457 9088 (F) 02945 8691
E-mail: mtkuringga-p.school@det.nsw.edu.au



Term 2, Week 9

Principal's Message:

Well, it certainly has been a busy term. Our wonderful teaching and support staff have once again provided an outstanding term of education for all students. We are certainly very lucky to have a staff that places quality teaching and learning as its highest priority. I am proud to say that our staff place the creative and performing arts, along with other cultural endeavours so high on the teaching agenda. A well rounded and holistic educational setting is proven by research to create socially adjusted and resilient adolescents.

School Communication: A recent survey completed by a large number of our community has shown that electronic communication is proving to be a successful method of information dissemination. As part of our 2013 school review I will be using online strategies to enhance inclusivity for our community. Thank you to the respondents to the last survey.

A notable farewell: This Friday will be the Lowe family last day at MKPS. On behalf of the student and staff body I would like to take this opportunity to thank both Kimberly and Tye for their fundraising efforts through 2011 to 2013. Kimberly was a major coordinator of the 2012 Trivia Night and much of the manual labour and emotional support was provided by Tye. I wish the family all the best at their new educational setting and am sure their new school will benefit from their support of public education.

I have included a useful article on resilience robbers. It is mainly for Year 5 through 10.

I wish all our community a safe and happy winter break. Enjoy the time with your children, as they grow up so quickly.

Kind regards,

Glenn.

Upcoming Events at Mt K: Term 3

Week 1

Monday, July 15	Staff Development day
Tuesday, July 16	Students return , Swim School commences, Choir rehearsal Chatswood HS.
Thursday, July 18	High Jump trials continue
Friday, July 19	Winter Sport round 12 Family Fun Night.

Swim School all week

Week 2

Monday, July 22	HD Music Festival rehearsal, Swimming Scheme continues, SBS 2.30pm.
Wednesday, July 24	OC Placement Test, Sem 2 SRC Induction.
Thursday, July 25	Athletics Carnival
Friday, July 26	Winter Sport round 13.

Sydney North Schools Dance Festival

This week, the MKPS dance group have enjoyed performing their dance "Party Like This" in 3 separate shows at Glen Street Theatre. Our participation in the Sydney North Schools Dance Festival would not have been possible without the generosity of parents driving students to and from auditions, rehearsals and performances. Particular mention must be made to the following parents: Mrs Spence, Mrs Austen, Mrs Moon, Mrs Gomez, & Mrs Argent. I would also particularly like to thank Mrs Tingle, Mrs Toth, Mrs Johnson, Mrs Gomez & Mrs Clipperton for their sewing skills and assistance. Your help is greatly appreciated.

It was fantastic to receive so many wonderful comments from parents who came to watch our performance at the theatre. I would like to thank all the students for their hard work and dedication to learning and performing a more challenging dance routine this year. I am very proud of your efforts and enthusiasm for dance!

Miss Harvey

What's in a game?

Among teen and preteen gamers, the names of violent video games travel fast. And before you know anything about these games your child wants to play them. How do you make an informed decision about what to buy?

Find out more: <http://www.common sense media.org/blog/10-most-violent-video-games-and-10-alternatives>

Telling stories

Here's a great school holiday idea: have your kids create an entry for this year's Trop Jr film festival and in the process learn a little something about scripting, shooting, editing and copyright law. (Sneaky learning strikes again.)

Find out more: <http://tropfest.com/tropjr/>

Sorting fact from fiction

You can't always trust what you read when researching information for homework, assignments or projects. Here are ways your child can tell a good website – or any document – from a bad one.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/sorting-fact-from-fiction>

Glenn.



Resiliency Robbers

All parents have the best of intentions when raising kids. Wanting what is best for kids can cause parents to make decisions that are not always in their (children's) long-term best interests

If you buy the line that the promotion of resilience is in the best interests of kids then check out the following common parenting mistakes that reduce children's resilience.

Robber # 1:

Fight all their battles for them

Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

- ▶ **Resilience notion # 1:** Give kids the opportunity to develop their own resourcefulness.

Robber # 2:

Make their problem, your problem

Sometimes parents can take too much responsibility for issues that are really up to children to work out or decide. Here's a clue if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold!

- ▶ **Resilience notion # 2:** Make their problem, their problem.

Robber # 3:

Give kids too much voice

In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

- ▶ **Resilience notion # 3:** Make decisions for kids and expect them to adjust and cope.

Robber # 4:

Put unrealistic or relentless pressure on kids to perform

Expectations about success and achievement are important. Too low and kids will meet them. Too high and kids can give up. Too much and kids can experience anxiety.

- ▶ **Resilience notion # 4:** Keep expectations in line with children's abilities and don't put excessive pressure on them.

Robber # 5:

Let kids give in too easily

Resilient learners link success with effort. They don't give up because they don't like a teacher or when confronted with multi-step or more complex activities. Similarly they don't bail out of a sporting term half way through the season because the team is not winning or they are not enjoying it.

- ▶ **Resilience notion # 5:** Encourage kids to complete what they have started even if the results aren't perfect.



Robber # 6:

Neglect to develop independence

Don't wait until they are teenagers to develop the skills of independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

- ▶ **Resilience notion # 6:** Don't routinely do for kids what they can do for themselves.

Robber # 7:

Rescue kids from challenging or stretch situations

There are many times kids are put in situations that are outside their comfort zones for a time. For instance, giving a talk, singing at the school concert or going on school camp may be challenges for some kids. They are all situations that kids usually cope with so show your confidence in them and skill them up rather than opt for avoidance.

- ▶ **Resilience notion # 7:** Overcoming challenges enables kids to grow and improve.

Sometimes the manageable hardships that children experience such as a friend moving away, not being invited to a party or completing a difficult school project are fabulous learning opportunities.

They help kids to stretch and grow. Dealing with them effectively also teaches kids that they are capable of coping when they meet some of life's curve balls.

And that is a huge lesson to learn at any age.

Geoff Spotswood

July School Holiday Clinics

CRICKET RUGBY MULTI-SPORT

Bankstown Memorial Oval (Cricket)

3-5 JULY- 9am-1pm (3 days, \$160)

Includes training at new

John Mackay Indoor Complex

NEW

FREE
Private Lesson
for each player,
cricket clinic!

Moore Park, Centennial (Cricket & Multisport)

10-12 JULY- 9am-2pm (3 days, \$240)

Includes training at SCG and SHS Indoor

Complexes & Tour of Sydney Cricket Ground

& Sydney Football Stadium

FREE
Rugby ball
for each player,
rugby clinic!

St. Ives, Hassell Park

(Cricket, Rugby, Multisport)

9-12 JULY- 9am-1pm (4 days, \$210)



FREE
T-shirt for
each player,
all clinics!

Enrol Now Book On-line

Daily casual rate \$70 or \$80 SCG clinics

CRICKET (5 - 16 years girls & boys)

RUGBY (5 - 13 years girls & boys)

MULTI-SPORT(boys & girls)

(5 - 13 years) Cricket, Soccer, Touch
football, Softball, Aussie Rules



Sports Birthday Parties

Private CRICKET Coaching 1:2

Group CRICKET Coaching 1:4

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**

Geoff Spotswood

Enrol Now Book On-line

July School Holiday Clinics CRICKET RUGBY MULTI-SPORT

Bankstown Memorial Oval

(Cricket Clinic)

3-5 JULY- 9am-1pm (3 days, \$160)

Includes training at new John Mackay Indoor Complex

Moore Park, Centennial

(Cricket & Multisport Clinics)

10-12 JULY- 9am-2pm (3 days, \$240)

Includes training at SCG and SHS Indoor Complexes &

Tour of Sydney Cricket Ground & Sydney Football Stadium

St. Ives, Hassell Park

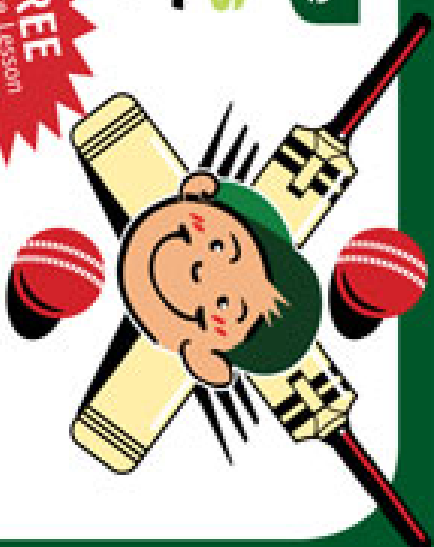
(Cricket, Rugby, Multisport Clinics)

9-12 JULY- 9am-1pm (4 days, \$210)

Private CRICKET Coaching 1:2

(Coach to player ratio 1:2 or 1:1) Conducted by Geoff Spotswood, Level 3 Coach, Cricket Australia (Coach to player ratio 1:4)

Group CRICKET Coaching 1:4



NEW

FREE
T-shirt for
each player,
all clinics!

FREE
Private Lesson
for each player,
cricket clinic!

CRICKET (5 - 16 years girls & boys)

RUGBY (5 - 13 years girls & boys)

MULTI-SPORT(boys & girls)

*(5 - 13 years) Cricket, Soccer, Touch
football, Softball, Aussie Rules*

Sports Birthday Parties

FREE
Rugby ball
for each player,
rugby clinic!



Contact Geoff on **0401 382 409** or **9489 8187**

geoff@cricketcoachingclinics.com.au

Book online

cricketcoachingclinics.com.au

GIRLS and BOYS - you can start playing basketball!



The next basketball season starts Monday July 15 - the first week back at school for term 3. Games are played each week of the school term at the Thornleigh Indoor Sports Stadium (The Brickpit) with games played between 5pm and 6.30pm.

A basketball teams needs only between 5 and 7 players. **We are especially looking for girls teams!** We will be accepting team nominations as of next week. It's as easy as getting a group of friends together, coming up with a team name, completing a team nomination form and entering your team.

Please see the COMPETITIONS/TEAMS menu on our Hornsby Basketball website for information and forms.

You can also contact HKBA on 9980 6255 or email:

info@hornsbyspiders.com.au Web: www.hornsbyspiders.com.au



July School holidays GIRLS and BOYS SUPERCAMPS!



We are conducting Girls only and Boys only Basketball camps for boys and girls from 9 years to 16 years of age in the second week of the holidays. We are also conducting Aussie Hoops basketball clinics for boys and girls from 6 to 8 years of age. See our website at www.hornsbyspiders.com.au and look under the PLAYER SKILLS/BASKETBALL CAMPS menus for more information & to register.

Please Support our Sponsors

School Holiday
Wednesday 3 July

10.30am **Free Kids Movie - Jock**
12noon **\$5 Kids Meals**
1.00pm **Free Kids Bingo** (Dobbers \$2)

Wednesday 10 July

10.30am **Free Kids Movie - Frankenweenie**
12noon **\$5 Kids Meals**
1.00pm **Craft Day \$4** child 3 years and over
Bookings essential

Asquith Leagues
11-37 Alexandria Parade, Waitara
9487 1066



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

C
A
L
L

U
S

T
O
D
A
Y



Secure your Smile for Life

- 1) No Gap check-up/clean, fluoride and 2 x-rays (for Members of All Health Funds)
- 2) Teen Dental Vouchers Welcome— No extra cost.
- 3) 10% off All dental treatments for students



Hornsby Dental Care

Where Your Smile and Dental Health Matter....

Suite 18, 14 Edgeworth David Ave.

Hornsby NSW 2077

Tel: 9476 2522

www.hornsbydentalcare.com.au



YOGA



Class at

Mt Kuring-gai Public School Hall

NOW on Tuesdays 7.30-8.30pm
during school terms

Please call Fiona on 0425 261300 or email thelises@gmail.com
for more information, or to book a place in the class.

AMF

THE PLACE TO PARTY.



BOWLING • FOOD & DRINKS • PARTY HOST • PLUS MORE...

PACKAGES
FROM
\$21.90PP

BOOK TODAY!

AMF HORNSBY | PH 9477 3914 | AMFBOWLING.COM.AU

*Conditions apply.

*Presented by Sydney North Region Scouts & Guides at
Asquith Boys' High School Theatre*

WE'VE GOT THE BEAT

Performances

Friday	June 28 - 8pm
Saturday	June 29 - 2pm & 8pm
Sunday	June 30 - 3pm
Wednesday	July 3 - 8pm
Friday	July 5 - 8pm
Saturday	July 6 - 2pm & 8pm

Tickets

Adult	\$21.00
Child	\$11.00 (under 16 yrs)
Concession	\$16.00
Family	\$55.00 (2 adult + 2 child)



Bookings

www.gangshow.com or contact Errol on 02 9481 0937

Dancing, Singing, Comedy, Drama and a cast of over 100
local talented Sydney North Region Scouts and Guides

DANCEFIT apparel

Dance Fit Apparel is offering YOU a

10% discount on Apparel and Shoes!

Bring this voucher to redeem your discount on a wide variety of NEW seasons Dance and Activewear + see our range of gift items, bags & accessories!

TRADING HOURS

Monday-Thursday: 10am-5pm

Friday: 10am-3.30pm

Saturday: 10am-1pm

The complete Dance and Activewear store

PH: 9476 4384

E: dancefitapparel@yahoo.com.au

355 Pacific Hwy Asquith 2077

SOCCERKICKSTART.com.au

-  At a Venue Near You
-  Individual Skill Development
-  Guaranteed Fun and Development



2 FREE Classes when you mention this Ad

Also check out our Pre School Programs and Birthday Parties online

Call or Email for more information

(02) 9802 0909

mail@sportskickstart.com.au

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

Playgroup NSW





Pay as you Go!

No joining fees, contracts, monthly debit or exit fees

Special Introductory Offer

Buy 15 sessions for only \$150!
session packs valid 6 months from purchase date

Steelworx Fitness is a boutique club specialising in a wide range of group exercise including freestyle classes, Les Mills BodyPump, BodyAttack, BodyStep, Pilates, Yoga and Zumba.

Timetable starts 02/03/13 - like us on facebook "steelworx fitness" for timetable and further information.

Child Minding Available Mon-Fri mornings.

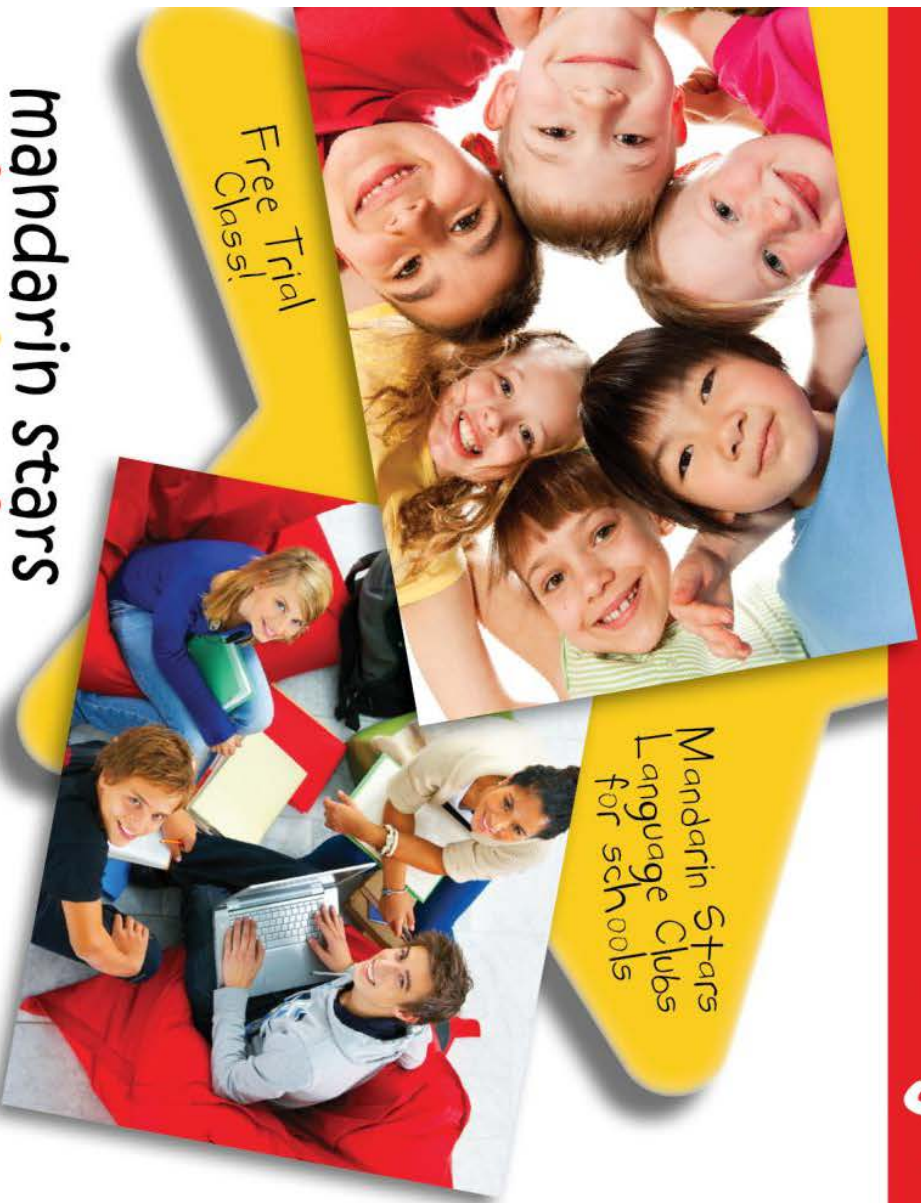
Steelworx Fitness 7a Gundah Rd, Mt Kuring-Gai
Phone: 0400 117 539 Email: steelworxfitness@hotmail.com

Kids!! Have fun learning to speak Mandarin

Mandarin Language Club at Mt Kuring-Gail

The Mandarin Stars program offers:

- Small class sizes.
 - **FUN**, engaging and highly interactive Mandarin classes for non-native learners.
 - An immersion based program that teaches strong listening and speaking skills in Mandarin.
 - Language building activities such as role play, puppet shows, puzzles and games.
 - A fun introduction to reading & writing Chinese characters!
 - The discovery of Chinese culture, festivals, Calligraphy, Tai Chi and even Kung Fu!
- Day:** Thursday afternoons
Year 3 – 6 Students
Time: 3.30pm – 4.15pm
Cost: \$16/class



mandarin stars



fun mandarin for kids

To enrol, please contact us directly &

BOOK A FREE TRIAL LESSON!

Ph: 8437 2498

Em: enrol@mandarinstars.com.au

www.mandarinstars.com.au



enrol@mandarinstars.com.au



Ph: (02) 8437 2498

CIRCUS FACTORY

Budget Kid's Parties

\$345 - 12 KIDS

Includes Catering

9482 1999 - HORNSBY

www.circusfactory.com.au



Waratah Pre School

12 Waratah Road Berowra NSW 2081

Phone: 02 9456 3434

Waratahpre_school@bigpond.com

www.waratahpreschool.com.au

Long Day 7:30am ~ 5:30pm

Short Day 8:30am ~ 3:30pm

Children aged 2 ~ 6years, Accredited Centre

Experienced and Qualified Staff

Extra programs: Music, Creative Dancing,

School Readiness & Languages

JAZZ - HIP HOP - TAP - BALLET

FULLY QUALIFIED REGISTERED TEACHERS
3YRS - ADVANCED LEVELS

The Julie and Jan Belcastro School of Dancing

Ph. 9457 9976 or 9456 2638

Berowra - Pennant Hills

DANCE TRAINING WITHOUT PRESSURE



ACTION INDOOR SPORTS
MT KURING-GAI

\$55
Games

Ladies Daytime Netball

Teams & Individual players wanted!

Wednesday mornings between 10am - 12pm

For more information or to register

Ph: 9457 9040 Email: info@aismtkuring-gai.com.au



FREE
Trial Game!

Soccer - Netball - Cricket - Actionball
Juniors, Seniors, Mixed, Mens & Ladies

7 Gundah Rd, Mt Kuring-Gai
Phone: 9457 9040 Email: info@aismtkuring-gai.com.au
www.aismtkuring-gai.com.au



KidSwim
Mt Kuring-Gai

Learn to Swim from 6 months
Open 7 days!

7 Gundah Rd, Mt Kuring-Gai
Ph: 9457 9040
Email: kidswim@aismtkuring-gai.com.au

SmallTalk
Speech & Language Therapy

Based in Hornsby

For children aged
12 months – 12 years



pronunciation
listening & understanding
written & verbal expression
reading & spelling
stuttering
Autism

Ph: 0405 388 274 www.smalltalkspeech.com.au
info@smalltalkspeech.com.au



Fiona Fisher's Swim School
INDOOR, HEATED POOL
AQUA AEROBICS
SWIMMING LESSONS

LEARN TO SWIM

WATER BABIES, PRESCHOOL, PRIMARY TO ADULT

School Terms & Holiday Intensives

St Edmunds School, 60 Burns Rd, Wahroonga

Fiona: 0433163378

admin@ffss.com.au

www.ffss.com.au