

Leeming Street, Mount Kuring-gai NSW 2080

Issue 4, Term 3

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24th July, 2014

Dear Parents and Community,

Welcome back to Semester Two. Thank you to the parents that have used and supported the on-line booking process for our parent teacher meetings. The teachers have agreed that the process and the framework have saved valuable time that they can put into marking and lesson development.

A major priority for the school is the new 2015 planning framework and State priorities, for which, I have been undertaking much professional learning. One of is which, the new Business Intelligence model, where all student and financial data are aligned and identify where value added is applied to our school. This includes my performance as a principal (as required by the National Standards for Principal) matched to the school's resources, student's results (internal & external) and the teacher's accreditation standard's profile.

Data is also matched to the Kindergarten's entry skills and where the school can provide assistance to parents and pre-school environments where gaps of learning appear. Kindergarten entry and exit skills will now be matched. This, I believe is a wonderful step for supporting the academic and emotional/social programs we have to offer at MKPS.

The National Teacher's Standards now provide a clear and transparent framework for teachers to meet and exceed standards for school performance. Mount Kuring-gai PS conduct regular professional learning meetings for teachers to develop and complete their accreditation portfolios. I would like to thank Miss Natalie Weeks (MKPS accreditation coordinator) and your wonderful staff for embracing the professional standards. The portfolios our staff are developing will enhance all programs we offer.

Glenn O'Neill  
Principal

## Tree Planting Day

On Friday 25th July MKPS acknowledged Nation tree planting day by planting a 'Lemon Myrtle' and a 'Wollemi Pine'. A big thankyou to Ted and Jene from Mt Colah for their generous donation of the "Wollemi Pine". The MKPS students thoroughly enjoyed taking part in this outdoor activity and contributing to creating our beautiful school grounds.

## Dance Stars

The MKPS Dance Team performed at the Sydney North School Dance Festival at Glen Street Theatre at the end of Term 2. In total, they participated in 3 performances, one matinee (Thursday 26/6) and two evening performances (Saturday 21st & Monday 23/6).

I would like to thank the parents who helped with making the costumes and transporting children to the theatre for rehearsals and performances. Your support in these events is highly appreciated.

All the students involved had a fantastic time, and thoroughly enjoyed being on the stage. They were a dedicated team, who attended all rehearsals with enthusiasm and as a result were able to impress their parents with their talents and skills. I thank all the students involved for their efforts.

The Dance Team are looking forward to performing their dance, 'Warrior', at the Hornsby District Music Festival in Term 3.

Miss Harvey



## Ready Set Grow

Winter can be an exciting time in the garden, even though it's cold.

Last term we established a "pizza garden" in which we are growing chilli, thyme, oregano, shallots, garlic chives and parsley. Perfect ingredients for delicious pizza!!

We harvested and sold our summer herbs; basil, thyme, rosemary, chives, rocket and mint.

We also established a flower garden with a Blueberry bush as the centre piece. The children are very excited about the blueberries growing and can't wait until they are ripe and ready to eat. Around the outside of this garden bed, we have lavender (propagated by clever Mrs Eastgate) and a lovely variety of colourful pansies.

In the garden bed next to Kindergarten there are Snow Peas almost ready for picking.

Our large vegetable garden has carrots, broccoli, cauliflower, kale and cos lettuce. This garden has now been covered as our resident "bunny family" have enjoyed our produce and reduced the garden to nothing in one weekend of feasting!! We think we have now outsmarted them and have replanted. We hope!

Thank you to the Gow family for kindly donating another garden bed in which we have planted silverbeet and bok-choy.

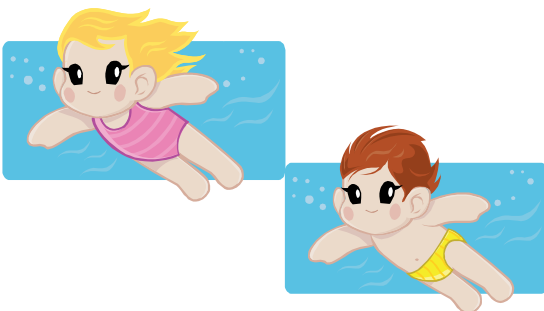
Please come and have a look at our gardens as the children are very proud of them.

Mrs Eastgate and Mrs Wasowski



## Swim Scheme

If you have a child/ren in Years 2-6 you would have received an expression of interest regarding 'Swim Scheme 2014'. This is a fantastic opportunity for students to develop water safety skills and increase their confidence. If we do not have enough interest in this program unfortunately it will not be able to run. Please send in your expression of interest forms asap so we can participate in this great program.



## Athletics Carnival

Students at MKPS have again shown the qualities of outstanding students. Their support, encouragement and sportspersonship made for a fun and exciting Athletics Carnival. Thankyou to Mrs Todd and Mrs Joffe for their exceptional organisation to ensure the day was smooth and enjoyable. We would also like to say a big Thankyou to all our parents and community members for the assistance and support you provide to make our carnivals so successful. Congratulations to everyone that participated and earned points for their house.

This year house results were:

- 1st-** Farrer
- 2nd-** Patterson
- 3rd-** Namatjira
- 4th-** Sturt

## Book Fair

We are holding our annual Scholastic 'Book Fair' from Wednesday 23rd to Monday 28th July in the school hall. We are open for business each day from 8.30am to 9.15am and then again from 3.45pm to 4.15pm. Please come along and have a look at the exciting sales and support our school.



## Effective Parenting

### Parenting Ideas

There is no one secret to raising great kids. There are many. It takes the consistent application parenting basics practised every day to raise well-behaved, confident, sociable young achievers.

Great parents have a solid understanding of the basics of child-rearing and apply them every day in their interactions with their children.

The basics of parenting include:

- **Talking with children.** This is the essence of effective parenting. If you do nothing else talk with them about a whole range of 'stuff'. The links to school achievement and parents' ability and propensity to engage in conversation with their kids from a young age is indisputable.
- **Authoritative parenting style.** Authoritative parents search for a balance between warmth and firmness in their child-rearing. Their disciplinary methods are supportive rather than punitive and they aim for self-regulation. Authoritative parents influence rather than control their children and have a range of strategies to build relationships and give children a voice in their family enterprise.
- **Promoting citizenship and respect for others.** The ability of parents to teach kids the concept of altruism and that there is more to life than meeting their own needs is strongly linked to children's social competencies.
- **Persistence and responsibility.** These two values are huge drivers for children's well-being and achievement. For instance, over 35 per cent of children's success in school is directly attributed to their ability to persist as a learner, and less than 10 per cent is attributed to IQ.

These are just some of the basics of parenting that when understood and applied lead to the best outcomes for kids.

## STEWART HOUSE

This week bags were sent home for the Stewart House School Clothing Appeal. The bags will be collected on **30th July**. Once you have filled them, please leave them outside KW. Thank you for supporting such a wonderful foundation!



## When kids ask “the” questions?

Many parents find it hard to discuss or answer questions relating to sexuality education . . . **We know how to 'help break the ice'**. Interrelate programs are interactive, family focused and presented in the context of caring relationships. Our fully trained and experienced educators, who adhere to a strict code of ethics, conduct the program.

### Session 1: “Where Did I Come From?”

**1 hour – Years 3, 4, 5 & 6**

In this session children are eager to learn more about how their bodies work and the differences between males and females. This session extends their understanding of conception, fertilisation, foetal development and the birth process.

### Session 2: “Preparing for Puberty”

**1 hour – Years 5 & 6**

This session helps to prepare children and parents/caregivers for the physical, social and emotional changes associated with puberty. Changing emotions and relationships with families and peers are addressed. Information is also presented on menstruation and wet dreams.

**You and your child will benefit from the information presented in this program. The feedback is overwhelmingly positive.**

Where: **MT KURING GAI PUBLIC SCHOOL**

When: **Monday, 11<sup>th</sup> August 2014**

Time: **6:00 pm SHARP**

**“Where Did I Come From?”**

**7:15 pm**

**“Preparing for Puberty”**

## DATES FOR YOUR DIARY



### **Sunday 27th July**

- ◆ Commonwealth Games/Torch Relay

### **Wednesday 23rd July to Monday 28th July**

- ◆ Book Fair

### **Wednesday 30th July—Friday 1st August**

- ◆ 5/6 Canberra Excursion

### **Monday 11th August**

- ◆ Interrelate evening 6.00pm and 7.15pm

### **Wednesday 13th August**

- ◆ P&C Meeting 7.30pm in 6J

### **Tuesday 19th August**

- ◆ Book Parade and Education Week Assembly 9.30am

### **Thursday 21st August**

- ◆ Zone Athletics Carnival

## MKPS TORCH RELAY/ COMMONWEALTH GAMES

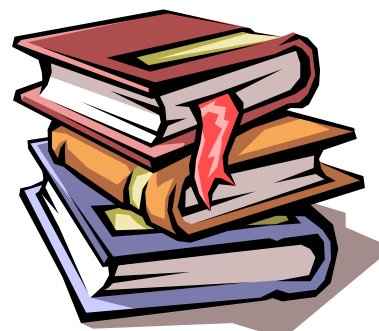
When: Sunday 31st August

!!!!!!!Please note the change of date!!!!!!!



## Education Celebration!

We will be celebrating Education week, Literacy and Numeracy week and Book week with a fun morning of activities on Tuesday 19th August. We will begin with an assembly at 9.30am where various students will present literacy work they have completed in class, including some poetry and book retells/ reviews. Following this we will have our book parade and then students will participate in sessions with author Andrew Daddo. We would love to see you at our assembly and book parade so mark the date in your diary.



## Mt Colah Cricket Club

Boys & Girls

Kanga Cricket: 5-7 years

Sat morning

Mt. Colah Primary School Nets

### Junior Teams:

U8's - U16's

New club members playing in Kanga, U8 or U9 receive a free bat, ball and hat

### Registration:

10am - 2pm Sunday 3<sup>rd</sup> August

Berry Park Mt. Colah

or

Online at [www.mountcolahcc.com](http://www.mountcolahcc.com) under the Registration tab

Join the Mt. Colah Mustangs

[www.mountcolahcc.com](http://www.mountcolahcc.com)

[mtcolahcricket@yahoo.com.au](mailto:mtcolahcricket@yahoo.com.au)

or Bruce: 0410 338 839

# Community Notice Board

## THE BEST BOY'S WEEKEND – YOUNGSTARS FATHER-SON ADVENTURE CAMPS

Dads can connect and bond with their sons without the distractions of technology and modern life at a special father-son adventure camp, the first being held on the Father's Day weekend in the Hawkesbury.

Delivered by Sport and Recreation and The Pathways Foundation, the YoungStars camps are a chance for Dads to spend quality time with their boys and share their experiences of fatherhood with other dads. Activities will include setting up camp, playing games and sharing stories around the campfire.

The first YoungStars camp will take place at Milson Island Sport and Recreation Centre on September 6-7. The second and third will be held at Berry Sport and Recreation Centre on October 19-20 and November 15-16. The camp is open to primary school boys aged seven up and their dads.

For more information or to book your place visit [www.dsr.nsw.gov.au/youngstars](http://www.dsr.nsw.gov.au/youngstars) or call Sport and Recreation on 13 13 02.



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MT KURING-GAI

A woman with dark hair, wearing a green and pink fitness top and shorts, is posing in a fitness setting. She has one arm raised. The background is a plain wall.

The Tom Farrell Institute for the Environment  
Presents...

Electric Bikes Workshops  
come and try  
Demos  
16-17 August  
EV FEST 2014  
Gates Open 10am-4pm  
FREE ENTRY  
Loads of great exhibitors  
Come and try an electric bike  
Sunday EV Prize Competition and Demos  
www.hunterevfestival.net

come see, touch and try!  
The future of transportation is here

FREE ENTRY  
Newcastle  
Kart Raceway  
Cameron Park Drive  
Cameron Park

A colorful poster for the Hunter Valley EV Fest 2014. It features illustrations of various electric vehicles including a car, a truck, a motorcycle, a bicycle, a bus, and a Segway. The text is arranged in a dynamic, overlapping manner. The background is a mix of blue and yellow.