

Mount Kuring-gai Public School

Leeming Street, Mount Kuring-gai NSW 2080

3 November 2016

Principal's Report

Parent Survey

Thank you very much to the parents that have taken the time to complete the survey about your child's education. It is not too late to complete it and drop it up to the office. The information will be collated and assist the school's executive to plan effectively for 2017.

Chess Tournament

Congratulations to the following students, Jack L, Harry L, Iziah G, Lucas L, Kevin L, Cameron B, Bradley G, Jaimie G, Joel T. Last Monday they participated in Upper North Shore Primary Schools Chess tournament. All the students thoroughly enjoyed the day and the experience of competing against other students. Thank you to Mrs Waswoski for organising the day and for the wonderful parents who gave up their day to transport and support the children on this day.

Signing Out

From time to time parents need to sign their child out early from school for a variety of reasons. If on the rare occasion you require your child to leave school early please follow our school's guidelines; parents can sign their child out at the office, if another adult is collecting your child you will need to provide the school with a signed letter from yourself allowing your child to leave the school with that person. I thank you in advance for following this practice.

Scholastic Book Fair

Thank you to Miss Harvey for organising and running the Scholastic Book Fair this week. It began on Tuesday afternoon and will continue to run until Friday morning. Opening hours are 8:30-9:15am and 3:30-4:15pm. Students have had the opportunity to enter a colouring in competition and winners (one per grade) will be announced at Friday's morning assembly. All students who purchased a book received a raffle ticket. 1st, 2nd and 3rd prizes will be awarded on Friday once the fair is closed. Our goal is to raise \$2000. All funds raised will help the school to purchase resources.

Kindy Kick Start

Our transition to big school program, has commenced. The children have come along to two sessions already with their third being this Friday. The children are participating in a variety of hands on activities and dramatic play during the morning routine. They then enjoy a 'Munch 'n 'Crunch' break while listening to a story online or watching the NumberJacks on the interactive smartboard. Afterwards, the children visit another classroom where they listen to the classroom teacher read a story. The children then work with the students in that class on a literacy or numeracy based activity that links to the story. They spend lunch with their buddies and enjoy playing in the sandpit, on the play equipment and in the sensory/quiet area. The children are thoroughly enjoying themselves and generally don't want to go home at 12:30pm.

Brainstorm Productions

Next Wednesday the Lil and Archie show will perform for the children. The show addresses issues such as friendships, dealing with bullying, positive talk, self-esteem, social media and peer pressure.

Public Speaking

Currently all the children at school are presenting their speeches in their class. They have been outstanding in their delivery. The final for the Public Speaking competition will be next Wednesday, 12:20pm -2pm and parents of the children in the final will be invited to attend via a letter once each class has completed their speeches.

2018 Selective High School applications

If you would like to have your child considered for Year 7 selective high school entry in 2018, you need to do so soon. You will need to **apply on the internet** using a valid email address (not the student's email address).

Detailed instructions on how to apply online will be available from 11 October 2016 in a printed application information booklet and at www.schools.nsw.edu.au/shsplacement. The application website opens on **11 October 2016** and closes on **14 November 2016**. **No late applications will be accepted.**

Matt Pinchbeck

Principal (rel)

DATES FOR YOUR DIARY 2016

Thursday 3 November—Friday 4 November

Book Fair

Friday 4 November

Kindy Kick Start # 3

Friday 4 November

League Tag Gala Day Years 3, 4, 5, 6

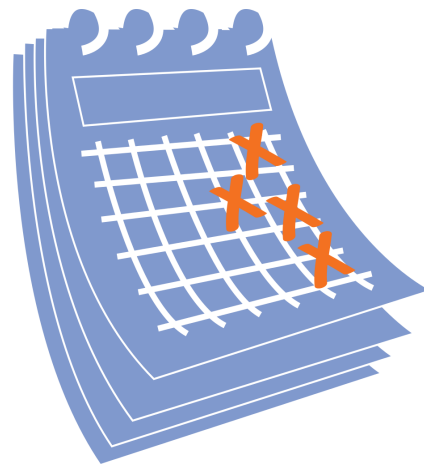
Wednesday 9 November

Public Speaking Competition 12.20 - 2.00

Brainstorm Production, Lil & Archie Show 2.30 - 3.30

Thursday 10 November

Kindy Kick Start # 4



Buddy Reading Program

A huge thank you to our fabulous Buddy Readers from Year 4 and Year 5.

They are all doing an amazing job and I can see how excited our Kindergarten and Year 1 students are to read with them.

I am so impressed with their dedication and enthusiasm.

Nicole Tudor



Year 5/6 In Our Classroom:

We have been working our way through the Seven Steps to Writing Success, breaking down the main steps of the writing process into practical-sized chunks. We have had a lot of fun letting our creativity run wild, writing sizzling starts, using dynamic dialogue, banning the boring bits, tightening the tension and ensuring our endings are exciting. We've even been using drama to bring our writing to life. We have been honing our skills in public speaking and debating. Some of the important topics we have debated include: "Batman is **not** a superhero", "KFC is better than Macca's" and "We need a five-day weekend".

Children participate in mathematics lessons that build on and extend prior learning in engaging learning experiences. They develop their proficiency in Number and Algebra, Measurement and Geometry, Statistics and Probability as well as the over-arching strand of Thinking Mathematically. The focus is on building fluency with number facts, real world problem solving and developing confidence and flexibility around using mathematical concepts.

Do you think you could solve a three-by-three magic square? The students in 5/6 can solve three-by-three and five-by-five magic squares in no time. Many have even solved nine-by-nine and 13 by 13 magic squares. Some have been getting along to Maths Club where students are learning how to accomplish such feats as two- or three-digit by two- or three-digit mental multiplication – without pencil and paper and without a calculator. In fact, some students are faster than a calculator!

We've been learning about perspective in Art and how it influences perception. Check out some of the photos. They're amazing. We have also constructed desktop dragons that "appear" to follow you as you move around. If you look left, they look left. If you look up, they look up. It's just a little bit creepy, but a whole lot of fun!

To support our unit on Government and Democracy, we headed off to our nation's capital, Canberra. The students were extremely well behaved and were a credit to the school.

Numerous people commended the children for their lovely behaviour. We had a wonderful tour of the War Museum and got blasted by arctic air at the top of Telstra Tower on our first day. Day 2 was our Snow Day. A snowman or two was constructed and several thousand snowballs were thrown. Mr Johnson accidentally forgot to take his sunglasses, so they survived this time. On Day 3, we learnt more about the Eureka Stockade, the development of democracy in Australia and the voting process. Next stop was the Australian Institute of Sport, followed by Questacon, a crowd favourite.

In Technology sessions, students have thoroughly enjoyed working with Scope IT and learning how to code. This is an important part of the curriculum, especially when we consider that the majority of jobs our children will be applying for probably haven't even been created yet. Preparing our children for future technology is a vital aspect of their education.

Learning should be engaging and exciting. With that in mind, our homework is designed to be holistic and recognise the uniqueness of each student's home life. The students are given some consolidation tasks. However, these are balanced with art, music, sport, helping out around the home, playing games with family and friends, constructing items out of paper, pop sticks and recycled materials, cooking, tidy room competitions, and so on. Some of the homework tasks are chosen by the students themselves – they are actively encouraged to come up with their own ideas. Our homework is designed to make students **want** to take responsibility for their own learning – and thereby reduce stress for parents.

In preparation for high school, students in 5/6 are called to further develop these necessary qualities:

- Independence
- Self-discipline
- Organisational and time-management skills
- Enthusiasm and a desire to do their best
- Consideration and cooperation
- Responsibility and ownership of their own learning
- Taking pride in their work
- Learning how to learn and how to think for themselves



MUNCH AND CRUNCH

As you all know, Munch and Crunch is a set time in our school where students 'refuel' on vegetables, salad and fruit and 'rehydrate' with water. Students who are not hungry and are well hydrated perform better in the classroom, show increased concentration, and are less likely to be irritable and disruptive.

We see so many lovely varieties of fruits and vegetables in our classrooms on a daily basis but we are also noticing that some packaged fruits are coming in for Munch and Crunch. The emphasis is on **fresh** fruit and vegetables to promote healthy eating and encourage our students to try new foods. Please see the list below for the foods we will allow for Munch and Crunch.

ALLOWED

All fresh vegetables

All fresh fruit

Frozen vegetables and fruit without other additives such as sauces or coatings

Tinned fruit in water or natural juice on limited occasions

Tinned vegetables without sauces (preferably no added salt) on limited occasions

Dried fruit in small amounts and on limited occasions

Plain water

NOT ALLOWED

'Fruit' products (e.g. fruit leathers, fruit roll-ups, fruit straps)

Fruit jams or jellies

Tinned fruit in syrup

Vegetable or potato crisps

Flavoured and/or carbonated water

Fruit or vegetable juices

Fruit cordial

Any drink other than plain water



Mount Kuring-Gai Public School

T: 9457 9088

BUS NO.	TIME	MORNING BUS ROUTE
8071	08:58	From Hookhams Corner via Pacific Highway (L) Beryl, Oxley to loop, then return Oxley, Beryl Ave (L) Red Cedar Drive (L) Foxglove Road (R) Lancelot Street (L) Excelsior Road to Arthurs Circle, returning Excelsior Road (L) Pacific Highway (R) over Pacific Highway Bridge, Church Street (R) Low Street (R) King Street (R) Leeming Street. (09:23}

BUS NO.	TIME	AFTERNOON BUS ROUTE
9038	15:40	To Mt Colah Loops & Hookhams Corner Via (L) Church Street (L) Pacific Highway (R) Excelsior Road, Arthurs Circle, return Excelsior (R) Lancelot Street (L) Foxglove Road (R) Red Cedar Drive (R) Beryl Avenue to Oxley Drive loop return via (L) Red Cedar (R) Foxglove to Pacific Highway then (R) Pacific Highway to Hookhams Corner (16:05}

(L) Bus turns Left

(R) Bus turns Right

Routes in *Italic* refer to public bus services





Health
Northern Sydney
Local Health District

Carers

Support Group

If you care for a relative or friend
join us to access information and support

Topics: Wrap up for 2016

&

Short spiel: Nerida Jackson

Australian Hearing

Facilitator: *Mary Di Mattina* Ph: 9998 6185

Carer Support Service

Northern Sydney Local Health District (NSLHD)

11.00am

Wednesday 9 November 2016

Berowra Community Health Centre

123 Berowra Waters Rd, Berowra Hts

COST: Free. **Morning tea** will be provided

RSVP: Marie Brooks 9456 3344

Next Meeting Date: Wednesday 14 December 2016

NDIS Information Session

National Disability Insurance Scheme

*'What you need to know, a practical insight
into the NDIS'*

Information Session for Consumers and Carers

The National Disability Insurance Scheme
is rolling out in our region from July 2016—

What does this mean?

What do you need to know?

What do you need to do to prepare?

Berowra Community Health Centre

123 Berowra Waters Road

Berowra Heights 2082

1.30 to 3pm

Wednesday 9th November 2016

The session will be kept practical, the information will be up to date.

RSVP 9926 9721

*(Please leave a message with your name, we wont return your call
unless you ask us to) or email NSLHD-Carers@health.nsw.gov.au*

Carer Support Service provides Information, guidance and
access to support and services for Carers.

Visit our Internet site: www.nscarersupport.com.au
for the latest information on all topics for Carers



Health
Northern Sydney
Local Health District



Join Michael Grose for our 3-week online parenting course
Mood Meter Program: Building Emotional Intelligence

Help your kids learn to manage their emotions, improve their mental health and be happier.

Mood Meter Program: Building Emotional Intelligence is one of our most popular online courses to teach you how to develop emotional intelligence in your kids.

- Mood Meter is a practical tool developed by the research team at *Yale Center for Emotional Intelligence*
- Give parents and kids a common language to talk about feelings
- Empower kids to recognise and then respond to how they feel
- Teach kids self-awareness and put them in control of their emotions
- The Mood Meter is great for kids that are visual learners, particularly boys
- Suitable for all age groups, including teenagers

The 3-week **Mood Meter Program for Parents** starts on 4th November. Join now for \$67 to take advantage of Pre-learning video and FREE access to **Parentingideas Resources**.

What do I get?

- Access to Pre-learning video and Parentingideas resources on registering for course
- Each week you receive 3 emails with the relevant course materials:
- Friday – video and workbook
- Wednesday – join LIVE Facebook Q&A online discussion
- Weekend – video message from Michael Grose
- The course can be downloaded so if participants aren't able to work with Michael week-to-week they can download the materials and use at their convenience.

Full details and registration:

<http://www.parentingideasclub.com.au/Info/Membership>

Or contact the Parentingideas team 03 59831798 office@parentingideas.com.au



YOGA for KIDS

Yoga class for children ages 8-12

**Thursdays 8.20am (during term)
at Mt Kuring-gai Public School**



For more information &
bookings please contact:
Fiona Lisle

Iyengar Yoga Teacher
t: Fiona 0425 261 300
e: flyoga3@gmail.com