



Mount Kuring-gai Public School

Leeming Street, Mount Kuring-gai NSW 2080

3 November 2016

Principal's Report

Celebration of Learning

Invitations were sent out last week informing the community of the details for the MKPS Celebration of Learning. We are very much looking forward to seeing you there to celebrate the children's achievements from this year's schooling. If you have any questions, please contact the office.

End of Year Reports

Your child's report will be sent home on Wednesday 14th December. The teachers have been working throughout the semester to collect assessment results for the report to accurately reflect your child's learning progress. If you have any concerns about your child's progress please do not hesitate to contact the school to make an appointment with your child's teacher.

End of Year Party

This year on Wednesday 14th December all students will celebrate the year with an excursion to Gibberagong Environmental Education Centre. In the morning the children will participate in Stage appropriate learning activities conducted by the teachers from Gibberagong. This will be followed by a BBQ, with the sausages kindly donated by the Dykstra family, and then some organised fun activities for the children. All children will receive a sausage sandwich, drink and ice block. As always any child with a dietary need will be catered for. I would ask you to make sure that your child's teacher is aware of their needs.

Staffing Update

Congratulations to both Miss Weeks and Mrs Corkery. Miss Weeks has successfully gained a secondment for a departmental initiative on the Central Coast. We wish her the very best of luck with her promotion. Mrs Corkery has successfully gained a permanent position as a classroom teacher at school in a neighbouring area, and we also wish her the best of luck with her teaching career. Both of these ladies will be missed by the school community and I would like to personally thank them for their contributions to the school's learning environment. Thank you and good luck!

Jump Rope for Heart

Last Friday we held the Jump Rope for Heart, 'Jump Off'. It was a very successful event with many children demonstrating their skills with the skipping rope. Thank you to Mrs Todd for organising this program which was well supported by the school community. The school has exceeded its target of \$2 500, raising an amazing \$3 200 for the Heart Foundation! As a reward, the school will be able to wear muffi clothes on Friday 9th December and will be able to enjoy a lunch time disco! Congratulations to Lara (2R) and Keira (3/4F) who won the K-2 and 3-6 jump off competitions respectively. Many thanks to the parents, grandparents and friends who volunteered their time to ensure a successful day.

Year 6 Mini Fete

The Year 6 students, with the support of their parents and Mr Johnson, are busily organising the Year 6 Mini Fete which will be held on Thursday 15th December at school. Events such as this take a lot of time and planning to ensure its success. Thank you to everyone involved and I am very much looking forward to seeing this fun filled day in action.

National Cheerleading competition

Over the weekend Taylor from 5/6J competed in the national Cheerleading competition held at the Gold Coast Convention Centre. Taylor is a member of the Taipans from Icon Gymsports. She competed in the Junior Level 1 Small Gym Division. This was the biggest division at the comp with 24 teams competing. Congratulations to Taylor and her team as they placed fourth (4th) in the National competition.

Matt Pinchbeck
Principal (rel)



Year 6 Mini-Fete Thursday 15th December

This is a reminder for those students who haven't handed in their mini fete money to receive tokens. Please do so as soon as possible. There will be NO money accepted for activities on the day.

The canteen will be closed for lunch orders. Hotdogs for \$3.00, drinks, ice blocks and small bags of lollies will be for sale from the canteen. These can be purchased with the tokens or cash.

Money will be accepted at the canteen

Alison Jurotte

on behalf of the Year 6 students

Playground Alternatives for Students

Lunchtime in the Library for 3-6 students

This term, we are trialling opening the library on Mondays, Wednesdays and Fridays at second half of lunch for 3-6 students. Activities for students include board games, table tennis, drawing/colouring in, listening to music, listening to audio books or reading. So far, it seems to be a success and it provides an alternative area to the playground.

Sensory Area for K-2

The sensory area for K-2 students continues to be a popular space at lunch time and during afternoon tea. The sensory area provides an alternative to other playground activities and also promotes communication and sharing skills.

If students or parents have any suggestions on how we can improve on these spaces (eg. activities, equipment, layout) please contact Mrs Tudor with your ideas.



DATES FOR YOUR DIARY 2016

Friday 2nd December

Kindy Kick start Assembly 10.00am

Tuesday 13th December

Celebration of Learning
Berowra Community Centre 10.00am

Wednesday 14th December

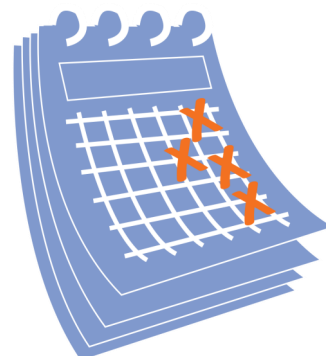
Gibberagong End of Year K-6 Excursion
Reports sent home

Thursday 15th December

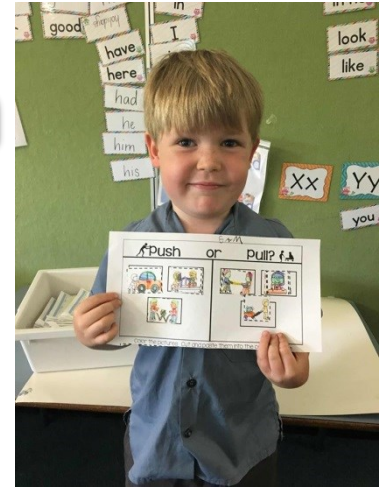
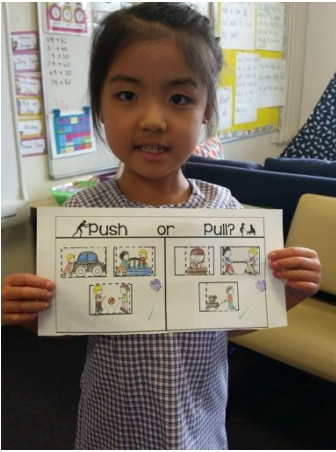
Year 6 Mini Fete

Friday 16th December

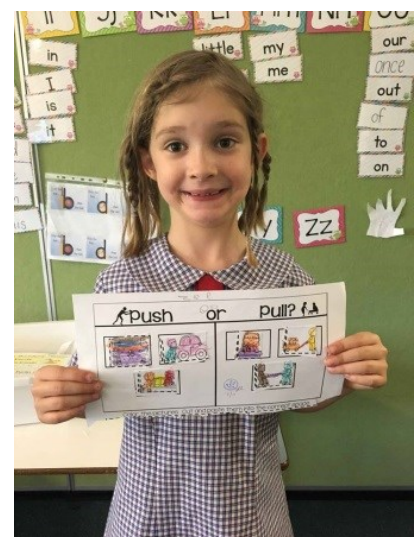
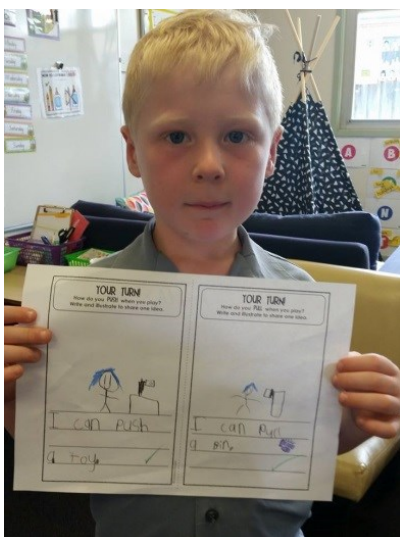
Last day of Term 4



Kindergarten Move It!



In this Science unit the students explored our world and how everything in it is constantly changing and moving. They investigated concepts of movement and change through exploring toys, objects and their own bodies. Students had the opportunity to consider how pulls and pushes can make things move. They also participated in activities that helped develop their understanding of the concepts of force and energy.



Ethics classes at Mt Kuring-gai Public School

Dear Parents and Carers,

Could you be an ethics coordinator or an ethics teacher Mt Kuring-gai Public School?

Our current ethics coordinator, and our ethics teacher are moving on at the end of this year and we are seeking volunteers so that classes can continue next year. Ethics classes began at Mount Kuring-gai Public School in 2016 and are currently available for children in Stage 2 only in 2017.

The ethics coordinator communicates with school staff, supports ethics teachers and liaises with Primary Ethics, the not-for-profit organisation approved to design curriculum and training for the program.

This role provides a great opportunity for a working parent who might be unable to volunteer during school hours and is a rewarding way to engage with the school community. Times are flexible, requiring approximately 1-2 hours per week. Online training is provided.

Ethics teachers receive full training by Primary Ethics, the not-for-profit organisation approved to design curriculum and training for the ethics program. Training consists of a two day workshop and short online modules. Lesson materials are provided. Suitable volunteers have an interest in children's education and development of critical thinking skills and must be available at Wednesday at 10am each week.

In ethics classes, children learn how to think logically, disagree respectfully and support their arguments with evidence, rather than act according to blind habit or peer pressure.

Children discuss topic such as:

- imagining how others feel
- how do we treat living things?
- what is laziness?
- how do we disagree in a respectful way?
- fairness

If you are looking for an opportunity to make a valuable contribution to our school, please visit primaryethics.com.au or contact PE Regional Manager Hornsby Region at hornsby-region@primaryethics.com.au



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



"Act, Create, Communicate"



The difference is dramatic...

**Boost your child's creativity, confidence,
communication skills & self-development
through drama.**

NEW TERM STARTING SOON
STUDENTS AGED 3-17

ENROLLING NOW
☎ **9875 3139**

Helen Grady
DRAMA ACADEMY

Cherrybrook | Pennant Hills | Hornsby | Mt Colah

www.helenogrady.com.au



Health
Northern Sydney
Local Health District

Carers Support Group

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

Facilitator: Mary Di Mattina
Carer Support Service
Northern Sydney Local Health District (NSLHD)
Ph: 9998 6185

11.00am

Wednesday 14 December 2016

Berowra Community Health Centre
123 Berowra Waters Rd, Berowra Hts

COST: Free.

Christmas Morning tea will be provided

RSVP: 9456 3344

Next Meeting Date: Wednesday 9 February 2017

Northern Sydney
Carer
Support Service

Fiona Fisher's Swim School

Swimming Lessons • Aqua Aerobics
Water Babies, Preschool, Primary To Adult
School Terms & Holiday Intensives

INDOOR HEATED POOL

St Edmunds School
60 Burns Rd, Wahroonga

Phone: 0433 16 33 78
Email: admin@ffss.com.au

www.ffss.com.au



RECREATIONAL HOLIDAY GYMNASTICS



Hornsby RSL Youth Club Gymnastics

1 Ashley Lane Hornsby NSW 2077

Phone: 9476 6689

Email: info@hornsbyrslgymnastics.com.au

Website: www.hornsbyrslgymnastics.org.au

**BOOK
NOW**

DECEMBER/JANUARY 2017 PROGRAM

Our popular recreational holiday gymnastics program will be running again throughout the Christmas school holidays for all children aged 5 – 12 years (no experience necessary). The days are fun filled, fast moving and include use of all the gymnastics apparatus. Children have the opportunity to learn new gymnastics skills, participate in games, circuits, group activities, mini competitions and much, much more!!

Classes are run by fully accredited Gymnastics Coaches. Bookings are essential via our website.

PROGRAM DETAILS:

Time:	9am – 3pm each day	
Dates:	Monday 19th December 2016	Theme: Ho! Ho! Ho!
	Wednesday 21st December 2016	Theme: SNOWMEN and REINDEER
	Friday 23rd December 2016	Theme: CHRISTMAS PARTY
	Monday 9th January 2017	Theme: SUPERHEROES
	Wednesday 11th January 2017	Theme: SOMETHING STARTING WITH "P"
	Friday 13th January 2017	Theme: FLURO FRIDAY
	Monday 16th January 2017	Theme: WHEN I GROW UP I WANT TO BE....
	Wednesday 18th January 2017	Theme: CRAZY CIRCUS
	Friday 20th January 2017	Theme: SUMMERTIME FUN
	Monday 23rd January 2017	Theme: WILD WILD WEST
	Wednesday 25th January 2017	Theme: AUSTRALIA DAY FUN
	Friday 27th January 2017	Theme: CRAZY CREATURES
Cost:	Members Price* = \$40 per day	Non Members Price* = \$45 per day
	* A member is a person who has paid the annual fee for that year (1 st January–31 st December)	
What to bring:	Morning tea, lunch and a drink. No nuts permitted.	
What to wear:	Dress to suit the theme for the day!! Please ensure clothing is suitable for gymnastics or the dress up items can be removed for the activities!! **Children must have bare feet prior to entering the floor area	
Cancellations:	Please note that refunds or credits are not permitted.	
Bookings:	More information and to book visit our website www.hornsbyrslgymnastics.org.au	

VISIT OUR WEBSITE FOR MORE GREAT HOLIDAY GYM OPPORTUNITIES:

- ✓ DROPP AND SHOP - Christmas Shopping opportunities
- ✓ Tumble, Tricks and Flips and Senior/Advanced Holiday programs

DECEMBER CHRISTMAS SHOPPING
OPPORTUNITY!!

DROPP AND SHOP

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





TURRAMURRA HIGH SCHOOL

Twilight Christmas Market

Thursday 8th December
5:30-8:30pm

Turrumurra High School,
Maxwell Street Turrumurra

*Stunning jewellery, handmade cards,
delicious christmas delicacies, french homewares,
unique gifts, Arcadian Artists stalls
and much more!*

Entry: Gold Coin Donation

turramurrahighschool.com.au



Building parent-school partnerships

WORDS Jenny Brockis

BFF Forever: When friendships go sour

Emotional intelligence remains a work in progress throughout our lives. Dr Jenny Brockis offers parents tips to help children deal with emotional pain

The four girls, or the 'Four Musketeers' as they called themselves, had been really close friends since Primary School. They did everything together. They shared the good times and the bad; they slept over at each other's houses (frequently at ours), and seemed really happy.

Then one day it all fell apart.

Noticing our daughter seemed unusually quiet I asked, "Is everything OK, you seem a little down?" Then it all came tumbling out.

One of the four had decided it was time to say goodbye. She didn't want to be part of that friendship group anymore and had already made overtures to another group that she wanted to be best friends with instead.

But rather than explaining her decision, she chose to break all contact with her former best friends and spread rumours that they had been mean to her and it was they who had outed her from the group. Bewildered and hurt the three

girls attempted to rebut the accusations, to no avail. Their frustration led to resentment and anger along with grief that the happy band of four was no more.

Helping our kids deal with relationship issues is an important part of growing up; at any age. As adults we have our previous experience, logic, and reasoning which helps us to keep things in perspective, without resorting to catastrophising or experiencing those intense emotions that can be difficult to contain. That's because the fully mature adult brain uses the pre-frontal cortex (PFC), the thinking part of our brain, to help regulate emotion and behaviour.

But a child does not attain full brain maturity until approximately the age of 24 when cognitive development is complete (boys can be a bit later!). This means our kids see their world through a predominantly emotional lens, they feel emotions more intensely than we do and they react more strongly to those emotions because they lack

the regulatory mechanisms of a fully developed PFC.

Helping a child through a difficult time helps them develop a higher level of emotional intelligence (EQ), which helps them to handle those more complex interpersonal relationships as they get older.

It's hard seeing your child in pain, whether emotional or physical, and it's natural as a parent to want to fix it. What matters though is to not intervene with all guns blazing, as this can make matters worse and doesn't teach our children how to work through a tough time and find their own solutions. It's difficult too if we have a pre-existing relationship with the other parents involved, because the fallout from our children's friendship issues impacts everyone.

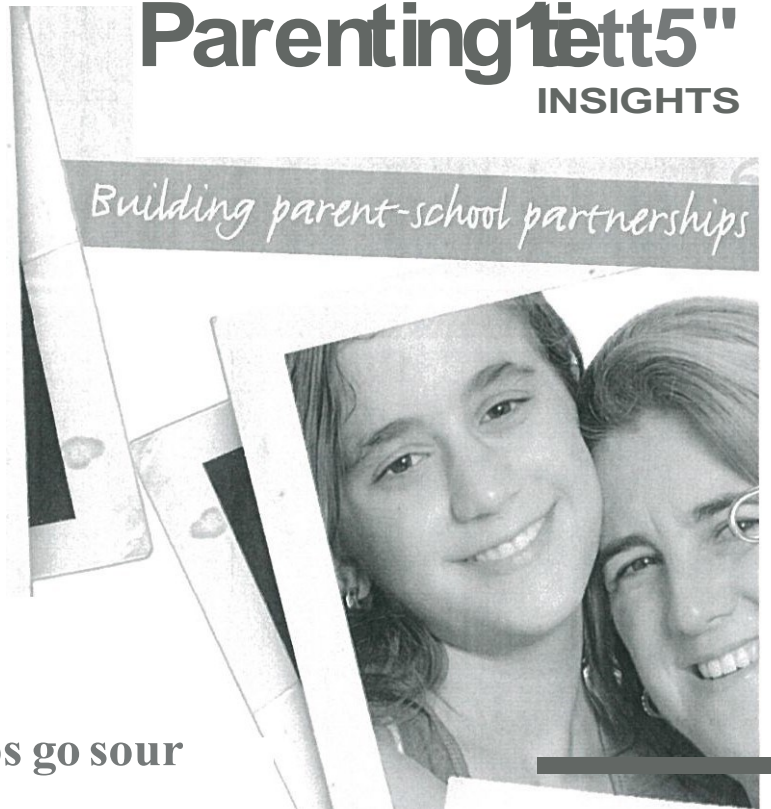
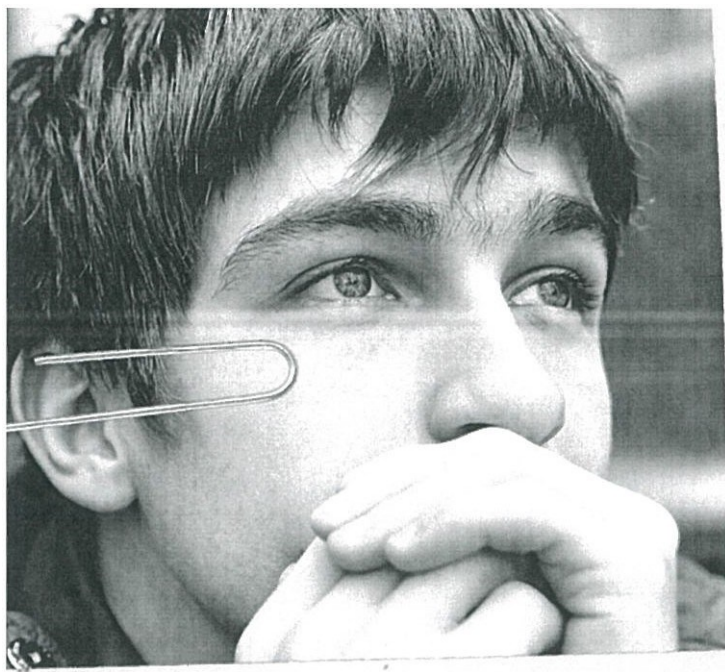
more on page 2



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



Building parent-school partnerships



...BFF Forever: When friendships go sour

Helping your child deal with emotional pain

Allow them to grieve

Pain hurts and that's normal. Social pain hurts as much as physical pain because they share common neural pathways. Share with your child that you're sorry they are hurting to help them learn that emotions are normal, and that it's normal too to feel that their whole world has temporarily turned upside down.

Encourage them to step away from the situation

When up close it can get very personal. Encourage your child to look at the situation from the other person's perspective to ease their pain; even though they may not fully understand why the other person acted in the way they did or said those horrid things. This helps them to **reframe** what happened, elevates **empathy** and builds **resilience** to future hurts. What doesn't work is returning fire with fire or blocking communication routes. A nasty comment on Facebook is best not responded to. However, telling your child to not use social media or to ban access to Facebook or their phone isolates them further and means they can't reach out to their other friends for support.

Offer time and an open ear

Sometimes what helps the most is to just be there. Offering support so they know you care with a kiss or a cuddle and encouragement to do some 'normal' things is what counts, as well as being available to just listen when required. It's about understanding, not interrogation. They don't necessarily want our advice!

Move forward with respect and dignity

A great friendship is a thing of joy, but many will wax and wane for a variety of reasons. Helping your child to celebrate what makes them feel good about any relationship leads to greater acceptance and tolerance of difference.

Emotional intelligence remains a work in progress throughout our lives. It's something that can always be built on and added to. Helping our children develop their EQ equips them to know they will survive when a relationship goes pear shaped, and increase resilience to life's knocks. This has to be one of the greatest gifts as parents we can give to our kids.

Jenny Brockis

Dr Jenny Brockis is the Brain Fitness Doctor, author of *Future Brain: The 72 Keys to Create Your High-Performance Brain* and mother to two young adults.



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