

Leeming Street, Mount Kuring-gai NSW 2080

T (02) 9457 9088 F (02) 9457 8691
E-mail: mtkuringga-p.school@det.nsw.edu.au

September 2017

Principal's Report

School Attendance

All children are required to be at school between 9:30am and 3:30pm to ensure that they have every opportunity to learn. The Department of Education understands that for some medical appointments a child may be late, or leave early from school. However, it is noticeable that parents are wishing to take their child home early from school for a variety of reasons, such as organised sport in the afternoons. This is not a valid reason for picking your child up early from school. Dropping your child off late or picking them up early disrupts the learning of not just your child but that of the whole class. I thank you in advance for your assistance with this matter.

Tell Them From Me Survey

The Partners in Learning Survey for parents closes this Friday. If you would like to provide the school with valuable input to help with the creation of the school's next three plan please take them time to share your thoughts. To access the survey please use the following link, <https://nsw.tellthemfromme.com/g9j6j> If the link doesn't work please copy and paste into your browser. Thank you to those parents who have taken the time to complete the survey. It is really appreciated and will assist us in creating the school's Strategic Directions. The survey closes at 5pm tomorrow.

Children's Toilets

The children's toilets at school are for the use of children only during school and OOSH hours. This is for Child Protection reasons. If an adult needs to use the toilet during school hours please come up to the office and you can use the staff facilities. This includes parents taking their little ones to the toilet. If an adult needs to use the toilets during OOSH hours please see OOSH and they can make arrangements for you.

Raffle Tickets

Gisele in 5/6S will be representing NSW at the upcoming Pacific Games in Adelaide in December. To assist her in raising the money to attend this tournament she is selling raffle tickets. The tickets are available at the school's office. If you are able to support Gisele please visit the office and purchase some tickets.

We wish Gisele the very best in her upcoming competition.

Swim Scheme

Over the last two weeks children from Years 2, 3 and 4 have participated in Swim Scheme. This program has been designed as an intensive learn to swim program for children from Year 2. All the children have progressed with their swimming skills, which is fantastic. Thank you Mr Johnson and Mrs Wasowski for accompanying the children to this program and Miss Rigby for her organisation!



Stage 3 Camp

This week Stage 3 have attended their Sport and Recreation camp at Point Wolstoncroft. The camp provides an opportunity for them to face many personal challenges; teachers included, and learn team building skills to be successful in many of the challenges. The camp also addresses aspects of healthy living. When I visited on Tuesday afternoon they were having a wonderful time and explained with great enthusiasm the tasks they had completed. We look forward to their return tomorrow afternoon where I am sure they will have many positive stories about their adventures.

Colour Run

Next Friday (27/10) we will be holding a Colour Fun Run at school in the afternoon. The children can raise money for the school and win some great prizes if they chose. We just thought it would be a great fun activity that the whole school could participate in together. If you want to come down and watch or assist please do so. We encourage all children to participate and to wear old clothes on the day. Mrs Eastgate has organised this event and if you are able to assist please contact her on Monday, Tuesday or Wednesday of next week. All monies will go to the school to purchase some much needed resources to assist the children's learning.



Grandparent's Day

On Tuesday 31/10 the school will be holding its annual Grandparent's Day. It is a wonderful opportunity to open the school up for the children's grandparents to come and visit and see the wonderful work they are doing in class. A specific note will be sent home outlining the day, but there will be open classrooms, an assembly and the canteen will be serving some sweets and tea and coffee. We look forward to seeing the grandparents on this day.

Korean School Tour

On Wednesday 1st November the school will have some special visitors from Korea coming to Mount Kuring-gai PS to see how we do things as a small school and discuss the programs and opportunities that the children participate in. Recently in Korea they have set up a small schools district and are gathering information from around the world about best practice. The delegation will visit the children's classrooms to see them working and discuss with the school's executive about the extra-curricular programs we offer.



P&C AGM

The P&C AGM is on Wednesday 15th November at 7pm in the school hall. The P&C are looking for volunteers to fill positions on the committee. If you are able to assist please make contact with one of the current committee members. Anyone is able to attend and participate in the discussions. Unfortunately in order to vote at the AGM you would have needed to be a financial member prior to last night, but that doesn't stop you sharing your thoughts or volunteering your time. The P&C does great things for the school to support the children's education and if you are able to assist in anyway or find out what they do please come to the next meeting.

Matt Pinchbeck

Principal (rel)



Parenting kids through the challenges of change

by Michael Grose

Parenting is always challenging, but perhaps never more so when you are undergoing change yourself.

Recently I spoke to staff at the General Motors Holden in South Australia about how they could help their families navigate the imminent plant closure, and subsequent loss of jobs. Change of this magnitude generally impacts on everyone in a family, bringing an added layer to parenting. Essentially the job of these parents was to help their children successfully navigate changes rather than isolate or protect them from the changes that will occur.

From a child's perspective, it's not the change itself but how parents react to adjustments that is most significant. Change tests individual and family resilience, but managing it well builds resilience. While most people yearn for certainty and consistency there will always be times when circumstances change – people shift jobs, families relocate and parents split up. These situations are difficult to manage at the time but inevitably people adjust and more often than not, end up with a better situation – a job that they enjoy; a better lifestyle or finding family peace.

While change is not easy to endure, there are some things we can do as parents to help our children cope and hopefully grow from those changes.

The following five ideas will help:

1. Acknowledge feelings

Every difficulty or challenge we face is accompanied by uncomfortable feelings such as sadness, anger and disappointment. When feelings aren't acknowledged, children will either act out or act in. That is, they will either become aggressive, agitated and hurtful or become moody, anxious and depressed. Give kids permission to talk about emotions by talking about your own feelings and your emotional reactions to events. Help children of all ages verbalise their feelings by asking children how they feel in response to different events. ***"How do you feel about this?"*** is a great way to initiate conversations on an emotional level.

2. Look after yourself (and your partner)

Change is usually stressful for adults. Feelings of anxiety are common in times of uncertainty. "Will life ever return to normal?" is a common question. Self-care is essential in times of change. It's hard to parent well when you are stressed, anxious or depressed so do all you can to stick to the building blocks of well-being. That is,

parenting *ideas

sleep well (life's always better after a good night's sleep); get some exercise (to release the feel-good endorphins); actively maintain your support networks (talking about difficulties is therapeutic); get some relaxation (it's important to take your mind of your worries for a time) and pursue at least one interest that you enjoy (fun and play is an antidote to depression).

3. Stay optimistic

Optimism is characteristic of resilient people. I'm not suggesting that you take a Pollyanna-ish attitude that 'everything will be all right'. Instead project the attitude that the current situation may be difficult or that life at the moment may be difficult but you will get through this. *"This too shall pass"* is a powerful resilience concept for kids to experience and learn.

4. Maintain consistency and routine

When disruption appears in your life try to keep things as normal as possible for children. In particular, stick to regular mealtimes; keep bedtimes regular and keep the traditions that kids enjoy and bring your family together. This type of familiarity is comforting for kids, helping them maintain feelings of control, which is something they crave in times of change.

5. Stick together

Resilience is best practiced as a family or community, rather than as an individual so look for ways to bring your family together. Family mealtimes; shared enjoyable experiences and simply hanging out together are the types of activities that build strong families. In times of change and upheaval what we need most is each other.

Life is full of changes. Some are welcome and some aren't. It's human nature to resist change, particularly when it's unwelcome. But change also presents opportunities for growth and development. Helping kids cope with change, even when it happens to you, is a chance to build their resilience, which will be tested many times throughout their adult lives.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*. A trailblazer in the parenting and educational scenes Michael regularly appears in the media throughout Australia in programs including *The Project*, *The Today Show* and ABC radio.

KH

KH has been learning about herbs as part of their science unit while Miss Cameron has been on camp. The students have found rosemary, parsley, mint and thyme around the school and written amazing sentences about their learning. Well done KH.

Mrs Whiting





CANTEEN NEWS



NEED A LUNCH BAG FOR YOUR CHILD'S LUNCH ORDER?

Below are the options available to purchase from our school Canteen:



Reusable Canteen Lunch Order Bags "Lunch Wallets" \$10 each

- Designed to replace paper lunch bags when ordering from the canteen.
- Holds more food than paper bags.
- Sturdy flat base makes them easy to pack and stack.
- Made from non woven polypropylene (like green shopping bags) as it is durable and easy to clean
- Extremely easy to wipe clean with a damp cloth.
- Reduces paper waste.
- Hygienic zipper pocket to separate money from contact with food.
- Wallet in a closed position.
- Transparent pocket displays name & class.
- Clear pocket with zipper for money & written lunch order.
- Size of Lunch Wallet is approximately: 23cm (H) x 18cm (W) x 10cm (D).
- Pocket sizes and colours may vary.



OR

Disposable Brown Paper Lunch Order Bag 10c each

Canteen Policy Update

*Please note young children are not permitted in the canteen due to Health & Safety guidelines and Insurance reasons.

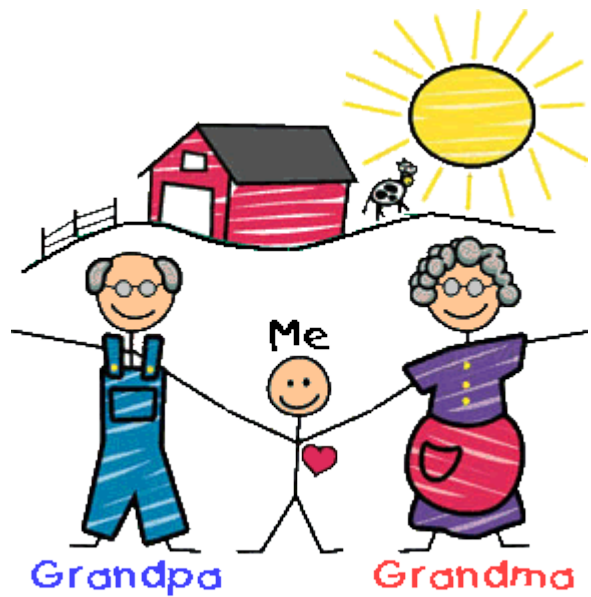
*All lunch orders should be placed in the Lunch Order Collection Bin located near the Canteen door.

*New Canteen Committee email address mkpscanteen@gmail.com

Save the Date

Grandparents Day

Tuesday 31st October



DATES FOR YOUR DIARY 2017

Monday 23rd October

Kindy Kick start begins

Friday 27th October

Colour Run

Tuesday 31st October

Grandparents Day

Wednesday 1st November

Korean School Tour

SCHOOL BANKING

School Banking takes place every Tuesday morning outside the library.

Please take your books to Mrs Fieramosca and not to the school office.

If you forget we are happy to pass them on the following week.



Community Notice Board

Cowan Public School Presents

Cowan Twilight Markets

Friday 27th October 5-7pm

cowantwilightmarkets@gmail.com

9456 1065

A wide variety of market stalls including arts, craft, fashion, fresh produce, Christmas items, plants and much much more



Entertainment by local musician
Kids entertainment—sand and balloon art
Food—Café, and BBQ
Entry is Free so come along for some food, entertainment and family fun!

BUSH SCHOOL LEARN TO SWIM

Swimming lessons for children

4 years to 12 years (Year 6, 2017) taught by our qualified and experienced instructors at the Bush School pools on Saturdays, November – March

Season Cost: 30 min lesson

\$105 for 1 child,

\$175 for 2 children,

\$230 for 3 or more children (plus \$21.00 insurance per child 8 yrs and over)

Enrolments: Online at our website

Grading: Saturday 28th October 2017 at 1:00 pm – 2:30 pm (or on later Saturdays from November) at the Bush School pools.

Enquiries:

Frances Simpson-Lee 9489 1579

Carolyn Cross 9489 2415

Liz Wright - bushschoolts@gmail.com



ST BERNARD'S



CATHOLIC SCHOOL

St Bernard's

BUSH FAIR

10am to 3pm

Saturday 28th October



Warrina St, Berowra Heights

Fair Stalls include:

- Devonshire Tea & Treasure
- Side Show Alley
- Plant Stall
- Café - Italian Treats - coffee Shop
- Dunk the Teacher and Popcorn
- Cakes and Books
- Wine Tombola
- Haunted House/Haunted Stall
- Snow Cones, Fairy Floss, Face Painting,
- Ride Bands/Tickets, Hot Dogs
- Bush Fair Food - Old Fashioned
Good wholesome yummy food



For enquiries email stbernardsfete@gmail.com For ride passes use <https://www.trybooking.com/RTON>

frangipani designs
PHOTOGRAPHY

 **Bendigo Bank**
Bigger than a bank

McGrath

 **ASSURED**
Conveyancing

 **CLASSIC GAUGE**
RESTORATIONS