

Leeming Street, Mount Kuring-gai NSW 2080

T (02) 9457 9088 F (02) 9457 8691

E-mail: mtkuringga-p.school@det.nsw.edu.au

November 2018

Principal's Report

Save the Date

On Wednesday evening 19th December the P&C will be hosting a Pizza night at the school. This will be a community event that will consist of pizza, karaoke, jumping castle and other entertainment for the kids. Could you please add this date to your calendars, more information will follow in the coming weeks.

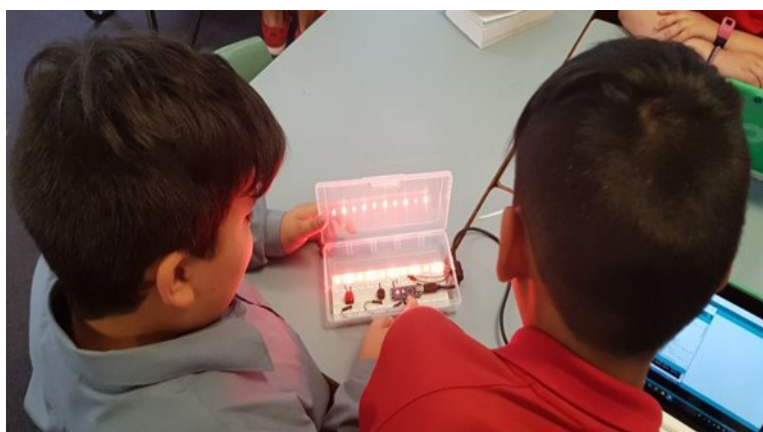
Book Launch

4/5 Black Cockatoos held a book launch on Tuesday 27th of November. During Term 3, students were challenged to create a picture book about Mount Kuring-gai; using a variety of photos and artworks. The book launch was a great success. Thank you to our wonderful parents for coming to our school to support our students. Congratulations to the students for working so hard to produce such wonderful books. These books will be available in the library to read.



Coding

During Term 4, 4/5 Black Cockatoos have participated in coding using Arduino's. Mr Darren Wood supported the students through this process in which they developed a deep knowledge and understanding of loops and arrays. Students thoroughly enjoyed the experience and have a newfound understanding of coding and computational thinking. I would like to thank Mr Wood for his assistance with this program.



Mariners Cup

Ten students from Years 5 and 6 were involved in the inaugural Mariners Cup played at the Central Coast Mariners Centre of Excellence at Tuggerah. Students showed tremendous football skills on a windy day and only just missed out on qualifying for the final. Throughout the competition students displayed outstanding skill and sportsmanship. Thank you to the parents for transporting students to the Central Coast. Well done to all involved.



Parent Helpers Morning Tea

Thank you to our parent and community volunteers who braved the wild weather to attend our annual Parent Helpers Morning Tea. For our staff, it was a nice opportunity to personally thank all the wonderful parents, carers, grandparents and volunteers who continue to support our school. We look forward to your continued support as we move into 2019.





Celebration Of Learning will be held on Tuesday 11th December at **Berowra Community Centre** (off The Gully Road). All students will be transported to the venue by bus and we are aiming to **leave Mt Kuring-gai by 9:30am**. We are hoping to start the presentation by 9:50am.

The presentation will run until approximately 1pm, with a brief intermission at 11:30am. Tea, coffee and light refreshments will be provided.

If you are taking your child home directly from the venue after the presentation, you will need to see your child's classroom teacher. We look forward to a lovely day celebrating student success at Mount Kuring-gai Public School.

Benefits of social scripting for kids

Social scripting achieves the parenting trifecta. Giving kids scripts can help them stay safe, become social and importantly, become independent.

The job of parents is to wean kids off them, and social scripting is a big part of this process. Here are some ideas to get you started:

Asking a teacher for help or assistance

Kids often coerce parents to do their bidding with teachers, coaches, siblings and other adults. It's easy to pick up the phone and arrange to meet a teacher or go into your child's room and ask for something on behalf of your child. Take a different approach. "Choose a time when your teacher is free, and then ask her if you can sit at the front of the classroom. You could say...."

Entering a game at school

Many kids struggle to enter into a game or activity at school, so they sit on the sidelines and miss out. Social scripting involves timing, not just the words to use. Consider coaching a child about how he or she may approach a situation. Suggest that he or she looks for someone they know, and waits for a lull in the game before asking.

Telling a sibling to stop annoying them

"Jessica, please stop flicking the ruler while I'm watching TV. I find it annoying." This may work. If not, this child could try, "Jessica, could you flick your ruler elsewhere." It may work. It may not but it's infinitely better than yelling, "Jessica, DOOOONNNN'TTTT!!!" Give kids the scripts they need to help them negotiate their sibling relationships.



Saying no to a friend without losing face

Research shows that many teenagers struggle with peer pressure because they don't know how to say no in a way that maintains their status. One strategy is to use an excuse rather than say give an outright no. "I don't want to drink tonight because I've got football training in the morning."

Expressing their emotions

Both genders can struggle to express their feelings, particularly if they haven't been taught the words to use at home. Recently, I saw a mother prompt her three year old when he was clearly annoyed.

"Are you frustrated Maxie?"

"Yes, I fusttated!!"

"Would you like a hug?"

"Yessss!"

You're never too young or too old to be hugged. Just as you're never too young or too old to receive a social script from a well-meaning friend or parent.

Year 6 Mini-Fete

"The Year 6 mini-fete will be held **Monday 10th December**"! Make sure you've bought your tokens for lots of **fun** and **games**!

Band performance

It was wonderful to see our student band perform as part of our final Kindy Kick Start celebrations. Learning to play an instrument and read music is such a great skill for children to develop. This wonderful performance saw students playing a vast variety of instruments including; trumpets, saxophone, drums, keyboard, trombone, guitars and flutes. The students played a number of songs, including a theme song from Jurassic Park, The Beach Boys – Surfing Safari and Twist and Shout.

If you are interested in your child joining the band in 2019, please contact the school office for more information.



Kindy Kick Start

Next year we have 24 new kindergarten students joining us at Mount Kuring-gai. It has been wonderful to have our new kindy students with us throughout the term during their Kindy Kick Start visits. They have had the opportunity to visit classrooms, working with students across the school, all who have been very eager to get to know the new faces that will be joining our school community in 2019.

Last week as part of their final Kindy Kick Start session they did their very first performance together singing 'Baby Shark' for all of their family members.

We look forward to sharing the educational journey of all our new kindy students next year.



League Tag Gala Day

On Thursday 20th November, 6 Teams of boys and girls from stage 2 and 3 competed in the North Sydney NRL Bears League Tag Gala Day. Our senior boys and girls teams participated in a round robin at Montview Oval, while our junior boys and girls played at Rofe Park. Mr Byrne, Mrs Slade and I were very impressed with the effort, sportsmanship and team spirit that were shown on the day. Our senior boys Red Team did extremely well to make the semi-finals. A huge congratulations to our junior girls' team who won their semi-final progressing through to the league tag finals day which will be played this Thursday. Go Mt Kuring-gai!



The Kids Sugar Workshop

Last week the students in Years 2-6 took part in the “Kids Sugar Workshop”, run by nutritionist Jenny Boss. These workshops were designed to inform students about what happens if they eat too much sugar, where sugar is found and better choices for lower sugar options. Jenny also displayed a collection of drinks and foods, where the sugar content was represented with lumps of sugar. Many students were surprised at the amount of sugar hidden in many foods. Jenny will be returning this week to present the “Eat A Rainbow” workshops to students in Kindergarten and Year 1 as well as presenting a “Kids Food and Feeding” workshop to parents.

Monday is the Year 6 Mini Fete all children may wear mufti on this day and a gold coin donation is to be made for this privilege.

Natalie MacDonald
Principal (acting)



Natalie MacDonald

Mt Kuring-Gai Public School P & C

COMMUNITY CASH

Earn Community Cash for your school by choosing to bank with the **Berowra & District Community Bank® Branch of Bendigo Bank**.

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Contact the **Berowra & District Community Bank® Branch** at Shop 9, 1C Turner Rd, Berowra Heights, or call **9457 2265** for details.

Community Cash – Bank and Earn by:

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	New Savings Account	Open a new savings account and earn your community \$5
	New Piggy Saver Account	Open a new Piggy Saver Account as part of your schools Piggy Saver program and earn your school \$5
	Weekly Piggy Saver Deposit	Deposit your schools Piggy Saver's each week and earn your school \$5
\$10	Personal Loan Quote	Get a quote for a secured or unsecured personal loan of at least \$10,000 and earn your community \$10
	New Credit Card	Switch to or get a new credit card through Bendigo Bank and earn your community \$10
	New Term Deposit	Take out a Term Deposit of 1 month or more and at least \$10,000 and earn your community \$10
\$25	Property Loan Quote	Get a quote for a Home or Investment loan of at least \$250,000 and earn your community \$25
	New Term Deposit (100k+)	Take out a Term Deposit of 1 month or more and at least \$100,000 and earn your community \$25
\$150	Personal Loan	Settle on a secured or unsecured personal loan of at least \$10,000 and earn your community \$150
\$500	Property Loan	Settle on a Home or Investment loan of at least \$250,000 and earn your community \$500

BANK FOR YOUR SCHOOL

DATES FOR YOUR DIARY 2018

Monday 10th December

Year 6 Mini Fete

All children can wear mufti for a gold coin donation



Tuesday 11th December

Celebration of Learning

Wednesday 12th December

Reports Home

Thursday 13th December

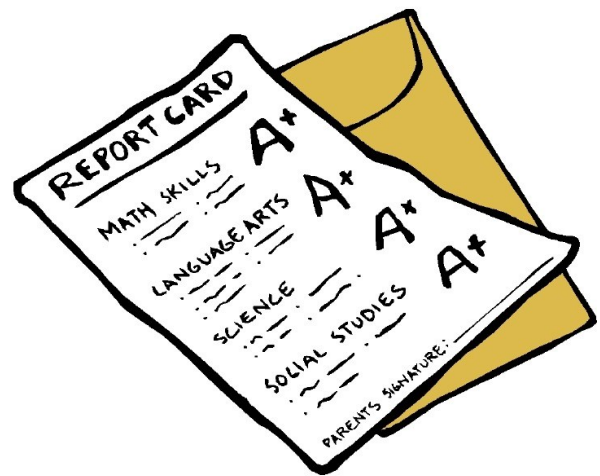
Year 6 Farewell Dinner



Wednesday 19th December

Talent Show

End of Term 4



Ethic Lessons

Help is required next year for assistance with ethics lessons for students. There is currently a waiting list for students to attend and we need volunteers and a coordinator to help it go ahead in 2019. If you are interested in assisting, please see Fiona Lisle or contact Maria McCarthy at maria.mccarthy@primaryethics.com.au



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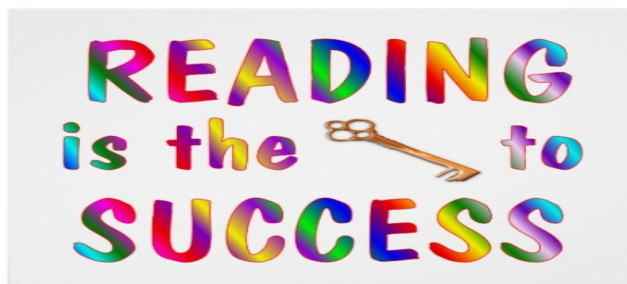
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K-2 HOME READING TIPS



- Home reading should be a positive experience for both parent and child. The book they take home will be a familiar book and it is okay (in fact it is beneficial) for the book to be read more than once or twice.
- Make it part of your routine and find the right time for you and your child to enjoy this special time together (mornings may work better than evenings in some cases).
- Let the reader hold the book and turn the pages.

Before reading:

Ask some questions about the book : What do you think the books is about? Why?

What do you notice about the picture on the front? Or if they have read it before : Do you remember what happened in the story?
What do you like about the book? Is it a story or a fact book?

During reading:

- Listen to your child read the story.
- Let him/her hold the book and turn the pages.

If they read correctly, praise them as they turn each page. Try and be specific with your praise.

E.g. *Great job! You corrected that all by yourself. Good job! That didn't make sense and you corrected it.*

You are trying to re-read the sentence. Terrific! Your reading sounds just like talking. Fantastic!

Well done! You are reading with expression for the talking parts.

If your child makes an error or stops at a word give him/her 5 seconds to self-correct. If they don't self-correct, give them 5 seconds to have a go before telling them the word.

After reading:

Praise, Praise, Praise! The aim is for students to view themselves as successful readers.

Ask questions: What was your favorite part? What was the problem in the story? Which character did you like the best?

Important Note: Students who are reading beyond Level 17/18 are encouraged to read familiar books from school and also books from the school/local /home library, choosing books that they enjoy and are interested in.

If your child is becoming frustrated during the Home Reading process, please see your child's classroom teacher.

Helpful prompts

When the reading doesn't make sense...	When the reading doesn't sound right...	Sounding out errors...
Look at the picture. Does that make sense? Read on and come back. Think about what you've read. Go back and read again.	Does it sound right? Should you say it like that?	Does it look right? Look at the first sound. Say the sounds in order. Look for any parts of the word you know.
Now have a guess.	Now have a guess.	Now have a guess.

AUTISM SUPPORT IN HORNSBY



The Autism Community Network provides free support during school terms for families living with autism conditions. If you would like to meet other carers who understand you or find social opportunities for your ASD child and their siblings, please contact us or come along to our free support group meetings

HORNSBY SUPPORT GROUP - EVENING

When: First Tuesday 7.30 to 9.30 pm
Venue: Hornsby RSL Club— in the Sports Lounge

HORNSBY SUPPORT GROUP - DAY

When: Fourth Thursday 10 am to noon
Venue: Hornsby RSL Club— in the Sports Lounge

For more information :

www.autismcommunity.org.au | info@autismcommunity.org.au | 9543 9036



Did you know

When your child misses just . . .	that equals . . .	which is . . .	and therefore, from Kindy to Year 12, that is . . .
10 minutes a day	50 minutes of learning each week	Nearly 1 ½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2 ½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of school
1 hour a day	1 whole day of learning each week	8 weeks per year (nearly a term)	Over 2 ½ years of school

Community Notice Board

McGrath
PROPERTY MANAGEMENT

Aroha Gilbert 0418 752

Local estate agent - Berowra



HORNSBY FOUNTAIN
MEDICAL CENTRE

Hornsby Fountain Dental Clinic

Gap Free for Dental Check-up and clean
Bulk Bill for Medicare Funded Dental
Care for Children (CDBS)

Call Now or Book Online! ☎ 02 9987 1007

Address | Shop 4, 21 Hunter Street, Hornsby
(Inside the Hornsby Fountain Medical Centre)

www.hornsbyfountaindental.com.au

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STUDENTS AGED 3-17

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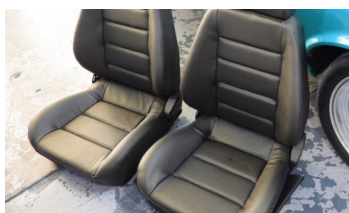
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TO ARRANGE AN APPOINTMENT



KAMO KOUGARS

facebook.com/KamoKougars

HIIT - Group Exercise - Boxing - Personal Training



Kamo Kougars is a local Group Exercise Program for women that focuses on High Intensity Interval Training (HIIT) and Boxing. The diverse sessions are a fun way to get active while the unique programs will keep you entertained and on your toes. Each session is only 40 minutes so it's easy to fit in to any schedule. Come along for your week's free trial and see what all the fuss is about!

Parklands Oval, Mount Colah & Mount Colah Public School

Monday 9:30am & 7:00pm

Wednesday 9:30am & 7:00pm

Friday 9:30am

Returning Kids TV Show Looking for Kids & Their Pets Now!

Northern Pictures are looking for kids aged 8-12 and their pets to feature in the second series of an animal focussed, hilariously funny kids' TV series!



We are looking for *every kind of pet* – from bunnies to birds, frogs to ferrets, snakes to snails, horses to hogs – we'd love to meet them and give them their 5 minutes of fame!

Our hosts and camera crew would love to visit you – and find out exactly how well behaved (or not!) your pet is! So, don't delay – get in touch!

DATES: The first 3 weeks of the summer school holidays - 7th – 25th January 2019.

LOCATIONS: Your animals' natural habitat – in your backyard, home or property!

NOTES: We're looking for a wide variety of animals – No pet is too great or too small!

HOW TO APPLY:

Send the following details to kids@northernpictures.com.au

Full Name, Address, Contact Number, Email, Child's Name & Age, Pet Species/Breed and Name. The more information you can provide about your pet the better!



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SCOUT CHRISTMAS TREES SAT 8TH DECEMBER 2018

HUNT RESERVE, MT COLAH
8.00AM - 3PM (or Sold Out)

1st Mt Colah / Mt Ku ring gai Scouts
www.mcmkscoutgroup.com



SYDNEY ADVENTIST HOSPITAL

San Carols

SUNDAY 9 DECEMBER 2018

FRONT LAWN
Sydney Adventist Hospital
 185 Fox Valley Road, Wahroonga

FROM 4PM
 Kids & Family Activities
 + Food Fair + Santa Photos

7PM
Kids Concert
 DreamWorks Trolls Show

7.30PM
Main Carols Program
 ending with Spectacular
Fireworks Display*

*weather & fire regulations permitting

For more information visit
www.sah.org.au/san-carols

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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.com.au

BOOK NOW

JANUARY 2019 PROGRAM

Our popular recreational holiday gymnastics program will be running again throughout the January 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, holding Senior First Aid Certificates. Bookings are essential and must be made via our website.

Class numbers are limited, so hurry and get your friends together so you don't miss out!

PROGRAM DETAILS:

Time:	9am – 3pm each day	
Dates:	Wednesday 9 th January Friday 11 th January Monday 14 th January Wednesday 16 th January Friday 18 th January Monday 21 st January Wednesday 23 rd January Friday 25 th January	Theme: Under the Sea Theme: Summertime Fun Theme: The Detectives Theme: Wacky Wednesday Theme: Fluro Mania Theme: Hawaiian Party Theme: Super Hero's Theme: Australia Day Fun
Cost:	Members Price* = \$45 per day Non Members Price* = \$50 per day * A member is a person who is registered for term time gymnastics classes in 2019	
What to bring:	Morning tea, lunch, water, sunscreen and a hat. 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!!	
Cancellations:	Please note that refunds or credits are not permitted.	

VISIT OUR WEBSITE FOR MORE GREAT HOLIDAY GYM OPPORTUNITIES:

- ✓ Tumble, Tricks and Flips sessions (8 Years plus)
- ✓ Advanced Gym Sessions
- ✓ Senior Gym sessions (high school students)

BOOK ONLINE NOW: www.hornsbyrslgymnastics.com.au



Carols under the Star

Presented by the combined churches of Berowra

FREE ENTRY

Raising funds for **Compassion in Jesus' name**

Food Stalls
Market Stalls
Glow Candles

Donkey Rides
Kids Activities
Live Music

Warrina Street Oval, Berowra
Thursday 20th December

Pre-Show: 5.30pm
Carols: 7.30pm

All Welcome

AWOL Youth Hub: open to year 6 students!

AWOL OPEN CENTRE

For the last four weeks of term 4, Ku-ring-gai Youth Services invites all year 6 students to come and get a taste of what we have to offer

FREE

19th Nov – 14th Dec 2018
3.30pm – 6.30pm
 At the AWOL Youth Hub
 Old school building
 next to Gordon Library
 799 Pacific Hwy, Gordon

9424 0981 @ youth@kmc.nsw.gov.au **kyouthservices**

Ku-ring-gai Youth Services
kmc.nsw.gov.au/youth



DECEMBER-JANUARY SCHOOL HOLIDAY EVENTS

SUMMER READING CLUB LAUNCH

Followed by *The Gigalees* and their Crazy Comedy Show!

Give your children incentive to read over the holidays and the opportunity to win great prizes by signing them up for the Summer Reading Club. A child's library card is essential to join the Club and attend the show.

Club Registration with child's library card will open from 4:30pm.

Come early so you don't miss our great show.

Hornsby Library

Thursday 6 December,

Ages: 0-14 year olds

Registration: 4.30pm

Show: 5.30pm

Cost: Free for all Summer Reading Club members.

No bookings required.

GINGERBREAD HOUSE MAKING WORKSHOP

Bring the whole family and be guided in making a wonderful Gingerbread House for the Christmas table. The cost includes all the materials needed such as house, icing, lollies, silver foil, board and cellophane for wrapping. Great Christmas fun for the whole family.

Hornsby Library

Wednesday 5 December, 6.30pm-8pm

Pennant Hills Community Centre

Saturday 8 December, 2.30pm-4pm

Cost: \$35.00 per family.

Children 7 and under must be accompanied by an adult. Bookings essential. Book online at hornsby.nsw.gov.au/library

SANTA CLAUS SUPERSTAR CHRISTMAS PANTOMIME

Santa Claus Superstar is a delightful comedy which will thrill its young audiences.

Now that Santa has a magic cape he can make all of the toys by himself. Poor old Rudolf and the elves have their world turned upside down – they're out of a job! The scheming Daredevil Dan and Grumpy Gran plot to steal the cape, and its high adventure with the children involved every step of the way. Featuring the gorgeous *Music Box Dancer*, the *Jolly Green Christmas Tree*, *Drummer Boy*, *Jack in the Box*, *Harlequin*, and many more surprises.

Hornsby Library
Tuesday 18 December,
11.30am

Berowra Community Centre
Friday 21 December,
10.30am

Pennant Hills Community Centre
Thursday 20 December,
10.30am

Ages: 2-7 year olds. Parents and children under 2 years accompanying a paying sibling do not require payment. Children must be accompanied by an adult.

Cost: \$8.00 per child

FEATURE CREATURES - REPTILE SHOWS

Be fascinated by this interactive and educational wildlife event where you will be able to get close to frogs, snakes and crocodiles.

Hornsby Library
Tuesday 15 January,
10.30am-11.30am

Pennant Hills Learning & Leisure Centre
Wednesday 16 January,
10.30am-11.30am

Ages: 5-12 year olds
Cost: \$10.00 per child



Summer School Holiday Activities

for primary school students



Check out our school holiday activities for primary school students!

Get an interactive presentation on the new \$50 banknote and discover banknote security features.

Explore the Museum with a treasure map and learn about the history of Australia.

Summer Session Times

Wednesday, 9 January, 11.00 am – 12.45 pm

Friday, 11 January, 11.00 am – 12.45 pm

Wednesday, 16 January, 11.00 am – 12.45 pm

Friday, 18 January, 11.00 am – 12.45 pm

Wednesday, 23 January, 11.00 am – 12.45 pm

Friday, 25 January, 11.00 am – 12.45 pm



Cost: FREE (bookings essential)
Email: museum@rba.gov.au
Phone: (02) 9551 9743

Reserve Bank of Australia Museum
Ground Floor, 65 Martin Place
Sydney NSW 2000

To find out more, visit:
www.museum.rba.gov.au/events



RESERVE BANK OF AUSTRALIA

BEROWRA PUBLIC SCHOOL COUNTRY FAIR

SATURDAY 8 DECEMBER 2018 2pm - 7pm

HILLCREST ROAD BEROWRA

Enjoy the start of the festive season
with a twilight country fair

Fast-track your fun and buy your ride tickets
online at: www.trybooking.com
(Search Berowra Public School). Unlimited Rides Pass
available online now for \$26 (\$30 on the day).

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