

Mount Kuring-gai Public School News

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TERM FOUR - WEEK 1

OCTOBER 2019

PRINCIPAL'S MESSAGE:



Welcome back to Term 4! We've hit the ground running and have already been busy with work and play.

Our new wellbeing policy is now in its trial term. Information was sent home last term and opportunity for comment given. Throughout this term we will continue to assess the policy and its suitability for our school. Our first Zero Hero Reward Day will be held in Week 5 and we're so excited!

I hope to see lots of Grandparents and special friends here on Tuesday 29th October for our Grandparents' Day event. Morning Tea will be available for a gold coin donation and you are also invited to bring a picnic rug and lunch to share with your grandchildren. The Children's Bookshop from Beecroft will also be here with a selection a quality children's books available for purchase to take home or donate. We have some lovely activities planned to be shared with the students including bingo, putt putt golf, jacks, bocce, Uno, raffle and craft, and please check out the artwork on the walls of the hall!

Term 4 brings lots of opportunity for evaluation and planning. I encourage you to take the time to complete our Tell Them From Me (TTFM) survey which was advertised last week, as this is your chance to let us know your thoughts and opinions. Students and staff will also complete their relevant versions of the survey. Information will be used for evaluation, discussion and forward planning. Surveys will close on Friday 25th October.

We have also started to make plans for 2020 so if you know of any potential kindergarten students for next year who have not enrolled yet please let us know ASAP. Kindy Kickstart orientation sessions will start this week to help familiarise the new students with school life and start to make connections and friendships with their future classmates! Thank you to Miss Wargren for her meticulous organisation of this program and to our student buddies who will make our new kindies feel welcome. I'm excited to meet our future MKPS students!

Some changes already proposed are to our timetabling of events for 2020, such as scripture and assemblies. This is to make the best use of the optimal learning time in the morning session.

A reminder that our end of year assembly has changed for this year. As mentioned previously when we posted a "Save the Date", we have decided to split the Celebration of Learning assembly into two: K-2 and 3-6 to be held at the school during

school hours on 10th December. Then on the 17th December we have a new style of Presentation Assembly. This will be held in the evening to allow working parents to attend and will be invitation only to ensure we can fit everyone in.

Term 4 is also the time when we see interested Year 5 aspiring leaders put themselves forward for consideration for school parliament positions. I will meet with potential candidates over the next two weeks to discuss expectations of being a school leader and ambassador before they campaign. The student body will vote later in the term and successful candidates will be announced at our Celebration of Learning assemblies. Official presentation of badges will be made during the Formal Presentation Assembly.

As you know, we have been using the SkoolBag app to send out instant reminders. As part of our school organisation software, Sentral, there is an option for this instant notification function to run through the Sentral platform. This will obviously save the school the subscription fee we pay for SkoolBag which can be used on teaching and learning for the students. We are looking for volunteers to trial the Sentral platform and assess the user experience to decide if this would be a good option for our school. Please let the office know if you are interested in participating in this trial.

The 2019 school leaders and I will travel into the city on Thursday to visit Parliament House for a student forum. We will be attending as Matt Kean's guests and the students will be invited to share their thoughts and ideas about issues school-aged children face in the community. I'm looking forward to spending an interesting and rewarding day with Toby, Jamison, Jake and Joel (who has agreed to step in, in Surmayi's absence). The leaders will report back in the next newsletter.

This Friday is when Australia celebrates World Teachers' Day! I would personally like to acknowledge every teacher who puts their heart and soul into the lives of so many others. The teachers at Mount Kuring-gai Public School go over and beyond to nurture the learning of their students: Often giving up their personal time and time with their own families to research, plan, prepare and think for each and every little life that steps into their classroom every day.

Teaching is not something we do – it's who we are.



Warmest regards,
Mrs Greta Hughes

MKPS Weekly Calendar

WEEK 2

- Oct 21** Art Club with Mrs Slade
- Oct 22** Junior Choir with Ms Samuel/Mrs Tudor
Senior Choir with Mrs Slade
- Oct 23** AUSLAN group with interested Year 5 and 6
Junior Dance Group with Mrs Connolly
- Oct 24** Debating at Afternoon Tea
- Oct 25** **World Teachers' Day**
Senior Dance Group with Miss Brown 9am
Garden Club with Miss Hindmarsh

WEEK 3

- Oct 28** Art Club with Mrs Slade
- Oct 29** **Grandparents' Day**
Junior Choir with Ms Samuel/Mrs Tudor
Senior Choir with Mrs Slade
- Oct 30** AUSLAN group with interested Year 5 and 6
Junior Dance Group with Mrs Connolly
- Oct 31** Debating at Afternoon Tea
- Nov 1** Senior Dance Group with Miss Brown 9am
Garden Club with Miss Hindmarsh

WEEK 4

- Nov 4** **Chess Teams Tournament - Wairoa Public School**
Art Club with Mrs Slade
- Nov 5** Junior Choir with Ms Samuel/Mrs Tudor
Senior Choir with Mrs Slade
- Nov 6** AUSLAN group with interested Year 5 and 6
Junior Dance Group with Mrs Connolly
- Nov 7** Debating at Afternoon Tea
- Nov 8** **Star of the Month Assembly 2.45pm**
Senior Dance Group with Miss Brown 9am
Garden Club with Miss Hindmarsh

WEEK 5

- Nov 11** Art Club with Mrs Slade
- Nov 12** Junior Choir with Ms Samuel/Mrs Tudor
Senior Choir with Mrs Slade
- Nov 13** AUSLAN group with interested Year 5 and 6
Junior Dance Group with Mrs Connolly
- Nov 14** Debating at Afternoon Tea
- Nov 15** Senior Dance Group with Miss Brown 9am
Garden Club with Miss Hindmarsh

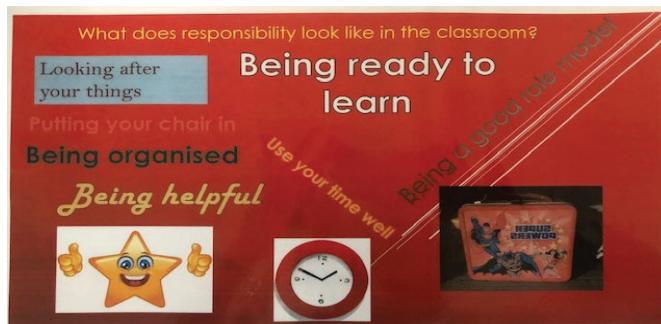
Wellbeing Policy + Zero Heroes

We will begin our trial of the draft wellbeing policy this term, where our focus is to acknowledge all the students who consistently follow the expectations of MKPS. In Week 5 of this term, we will be celebrating students who follow the MKPS core values of Respect, Responsibility, Resilience and Personal Best, on our first 'Zero Hero' day. The reward days will then be held every 5 weeks.

A reminder that these 'Zero Hero' days are exclusively for students who have maintained a 'Level Zero' for the five week duration. Please discuss with your child the consequences of poor choices, as any child who may be put on a level in that time, to monitor and support their behaviour, will miss out on the reward day (they will have the opportunity to be included in the next one). Please see the information sent home towards the end of Term 3.

We are very fortunate that the majority of students in our beautiful school make positive choices that help create the safe, supportive and accepting school we have at MKPS.

In 1/2T, while Year 2 students have been swimming, Year 1 students have been busy creating posters to display the MKPS Core Values in the classroom. While they worked in groups to, they all displayed respect to one another and produced their personal best work.



Grandparents' Day

Grandparents' Day 2019 will be held on Tuesday 29th October from 9:30-11:30. We have lots of fun, interactive activities planned, as well as morning tea supplied by our lovely P & C. We look forward to an enjoyable morning with grandparents and other special people in the lives of students at MKPS.

Chess Teams Tournament

Our school has been invited to participate in a One Day Chess Teams Tournament run by the NSW Junior Chess League on **Monday 4th November** at Wahroonga Public School. It is a whole day event running from 9:15am until 2:30pm.

We have entered two teams (three students are in a team) and there is **no entry fee** so we are hoping to have enough interested students to offer this wonderful opportunity to our keen chess players.

The tournaments are aimed at students who are new to competitive chess, however, students need to understand the basic rules of chess and competitive play. The rules of competitive play are available at www.nswjcl.org.au. A note to interested students was sent home earlier this week, however, if your child missed out and would be interested, please contact the school office.

SAVE THE DATE - Celebration of Learning

This year, we will be having two special celebrations to acknowledge the wonderful efforts of our students. We will have two 'Celebration of Learning' assemblies on Tuesday of Week 9, where all students will receive an award, and all are welcome to attend. 2020 school leaders will be announced at the Celebration of Learning. We will then hold a 'Presentation Night' on Tuesday of Week 10, where students receiving individual achievement awards will be celebrated. The 2020 school leaders will be presented with their badges at this Presentation evening. Invitations will be sent to parents of award recipients closer to the date. This event will be held in the evening to allow working parents to attend.

Celebration of Learning

Tuesday 10th December K-2 9:30am and 3-6 10:30am

Presentation Night

Tuesday 17th December 6pm-7:30pm

K-2 News

We have had a very busy start to the term with our Year 2 students attending the Swim Scheme program. Thank you to Mrs Els and Mrs Connolly for their co-ordination of this very important program.

In Stage One this term, our integrated unit is called 'Around the World in 50 days'. We will be exploring the Science behind day and night, the seasons and changes to the moon. We will be looking at different countries; their climates, traditions, food, clothing and how toys are different or similar within cultures and how toys have changed over time. If you have any items at home or knowledge to share, we would love to hear from you.

In Kindergarten, our integrated unit is called 'Be Safe, Keep Moving and Celebrate'. We will be learning about how to be safe at home, school, in the water and on the road. We will be exploring how things move and the effect of push and pull. In History we will be looking at how families and toys have changed over time. We will also be learning about different celebrations around the world. If you have any items at home or knowledge to share, we would love to hear from you.

Last term, K-2 students met every Wednesday to do singing. One of their favourites will be performed at our assembly on Wednesday 23rd October. We hope you can join us but for those who can't make it, we will be posting the item on SeeSaw.

Our focus in Positive Education this term will be on the 5 aspects of Relationships: Hope, Compassion, Forgiveness, Trust and Integrity. This will be a continuation of our discussions on the importance of having a high level of wellbeing across all areas. We discussed the points below during Term Three Positive Education lessons and we will continue to highlight their importance this term.

- Wellbeing is looking after your brain.
- Wellbeing is looking after your body.
- Wellbeing is looking after your emotions.
- Wellbeing is looking after your relationships.
- Wellbeing is having a sense of belonging and connection (eg. to your school community)

Our students are very excited about Moving Bodies providing a Gymnastics program from Week 3 this term. Bec and her team always provide a high level of expertise, engaging lessons and assessment of progress for our students.

Our buddy reading program continues this term and we have been so impressed with how well organised our K-2 students and their buddies are at making sure they have their folders ready to go as soon as the lunch bell rings. We can see the benefits of the Buddy Reading program and the Home Reading program, in our classrooms.

We look forward to an enjoyable Term 4.

3-6 News

We have dived straight into Term 4 with students in Years 3 and 4 attending the Swim Scheme program for the first two weeks of term with Mrs. Ells and Mrs. Connolly. As Australians, we spend a lot of our time in and around the water; it's a big part of our culture. For this reason, it's important that our students learn water safety and survival skills, so that they can continue to enjoy aquatic activities.

Last term ended with 3/4B presenting their pre-recorded drama plays to the school at the Star Of The Month Assembly. Students worked extremely hard to rehearse, deliver and then edit their drama pieces and should be very proud of the end results. Students in 3/4C will be the first class to host Star Of The Month in an upcoming assembly.

This term Stage Two students will be attending a Gibberagong excursion to the Kalkari Discovery Centre and Birrawanna Track focusing on the classification of living things. Over the term they will learn about life cycles of living things, this term. They will investigate what the similarities and differences between the life cycles of living things. In library and technology lessons they will use the 3D printer with Miss King as well as looking at how they might design and construct a custom-built game controller that is personalised to a user's needs. Using the design processes, coding and

electronics, students will design, build and test a games controller to use with their peers.

In Stage Three this term there will be a variety of High School transition days and information for students in both Year 5 and Year 6. Notes and information will be communicated to you as specific events approach. They are currently counting down their camp to Point Wolstoncroft with Mrs Slade and Miss Hindmarsh. Year 6 are also busy rehearsing their end of year dance routine which will be performed at their farewell.

This term in Science, Stage 3 will focus on changes to the Earth's surface caused by natural disasters and how these may be mitigated. This topic aims to develop students' understanding of the Earth, its position in the solar system and as a dynamic part of a complex, interrelated system. In literacy they will be learning about the common elements of poetry and will explore how these may be applied to shape poems, limericks, odes and simple ballads. At the completion of the unit they will write a poem and recite it to the class.

PSSA summer sport has changed to mornings again this term with league tag. Please ensure your child/ren take their hat, have a bottle filled with water and have sunscreen applied. Gymnastics will be the focus of PE for weeks 3 – 8 this term, run by Moving Bodies.

Primary teachers are looking forward to the busy term.

PATCH

The good old-fashioned hula hoop never goes out of style! Students had lots of laughs swinging their hips to keep their hoops moving. Mrs McCloghry joined in the fun too.



Year 6 Excursion to The Rocks

On Tuesday 15th October, students in Stage 3 had a great day out visiting Sydney Museum and exploring The Rocks. They learnt about the colonisation of Sydney from both the European and Aboriginal perspectives.



Garden Club with Ms Hindmarsh

This year's garden group is growing many plants such as bok choy, carrots, corn, parsley, oregano, lavender, aloe vera, tomatoes, silverbeet and more.

The garden group spends lots of time on making the garden a beautiful place.

By Maceo Easter (Year 6)



School banking Review

The Australian Securities and Investments Commission (ASIC) is seeking community opinion of School Banking programs. If you would like to provide your feedback, please follow this link for the short survey:

<https://consultation.asic.gov.au/financial-capability/review-school-banking-programs/>

Closes 31st October 2019.

CHESS CLUB – Thursdays

Learn to be a chess champion! Coaching for students at Mt Kuring-Gai Public School is held on Thursdays from 11:30am to 12:20pm, starting on 17 October 2019.

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part, you can collect an enrolment form from the school office, or email enrol@sydneyacademyofchess.com.au for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.

MKPS Dance Groups at St Bernard's Bush Fair

Come down and see both our Junior and Senior Dance Groups performing at the St Bernard's Bush Fair this weekend. They will be on stage at 12.10pm!

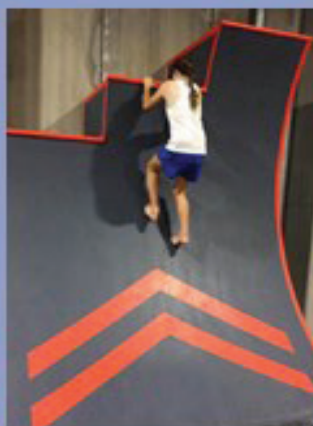


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Monday – Friday
Mini Ninjas/Open Sessions week days

Weekend Open Sessions
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Bookings are essential.



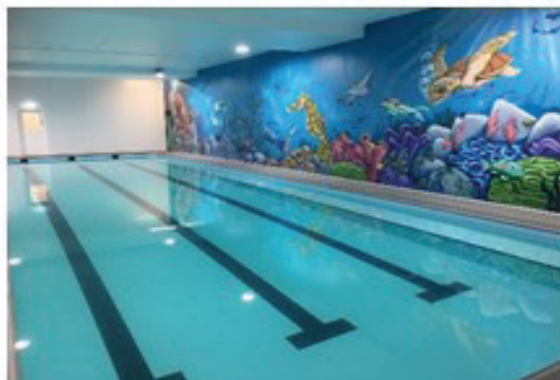
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Everyone can get involved and have their week to say THANKS.

Please talk to Maisie (5/6S) in the playground or email bakeathank@gmail.com and you can select a week that you would like to bake for our teachers.



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Macquarie ADHD Parent Support Group Inc.

Supporting parents and carers of children and teens with
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Presentation: ADHD Medications
Thursday 7 November 2019, 6:45-9:00pm
Dr Kam Wong - Child, Adolescent and Family Psychiatrist

Parents and carers are often concerned about ADHD medication and their potential side effects when deciding whether to medicate or not. North Shore psychiatrist Dr Wong, who specialises in ADHD, anxiety and Autism, will aim to demystify ADHD medications: the different classes of medications, how they work, how to find the most effective medication with minimal side effects and the pitfalls to be aware of.

Dr. Kam Wong is a highly respected Child, Adolescent and Adult Psychiatrist in Sydney. His background and practice include Individual Therapy, Family and Group Therapies and NeuroLinguistic Programming. He is a Fellow of the Royal Australian and New Zealand College of Psychiatrists and Member of the Faculty of Child and Adolescent Psychiatry. He regularly speaks at mental health conferences and seminars both in Australia and overseas.

NEW VENUE	Chats Function Room, The Ranch Hotel, Corner Epping & Herring Roads, North Ryde www.the-ranch.org.au The bistro is open for dinner until 9:30pm.
TRANSPORT	Extensive car parking is available at the hotel. Public transport options include buses along Epping or Herring Roads, or train to Macquarie University Station.
RSVP	https://www.trybooking.com/BFTLQ
COST	\$10 online (or at door if places are available). Member discount applies to this event. Become a member: https://www.macquarieadhd.org.au/membership-form/
Details	Please arrive for 6:45pm with the speaker commencing at 7pm sharp, for approximately one-hour presentation, followed by a short break. A Q&A session will follow with an opportunity to meet other parents. Maximum capacity 120pax. Tea & coffee provided.

ADHD Centre Helpline: 02 9889 5977
Email: info@macquarieadhd.org.au
Website: <http://www.macquarieadhd.org.au>
Facebook: <https://www.facebook.com/macqadhd.org.au>

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Warrina Street Oval, Berowra
Thursday 19th December

Pre-Show 5.30pm
Carols 7.30pm

All Welcome

Cowan Public School Presents

Cowan Christmas Twilight Markets & Rush Hour

Friday, 25th October
from 5 pm.

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Kids entertainment—Jumping Castle
Food—Café, and BBQ
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MEET & GREET
Wackadoo! Bluey
and her little sister
Bingo are heading
to Kids Day Out
on Sunday 3rd Nov

BLUEY TM and BLUEY character logos TM & © Ludo Studio Pty Ltd 2019



HEY KIDS **It's Party Time**
DRESS UP and
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Princes/Princesses/Jesters 10:30 Fairies/Pirates 11:30 Mugglewarts 12:30 Talk to the Animals 1:30
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