



MKPS NEWSLETTER

VOL. 1, 31ST JANUARY, 2020

CALENDAR EVENTS

FEBRUARY:

6th - Swimming Carnival

7th - Meet the Teacher +
Open Classrooms:
K-2-4:00pm-4:30pm
3-6-4:30pm-5:00pm

7th - Welcome BBQ
5:00pm-6:00pm

13th-19th - Parent-Teacher
Conferences

20th-21st - Year 6 Leaders
Camp

MARCH:

2nd - Clean up Australia Day
2nd-6th - Hearing Awareness
Week

20th - Harmony Day
24th - Stage 1 Excursion

APRIL:

8th-9th Stage 2 Camp
9th - Easter Hat Parade
9th - Last day of term

PRINCIPAL'S MESSAGE

Mrs Hughes!

Welcome to 2020!

A very warm welcome to our new and returning families for a new school year. I am looking forward to a productive year of learning at MKPS and further developing my relationships with students, staff and families as well as my colleagues in our neighbouring schools within the Mooney Mooney (South) network.

Our student enrolment numbers have allowed us to maintain 8 classes to remain throughout the year, and we have a few staff changes this year. See teachers and classes on the next page.

I have visited each classroom and the students were happy and settled. I was particularly impressed with the newest members of our MKPS family - our kindy students who are already behaving like established school students, and have been following expectations. This is a credit to their families in preparing them for "Big School".

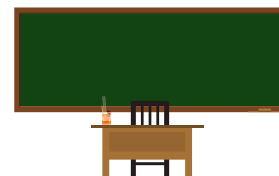
Please join us on Friday 7th Feb for our combined

"Meet the teacher" afternoon

and **"Welcome BBQ"**.



(times listed on left)



Staffing Arrangements for 2020

KD Miss Abigail Davies (pronounced Davis)

K/1E Mrs Bianca Els (Mon-Thur) **Mrs Sarah Cameron** (Fri)

1/2S Mrs Rebecca Slade

1/2W Miss Amelia Wargren* (pronounced Vargren)

3/4C Mrs Bec Connolly*

3/4T Mr Jeff Tapping

4/5S Mr Jimmy Simnett

5/6W Miss Lauren Brown* (soon to be Mrs Waight)

K-2 Instructional Leader Ms Amanda Samuel (M, T, Th & F)

3-6 Learning Support Mrs Gail McCloghry (Mon & Tue)

PE Sport RFF Mrs Carla Todd (Tue, Thur & Fri)

School Counsellor Mrs Colleen Meehan (odd Mondays)

SLSOs /Support Aides Mrs Louise Ellicott (Mon & Tue)

Mrs Anne Maksoud (Tue, Wed & Thur)

Mrs Susie Steel (Thur & Fri)

Mrs Belinda Ryan (Mon-Fri - Auslan Support)

Office Manager (SAM) Mrs Pam Thwaites

Admin Officer Mrs Barb Willmore (Mon, Tue & Wed)

General Assistant Mr Paul White (Tue & Thur)

Cleaner Mr Navin Chhetri

Principal Mrs Greta Hughes

Communication Methods

We encourage open and trusting relationships between home and school. Two-way communication is key to building productive partnerships to nurture each student's learning. It is important to let the class teacher know when there is anything happening in your child's life that may affect their mood, behaviour or learning.

Please remember that there are processes to follow when wanting to meet with the class teacher to discuss your child. **The class teacher is always your first point of call.** Please do not take time away from the class by initiating a discussion with the class teacher during class time. You can request a meeting time via the office, or directly with the teacher. If you need to escalate your issue with an Assistant Principal (AP), please note that Miss Wargren will look after K-2 and Miss Brown will look after Years 3-6. After this, the last step is to speak with me, principal. You can request a meeting via the office.

Missing some familiar faces?

Mrs Bernadette Whiting, who has been working as our Learning and Support Teacher at MKPS, will be acting in the role of Assistant Principal (AP) for Learning Support, based at Rosehill PS, supporting the Parramatta network for at least Term 1 this year. We congratulate Mrs Whiting in securing this role and wish her every success. Miss Teagan King has secured a relieving AP role in another school and Miss Amy Hindmarsh accepted the permanent role of OOSH coordinator up the coast. Mrs Inta Wisowski and Mrs Rebecca Eastgate have both extended their leave until the end of the year. We wish them all well for a happy and productive year. **In Mrs Nicole Tudor's absence, Miss Amelia Wargren will be relieving as AP for four days and Mrs Bec Connolly will relieve for one day. Miss Brown completes the executive team in her permanent AP role.**

Library

This year, classes will be attending the library weekly with their class teacher for borrowing and library skills. This will be a great way to link research and digital skills with the resources that will support and extend the learning occurring in the classroom. Please send a labelled library bag with your child, so they can transport the books safely between school and home. Please join us in fostering a love of reading in our students.

Communication Platforms

SkoolBag: We currently are using the SkoolBag app to provide quick updates and reminders to families. Please make sure you have the latest update and enable push notifications via your phone's settings.

Facebook: We often report on special events on our Facebook page. Please "Like" our page as well as our P&C's Facebook page.

SeeSaw: Teachers may choose to share classroom news with class parents via the SeeSaw app. You will need to have the app downloaded with notifications enabled.

Google Classroom: Some classrooms use this digital platform for learning. Students will have login details if appropriate.

Please note that parents should only send important messages such as reasons for absences via SkoolBag or traditional note, email or phone call. SeeSaw and Google Classroom are more informal forums and not considered a two-way communication platform.

Helping your child at home:

Reading with your child at home will assist their learning and development. Some strategies include:

- set aside some uninterrupted time to read aloud with your child
- read to your child in your first language – research shows that using your first language will help your child when he or she is learning to read English
- listen to your child read every day, even if only for a short time
- talk about books together – make reading a shared, enjoyable activity
- discuss the meanings of stories and words
- ensure there is a range of reading material for your child at home, both fiction and non-fiction
- give books as treats and presents
- join your local library – borrow books for yourself as well as your child.

For more practical help for parents and carers, go to: <https://education.nsw.gov.au/public-schools/practical-help-for-parents-and-carers>

Health Care Plans



Please remember that Health Care Plans are to be updated annually and are now due, after consulting your child's medical/healthcare professional.

Health Care Plans involving **anaphylaxis** and **asthma** are particularly important to ensure the most appropriate action is taken in case of an emergency.

All families are requested to return the details form that was sent home last week to ensure we have the most current information.

2020 Changes

Schools are places of progress and change. It is good practice to regularly assess and evaluate our processes and procedures and to ensure we stay current with educational trends and relevant within our context.

Sometimes changes can be uncomfortable or inconvenient, but they are necessary for us to keep moving forward. As adults, we need to model resilience to our students that change and trying new things is a great way to discover better and more efficient ways to do things.

We are continuing with our new wellbeing focus of **"Zero Heros"** and using an approach of reflection and restorative practice when things go off track. Parents will be kept informed when this happens and we thank you for your support in discussing any issues with your child in a positive way.

Assemblies and Scripture Times

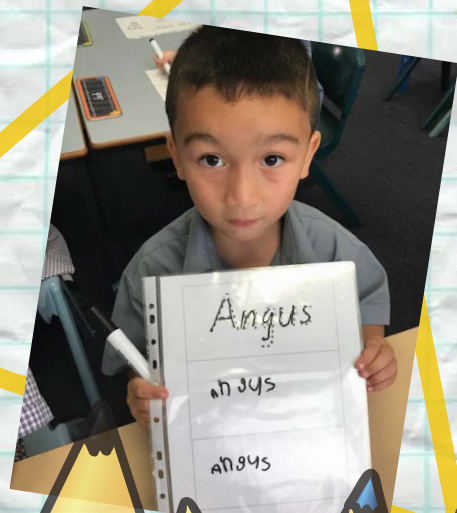
Research very clearly shows that the first two hours of the school day are the most productive for learning (particularly when students have had a good sleep and a healthy breakfast). For this reason, we have endeavoured to remove any activities from the morning session. Our scripture teachers have graciously agreed to move their times, but they could only offer us a time slot in the middle of the day (12:45–1:15pm Wednesdays).

We have decided to run our **fortnightly assemblies** straight after scripture **starting at 1:15pm** in the hall on Wednesdays of even weeks, to again try and be the most productive with our learning time. We understand that this is not the most convenient time for parents who may wish to attend and apologise for this, but hope that you can understand our reasoning behind this organisation.

Please remember to check the Calendar of Events on the front page of the Newsletters and to check your child's bag each day for notes to ensure you are aware of what's happening in our school.

Welcome

KINDY 2020



Term Invoices

Term invoices have been distributed and we will appreciate your prompt attention to these for efficient budgeting and school planning.

We were able to source bulk items of classroom supplies for stationery packs this year, which will save families having to purchase them individually. It also helps that all students will have the same supplies which are of good quality. Families who were here last year will notice only a small increase on the 2019 classroom supplies costing – Bargain!

Activities such as excursions and camps may be listed before you receive separate information about them. We do this so that you are aware of costs per term. You can either pay the invoice in full upfront in one payment, or you could pay everything except the camp/excursion fee if you prefer to wait for the notes to come home. For higher-cost activities, such as camps, we often will offer a payment plan to make budgeting a little easier.

If you are experiencing financial hardship, please make an appointment to see Mrs Hughes to discuss your options.

Live Life Well @ School

KIDS EATING HEALTHIER FOODS

What to pack
for

Crunch & Sip

Pack a water bottle
and a container of bite
sized pieces of fruit or
vegetables ready to eat
in the classroom.

Choose an easy to eat
fruit or vegetable that
isn't messy.



For more ideas see:

healthy-kids.com.au/crunchsip-healthy-snack-ideas



Health
Northern Sydney
Local Health District

Live Life Well @ School

R-E-D-U-C-E daily screen time!

Balance screen time with
active play for strong, fit
and healthy bodies!

For children aged 6-12
years; no more than 2
hours of screen time per
day.



Tips:

- Encourage outdoor or active play
- Make meals and snack 'screen free times'
- Make bedrooms 'screen free zones'
- Have 'screen-free' time periods during the day

*Try to keep these habits
even during holidays!*

More Information:
healthykids.nsw.gov.au



Health
Northern Sydney
Local Health District

Stage Two and Three

This week's newsletter features our Primary
Teacher Team (Stage 2 & 3) led by Miss Brown.
Introducing: Mrs Connolly 3/4C, Mr Tapping 3/4T,
Mr Simnett 4/5S and Miss Brown 5/6W



FOR A HEALTHY LUNCHBOX SOMETHING FROM EACH GROUP 1-6!

PICK & MIX



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.

Nutrition
Australia

VICTORIA
State Government

FOR A HEALTHY LUNCHBOX

PICK & MIX

SOMETHING FROM EACH GROUP 1-6!

1-6!

FRUIT 1

FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

MIXED FRUIT

- Fruit salad
- Fruit kebabs

DRIED FRUIT

- Dried fruit, nut, popcorn mixes*

TINNED FRUIT/SNACK PACKS/CUPS

- In natural juice (not syrup)



VEGETABLES 2

FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

Can serve with either:

- Hommus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad*

BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

SOUP (In small thermos)

- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup

MILK, YOGHURT AND CHEESE 3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

Tip:

- Freeze the night before to keep cool during the day

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

MEAT OR MEAT ALTERNATIVE 4

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, silverside, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hommus dip
- Lean meat or chicken kebabs sticks
- Peanut butter*

Can serve with:

- Wholegrain sandwich, roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

- Vegetable fritтата
- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- Homemade pizzas with lean roast or deli meats and vegetables

Can serve with:

- Side salad
- Steamed or roasted vegetables

GRAIN AND CEREAL FOOD 5

MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, focaccias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or cous cous dishes
- Noodle dishes
- Sushi

SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. lean ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crisps/spreads
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

WATER 6

- Take a water bottle (for refilling throughout the day)

Tip:

- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service:
<http://heas.health.vic.gov.au/>

*Check your school's policy regarding the use of nuts and products containing nuts.

SCHOOL ZONE

Road Safety News

School is back! Here are some safety tips for travelling to and from school.

Safety tips for drop-off and pick-up in the school zone

ALWAYS...

- Remember the 40km/h speed limit.
- Park safely and legally, even if it means walking further to school.
- Be aware of pedestrians on or near crossings.
- Be mindful that every pedestrian deserves to be safe.

NEVER...

- Call your children across the road. Go to them and help them cross.
- Double park, stop on a footpath, or crossing.
- Do a U-turn or three-point turn in school zones.
- Speed in a school zone. You never know when a pedestrian may step out suddenly.

DON'T FORGET

- The **No Parking** zone is there for everyone to utilise. Don't overstay the limit of two minutes and if it is full when you arrive, do not queue. Drive around the block if need be, until a space is available.



Walking or cycling to school in 2020

Walking or cycling to school provides more than just physical benefits.

Congestion, parking and other distractions make the school run stressful for all. Walking or cycling to school is a great way to release stress, interact with your child, and teach them life skills and independence.

- Identify safe crossing locations.
- Discuss how to spot dangers such as vehicles exiting driveways.
- Show children how to be aware of their surroundings.



STOP! One step back from the kerb.

LOOK! For traffic to your right, left and right again.

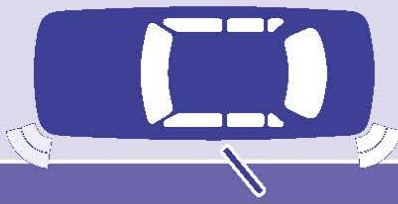

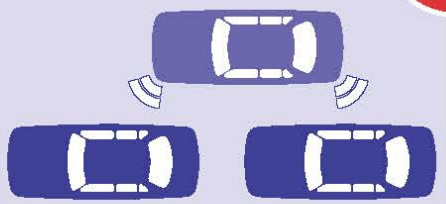
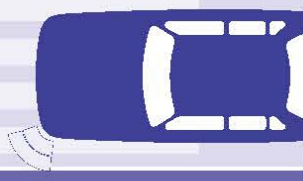
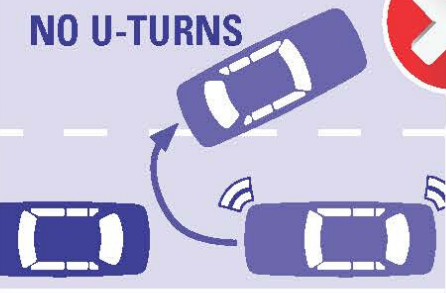
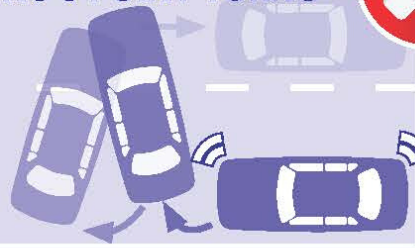
LISTEN! For the sounds of approaching traffic.

THINK! Whether it is safe to cross.

Teach your child to keep turning their head in both directions to look and listen for traffic as they cross the road.

Model safe and considerate behaviour for your child - they will learn from you!

Safety tips for school zones:

| | |
|---|---|
| EXITING THE CAR  Make sure children use the footpath-side door when getting in and out of a car. | APPLY BRAKE  Make sure the park brake is applied when the vehicle is stationary. |
| PARKING  NEVER double park. | CROSSING  NEVER park across a pedestrian crossing. |
| NO U-TURNS  NEVER undertake a U-turn in close proximity to the school. | NO 3 POINT TURNS  NEVER undertake a three-point turn in close proximity to the school. |

Safety tips for students:

| | | | |
|--|--|---|--|
| BUCKLE UP  Stay buckled up until the vehicle has stopped. | STORE ITEMS  Make sure your school bag and other items are in a safe position. | BE READY  Be ready to get out of the car with your belongings when the car has stopped and you have unbuckled your seat belt. | EXIT SAFELY  Always get in and out of the back seat through the safety door - the rear footpath-side door. |
|--|--|---|--|

Demerit Points:

* The **Demerit Points** Scheme is a national program that allocates penalty points (demerits) for a range of driving offences. A driver who has not committed any offences has 'zero' points. If you commit an offence that carries demerit points, the points are added to your driving record. If you incur the threshold number of demerit points within a three-year period, a licence suspension or refusal is applied. The three-year period is calculated between the dates the offences were committed. It ends on the day your most recent offence was committed.

For further information regarding demerit points please visit: rms.nsw.gov.au/roads/safety-rules/demerits/



Please "like" our "Mount Kuring-gai Public School"
Facebook page,



as well as our P&C's FB page named:
"Mt Kuring-gai Public School P&C Association on
Facebook"



RAISING RESILIENT TEENS WED 26 FEB

Discover what makes teens tick and how to foster your child's emotional and social development. **Colleen Hirst**, clinical psychologist and family therapist will give practical and fun tools to help nurture mental health and promote resilience and confidence in the "everyday" moments of life.



7:30PM - 9:30PM • ST JOHN'S 6 ROYSTON PDE ASQUITH • \$20 PER PERSON
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