



# MKPS NEWSLETTER

VOL.4. JULY 2022

Term three	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
July	1	NAIDOC WEEK 18		PYJAMA DAY 20	ATHLETICS CARNIVAL 21		23/24
July	2		ENVIRO MENTORS 26		YR6 FUNDRAISER PIE DRIVE 28 OC TEST	DEBATE - DURAL 29	30/31
August	3	EDUCATION WEEK GROW YOUR MIND DAY 1	OPEN DAY PERFORMANCES 2	STAGE 3 - CANBERRA			6/7
August	4	KINDY HATCHING PROGRAM 8	BEE SWAX FUNDRAISER 9				13/14
August	5		BOOK WEEK PERFORMANCE 16	BOOK FAIR			20/21
August	6	BOOK WEEK					27/28
		22	23	24	25	26	
August / September	7	SWIM SCHOOL					3/4
		29	30	31	1	2	
September	8	SWIM SCHOOL					10/11
		5	6	7	8	9	
September	9		KINDY INFORMATION EVENING 13	YEAR 6 MINI FETE 14			17/18
September	10						24/25
		19	20	21	22	23	

# Communication Platforms

## Sentral Portal: Essential 2-way Communication

We use the Sentral Portal app to provide quick updates and reminders to families. Please make sure you have the latest update & enable push notifications via your phone's settings.



**All parents/carers should have the Sentral Parent Portal app.**

***Please note that important messages, such as reasons for absences or interview requests, should only be sent via Sentral or traditional note, email or phone call.***

## Facebook: Recommended Social Showcase

We often report on special events on our Facebook page. Please "Like" our page as well as our P&C's Facebook page (& OOSH if appropriate).

## SeeSaw: Recommended Sharing Learning News

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.

*NB: SeeSaw is an informal forum and is **not** considered a two-way communication platform. SeeSaw is not checked daily and teachers may not always respond.*

## Google Classroom: Student Learning Platform

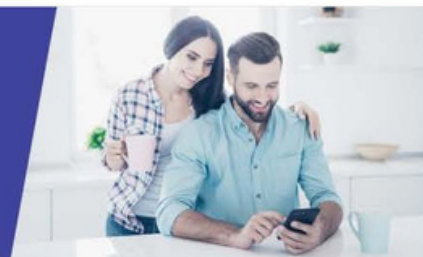
Some classrooms use this digital platform for learning. Students will have logon details if appropriate.

*Google Classroom is for students and teachers to communicate learning*

***Please be mindful that our teachers may not answer your requests for 2-3 days and they are not expected to answer messages after hours. Thank you.***



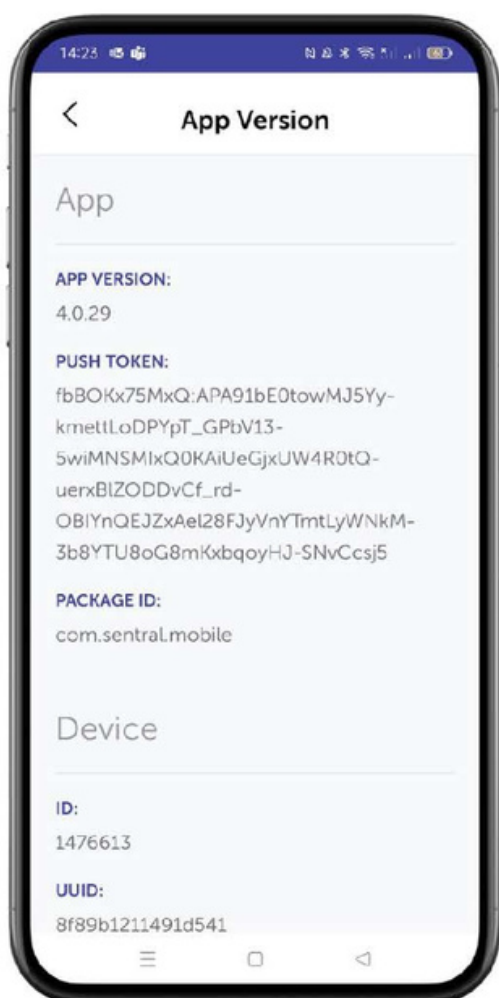
# Important Information: Sentral for Parents App



From **Thursday 23rd June 2022**, versions 3 and 4 of the Sentral for Parents App will no longer be supported. If you are on one of these versions, you need to update your app to continue accessing information and receiving notifications.

## How do I check what version I am?

From your app, go into Settings cog in the top left corner of the dashboard screen, then into App Version. (See image below.)

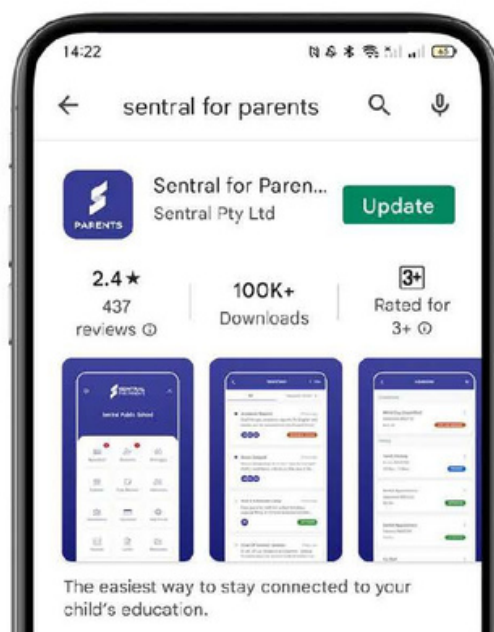


## I am on Version 3 or 4

You will need to update your app. Go to your device's app store and search for Sentral for Parents and then select Update (see image below). Or you can access the app store using the QR codes below. After the update, when you go back into the app, you will be required to re-enter your login credentials.

## I am on Version 5

You do not need to do anything at this time.



App Store



Google Play



## How to get Help

If you require assistance you can email [parentapp@sentral.com.au](mailto:parentapp@sentral.com.au) for support.



NATIONAL

# Pyjama Day

Support little people  
with BIG dreams

**WEDNESDAY**

**20 JULY**



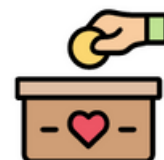
What: Pyjama Day Fundraiser    Who: k-6 students at MKPS

Why: To raise funds for children in Foster Care

When: Wednesday 20th July 2022

Wear: Pyjamas, dressing gowns + slippers (must have hard/sturdy soles)

GOLD COIN DONATION





# Learning with K/1E

K/1E have had a very busy, but very productive term. We have been very busy using the sounds we have learnt to write CCVC and CVCC words during phonics lessons. We have been independently creating our own sentences that have a 'who', a 'what' and a 'where'. I have been blown away by the amazing writing.

In Maths we have been exploring 2D shapes and 3D objects and have loved exploring our school environment in search of real-life examples. Our favourite activity was when we got to create cubes and rectangular prisms using the connector straws.

We really enjoyed going on a walk around the school and used our senses to identify the sounds of our surroundings. We learnt all about the flora at our school, which has given us a deeper understanding and appreciation for our Australian native plants.

Jim Jam music was a huge hit with all students. We loved playing the Djembe drums and learning to keep a steady beat. We will continue to sing the songs we learned throughout the year.

In Science, we have been learning about forces and the elements of PUSH and PULL. Last week we used straws to push a ping pong ball using our breath. We hypothesized that it was more difficult to move the ball on the carpet than on the table. This was because there is more friction from the carpet and the table is smooth.







Learning how to use  
WUSHKA for the first time





# 1 / 2 M

**I2M have had an amazingly fun term! We have loved learning how to throw a frisbee with Martin and making music with Carmel in Jim Jam!**

**We have also been busy learning about Aboriginal and Torres Strait Islander peoples with Mr Tapping in the library. Here are some photos of us making flags.**

**We have become professionals at multiplication and became experts at our times dice game!**

**Here is a great story by Ethan Hudson Year 2.**

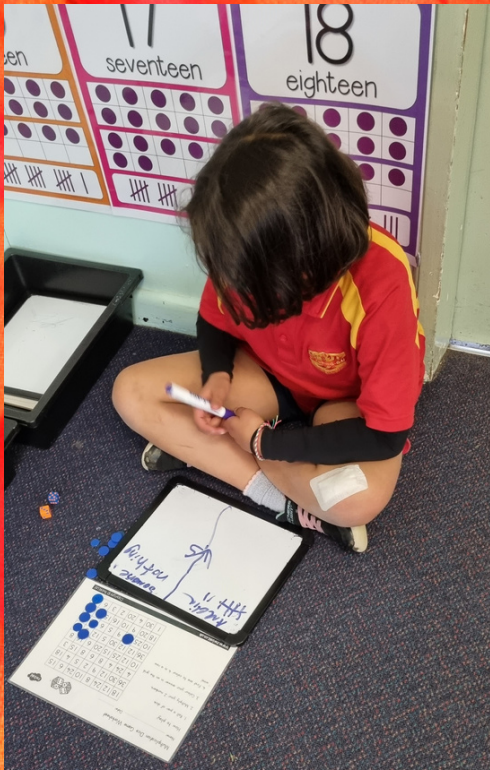
I'm an Aussie

Oi mate, come over here. Let's go fishing or go for a bushwalk. We'll get bush tucker. We can also catch some barramundi and cook it. Let's go see some animals like kangaroos and koalas. We'll enjoy nature. We'll sit on the gum tree stumps and eat our barramundi. Do you want to play footy in the park?

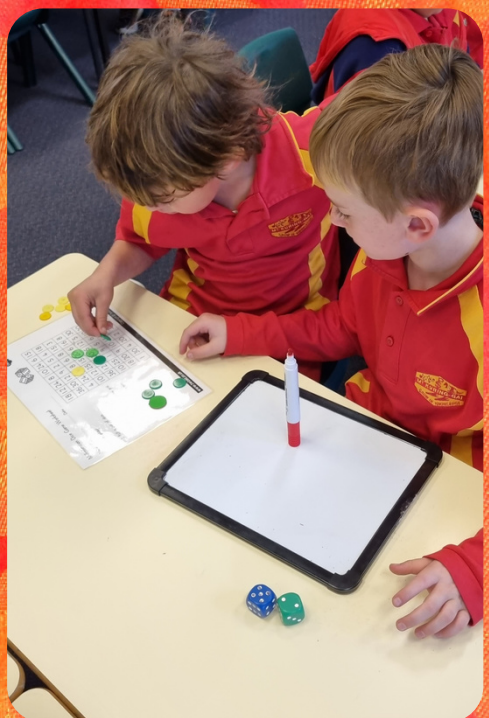
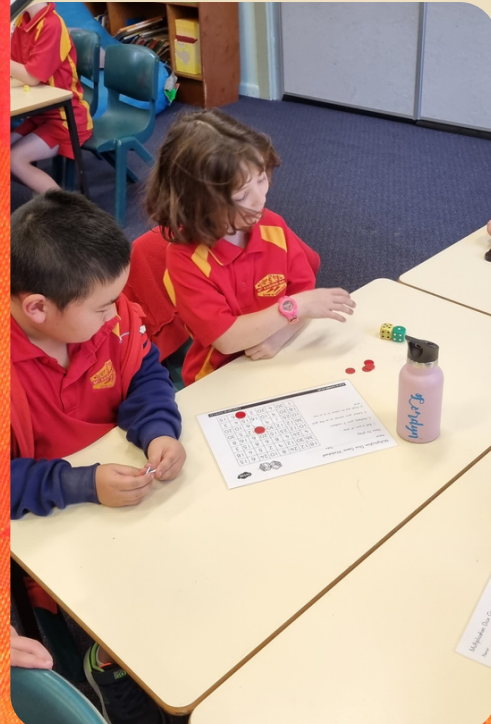
That's what it means to be Aussie













# LEARNING HIVE



**Up in Stage 2 we have had a fun and eventful Term 2, full of laughing and learning.**

**To kick the term off we finally got the opportunity to attend Giberagong for our Living Things excursion, which had been previously postponed twice due to poor weather. This was a great experience for the students, who were able to gain some great information about our local flora and fauna, as they learned through hands-on activities on a guided tour down the mountain to the basin of Bobin Head.**

**We have also been working through our new Bully Busters program over the term to try and curb the trend of negative incidents in the school, as well as identify with the students the real meaning of what is and isn't a bully. We have seen some positive outcomes with this, when the students have started to find their voice and develop some great strategies to deal with bullying.**

**Stage 2 have also had the pleasure of attending their Jim Jam music lesson every Tuesday morning where we have learnt about rhythm, beat, ostinatos and made some music from our favorite toys. We would like to thank Carmel and Kylie from Jim Jam for bringing this experience to us here at school each week.**

**As the term winds down and we look towards the half year break, we are excited to finish this semester off with our Stage 2 camp to the Great Aussie Bush Camp. This will be held on the Thursday and Friday of week 10 and will see Stage 2 students going away overnight to the Tea Gardens camp site where they will participate in many fun and engaging tasks to help build social skills and strengthen relationships.**

**It has been a great semester in the Hive, Buzzing with success and opportunity. We are looking forward to what Semester 2 will bring and wish everyone a safe and happy holiday.**















# Road Safety Visit

On Wednesday the 22nd of June, our K-2 students were very fortunate to have a visit from two amazing Police Officers. As part of our PDH unit of Keeping Safe, Officer Katie and Officer Lewis came to share their extensive knowledge of road safety with us.

There were quizzes and questions and all students were incredibly enthusiastic. Some students got to try on some Police equipment such as hi-vis vests, hats, etc.

We even got to have a close-up look at a police van.

The absolute highlight for all students was when we got to hear and see the sirens and lights when the officers drove past the school.

Thank you to Officer Katie and Officer Lewis for taking time out of your busy schedules to visit our school. Thank you for the lovely colouring in pages, stickers and tattoos. We really had a very memorable day.







**COPS ARE TOPS**  
NEW SOUTH WALES



# DEBATING

It has been a very exciting start to the Premier's Debating Challenge this term! This year we have two teams competing!

'Mt Kuring-Gai Arguably the Best', with Lexie Kettle, Florence Thompson, Max Virtue, Annabel Kecman and reserves Luke Van Leeuwen and Emily Porter.

'Mt Kuring-Gai Agree to Disagree' with Zoe Addison, Kaylee Fieramosca, Rachel George, Kate Liao and reserves Olivia Hartland and Leya Hassoun.

Our teams have been meeting weekly to practise different debating skills and strategies. In particular we have been looking at expanding our arguments in a very clear structure as well as clearly structuring our rebuttals. Each team has made huge improvement from the first round, taking on all of the feedback from the adjudicator and putting it into action for the next debate.

Here are the results so far:

- MKPS Arguably the Best v MKPS Agree to Disagree - the winning team was MKPS Arguably the Best.
- MKPS Agree to Disagree v Dural Public Diamonds - the winning team was Dural Public Diamonds.
- MKPS Arguably the Best v Glenorie PS - the winner was MKPS Arguably the Best.

The following debates are still to come:

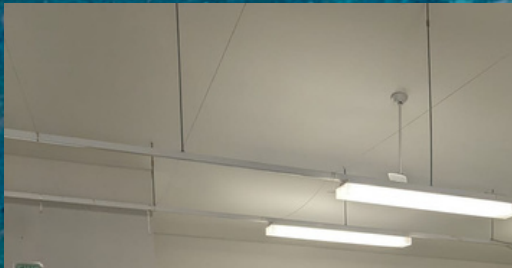
- MKPS Agree to Disagree v Arcadia PS
- MKPS Arguably the Best v Douglas Park PS
- MKPS Agree to Disagree v Picton Public White
- MKPS Arguably the Best v Dural Public Diamonds

Everyone involved should be so proud of the effort and commitment they have put into their debates. It has been so exciting to see the improvement they have been making, week by week! Well done teams! Keep up the great work!

3 FROM 3 WINS FOR  
THESE DEBATING  
CHAMPIONS









# PEER SUPPORT



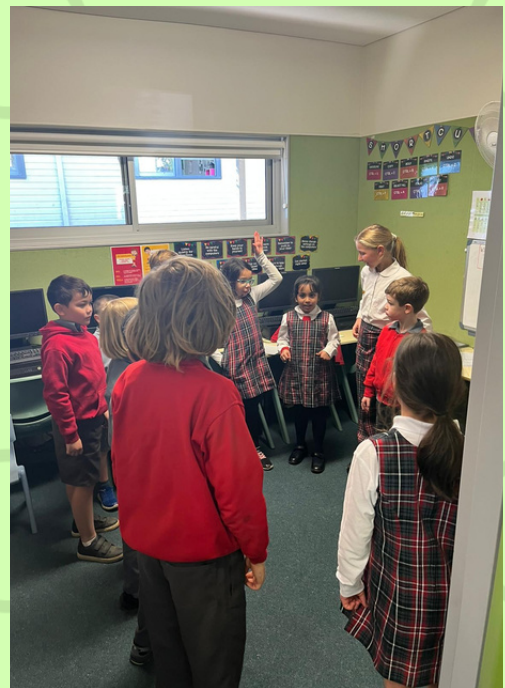
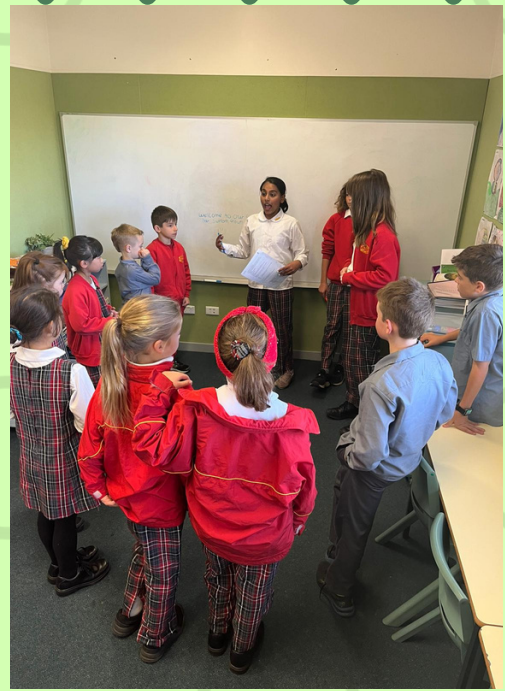
Our Peer Support program began in Week 8 and our Year 6s did an incredible job leading, organising and supporting their groups! Collaboratively, they made an agreement with their group expectations and discussed resilient responses to different situations. We look forward to seeing the student growth in the weeks to come through this new supportive program!



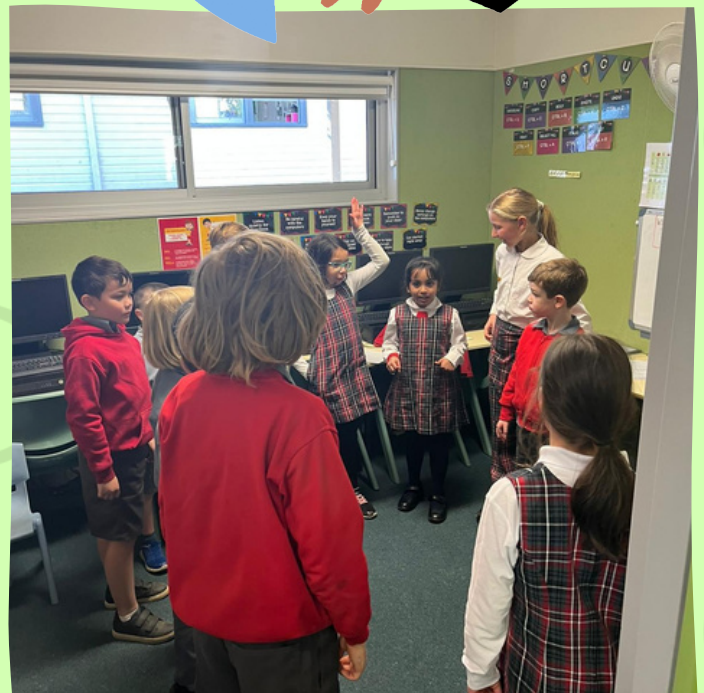
















*It was a nail-biting experience at the Spelling Bee finals on Thursday 16th June!*

*In the days leading up to it, students took part in a class spelling bee before moving into the finals where eleven finalists from the Juniors (Stage 2) and eleven finalists from the Seniors (Stage 3) competed.*

*Students were each given a word to spell, and if correct, were able to progress through to the next round.*

*The adrenaline was certainly pumping, particularly in Stage 3, where the students progressed so far that they nearly ran out of words to spell!*

*In the end, Lucy Robson was crowned our Junior champion and Jasper Wright was crowned our Senior Champion! An extremely impressive effort by both of our winners as well as all finalists involved!*

*We wish the best of luck to Lucy and Jasper as they progress to regionals in Term 3!*









# AREA CROSS COUNTRY

Congratulations to Micheal Gallagher, Alannah Pryor and Dulcie Thompson who qualified to compete in the Sydney North Cross Country Carnival at Gosford this term. The competition is always strong at this event and this year was no exception. All our runners put in a fantastic effort and represented the Hornsby Zone well. Special mention to Dulcie with a top 20 finish which is a great result at this level, and Micheal who ran a PB.





# HZSS

## Hornsby Zone School Sports

### Soccer

#### Round 4: Mount Colah

Jnr mixed: 3 - 1 Lost, POTM Andy  
Jnr boys: 5 - 0 Lost, POTM Rami  
Snr girls: 5 - 0 Lost, POTM Emily  
Snr boys: 8 - 0 Lost, POTM Finlay



#### Round 5: Brooklyn

Jnr mixed: Bye  
Jnr boys: 4 - 0 W, POTM Jack  
Snr girls: Bye  
Snr boys: 7 - 0 W, POTM Kai

#### Round 6: Hornsby North

Jnr mixed: 3 - 0, POTM Ryan  
Jnr boys: 3 - 0 L, POTM Lucas H  
Snr girls: 11 - 1 L, POTM Leya  
Snr boys: 2 - 0 L, POTM Lachlan





# HZSS

## Hornsby Zone School Sports

### Netball

#### Round 4: Mount Colah

Jnr: 14 - 2 W, POTM Myah

Snr girls: 36 - 4 W, POTM Kaylee



#### Round 5: Brooklyn

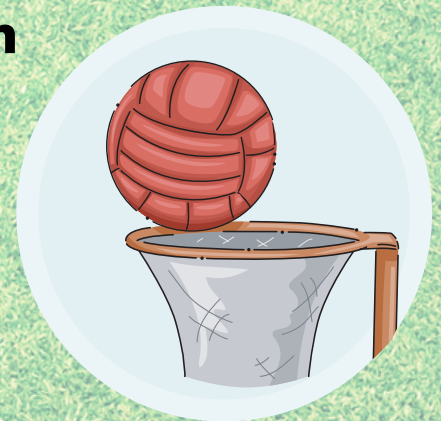
Jnr: Bye

Snr girls: Bye

#### Round 6: Hornsby North

Jnr: 26 - 1 W, POTM Scarlett

Snr girls: 30 - 29 L, POTM Emma



Round 9 of HZSS netball, the girls take on Hornsby North. Our junior girls had their best performance to date, taking out the win 26-1. It was tough to pick a player of the match given that all the girls had an outstanding game, however Scarlett was chosen as the POM for her strong defensive work, intercepts and transitions out of the defensive third, which limited the opposition to just 1 goal. The senior girls came up just a goal short against their strongest opponents thus far. With only 7 players and no subs, the girls worked extremely hard for all four quarters to stay head to head with Hornsby North. I was extremely proud of their effort and never give up attitude. The player of the match was Emma, who adapted well to playing in a range of different positions including GK where she was very effective in shutting down the opposition GS. Well done to all the girls for a great round!



# ULTIMATE FRISBEE

Students in K-2 and 3-6 who are not participating in HZSS, have been taking part in an Ultimate Frisbee program for Friday sport. This program has been funded through a Sporting Schools grant.

Students have been learning the skills involved to play Ultimate Frisbee which is a non contact sport using a flying disc. Their coach Martin has been leading them through lots of fun activities including modified and minor games.

The students have had lots of fun and learnt new skills while taking part in the program.



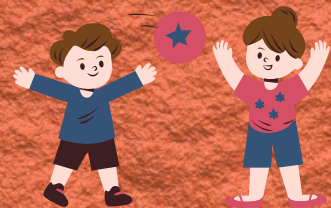
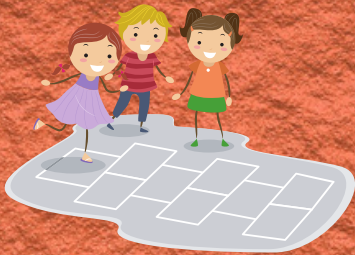


# ULTIMATE FRISBEE



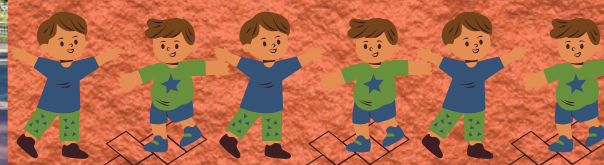


# ZERO HERO



On the 7th of June, all of our Term 2, Zero Heroes participated in an extended afternoon tea break to congratulate them on their outstanding behaviour over the last 5 weeks. They enjoyed structured games and activities with our amazing teachers. There was Hula hooping, connect 4, naughts and crosses, hopscotch, handball, soccer, poison ball and red light green light. It was such a fun afternoon, enjoyed by both teachers and the students.







On Wednesday 28th June, our MKPS Zero Heroes were treated to a hot chocolate with marshmallows.

Well done, to all our wonderful students at MKPS. We are proud of all of you.





# JIM JAM SHOWCASE



**To celebrate a wonderful term of music education with Kylie and Carmel from Jim Jam Studios, MKPS families were invited to attend a music showcase on Tuesday 28 June. Our students performed and shared a snippet of what they learned in their weekly lessons this term.**

**We were also treated to the musical talents of our MKPS Performance and Training bands. Our bands have not played for a school audience in over 2 years, so this was a very special and exciting occasion.**

**We would like to thank Naomi, our wonderful band conductor for her hard work and dedication to our bands.**

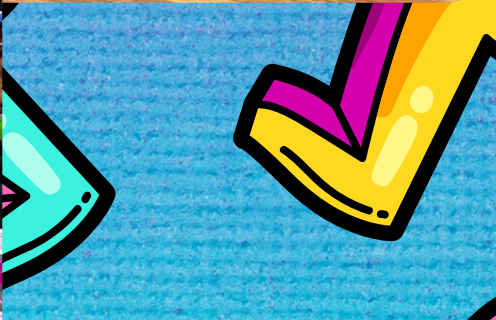
**A huge thank you to Carmel and Kylie for a wonderful term of music. We have all learned so much and had a lot of fun too. We really appreciate you coming to our school to share your knowledge and love for music with us.**













# SORRY DAY

Week 5 marked a week of significant importance in Australia with Sorry Day being recognised on the 26th of May and the 27th of May being the 55th anniversary of the 1967 referendum in which Australians voted overwhelmingly to amend the Constitution to allow the Commonwealth to make laws for Aboriginal people and include them in the census.

Our infant classes collaborated to make a representation of the Aboriginal flag, working together is a metaphor for the healing that we are working to do together. To work together with our Aboriginal and Torres strait Islander people's to repair and mend the relationship, to learn of Culture and shared histories.

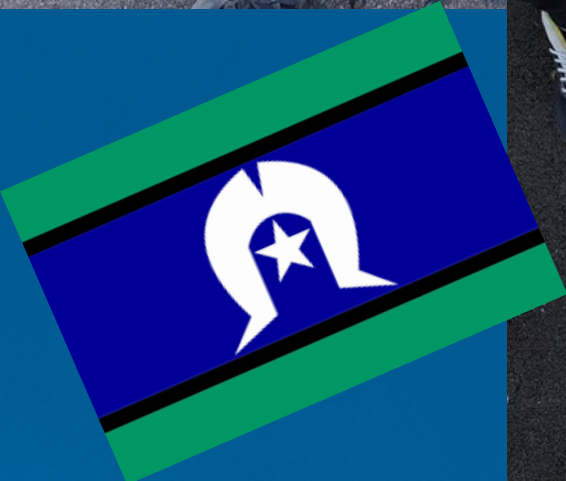
Stage 3 looked at the official apology made by Kevin Rudd, and unpacked the Uluru Statement from the heart. Exploring what it means to have a voice and reflected on their own lives and how they get to experience having a voice.

Stage 2 explored what it means to be sorry, how we use the word and how it is used on Sorry Day. The students demonstrated understanding and kindness, whilst unpacking the 'stolen generation' and displayed a level of maturity and empathy that our community should be proud of, whilst revising the governments apology from 2008.

Stage 1 complete some craft revolving around the Aboriginal and Torres Strait island flags, working together toward a common goal.











# NCCCD

NATIONALLY CONSISTENT COLLECTION OF DATA  
ON SCHOOL STUDENTS WITH DISABILITY

## What is the Nationally Consistent Collection of Data on School Students with Disability (NCCD)?



### Legislation

- *Disability Discrimination Act 1992* (DDA)
- *Disability Standards for Education 2005* (the Standards)

Under the legislation, Australian students with disability must be able to access and participate in education on the same basis as their peers.

### Schools provide reasonable adjustments

Schools provide adjustments to students with disability, in consultation with parents, carers or guardians so students can access and participate in education on the same basis as their peers.

### Schools provide data for the NCCD

- For the NCCD, schools count, in a consistent manner, the number of students with disability receiving adjustments to access and participate in education.
- School teams make professional judgements on eligible students based on the levels of adjustments provided, the categories of disability and the evidence to support the decisions made.
- This information is provided to education authorities and includes the year of schooling, the category of disability and level of adjustment provided.

**No identifying information or personal details are provided to the Australian Government in the NCCD.**

### NCCD data is used

- As an evidence base, to give teachers, schools and sectors information about students with disability and the level of educational adjustment being provided
- To inform policy development and future planning to better equip schools and education authorities to support students with disability
- To improve understanding of the requirements and responsibilities of school teams and the broader community under the DDA and the Standards
- To capture the work of schools under the obligations of the DDA and the Standards, allowing students with disability to access and participate in education on the same basis as other students
- To highlight the individual needs of each student with disability by focusing on the level of educational support provided to them at school

At present, teachers are busily collating and collecting data to comply with the Nationally Consistent Collection of Data on School Students with Disabilities (NCCD). Each year schools collect this data and submit this to the Department of Education. This informs them of the adjustments that teachers make in their everyday teaching to assist students and create an inclusive learning environment for all students. These adjustments can be as large as changing the design of the classroom for an individual student to simply providing written instructions for a task. All of these adjustments, big or small, impact on the time that teachers spend planning and delivering their lessons. The information provided includes the year of schooling, category of disability and level of adjustments provided. Individual students are not identified in this survey. This information is passed to the state and federal governments so that they can plan more broadly for the support of students with disabilities. If you have any questions regarding the NCCD process, please contact the school.

Suzie Steel (Learning and Support Teacher)



# PATCH

## Playground Activities that Create Happiness.

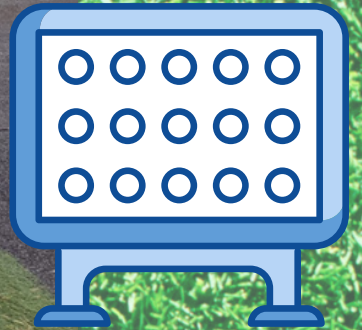
**Our PATCH games have been well-used this term, with the noughts-and-crosses game being a smash hit. The kindy students have been learning the intricacies of grabbing wins from unsuspecting opponents (usually Mrs Conn), gladly aided by the older students.**

**The students have also enjoyed challenging each other with the giant Connect-four set. They've been working in groups or pairs to create different patterns, while simultaneously trying to take a win off the opposing team.**

**The students rush into the playground on a Tuesday and Thursday afternoons, excited to get involved with the different games that are set out. It is beautiful to see!**











# Leader's Loop



## ASSEMBLY WEEK 7:



### WEEK 7 K-2 MERIT AWARDS:

**K/1E** - Silvi, Vance, Charlie, Ava.

**1/2M** - Rhys, Zahli, Isabella, Emma.

**1/2V** - Archie, Laya, Nour, Jay, Jack.



### WEEK 7 3-6 MERIT AWARDS:

**Learning Hive** - Kalicia, Isadora, Cooper, Charli, Xavier, Miller, Harrison, Billy.

**Synergy Hub** - Florence, Zoe, Ellie, Emma, Kai, Charlie, Ronin, Jessi.



## READING CERTIFICATES:







# Leader's Loop



## ASSEMBLY WEEK 9:



### WEEK 9 K-2 MERIT AWARDS:

**K/1E** - Lily, Millie, Laura, Violet.

**1/2M** - Gabriel, Ben, Zara, Scott.

**1/2V** - Melina, Louis, Abigail, Sienna.



### WEEK 9 3-6 MERIT AWARDS:

**Learning Hive** - Lily, Ashley, Reef, Annika, Nathan, Owen, James, Lucy.

**Synergy Hub** - Oliver, Kate, Rachel, Charlotte, Koby, Lachlan, Zac, Zach.

## READING CERTIFICATES:







# Leader's Loop



## Prime Ministers:

Lexie Kettle  
Anthony Dominello

## Deputy Prime Ministers:

Joseph Young  
Florence Thompson

## WEEK 8 PARLIAMENT

### Motions raised:

- Security cameras (passed) Environment
- Speakers at the basketball court (not passed)
- School beanies and gloves (passed) Education
- Recycle/return and earn and compost bins (passed) Environment
- Pick out the weeds at the oval and replace with native plants (passed) Environment

## WEEK 10 PARLIAMENT

### Motions raised:

- Changing the bell song to the winning class from Assembly (passed) Entertainment
- Every stage makes a movie for Mrs Hughes to judge (not passed)
- Each class make a bird house to put around the school (passed) Environment
- Change the uniform to Polo shirts (passed) Education

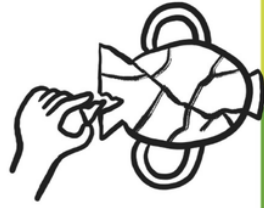




# Jump Back Up July 2022



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

8 Avoid saying "must" or "should" to yourself today

1 Take a small step to help overcome a problem or worry

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

3 Be willing to ask for help when you need it

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human

ACTION FOR HAPPINESS

Happier · Kinder · Together





[naidoc.org.au](http://naidoc.org.au)



Feedback about Memory Mates™ icons.

### Student

*"They help you if you need help, and remind you"*

*"They can teach you a few things so you can do it yourself"*

*"I have enjoyed giving tips on how to stay focused and much more"*

*"If there is no picture, I use Picture It and I use Listen when my mum is explaining"*

### Teacher

*"Wonderful, useful strategies that the children relate to and use daily"*

*"The students are able to verbalise proficiently exactly what each strategy is and how they use it, which is astounding to me"*

*"The value of talking about what is happening inside your head and sharing that with others"*

### Parent

*"Every time he remembers something he talks about the strategies. I think he has been trying to teach us the strategies 'you remember it by picturing it' he says to us"*

*He said "Think about a story or a picture Mum, to help you remember where you left your keys. You can use the memory strategies"*

**FREE downloadable resources...**  
[www.memorymates.education](http://www.memorymates.education)

- Information about Memory Mates™
- Memory Mates™ icons
- Summary icon page
- Teacher booklet to support implementation
- Parents' Guide to assist parents to support their child using Memory Mates™ in the home setting
- General information about attention and working memory



To contact the Memory Mates™ team, go to our website at [www.memorymates.education](http://www.memorymates.education)



Research proven strategies to create strong, significant and positive links between working memory and academic achievement

Nash Davis | Linda Sheldon | Dr Susan Colmar



# Memory Mates



*"Wonderful, useful strategies that the children relate to and use daily"*

Working memory is the ability to hold and manipulate information for short periods of time. It is a high-level cognitive skill where students also direct their attention to a task, despite distractions in the environment. A number of research studies have confirmed strong, significant, positive links between working memory and academic achievement in all students.

Previous research has suggested that low working memory skills are linked to underachievement in education for primary school children (10% to 16% of students). This is because students with poor attention skills and low working memory can become cognitively overloaded with instructions and information, and so are unable to cope well with meeting the educational demands of the classroom. However, with appropriate supports, with students and teachers using Memory Mates strategies, positive changes and progress are possible for all students (see references for examples of the Memory Mates™ team's research confirming the positive impacts of using Memory Mates).



Memory Mates™ provides primary school teachers and students with a framework for teaching and learning. The focus of Memory Mates™ is on **attention** and **working memory**, supported by **targeted strategies** to allow students to approach their learning independently.

Strategies focussing on improving students' attention and working memory to enhance the learning process.

Quick, easy and practical strategies for switching on student learning.



## Implementation

### Classroom Teacher

Memory Mates™ is primarily designed to be delivered at a classroom level and therefore the classroom teacher plays a crucial role in implementation. It can also be used by support teachers with small groups and individuals.

### Student

While the classroom teacher provides students with strategies, the student has ownership of their Memory Mates™ to use independently and apply to learning. Students are also encouraged to be self-reflective and, from observations, often demonstrate meta-cognitive awareness of their own learning processes and wellbeing.

Strategies focussing on improving students' attention and working memory to enhance the learning process





# SCHOOL COMMUNITY ANNOUNCEMENT



Gibberagong Environmental Centre (EEC) is a Department of Education school that provides learning experiences for school students in Muogamarra Nature Reserve and other local bushland areas. To celebrate our 50th Birthday, we have established a community Facebook Page "Memories of Gibberagong EEC from 1971-2022"

<https://www.facebook.com/groups/3068558703356134> .

If you have fond memories of attending either Muogamarra any other excursion sites as a student or teacher with Gibberagong EEC we would love to hear about your experience. Alternatively, you can email us on [gibberagon-e.school@det.nsw.edu](mailto:gibberagon-e.school@det.nsw.edu) . We look forward to hearing from our local community.





# School Holiday Youth Program

#For young people in Yr 6 and above\*

## July 11, 12, 13 & 15

### Monday 11th July

Sydney Zoo (Blacktown)

Time: 9 am - 5 pm

(Drop off and pick up from Fusion)

Tickets: \$20 (U16)

\$30 (16+ Student)

BYO Lunch or money to buy

Please go online to

<https://sydneyzoo.com> to book your own tickets.

NSW Discover/Parents vouchers accepted.

\*We will be travelling by public transport so bring your opal card.

### Tuesday 12th July

Movie @ Hornsby Odeon Cinema

Time: 9am - 1pm (times are approximate)

(Drop off and pick up from Fusion)

Cost: \$10 + extra for Candy Bar snacks if you wish.

\*We will see either Lightyear or Minions: Rise of Gru.

Session times are not available yet but there will be a session for one of these movies starting before midday.

### Wednesday 13th July

The Cook Up

Time: 10 am - 2 pm at Fusion

Cost: FREE

#### ARE YOU UP FOR A CHALLENGE?

Come and join in the fun as we try to reach our target of cooking 200 takeaway meals to give away to people in need.

We will most likely be cooking some kind of pasta dish. We will provide the ingredients need but if you would like to bring some to contribute, please feel free to do so.

\*This activity is open to children younger than yr 6, but only if accompanied by a parent.

### Friday 15th July

Bushwalk & Scavenger Hunt

Time: 10.30am - 2pm

(Drop off and pick up from Fusion)

Cost: \$5

Join us as we hike through Hornsby's Old Man Valley, through the Fishponds and across the Historic Military Steele Bridge, along the Quarry Trail, then following suburban streets back to the Fusion Centre.

BYO lunch, water bottle and bag for scavenger hunt items.

**SCAN HERE TO  
REGISTER NOW!**



**fusion**  
SYDNEY NORTH

Bookings Essential! Go to <https://sydneynorth.fusion.org.au/youth-work>

Email: [daniel.neil@fusion.org.au](mailto:daniel.neil@fusion.org.au) | Phone: 9477 1110



# Free



## - Kids Gardening - CLASSES AT FLOWER POWER



### 11AM WEEKDAYS

MON 4 - FRI 8 JULY & MON 11 - FRI 15 JULY



**Kids under 5 must be accompanied by an adult**  
For more information go to [flowerpower.com.au](http://flowerpower.com.au)

**flower  
power**



## SYDNEY'S BIGGEST BOOK FAIR



More than  
**110,000**  
books at  
great prices

Huge scope  
of fiction &  
non-fiction

CDs, DVDs  
& video  
games

Easy-access  
categories  
to explore

**THURS 14 to SUN 17 JULY**

Thurs–Fri: 9am–9pm

Sat–Sun: 9am–5pm

**Weeks Senior Academy  
Knox Grammar School  
Pacific Highway, Wahroonga**

WITH THANKS TO



## KNOX GRAMMAR SCHOOL

Weeks Senior Academy



Unfortunately, we can't accept book donations at the Book Fair.  
Please visit our website to see donation locations.

**Sign up to receive our Book Fair newsletter**

Scan the QR code and be among the first to  
know about our upcoming Book Fairs.





# PARENTING PROGRAMS

Please note you do not need to be Catholic to access our programs.  
CatholicCare welcomes staff and clients from all different backgrounds and beliefs.



## CIRCLE OF SECURITY

A 6 week program aimed at helping caregivers of children aged 0-5 years read and respond to the needs of their child and promote secure attachment.



**Via Zoom**  
**Wednesdays**

3 August – 7 September 2022  
10.00am – 11.30am

**\$20.00**

Register here:  
<https://form.jotform.com/221660852499869>

## TUNING INTO TEENS

A 5 week course for caregivers of children aged 12+ years on parenting with emotional intelligence. Learn how to communicate more effectively with your teenager, understand them better and how to help them manage their emotions.

**Brookvale Family Centre**  
116/20 Dale Street

**Wednesdays**  
3 August – 31 August 2022  
10.00am - 12.00pm

**\$20.00**

Register here:  
<https://form.jotform.com/221660141100839>

## CONTACT US:

P: 1800 324 924  
E: [intakefs@catholiccaredbb.org.au](mailto:intakefs@catholiccaredbb.org.au)  
W: [www.catholiccaredbb.org.au](http://www.catholiccaredbb.org.au)





## Learn to code and build your own online projects with **CODE4FUN**

Year 1 to Year 10 students are welcome to join. STEM focused programs - students develop critical thinking and problem solving skills by learning to code.



**SAVE \$100**  
ON YOUR CHILD'S  
ENROLMENT

# CODING FOR KIDS

Term **3**, 2022

**Y1 - Y10 Students**

## CREATIVE CODING

**Hornsby Library**  
Face-to-face

**Every Tuesday**  
26 July - 20 Sept | 9 weeks

**SCRATCH BEGINNER**  
**4:00 - 5:00 PM**  
Y1 - Y5 students

**INTRO TO JAVA**  
**5:10 - 6:10 PM**  
Y6 - Y10 students

**Laptops are provided**

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\$225 per student per term

**ENROL NOW AT**  
[code4fun.com.au/hornsby](https://code4fun.com.au/hornsby)

If you have any questions email us at  
[info@code4fun.com.au](mailto:info@code4fun.com.au)  
or call **0452 525 453**

Learn more about CODE4FUN:  
[www.code4fun.com.au](https://www.code4fun.com.au)





# FREE - In July



## FREE Triple P Parenting Program

The Power of Positive Parenting program is for all families that provides practical answers to everyday parenting concerns. It helps you to:

- Promote your child's development & communication skills
- Manage your child's behaviour & emotions
- Build a good relationship with your child

Session1	Principles of positive parenting & reasons behind children's misbehaviours
Session2	Connecting with your child & teaching new skills / promoting desirable behaviours
Session3	Family Rules & giving instructions
Session4	Applying consequences
Session 5	Planning ahead and Family survival tips
Session6	Typical parenting issues & conclusion

**Date:** 22/07/22 – 26/08/22 Fridays

**Time:** 10-12pm

**Address:** Mission Australia, Level 1, 1 Coronation Street, Hornsby

Participants are required to attend 6 sessions.

**Please contact Jan to register: [hej@missionaustralia.com.au](mailto:hej@missionaustralia.com.au)**





**CUBs**  
**REGISTRATIONS**  
**NOW OPEN**

**BOYS + GIRLS**

**WEDNESDAY AFTERNOON**

**STARTS 14th SEPTEMBER**

\$45 including shirt  
At Foxglove Oval, Mt Colah  
4:10pm - 4:50pm

**AGES 4 - 7**

**FOXGLOVE OVAL, MT COLAH**



**REGISTER @ HORNSBYTOUCH.COM.AU**





**REGISTRATIONS**  
NOW OPEN

**FOXGLOVE OVAL, MT COLAH**

**JUNIOR COMP**  
**WEDNESDAY AFTERNOON**  
**STARTS 14th SEPTEMBER**

\$70 per player including playing shirt  
All Games at Foxglove Oval, Mt Colah  
Family Discounts

**BOYS + GIRLS**  
**DIVISIONS**

**9s | 11s | 13s | 15s | 17s**



**SCAN ME**

**REGISTER @ HORNSBYTOUCH.COM.AU**



# Nutrition Snippet

## WHAT IS THE HEALTHY LUNCH BOX?



**A one-stop-shop for everything you need to know about packing a healthy lunch box.**

**Here's what you'll find on the website:**

- Interactive lunch box builder that helps parents and kids plan and pack a healthy lunch with foods they like.
- Lots of quick and easy recipes and snack ideas.
- Informative blogs about healthy eating for the family.
- Sign up to receive the Healthy Lunch Box e-newsletter for ideas, updates and recipes.

**[healthylunchbox.com.au](http://healthylunchbox.com.au)**



**Cancer Council**  
Healthy Lunch Box





# Emotional Wellbeing Space

## FREE Wellbeing coaching

Managing feelings of anxiety or depression can feel stressful. Wellbeing Coaching can guide you towards positive outcomes.

### Benefits include to learn and develop strategies to:

- help deal with feelings of stress and worry
- recognise and make best use of inner strengths
- pay attention to emotions and increase emotional resilience
- find solutions to life challenges

### PROGRAM DETAILS:

- 6-week group coaching program
- Individual coaching sessions
- online and face to face sessions

Coaching is available to all people over the age of 18 who live, work or study in Sydney North area - LGAs Northern Beaches, Ku-ring-gai, Willoughby, Hornsby, Hunters Hill, Lane Cove, Mosman, North Sydney, and Ryde.

**NO DOCTOR'S REFERRAL NEEDED.**

This service is supported by Sydney North PHN.



**SCAN TO REGISTER YOUR INTEREST**

1300 111 278

[ewspace@anglicare.org.au](mailto:ewspace@anglicare.org.au) | [anglicare.org.au](http://anglicare.org.au)





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