



MKPS NEWSLETTER

VOL. 1. FEBRUARY, 2022

TERM CALENDAR

TERM ONE 2022

FEBRUARY:

14th - Yr 6 High School Experience

14-16th - Eye testing

17th - Sushi Day

15th-25th - 3-6 Parent-Teacher
conferences

23rd-4th March - K-2 Conferences

Week 5 - Meet-the-Teacher

Sessions - pre-recorded

21st - P&C Meeting via Zoom

22nd - Enviro-Matters (Nature Club)

24th - Stage 2 Gibberagong visit

24th - Chess club starts

MARCH:

3rd - Hearing Awareness Day

4th - Clean up Australia Day

8th - Zone Swimming

17th - Crazy Hair for Greatest Shave

15th - P&C Meeting - AGM

21st - Harmony Day

25th - Ride Safely to School Day

26th - Purple Day for Epilepsy



PRINCIPAL'S MESSAGE

WELCOME TO THE NEW SCHOOL YEAR!



It's been so exciting to be back at school with everyone on-site. We've welcomed some lovely new families, students and teachers to our school, and despite some extreme weather conditions, the classes have settled in nicely.

Parent-Teacher conferences occurred in Weeks 4-6 and it was so pleasing to see that almost all of our families took the opportunity to exchange information with the teachers. We have always been an amazing school community, but we have having an extra big focus on the whole-school approach to educate and care for our students. Like the old saying goes "It takes a Village to raise a child" we take collective responsibility for each of the children at MKPS.

Part of this collective approach involves co-teaching and maximising the expertise of our specialist teachers and educators. We have allocated funds into our human resources to provide targeted support to as many students as we can. This is to ensure that we are meeting the learning needs of all students whether they have some learning gaps or they are excelling - or in many cases - both!

Last year, we made great progress with our work around 'Data Skills and Use' and we have been implementing intensive learning which is responsive to regular data checks. We are now in the second year of our four year Strategic Improvement Plan (SIP) and are forming the finer details for us to focus our attention to keep improving our practice. Such exciting times - to see our hard work paying off and to have such willing, able and equipped students with the best supportive families!

Mrs Hughes!

ATTENTION

COVID-19

Guidelines

Thank you for your understanding and support in following our guidelines for Covid-safe school operations. Now that primary-aged children can access the vaccine, we have been able to ease some of the restrictions. Parents/carers are able to come on-site now for specific purposes which has been great. We should soon return to a busy, bustling place, with parent helpers and visitors, but until then, please remember that **parents, carers and other non-essential visitors are only permitted on school grounds with prior arrangements/invitation.** When going indoors, please use the **School QR code** displayed in the office to check in. Masks are no longer mandatory, but they are still recommended when 1.5m distance cannot be maintained. We ask that visitors leave the school grounds within 10 mins of the end of their reason for attending.

Students and staff must not attend school or work if they are unwell, even with the mildness of symptoms including fever, sore/dry/croaky throat, cough, shortness of breath, loss of taste, and/or loss of smell.

We have now moved to 'Symptomatic Testing', meaning that students and staff should test for Covid using one of the RAT kits supplied by the school. To return to school, a negative test result is required AND you **must must be symptom free.** This is important because even though it may not be Covid, we do not want other people catching whatever it is that is causing the symptoms. If your child has a non-contagious condition that causes similar symptoms eg, an asthma cough, or hayfever, please supply a medical clearance stating that the symptoms listed are not contagious.

PARENT-TEACHER

conferences

Thank you to

We use the conferences as a two-way sharing of information between home and school so that we can get a picture of the whole-child, which helps the teacher to support the individual students in their class.

PARENT PORTAL

via Sentral

As mentioned, most families have now registered for the Sentral Parent Portal. During this term we will be testing out different features as we are hoping to transfer fully from Term 2 and discontinue our SkoolBag subscription. Don't delete the app yet, though to make sure you don't miss anything while we transition over.

Why Sentral? We already use this system for many of our other school operations, so we we'll save on subscription fees of multiple platforms.

MEET THE

teachers

This year, the classes prepared videos to introduce families to their teachers and classrooms, which was a fun way to get around not being able to have a face-to-face meet-the-teacher session. Thanks to the teachers and students for putting in the time and effort to put these videos together - we hope you enjoyed them.

STAFFING 2022



2021 STAFF PHOTO

Staffing Organisation 2022



Mrs Emma Veldon is filling in for Mrs Waight while she is on maternity leave



Ms Bridie Hoddinott is one of our new permanent teachers, teaching 5/6



K-2 ORGANISATION

Mrs Veldon will lead the **K-2 Team** of classes:

K/1E taught by Mrs Els

1/2M taught by Mrs Moffat

1/2V taught by Mrs Veldon

Learning Support will be led by Mrs Steel

Learning Support Officers: Louise Ellicott, Anne Maksoud, Kim Dahl and Lauren Conn

Covid ILSP: Mrs Steel, Mrs Veldon & Mr Tapping

3-6 ORGANISATION

Mrs Connolly will lead the **3-6 team** of classes:

Stage 2 Learning Hive*

co-taught by Mrs Connolly & Mr Simnett

Stage 3 Synergy Hub*

co-taught by Miss Hoddinott & Ms Harvey

* see more info about our learning hubs next pages

K-6 RFF

PD/H/PE with Mrs Todd

Library, HSIE + ATSI with Mr Tapping

K/1E

We learnt that by saying and doing unkind things, that it will wrinkle someones heart, but our kind words and actions can help unwrinkle it. ALWAYS BE KIND

Before you act,
think and be smart.
It's hard to fix a
wrinkled heart.

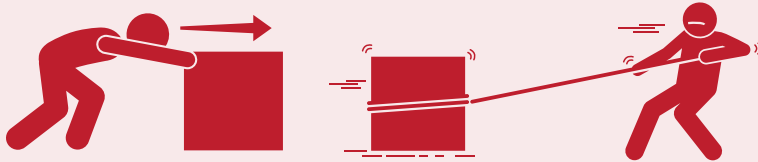
CREATING SEASONAL TREES
WITH FINGER PAINTING

OUR TWOS DAY
CELEBRATIONS

Playing our favourite
game of PACMAN to
strengthen our fine motor
skills



Marvelous 1/2M have made a great start to the year. They have settled in quickly to routines and I have been impressed with their **positive** outlook to learning. They have been learning about **Energy** and **Forces** and have learnt that a force makes things move. 1/2M have had a lot of fun pushing and pulling!





We have been busy exploring number concepts in Maths.



1/2V

1/2V have had a great start to the year.
We have been creating wonderful self-portraits.



The Learning Hive

The BEST place to BEE



We are into the brand-new Learning Hive and already buzzing with activity. Some new and old faces are settling into our new environment, where we work together in a flexible and productive space. Every student has the opportunity to grow and learn in their own unique way.

The students of Learning Hive shared their thoughts and ideas of what our space means to them.

Some of these are -

"Learning Hive is kind, loving and hard working." - Madeline

"Loud in a good way- Productive, always working hard." - Lucy

"We have flexible seating so we can work with lots of different people. If we don't like it we can always swap seating for the next day." - Audrey

"Learning Hive is a place where - We listen, we ask questions and we learn." - Scarlett

"Relaxed, Safe" - Nathan

"Learning Hive makes me feel ready for a good day." - Lincoln

"We know we are safe, comfortable and we know that we belong!" - Dulcie

"It's a buzzing environment." - Elki

"A great place to be and I know that I am safe!" - Ella

"I like being a part of a bigger class - more people to work with." - Tommy

"A variety of learning styles."





STAGE 2 - "LEARNING HIVE"



The Stage 2 Learning Hive will be based on the co-teaching model, where collaboration is key. Collaboration between teachers, collaboration between teachers and students, students and students, and students, teachers & families. We have been impressed with the progress and development our students have made, using both co-teaching and integrated curriculum approaches. The Stage 2 Learning Hive will be supported by Mrs Bec Connolly and Mrs Jimmy Simnett. Mrs Connolly, had a successful year co-teaching Stage 3 Synergy Hub in 2021 and will support Years' 3-6 teachers as the Primary Assistant Principal.

WHY "LEARNING HIVE"?

The honeybee has been around for millions of years. Why? One theory is that unlike many other species, bees **operate as a team, making collective decisions based on what is best for the entire hive.** And research shows the "group" makes the optimal decision 80% of the time.

Bees have mastered what educational research has revealed: **collaboration is key.** A culture of collaboration, where all members of the hive work with one another to achieve a mutual goal, is what we're aiming for at MKPS.

According to research, culture and climate have the **greatest impact on student engagement and motivation.** In other words, student success is a product of the culture fostered by the school and its community.

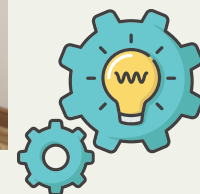
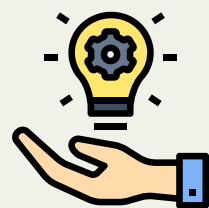
Collaborative groups, or "hives," have been known to **help promote engagement, establish relationships, enhance decision-making, and lead to successful outcomes.** In a hive, each member plays a significant role; therefore, understanding each member's role and the information they need to contribute is a critical step toward realising success, particularly for students.

<https://www.schoolology.com/blog/>

HIVES IN SCHOOLS

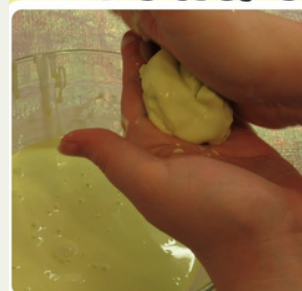
They say it takes a village to raise a child. This could be similar to the hive way of thinking - providing our students with a broad support system. Schools are often the common link between schools and students, parents, and the local community. We rely on the support and loyalty of all members to be successful.





Synergy Hub is a flexible learning space where we collaborate and share our ideas. Each session, we get to choose a space where we complete our work, which helps us to focus. We are settling into our routines and diving into our learning, exploring a range of different concepts. We love doing all sorts of different experiments, for example, we made Oobleck when learning about states of matter and learnt that it was a non-Newtonian fluid!

Oobleck Solid or liquid?



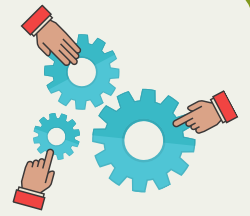
With our amazing teachers and our collaborative atmosphere, we have so much fun while learning!

written by Annabel Kecman and Rachel George





STAGE 3 - "SYNERGY HUB"



Stage 3 Synergy Hub, will be led by Ms Amanda Harvey and Ms Bridie Hoddinott.

Mrs Connolly will support them as their Stage AP (Assistant Principal). Mrs Connolly, together with Miss Wargren, paved the way for co-teaching at MKPS and has much to share. The Stage 3 students will be taught as one stage group.

What's in a Name? Synergy is the concept that the value and performance of two parts combined, will be greater than the sum of the separate individual parts. What a perfect name for our combined cohort!

CONTEMPORARY TEACHING & LEARNING

Effective co-teaching involves much more than two teachers teaching students in the same classroom. Great co-teaching is cyclical, and involves the teachers planning, teaching, analysing and reflecting together. It's a powerful way to improve teaching practice and to become more skilled, reflective, and thoughtful as teachers and learners. This cyclical co-teaching model can have a transformative effect on student learning.

The 4Cs provide the basis for contemporary, future-focused learning.

Collaboration: includes negotiation, teamwork & considering different perspectives

Critical thinking: includes problem-solving, conceptual understanding & flexible thinking

Creativity: includes innovation, design and thinking 'outside the box'

Communication: includes interconnectedness, cultural understanding & networking

The new age of K-12 education is being driven by the idea of fostering a collaborative culture to empower and engage students in their education, and to encourage students to work together to solve problems.

Modern classroom designs which incorporate contemporary elements, such as flexible seating and co-teaching, assist students when researching and working together in the classroom to grasp complex content and become more energised to use their knowledge constructively and develop the contemporary skills and processes required in the future workforce.



ASQUITH HIGH SCHOOL VISIT



Asquith Boys

We recently had a visit from the principal of Asquith Boys High School. He talked to us about lots of really fun things that Asquith Boys offers. He told us about all the amazing sport opportunities, cooking, art, woodwork and metalwork and learning different languages. I thought it would be a really fitting school for me because it encourages all of my interests. We really appreciated the talk, it helped us to get excited about high school!

by Connor M



Asquith Girls

Last week we had a visit from Ms Ravenscroft, a PE teacher from Asquith Girls High School. They organised a virtual tour via Zoom, where we got to speak with lots of the students. They showed us around the different spaces, shared all of the exciting things that Asquith Girls offers and answered all of our questions.

I am really looking forward to high school next year!

by Florence T

MKPS SWIMMING CARNIVAL



Well, Term 1 has gotten off to a busy start with the MKPS swimming carnival taking place during student's first week back to school.

It was a little different this year, with no parent spectators and a reduced program due to Covid restrictions, but we were grateful to be able to provide the students with a fun day.

And, what a fun day it was!

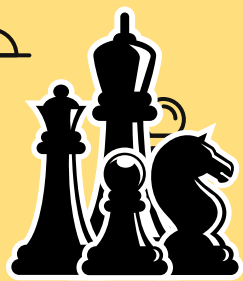
Mrs Steel provided great entertainment and atmosphere on the microphone. The dance off was a hit and looks to become a permanent fixture in the program.

The highlight though, was seeing students being involved, challenging themselves to compete in strokes and distances that may have been a little out of their comfort zones, and the wonderful displays of sportsmanship and comradery. It was wonderful to see some of the younger students who in the previous year may have entered 25m races, showing great confidence to compete in some 50m races at this year's carnival.

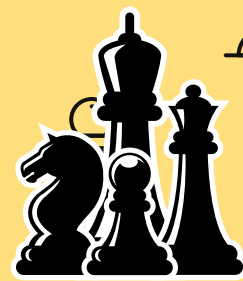
A special thanks to all our wonderful parent volunteers for their contribution in making the day a success.

For those students who will be progressing through to the Zone Swimming Carnival, further information will be made available shortly.





CHESS CLUB



CHESS CLUB STARTED BACK LAST WEEK!
THE CLUB MEETS WITH A TUTOR ON THURS LUNCH TIMES
REGISTRATIONS ARE ONLINE - ASK THE OFFICE



World Hearing Awareness Day



Hearing loss is on the rise



1.1 billion
young people globally are at risk of hearing loss due to unsafe listening practices.

49 million
people aged 12-35 years live with disabling hearing loss.

Among young people aged 12-35 years in middle- and high-income countries:



1 in 2 young people listen to unsafe levels of sound through personal audio devices, such as smartphones, MP3 players and others.



40% are exposed to potentially damaging levels of sound in entertainment venues such as nightclubs, bars and sporting arenas.



Smartphone use is rising globally



Listening to loud sound is unsafe



Noise-induced hearing loss is permanent



Make Listening Safe

*Make your listening safe.
Once you lose your hearing,
it won't come back!*



Use earplugs in noisy surroundings!
Make Listening Safe



Limit the daily use of personal audio devices!
Make Listening Safe

Make Listening Safe



World Health Organization
whopbd@who.int

This year's theme for World Hearing Awareness Day is

**"To hear for life,
listen with care"**

The focus is on the importance of listening safely to protect the hearing you have. The World Health Organisation highlights the causes of preventable hearing loss caused by exposure to loud sounds. **'Safe listening'** can mitigate the risk of hearing loss associated with recreational sound exposure.

**If you listen to music regularly,
make sure that you:**

**Heed the warning signs of
hearing loss**



Contact a doctor in case of persistent ringing sensation in the ear (tinnitus).



Check your hearing if you have difficulties hearing high-pitched sounds or following conversations.

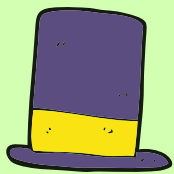
**Get regular hearing
check-ups**



Check your hearing using validated apps such as hearWHO.



Seek professional advice if you fail the hearing check or have any sign of hearing loss.



Crazy

HAT & HAIR



Day!



On Thursday 17th March, Audrey participated in the World's Greatest Shave. To sponsor her, go to the World's Greatest Shave website, click "Donate" and search "Audrey Wood" in "Sponsor Someone" or use the QR code below.



We asked EVERYONE to show their support for Audrey and this important cause by wearing crazy hair or hat and bringing a gold coin donation

THANK YOU

WE RAISED \$204!



GOLD COIN





Meet the inspirational 9-year-old who put the "fun" in "fundraise"!

Audrey Wood braved the shave and raised over \$12,000!

<https://worldsgreatestshave.com/news/meet-the-inspirational-9-year-old-audrey>

**CHECK
THIS
OUT!**
« «



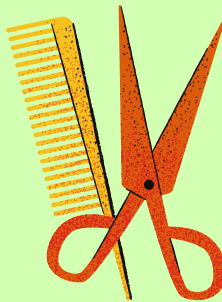
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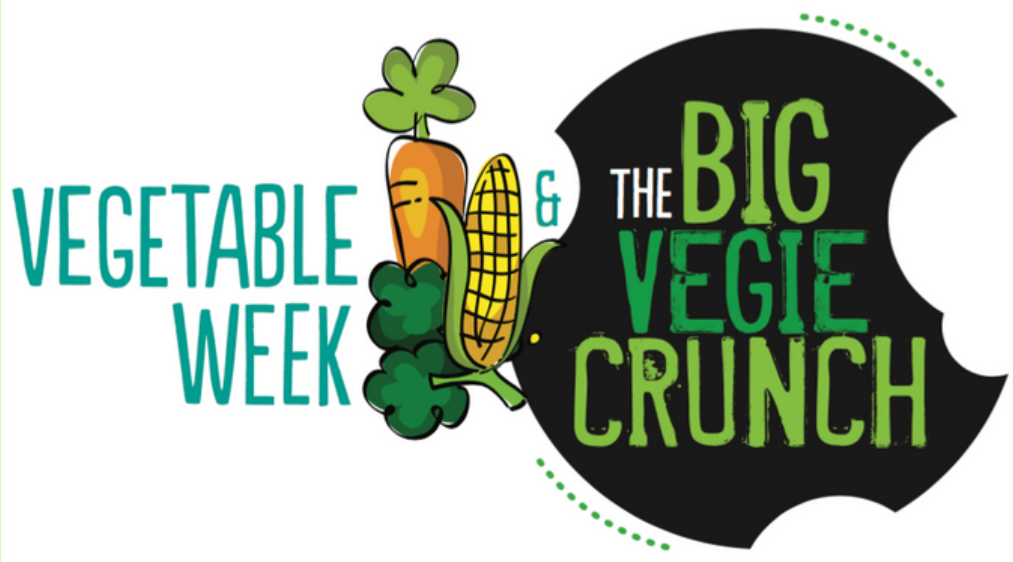
**THANK
YOU**

**WE RAISED
\$204!**

Audrey told the students at assembly that she was inspired by Michael G, who braved the shave last year - and she hopes to inspire someone else to do it next year!

We are proud of Audrey!



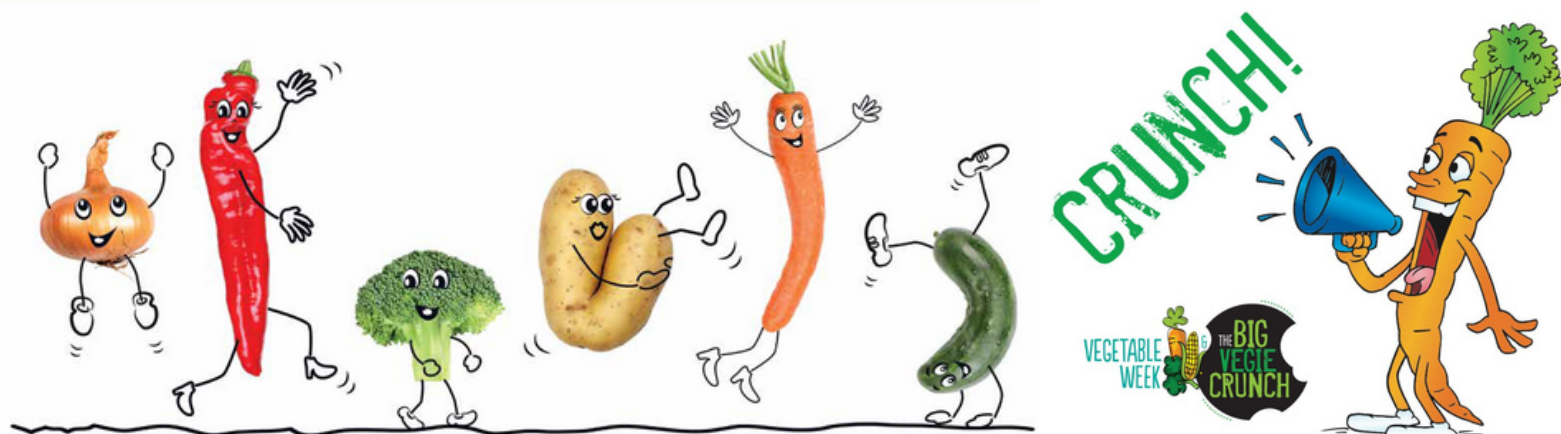


Don't forget to pack Crunch&Sip® every day...

Crunch&Sip® is a set time for your child to eat vegetables or fruit and drink water in the classroom.

WATER	+	VEGIES	or	FRUIT
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Crunch&Sip® | healthway | Cancer Council Western Australia | www.crunchandsip.com.au





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

NO DOCTOR'S REFERRAL NEEDED.

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.

This service is supported by Sydney North PHN.



SCAN TO REGISTER YOUR INTEREST

1300 111 278

ewspace@anglicare.org.au | anglicare.org.au



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ewspace@anglicare.org.au | anglicare.org.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



Cancer Council
Healthy Lunch Box

Nutrition Snippet

HOW TO PACK A HEALTHY LUNCH BOX



Starting 'big' school is a huge deal even for parents as it may be the first time packing a lunch box.

Learn how to pack a healthy lunch box [here](https://healthylunchbox.com.au)

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

NOODLE CAKES



Ingredients

Olive oil spray
½ 400g packet Singapore noodles
3 eggs
1 tsp reduced-salt chicken stock powder
125g tin corn kernels, drained
1 spring onion, thinly sliced
2 zucchinis, grated & liquid squeezed out
¼ capsicum, deseeded & chopped
6 cherry tomatoes, halved

Method

Preheat oven to 180°C. Spray a 12-hole muffin pan lightly with oil.

Place Singapore noodles in a large heatproof bowl and cover with boiling water. Stand for 1 minute and separate with a fork. Drain well and cut into 10cm lengths. Place back in the bowl.

In a separate bowl, whisk the eggs and chicken stock powder together well. Mix through the corn, spring onion and zucchini and capsicum. Pour over the noodles and mix.

Divide evenly into the prepared muffin tin. Top each with a cherry tomato half, seed side up. Bake for 15 minutes or until cooked through and golden. Cool in the pan for 5 minutes before transferring to a wire rack.

For more recipes visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

PEAR AND YOGHURT CAKE



Ingredients

1 egg
125gm margarine
½ cup raw sugar
¾ cup natural Greek yoghurt
1 tbsp vanilla essence
½ cup reduced-fat milk
1 cup self-raising flour
½ cup wholemeal self-raising flour
½ cup desiccated coconut
1 400g tin pear slices in natural juice, drained

Method

Preheat the oven to 180°C. Grease and line a 20cm x 20cm square baking tin.

Place the first six ingredients into the bowl of a food processor, blender or stand mixer and mix until combined. Add the flours and coconut and mix until just combined. Dice half of the pear slices, add to the batter and mix through.

Spoon into the baking tin. Arrange the remaining pear slices on top to decorate. Bake for 25 minutes until golden and cake bounces back when touched. Allow to cool and then slice.

For more recipes visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

PIMP UP POPCORN



Swap a packet of chips out of the lunch box and go for plain popcorn.

- Make it at home or buy plain popcorn.
- To add variety to the lunch box, mix with some dried fruit to make Poppletana.

For these recipes and more:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

PIMP UP PLAIN YOGHURT



Here's how to make plain yoghurt interesting:

- Sweeten with stewed fruit
- Mix with oats and sultanas
- Make a minty yoghurt dip
- Use it in a parfait

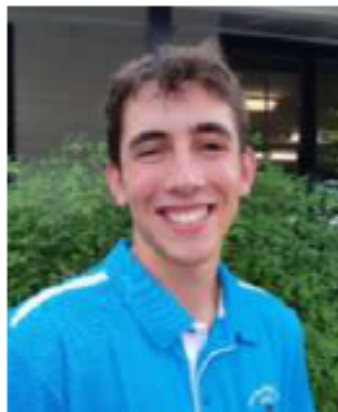
When packing yoghurt in the lunch box remember to pack an ice brick.

For these recipes and more visit:
healthylunchbox.com.au



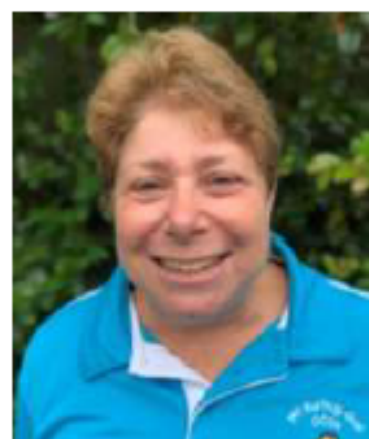
Cancer Council
Healthy Lunch Box

NEW FACES @ OOSH



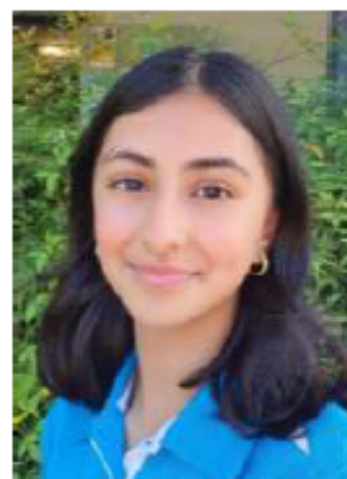
Hi, I'm BEN. I love sports, especially football, cricket and athletics. I am a coach at Mt Colah Football Club. I study Bachelor of Exercise and Sport Science at the University of Newcastle. I enjoy working at OOSH because it gives me the opportunity to spend time building positive respectful relationships with families while interacting with the kids in a safe environment. As an educator I am passionate about seeing the kids develop and grow key attitudes and skills in life. I applied to Mt Kuring-gai OOSH because of its reputation for providing quality training and learning opportunities for educators. A key part of providing children and their families with quality care.

Hi I'm CLAUDIA - Outside of OOSH I enjoy outdoor activities, my favourites are kayaking and hikes. I am studying my Master in Physiotherapy at UTS. I enjoy working at OOSH because I love the conversations with the kids and all the fun games and activities we do together! As an educator I'm all about physical activity and movement, the relevance it has in our society and educating the people of tomorrow about its importance. In particular outdoor play and sports. My goal as an educator is to ensure the children are provided with plenty of opportunities to benefit from outdoor play and physical activity through contributing to our OOSH program.



Hi I'm JANINE - I enjoy bush walks, pilates, aquarobics, cooking and sewing. I love being outside as much as possible. Working at OOSH allows me to watch the young children grow and develop in a caring and fun environment. I like being part of a young team and hope to contribute to all areas of the OOSH program. I have lots of years of maturity and being a mum so I am looking forward to becoming an integral part of the team. Both my kids, now aged 24 and 21, attended MKPS. As a family we were extremely involved in school life from Mountain Festivals to classroom activities. I have previously worked as a Kindergym coach for Hornsby RSL Gymnastics and have volunteered for 20 years as a Cub Leader and Leader Trainer with Scouts Association. I am also Queens Guide and Queens Scout Award recipient and AustSwim Instructor qualified.

Hi I'm SURMAYI. I'm a Junior Educator at OOSH. I'm was a MKPS student and had the opportunity to represent student voices as a MKPS Prime Minister. I'm in Year 9 at High school, my favourite subjects are Visual Arts, Engineering and Textiles. I am creative and am looking forward to teaching the children painting techniques and sewing at OOSH. I was recently awarded my Orange belt in Hapkido and had the opportunity to share my interest in martial arts with the children during vacation care. It is a great way for children to keep fit, build confidence, self esteem, resilience and teach respect for yourself and others. I'm looking forward to sharing my culture through Bollywood and traditional Indian dance during Harmony Week at OOSH, later this month. As a junior educator my goal is to build positive relationships with children and their families, be an advocate for children's voices within the OOSH program and a positive role model for our OOSHIES.



Hi I'm LANA - I am a Duke of Edinburgh Volunteer. I chose to complete my community service hours at OOSH because I enjoyed attending Mt Kuring-gai OOSH from Kindy to Year 6. During my time as an OOSHIE, I benefited from having positive relationships with the OOSH educators in a place where I always felt welcomed and included. I've been dancing and participating in gymnastics since the age of 2. My favourite type of dance is Hip Hop. Currently I'm studying Year 9, in 2021 I had the opportunity to be a part of my school's Da Vinci program, competing against other schools from around the country. I'm also a gamer, I like playing PC games, Wii Switch and Nintendo DS. As a volunteer junior educator, I am passionate about improving the understanding of atypical thinking, mentoring positive behaviours and being someone, the children can relate to and who can help share their individual perspective with others.

OOSH - A fun and nurturing learning environment for all!