



MKPS NEWSLETTER

VOL.6. SEPTEMBER 2022

Term four	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
October	1	10	11	12	13	K-2 SHOELACES DEMO 14	15/16
October	2	INTERRELATE FAMILY EVENING ONLINE 17	18	19	YOUTH LIASON POLICE VISIT STAGE 3 20	21	22/23
October	3	24	25	YEAR 6 LEADERSHIP CAMP 26	27	28	29/30
October / November	4	31	1	GRANDPARENTS DAY BOOK FAIR 2	3	4	5/6
November	5	7	KINDY KICK START 1 LEAGUE TAG GALA DAY 8	9	10	11	12/13
November	6	KINDY KICK START 2 14	15	COMBINED SCRIPTURE SERVICE 16	17	18	19/20
November	7	21	22	23	KINDY KICK START 3 24	25	26/27
November / December	8	28	29	KINDY KICK START 4 30	1	2	3/4
December	9	5	6	7	8	9	10/11
December	10	PRESENTATION ASSEMBLIES 12	13	14	MOVIE DAY 15	TALENT SHOW 16	17/18
December	11	LAST DAY FOR STUDENTS 19 YR 6 CLAP OUT	STAFF DEVELOPMENT DAY 20	21	22	23	24/25

OUR SCHOOL IS OPEN FRIDAY, SATURDAY & SUNDAY (+PUBLIC HOLIDAYS)
AS OUR SCHOOL HAS MKPS VAY-CAY-CAY VACATION CARE.

THE OUTDOOR FACILITIES AT OUR SCHOOL WILL BE AVAILABLE TO USE FROM 8 AM TO 5 PM ON FRIDAYS, SATURDAYS & SUNDAYS AND PUBLIC HOLIDAYS ONLY AS PART OF SHARE OUR SPACE.

PLEASE RESPECT THAT OOSH REQUIRE EXCLUSIVE USE OF THE GROUNDS
WHENEVER THEY ARE OPERATING MKPS VAY-CAY-CAY VACATION CARE.





THE GREAT BRITISH BAKE OFF PUDDING EDITION

DATE: 9TH OCT 2022 – WORKING BEE

TASTING AND VOTING BETWEEN: 12PM – 1PM

- MAKE A PUDDING (TRADITIONAL OR CREATIVE)**
 - BRING PUDDING TO WORKING BEE**
 - TASTE PUDDINGS**
- VOTE FOR YOUR FAVOURITE PUDDING**
- FEEL FREE TO STAY & PLANT A TREE**

**ALL ENTRANTS MUST REGISTER AT
MKPS.PANDC@GMAIL.COM
BY FRIDAY 1ST OCTOBER**

MORE INFORMATION WILL BE PROVIDED AFTER REGISTRATION



This Working Bee project received funding from the Australian Government's Planting Trees for The Queen's Jubilee Program

WE ARE LOOKING FORWARD TO SEEING
ALL OUR NEW KINDERGARTEN
STUDENTS AT OUR ORIENTATION DAYS

KINDY



KICK START

Tuesday 8th November

Monday 14th November

Thursday 24th November

Wednesday 30th November

If you would like to enrol your child for Kindergarten 2023 at Mount Kuring-gai Public School, please contact the school office for more information

Phone: (02) 9457 9088

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

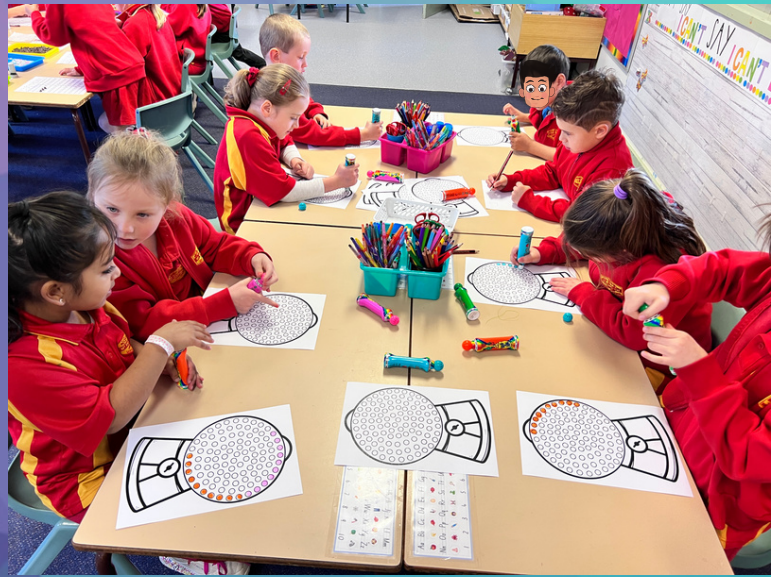


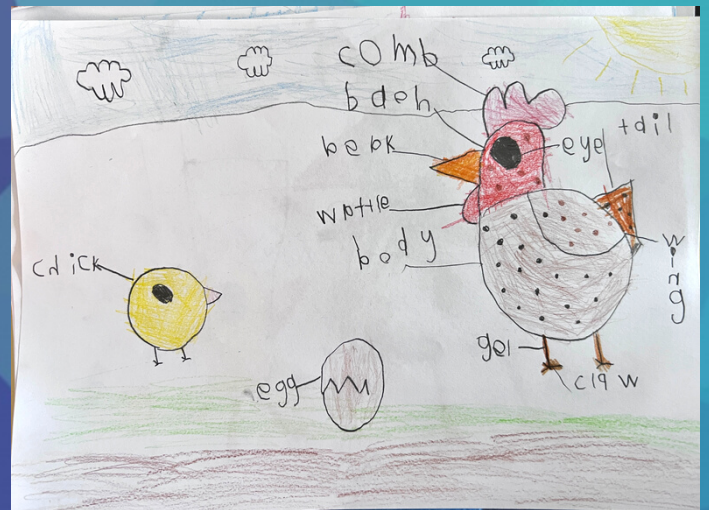
K/1E



At the beginning of the term, K/1E celebrated 100 days of school, doing a wide variety of activities about the number 100. We also morphed each student into an old person. They really do make very cute grannies and grandpas. This term we have been very busy exploring farming and the amazing animals found on farms during our integrated unit. We have discovered many interesting, new facts about animals we thought we knew a lot about. From cows, pigs and sheep to chickens and bees. All the students eagerly participated in researching these animals, building incredible dioramas and creating beautiful artworks. We look forward to learning so much more about farms in Australia and around the world.







HATCHING PROGRAM

K/IE WERE EXTREMELY FORTUNATE TO HAVE THE HENNY PENNY HATCHING PROGRAM RUNNING IN THE CLASS IN WEEKS 4 AND 5. STUDENTS WERE ABLE TO EXPERIENCE THE LIFE CYCLE OF A CHICKEN FIRST-HAND, AND UP CLOSE. THERE WAS HUGE EXCITEMENT EVERY MORNING TO DISCOVER HOW MANY CHICKS HAD HATCHED AND EVEN GOT TO WITNESS THE HATCHING OF SOME CHICKS. EACH DAY, THE STUDENTS GOT TO HOLD THE CHICKS AND WATCH THEM RUN AROUND THE CLASSROOM, WHILE OBSERVING THEIR CUTE FEATURES. UNFORTUNATELY, THEY ALSO EXPERIENCED SOME OF THE EGGS NOT HATCHING. THESE WERE GREAT MOMENTS TO TEACH VALUABLE CONCEPTS OF LIFE ON A FARM.

A HUGE THANK YOU TO THE P&C FOR GIVING US THE OPPORTUNITY TO GAIN SO MUCH KNOWLEDGE FROM THIS EXPERIENCE.

THANK YOU!



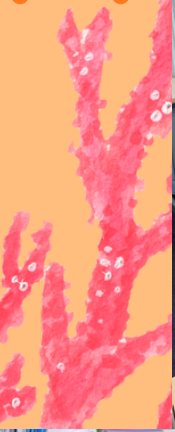
INTRODUCING 1/2K

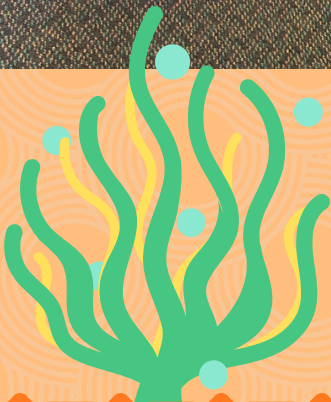
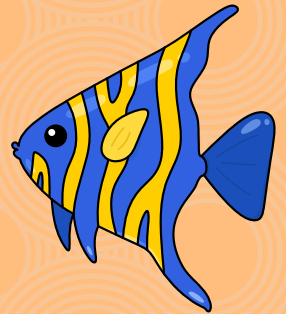
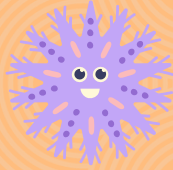
Formally known as 1/2M

This term we have been looking at life under the sea and making connections with Sea Country people and the Great Barrier Reef. Mrs Steel and Miss Keys have been teaching us the ins and outs of information reports. We have been researching and writing lots of information about the Great Barrier Reef and have learnt so much. We have spent time creating our dioramas with things that inspire us. We have created magical underwater displays using the new knowledge we have learnt both in the classroom and during our library time with Mr Tapping and Mrs Steel. We introduced some new flexible seating for us to try. We have the wobble chairs, the standing desks and the sparkly lap desks. These are helping us to find the best way for 'us' to learn. This term we had a brilliant excursion to the aquarium. We were fortunate enough to listen to the keeper talk on Pig the dugong. We watched him being fed and learnt about the unique behaviours he has been taught and how he came to be at the aquarium. We have recently introduced 'Number of the Day', where the students are challenged to add, subtract, and multiply single and double-digit numbers each day. Together we have explored comprehension skills through games of 'Hot Seat', where students roll play characters and question one another to delve deeper into fiction and non-fiction texts. We have begun creating a Dugong artwork inspired by Indigenous artworks and the animal's cultural significance. This links to our integrated unit. We are learning to take our time with art projects and will be continuing to work on this throughout Term 4.



GREAT





The Benefits of Co-teaching for Students

- **Students are exposed to different teaching styles and strategies:** Everyone learns differently, and every teacher brings a unique perspective and set of strengths to the classroom. Switching up teaching styles and methods can increase student engagement and growth (Boudah, Schumaker, & Deshler, 1997).
- **Increased opportunities for differentiation:** Providing individualized instruction through differentiated instructional groupings and strategies made possible by having two teachers in the room is a crucial benefit for students (Murawski & Dieker, 2004; Walsh & Snyder, 1993).



I love the fact that I have two teachers because they have two different teaching styles which helps me learn. Scarlett

I like learning in Learning Hive because the teachers explain things really clearly. Like angles, decimals and graphs. Who knew about revolution angles? This type of teaching really helps me learn.
Rishi

CO-TEACHING

I like that both my teachers teach me new concepts by sharing their different styles and points of view. Rami

I like the fact that when one of our teachers are sick we can count on the other to be there for us. They both have different interests which they share with us. Jack



Stage
Two

Learning Hive



COLLABORATIVE LEARNING

We get to choose our learning partners, this helps us work out who we work best with. Dulcie

I GET THE OPPORTUNITY TO WORK WITH DIFFERENT PEOPLE DURING DIFFERENT ACTIVITIES WHICH I MAY NOT HAVE WORKED WITH BEFORE.

Learning Hive is great, because we have the choice to sit anywhere. Changing our seats means changing who we are sitting next too. This is a chance to get to know someone better.
Ella

I love that we all make more friends when we work together. Ryan



Collaboration-based instructional approaches promote learning techniques for active and agentic learning (Hmelo-Silver, 2004). They support socially coordinated inquiry, knowledge creation, and stimulate higher levels of cognitive processing (Griffin et al., 2012; Sawyer, 2014), which are essential for twenty-first-century learning needs.





I love the openness of our classroom. There is a lot of space for all of us to move around safely. Andy

I like the different seating in our class, this helps me concentrate. Tommy



FLEXIBLE SEATING

I like the flexible seating because I get to figure out who I work best with. Lucy

We get to chose where we get to sit to help, this helps with our learning styles and what type of activity we are doing. Lill



I like the flexible seating because I get to choose where I sit and be in control of my learning partners. Lydia

Flexible classrooms give students a choice in what kind of learning space works best for them, and help them to work collaboratively, communicate, and engage in critical thinking.

Since implementing flexible classrooms, Albemarle County Public Schools have noticed that:

- **Their students' grades have improved.**
- **Their students seem happier and more engaged.**

Their students are participating more and having more invigorating conversations. (Emelina Minero)



Choir



JERSEY DAY

It warms our hearts to receive an email like this. Thank you to the school community for making this fundraiser a success.

DEAR MT KURING-GAI PUBLIC SCHOOL,
THANK YOU SO MUCH FOR YOUR GENEROUS DONATION OF \$130 TO TRANSPLANT AUSTRALIA IN CELEBRATION OF JERSEY DAY 2022.
SUCH DONATIONS AS YOURS HELP US RAISE AWARENESS TO IMPROVE THE ORGAN DONOR RATE IN AUSTRALIA.
THE KINDNESS AND GENEROSITY OF DONORS IN HELPING OTHERS, THROUGH A LIFE-SAVING TRANSPLANT, TO GO ON AND LIVE HEALTHY LIVES IS THE ULTIMATE GIFT AND TRANSPLANT AUSTRALIA, AS A COMMUNITY VOICE IN THE PROMOTION OF ORGAN TRANSPLANTATION, CONTINUALLY ENDEAVOURS TO HONOUR.

PLEASE FEEL FREE TO VISIT OUR WEBSITES FOR FURTHER AREAS OF INTEREST AND TO KEEP UP-TO-DATE WITH OUR ACTIVITIES.
OUR OFFICIAL WEBSITE: WWW.TRANSPLANT.ORG.AU, PERTH WORLD TRANSPLANT GAMES 2023: [HTTPS://WORLDTRANSPLANTGAMES.ORG](https://worldtransplantgames.org), AND FACEBOOK [HTTPS://WWW.FACEBOOK.COM/TRANSPLANTAUSTRIA](https://www.facebook.com/transplantaustralia)
THANK YOU. FROM THE TEAM AT TRANSPLANT AUSTRALIA



R u Okay? Day

R U Okay Day – Thursday the 8th of September saw MKPS come together and celebrate R U Okay Day. Students and teachers wore Yellow to raise awareness about mental health and promote people to ask the question of R U Okay? We all participated in various activities over the day to encourage students to talk to people who they feel comfortable with whenever they feel sad or have the need to get something off their chest. We identified people in our lives that we can connect with and also discussed ways of making somebody smile. Thanks to Mrs Els and Mrs Connolly for organising the day and all of the students and staff getting behind such a great cause.





RUOK?
A conversation could change a life.

Ask

RUOK?

No qualifications needed

Have a conversation using these 4 steps



1. Ask R U OK?

How are you travelling?

You don't seem yourself lately - want to talk about it?



2. Listen with an open mind

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?



3. Encourage action

Have you spoken to your doctor about this?

What do you think is a first step that would help you through this?



4. Check in

Just wanted to check in and see how you're doing?

Have things improved for you since we last spoke?

Learn more at ruok.org.au

Ask

RUOK?

No qualifications needed

Make staying connected and asking R U OK? part of your everyday.

Start by asking "Are you OK?"

No, I'm not OK.

Dig a bit deeper:

"What's been happening?"

"Have you been feeling this way for a while?"

"I'm ready to listen if you want to talk."

Yes, I'm fine.

But your gut says they're not:

"It's just that you don't seem to be your usual self lately."

"I'm always here if you want to chat."

"Is there someone else you'd rather talk to?"

Listen with an open mind

Encourage action and offer support:

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing your doctor?"

Make time to check in:

"Let's chat again next week."

Learn more at ruok.org.au



1. Ask



2. Listen



3. Encourage action



4. Check in

Trust the Signs, Trust your Gut and Ask R U OK?

<https://www.ruok.org.au/how-to-ask>



TOWARDS THE END OF THIS TERM, OUR STUDENTS ACROSS ALL STAGES HAVE BEEN LUCKY ENOUGH TO BE INVOLVED IN THE AFL PRIMARY PLAY PROGRAM. ACROSS TWO SESSIONS, STUDENTS HAVE BEEN INTRODUCED TO THE FUNDAMENTAL SKILLS INVOLVED IN AFL GAME PLAY, AND PARTICIPATED IN SIMPLE GAMES WHERE THESE SKILLS CAN BE EXPLORED AND PRACTICED.

WITH THE SYDNEY SWANS PLAYING IN THE AFL GRAND FINAL THIS WEEKEND, IT IS A GREAT TIME TO EXPLORE OPPORTUNITIES FOR YOUR CHILD WITH LOCAL AFL CLUBS. THE HORNSBY BEROWRA EAGLES HAVE OPPORTUNITIES FOR BOYS AND GIRLS OF ALL AGES TO BE INVOLVED IN AFL YOU CAN REGISTER YOUR INTEREST FOR THE 2023 SEASON AT [HORNSBYBEROWRAEAGLES.COM](https://www.hornsbyberowraeagles.com).

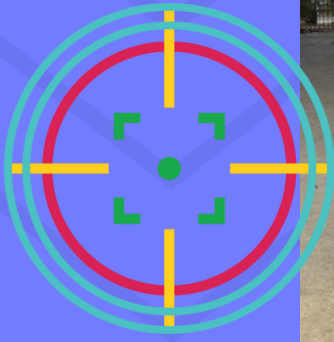




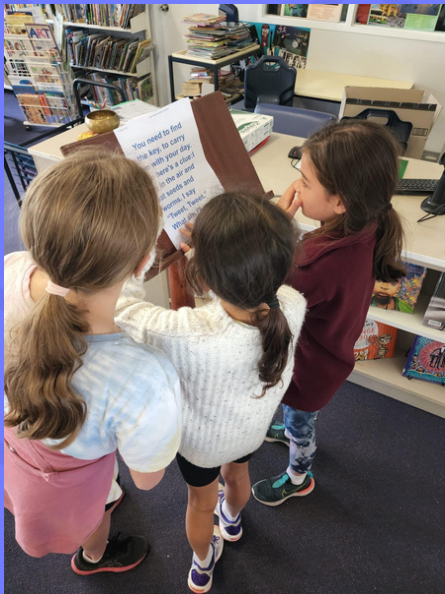
Year 6 Mini Fete

Wow! What a day! A huge congratulations to Year 6 on a super successful fundraising event! Everyone had so much fun! There were so many fun-filled activities including Laser X, the Escape Room, the Haunted Blindfold Experience, Lucky Strike, Chocolate Coin Toss and Sponge Throwing - just to name a few! Of course, the delicious Spider Drinks were an absolute hit as well! At the end of the day, Year 6 presented their school gift to everyone - a portable school stage! A huge shout out to all of the families for their contributions both in time and donations, the day would not have been as successful without you. Well done Year 6!





SO MUCH FUN



THANK YOU!





FUN!



fête





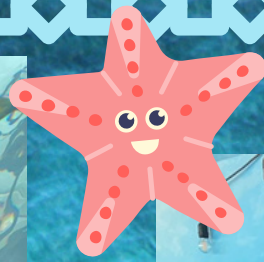
STAGE I EXCURSION



On Wednesday 21st September, Stage I visited the Sea Life Aquarium excursion to further support their learning within our integrated unit 'Great Barrier Reef'.

Students were bubbling with excitement before we even began, as for many of them this was their first school excursion. The bus trip with friends and the sight of the Sydney Harbour Bridge and Opera House were met with squeals of joy. We were fascinated when we entered the aquarium as we saw so many amazing fish and sea animals. We focused on discussing the habitats the animals lived in and how even the marine environments differ from the reef to our local harbour. We have been researching many sea creatures but have had a particular focus on the marine mammal the dugong. A highlight was seeing Pig the Dugong and learning some more interesting facts about him and his diet with the students seeing his Cos Café where they prepare his food. It was awesome to hear the students using their knowledge to identify different types of coral and discuss and deepen their understanding of anemones and their relationship with clownfish, seahorses camouflaging themselves by holding on to seaweed and seeing the hundreds of babies seahorses in the little nursery. Students gazed on in amazement when so many large sharks and rays swam over the top of them, and they waited patiently to spot the sea turtles cruising through the water. A huge thankyou to the parent volunteers and teacher for coming to assist on the day and to the wonderful MKPS Stage I students for being great representatives of our school in the city.







HZSS NETBALL FINALS

On Friday 16th September, our junior and senior girls netball teams competed in the Hornsby Zone Finals Gala Day.

In the Semi Finals, the junior and senior girls came up against Turramurra Public School and came away with convincing wins after playing some great netball.

In the junior Grand Final, the girls played against Turramurra North Public School, and again came away with a convincing win to take out the HZSS Junior Netball Championship for 2022. Many thanks to Carolyn Casali and Letitia Watson Ley for assisting the team in their grand final game, while I was with the senior girls as they played in their grand final game at the same time!

Our Senior girls had a very tough game against Warrawee, having had only a 10 minute break between their Semi Final and Finals match. The match was close all the way and the girls were down by 1 goal going into the final quarter. They showed a huge amount of determination and resilience to take the win by 3 points.

What these girls have achieved this season is a remarkable feat. Grand Final wins are rare for any school, but for a small school like MKPS to take out both the junior girls and senior girls titles, is extraordinary.

CONGRATULATIONS

Congratulations girls!

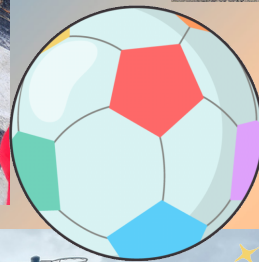
Congratulations!



Big Boys Brekkie

Father's Day

ON TUESDAY THE 6TH SEPTEMBER WE WERE EXCITED TO WELCOME OUR DAD'S AND FATHER FIGURES FOR THE OUR BIG BOYS BREAKFAST. IT WAS LOVELY TO SEE SO MANY ENJOYING THE VARIOUS ACTIVITIES ESPECIALLY THE GOLF 'PUTTING'. A SPECIAL SHOUT OUT TO MR TAPPING FOR HIS COORDINATION OF THE EVENT AND MRS ELS AND MS HODDINOTT FOR THEIR BARBEQUING SKILLS. A LOVELY MORNING WAS HAD BY ALL.





SPECIAL



Love

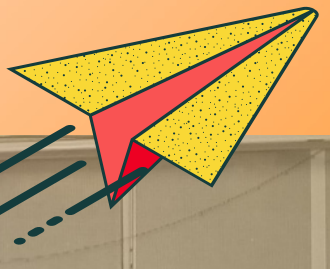




PHOTO
BOOTH



PARENT

of the year!

Belinda Robson



CONGRATULATIONS

More info in
principal coms

PARENTS

of the year!

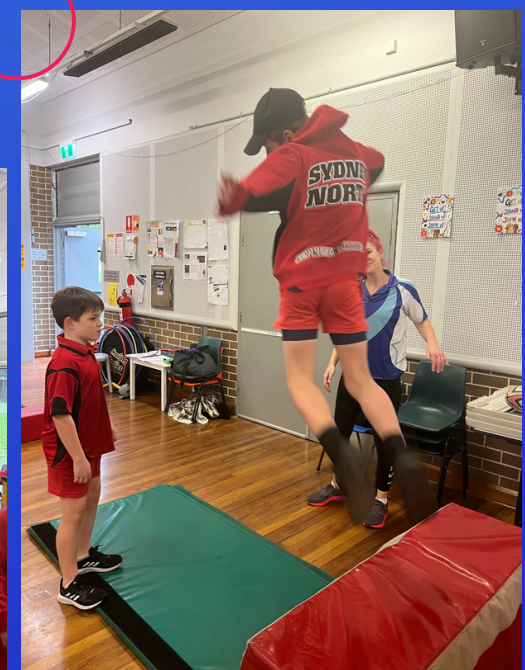




During Term 3, all students at MKPS took part in a 6 week Moving Bodies gymnastics program.

Students had a great time getting to use lots of different apparatus such as balance beams, bars, mini tramps and more. The activities undertaken within the program help to further develop student's fundamental movement skills, along with components of fitness such as balance, strength, flexibility, agility and coordination.







Book Week



This year's theme "Dreaming with Eyes Open" saw book week get back to the ways of old, back on school grounds. Mount Kuring-gai book fair was a huge success, students were seen and heard sharing their love of books, authors or genre. It was fantastic to see some of our older readers encouraging their peers to try out a new book, even negotiating "I'll buy this one and you can buy that one, then we can swap". This is what book week is about sharing your love of books and reading with others, sharing those little gems which can change a life. We even saw our wonderful families donate books back to the library, this allows us to all experience the joy we get from reading. We will use these books as teaching resources, and the students will use them to deepen their love of all things literature. A huge thank you to our families who came and supported our first book week back on site after the pandemic.

Students were treated to a Performance by Perform Education. Our first external performance in 2 years. Students were all beyond excited and seemed to thoroughly enjoy the show.

Our Book week Parade was a fantastic way to end off our Book Week celebrations. We were amazed by the wide variety of characters and the enthusiasm by so many of the students. Thank you to all the parents for the late nights in preparation for the event and to all the students and teachers for the superb effort this year.





BOOK WEEK

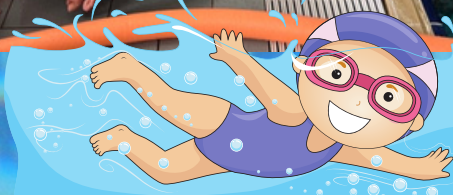


Swim School

During Weeks 7 and 8, various students' from MKPS participated in the swim scheme program held at Abotsleigh college. Students attended the pools each day in the 2-week period, for an hour, to learn and practice various skills for safe water practice in and around pools and at the beach. Skills from how to enter the water correctly, all the way to a survival 50m backstroke were performed and assessed over the 2 weeks that the program was run. It was great to see each of the students grow and develop in the water with a variety of skills from the first-time swimmers, all the way to the advanced level students. We congratulate all of the students that participated and excelled in the program, it was a pleasure to take them. A big Thank you to each of the parent helpers who attended with the teachers each day for the long haul on the train to warroonga with 50+ kids. We couldn't have done it without you. Special mention to Mrs Connolly for organising the program for the students as well, it was greatly appreciated.







CHAMPION

After being unable to run a Zone Athletics Carnival over the last 2 years, it was wonderful to finally see our MKPS students back on the track at Narrabeen, competing against the other 14 schools in the Hornsby Zone.

We had 43 students attend the event across all the various athletics disciplines. Congratulations to Scarlett, Dulcie, Sam and Alannah who placed in the top 2 and top 3 in their age groups, to progress to the Sydney North Carnival at SOPAC.

ZONE ATHLETICS



SYDNEY NORTH ATHLETICS

Congratulations to the following students who competed in the Sydney North Athletics Carnival on Monday at SOPAC (Sydney Olympic Park Athletics Centre)

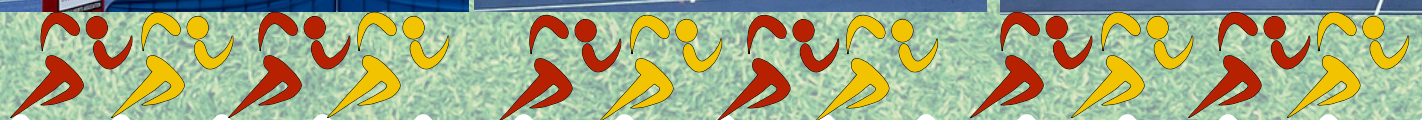
Alannah Pryor - 12yr Girls 100m

Sam Ogier - 11yr Boys 1500m

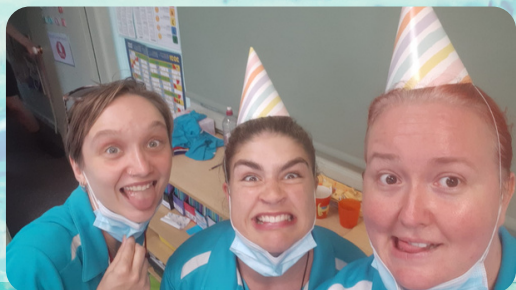
Scarlett Owers - Jnr Girls Discus

Dulcie Thompson - Jnr Girls Shot Put

Scarlett and Dulcie placed 4th and 8th respectively, which is a fantastic achievement. Alannah ran a great time of 14:73 in the 100m heat, and Sam also ran a very respectable 5:51.93 in the 1500m. It is a fantastic achievement to qualify for this event, and these students should be extremely proud of their performances.



GOODBYE KARA!



Sadly, Kara Ussher has decided to resign from her position of MKPS OOSH Centre Manager. Here is an excerpt of her letter to the OOSH community:

"It's with a heavy heart that I share the news that 14th October will be my last day at Mt Kuring-gai OOSH.

Over 11+ years I have been an OOSH parent, OOSH Committee President, OOSH Admin Manager and OOSH Centre Manager.





I've had the privilege of supporting many families through the transition from preschool to OOSH and big school. Shared a tear or childhood memory with the Year 6's transitioning to high school, welcomed ex-OOSHIES back to the service as volunteers or educators, welcomed Kindies and new families to OOSH.



I've enjoyed the challenge of growing OOSH from a service with 12 kids per session to up to 50 kids a session.

A long-term goal when I was on the committee was to implement Vacation Care at MKPS. That goal was finally realised in the 2022 summer holidays with the support of the committee, our educators and our school Principal.

I'd like to say thank you to all our OOSH families, the MKPS staff, the Mt Kuring-Gai P&C, OOSH committees past and present and our OOSH educators, particularly Alyx who grew to become my right hand. I could not have done my job without your support.

Warm regards, Kara"

On behalf of the MKPS Community, we wish Kara all the best for her future and thank her for her service to the students and families at MKPS!



GOOD LUCK



Leader's Loop



ASSEMBLY WEEK 7:



WEEK 7 K-2 MERIT AWARDS:

K/1E - Silvi, Kobe, Jaxon, Laura.

1/2M - Oscar, Isabella.

1/2V - Laya, Olivia, Tai, Braxton.



WEEK 7 3-6 MERIT AWARDS:

Learning Hive - Ellie, Lucas, Mackenzie, Brianna, Elki, Lincoln, Scarlett, Asher.

Synergy Hub - Jayden, Finlay, James, Emily, Olivia, Abbey, Alannah, Isabella, Joseph.



ASSEMBLY WEEK 10:



WEEK 10 K-2 MERIT AWARDS:

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

1/2M and 1/2V - out on an excursion



WEEK 10 3-6 MERIT AWARDS:

Learning Hive - Ellie, Lucas, Jayden, Brianna, Elki, Jack, Ella, Lincoln.

Synergy Hub - Ethan, Anthony, Koby, Hana, Hugh, William, Hayley, Michael.

PLAY AFL!



Register interest for 2023 season at
hornsbyberowraeagles.com

SAVE \$100 using your **ACTIVE KIDS** voucher

- Boys & Girls Teams for 9 - 17 year olds
- Auskick (skills & activities based) for 4 - 8 year olds
- Club based at Rofe Park, Hornsby Heights
- Qualified coaches
- Sunday Games
- 2022 Sydney Harbour Club of the Year
- **ALL SKILL AND ABILITY LEVELS WELCOME!**



Email: president@hornsbyberowraeagles.com

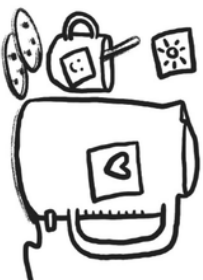
Self-Care September 2022

MONDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

TUESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

WEDNESDAY



7 Give yourself permission to say 'no'

THURSDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

FRIDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

SATURDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

SUNDAY



4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together

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.*

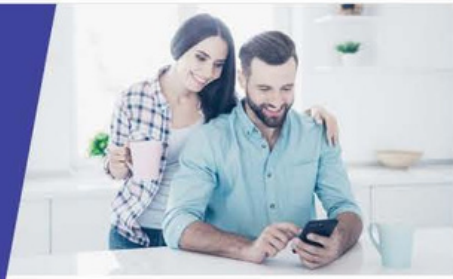
Google Classroom: Student Learning Platform

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.

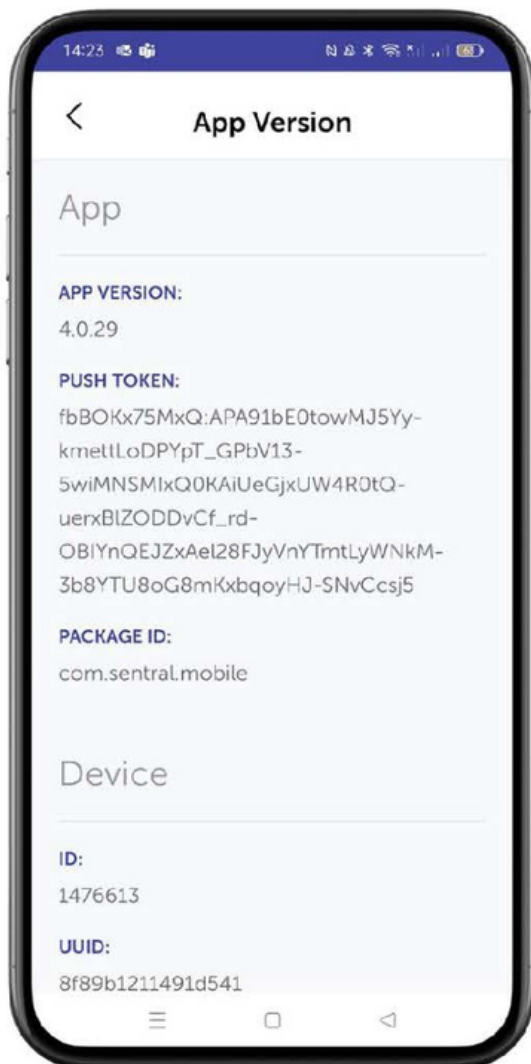
Important Information: Sentral for Parents App



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.)

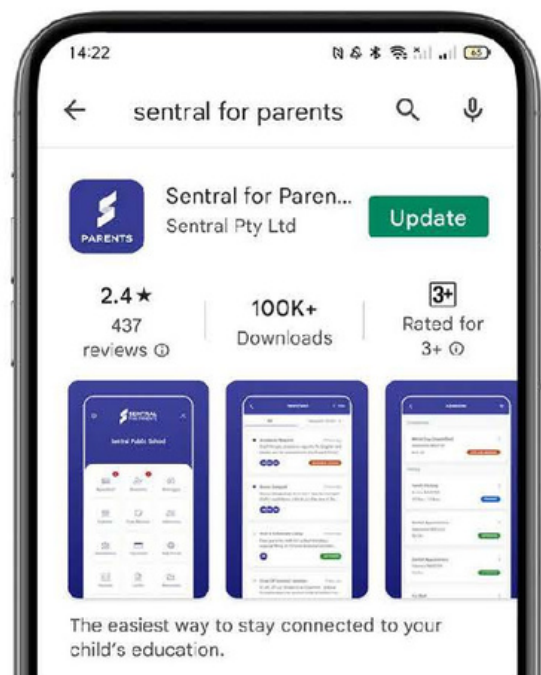


I am on Version 3 or 4

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 for support.



AUSTRALIAN SCHOOL OF PERFORMING ARTS



Sing, dance, act and
Take the Stage
these school holidays!

PERFORMING ARTS HOLIDAY PROGRAM FOR BOYS AND GIRLS



ASPA EDUCATION



'Take the Stage' Holiday Program

Take the Stage this school holidays at the Australian School of Performing Arts! Sing, dance and act over two jam-packed days in a fun and creative learning environment.

Through dynamic workshops in song, dance and drama, participants will develop confidence, team work and stage presentation skills all while having fun with other children during their holidays! Your child will be mentored by our experienced team of specialists in our fun, inclusive and safe program.

With workshops for boys and girls in Kindergarten to Year 6, our Performing Arts Holiday Program caters for first-time learners through to experienced young artists.

Parents are invited to attend the end of program Showcase Concert at 3.45pm on the Thursday afternoon.

Limited Positions Available - register now to secure a place!

Date: Wednesday October 5 and Thursday October 6

Time: 9.30am - 4.30pm

Venue: West Pymble Public School, 10 Apollo Ave, West Pymble

Age: Kindergarten to Year 6

Cost: AGC Members - \$170 and Non-Members - \$185

<https://aspagroup.com.au/aspa-education/performing-arts-holiday-programs/>



Summer Showtime Holiday Program

 Australian School of Performing Arts /

Don't be scared, come along to our **FREE**

KIDS GARDENING CLASSES

11AM WEEKDAYS AT FLOWER POWER

**Mon 26 – Fri 30 Sept
& Tues 4 – Fri 7 Oct**

No classes on Labour Day Mon 3 Oct

No booking required



Kids under 5 must be accompanied by an adult
For more information go to flowerpower.com.au

**flower
power**

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

- 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



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

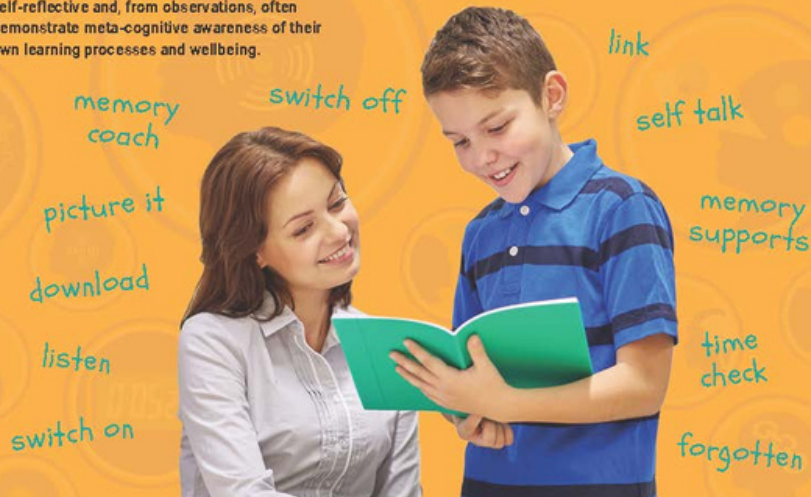
Classroom Teacher

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



**Free family
fun at the
Parliament
of NSW**

**Friday
7 October
10am to 3pm**

**FREE
ENTRY**

Welcome!



Cartooning workshop

Draw people and objects with the award-winning illustrator and cartoonist Eric Lobbecke.
Every half hour from 11:00am, finishing at 2:00pm

Vote for me!

Learn how to vote with the NSW Electoral Commission.
Every half hour from 10:00am

Mock Committee Hearing

Have your say as a participant in our committee hearings.
Every half hour from 10:00am

**AUSLAN
interpreters
available**

**\$4
Democracy
Sausage**

**The
Public Café
open**

Visit us at Australia's oldest Parliament as it opens its doors for **Family Fun Day**, an open day packed with free, fun activities for children from 4 to 12 years and their families. In addition to the above, there will be many activities on offer for families to enjoy, including craft, tours of our historic chambers, roving musicians and more...! (You might even get to meet some very important people.)



BOOK NOW



BOOKINGS ESSENTIAL

P: (02) 9230 2047

E: communityengagement@parliament.nsw.gov.au

WHERE

6 Macquarie Street, Sydney - opposite Martin Place

MORE INFORMATION

www.parliament.nsw.gov.au/events

SCHOOL HOLIDAY WORKSHOPS!

**BRICKS
4 KIDZ**

playful



AWESOME



An **EXTRAORDINARY** experience for kids!

- ★ **Galaxy Far Away** (inspired by Star Wars™!)
- ★ **Superheroes & Ninjas**
- ★ **Learn to Code with LEGO® Robotics**



- ★ **Mining & Crafting** (inspired by MineCraft™!)
- ★ **Remote Control Mania**
- ★ **Pocket Brick Monsters** (inspired by Pokémon™!)
- ★ **And MORE!**



BOOK NOW!

0426 264 688

Northern-Sydney@Bricks4Kidz.com

Hornsby | Pymble | Epping | Carlingford

LEGO® is a registered trademark of the LEGO® Group of companies which does not sponsor, authorise or endorse these programs.



Go4Fun

Northern Sydney Local Health District



Free 10 week healthy lifestyle program for kids aged 7-13 who are above a healthy weight.

A parent or carer is required to attend each session.

"This has been a life change for us!"

Go4Fun
parent

JOIN GO4FUN NOW!

Chatswood	Wednesday 12 October	4.00-6.00pm
Hornsby	Thursday 13 October	4.00-6.00pm

GO4FUN.COM.AU • 1800 780 900



Live Life Well @ School



Let's Go4Fun!

- Go4Fun is a FREE 10-week program to support your family to make healthy lifestyle changes.
- Term 4 programs coming to **Chatswood** and **Hornsby**!

To register visit www.go4fun.com.au/register





2-DAY MEGA CAMP

BOOK
NOW

THE BEST
MULTI SPORTS EXPERIENCE
ON THE PLANET

Duration: 2-days Age: Kindy - Yr 6 Time: 8.30am - 3.30pm daily

EXPERIENCE: 12 TEAM SPORTS | 4 MEGA SESSIONS | 8 MEGA FACE OFF
AT A LOCATION NEAR YOU #noonedoesitlikemotiv8sports

JOIN US @ ASQUITH & TURRAMURRA THESE SCHOOL HOLIDAYS

MOTV8SPORTS MULTI-SPORTS CAMP IS DESIGNED PURELY FOR PRIMARY SCHOOL CHILDREN WHO WANT TO EXPERIENCE 2 x AMAZING DAYS OF SPORTS ENTERTAINMENT. DURING THE NEXT SCHOOL HOLIDAYS EACH EVENT INCLUDES 10 x HYBRID TEAM SPORTS, 4 MEGA BATTLES, CAMP DJ, DANCE OFF, WAR CRY AND MUCH MORE.

CHILDREN ATTENDING MOTV8SPORTS MEGA CAMP LEARN ABOUT TEAMWORK AND SPORTSMANSHIP IN AN ENVIRONMENT DRIVEN BY INCREDIBLE LEADERSHIP AND CONSTANT MOTIVATION. CAMPERS ARE TREATED LIKE SUPERSTARS AND OUR SAFETY AND SUPERVISION IS SECOND TO NONE. PLACES ARE LIMITED, BOOK TODAY.

OCTOBER 6&7 - ASQUITH BOYS HIGH



Limited Available



WWW.MOTV8SPORTS.COM.AU OR CALL 0402 281 842

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.





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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FREE Wellbeing coaching

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