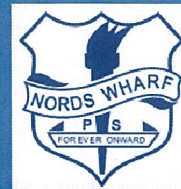


# Nords Wharf P.S. Newsletter

Forever Onward



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Term 4 Week 6

Thursday 15 November 2012

~ **Canteen Closed** ~  
~ **Monday 19 November** ~

## Principal's Report

### Parent Helper Morning Tea

Parents, you are cordially invited to our Parent Helper Morning Tea on Wednesday morning from 11:15 – 11:55 am. We would like to have the opportunity to thank you for all of the assistance which you have provided the school, and hence, your child this year:

- driving students to events;
- helping out in the classroom;
- assisting in the canteen or uniform shop;
- helping out at carnivals and gala days;
- packing up at the concert and at assemblies;
- making costumes for bookweek;
- helping the students make Easter hats at school; and
- helping out at the band's Bunnings sausage sizzle.
- assisting with StarStruck
- Working in the vegie garden

There are probably other things that I have missed Mentioning for which I apologise. The collaboration between staff and parents is what helps make our events successful and our school a great place to attend. The students wouldn't be able to have as many opportunities as they do have if it wasn't for the willingness of our parents to help out. On behalf of the staff and students, "Thank you!!"

### Swimming Scheme

This was the last week of swimming lessons for the year. Thank you drivers and thank you Mr Westcott and Miss Burgess for making it a success. Swimming is such an important skill for everyone in this part of Australia to have. We had an average of 50 students attend each week and develop their skills.

### Promethean Visit

On Monday, we were privileged to be visited by the Promethean truck. It is a truck full of the latest in digital technology for teaching. Each class went into the truck for a lesson. The students had the opportunity to use

their Interactive whiteboard, a visualiser and their response handsets ("clickers"). We are fortunate enough to have the same or similar equipment in our classrooms as the P&C funded their purchase last year. The Promethean instructors ironed out a few bugs for us at school and also gave the teachers some professional development. This will enable us to make even better use of the equipment in our teaching. As is often the case with technology, the students pick up the skills quicker than the teachers! The instructors were extremely impressed by the skills being shown by our students, and Kindergarten in particular.

### School Captains for 2013

On Friday, 23 November the Year 5's will present their captain's speeches at assembly. Harmony will be our Girl Captain for 2013, so the vote will determine the Boy Captain. Staff will then allocate the remaining roles to the most appropriate students. Students from K-5 and the staff vote for the captain. Parents are welcome to attend the assembly. It will be from 12:30 – 1:20 pm.

### Band Fees

Band Fees need to be finalised now as the Band Committee need to send the accounts to be audited.

### School Self Evaluation

This week you are receiving the final in our series of surveys designed to evaluate where we are at as a school community. The results of each of the surveys will be compiled and analysed. Areas of strength and areas for improvement will be identified. The results for the three surveys will be published in a newsletter before the end of the year. They will also be included in our Annual Report 2012, due to be completed early next year.

We complete evaluations in three areas: a curriculum area – this year that was Literacy; a school management area – this year that is Leadership; and thirdly overall satisfaction with the school.

This week's survey is the Leadership survey. *In a school of our size these questions mostly mean the **Principal** when the word **Leader** is used.* Question 8 refers to other school leaders, including parents and teachers.

That said our teachers take leadership positions in many areas of school life. For example: Mr Westcott is generally the teacher-in-charge whenever I am away



from the school; Mr Westcott leads sporting programs; Mrs Smith leads the band; Miss Burgess and Mrs. Halligan shared leadership of StarStruck; Mrs Tong leads the Learning Support Team Mr Derbyshire leads the environment group and all members of staff took an active role in organising the Concert.

Please return completed surveys to the office by Friday, 23 November.

### Christmas Raffle

Please take your Christmas Raffle donation to the office.



**Karin Hird**  
Principal

### Class News

#### K/1

We have had a fantastic week in the K/1 class. We have begun doing some 'Brain Gym' exercise each day in class. These exercises help children and adults to get both sides of the brain working together and if done regularly can improve areas such as concentration, focus, fine motor skills and coordination. Ask your child to show you how to do lazy 8's, hook ups, brain buttons or how to put your thinking cap on. You might like to visit <http://www.braingym.org.au/> for more information.

We have created some amazing 'natural landscape' artworks this week and will be showing off our artistic talents at assembly this week. These artworks were made without using any brushes and the students have shown great creativity.

Have a great week!

**Bossy (Jo-Jo is flying high somewhere!)**

Week 1	Elsa
Week 2	Mary
Week 3	Nathan R
Week 4	Bella
Week 5	Jaden
Week 6	Jye
Week 7	Emma
Week 8	Ruby
Week 9	Alyssa
Week 10	Annie



Please let me know if this does not suit you so we can make changes.

**Mrs Smith**

#### 1/2

The Star of the Week this week is Renee! In spelling we have been learning about the "air" sound made by the letter combinations "air", "ear" "are" and "ere". Congratulations to the super spellers last week Tenille, Kaylan, Jay T, Billy, Coby, Renee and Madi who scored 100% in their spelling test. Well done! The students have enjoyed talking about a topic of their choice during news this week. Next week students can talk about a game they enjoy playing.

Congratulations also to Evan, Tenille and Elloise who have made it into the stage 1 Spelling Bee! The spelling bee will be held next Thursday, 22<sup>nd</sup> November, after lunch in the Library. Parents are more than welcome to come and watch!

**Mrs Halligan and Miss Burgess**

#### 2/3/4

Testing has been in full swing with Reading still to come. The Mathematics test was very extensive and I'm pleased to say most people did quite well with virtually everyone scoring at least a satisfactory result.

There has been no homework this week because people are studying their core words for the spelling test and the up-coming spelling bee. The top six in each stage will be competing with Stage One (Years 1 and 2) next week and Stage Two (Years 3 and 4) the following week.

A note will go home soon for our Stage Two excursion. This is for an excursion to Caves Beach. It is planned that we will have private transport that will drop the children at Frenchman's Beach, Swansea Heads. The children will then walk to Caves Beach. On arrival they will have morning tea and then activities which will include: poetry writing, art, sand modelling, flags, and races that may involve getting a little wet, (there will be no swimming). While this occurs parents will cook a barbecue. Following that we will probably return to school but this will depend on whether the activities have been completed and how tired the children are. We shall definitely be back before end of school. If it is a rainy day, we won't go but have a barbecue here at school.

**Mr Westcott**

#### 4/5/6

We have been busy with assessments this week and will be completing the process next week.

Thank you to the parents who came to the 5/6 meeting on Tuesday regarding the Year 6 Farewell. The children have made their food choices and a separate note with all of the information is coming home today.

Year 4 and 5 had their last buddy morning for the year with the 2013 Kinder students this morning. Mrs Smith says that they are really trying hard to be helpful and supportive of their buddy, which is really nice to see.

**Mrs Hird**



## Coming Events

### Term 4 Week 7

Wednesday 21 Nov	Parent Helper Morning Tea
Friday 23 Nov	Captains Speeches

### Term 4 Week 8

Tuesday 27 Nov	Yr 3/4 Beach Excursion
Friday 30 Nov	Last Day for Merit Awards

### Term 4 Week 9

Wednesday 5 Dec	Hello High School
Thursday 6 Dec	Presentation Night
Friday 7 Dec	Principal's Excursion

## Physical Activity and Nutrition

### Iodine and Learning

Iodine is needed for the thyroid gland, growth and brain development. Sources of iodine include:

- cow's milk, yoghurt and cheese
- seafood
- seaweed – as used in sushi or nori rolls



### Keep Food Cool

Sandwiches can be frozen for up to a week and, if removed from the freezer in the morning, will thaw by lunchtime. Some nutritious sandwiches to freeze include those with fillings of cooked meats, baked beans, eggs, fish and cheese. Most fresh vegetables do not freeze well so put them on the sandwich when it's packed in the lunch box.

### Keeping lunchboxes safe

Before preparing your child's lunchbox, always wash your hands and ensure you have a clean chopping board, lunchboxes and utensils.

Bacteria that cause food poisoning grow at room temperature so it is a good idea to keep lunchboxes cold, even in winter. Include a frozen drink or ice-brick to keep sandwiches fresh and safe.

Wrap frozen drinks in a paper towel to stop condensation making lunches soggy.

Be selective about what you pack, especially on hot days. Try to avoid cold meats, chicken and eggs on hot days.

### Easy ways to add physical activity to your day:

walk to the store, the school or the playground instead of using the car  
allow time for children to play outdoors  
park the car away from the shops  
get off the bus one stop earlier  
don't use the remote control  
plant a veggie garden  
take the stairs instead of escalators or lifts  
schedule regular time each week for your family to be physically active together  
limit television time to no more than two hours per day or 14 hours a week.



### Canteen Roster:

<b>Friday 16 November</b>	<b>Danielle Mackie Donna Black</b>
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<b>Monday 19 November</b>	<b>Closed</b>
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<b>Wednesday 21 Nov</b>	<b>Kevin Fitzgerald Ben Gray</b>
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## CAVES BEACH BEFORE AND AFTER SCHOOL CARE

### ALL ENROLMENTS FOR 2013

### AT THE GREEN SHED

\*\*\* Call in and collect an enrolment form now \*\*\*

Our hours are 7.00 am—9.30 am and 2.30 pm—6.00 pm

Reserve a place for your child

The children enjoy a range of activities which include: Craft activities, music, dance, sandpit, gardening, ball games, skipping, tennis, basketball, soccer, cricket, billiards, air hockey, chalk games, painting, board games, artwork, hoops and much more. Afternoon tea is provided.

For further information contact:

Green Shed : 0418 61 321 or  
Swansea Community Cottage : 4971 1229

Please note : Before booking into OOSH, please register for childcare with Family Assistance Office on 13 61 50 to obtain a percentage for lower fees.



## Merit Awards

### Class Awards

K/1

Lily

Nathan

1/2

Coby

Eva

Tenille

2/3/4

Lara—Jane

STacey

Stanley

4/5/6

Bella x 3

### Reading Awards

Ryan ( Silver, Gold, Double Bronze, Double Silver,  
Double Gold )

IMogen ( Double Gold, Triple Bronze )

Alyssa ( Triple Silver )

Todd ( Double Gold )

Jack ( Double Gold )

### Environment Awards

Jaden

Tenille

Joel

Charli

### Principal's Awards

Josh

Brad

Charli

Jye

### Public Speaking Awards

Liam

Imogen

Lily

Alyssa

Elloise

Ruby

Emily

Gabby

Beatie

Stacey

Stanley

Harmony

Tayla

### Times-Table Wizards

Jesse

Stanley

## Spelling Bees

Our Spelling Bees will be held in three sections.

Stage 1 ( Years 1 & 2 ) will be Thursday next week at  
2.00 pm

Stage 2 ( Years 3 & 4 ) will be Thursday Week 8 at 2.00  
pm

Stage 3 ( Years 5 & 6 ) will be Friday Week 8 at 11.35  
am

The Stage 1 contestants will be:

Liam, Imogen, Charlize, Kaitlyn, Sophie B, Evan, Tenille,  
Elloise

Parents are welcome to attend...



## COVERING NEW HOME READERS

I would be happy to cover some books at home. I would be able to cover \_\_\_\_\_  
books.

Name: \_\_\_\_\_

Child's Name; \_\_\_\_\_



## PARENT SURVEY about SCHOOL LEADERSHIP

*As part of our school's self-evaluation, we would like to know the opinions of parents and caregivers on different areas of school life. With the school's consent, the information will be used to develop a picture of responses from across public schools in NSW. Your response is confidential and will be stored securely. Survey completion is voluntary.*

Colour the circle for the answer you agree with most. For example, the parental response was *usually* for the statement – *What my child is asked to learn is important*. If you do not have an opinion about a question leave all boxes blank.

		Almost Always	Usually	Sometimes	Rarely
1	What my child is asked to learn is important.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	The school leaders understand the school and get the best from staff and students.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	The school leaders value the contribution of individuals and groups.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	School leaders accept responsibility for the quality of student learning outcomes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	The school ensures that everyone at the school is treated fairly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	Our school leaders introduce changes that are good for the students.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	The school is always looking for ways to improve what it does.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	The school involves all groups within the school community in deciding what it is aiming to achieve.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	Staff, parents and students are encouraged to take leadership roles at the school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	School leaders inspire and motivate learners.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	School leaders discuss ways to improve my child's learning.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	School leaders are open to new ideas.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Thank you for completing the survey**

## SCHOOL ATTENDANCE: TIPS FOR PARENTS

- Develop good routines. Very important as children NEED routine. These habits are a great foundation that will help kids throughout their school life and into the future:
  - Get organised for school with uniforms and school bag the night before
  - Go to bed at the SAME, reasonable time each night
  - Get up at the SAME time each morning
  - Have breakfast at the SAME time each morning
  - Leave for school at the SAME time each morning (be on time!)
- Be positive about school in front of your child. If you have a concern, talk to the school about the issue rather than create a negative image about school for your child. You will create problems for yourself if you teach your child to be negative about school.
- Build your child's problem solving skills. Rather than solving all their problems for them, help your child solve problems by asking them what they think is the best thing to do, or what other kids do if this happens. Discuss ideas together rather than just giving them the answer or criticising the school. You are a model for your child.
- Be firm. You are the parent and kids need to feel secure in thinking "mum and dad always mean what they say!" Don't say things if you can't or won't do it. Kids have plenty of friends, but they have only one mum/dad. Being a parent is much more important, more special and much harder than trying to be a friend.
- Develop incentive programs to encourage and reward the behaviour you want to see. Everyone likes to be rewarded for trying hard and doing their best. Kids respond to small rewards, praise and little treats. Nothing big or expensive, maybe just time with you kicking a ball in the park, a bike ride or fish and chips! You could also use a chart and put a sticker up for each time the child gets ready for school on time – at the end of the week you could agree on a reward for their efforts. Being positive makes everyone happy.
- Kids need to understand about consequences. If the child does not do what you agree or they break the rules, then they need to know that there will be consequences for their actions eg. No computer or TV, no pocket money or maybe you ask them how they intend to "make up" for their behaviour. Follow through with the consequence!
- Don't get into arguments with your child. Kids know how to push your buttons, so instead of ongoing arguments just say what you need to say and walk away. Tell your child you have made your decision and that it is final. Your child will soon learn that you mean what you say and that arguing will not work. Teenagers are expert arguers!
- Be consistent. You will confuse your child and create anxiety if you constantly change the messages you give them. If you tell your child they have to be at school every day and then let them stay home because it is convenient or because you give in to their demands, then the child learns that you will cave in under pressure and that you don't mean what you say!