



Kirkton Public School

Newsletter

797 Standen Drive

Lower Belford NSW 2335

t: 02 6574 7152 f: 02 6574 7227

e: kirkton-p.school@det.nsw.edu.au

w: www.kirkton-p.school.nsw.edu.au

Term 4, Week 4

Achieve With Pride

30th October 2014

The Song Room—True Colours Concert

A large number of students from a variety of schools across our area gathered at the Singleton Civic Centre to participate in the "True Colours Concert".

This was a big day for our students.

Our K-1 and Yrs 1,2,3 classes performed "Pollywog" on stage. They were excellent! They sang really well, stayed focused on Miss Ferguson (Our Song Room Mentor) and moved on and off the stage very smoothly.

Yrs 4,5,6 performed "I Like Eating Hotdogs". This was a drumming performance which was skilfully done and had a great sound.

Luckily the Civic Centre was well air conditioned so students were comfortable all day.

Many thanks to the Song Room organisation for providing such exciting opportunities for our students. *See pics at end of newsletter*

ASSEMBLY

THIS

FRIDAY

Hosted by
Yrs 4/5/6

Calendar of Events

October 31st

- Assembly—Yrs 4/5/6

November 1st

- Cinema Under The Stars

November 6th

- RAW Art Educational Program

November 7th

- Swimming for Sport—Branxton Pool

November 10th—21st

- Intensive Swim Program

November 11th

- P&C Meeting—6:30pm

November 14th

- Assembly—Yrs 1/2/3

November 28th

- Swimming for Sport—Branxton Pool
- Assembly—K/1

December 5th

- Swimming for Sport—Branxton Pool

December 12th

- Presentation/Concert Night

December 16th

- Picnic Pool Party _Branxton Pool

FLORA

FRIENDSHIP LEARNING OPPORTUNITY RESPECT ACHIEVEMENT

Permission Notes

Have you returned your:



- ♦ Raw Art Permission Note
- ♦ Swimming for Sport Permission Note
- ♦ Swimming for Sport Permission Note

All permission notes are printed on **blue** paper and will usually come home to you attached to your newsletter. Please look out for these and return them to school.

A blue covered box is located on the counter of the school office for all notes etc.


Administration - End of Financial Year

The school's end of financial year is on 30 November. Please ensure if you are intending on making a payment to the school that it is paid before this date. There are still a few refund cheques that have not been presented to the bank—if you have one of these cheques, please present the cheque to the bank asap.

Thank you

School Uniform Order 2015

We are placing a school uniform order on Friday 7th November to ensure our order arrives on time for the new school year. If you would like place your order for 2015, please do so before this date.

Nutrition Snippet


The simplest way

...to make sandwiches fun

Casey the Caterpillar

Ingredients


- 2 slices wholegrain bread cut into four circles, using a cookie cutter
- 2 slices reduced-fat cheese cut into four circles, using a cookie cutter
- 1 cucumber, sliced
- 1 cherry tomato
- 1 wooden skewer
- 2 raisins/sultanas
- Chives/toothpicks – for antennas



Method

1. Layer bread, cheese and cucumber
2. Slide onto skewer to create body, with a tomato head
3. Cut slits in tomato to add raisin eyes, cucumber mouth and antennae

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

Eat It To Beat It 

CINEMA UNDER THE STARS Featuring THE LEGO MOVIE

Presented by Kirkton P&C
Major Sponsor: Coal and Allied

SATURDAY 1ST NOVEMBER 2014
GATES OPEN 5.30PM - SCREENING AT 7.30PM
AT KIRKTON PUBLIC SCHOOL
797 STANDEN DRIVE LOWER BELFORD.

\$25 PER FAMILY OR \$8 PER PERSON.
TICKETS AVAILABLE AT THE GATE OR FROM KIRKTON PUBLIC SCHOOL

PRE SHOW ENTERTAINMENT BY HUNTER VALLEY PHYSIE, LEGO DISPLAY, JUMPING CASTLES, STALLS, BBQ, DRINKS, LOLLIES, AND MUCH MORE.

COME DRESSED AS YOUR FAVOURITE LEGO CHARACTER FOR YOUR CHANCE TO WIN A PRIZE.

BRING ALONG A PICNIC BLANKET AND ENJOY A UNIQUE MOVIE EXPERIENCE UNDER THE STARS.

For more information: School 65747152
P&C President Kristen Mercieca 0407344196



LEGO DISPLAY



JUMPING CASTLES



DRESS UP TO WIN!!

Kirkton Public School P&C News

Next meeting: Tuesday 11th November @ 6.30pm

Cinema under the stars – The Lego Movie

THIS Saturday 1st November. Gates open 5.30pm.

Come along for a fantastic evening.

There will be:

- Jumping castles
- Forage Espresso stall
- SnoCones
- Kirkton Krafts stall
- Cupcake stall
- BBQ
- Lucky dips
- Glow products
- Chips, lollies, ice creams...
- Raffles
- Competitions and much more.

Come dressed as your favourite Lego character for your chance to win a prize.

Colouring and Lego model competition entries need to be at school TOMORROW!!!!



Upcoming Events

October 31
Canteen

November 1st
Cinema under the stars

November 2nd
Sacred Tree Markets

November 3
Canteen

November 11th
P&C meeting

Minutes and Agenda

P&C minutes can be found on the school website.

Agenda items can be placed in the P&C box in the office or alternatively emailed to: carmo2228@yahoo.com.au

The agenda will go home in the newsletter prior to each meeting.

Cadbury Chocolate Fundraiser - DUE NOW

Any outstanding boxes of chocolates need to be returned to school NOW, sold or unsold. Thank you.

Canteen days:

Week

4	Friday 31 st October	Tomorrow
5	Monday 3 rd November	
6	No Canteen due to intensive swimming	
7	No Canteen due to intensive swimming	
8	Monday 24 th November	
9	Monday 1 st December	
10	Friday 12 th December	
11	No canteen	

**Uniform Shop
open Tuesday's
2.30-3.30pm**

Key points to remember around schools

4 Hold your child's hand

As pedestrians, children can be easily distracted and are often too small to be seen by drivers. They may be unable to predict or identify dangers and tend to act impulsively.

Talk with your child about safe behaviour on the footpath – it is not a safe place to play. Include discussion on the dangers of vehicles that may be entering or exiting driveways.

Until your child is at least eight years old, hold their hand:

- on the footpath.
- in the car park.
- when crossing the road.

Up until at least 10 years old, supervise your child very closely, holding their hand when crossing the road.

If you cannot be with your child, organise for another trusted adult to accompany them.

After school, meet your child at the school gate. At the end of the school day children may be excited, distracted and tired and may not concentrate on road safety.



5 Helmet and safety on wheels

Your child must wear a helmet when riding a bike in any public place – it's the law.

Your child's helmet must comply with the Australian and New Zealand Standards. It must be securely fitted and fastened on their head.

Check that your child wears a bicycle helmet whenever playing or riding on wheels – bikes, foot scooters, rollerskates, skateboards or rollerblades. The helmet should be firmly buckled so it fits without wobbling or slipping to the sides. It must protect the forehead.

Although children quickly learn to pedal, steer and brake, they are not ready to cycle near traffic or on the road.

Children under 12 and adult riders accompanying and supervising them may ride on the footpath, unless there are signs specifically prohibiting cycling.

When riding on the footpath, cyclists must keep to the left and give way to pedestrians. Children need to take special care at driveways where vehicles may be driving in or out. At intersections, children must dismount and wheel the bicycle across the road as a pedestrian, following the 'STOP! LOOK! LISTEN! THINK!' procedure.



For more information visit
roadsafety.transport.nsw.gov.au



Transport
for NSW

Centre for Road Safety

If ongoing fear and worry make it hard for children to enjoy life or interfere with their ability to manage everyday activities at home, at school or socially, they may need help for an anxiety problem.

More information on anxiety in children is available on our website. www.kidsmatter.edu.au/resources/information-resources/

Further ideas for helping children with fears are provided in the accompanying materials:

- *Helping children cope with fears and worries*
- *Helping children learn to cope*
- *Learning to cope through helpful self-talk*

General principles for supporting children's coping skills

For children to learn to manage fear effectively they need adult support and guidance. Acknowledging children's fears is an important first step. Helping children to understand how fear affects their bodies and thinking is the next step in teaching them how to manage it. Parents and carers also have an important role in showing children how to apply helpful coping skills to reduce fearful feelings.

- **Provide times to talk**

Your support and encouragement will help your child to attempt what at first seems scary. Show you understand by acknowledging how your child feels. You can help children recognise when they are feeling scared by naming the feelings: "It sounds like you're a bit worried about..." or "You're feeling a bit scared, are you?" Labelling fears in this way helps children to see that feeling scared is a normal feeling that can be managed.

- **Model appropriate behaviour**

Children learn a lot about how to get through difficult situations in life from the examples set by parents and carers. If a child comes to share a worry with you and they see you are also worried, they can lose confidence and become more fearful. If instead you can stay calm and deal with stressful situations, you are actually helping them to learn coping skills. Better still, you can talk out loud with them about how you deal with fear and worry. This helps children see that even grownups get scared or worried at times, and that feeling scared is something you understand and can help them with.

- **Build confidence and independence in small steps**

Having successes helps build confidence. When children are set small challenges that they can succeed at, it can support their confidence for doing more things independently. For example, you may get your child to buy an everyday item from a shop on his own. If that is too difficult then you can make the task more manageable by breaking it into smaller steps. You might stand near at first while he talks to the sales assistant. When he can do this, you may prompt him to go into the shop alone.

- **Spend time preparing for a scary situation before it happens**

Prepare children for situations they may find scary by planning ahead and practising ideas about what to do. Children don't learn when they are already fearful, because fear makes it hard for them to remember what you are saying. Preparation and practice help them use their coping skills and see that they can manage.

Further information on helping children cope with fears and KidsMatter Primary can be found on our website:

www.kidsmatter.edu.au/resources/information-resources/

This resource is part of the KidsMatter Primary initiative. We welcome your feedback at www.kidsmatter.edu.au



Australian Government
Department of Health and Ageing



© Commonwealth of Australia 2010. Australian schools are permitted to copy material freely for communication with teachers, students, parents/carers and community members. While every care has been taken in preparing this material, the Commonwealth does not accept liability for any injury or loss or damage arising from the use of, or reliance upon, the content of this publication.

Helping children learn to cope

The following examples are for parents and carers to use at home. They are most suitable for early primary aged children, but can be modified for use with older ages. The methods described can also be adapted by teaching staff to help children cope with fears and worries at school.

Parents and carers are usually the first people children look to for support and reassurance when they are scared or worried. Providing reassurance such as hugs and encouragement helps to restore children's sense of safety and confidence. Giving children a sense of safety includes limiting their exposure to frightening situations, such as violence – whether real or on TV. Parents and carers can also play a leading role in helping children learn skills for managing their fears.

Things to take into account:

- It takes time and effort for children to learn new coping skills.
- Younger children usually learn best when you do it with them.
- Though older children may be able to use coping skills independently, they still need your support when scared.
- All children feel more secure and confident when they have regular quality time with parents and carers.
- Bedtime is often when children's fears surface. Try to ensure that children have calming time before bed to unwind. A regular bedtime routine or ritual helps children feel a sense of safety and security.

The following example shows some possible ways a parent or carer might help Jessica, the six year old child described in the accompanying resource sheet, *Helping children cope with fears and worries*. Jessica is having difficulty going to sleep because of fears that something might happen to the house. She wants her mother to stay with her.

Child's difficulty	Some suggestions on how to support
Feels scared and worried	<i>Acknowledge feelings:</i> e.g., "You're having trouble going to sleep because you're worried something might happen."
Feels unsafe	<i>Reassure:</i> e.g., "That storm was only on TV. It's not going to happen here."
Can't think through logically	<i>Reality check:</i> e.g., "The wind would have to be really, really strong to blow the roof off. We don't get those kinds of winds here."
Feels overwhelmed by scary thoughts	<i>Label:</i> e.g., "That's just a scary thought. You don't have to keep it."
Lacks skills for coping	<i>Demonstrate coping skill:</i> e.g., "Let's blow the scary thoughts away. Take a deep breath and together we will, blow them all away." <i>This example uses a simple idea and makes a game of blowing away all the scary thoughts. Using skills and images the child relates to, as well as making it fun, helps best.</i>
Has trouble relaxing	<i>Teach relaxation:</i> Younger children often respond well to relaxation techniques that help them to visualise calming images – e.g. a waterfall or clouds floating gently across the sky. <i>For information about resources to help children relax please see our website; www.kidsmatter.edu.au/resources/information-resources/</i>
Doesn't feel confident about managing fears	<i>Encourage helpful thinking:</i> e.g., "Tell those scary thoughts 'I know I am safe and I won't let you scare me!'"
May not believe in own ability	<i>Praise and encouragement:</i> e.g., "You did it. You're getting braver and braver!" or "You're trying really hard to be brave. Good on you!"

This resource is part of the KidsMatter Primary initiative. We welcome your feedback at www.kidsmatter.edu.au

The Song Room



True Colours CONCERT

FLORA
FRIENDSHIP LEARNING OPPORTUNITY RESPECT ACHIEVEMENT