



Kirkton Public School

Newsletter

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Term 5, Week 7

Achieve With Pride

20th November 2014

Kirkton Public School's App

Our new smartphone app is now available for you to download on both the Apple and Android networks. Parents & Carers will now be able to receive travel and other notifications, provide absentee notes, access the newsletter and the school calendar. Our App can be downloaded for free from the Apple Store just search for Kirkton Public School Skoolbag. Further Instructions are on page 6.



Administration - End of Financial Year

The school's end of financial year is on 30 November. Outstanding accounts have been sent home. Please ensure payment to the school **is paid before this date.**

Thank you

Changes to Routine

If there is a change to your child's transport arrangements of an afternoon, please let both your child and school know. A quick phone call to the school office will avoid any confusion for both students and staff. A reminder that students are released from school at 3:30pm and unless they are catching the bus we expect parents to collect them at this time.

Book Club

This is the last Book Club order for 2014.

Calendar of Events

November 21st

- Intensive Swim Program
- Book Club orders due

November 24th

- Canteen open

November 28th

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

December 1st

- Canteen open

December 5th

- Swimming for Sport—Branxton Pool

December 12th

- Presentation/Concert Night

December 16th

- Picnic Pool Party—Branxton Pool

December 17th

- Last Day (for students) - Term 4

January 28th

- Students (Yr to Yr6) return to school

January 29th

- Kindergarten start school

February 6th

- Small Schools Swimming Carnival

FLORA

FRIENDSHIP LEARNING OPPORTUNITY RESPECT ACHIEVEMENT

Assembly Awards 14th November

The recipients of awards are:

Kinder/Year 1: Harrison Brownlee—*Working well in all areas*

Swae Howden—*Working hard at leaving spaces between words*

Felina Mayo—*Creativity in Visual Arts*

Zeb Treacey—*Consistent improvement in handwriting*

Madison Bailey—*Writing a fabulous recount*

Jorja Burgess—*Beautiful presentation of her bookwork*

Year 1/2/3: Caitlyn Schmidhauser—*Pleasing progress in Mathematics*

Ethan Smith—*Improved concentration and attitude to work*

Raoul Lambert—*Creative Art Work*

Jayde Elderton—*Enthusiastic Drama performances*

Darcey Taylor—*Being a helpful and interested student*

Kiara-May McKay—*Working well in class*

Audrey Dennis—*Drama performance*

Max Spiteri—*Thoughtful responses to class discussions*

Milie Standen—*Excellent in Mathematics*

Year 4/5/6: Macey Howlett—*Wonderful assistance with Kinder Orientation*

Pleasing results in Language Assessments

Chloe Black—*Wonderful assistance with Kinder Orientation*

Isabella Farrelly—*Wonderful assistance with Kinder Orientation*

James Standen—*Helping keep the school tidy—Great Citizenship*

Blaik Schmidhauser—*Great improvement with his Swimming*

Chloe Black—*Consistently pleasing results in her work*

**Congratulations to Class 1/2/3 for their
magnificent
performance
of
Charlie and
The
Chocolate
Factory.**



OUR VEGE GARDEN



PROGRES REPORT

Kids and anger: How to help

"Hi Dylan. How was school today?" "All right," says Dylan, but the way he throws his bag into the car says something different. Dylan gets into the car, roughly pulls off his jacket and manages to elbow his younger brother. "Can't you be more careful Dylan?" his mother says.

No answer.

Later at home Dylan gets really angry when he finds a favourite toy missing from his shelf. Then when he is asked to turn off the television and help get things ready for dinner, he ignores his mother's request. When she asks again, he storms off angrily into his bedroom and slams the door.

Over dinner Dylan's mum asks him, "What's up?" Dylan just shrugs, "Nothing."

It's easy to see that Dylan is pretty angry about something, but it's hard to tell what it's about. Did something happen at school? Is he worried about the soccer game coming up on the weekend?



Helping children learn to manage anger

Children's angry behaviour is often difficult to deal with because it stirs up feelings of anger and annoyance in others. It can also frustrate parents and carers when anger is used to push them away. If you were Dylan's mum how would you feel? Annoyed? Frustrated? Tense? Angry?

Everyone feels angry at times. Parents and carers can help children learn how to cope with anger in positive ways by teaching them to be aware of feelings, to find appropriate ways to express them, and to identify and solve the problems or frustrations that lead to angry feelings.

Learning skills for understanding and dealing with anger will make it easier for children to solve problems, get help when needed and be more relaxed around others.

How parents and carers can help

Be aware of feelings

Children need to learn that having angry feelings is normal and okay, but that reacting aggressively towards others when you're angry is not. Adults can help children become aware of feeling annoyed, frustrated, angry or furious by naming feelings. Learning to say, "I'm feeling angry" or "I'm really frustrated" gives children a way to separate feeling angry from how they react.

Time to talk

Talking to Dylan about what has put him in an angry mood will help him see that feelings have causes and that solutions can be found. Once you find out what he was angry about you can help him think up better ways to handle the problem. This kind of conversation doesn't work while he is really angry. Sometimes it must wait until later.

Children often find it easier to talk in informal situations where they feel less pressure. Find a relaxed time to talk to children about feelings. Asking, "What makes you angry?" can be a good way of starting a conversation about anger.

Find alternatives

Getting children to think through a difficult situation helps them develop problem solving skills. Asking, "Is that what you wanted to happen?" or "What else could you have tried?" encourages children's helpful thinking. Thinking of alternative solutions helps children plan different ways of reacting next time. Be sure to praise their efforts.

Have ways to calm down

When emotions are strong, it is easy to act without thinking. Encourage your child to take control and allow time for the emotions to subside. Walking away, using a quiet spot to think or doing something else like riding a bike or listening to music, are all activities that can assist in reducing strong emotions.

'Cool down' steps to teach children

1. Recognise that you are angry

- Notice the body signals that mean you're angry, such as getting hot, heart racing, tense muscles etc.
- Give a number from 1 to 10 to show how angry you are.

2. Cool down your body

- Breathe slowly.
- Take time-out in a quiet place.
- Go for a walk, do something physical.
- Draw how you feel.

3. Use coping self-talk

- "It's okay. I can handle this."

4. Try to solve the problem

- Talk to someone who is a good listener.
- Plan what to do next time.

Further information on helping children with anger is available in the KidsMatter Primary resource sheet *Learning to manage anger* and 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



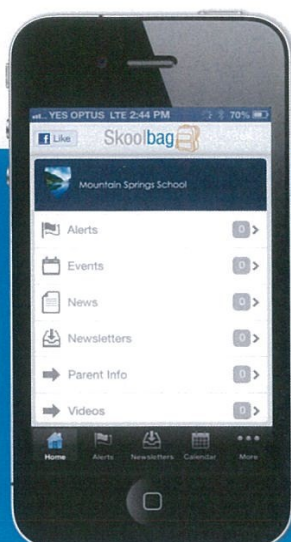
Australian Government
Department of Health and Ageing



The Australian Psychological Society



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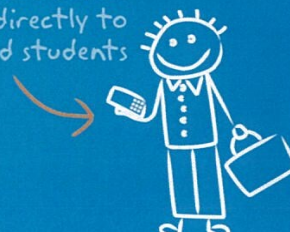
Skoolbag

Smartphone school to parent communication

Skoolbag is a mobile App for your school to communicate directly to both parents and students. It works through both smart phones and smart devices (such as iPads and Android Tablets). Ideal for:

- > School, free push notification alerts
- > School events
- > School newsletters
- > School documents
- > School RSS feeds
- > School social media (Facebook, Twitter)

Skoolbag delivers school notices directly to parents and students



How To Install Skoolbag On Your Smartphone

iPhone & iPad Users

1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. If iPhone, you will see your school appear, click "Free" then "install".
4. If iPad, change the drop list to "iPhone Apps", your school will then be visible, click "Free" then "install".
5. When installed click "Open"
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you.



Android Users

You must first have signed up with a Google Account before installing the app.

1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you.



Google play

Don't forget to like us on Facebook! 

Find out more at www.skoolbag.com.au

Skoolbag delivers school notices directly to parents and students



FLORA

FRIENDSHIP LEARNING OPPORTUNITY RESPECT ACHIEVEMENT

Christmas Crackers \$5

Assorted Gift Tags from \$2

Hand Made Greeting
Cards from \$2

Colour Bunting \$3

Stockings \$2

Buttons \$5

Headbands \$5

Fabric Baubles \$5

KIRKTON KRAFTS CHRISTMAS STALL

Come in to the
office foyer
and have a
browse at the
stall



All profits from this stall go to Kirkton Public School



Cancer
Council
NSW

Nutrition Snippet

The simplest way

...make Christmas healthy

Christmas is full of temptation: from bowls of chocolate, to puddings to pavlovas.

It's important you still aim for two serves of fruit + five serves of veg, every day.

Try and restrict your family's treats until Christmas Day, and follow these three steps for healthier choices:

1. Serve veggie sticks with veggie dips as a starter, so you fill up on healthier food first.
2. Serve a large fruit salad or fruit kebabs alongside dessert.
3. Make sure half your plate is filled with vegies (think roasted or raw salads).



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

Eat It To
Beat It 

Kirkton Public School P&C News

Next meeting: Tuesday 9th December @ 6.30pm

Sacred Tree Markets Cake Stall Sunday 7th December



We need our baking helpers!!!!
Baking ideas: cupcakes, biscuits, cakes, slices, cake pops etc....
They will need to be packaged, wrapped and clearly labelled with ingredients listed on them. There are cardboard trays located in the office on the P&C table. Please call in and help yourself to whatever you need.

Cooking can be dropped into the markets on Sunday morning from 8am. Assistance helping on the stall for an hour or so would be great if anyone can spare the time. With many of our P&C members already busy at the markets with the Kirkton Krafts Stall and various other stalls, it would be much appreciated.

Cadbury Chocolate Fundraiser - DUE NOW

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

Canteen

The canteen will not be restocking again before the end of the year. Limited quantities of some items will apply.

Canteen days:

Week	
8	Monday 24 th November
9	Monday 1 st December
10	Friday 12 th December
11	No canteen

Upcoming Events

November 24th
Canteen

December 1st
Canteen

December 7th
Sacred Tree Markets
Cake Stall & Kirkton
Krafts

December 9th
P&C Meeting

December 12th
Canteen
Presentation Night &
Santa Visit

December 16th
Pool Party

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.

Pool Party

Tuesday 16th December

The P&C will be providing a sausage sizzle lunch for students and their families.

Kirkton Krafts Christmas Range

Please call into the school office and check out the fabulous range of crafts that the Kirkton Kraft Stall have available.



Reminder



**Please bring a set of clothes
to wear in the pool tomorrow**

The simplest way

...to make healthy Santas.

This Christmas, get your kids eating strawberry Santas – they're cute to look at, and delicious to eat!

Follow these instructions to keep your Christmas fun and healthy:



1. Wash your strawberries, dry, then slice off the tip
2. Spoon/pipe reduced-fat ricotta or cream cheese on the larger half, then put the 'hat' on top
3. Top hat with a little more of the cheese to make a pom pom
4. Cut a small amount of sultanas up for the eyes and place on gently.

Merry Christmas from all of us at *Eat It To Beat It!*

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

**Eat It To
Beat It** 