



# 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](mailto:Kirkton-p.school@det.nsw.edu.au)

w: [www.kirkton-p.school.nsw.edu.au](http://www.kirkton-p.school.nsw.edu.au)

Term 3, Week 4

Achieve With Pride

7th August 2014

### Premier's Spelling Bee

On Thursday, August 14<sup>th</sup> at 11am we will be having our school level spelling bee. We encourage any child who would like to take part to do so. We have a list of the words used here at school that they may take home and study. Two students will be chosen from Stage 2 and two from Stage 3 to represent our school and the regional level on Wednesday, September 17<sup>th</sup>. We hope lots of students will "Have a go".

### Netball Gala Day

Kirkton Public School has entered two teams (Junior Boys and a Mixed Team) in the Netball Gala Day to be held at Rose Point Park on Friday 15<sup>th</sup> August. Permission notes have been sent out to the students involved. Please return these notes to school asap.

### Calendar of Events

#### August 8th

- Assembly 1/2/3

#### August 12th

- ICAS Maths

#### August 14th

- Spelling Bee

#### August 15th

- Netball Gala Day

#### August 18th—22nd

- Canberra Excursion

#### August 20th

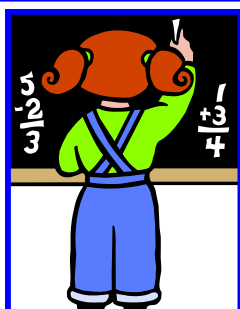
- K-3 Reptile Park Excursion

#### August 21st

- Book Week Excursion

#### August 22nd

- Premier's Reading Challenge Finishes



## Enrolments for 2015

Kirkton Public School is now accepting enrolments for next year.

Please contact the school office for more information about enrolling at our school.

FLORA

FRIENDSHIP LEARNING OPPORTUNITY RESPECT ACHIEVEMENT

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**Zone Athletics Carnival**

On the 31<sup>st</sup> of July, Isabella, Nicole, Lauren, Blaik, Asha, Madalyn, Jordan, Colby, Darcy and Jago our Zone team went to the Zone Athletics Carnival at Alroy Oval in Singleton. They all had fun participating in the events. Some of the events they participated in were Shotput , High Jump, 100m Races and Long Jump. Madalyn and Lauren were in the Junior Girl Relay and Blaik and Jago were in the Junior Boy Relay – They did very well! Also Madalyn came 4<sup>th</sup> in her 100m Final- She did very well!

By Lauren and Isabella

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## Children's Book Week Excursion



Students from K-3 will travel to Singleton Library on Thursday 21st August to celebrate Book Week.

## Song Room Music Camp

Audrey, Murray, Lauren and Riley are attending a two day Song Room Music Camp to be held at Kurri Kurri TAFE on Monday 25th and Tuesday 26th August.

# FREE LEMONS

Located in the Office foyer

## Canberra/Snowy Mountains Excursion

Students from years 4 to 6 will combine with students from Mt Pleasant Public School for this excursion. Parents, if you haven't received information sheets on what to pack etc. please see Shelley in the office to collect one. There are also a few Medical Forms yet to be returned.

## Reptile Park Excursion

Students from K-3 are invited to attend the Reptile Park Excursion to be held on Wednesday 20th August. There are limited seats available for parents to travel on the coach and they are filling fast. Please note, if you are planning on taking a pre-schooler on this excursion private transport will be required.

**Canteen Reminder**

Frozen Yoghurt is now available

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*On Tuesday 22<sup>nd</sup> of July the small schools went to Milbrodale Public School to do some activities for NAIDOC DAY celebrations. We painted hands, Yr. 5&6 went to the caves, we danced, played aboriginal games and had a sausage sizzle for lunch.*

*We got back on the bus and returned to school. We had a great day.*

*This is Chloe, Macey, Blaik, Brock, Ardan and Ella at the playground.*

\*\*\*\*\*



This is the caves that year 5 and 6 from all small schools such as Kirkton, Broke, Milbrodale, Jerry's Plains got to go to. At the Biami caves Ms Campbell told us a story about how Biami looked out of the caves into the open fields. He also looked at the hills and protected his people.

By Brock.



## NAIDOC DAY

On the 22<sup>nd</sup> of July our school participated in a NAIDOC day at Milbrodale

School. These are our school's paintings of wooden hands.

NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'.

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life.

By Macey



## NAIDOC DAY

22<sup>nd</sup> of July our school went to Milbrodale for NAIDOC day we were playing chinese whispers with our school and a with other kids from Broke and Mt Pleasant schools.

*By Lexie*



This is the picture of Biami. The big eyes represent Biami that is looking over the land. There's tomahawks, boomerangs and hands. The scratches mean a sign of power. It is near Milbrodale Public School we drove in the mini bus to see him.

By James

## Why feelings are important

"Let's go, let's go. Come on Dad!"

This is the family outing that everyone in the family has been waiting for. Seven-year-old Voula has been up since dawn jumping around excitedly.

When Voula gets wound up it can be difficult to keep things under control.

She doesn't seem to understand that her baby brother doesn't like her jumping around and poking at him, or that her Dad is a bit slower in the mornings and needs his space.

You don't want to dampen her enthusiasm, but you'd like her to be able to express it in ways that are less annoying to others!



## Learning to manage feelings

Children's feelings are often intense. They can be quickly taken over by feelings of excitement, frustration, fear or joy.

When feelings take over children's behaviour, they can find it difficult to manage without adult support. This is why learning how to recognise and manage feelings is a very important part of children's social and emotional development.

Understanding that all sorts of feelings are normal, that they can be named, and that there are ways of handling them are the first things children need to learn about feelings. Understanding that feelings affect behaviour, and being able to recognise how this happens are important steps for learning to manage feelings.



## How parents and carers can help children manage feelings

### 1. Notice feelings

Before we can learn how to control feelings, we first have to notice them. You can help your children notice feelings by noticing them yourself and giving them labels: happy, sad, excited, frustrated, angry, embarrassed, surprised, etc. Giving feelings names helps to make them more manageable for children.

### 2. Talk about everyday feelings

Talking with children about what it's like when you're angry, sad, nervous or excited helps them find ways to express feelings without having to act them out through negative behaviours. Children learn these skills best when they hear adults and peers using words to express feelings and when they are encouraged to use words like this too.

### 3. Create space for talking about difficult feelings

Help children to separate a feeling from a difficult reaction by helping them name it. Being able to say or think, "I am feeling angry" means that children don't have to act *really* angry before anyone takes notice. It allows them to choose how they will respond. The same idea works with other difficult feelings like nervousness or fear.

Learning to pay attention to how they are feeling helps children understand that they can have emotions without being controlled by them.

Learning to name feelings helps children find ways to express them without having to act them out.

Learning to cope with feelings helps children manage their behaviour at school and at home. It helps them learn better, relate to others better and feel better about themselves.

### Things to remember:

- learning skills for managing feelings takes practice
- noticing and naming feelings comes first
- talking about everyday feelings in normal conversations makes it easier when the difficult feelings come up
- talking about difficult feelings is usually best tried after the feelings have calmed down a bit, and when children, parents and carers are feeling relaxed.

### Things to try at home

- Use feeling words when you talk with children about everyday situations:  
"You scored a goal! How exciting was that!"  
"It's pretty disappointing that Kati can't play with you today."
- Invite children to describe their own feelings:  
"I'm feeling pretty nervous about going to the dentist. *How about you?*"  
"How did you *feel* when..."

Further information on children's feelings is available in the KidsMatter Primary resource sheet *Children's development: Understanding children's emotions* and on our website:

[www.kidsmatter.edu.au/resources/information-resources/](http://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](http://www.kidsmatter.edu.au)



Australian Government  
Department of Health and Ageing



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## Kirkton Public School P&C News

### Next meeting:

**THIS Tuesday 12<sup>th</sup> August @ 6.30pm**

Please come along if you can, up for discussion will be our up coming fundraisers including Cinema Under the Stars in Term 4.

### Silent Auction

Our auction is now in full swing and the bids are coming in!

It's not too late to participate, all you need to do is complete the bidders

registration in the back of the book, return it to the box in the office and you will be issued with a bidding number and ready to start bidding.

Many of the items are on display in the office foyer, please drop in and have a look.

Any questions please don't hesitate to ask or email [carmo2228@yahoo.com.au](mailto:carmo2228@yahoo.com.au)

Attached to the newsletter is a summary of the current bids.

There are more bidding slips located in the office also.

Thank you to everyone who has already returned their registration forms and started bidding. There are lots of great items to win and bargains to be had. Happy bidding!!



### Upcoming Events



August 8  
Canteen

August 12  
P&C meeting

August 15  
Canteen

August 22  
Canteen

### 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](mailto:carmo2228@yahoo.com.au)

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

### Aluminium Cans

Don't forget to bring your cans in and place them in the bins provided for recycling.

#### Coming up this term:

- Chocolate Drive
- Working Bee
- Father's Day Stall

**Don't forget  
canteen  
tomorrow.**

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

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KIRKTON P&C MEETING  
TUESDAY 10TH JUNE 2014

WELCOME EVERYONE

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*WELCOME; N Black, J Black, K Lane, M Shearer, D Lambert, M Douglas, T Still, K Merceiea, J Tonon.*

*APOLOGIES; J Padgett, J Mayo, J Watkins, N Lambert, K Farrelly*

*MINUTES; Moved : K Lane, Seconded : J Black.*

**BUSINESS ARISING**

- **ATHLETICS CARNIVAL CANTEEN**

*Menu/price list - sausages to add to menu*

*T Still to collect keys Wednesday before carnival from council.*

*J Tonon to take cans to fridge Thursday before carnival and check facilities*

*Canteen to open 0830 Friday morning, M Shearer and J Tonon to arrive at 700 to start chips, Cox's Pies to deliver to carnival at 0900 and reorder as required order pizza at 1030 if required, M Shearer and L Searles to provide soups, M Shearer to provide chips, parents to bring cakes to be cut and wrapped on the day, salad rolls are not necessary, too time consuming and waste helpers, J Tonon to bring recycle bins, M Shearer to bring till.*

- **CANS AND RECYCLING**

*Rodeo provided 3 bags of cans*

*Batteries - 101 were brought to school for recycling - a great effort*

- **PIE DRIVE**

*Orders due Thursday and delivered Friday with time to be advised*

- **SILENT AUCTION**

*List of prizes donated, any more to come in?*

*Certificate of appreciation sent to all, catalogue of items. Begins week 1 term 3, runs for 4 weeks, items on display in office foyer, end day Friday at 330 pm, 5 days to pay and pick up or item goes to next highest bidder, bidders must be registered, bids in writing by slip or email.*

*Each day bid prices will be updated and sent to registered bidders via email and weekly newsletter*



*K Mercieca and T Still to letterbox drop local area.*

### CORRESPONDENCE

*IN - Cadbury fundraising brochure, Father's day brochures*

*OUT - Certificates of appreciation to local donators*

### REPORTS

**PRINCIPAL** *see attached*

**PRESIDENT** *see attached*

**TREASURER** *balance \$2297.19      income \$4120.59      expenditure \$2584.79*

#### **CANTEEN**

*Appears successful. Approx 30 orders per week. All menu items being purchased.*

#### **UNIFORM**

*The P&C to sell the rest of the uniforms to the school for a good price so the school will now be totally responsible for purchase and sale of all school uniforms.*

#### **MARKET GROUP**

*May profits of \$289.00. Pumpkins were popular, as well as Jens pictures and Kylee's dolls clothes and cards. The next markets are Sunday with more products needed. A big thankyou to all who donate and to the Lamberts and Craig for helping to set up each market day.*

### AGENDA ITEMS

- **MAJESTIC CINEMA TICKET FUNDRAISER**

*200 tickets bought for \$7.50 each. Valid for 12 months sell price of \$9.00 on sale this week, money must be received before tickets sent home.*

- **CINEMA UNDER THE STARS**

*To be held in November 2014.*

*More signage needed for this year's event.*

*Sponsorship is a must!*

*Pre show events art display, Physie group display etc*

*BBQ dinner for purchase*

*Face painting & 100*

*club raffle*

*Bouncing castle*

### GENERAL BUSINESS

*Nil*

**NEXT MEETING TUES 12 AUG 2014**

**\*NO MEETING IN JULY DUE TO SCHOOL HOLIDAYS**

**MEETING CLOSED 735PM**



# **P&C Agenda**

## **Tuesday 12<sup>th</sup> August 6.30pm**

**Welcome**

**Apologies**

**Minutes**

**Business Arising**

- Silent auction

**Correspondence**

**In**

**Out**

**Reports**

- Principal
- President
- Treasurer
- Canteen
- Uniform
- Market Group

**Agenda items**

- Cadbury Fundraiser
- Cinema Under The Stars

**General business**

**Meeting close**

# Kirkton P&C Silent Auction

Highest bids as at 06.08.14

Red denotes new highest bid.

Item no	Description	Highest bid	Bidder no
1	Bliss Beauty Hot Stone Massage	<b>\$38.00</b>	<b>03</b>
2	Hunter Electrics call out and 1hr labour	\$20.00	14
3	SuperStrike Bowling Family Pass	\$20.00	02
4	10x bales Lucerne hay	<b>\$100.00</b>	<b>09</b>
5	Self Guided Audio Tour of Maitland Gaol		
6	AJ's Beauty spray tan and \$30 credit		
7	\$20 voucher at Branxton Pet World	<b>\$5.00</b>	<b>03</b>
8	TNT Special Memories photography voucher		
9	2 course dinner for 2 @ Infuzion Restaurant	\$75.00	13
10	\$50 voucher Remedial Massage	<b>\$50.00</b>	<b>08</b>
11	Newcastle Jets signed soccer ball	\$20.00	12
12	\$50 Voucher @ Ken's Kitchen	<b>\$10.00</b>	<b>15</b>
13	Sports Power Pack and voucher	<b>\$10.00</b>	<b>15</b>
14	The Maritime Centre Family Pass A	\$10.00	14
15	The Maritime Centre Family Pass B		
16	Pamper Pack @ Alley Kats Hair Studio	\$10.00	14
17	Tyrrells Wines Pack	\$60.00	06
18	2x Turkish Beach Towels	\$40.00	11
19	5x movie passes to Majestic Cinemas	\$20.00	14
20	Sydney Roosters Poster Pack	\$20.00	05
21	8 inch android tablet	\$30.00	14
22	\$25 credit at Pure Essence	\$10.00	03
23	Race night Package at Pacers Restaurant	<b>\$85.00</b>	<b>08</b>
24	Painters Pack and Hardware voucher	<b>\$5.00</b>	<b>09</b>
25	\$150 credit @ Valley Truck Parts	\$70.00	06
26	Signed Manly Sea Eagles football	<b>\$20.00</b>	<b>15</b>
27	\$50 custom framing voucher	<b>\$52.00</b>	<b>08</b>
28	\$50 voucher @ Royal Federal	\$25.00	06
29	Stihl whipper snipper + accessories	<b>\$20.00</b>	<b>15</b>
30	\$50 EVVIVA Jewellery voucher	<b>\$5.00</b>	<b>03</b>
31	2x half hour riding lessons @ Sterntaler Equestrian	\$50.00	13
32	Phoenix card and paper pack	<b>\$5.00</b>	<b>12</b>
33	Signed Newcastle Knights Jersey	\$60.00	06