



Kirkton Public School

Newsletter

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Term 3, Week 5

Achieve With Pride

14th August 2014

Netball Gala Day

Good luck to our two Netball teams (Junior Boys and a Mixed Team) in the Netball Gala Day to be held at Rose Point Park tomorrow.

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.

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.

Calendar of Events

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

September 1st

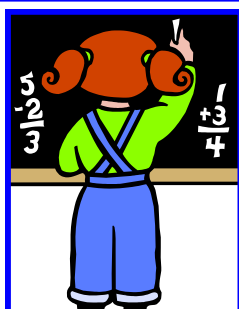
- Responsible Pet Education Program (k/1 & 1/2/3)

September 3rd

- Gresford Art Carnival (for those students involved)

September 5th

- Alpha Show



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

Children's Book Week Excursion



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

Responsible Pet Education Program

Students from years K-3 will take part in this program at our school on Monday 1st September. Pet Educator Roslyn and her dog Bonnie will teach our students how to be safe around dogs and how to say hello to dogs with their owners etc. Parents, if your child/children are anxious around dogs, please advise the school.



Spelling Bee

This morning we held our school level Spelling Bee. It was delightful to see so many students "Have a go"!



Asha Lane and Jayde Elderton will represent our school at the grade 3&4 level and James Standen and Chloe Black will represent us for grade 5&6. The Regional Spelling Bee will take place the last week of this term at King Street Public School.

Congratulations to our representatives and all students that entered the Spelling Bee.

Book Club Orders due back 26th August

Assembly Awards 8th July

The recipients of awards are:

Kinder/Year 1: Harrison Brownlee – Displaying Some lovely Manners
Fletcher Knodler – Enthusiasm and expression in Creative Arts
Isaac Standen — Displaying a happy and co operative attitude
Zeb Treacey — Good skills in Tennis
Brody Elderton — Great skills in telling time
Felina Mayo—Great application in all areas

Year 1/2/3: Darcy Mercieca — *Great general knowledge & interest in nature*
Joslyn Bard – *Neat handwriting & bookwork*
Caitlyn Schmidhauser– *Enthusiastic participation & skill in sport*
Audrey Dennis— *Improvement in punctuation*
Darcey Taylor—*Improved sentence writing*

Year 4/5/6: Macey Howlett – Very pleasing participation in class
Murray Quigley – Pleasing work quality
Jaci Loss – Working well in all areas

FLORA AWARD

Ardan Walsh – Assisting junior students with P.E.

THE SONG ROOM MUSIC CAMP

Day 1



On the 11th & 12th August Lauren, Riley, Murray and Audrey went to Kurri Kurri TAFE to take part in the Song Room Camp.

They went through every class learning how to make and play music, sing and dance.



At the end of day one there was an African Drumming Session.

Day 2



All the students gathered in the hall to find out which group they were in. We got put in Hip Hop. There were two sessions to practice for two dances. These dances were performed in the concert held at the end of the day.



After the concert we hopped on the bus and headed back to Greta school where we met our parents and went home.

It was a GREAT Camp!

By
Lauren
&
Murray



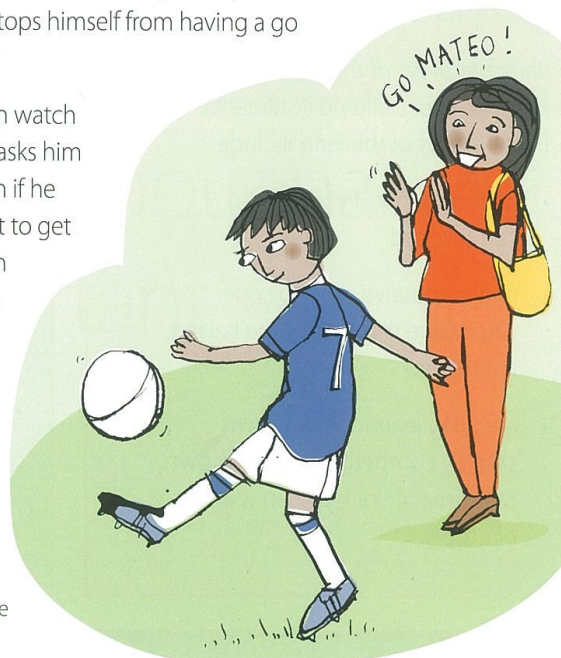
Everyone's good at something! Supporting kids' confidence

Mateo really likes football but he's not sure about playing with the local team. He thinks: "I'm not as good as the other kids are. What if they don't pass the ball to me? What if I drop it?" Mateo often stops himself from having a go at new things. He doesn't want to look silly.

He would rather let others go first so he can watch what they do. At school when the teacher asks him a question he often says "I don't know" even if he does know the answer. Mateo doesn't want to get things wrong. When he makes a mistake on his homework he gives up and says, "I can't do it."

His parents want him to try. "You've got to have a go," his dad says, "otherwise, how will you learn?"

Children who lack confidence in their abilities sometimes try to avoid even having a go at some things. This can get frustrating for parents and carers. It can also stop children from developing the skills they need to tackle tasks confidently.



How confidence develops

For most children starting school means spending more time on learning and less on play. It also means more expectations of them – from parents, carers, teaching staff and also from themselves.

Primary school children typically start out with high expectations. When they see how well they do things compared to others, their view of their own abilities often changes. They learn that they are good at some things and not so good at others. They also see how other children and teaching staff respond to what they do.

These things influence children's confidence in their abilities. They also influence how willing they are to have a go in situations where they feel unsure.

How parents and carers can help

Confidence improves through building on small successes. Parents, carers (and teaching staff) can help by:

- explaining to children that skills develop with practice
- encouraging children to persist when they don't succeed straight away
- praising effort, persistence and improvement
- making sure that goals are achievable by breaking down large tasks or responsibilities into small steps
- being ready to help when necessary, without taking over.

Encouraging children to have a go and valuing individual improvement supports children's confidence

Confident thinking

Self-esteem is an important part of confidence. Having good self-esteem means accepting and feeling positive about yourself. Confidence is not just *feeling* good but also knowing you are good *at something*.

Particular ways of thinking are very important for building confidence. Helpful ways of thinking include:

- believing that, if you try, you can succeed
- finding positive ways to cope with failure that encourage having another go
- enjoying learning for its own sake by competing with your own performance rather than that of others.

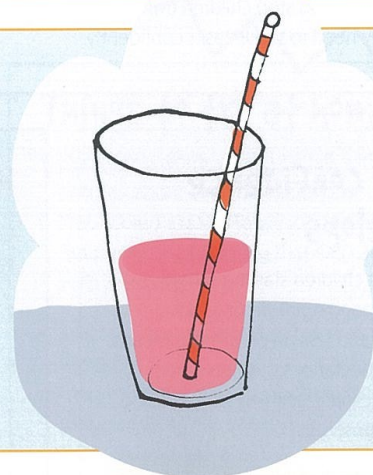
Dealing with disappointment

Everybody fails to achieve their goals sometimes. Parents and carers (and teaching staff) can help by:

- Responding sympathetically and with encouragement, e.g. "That was disappointing, but at least you had a go."
- Helping kids focus on what they can change to make things better, rather than thinking that the situation is unchangeable or that there is something wrong with them, e.g., "What can you try that might make that work better next time?"
- Challenging 'I can't' thinking by showing, and saying, you believe in them and reminding them of what they have achieved.

optimistic thinking recognises what has been achieved more than what is lacking. It looks at the glass as half full rather than half empty.

Parents and carers can help children focus on their own effort and on achieving personal goals as the best way to measure success.



Further information on supporting children's confidence is available 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



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Kirkton Public School P&C News

Next meeting: Tuesday 9th September @ 6.30pm

Silent Auction

Our auction is now in full swing and the bids are coming in! There's just over a week left to get your bids in!

Any questions please don't hesitate to ask or email carmo2228@yahoo.com.au

Attached to the newsletter is a summary of the current bids as well as a copy of the bidders registration form and a bidding slip in case anyone needs one. Happy bidding!!



Father's Day Stall

The P&C have purchased some gifts for the Father's Day Stall and if anyone has any gifts they would like to contribute to the stall that would be greatly appreciated. Please leave them at the office.

Sacred Tree Markets

Our P&C group will have their regular stall at the markets this Sunday. If anyone has a green thumb at all we are in need of some plants to sell. For more information please see Kylee Lane. As always, anyone is welcome to come along and help with the stall.



Canteen

Canteen is proving to be very popular on Fridays. We are seeking some volunteers to help in the canteen. Don't panic, you would not be working on your own. You will be with someone who already knows the drill! Provided is a list of canteen dates for the remainder of this term. If you are able to assist on any of these days please fill in your name and return it to the P&C box in the office. Your help is always much appreciated.

Upcoming Events

August 15
Canteen

August 17
Sacred Tree Markets

August 22
Canteen

August 22
Silent Auction ends

August 29
Canteen

September 9
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.

**Don't forget
canteen
tomorrow.**

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

Cadbury Chocolate Fundraiser

Yes it's that time again – Cadbury Chocolate Drive. Over past years this fundraiser has been a great money earner for the P&C. For every box of chocolates sold we make a profit of \$20.



We understand that it is difficult for some families to sell a box of chocolates and that some people simply prefer not to receive the chocolates. We appreciate that everyone contributes to our fundraising initiatives in different ways. This year we would like to offer families the chance to “opt out” of having to sell a box of chocolates. So if you would prefer not to have a box of chocolates sent home to sell could you please let us know by filling in the slip below and return it by 22nd August and you will not be issued with chocolates to sell.

For those that are happy to receive chocolates to sell we anticipate they will be sent home early September. This year a list will be recorded and marked off when money is returned. Subsequent boxes of chocolates will not be issued until money from previous boxes has been received. We appreciate your understanding of our need to do this.

There will be lots of extra boxes for those people that have many great avenues to sell their chocolates.

Canteen Helpers Needed

Please write your name beside the date you would like to help on.

Friday 22 nd August	
Friday 29 th August	
Friday 12 th September	
Friday 19 th September	

Cadbury Fundraiser “Opt Out”

Name _____

✓ I DO NOT wish to receive a box of chocolates to sell.

Signed _____ Date _____

Kirkton P&C Silent Auction

Highest bids as at 13.08.14

Red denotes new highest bid.

Item no	Description	Highest bid	Bidder no
1	Bliss Beauty Hot Stone Massage	\$38.00	03
2	Hunter Electrics call out and 1hr labour	\$20.00	14
3	SuperStrike Bowling Family Pass	\$20.00	02
4	10x bales Lucerne hay	\$100.00	09
5	Self Guided Audio Tour of Maitland Gaol	\$5.00	05
6	AJ's Beauty spray tan and \$30 credit	\$5.00	15
7	\$20 voucher at Branxton Pet World	\$10.00	11
8	TNT Special Memories photography voucher	\$20.00	11
9	2 course dinner for 2 @ Infuzion Restaurant	\$80.00	15
10	\$50 voucher Remedial Massage	\$50.00	08
11	Newcastle Jets signed soccer ball	\$50.00	10
12	\$50 Voucher @ Ken's Kitchen	\$10.00	15
13	Sports Power Pack and voucher	\$15.00	01
14	The Maritime Centre Family Pass A	\$10.00	14
15	The Maritime Centre Family Pass B	\$5.00	05
16	Pamper Pack @ Alley Kats Hair Studio	\$15.00	01
17	Tyrrells Wines Pack	\$65.00	15
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	\$35.00	05
22	\$25 credit at Pure Essence	\$10.00	03
23	Race night Package at Pacers Restaurant	\$85.00	08
24	Painters Pack and Hardware voucher	\$10.00	15
25	\$150 credit @ Valley Truck Parts	\$70.00	06
26	Signed Manly Sea Eagles football	\$50.00	10
27	\$50 custom framing voucher	\$52.00	08
28	\$50 voucher @ Royal Federal	\$30.00	03
29	Stihl whipper snipper + accessories	\$25.00	05
30	\$50 EVVIVA Jewellery voucher	\$10.00	05
31	2x half hour riding lessons @ Sterntaler Equestrian	\$50.00	13
32	Phoenix card and paper pack	\$10.00	15
33	Signed Newcastle Knights Jersey	\$125.00	04

Kirkton Public School P&C Silent Auction

Bidders Registration Form

Please complete this form if you wish to bid on items in the Kirkton Public School P&C Silent Auction.

Name: _____

Address: _____

Phone: _____

Email: _____

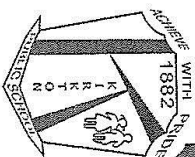
By signing this form you agree to the Terms and Conditions of the Silent Auction.

Signed: _____

Date: _____

Please return this completed form to Kirkton Public School or email to carmo2228@yahoo.com.au and a bidder number will then be issued to you.

Happy Bidding!!!



Kirkton Public School P&C Silent Auction Bidding Slip

Bidder number: _____

Item number	Bid amount \$

Signed: _____

Kirkton Public School P&C Silent Auction Bidding Slip

Bidder number: _____

Item number	Bid amount \$

Signed: _____

The simplest way

...to increase your fruit and veg intake

Myth:

Frozen and canned fruit and vegetables don't count towards your daily intake of fruit and vegetables.



Fact:

- Frozen or canned fruit and vegetables are great alternatives when fresh varieties are out of season, unavailable or more expensive.
- Frozen and canned vegetables are usually packed shortly after picking, so there is little nutrient loss.
- Varieties with no added sugar or salt are the best choice (look for tinned fruit in natural juice rather than syrup and tinned vegetables with no added salt.)

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

Eat It To
Beat It 