



Kirkton Public School

Newsletter

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Term 3, Week 7

Achieve With Pride

28th August 2014

Thank you Branxton Lions Club!

Helen Scott, President of The Branxton Lions Club visited us last week to present us with a \$500 cheque by way of a donation to our school.

We have chosen to use this donation towards the cost of running our Intensive Swimming Scheme to be held in November this year as we feel the life skills and confidence that young children acquire as part of their participation in the scheme will assist them well into adulthood.



Calendar of Events

August 29th

- Assembly hosted by K-1

September 1st

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

September 3rd

- Gresford Art Carnival (*for those students involved*)

September 4th

- Father's Day Stall
Make your own Wrap Day

September 5th

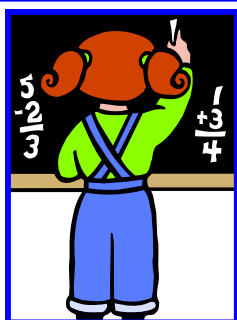
- Alpha Show

September 15th

- Bike Day

September 19th

- Last Day—Term 3



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

Farewell Ms Adams

Yesterday we said farewell to Ms Adams who has left us to go on Maternity Leave. We wish her all the best as she embarks on an exciting chapter of her life as a Mum!

We welcome Ms Carmody to Kirkton Public School as a teacher where she will be teaching years 1/2/3 on Mondays and Tuesdays and Mrs Loss will teach on Wednesdays, Thursdays and Fridays.

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.

Kindergarten Orientation Days

To support the children's transition to "big school" we have an orientation program scheduled. Children will join in with school routines and become familiar with staff and students.

The dates are listed below.

Thursday 16th October 9:30am- 1:30am

Thursday 23rd October 9:30am- 1:30am

Thursday 30th October 9:30am- 1:30am

UNIFORM SHOP

OPEN TUESDAYS

2:30—3:30PM

Parent/Carer Volunteers

ALL volunteers at our school need to apply for a Working With Children Check through the RTA before you can volunteer. This can be found on line at www.kids.nsw.gov.au/working-with-children/New-Working-with-Children-Check where you will receive a number. Once you have your number please take this number to the RTA and the process will be completed there. The school will need to sight your certificate once you have it then it will be recorded on a register.

School Assembly This Friday Hosted by K/1

A message from Ms Adams

To the staff, community, parents and especially the students I just want to say a big thank you! I have really enjoyed working at Kirkton for the last few years. Whenever people ask me where I work I always tell them what a wonderful place it is to be and how lucky I am to work with such wonderful, supportive people and that small schools really are the best!

Kirkton has seen me through the biggest milestones of my life - buying and moving into my first house, getting married and now I'm off on my next big adventure (with a small rest beforehand hopefully).

Thank you again and I will see you all soon!

Cheers Ms Jacqui Adams.

Fruit and Veg Month

To celebrate Fruit and Veg Month we are encouraging everyone to be adventurous and colourful in their eating habits and enjoy a rainbow of fruit and vegetables every day. We are running a little competition for families to create a fruit and/or vegetable creature.

We would like you to photograph your creation and bring in the photo, put it on a memory stick or email to marjorie.maxwell@det.nsw.edu.au so we can all appreciate your endeavours.

These are some ideas I found when I googled images "vegetable fruit creatures".



Eat smart.



Eating more fruit and vegetables makes good sense. They are not only an important part of a healthy diet - eating more can save you money!

Many people make the mistake of thinking fruit and vegetables are expensive. Let's compare the average cost per kilogram of fruit and vegetables with less nutritious processed foods.

Fruit and vegetables cost much less per kilo compared to cakes, chips, chocolate, and snack bars. Some heavily marketed children's foods cost as much as \$30-40 per kilo (they are usually not good nutritional value either). Check it out next time you shop!

Why eat more fruit and vegetables?

Eating a diet high in fruit and vegetables protects you and your family from a number of diseases (eg. heart disease, diabetes, stroke, some cancers).

They are loaded with vitamins and minerals, fibre and other beneficial components. It is important children eat fruit and vegetables every day to grow and stay healthy.

Go for 2 and 5*

We are encouraged to Go for 2 fruit and 5 veg* every day. The amount children should eat depends on their age, appetite and activity level.

Invest in your child's future by encouraging them to eat a wide variety of fruit and vegetables every day, at home and school.

Have your children help you to prepare these healthy, easy and tasty recipes. Involving children in preparing food is the best way to encourage enjoyment of fruit and vegetables.



How can I shop smart for health?

- Look out for fruit and vegetables 'in season'. They are usually good quality and good value.
- Allow your children to plan shopping with you to select fruit and vegetables to take to school.
- Check the cost per kilo of fruit and vegetables and compare with other snack foods.
- Encourage your school's canteen to offer meals and snacks featuring fruit and vegetables.

1 serve of fruit



1 medium piece (eg apple)
2 small pieces (eg apricots)
1 cup chopped or canned fruit

1 serve of vegies



1/2 cup cooked vegetables or legumes
1 medium potato
1 cup salad vegetables

FLORA

FRIENDSHIP LEARNING OPPORTUNITY RESPECT ACHIEVEMENT

Supporting children's social and emotional learning

Suggestions for parents and carers

Parents and carers have a critical role to play in guiding and supporting children's social and emotional learning. Social and emotional skills develop with practice. Everyday situations present lots of opportunities for children to learn and practise skills for coping with emotions, managing relationships and solving problems. You can help children build the skills they need by providing effective coaching.

How you can help:

- **Encourage discussion of feelings**

Encourage children to talk about how they are feeling. Listen with empathy so they feel understood. Help them see that feelings are normal, that it is important to understand them, and that understanding and talking about feelings helps you to manage them.

- **Support children's confidence**

Help children identify and develop their strengths by encouraging them to have a go at things and find activities they enjoy. Praise their efforts, celebrate their successes and encourage them to keep trying and learning.

- **Provide opportunities to play with others**

Playing with other children provides practice in important social skills such as sharing, taking turns and cooperation. Help children develop their skills by praising their appropriate play behaviour, e.g. "I noticed how nicely you shared your toys. That made it fun for both of you."

- **Lead by example**

Parents and carers are important role models. Children learn how to behave by observing and imitating the behaviour of those around them, particularly adults. When you model positive ways of coping with strong feelings like anger, it helps children feel safe and shows them ways that they can manage strong feelings too.

Some possibilities:

Parent/carer says: "I'm getting too angry. I need some time out to think about this."

Parent/carer says: "I'm feeling really tense. I need to take some deep breaths to calm down."

Admitting to having difficult feelings is not a sign of weakness or failure. It sets a good example for children by showing them that everyone has difficult feelings at times and that they are manageable.

- **Give children choices**

To develop responsibility children need practice in making choices that are appropriate for their

age and experience level. You can help children build decision making skills by encouraging them to explore options and helping them think through the reasons for their choices. Involving children in family decision making (that you are in charge of) helps them develop skills for responsible decision making and encourages cooperative family relationships.

- **Encourage creative problem solving**

Asking questions that help children think of alternative solutions supports their thinking and problem solving skills. When problems arise you can explore them together by asking questions such as, "What could you do about that?" or "What do you think might happen if you try that?"

- **Teach children to use assertive communication skills**

Show children how to confidently and respectfully communicate their thoughts, feelings and needs to others in an assertive way. For example, "I really don't want to play that game. It's too dangerous. Let's play a different game instead."

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

Canberra Excursion

Our students as a group were excellent, with great behaviour, peer support and observation during venue visits; which made this an outstanding excursion.

Our bus driver was a fountain of knowledge and went out of his way to inform and show the students different aspects of Canberra.

A 'HUGE' thank you to the very brave parents who accompanied us on the trip - your assistance was greatly valued.

Day 1 of the excursion was marked by consistent rain and drizzle for most of the trip which set a slight mood of foreboding for the next few days. However, by the time we reached the outskirts of Canberra the weather had cleared.

Our first stop was to be the Australian War Memorial. A slow procession down ANZAC Parade, with Darren our bus driver giving a very informative summary of the exhibits along this drive, added to the appreciation of the avenue.

The War Memorial is always fascinating. You can see the roller coaster of thought and emotion flow through the students - everything from let's move on, excitement over the helicopters, machine guns etc.; to more sombre emotions as they examine and discuss some of the war time panoramas.



The visit finished on a high as a school captain from Kirkton and Mount Pleasant partnered to lay a wreath of remembrance for a celebrated soldier during the 'Last Post' ceremony at the conclusion of the day – this was very special!



A night visit to Telstra Tower on Black Mountain concluded our day. It was a great sight at night from the viewing platform of this communications tower stretching high above Canberra. Students were challenged to recognise and record various landmarks, geographical features from specific views from the tower. Many of the students were also brave enough to experience the outside viewing platforms– lovely view but..... IT WAS FREEZING!!!

To thaw out some students sipped on a hot chocolate before we caught the elevator back down, piled on the bus and headed to our accommodation looking forward to our dinner and settling into our rooms.

(to be continued.....)

Kirkton Public School P&C News

Next meeting: Tuesday 9th September @ 6.30pm

Father's Day Stall

We will be holding our Father's Day Stall on Thursday 4th September. Gifts will range in price from \$2, \$3 and \$5. If anyone has any donations for the Father's Day Stall please leave them at the office. Thank you to those people that have already dropped in some donations.



Silent Auction

Congratulations to all the winning bidders in our Silent Auction. We hope you enjoy your items. Our auction raised \$1590.00 to go towards our fundraising tally. Great effort everyone.

Canteen

Thank you to our canteen volunteers. Many hands make light work. Don't forget canteen tomorrow. There will be no canteen next week as the students will be at the Alpha Show.

Best wishes

We send our best wishes to Ms Adams as she heads off on leave to prepare for the arrival of her baby. We are looking to organise a morning tea very soon to say good bye and goodluck to Ms Adams. Everyone welcome. Will advise you all of the day and time very soon.

Upcoming Events

August 29
Canteen

September 4
Father's Day Stall

September 9
P&C meeting

September 12
Canteen

September 19
Canteen

September 21
Sacred Tree Markets

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:
caro2228@yahoo.com.au

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



Chocolates coming soon!!!!

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

Sacred Tree Markets
Sunday 21st September
All welcome.



SunSmart Snippet

The simplest way

to look after your skin with sunscreen!

Did you know?

- Regular sunscreen use has been proven to reduce the risk of skin cancer.

Here are our 5 top tips!

- Make sure your sunscreen is broad spectrum, water resistant and SPF 30+** – Although SPF 50+ is now available, SPF 30+ is still a great product and there is no need to throw it away!
- Apply and re-apply** – Apply sunscreen at least 20 minutes before going outside, reapply every 2 hours.
- Apply generously** – At least 1 teaspoon for each arm and leg, front and back of the body and half a teaspoon for face, neck and ears.
- Remember** – Sunscreen is not a suit of armour. You also need to wear a sun safe hat and clothing, use shade and wear sunglasses.



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



The Greta Braxton Colts are hosting the 2014 A Plus Contracting Group 21 Grand Final!

When – Sunday 31st August 2014

Where – Greta Central Oval

Time – Gates open at 8.30am, first game kicks off at 10.15am

Come down and support your local team as the first grade side does battle with Denman to try and claim the major premiership for the first time since 2009

Stop in at Greta McDonalds for free face painting on the day and get your face painted in the Blue and White

There will be raffles, a 1000 club with the chance to win \$2000 cash, jumping castles, entertainment and loads more

UP THE MIGHTY COLTS!!



The Glencore Power of Music Program in collaboration with the Singleton Youth Venue presents ...

"Romeo and Julie"

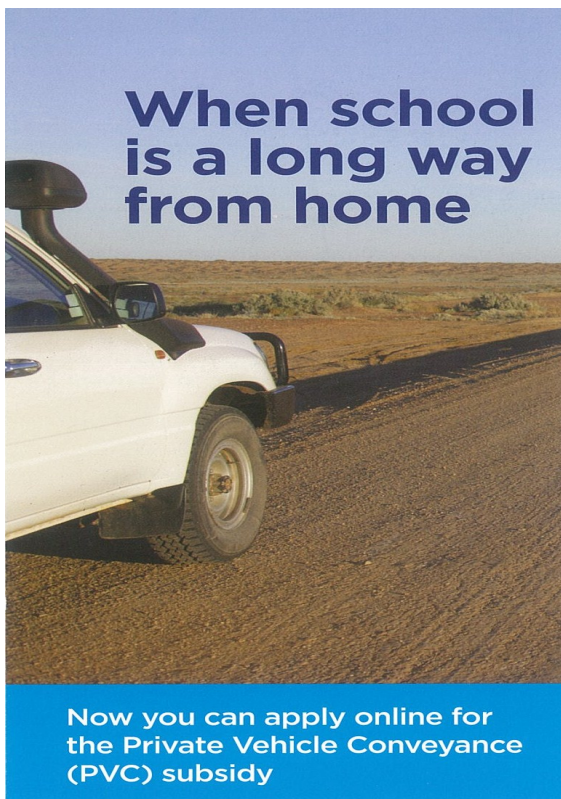
by Robert Reed
www.artdramascripts.com

Find out why a statue of *Romeo & Julie* was replaced with the world's largest sundial in this modern day off-beat adaption of whatshisname's classic.

Directed by
Michael Winchester

Featuring original music & lyrics by Jesse Guillon
Choreography by Simone Burrows
Sound & Lighting Operation by Nick Stemmer & Ben Boehm

THURSDAY 4th SEPTEMBER @ 7 pm
FRIDAY 5th SEPTEMBER @ 7 pm
SATURDAY 6th SEPTEMBER @ 6 pm*



When school is a long way from home

Now you can apply online for the Private Vehicle Conveyance (PVC) subsidy

