

Kariong Public School

A quality education within a caring community

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School Security No: 1300 880 001



View to the Future

Issue 36 - Term 4 - Week 6

Friday, 16 November 2012

School dates for your diary

Day	Date	Name
Monday	19 th November	Active After School Sports
Monday	19 th November	P & C Meeting 7.30pm in school staffroom.
Tuesday	20 th November	Get The Edge Dance Program
Friday	30 th November	Kinder 2013 Playdate 9.30am – 10.30am on grassed area, bottom playground
Friday	30 th November	Last day Out of school Sport Yr 5 & 6

Excursion/School Activity Payment Reminders

Activity	Due Date	Amount
Year 5 & 6 Out Of School Sport	ASAP	\$50.00 or 2x \$25.00 (1 per fortnight)
General School Contribution	General Reminder	\$42.00

End of Year Reports

Teachers have been very busy over the past few weeks writing reports. They are due to be sent home on Friday 7 December. The report contains information about your child's academic progress, other activities they undertake in the school, and their social development and work habits.

It is important to understand when reading your child's report that the middle grade ('Sound' or 'C') is given to all students achieving at the expected level for that Stage of learning. As a large number of students typically achieve 'the expected level', a majority of students typically receive a Sound. This means they are 'on track'. This system follows a mandatory system for all Australian schools, which is based on a five point scale using word

descriptions ('Outstanding', 'High', 'Sound', 'Basic' or 'Limited'). In theory, an 'Outstanding' at Kariong is equivalent to an 'Outstanding' in any school in Australia.

The method of assessment used in New South Wales is known as 'criterion based'. Traditional reporting methods were 'norm based', in which certain proportions of students received each grade, based on test results. Under criterion based assessment all work done by a student counts towards their assessment, and there are no quotas for each grade. Theoretically, it is possible, though extremely unlikely, that every student in a class or Stage could be given a 'High' or a 'Basic'.

Student leaders for 2013

We have started the process of choosing our student leaders for next year. Thirty Year 5 students nominated for the 10 positions available, and they have now all made their initial short speech to their Year 5 classmates. We were very impressed with the quality of the presentations. I am sure that we will have a very competent and reliable set of official student leaders next year.

A message that I have given all the candidates is that, regardless of whether they are elected or not, they have done themselves and their families proud by having the courage to put themselves forward. The other important thing to understand is that it is not just the ten successful students who will play a leadership role in the school. Every Year 6 student is a student leader. They are the ones that our younger students look up to, and in many cases model their behaviour and social interactions upon. Our senior students have a great responsibility to act in a way that shows younger students appropriate ways of behaving. I know that this year's Year 5 students will fulfil this important role in the school very well indeed.

John Barwick

The school newsletter is available for
downloading
from our website:
kariong-p.schools@det.nsw.edu.au

The trend continues

As what appears to be the tradition this year, Mrs Vicki Priest, our Stage 3 support teacher, had her baby last Friday. We welcome Matilda to the world and offer our congratulations to Vicki and her family.

For your diary

Next year Wednesday 20th March, the Interrelate School Services will be here from 6 p.m. Cost will be \$25 per family per session or \$30 per family for the two sessions. Interrelate is a specialist organisation with over 85 years' experience teaching sexuality education in NSW schools. Interrelate educators are highly trained and skilful presenters. The topic of sexuality will be handled with sensitivity, openness and humour. The programs offer an interactive approach to learning, with a variety of audio – visual materials, discussions and games. Evening programs provide age specific sessions of about an hour's duration. More information will be available next year.

Chess

Next year we have secured the services of Gary Lyons, a keen and dedicated chess coach. He will be here each Thursday, from 1:30p.m. to 2:55 p.m. to teach interested children how to play chess. This opportunity is open to interested students preferably over 9 years old (see me for special consideration). I will need expression of interest forms filled in as currently I am able to offer 20 places. There is a 'homework' component. All equipment is provided and there is no cost to participate. Please return your expression of interest form by next Thursday. I shall respond to each expression of interest.

Amanda Taylor

This Weeks Banking Winners are Kyall K from 6W and Lachlan P. from 4B. Well done guys!

Class	Assembly Merit Awards	
1D	Keiana N.	Cayden E.
1H	Zekiel P.	Elysh O.
1Q	Rhianna A.	James H.
1T	Taylah S.	Ruby F.
2E	Josh H.	Lilly H.
2G	Max Z.	Sophie M.
2R	Tyler B.	Harmony D.
2T	Riona K.	Jessica A.
5B	Chloe L.	Isaac P.
5N	Tiarri S- L	Jasmine B.
5W	Liam H.	Kayla C.
6B	Natasha S.	
6G	Samantha S.	Nicholas D.
6W	Ronald H.	Bianca D.



PERPETUAL SPORT TROPHIES

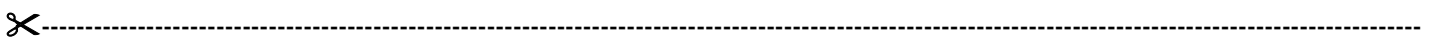
All Age Champions from the Swimming, Cross Country or Athletics Carnival who have a perpetual trophy at home, could you please return them to the office or to Mrs Berge by the end of Week 9.

Thank you



UPDATE YOUR DETAILS

If your family makes any changes regarding your contact details for your child, please inform the front office of these changes immediately so we can contact you if the need arises.



**CHESS
EXPRESSION OF INTEREST**

I would like my child / children to participate in the in school chess teaching program next year.

Child's Name _____ Class _____

Child's Name _____ Class _____

Please return this form to your child's class teacher by Thursday, 22nd November

Calling Year 6 Parents

The Year 6 Farewell is getting closer by the day and the time has come to organise the finishing touches. The Farewell Committee has come up with a list of jobs that need to be done before the night so if you are able to lend a hand could you please contact me at the school so I can allocate you a job.

If you haven't sent in a photograph of your child when they were 5 years old could you please do so ASAP. These are going to be used as a surprise for the students on the night and it would be unfortunate if your child misses out.

We look forward to a fantastic evening and I would like to thank the parents that have helped out so far. Once again, thank you in anticipation of your support.

Sarah Bowen

Thank you

A big thanks to MRS TRENGROVE who kindly volunteered to wash all of our District Cross Country and Athletics singlets. It was very much appreciated.

Thank you to LIZ HOLT and KARIONG COUGARS SOCCER CLUB who kindly donated some new soccer shirts for our 2013 teams!

Donations needed for Central Coast Shelter

The SRC are asking for donations of canned food, 2 minute noodles or pasta to make up some hampers for the Central Coast shelter to deliver to less fortunate families on the Central Coast and to use in their shelter to feed people. All food to be sent to 5B room..

Analie Boland 5B

TAX RETURNS

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CoastFM is holding another fundraiser for your Community Radio Station. Join us for the Premiere of the new James Bond movie Skyfall thanks to the Avoca Beach Picture Theatre

Come along and meet CoastFM presenters, see James Bond classic cars on display and enjoy some drinks and nibbles before the movie.

It's on Thursday November 22 and all money raised helps us maintain our equipment and stay on the air. Tickets are just \$20.00 per person or \$36.00 for a double.

Like to come along? telephone CoastFM during office hours on 4322 0072, you can purchase your ticket using your credit card or if you like you can purchase tickets at our studio's during office hours at 139 Faunce Street Gosford

We hope to see you there!

Holiday Planning

Holiday camps are a great way for kid's -7-12 years or 13 and over - to have an adventure and make new friends in a supervised environment. Packages include accommodation, activities and meals. Bookings are now open at camps across NSW.

Find out more: <http://www.dsr.nsw.gov.au/kidscamps/>

Changing Schools

Research shows that when parents take the time to get children ready for a change of school they settle in quickly. Find out what to do if you're planning to make the move, whether across town or interstate.

Go to:

<http://www.schoolatoz.nsw.edu.au/wellbeing/development/smoothing-the-way-when-your-child-changes-schools>

Nutrition Snippet
Take the Fruit & Veg Challenge!



To find out if you are really eating enough, write down everything you ate and drank yesterday and add up how many serves of fruit and veg you had. Here is an example:

Breakfast: 2 slices toast with marg and honey; 2 cups of tea
Morning Snack: 1 yoghurt; 1 small glass OJ (125mls)
Lunch: 1 medium potato with tuna & cheese; 1 apple; water
Afternoon Snack: 1 banana, 2 cups of water
Evening Meal: macaroni cheese, ½ cup peas; 2 slices of garlic bread; 1 small glass OJ (125mls)
Evening Snack: 2 plain biscuits; water

Tip: 1 serve of fruit = 1 medium piece or 2 small pieces or small glass OJ (you can only count OJ once though).
 1 serve of vegetables = ½ cup cooked vegetables/legumes or 1 medium potato or 1 cup salad vegetables.

Answers: Fruit = 3 serves (1 apple, 1 banana & 125mL juice).
 Veg = 2 serves (1 medium potato and ½ cup peas).

Now it's your turn! Take the fruit and vegetable challenge! Remember to be as accurate and honest as possible. Did you meet the target? If not, what could you have done differently?

For more information about the *Eat It To Beat It* program please visit www.cancercouncil.org.au/eatittobeatit





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Registrations days February 2nd @ Carrington St Oval, Narara
 February 9th, 16th @ Wyoming Shopping Centre
 10.00am - 2.00pm



Fees include insurance, shorts, socks & merchandise. Payment plan & family discounts available.



BOOKCLUB CLOSING DATE
Wednesday 21st November

Sorry, no late orders can be accepted

Kariong Centre NOW OPEN

"Milestones Childcare, the leader in child education and family solutions, provides quality care for children through a cooperative partnership between parents, staff and communities"


Opening Hours	Location
6:30am-6:00pm, Monday to Friday	11 Evers Rd, Kariong 2250

All meals provided
 Qualified, caring staff
 Children aged 6 wks-6 yrs
 Child Care Benefit available
 EYLF Program
 Individual Cot Rooms



Ph: (02) 4340 2211 www.milestoneschildcare.com.au

Scooter Found



The school office has had a scooter handed in – if you have lost or misplaced one, please contact the office with a description.



BIG FIVE Parenting Skill #1:

Encouraging kids to be brave

Lions are queens & kings of the jungle because they are at the top of the food chain. They have no predators (apart from man) so they lie around seemingly with immunity.

I've always considered encouragement as the king of parenting skills, for the simple reason that if you can be a real encourager then everything else tends to fall into place. Encouraged kids are less likely to misbehave. Kids who experience real encouragement are more likely to take (sensible) risks as learners and make the most of the opportunities open to them. They are also less susceptible to peer pressure as parents who understand how encouragement works are less likely to make kids reliant on them for approval.

Encouragement derives from the French term meaning 'to give heart', which pretty much describes what true encouragement is about!

All parents want their kids to develop a strong sense of self-confidence. Many parents use praise as their primary confidence-building technique, but encouragement is a much better strategy to boost kids' confidence.

Encouragement is a more powerful confidence-building tool than praise and it doesn't have the adverse side effects of demotivating kids or promoting sibling rivalry. The differences between the two are slim but important.

Encouragement focuses on the processes of what a child does whereas praise focuses on the end result of his or her activities.

Here are five ways to encourage your child:

- 1. Focus on improvement in any skill:** "You really have picked up on your reading." You can always point out improvement no matter how small.
- 2. Highlight their efforts** "I can see you really tried hard to get it right." Make sure you highlight real effort, and don't elevate lack of effort to anything more than what it is.
- 3. Comment on their contribution:** "I really appreciate your help with cleaning the house. It makes my job easier." Kids like to know when they're appreciated.
- 4. Focus on enjoyment they get from an activity:** "It's great to see you enjoying your jazz ballet." Highlighting fun and enjoyment is great when you want to remove the focus from the scoreboard.
- 5. Show your confidence:** "I know you can do this. You've tackled hard stuff like this in the past, and you can do it again." Communicate your confidence through your words, as well as your actions.

How many of these encouragement statements do you regularly use? If you aren't a natural encourager then pick one of these statement types and challenge yourself to use it at least five times a day for a week.

If you do this encouragement will become automatic in no time. Go on, you can do it!

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KARIONG MEDICAL CENTRE

"Caring for Kariong"

1/4 Mitchell Drive, Kariong NSW 2250
Phone: (02) 4340 4444 Fax: (02) 43409 4334

Our Doctors

Dr Michael Casey,
Dr Trevor Day,
Dr Terri Thomson,
Dr Gerard Thevaranjan,
Dr Susmita Naidu,
Dr Antoine Louka,
Dr Andrew Lancaster,
Dr Sue Feng,
Dr Amir Esmaeili,
Dr Lucia Mandile,
Dr Dionne Bolla,

Welcoming Dr Diana Treece

Registrars - Dr Robin White

Dr Aziz Iboyan and Dr Paula Kavalieros



Surgery Hours

Monday – Friday 8am to 6pm

Saturday 8am to 1pm

Sundays and Public Holidays Closed

4 Year Healthy Kids Check

If your child has had their third birthday and has not yet turned five, you may wish to arrange for them to have a Healthy Kids Check provided by your GP or practice nurse.

A Healthy Kids Check is available to all children at or around the time of their 4 year old immunisation and helps to ensure that children are healthy, fit and ready to learn when they start school.

**Peter Tulk
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