



KINGSWOOD PUBLIC SCHOOL

Quality Teaching in a Caring Environment

Term 1 Week 10 30 March 2011

Dear Parents / Caregivers,

Dates for Your Diary

Term 1 Week 10

28/03/11 National Young Leaders Day Excursion

30/03/11 S3D Archives 9:00 – 11:30

31/03/11 S3D Archives 9:00 – 11:30

01/04/11 School Cross Country, P&C Executive Committee Training

Term 1 Week 11

04/04/11 SRC Hospital & Nursing Home Visit, S3D UWS Lecturer Visit

05/04/11 Stage 3 District ANZAC Service at the Paceway

06/04/11 School ANZAC Service, Grandfriends

07/04/11 Easter Hat Parade, Year 6 Fundraising Disco

08/04/11 Last day of the term

Term 2 Week 1

25/04/11 ANZAC Day

26/04/11 Public Holiday

27/04/11 Staff Development Day (Pupil Free Day)

28/04/11 First day back to school for students, Sports in Schools Program

29/04/11 Multicultural Public Speaking Competition Years 3 – 6 11:30am

This will be our last newsletter for the term. I would like to thank the students and staff for all their hard work this term. I would like to wish our students, staff and the school community a safe and happy Easter. **Please note that students commence school on Thursday 28 April 2011.**

National Young Leaders Day

On Monday 28 March Mrs Shead and I had the pleasure of accompanying our School Leaders and students who display leadership potential to the National Young Leaders Day which was held at the Entertainment Centre in Sydney. Our school leaders were able to meet and interact with other school leaders from government and non-government schools and listen to inspirational leaders such as Kurt Fearnley (Para-Olympian) and Jessica Watson (youngest around the world solo sailor). Our School Leaders were exemplary on the day and Mrs Shead and I were very proud of each one of them.

School ANZAC Day Service

Our school ANZAC Day Service will be held on Wednesday 6 April commencing at 9:30am in our new hall. Parents are most welcome to join with us in this solemn occasion. Students who belong to the Scouts, Girl Guides or similar organisations may wear their uniforms on this day.

Each class will lay a tribute during the service and parents are asked, if possible, to send some flowers or greenery to school on Wednesday morning so that a class tribute can be made.

P&C AGM

On Thursday 17 March we held the P&C AGM. Our new P&C Executive Committee are:

President	Joanna Roser
Vice Presidents	Vicky Magnisalis & Tony Wilkinson
Secretary	Teresa Lawson
Treasurer	Karen Marshall

I would like to congratulate the P&C Executive Committee on their election. The staff and I look forward to working in partnership with the P&C to ensure that the educational outcomes of our students are achieved.

Voluntary Contribution

Each year families are asked to pay a voluntary contribution. All monies raised will go towards air conditioning our school. The voluntary contribution is \$30 per child or \$50 for 2 or more children. A note has been sent to all families. Thank you to those families who have paid their contribution.

Are Your Contact Details Current?

Please let the office know in person or in writing if your contact details have changed. If your child is sick or we need to contact you for any reason, it can be really difficult if your contact numbers or the emergency contact numbers are not current. It can be very distressing for children if we are unable to contact you. Thank you to all those parents who have informed us of any changes.

School Car Park

Our school car park is out of bounds to all students. It is used solely for staff parking and deliveries. **Please do not walk your child/children through the car park or drop off or pick up your child/children in the car park at any time.** Two public car parks are available for your use opposite the school for this purpose. Please help us to keep our students safe.

Dogs in the School Grounds

Since the start of the year, a small number of parents have brought dogs onto the school grounds. The *Companion Animals Act 1998 – Sect 14* states that **dogs are prohibited from school grounds**. Please do not bring your dogs into the school grounds, even if they are on a lead as many students are frightened of dogs and we are trying to keep all students safe.

Running Late?

Please pick up your children promptly at 3pm if you collect them from school. If you are running late or have been delayed, please notify the school as soon as possible. Many children become distressed when parents are not there to pick them up at the end of the day. The children have been instructed to come to the office if parent/s are running late. Please do not encourage your child/children to wait in the public park across from the school. If your child/children attend the After Care Service please contact the Centre directly if they are not attending on a particular day.

School Website

The school has a fabulous website that parents can access for further information about the school. Thank you to Mrs Fox who maintains the website. The website address is <http://www.kingswood-p.schools.nsw.edu.au>

Parentingideas Website

The school has joined the Parentingideas website by Michael Grose. Michael Grose is a parenting expert, currently the Body & Soul parenting columnist and has written seven parenting books.

Insights a parenting newsletter sheet with practical ideas on various topics for parents will be included in each newsletter. This week is titled *Helping Kids Manage Their BIG Emotions*. The website address is www.parentingideas.com.au

Norma Petrocco
Principal

Library Monitors

The following Year 6 students have been selected as Library Monitors for 2011. Interested students were required to complete a written application for a Library Monitor's position. I was very impressed with the responses I received. All applicants displayed wonderful personal qualities and a willingness to give up their time to assist with a range of library duties. We are very lucky to have such dedicated students in our school. Well done!

Thank you to the parents/caregivers and class teachers for supporting these students.

Congratulations to Pamela S3M, Holly S3J, Taha S3M, Gurjot S3D, David S3M, Melissa S3M, Rishita S3J, Leon S3D, Matthew S3D, Atif S3J, Hayley S3M and Jennifer S3D.

Library – Opening Times

A reminder to all students that the school library is open on Monday and Tuesday mornings from 8:30 to 8:55am. These times are for returning and borrowing of books and for quiet reading and writing. Parents are welcome to visit the library at this time.

Premier's Reading Challenge

Congratulations to Oliver S3T, Ryan S1F, Emalata S2B, Emma S3D, Rishita S3J and Taha S3M who have completed the PRC for 2011. At present, 171 students have entered the challenge.

Thank you to all the children who have returned permission notes to enter the PRC. We would like to see many more children involved so please return your note to your class teacher by the end of term.

Keep reading and recording the book Identification number (ID), title and author of each book onto your Reading Log sheet. If you prefer, go online to the NSW Premier's Reading Challenge 2011 website, log in using your student username and password and enter the information.

Let me know when you have read the appropriate number of books and completed the challenge.

If books are borrowed from our school library you will find the ID number written inside the front cover of the book. You will also find them under 'Booklist' on the PRC website and I also have a printed copy for use in the library.

Please see me if you need any assistance.

Mrs Young
Teacher Librarian

S3D is sharing some of their writing in the coming newsletters. Please enjoy this exposition:

In What Way am I a Valuable Contributor to Society?

In the past eleven years of my existence, I have aspired to become many things: an artist, an English teacher, a journalist or possibly, a soccer representative. Growing older has permitted me to become more realistic. I now find that my passion is to become a world famous novelist.

Ultimately, my desire to contribute to society stems from the fact that I enjoy writing. I can let my pen scrawl across a cheap, recycled sheet of paper and reveal my earnest feelings about justice and humanity. Unfortunately, when those who wish to report the facts are quietened, they are often cast out and marginalised. Subsequently, this dilemma brings little hope to those who are oppressed.

The amazing thing about books is that no matter how audacious something said by a reporter or politician may sound, as a piece of literature, the conventions of the written narrative are less demanding. The writing process is cathartic, as it evokes feelings from the reader and gives the author an opportunity to write absolutely anything, no matter how barbaric. An author can add a fictitious bunch of clowns, princesses or pubescent teenagers. She can turn her piece of writing into an adventure filled rollercoaster or a debate on a topic of concern. The story itself may be fictitious but the morale has the capacity to impact upon others.

Stories with strong morals can not only entice the reader, children and adults alike, but are capable of assisting people to conquer their fears. Bullies, tests, or stage fright can, for example, be an obstacle in life. When removed, the reader has an opportunity to succeed.

It may seem I am just a stereotypical, eleven year old schoolgirl with nothing but a dream, but I am more than that, I am hopefully an inspiration to those who believe they are not good enough.

By Jasmin W

P & C News

President's Report

25.3.11

Due to an anomaly with the previous AGM (28/2/11) the P & C were required to redo the AGM in a Special Meeting that was held on the 17.3.11. The P & C would like to thank everyone who attended.

At this AGM/Special meeting all positions were available. Below is the new P & C committee:

President:	Joanna Roser
Vice President:	Vicky Magnisalis
	Tony Wilkinson
Secretary:	Teresa Lawson
Treasurer:	Karen Marshall

The new committee will be trained in the roles and responsibilities of the P & C by Ms Petrocco this Friday.

Due to the fact that there was an acting P& C between the dates of 28th Feb 2011 and 17th March 2011 unfortunately the Easter Raffle needed to be cancelled. However we are excited to announce the Mothers day stall will be going ahead. All donations for the Mothers Day stall are welcome and can be dropped off to your child's teacher.

Look out for the Mothers Day Order form, it has already been sent home with children on BLUE paper, if you haven't received one please don't hesitate to contact the office to obtain a copy.

We're excited to be able to offer you such a wide range and quality. Order forms need to be returned with money no later than Thursday 7th April 2011.

Remember, if this method does not meet your needs we will still have a small mother's day stall closer to Mother's day.

We would also like to announce that the P & C now has a dedicated email address where you are able to send your concerns or feedback to the current committee. Contact us at kpspandc@gmail.com

Correcting an error regarding school banking:

The P&C gets 5% of every deposit (up to a maximum of \$10 per individual deposit) NOT 10%

Here is a summary of the benefits Kingswood Public School will receive:

- \$5 for every child that that opens a Youth saver Account through the School Banking program;
- 5% of every deposit (up to a maximum of \$10 per individual deposit); or a minimum commission payment of \$25 per quarter (provided at least one deposit or new account is received from the school per quarter).

Last year the Commonwealth Bank paid more than **\$620,000** in commissions to participating schools.

Get involved with the School Banking program and help fundraise for the school!

School Banking Co-ordinators are: Lea Travis, & Christine Brown, if you have any queries regarding School Banking please don't hesitate to contact P & C president on 0433 185 680 or email us on kpspandc@ymail.com and we will forward it on to the co-ordinators.

The uniform shop will be run by Vicky Magnisalis on: Monday afternoons from 2.30pm – 3.15pm if you require the uniform shop at a time outside this please contact the President who will forward the message to Vicky to arrange a suitable time.

Our New Committee Members



Joanna Roser	Vicky Magnisalis	Tony Wilkinson	Teresa Lawson	Karen Marshall
President	Vice President	Vice President	Secretary	Treasurer

Joanna Roser
P&C President
Johey7@yahoo.com.au
kpspandc@ymail.com



NEPEAN VACATION CARE

Sydney West Area Health Service provides vacation care services for children aged 5 – 12 yrs, from 6.45am – 5.45pm during school holidays 11th April to 21st April 2011. Our program is run by qualified and experienced staff and includes excursions & in-house events.

Bookings for the April vacation care program are now being taken,

For more information please contact:
Kylie or Tracie on 4734 2104 or
Email: vacationcare@wahas.nsw.gov.au or
Kylie.loveday@swhas.health.nsw.gov.au
Venue: Kingswood Public School

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SELF STORAGE

Become a Volunteer Literacy Tutor In 2011

Nepean TAFE - Kingswood Campus will be conducting a short course on how to become a Volunteer Tutor of Adult Reading and Writing.

The Tutor Training program will run for 8 sessions. It starts on Wednesday morning - 23 March 2011 from 10am – 1pm and runs for 8 Wednesday mornings (excluding the school holidays).

This is a **FREE** course.

For more information about this course please contact Sue Farnham, Adult Literacy Officer at Nepean TAFE on

☎ (02) 9208 9347.



INSIGHTS

by Michael Grose – No. 1 parenting educator

parentingideas.com.au

parentingideas.co.uk

parentingideas.co.nz

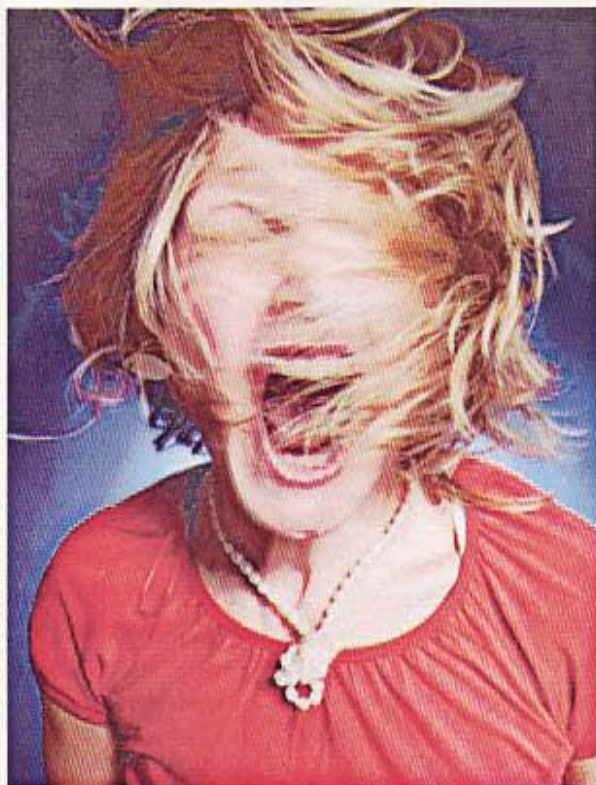


Helping kids manage their BIG emotions

If we want our children to handle **BIG** emotions we need to rein in our emotions too. We want our children to mimic our response when they experience problems or difficulties at school.

There are lots of things that happen that can upset our children. Losing a race, experiencing some rejection or not having their best friend in their class at school **can be upsetting**, but **not catastrophic**. Kids can sometimes make these issues seem **bigger** than they are and their emotional response doesn't match the situation.

They also know the **buttons** to press with parents, and we can easily escalate our response to match our child's. Suddenly, *"this is the worst thing ever"* that a child talks about can seem like *"the worst thing ever"* in our eyes too. Our behaviour starts to mimic our child's behaviour.



If we want our children to handle **BIG** emotions we need to rein in our emotions too. We want our children to mimic our response when they experience problems or difficulties at school.

Start by changing your own thinking. Rather than thinking "here we go again. My child won't be able to cope" replace these thoughts with "I'd better stay calm. My child needs me to model calm." This will help you rein in your own emotional response.

Then go through these steps:

Process: Ask your child good questions to get the full story. Use your senses and your intuition to check out what's happening. Think about what may have happened to lead to the situation. Kids are faulty observers and often present one side of a situation. Think about the full story yourself.

Reflect: It's really important to give yourself time to think when children and young people talk about their problems. *Is this so bad? Will things be better tomorrow? Has this happened in the past? Has your child been able to handle such challenges before? Is this an issue that I need to resolve?* Try to see the bigger picture.

Respond: Children's concerns need to be taken seriously, but sometimes some TLC (Tender Loving Care in the form of a big hug) is sufficient and very reassuring. At other times, some ideas about coping or handling the situation may be useful, but this can occur over time. Avoid feeling that you have to 'fix' the problem for your child. And don't panic if you don't know what to do. Sometimes things work themselves out, or a solution will appear over time.

Kids of all ages have a tendency to catastrophise when life throws them curve balls. Nothing wrong with that, to a point. But it really helps if the **significant adults** in their lives (that is, parents) can model calm, reflective behaviour when kids come to them with their emotions out of control.

It's not easy staying calm when kids' emotions run high, but if you want your kids to calm down and think, then **you need to go first**.

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