

Term 2 Week 10, 29 June 2011

Dear Parents / Caregivers,

Dates for Your Diary

Term 2 Week 10

27/06/11	ES1/S1 Penrith Lakes Excursion
28/06/11	ES1/S1 Penrith Lakes Excursion, Interrelate (Penrith PS)
29/06/11	ES1/S1 Back Up Sports Day
30/06/11	Sports in Schools Program, Reports go home, Year 6 Fundraising Disco
01/07/11	Last day of the term, Stage Assemblies

Term 3 Week 1

18/07/11	Combined Staff Development Day with Jamisontown PS (Pupil Free Day)
19/07/11	Students commence school
20/07/11	S3D UWS Lecturer Visit, Grandfriends S2A
21/07/11	KHS Year 6 Testing
22/07/11	Whole School Assembly

Term 3 Week 2

25/07/11	Year 5 Visit to Penrith High School
26/07/11	9:30am P&C Meeting (Staffroom), Starting School Group (old hall), S3D UWS Lecturer Visit
27/07/11	OC Placement Test, Olympiad 3
28/07/11	School Athletics Carnival
29/07/11	Stage Assemblies

We are coming to the end of another busy term. I would like to thank the students and staff for all their hard work this term. Thank you also to the P&C for all their hard work and fundraising efforts this semester. Reports will be sent home at the end of this week and parent/teacher interviews will be held early next term. Our new hall has now been completed with the installation of gas flued heaters.

I would like to take this opportunity to wish all our students, staff and families a happy and safe holiday. **Please note that students return to school on Tuesday 19 July.**

Starting School Group

From Tuesday 26 July Families NSW will be conducting a free playgroup for children starting kindergarten in 2012. Full details can be found on the flyer in this newsletter.

Excursion Notes

In 2009 the Department of Education and Training introduced a new Excursion Policy. Parents now need to indicate if their child/children have a medical condition that the school needs to be aware of. **Please be aware that the school is no longer able to accept hand written notes or verbal permission. A school permission note must be completed for each excursion.**

Keeping All Our Students Safe - Anaphylaxis

An increasing number of our students are being diagnosed with Anaphylaxis. Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

Anaphylaxis is a generalised allergic reaction, which often involves more than one body system (eg. skin, respiratory, gastro-intestinal, cardio vascular). A severe allergic reaction usually occurs within 20 minutes of exposure to the trigger and can rapidly become life threatening.

Common triggers include food such as peanuts, tree nuts, sesame, milk, eggs, fish, crustaceans and soy are the most common food triggers, which cause 90% of allergic reactions. It is important to understand that even trace amounts of foods can cause a life-threatening reaction. Other triggers include insect stings, medication or such things as latex.

We ask for your support and request that all students do not bring to school any nut products or foods that contain traces of nuts.

If you would like more information about Anaphylaxis or have a child who has this condition and you have not notified the school, please contact the office immediately.

Early Arrivals

Please be aware the morning duty begins at **8:30am**. Students are not supervised before this time. Please do not send your children to school before this time. If children need to be dropped off early, please organise before school care.

Sick Children

During winter many children get sick with colds, flues and viruses. Please keep your children home if they are not well. Sending children to school increases the chances of germs spreading resulting in staff and other students becoming ill. Children can also get very distressed if they come to school sick and need to be sent home. We would appreciate it if you could keep them home whilst they are unwell. A note needs to be sent in with your child/children explaining their absence when they return to school.

Absence Notes and Starting Late

A number of students have already started to arrive late at school. Please ensure that your child/children arrive on time each day. The morning session is prime learning time for students and students need to be here for the start of the first lesson each morning.

If your child/children are absent, a note needs to be sent in to their class teacher. Please be aware that rolls are legal documents and children need to attend school each day.

Certificate of Exemption from School

If students are absent for more than a period of 15 days parents must apply for a Certificate of Exemption **before the leave is taken**. The form needs to be completed by parents and this form is then sent to the School Education Director for approval if appropriate. If this applies to you, please come to the office and complete the form before your child/children are going to be absent.

School Crossing

At Kingswood PS we are extremely lucky to have two wonderful crossing ladies who get our students across a very busy road each morning and afternoon. Can I please ask all parents to use the crossing and follow the directions of the crossing ladies. As most of you would be aware, we get a huge amount of traffic through the crossing from our school, the hospital, TAFE and the university, and the ladies are there to make sure that our students cross safely. Please do not sit in your car on the opposite side of the road and call your child/children over. It only takes a split second for a child to be hurt or seriously injured. Please help us to keep your children safe.

2010 Annual School Report

The 2010 Annual School Report is now available on the school website.

P&C Meeting

The next P&C Meeting will be held on **Tuesday 26 July** at **9:30am** in the staffroom. All parents are welcome to attend.

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 unwind*.

The website address is www.parentingideas.com.au

Norma Petrocco
Principal

District Multicultural Perspectives Public Speaking Competition

Last Monday, 20 of June, 4 students represented our school in the District Multicultural Perspectives Public Speaking Competition which was held at St Clair Public School.

Our Stage 2 representatives, Annisha Y - S2D and Naomi S - S2B spoke with enthusiasm and confidence. Annisha spoke with assurance on the topic 'Every Day is Harmony Day', while Naomi espoused the idea that "Australia is a Lucky Country'. Both girls represented Kingswood Public School with pride and Naomi gained 3rd place for the Stage 2 section of the competition.

David D - S3D and Georgia H - S3M, our Stage 3 representatives, also performed with expertise and skill. David spoke eloquently on the topic "Many Languages, One Voice' and Georgia proved her point that 'Racism is Just Not On!' David was the clear winner after his impromptu speech and will go on to represent our school and the District at the Regional level of the competition next term.

Our best wishes go with David as he continues on to the next level of the Multicultural Perspectives Public Speaking Competition.

Congratulations to all students! You certainly did yourselves and Kingswood Public School very proud!

Mrs Prunty

Premier's Reading Challenge

Congratulations to the following students who have completed the Premier's Reading Challenge for 2011:

Kevin S1/S2D, Emily S1F, Iman S1O, Aarav S1F, Naomi S2B, Kai ES1E, Caitlin S3D, Kasey S1PH, Stephen S3J, Annisha S1/S2D, Yuvraj S1F, Charli S1O, Jasmeen S1O, Tayla S3J, Fan S3M, Anuk S1PH, Jayden S2/S3K, Shane S3T, Pamela S3M, Alex S1/S2D, Melanie S1/S2D, Nivetha S2/S3K, Liam S3T, Shontae S1F, Navsirat S1F, Zoya S2B, Zain S2B, Hitesh S2/S3K, Christy S1PH, Abishaa S1PH, Kirsty S1O, Cassie S2/S3K, David S3D, Vivian S3D and Breeana ES1J.

A total of 62 students have now completed the PRC for 2011. Well done!

MS Readathon

Schools and students are being invited to join in the **2011 MS Readathon**. By registering to take part in this annual reading event, schools across Australia unite to help change the lives of people living with multiple sclerosis (MS).

There is also an added **bonus** for participating schools. Eligible schools have a chance to win up to \$10,000 in Apple products. They will also get 10% of the amount raised returned to them in Target gift cards. Go to www.msreadathon.org.au for more information, terms and conditions.

Here's how you can get involved...

First you need to register. You can do this by going to the MS Readathon website at www.msreadathon.org.au.

Second – Read for 30 days throughout June and July. Check the website to see when your reading period starts.

Third – Fundraise. Asking your family is a great way to start. They may even be able to help you think of other ideas to raise money for people with MS.

Visit www.msreadathon.org.au or call 1300 677 323 for more details.

Mrs Young
Teacher Librarian

P&C Report

Wow, the end to Term 2 already! How time flies.

News with the P&C is as follows:

Cookie Dough will be delivered this week on Thursday 30th June 2011, for those of you who ordered. Thank you for your support, you are helping in a big way towards raising funds for your school. It was a mammoth effort!

The next P & C meeting will be held at 9.30am on Tuesday the 26th July 2011. Everyone is welcome to come along.

The P & C will be having a BBQ and cake stall for the Education week Open Day which is on 3rd August 2011 during education week. Notes will be issued with prepaid orders for you and your children. We welcome help with the cake stall, so if you are able to help with either cooking or manning the stall, please contact P&C kpspnc@ymail.com or 0433 185 680.

P&C will like to wish all the students and teachers a fun and safe holiday.

Warm regards
Joanna Roser
President

Secretary's Report

Highlights of P & C Meeting held 14th June, 2011:

Fundraising for term 3 Confirmed. Sausage sizzle and Cake stall on August 3rd as part of Education week. There will be a Father's day stall with pre-orders like there was for Mother's day.

Movie fundraisers are being investigated and we are trying to organise a Bunning's BBQ. Teachers are in need of toys, games and books in good condition for use in classrooms. If parents are able to donate any of these please talk to your class teacher.

Next meeting to be held Tuesday 26th July 9.30am.

Mrs Lawson

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Australian Newsletter Services, the company that supplies the front and back covers for our newsletters (free to us with the cost covered by the businesses who advertise) is now conducting their annual review for potential advertisers. If you would like to advertise

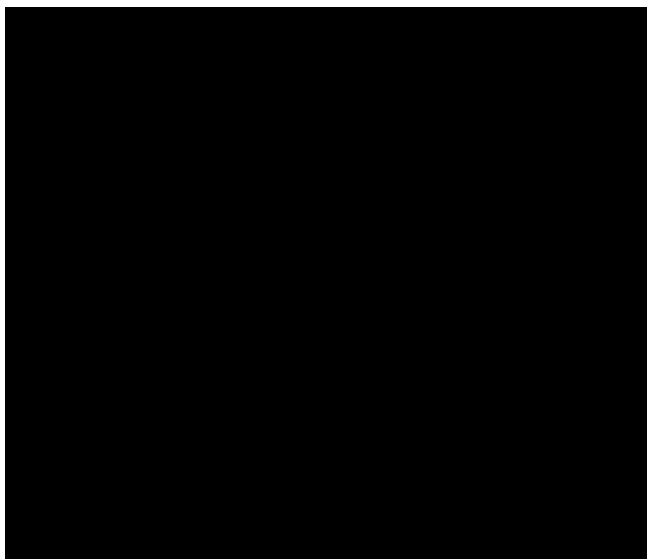
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Johanna Prouten

Direct line: 07 33819194 / Mobile: 0404172878

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Kingswood Public School Starting School Group

Starts July 26th 2011
Every Tuesday Morning
School Terms 3 and 4
9.00am—11.00am



Stories
& Games

Do you have a child starting
kindergarten next year?

Come along to a *free* playgroup that provides children
and their families with a gradual introduction to
school life.



Art &
music

Bring some fruit and a drink for
morning tea.

Parents stay with their child during the
playgroup, and younger brothers and
sisters are welcome too.

We look forward to meeting you and
your child.



Visits to a
classroom

Children not attending **Preschool or Child Care** have **priority of access**

The playgroup is funded by *Families NSW* and run by an early childhood
educator, in collaboration with the Department of Education and Training

Call Lisa Jackson on 0423 720 492 for more information

INSIGHTS

by Michael Grose - Australia's leading parenting educator

Helping kids unwind

Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind.

Modern kids are busy kids. Regardless of age, their days are filled with activities.

Under fives do a range of adult-initiated learning activities designed to give them the best start to their learning lives.

School-aged kids have a huge range of leisure and after-school activities to choose from. It is not uncommon for kids to have four and five extra-curricular activities a week.

Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind.

Relaxation is a key to good mental health and well-being. It is an important life skill for kids to learn.

Balance busyness with boredom

One way to ensure busy kids unwind is to make sure kids get bored every so often.

There is a temptation to fill kids' days with activities so that no time is wasted.

"I'm bored!" is the last thing most parents want to hear their kids say. Many parents feel compelled to do something to alleviate a child's boredom.

There is nothing wrong with a little boredom now and then. Boredom can be good for kids' mental health and well-being, giving them the chance to muck around and take it easy for a time.

Here are 5 ideas to help you unwind your kids:

1. Let your kids regularly stare into the 'fire.'

Ever sat around a camp-fire and stared at the flames? If so, you will know how calming it is. No exertion! No need to think! No need to talk to anyone! Just a chance to chill-out and relax. The TV is the modern version of the camp-fire. Yep, TV used in this way is good for kids' mental health.

2. Let kids exercise without rules.

Kids are the kings and queens of play. Always have been. Until lately that is, when their lives have become highly organised and scheduled. Free, child-initiated play is the ultimate in relaxation. Fun games, games with few rules and games that kids control help them to unwind.

3. Let kids experience flow.

Flow is a state we get into when we are so engrossed in an activity that time disappears. It is the ultimate unwind. We get flow when

we pursue our passions so encourage teens to find activities that they truly love and get lost in. Free play generally takes young children to flow very quickly so opportunities for unstructured play are essential.

4. Help kids calm down around bedtime.

Have a bedtime routine that calms kids down rather than winds them up. You can become part of this routine by reading books, telling nursery rhymes, providing soothing back rubs and other ways.

5. Unwind with your kids.

When I was young the best times I had with my dad were spent in the backyard playing cricket. Sounds like a cliché I know. It was fun because it was never a chore for him. He loved it as it was a chance for him to unwind after work. **Find ways you can unwind and rejuvenate with your kids.**

We want our kids to be busy and involved rather than inactive and apathetic. However, activity needs to be balanced with unscheduled time so that perspective as well as everyone's sanity is maintained.

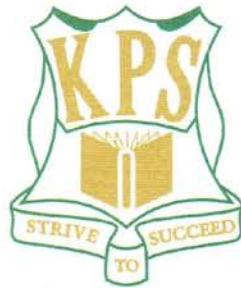


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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au


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