

Schooltalk 2013

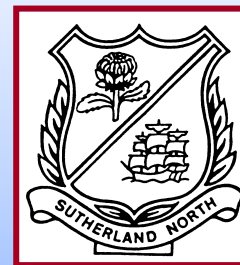
SUTHERLAND NORTH PUBLIC SCHOOL E-Bulletin

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Term 1 - Week 1

Wednesday 30 January 2013

Principal's Message

Welcome back to what I know will be another very busy and productive year at Sutherland North Public School. I would also like to welcome all our new students to Sutherland North; this is a busy and exciting time for the children and their families.

Staffing

We also welcome back our teaching and support staff. The teaching staff are Mrs Karen Kinred, Mrs Kathy Dugan, Mrs Barbara Greaves, Mrs Peta Moseley, Mrs Janeen Dargaville (Assistant Principal), Mrs Pam Buckle (Assistant Principal), Mrs Sandra Toh (Assistant Principal), Mrs Margit Doohan, Mrs Gillian Rollason, Mrs Kay Soames, Mr John Warwick, Mrs Gaynor Connor (Librarian), Mrs Sue O'Hare (Learning Assistance & Support) and Mr Brian Plummer (School Counsellor). Mrs Sarah Whicker, Ms Lauren Field & Mr Cole Shields will be working with us during Term 1 while we undertake merit selection for a number of teacher vacancies. Our Administrative & Support staff are Mrs Jennie Aberline, Ms Alysha Bryson, Mrs Myra Smith, Mrs Marlene Sands and Mr Kevin Perry.

Congratulations

I would like to congratulate Miss Rebecca Platt on her appointment by merit selection to Sylvania Heights Public School. Miss Platt has been an asset to our school and we wish her well.

Classes 2013

This year we have an enrolment of approximately 236 children which should enable us to form 10 classes once the numbers are confirmed after our Kindergarten children have commenced. As a result the children will need to remain in their 2012 class groups until early next week.

Congratulations

Congratulations to our 2013 School Captains: Monica K & Luke K and Prefects: Caitlin C, Mia N, Zac B & Luke W. I know they will be outstanding school leaders.

Newsletter & Website

The newsletter is published every Wednesday on the school website at www.sutherlann-p.schools.nsw.edu.au. It is recommended that parents subscribe to have the newsletter emailed directly each Wednesday by visiting our website and following the link in the Newsletters tab. A hard copy of the newsletter is being sent home to all families this week only. Families who do not have access to the internet can request a hard copy sent home and a limited number of copies are available in the office. If you subscribed last year you will continue to receive the newsletter by email. A return slip to request a paper copy of the newsletter is attached.

School Uniforms

Please remember that Sutherland North is a proud uniform wearing school. Wearing full school uniform brings our students together and ensures they take pride in their school. Please assist us in making sure your child is currently wearing full **summer uniform** each day and sports uniform on Fridays with the maroon rugby style jumper if it's cool. In particular please remember that tights, bike pants or leggings are not to be worn under the summer tunic. We also have a no hat; no play policy which involves wearing a Sutherland North school hat. When purchasing new school shoes for 2013 please ensure your child wears black shoes with white socks for girls and grey socks for boys. Please label all items of clothing. It would be wonderful to see an overall improvement in the standard of the uniform and in particular school shoes in 2013.

Swimming Carnival

The Swimming Carnival will be held on Tuesday 19 February at Sans Souci Pool commencing at 9.30am. All children in Years 3 – 6 and 8 year olds in Year 2 who can **competently** swim 50m will be attending. Please see your child's class teacher for a note if your child is in Year 2 and should be attending the carnival. I hope parents can attend to support the children. A separate information note will be sent home soon. The permission note with an indication of your child's swimming ability and money must be returned to your child's class teacher by Friday 15 February.

Parents & Citizens' Association (P&C) Meeting

On Wednesday 20 February we will be holding the first P&C meeting for the year starting at 7.30pm in the Library. The meeting includes the Annual General Meeting where the 2013 Executive Committee of the P&C is elected. The P&C is an important school group that gives parents a voice in the business of the school. We would like to extend a special invitation to our new Kindergarten parents. I am looking forward to meeting many new parents at the P&C meeting.

School Times

School commences at 9am and finishes at 3pm. The school grounds are supervised between 8.30am and 3.00pm. Parents are requested not to send children to school before 8.30am. Children are to arrive at school by 9am or they will need to be signed in at the school office by a parent. The school gates are closed each day at 9.05am and opened at 2.45pm. Entry to the school during the day is via the School Office in Auburn Street. School finishes at 3pm and all children are to be picked up on time. Children are not to remain unsupervised in the playground after school hours.

General use adrenaline autoinjectors

The Department of Education and Communities has recently announced that all government schools will receive a general use adrenaline autoinjector (an EpiPen) for their first aid kit.

This does not replace the need for parents to continue to provide the school with an adrenaline autoinjector and ASCIA Action Plan for Anaphylaxis signed and dated by their doctor when their child has been diagnosed with anaphylaxis. Instead the general use adrenaline autoinjector is intended to be used if:

- ✚ An undiagnosed student has an anaphylactic reaction at school
- ✚ There is a misfire of the adrenaline autoinjector that has been prescribed for a student
- ✚ A student requires further adrenaline autoinjector to be administered after his or her own adrenaline autoinjector has been administered.

Please contact the school if you would like further information in relation to this matter.

Anaphylaxis Reminder

If your child is diagnosed at risk of a severe allergic reaction, particularly anaphylaxis, the Anaphylaxis Procedures contain information for schools and parents designed to minimise the risk to students. If your child has an allergy it is important to let us know – see Action steps for parents.

Find out more: <http://www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/anaphylaxis/index.php>

All families are asked to assist the children in our school who are anaphylactic. **This is potentially a life threatening condition.** I ask your cooperation in not sending any of the following foods for your own children, whilst they are at school: **Peanuts and or peanut butter, other nuts (including cashews, hazelnuts, walnuts, pistachios, macadamia, Brazil nuts & Nutella) and muesli bars containing nuts.** Thank you for your support.

Birthday Cakes

To celebrate a child's birthday parents sometimes bring cakes to school. Please speak to your child's class teacher to check if it is convenient **before** you bring cake to school. **Only cupcakes or large slab cakes (eg. Sara Lee) pre-cut into pieces will be accepted.** Please provide serviettes. All cakes must be nut free. Please do not send in lolly or party bags as we are not able to distribute them. Please speak to your child's class teacher if your child is anaphylactic to make arrangements for a suitable treat or cake to be available.

Band & Ukulele 2013

A note was sent home today with all children in Years 2 – 6 (band) and Years 3 – 6 (ukulele) asking parents to indicate if they would like their child to join or continue with the band or ukulele group this year. Please return the reply slip with payment as soon as possible so that I can confirm with the tutors that we have sufficient numbers to continue in 2013.

Leanne Noon - Principal

Student Welfare Policy

During 2011 we undertook a review of our Student Welfare Policy. As a result of this process taking into account the views and opinions of students, parents and staff we updated our policy and procedures. Changes to our playground organisation and some modifications to the Behaviour Notification procedures were made. Our aim in 2013 is to continue to work closely with parents to ensure all children participate fully at school. A copy of the Student Welfare Policy is available on the school website. I will also include excerpts from the policy in Schooltalk over the coming weeks.

Student Welfare Policy - Merit Scheme

Sutherland North Public School believes that fundamentally, students should be pleased with their achievements when they try their best and are motivated to succeed (intrinsic). This is achieved through the creation of a quality learning environment where students are engaged in experiences that possess intellectual quality and significance. At Sutherland North PS, intrinsic rewards are coupled with our school merit scheme which rewards students for actively demonstrating our school's core values and trying their best academically. Students are able to work towards the achievement of a series of commendation levels. Placement on these levels is earned by upholding the school's rights and responsibilities, exemplary behaviour, outstanding citizenship and working to potential within learning programs. In order to work towards the various levels students earn assembly awards. Each week the children will have the opportunity to receive the following awards at the Friday assembly:

- ✚ Merit Certificates – 2 or 3 per class (depending on the class size)
- ✚ Student of the Week ribbon – 1 per class
- ✚ Library – 2 certificates
- ✚ RFF – 1 certificate per stage
- ✚ Spelling Award – 1 award per week on a class roster basis
- ✚ Sports Awards – infants sport, primary sport & PSSA sport – 2 certificates per group
- ✚ Principal's Award

All of the above awards have a value of one, except for the Principal's Award, which is worth two as it is more difficult to achieve. The following number of assembly awards need to be earned in order to achieve the commendation levels of gold, silver and bronze.

4 awards = Bronze Pennant 8 awards = Silver Pennant 12 awards = Gold Pennant

On reaching each level students are presented with their pennant at the whole school assembly. A letter is sent home congratulating the student and inviting parents to attend the assembly. The children are also recognised in the school newsletter.

What's on at Sutherland North?

What's on at Sutherland North?	
Term 1 - 2013	Event
Thursday 31 January	Kindergarten 2013 Best Start Assessment (Group 2)
Friday 1 February	Kindergarten 2013 Best Start Assessment (Group 3)
Monday 4 February	Kindergarten 2013 commence
Monday 11 February	Band & ukulele lessons start
Tuesday 19 February	School Swimming Carnival
Wednesday 20 February	P&C Meeting 7.30pm
Thursday 14 March	Selective High School Test
Wednesday 20 March	P&C Meeting 7.30pm
Friday 29 Mar – Mon 1 Apr	Easter
Friday 12 April	Last day Term 1

Canteen News

Please consider volunteering to assist in the Canteen in 2013. The canteen successfully ran at a profit in 2012 even with a small number of volunteers. Please complete the form below and return it to the office as soon as possible. Even one day per term helps to fill the roster. **The Canteen will remain closed until there are sufficient volunteers to complete the roster.** Thank you to the parents who continue to volunteer their time. The children really enjoy being able to go "shopping" at the Canteen particularly in Term 1 when they like an ice block on the hot days. Please ask other school mums, dads & grandparents to help out.

Thank you

Canteen Committee



CANTEEN VOLUNTEER FORM 2013

Your Name:

Child's Name:

Class:

Phone:

Mobile:

Names of people I would like to be rostered on with:

Please circle the days that you can help - list any dates that you are NOT available

Monday

10.30am-2pm

Tuesday

1pm-2pm

Wednesday

10.30am-2pm

Thursday

1pm-2pm

Friday

10.30am-2pm

Comments:

Subscribe to our school newsletter - Visit the Website
Schooltalk is published every Wednesday on the school website at
www.sutherlann-p.schools.nsw.edu.au.



Request for a hard copy of the Newsletter

I do not have access to the internet and would like a hard copy of the newsletter sent home with my youngest child each Wednesday. Please return the note to your child's class teacher.

Name:

Youngest child's name: Youngest child's class:

Signed: Date:

Outline of Costs 2013

To assist with family budgeting please find below, an outline of anticipated activities & approximate costs you can expect during 2013. Please note this list is not complete & exact costs will be notified at the time of the activity. Additional excursions may be scheduled for individual classes next year. A note outlining the Student Resource Fee and additional classroom requirements for 2013 was sent home today. **Please finalise resource fees by Friday 1 March 2013.**

Term	Activity & Approximate Cost
1	School Contributions \$50 1 child, \$70 2 children, \$80 3+ children Student Resource Fee \$40 - \$50 depending on grade University Competitions Yr 3 – 6 \$8 x 3 Swimming Carnival Yr 2 – Yr 6 \$14+ Yr 6 Jerseys \$50+ PSSA Sport – bus fare \$6 + \$5 registration fee Junior & Senior Choir - bus fare \$10+, t-shirt \$10 Band \$58.50 + instrument rental if required Ukulele \$25 instrument + lesson fees \$30+ DanceSport Yr 5 – \$75 lesson fees
2	Dance Group Costumes \$15 PSSA Sport \$6 + \$5 registration fee Band \$65 + Ukulele lesson fees \$30+ School Photographs
3	DanceSport Yr 5 – costumes, tickets for parents Music Festival tickets Athletics Carnival \$6+ PSSA Sport \$6 + \$5 registration fee Band \$65+ Ukulele lesson fees \$30+ Intensive Swimming Yr 2 & non-swimmers Yr 3 – 6 \$50+
4	Yr 5 & 6 Berry Camp \$320+ Yr 6 Farewell \$30+ PSSA Sport \$6 + \$5 registration fee Band \$65+ Ukulele lesson fees \$30+ Gymnastics K-2 & Non PSSA Yr 3 – 6 \$40+

St Patricks Football Club



We would like to invite you to come and play Football (Soccer) with the Family Club in 2013

We are now taking registrations for players in all age groups from Under 6's to Over 45's
Male and Females
New Players and teams welcome

For more information please visit our website or contact the Registrar – Terry (0419221191) or President – Paul (0438403835)

www.stpatricksfc.com.au

INSIGHTS

by Michael Grose – No. 1 parenting educator



7 ways to make this year your child's best year ever at school

A new school year means a fresh start for students. Regardless of your child's performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are seven ideas to help you make the most of the fresh start and make this year your child's best year ever year at school:

1. Commit to your child going to school every day on time.

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help kids start each day well. A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.

3. Establish work & study habits. The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school's expectations. Find out the work expectations from your child's or young person's school and help them establish a work routine that matches.

4. Make sure your child gets enough sleep. Many children and young people are sleep-deprived, which impacts on their well-being and their learning. A good night's sleep consolidates learning, as well as assist future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bed-time and get-up time each day. Have 45 minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. Encourage kids to exercise. Kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage kids to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. Focus on being friendly. Schools are very social places requiring kids to negotiate many different social situations each day. Encourage kids to be open and tolerant; to be friendly; to be involved in plenty of activities and to be social risk-takers.

7. Develop self-help skills. Successful students are often well-organised, self-directed and self-motivated. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are more likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you'll find that the rest will fall into place.

