



# Sutherland North Public School

Grounds to Grow

Schooltalk – 8 May 2013

## Principal's Message

Leanne Noon

### Mother's Day Stall

Tomorrow **Thursday 9 May** is the Mother's Day Stall. All gifts will be \$5. Thank you so much for your support. The Fundraising Committee is also holding a Guessing Competition with some fantastic prizes including overnight accommodation in a Bayview Suite for 2 adults & 2 children at the Novotel Brighton. Happy Mother's Day to our fantastic mums.

### P&C Meeting

Parents are invited to attend the P&C meeting next Wednesday 15 May at 7.30pm. There will be further discussion about the OOSH Before and After School Care service. I would encourage any parents who use the OOSH service to please attend the meeting. We look forward to seeing you tonight.

### National Assessment Program – Literacy & Numeracy

NAPLAN tests will be held on 14-16 May 2013 for students in Years 3 & 5. For further information about NAPLAN see <http://www.nap.edu.au/>

### Ethics Classes

We have now established sufficient demand for Ethics classes at Sutherland North. Primary Ethics will need volunteers to help organise and to teach. We have a parent who has volunteered as our Ethics Coordinator to liaise between the school and Primary Ethics and one parent who has volunteered to be an Ethics teacher. We will need one teacher for each group. If you are interested in being an Ethics teacher at our school, there is more information and you can apply online at [www.primaryethics.com.au](http://www.primaryethics.com.au). For general information about Ethics classes and Primary Ethics, please visit [www.primaryethics.com.au](http://www.primaryethics.com.au) or email any questions to [info@primaryethics.com.au](mailto:info@primaryethics.com.au)

### Opportunity class placement for Year 5 entry in 2014

Parents seeking opportunity class placement for Year 5 entry in 2014 are required to submit an application by Friday 17 May 2013. Generally students are in Year 4 in 2013 when applying for Year 5 entry in 2014. Parents of students currently enrolled in a

NSW public school with access to the internet, a printer and their own email address (not the student's) should apply for opportunity class placement online by going to the <http://www.schools.nsw.edu.au/ocplacement> Online applications opened on Monday 29 April 2013. All other applicants must complete an official printed application form. Application packages will be available in schools from 6 May 2013. Application forms whether submitted online or lodged with the principal should be received by the school by Friday 17 May 2013.

## Diary Dates

### May

**Wednesday 8**

1.30pm Triple P Positive Parenting Program

**Thursday 9**

Mother's Day Stall

**Tues 14 – Thur 16**

NAPLAN

**Wednesday 15**

7.30pm P&C

**Wednesday 22**

1.30pm Triple P Positive Parenting Program

### June

**Wednesday 5**

Science Competition  
1.30pm Triple P Positive Parenting Program

**Thursday 6**

10am Kindergarten 2014 Parent Information Meeting

**Thursday 13**

1/2 day Junior Choir Rehearsal

**Tuesday 18**

1/2 day Senior Choir Rehearsal

**Wednesday 19**

School Photographs  
7.30pm P&C



## Kindergarten Enrolments 2014

We are now accepting enrolment applications for 2014. Any school families with pre-schoolers turning 5 years by 31 July 2014 and are ready for school are eligible to enrol. If you have family, friends or neighbours interested in enrolling at Sutherland North, please encourage them to enrol soon, so that plans for transition to Kindergarten can be developed. There will be a Kindergarten 2014 Information Meeting at 10am on Thursday 6 June for interested parents/carers. We will also be holding a *Starting School* information session for parents at 7.30pm on Tuesday 23 July, 2013. Our Kindergarten Transition activities for the children will be held in Term 4.

## From the P&C President

I wanted to include a note in this week's newsletter to make sure the community understands some basic facts about the recent events surrounding the OOSH service. This is from the perspective of the P&C.

On 3 April 2013, the Sutherland North P&C arranged a special meeting to discuss the current OOSH service and to vote on whether as a community, we support putting the OOSH service out to tender. Due to the expiration of the licence for the existing service, the school had the opportunity to formalise the arrangements for the provision of the service for the next licence period. The process itself is run by the Department of Education & Communities, however they need to know whether the school community supports putting the service to tender.

At the meeting on 3 April 2013, after much discussion, the parents who attended unanimously voted to support putting the service to tender. This was not a vote as to whether we wish to remove the existing providers, as the existing providers are able to re-apply for the licence through the tender process. It is important that the community understands the P&C's involvement was limited to collating the views of the community attending the 3 April 2013 meeting.

I trust you will all support the school during this time, and please be assured, the staff at Sutherland North and the P&C Executive have nothing but the best interests of your children in mind. We look forward to seeing you all at the next P&C meeting on Wednesday 15 May where we will provide further details of the process for those parents who wish to keep up to speed with this.

Brandon Lewis P&C President

## Fundraising News

A big **thank you** to everyone who participated and assisted with our Easter Fundraising efforts and **congratulations** to those of you who won, one of the great Easter Baskets and of course our Colouring Competition winners. Term 2 will see our Mother's Day Stall and Guessing Competition as well as the return of the Spare Change Classroom Challenge. Children are asked to donate their spare coins with a prize at the end of Term 3 for the winning class. Please continue to support our school by participating in our fundraising events. Many thanks The Fundraising Team!

## Position Vacant

We are looking for a suitably qualified and experienced child care assistant to work 5 afternoons per week between 3pm & 6 pm at Sutherland North School. Please submit a 1 page expression of interest to the Principal by Friday 10 May if you are interested. This is a casual position.

## Important things to do this week.....

- ✚ Attend the Triple P Positive Parenting Program
- ✚ Organise your child's winter uniform
- ✚ Send in \$5 for a gift at the Mother's Day Stall
- ✚ Volunteer as an Ethics teacher
- ✚ Collect Woolworths Earn and learn points




## Assembly Awards - Term 2 Week 1

Award		Student Names		
Principal's Award for Kindness		Hayden F Yr 5		
Winning Class - lines		1DG		
Infants Sport		Summer C 2/3, Kalan N Yr 2		
Class	Student of the Week	Class Awards		
KK	Darcy J	Liam N	Tamara G	
KP	Tara A	Lauchlan C	Emily H	
1DG	Hayden S	Holly M	Ethan M	
1M	Ellani D	Kasey R	Madi H	
Yr 2	Jack K	Lara T	Leo M	
2/3	Alexander J	Mackenzie R	Brayden S	Dylan C
3/4	Olivia H	Desharn D	Jazzmine M	Harrison M
4/5	Tom N	Isabelle B	Emily S	Scarlett H
Yr 5	Christopher G	Lily M	Hayden F	Damian K
Yr 6	Jeremy S	Alana D	Jack D	Miah N

# The Jannali High School

## PRESENTS




Book, Music and Lyrics By  
JIM JACOBS and WARREN CASEY  
BY ARRANGEMENT WITH ORIGIN™ THEATRICAL  
[www.origintheatrical.com.au](http://www.origintheatrical.com.au)

### Thursday May 30th, Friday May 31st and Saturday June 1st

**@7 PM**

TICKETS: ADULT \$15, CONCESSION \$10, FAMILY (2+2) \$45  
FOR TICKETS PHONE 9521 2805



## Canteen News

Please check the roster to ensure the Canteen is open before sending in a lunch order. Thank you to the parents who have volunteered their time this term. Additional volunteers are very welcome. Please call Nicole Mogensen on 0402349631 if you can assist. Thank you from the Canteen Committee.

## Canteen Roster Term 2

	Monday 10.30am – 2pm	Tuesday 1pm – 2pm	Wednesday 10.30am – 2pm	Thursday 1pm – 2pm	Friday 10.30am-2pm
Week 2				9/5 Cathy Whittingstall	10/5 Nicole Mogensen Lisa Brooks
Week 3	13/5 Mien Tze Ng	14/5 Jo Hunnisett	15/5 Rachel Graham	16/5 Lindsay Smith	17/5 Phyllis & Ian Elton
Week 4	20/5 Elisa Fulton Kate O'Brien	21/5 Jane Murray	22/5 Anne Davies	23/5 Leanne Pullen	24/5 Monica Brabant Victoria Parsons
Week 5	27/5 <b>NEED HELP</b>	28/5 Anita Oze Jean Barrett	29/5 Cathy Whittingstall	30/5 Katrina Briancourt	31/5 Phyllis & Ian Elton
Week 6	3/6 Mien Tze Ng	4/6 Jo Hunnisett	5/6 Rachel Graham	6/6 Jane Murray	7/6 Monica Brabant Jennifer Swan
Week 7	10/6 <b>PUBLIC HOLIDAY</b>	11/6 Jean Barrett	12/6 Anne Davies	13/6 Lindsay Smith	14/6 Nicole Mogensen Emma Hall
Week 8	17/6 Jemima Jupp	18/6 Anita Oze Natalie Skinner	19/6 Rachel Graham	20/6 Leanne Pullen	21/6 Monica Brabant Jane Love
Week 9	24/6 Mien Tze Ng	25/6 Jo Hunnisett	26/6 Cathy Whittingstall	27/6 Katrina Briancourt	28/6 Nicole Mogensen Lisa Brooks

## Access to Public Dental Services for Children

The South Eastern Sydney Local Health District Dental Service has advised that all school children can access public oral health services directly through the Priority Oral Health program with a Medicare card. Parents seeking treatment for their children through the public health system can contact the Call Centre on 1300 134 226.





## What should I do if I can't make my appointment?

If you are unable to make your appointment please ring your local Public Dental Call Centre to cancel it and make a new appointment.

## What else should I know?

You should let the Public Dental Call Centre know if you change your address or phone number.

The Public Dental Service has the right to cancel your treatment if you fail to attend appointments during your treatment. If this occurs, please ring the Public Dental Call Centre so you can be reassessed.

To provide continuous care for your dental needs, the Public Dental Service uses a secure electronic database that is shared across dental clinics within each Local Health District.

### What is a dental emergency?

- Bleeding in the mouth that will not stop.
- Swelling of the face from a tooth infection.
- Recent injury to your teeth.

### What should I do?

- After hours you should go to your local hospital's emergency department.
- During working hours you should call your local Public Dental Call Centre.

## Tips to Care for Your Teeth

### Eat Well

- Enjoy a wide variety of healthy foods
- Avoid snacking on sugary and sticky foods between meals

### Drink Well

- Tap water is the best drink between meals and before bed
- Avoid acidic or sugary drinks between meals

### Clean Well

- Brush teeth twice a day with fluoride toothpaste, especially before bed

### Play Well

- Protect your teeth with a mouthguard or full-face helmet when playing sports

### Stay Well

- Have regular dental check-ups
- Avoid smoking
- Limit alcohol
- Exercise regularly



**Health**  
Centre for  
Oral Health Strategy

Further copies can be downloaded from NSW Health Website  
<http://www.health.nsw.gov.au/cohs/resources.asp>  
or ordered from Better Health Centre 02 9887 5450  
December 2011  
SHPN: COHs 110285

# PUBLIC DENTAL SERVICES



## WHAT YOU NEED TO KNOW



**Health**  
Centre for  
Oral Health Strategy

## Who can get free dental care?

Free dental care is available at NSW Public Dental Clinics for:

- All children under 18 years of age.
- Adults who hold one of the following Centrelink concession cards:



- Anyone listed on your card is also eligible for free Public Dental Care.
- **All patients must be eligible for Medicare and should have a valid Medicare card.**

### Don't forget the Medicare Teen Dental Plan

If your child is between 12 and 17 years of age they may be eligible for a voucher towards the cost of a preventive dental check at a private or public dentist. For further information please contact your local Public Dental Call Centre, or phone Medicare on 132 011.

## How do I access care?

Ring your local Public Dental Service Call Centre during the day.

Local Health District	Public Dental Service Call Centre Number
<ul style="list-style-type: none"> <li>• Murrumbidgee</li> <li>• Southern</li> </ul>	1800 450 046
<ul style="list-style-type: none"> <li>• Far West</li> <li>• Western NSW</li> </ul>	1300 552 626
<ul style="list-style-type: none"> <li>• Hunter New England</li> <li>• Northern NSW</li> <li>• Mid North Coast</li> </ul>	1300 651 625
<ul style="list-style-type: none"> <li>• Northern Sydney</li> <li>• Central Coast</li> </ul>	1300 789 404
<ul style="list-style-type: none"> <li>• South Eastern Sydney</li> <li>• Illawarra Shoalhaven</li> </ul>	1300 134 226 1300 369 651
<ul style="list-style-type: none"> <li>• Sydney</li> <li>• South Western Sydney</li> </ul>	02 9293 3333
<ul style="list-style-type: none"> <li>• Western Sydney</li> <li>• Nepean Blue Mountains</li> </ul>	02 9845 6766 or 1300 739 949 (Landline only)



Artwork by Students & Staff of the Wesley Art Program, Reiby Juvenile Justice Centre

## What happens when I ring?

The Call Centre staff will ask for your concession and Medicare card numbers.

The Call Centre staff will ask you questions about you and your teeth so they can either give you an appointment or place you on a wait list, depending on your dental need.

The appointment offered may not be at your closest clinic but it may give you the earliest appointment.

You can choose to go to your closest clinic but you may need to wait for an appointment.

## What should I do if I need an Interpreter or Aboriginal Liaison Officer?

Ask the Call Centre staff to arrange an interpreter or Aboriginal Liaison Officer or Health Worker at your appointment.

You can also use the National Interpreter Service on 131 450.

## What do I need to bring, and what happens at my first dental appointment?

You need to bring your current concession and Medicare cards to all appointments.

Your first visit will usually only involves a check of your dental needs. You may receive some dental care, but you should not expect your teeth to be fully fixed at your first visit.

## What happens next?

If you require further dental care, either you will be either given an appointment, be placed on a waiting list, or given a voucher, depending on your dental needs.

# INSIGHTS

by Michael Grose – No. 1 parenting educator



## It's called Mother's Day, not Parent's Day

*Mothering is different to parenting. Being a mum is emotional, instinctive and a job for life!*



There's a massive difference between being a mum (or dad) and being a parent.

'Parenting' is a twentieth century term that suggests that raising kids is a gender neutral activity. It's a managerial, almost scientific term that has given rise to a huge industry. In Western countries, millions of parenting books and magazines are sold each year, parenting columns appear in most newspapers, and new television series appear every year focused on the modern notion of parenting.

The problem is that when we refer to 'parenting' we tend to remove the heart and emotion from the task. We obscure the fact that it is mothers and fathers who are doing the child-rearing, rather than mere parents.

Parenting means different things to different people. For many people the term 'parenting' is code for behaviour management – particularly taming toddlers and their close cousins, teenagers. A broader and more thoughtful definition includes teaching kids positive values and attitudes, developing a range of skills that equips them for adulthood, and ultimately preparing kids to be parents themselves one day.

I often point out to audiences in parenting presentations how being related to our kids can stop us from being great parents. We all know how our neighbour's kids should be raised, but somehow it's harder to raise our own. That's because the hopes and dreams of motherhood (and fatherhood) can somehow get in the way of rational decision-making.

### Mothering is emotional and instinctive

And that's the thing. Being a mother is not always rational, as parenting is often made out to be. There is a great deal of emotion attached to the role of mother. This emotion drives you to fight hard to protect your children, work assiduously to right any wrongs on their behalf, and exhaust yourself looking after their physical and psychological well-being.

Being a mother is instinctive. In the information age we need to be careful we don't to deny the intuitive nature that mothers bring to their child-rearing. The nature of mothering infers nurturance, protectiveness and longevity. Mothering is relational rather than rational. You may grow out parenting by making yourself redundant but mothering is something you never grow out of. You are a mum for life.

### Kids want their mothers, not their parents

Kids of all ages say, "That's my mum!"

They don't say, "That's my parent!" (They may say that when they are annoyed or embarrassed by you, but that's another story.)

Boys and girls of all ages generally love their mothers unconditionally, whereas they merely put up with their parents, particularly during adolescence. They can live without their parents, or so they think, but deep down they know they can't live without the one person who has a blind spot for them, overlooking all their faults. That person, of course, is their mother.

When kids of all ages get into emotional difficulty or their life becomes too hard, they generally go looking for their mums. They only look for their 'parent' when they want some money, or want someone to get them out of a jam!

Raising kids is about mothering (and fathering) ... rather than parenting. That's why we have Mother's Day (and Father's Day) rather than Parent's Day.

I hope you have a good one!

*For ideas to help you be a great mum subscribe to Happy Kids my weekly email guide at [Parentingideas.com.au](http://Parentingideas.com.au).*