



Sutherland North Public School

School-talk – 20 March 2017



Relieving Principal's Message – Anne Minogue

Canteen

At the P&C Meeting held last Wednesday, it was decided that the management of the canteen would remain with the school. We are in the process of organising a new tender process which would allow the canteen to be open on Thursday and Friday from the beginning of Term 2. More information to come!

Ice blocks

Ice blocks have been quite popular this term! Thank you to our school leaders for their excellent organisation. The last day for the purchasing of ice blocks will be this Friday 24 March.

Interrelate

Interrelate is an organisation that has been teaching sexuality and relationship education in NSW schools for over 80 years. They have a reputation for non-discriminatory and open teaching on sensitive issues including sexuality, bullying awareness and respectful relationships. In August this year all students in Years 5 and 6 will participate in a program at school with Interrelate leaders and their class teachers. The programs are titled 'Minding Me' for Year 5 students and 'Moving into the Teen Years' for Year 6 students. Overviews are attached to this week's newsletter and more information will be distributed to the parents of Year 5 and 6 students early Term 3.

Parent/Teacher Interviews

School interviews will be held throughout this week and next in your child's classroom. Online interview bookings are now closed. If you have not made an appointment or are unable to make your arranged time, please contact your child's class teacher or the office.

Stage 3 Camp

The stage 3 camp to Berry Sport and Recreational Centre is fast approaching! Final information will be distributed next week. A copy of what to bring to camp is attached to this newsletter. Students will need to be at school no later than 8am on Monday 27 March.

Tell Them From Me (TTFM)

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the Tell Them From Me student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices. More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help improve how they do things at school.

Term 1

March

Monday 20 – Friday 31

Parent/Teacher
Interviews

Tuesday 21

Harmony Day

Wednesday 22

Easter Mufti

Monday 27 –

Wednesday 29

Stage 3 Berry Camp

April

Friday 7

Easter Hat Parade
Last Day of Term

Term 2

April

Monday 24

SDD – Staff Return

Wednesday 26

Students Return

Anzac Day Ceremony

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between Monday 3 April and Friday 7 April. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you do not want your child or children to participate, please return the form to school by Monday 3 April. Copies of the form and FAQs are available from: <http://surveys.cese.nsw.gov.au/information-for-parents>.

Sport News

Trials for the PSSA winter sports, soccer and netball, will be held on Friday 24 March and Friday 31 March (Week 9 & 10). Please ensure children are prepared with sport uniform, drink bottle and hat. Students trialling for soccer must also have shin pads. Mrs Te Puke will be coordinating netball and Ms Coates and Miss Maloy will be coordinating soccer this season. Round 1 of competition will commence in Term 2, Week 1 on Friday 28 April.

Mrs Anne Minogue
(Relieving Principal)

ASSEMBLY IS HELD ON THURSDAYS AT 12.30PM – ALL WELCOME

Assembly Awards Term 1 Week 8			
Award		Student Names	
Principal's Award		Liam S – 3F	
RFF – Mrs TePuke		Konrad S – 5/6S	
RFF – Mrs Rollason		Jayden K – 2B	
Library		Mia H – 1R, Mitchell B – 4/5M	
Primary Sport		Rizal P – 3F, Cheyenne R – 3F	
PSSA – Boys		Elliot M – 4/5M, Liam D – 5/6S	
Class	Student of the Week	Class Awards	
KK	Sean M	Audrey C	Talia G
KJ	Rashmi P	Ryan B	Maxwell P
1K	Harry P	Lucy H	Sasha Z
1R	Jesinta D	Keoni S	Kiara T
2/3E	Chloe M	Keleigh B	George G
2B	Kamm D	Shaya W	Henry T
3F	Mya L	Yuuna N	Isaac M
4C	Gabrielle H	Evie C	Lucas P
4/5M	Grace C	Mina W	Megan N
5/6M	Tyla C	Kiera D	Jack B
5/6S	Nikora W	Abbey W	Taylor L
Premier's Reading Challenge			
Abigail H – 5/6M, Antony H – 2/3E			

Positive Behaviour for Learning

This week, children will learn to be SAFE in the playground. They will learn to keep hands and feet to themselves, play with equipment carefully, follow teacher instructions, walk on the asphalt, and no hat means play in the shade.

Harmony Day

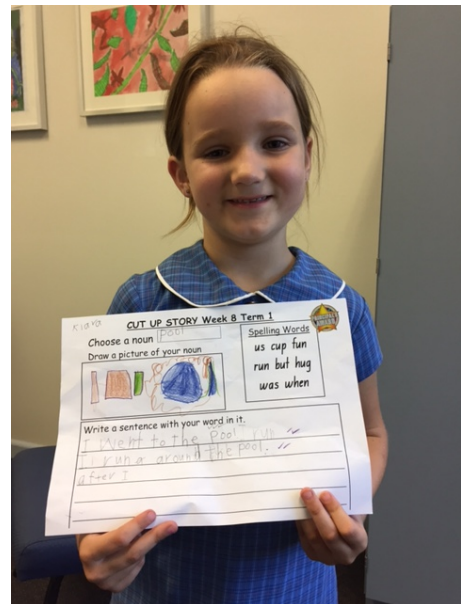
Don't forget Harmony Day is this Tuesday. Children will be completing activities in their classes, based on the theme, 'Everyone Belongs.'



Proudly Showing Their Work This Week



Kade in KJ



Kiara in 1R

Easter Celebrations

Mufti Day	Wednesday 22 March	Easter eggs to be brought in as payment.
Wrapping	Thursday 30 March	If you can assist in wrapping the Easter baskets, this will take place in the hall from 9.00am.
Raffle Tickets return	Monday 3 April	Please see the office if you would like some more raffle tickets.
Raffle drawn	Friday 7 April	Announced during the Easter Hat Parade.

Water Water Everywhere!

For science, 2B have been exploring water and with all the rain we have been able to make lots of observations. We have been experimenting outside to see what happens when it rains on different surfaces. Back in the classroom we set up a mini groundwater demonstration. We then used the iPads to make an ebook about water.



What to bring to Berry Sport and Recreation Centre

One piece of luggage, a sleeping bag and a small backpack is recommended per child. These should be clearly marked with your child's name, address and phone number. Remember, students will have to carry their own luggage so it's good to make sure it's not too big or heavy. Items needed for the trip should be packed in the backpack.

- Fruit break/snack for morning tea on Monday (packed in backpack)
- Shorts and t-shirts (no singlets, sleeveless tops or midriff tops)
- Jeans
- Jumpers and tracksuit pants
- Socks and underwear
- Raincoat
- Warm jacket
- Pyjamas
- Swimming costume and rashie/wet shirt
- Sunscreen, sun hat and sunglasses
- Two pairs of running shoes (one old pair to wear in the water)
- Toiletries, soap, lip balm and insect repellent (no aerosols)
- Two towels
- Pillow, sleeping bag (or small doona) and two single flat sheets.
- Day backpack
- Paper, pens or pencils
- Plastic bag for dirty or wet clothes
- Medication (if required – labelled with name, dosage and dispensing rate and given to Miss Maloy on the morning of departure for Berry)
- Handkerchief or tissues
- Water bottle
- Camera (optional) – **no other electronic devices permitted on the bus or at the Berry Centre.**
- Up to \$30 for souvenirs - optional (money in a sealed envelope with child's name – this will be collected and stored by staff after the departure for Berry)



Seasons for Growth

This is an eight-week program for children aged 6 to 12 years that have experienced grief and loss in their lives due to a significant change such as death, separation of parents or a natural disaster.

Children will learn:

- to understand and talk about the normal range of emotions experienced during major change, grief and loss
- how to build positive relationships with family and friends
- how they can participate in a caring and confidential network of peers and adults
- about resiliency
- how to plan for a realistic and hope-filled future

Monday, 4:00pm – 5:00pm

1 May | 8 May | 15 May | 22 May

29 May | 5 June | 19 June | 26 June 2017

Cost: \$50 per child

Venue: Caringbah Interrelate

**Address: 383-385 Port Hacking Rd
Caringbah**

Bookings Essential – Phone 8522 4408

Note: This program is developed by Good Grief and facilitated by Interrelate



MINDING ME

overview & Session Outline

“Minding Me” is a program designed to explore the value of good communication within families and relationships. It develops students’ skills to deal with emotional and personal safety issues.

It also provides students with a basic knowledge of male and female development at puberty, with an emphasis on developing a positive attitude to change.

Program Structure

- Two 90 minute sessions in class sizes of **25-35 students**.
- A variety of creative activities and teaching methods are used during the “Minding Me” program. These include: a workbook for each child; detailed visual presentations; class discussions; role plays; games and other activities.
- Interrelate ensures it is not only informative, but also an interesting and enjoyable learning experience.
- Student Cost: \$21.00 per student, includes student workbook (cost to the school, inclusive of GST, is \$23.10)

Objectives

- To develop mutual respect amongst the students.
- To explore the issue of conflict in friendships.
- To provide an opportunity for developing skills and strategies to deal with the emotional and personal safety issues involved in relationships with peers and others.
- To provide students with a basic knowledge of male and female development at puberty (including menstruation and wet dreams), with an emphasis on developing a positive attitude to change.
- To develop the students’ understanding of their right to privacy.

Session 1: Getting Ready for Change – Friends and Relationships

Content

- | | |
|--|---|
| <ul style="list-style-type: none"> • Introduction • Contracting • What is a friend? • Exploring feelings • Resolving conflict | <ul style="list-style-type: none"> • Practicing skill acquisition “Caring Me” • Friendship on the line • Conclusion • Goodbye |
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Session 2: Changes at Puberty for Boys and Girls

Content

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| <ul style="list-style-type: none"> • Opening • Introduction • Body parts – male and female reproductive systems • Physical changes experienced at puberty • Appropriate/inappropriate & protective behaviours | <ul style="list-style-type: none"> • Evaluations • Conclusion • Goodbye |
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YEAR 6

MOVING INTO THE TEEN YEARS

Overview & Session Outline

- *“Moving into the Teen Years” is a program designed to enhance self-esteem, consolidate previous sexuality and relationship education and help develop communication and decision making skills. Exploring a range of adolescent issues, this comprehensive program is designed for this important time in the lives of senior primary school students.*
- *Schools holding the program in Terms 1 & 2 have found that boys and girls have a greater understanding and respect for each other. This is reflected in their positive attitude for the remainder of the year and also prepares them for their transition into high school.*
- *Schools also find that the program is a valuable resource for running their Child Protection component. Students are more conversant with sexuality language and often show more maturity.*

Program Structure

- Four 90 minute sessions in class sizes of **25-35 students**.
- A wide variety of creative activities and teaching methods are used during the “Moving into the Teen Years” program. These include: a take home workbook to encourage parental involvement; detailed visual presentations; class discussions; written and verbal questions; games and other activities.
- At an age when talking about sex with adults can be embarrassing, Interrelate ensures it is not only informative but also an enjoyable learning experience.

Cost: **Standard Package \$37 per student**, includes student workbook (cost to the school, inclusive of GST, is \$40.70)

Premium Package \$44 per student, includes student workbook plus our very popular publication
 “100+ Questions Kids Have About Puberty” (cost to the school, inclusive of GST, is \$48.40)

Session 1: Who Am I?

Aims

- To relax students by acknowledging their discomfort or embarrassment and to get acquainted by initiating discussion.
- To set ground rules.
- To enhance students' self-concept by helping them to recognise their individuality and that being different is okay.
- To help students acquire knowledge of the basic physical differences between males and females, particularly in relation to their excretory and reproductive systems.

Content

- Introduction and opening
- Contracting/class rules and guidelines
- Establishment of concepts of individuality and uniqueness
- Physical differences between males and females – external genitalia and protective behaviours
- Excretory and reproductive systems of males and females
- Take home activities – booklet with letter for family; building self-esteem/strength exercises