



Mount Warrigal Public School

Kindness - Safety - Respect - Fairness

A quality school developing the individual in a caring community

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SCHOOL SECURITY 1300 880 021



Jodi Niedermayer
Principal

NEWSLETTER

7 September 2016

Term 3 WEEK 8 2016

Dear Parents, Carers, Students and Community,

Public Speaking Competition

At this week's assembly 2 students from each stage were chosen to represent their stage as finalist at our annual public speaking competition. Congratulations to all finalists:

Stage 1: Zaylee Hallet and Kalias Humpreys-Olive

Stage 2: James Maidman and Lara Twyford

Stage 3: Drew Hallet and Katarina Mrksic

Each student should be extremely proud of their effort, the content of their speech and the manner in which they represented themselves and their stages. It was a tight competition with, in some cases, only 1 point between each finalist. Congratulations to **Zaylee Hallet, James Maidman and Katarina Mrksic** who will go on to represent our school at the Lake Learning Community Public Speaking Competition held next Wednesday, 14th September at Lake Illawarra High School. We wish these students the best of luck and know they will represent our school proudly.

The Tell Them From Me - Parent Feedback Survey

It's not too late to complete this survey which will provide us with valuable feedback and information to support future planning. To access the survey, please click on the following link, or type it into your browser:

<https://nsw.tellthemfromme.com/4395mwps>

Each family that completes the survey will go into a raffle to win one of five \$20 vouchers for Oak Flats Bowling Club. If you complete the survey at home, please complete the slip on the following page and return to school. If you complete the survey here at school, sign in and your name will automatically be entered into the draw.

Book of the Month

If you are in our school, please check out the display near the canteen, showcasing some work samples from students across our school for August's Book of the Month, Mr Huff. Our classes have received their new text, *Stellaluna* by Janell Cannon. This book includes themes of friendship and acceptance and celebrating being different and the differences in others.

Father's Day Breakfast

Thanks you to Mrs Houston and the team for their organisation of the Father's Day BBQ that was held last Friday morning. It was a shame the weather meant we were unable to have some of the games planned but that didn't stop the many families who joined us. Thank you to all the dads and families who came. It was a great way to start the day and the Father's Day Weekend.

Father's Day Stall and Raffle

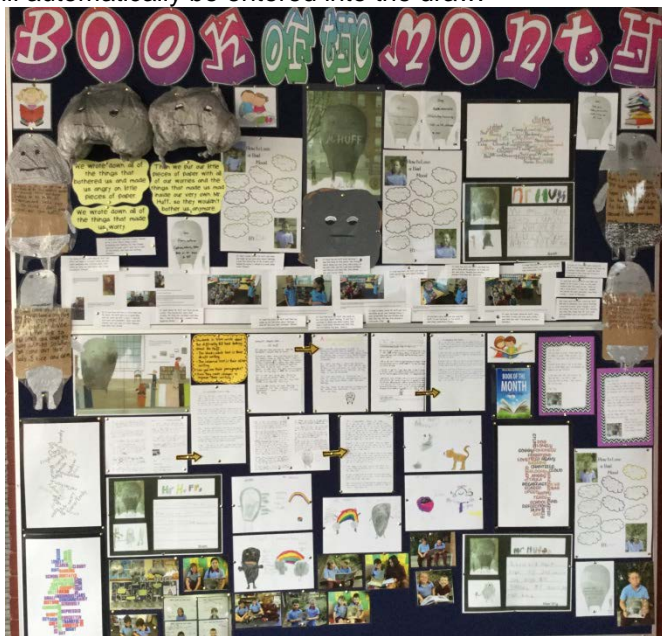
It is exciting to report that our P&C organised raffle and stall raised \$1310; a huge effort that will go towards supporting our students here at school. Thank you to all the members of the P&C who supported by gaining donations for the raffle, organising and volunteering their time at the Father's Day stall or supporting in some other way. Thank you also to our families for supporting these initiatives and we hope all fathers had a great day being spoilt on Sunday.

P&C Meeting – Change of date

Due to a number of clashes, our next P&C meeting will now be held on **Tuesday 20th September at 9.30am** in the Community Room. If you are not a part of our P&C, please don't hesitate to join us also.

Staffing Changes

During Week 9 and 10, Mrs Pomery will be taking some leave. Mrs Neaves will fulfill the role as Instructional leader, supporting our K-2 teachers and classes. Mrs Julie Debnam will teach KN during this time, with Mrs Neaves' support.



Student Safety

As you know, one of our main priorities is ensuring our students are safe. This week I reminded students not to enter or leave our school through the staff car park. Many vehicles enter and leave this car park at various times throughout the day, including delivery trucks and work vehicles, which pose a significant risk to students. I ask that parents encourage their children to walk through the foot gates available when dropping students off and to help our students learn by modeling this themselves.

I also ask parents, when on school grounds, to not use or enter the student toilets. This is a protective measure for all students at our school. If you require toilet facilities while at school, parents are encouraged to use the toilets in the hall or to come to the office for further directions to additional toilets. Thank you for your cooperation with this matter.

Concerns

From time to time you may have a concern regarding your child. If so, I firstly encourage you to speak with your child's teacher, or the stage supervisor (Assistant Principal) for your child's grade. Stage supervisors are: Mrs Neaves, Kinder to Year 2; Mrs Ford, Year 3 & 4; Mrs Kelly, Year 5 & 6; and Mrs Houston, Support Unit classes. If the matter cannot be resolved with the support of the classroom teacher or the Assistant Principal, you are then encouraged to make an appointment to speak with myself.

2017 Kindergarten and Preschool Enrolments

We are planning our orientation and transition visits for our 2017 Kindergarten and Preschool students, which will be held in Term 4. If you have not yet enrolled your child but need to, please contact our school office for an enrolment form.

Child Protection Week - "Protecting children is everyone's business"

This week is National Child Protection Week, which invites all Australians to play their part to promote the safety and wellbeing of children and young people. Last year over 35,000 Australian children were proven to have been abused or neglected. Talk to your children about keeping themselves safe and having a network of people who they can talk to about anything.

Kind regards
Jodi Niedermayer

Kids Helpline 1800 55 1800
Crimestoppers 1800 333 000

Tell Them From Me – Parent survey

I have completed the online Tell Them From Me survey and would like to go into the draw for the raffle.

Name: _____ Child/Children: _____ Signature: _____

Dates for Your Calendar

9 th September	Gymnastics FINAL PAYMENT DUE \$15
9 th September	5 & 6 Interrelate Session FINAL PAYMENT DUE \$20
14 th September	Public Speaking Finals at Lake Illawarra High School
15 th September	Choir Performance in Wollongong
20 th September	Interrelate Year 5 & 6
23 rd September	Last day Term 3
10 th October	Students return Term 4
18 th October	KINDERGARTEN 2017 -Teddy Bear's Picnic at 1.45pm
20 th October	Science Excursion - Stage 1
27 th October	KINDERGARTEN 2017 -Parent Information Session at 1.45pm
3 rd November	KINDERGARTEN 2017 -hands On learning Session at 1.45pm
8 th November	KINDERGARTEN 2017 -Healthy Lunch Session at 1.45pm

Choir Performance

SIMF Choir tickets will be sent home on Thursday 8th September so please check your child's bag.

The tickets are non-replaceable so please take care of them. Lost tickets cannot be reimbursed.

We cannot wait to perform in front of all of our family and friends on Thursday 15th September.

Term 4 Gymnastics Program **NOTE AND MONEY IS DUE by Friday 9th September**

During Term 4, Stage 2 & 3 will be involved in a Gymnastics Program run by School Gymnastics.

School Gymnastics is Australia's leading provider of in-school gymnastics programs with a firm reputation of providing programs of the highest quality, that are lots of fun. This program will run each Friday for 8 weeks during Term 4. Each class will receive a 40 minute lesson. The school will be supporting this fantastic program by funding over 50% of the total cost. Each lesson would usually cost each child \$4.00 but with our school subsidising part of the cost, each lesson will only cost \$1.85. The total cost for each student will be \$15.00 for an 8 week program. What a fantastic price!!!

Year 5 & 6 Interrelate Sessions

The Interrelate sessions, "Where Did I Come From" and "Preparing for Puberty" will be held at school on Tuesday, 20th September. **Permission notes and money are due to the office by 9th September (Thursday and Friday).** If you require a new note, please see your class teacher.

Thank you,
Annette Borilovic

"I Can" Achievements

K-2 children have three "I Can" goals they are working towards achieving: one for reading, one for writing and one for numeracy.

To complete their "I Can" goal the children must succeed on at least three separate occasions, putting stickers on their goals using self-assessment; peer assessment and finally teacher assessment. Once this goal has been achieved the teacher writes the next goal for the child to work towards.

Congratulations to the following students for achieving their 'I Can' statements over the last fortnight. We are very proud of your efforts.



Stare Gallery

Check out the artworks of these talented children in our current Stare Gallery.

- Lara Hilton KG
- Lexi Williams 3/4W
- Morgan Harris KN
- Jordan Spence 3/4W
- Lachlan Peacock KN
- Kalan Forbes-Ratliff 3-6E
- Tyler Jones 1V
- Shakira Cuzner 3-6E
- Seara De Sousa 1V

P & C News

There is a change in date for our next P & C Meeting it will now be held on Tuesday 20th September at 9.30am in the Community Rooms.

Thank you to the 23 families who supported our pie drive, we raised \$738.00 to go towards an air conditioning unit.

Father's Day Raffle Winners:

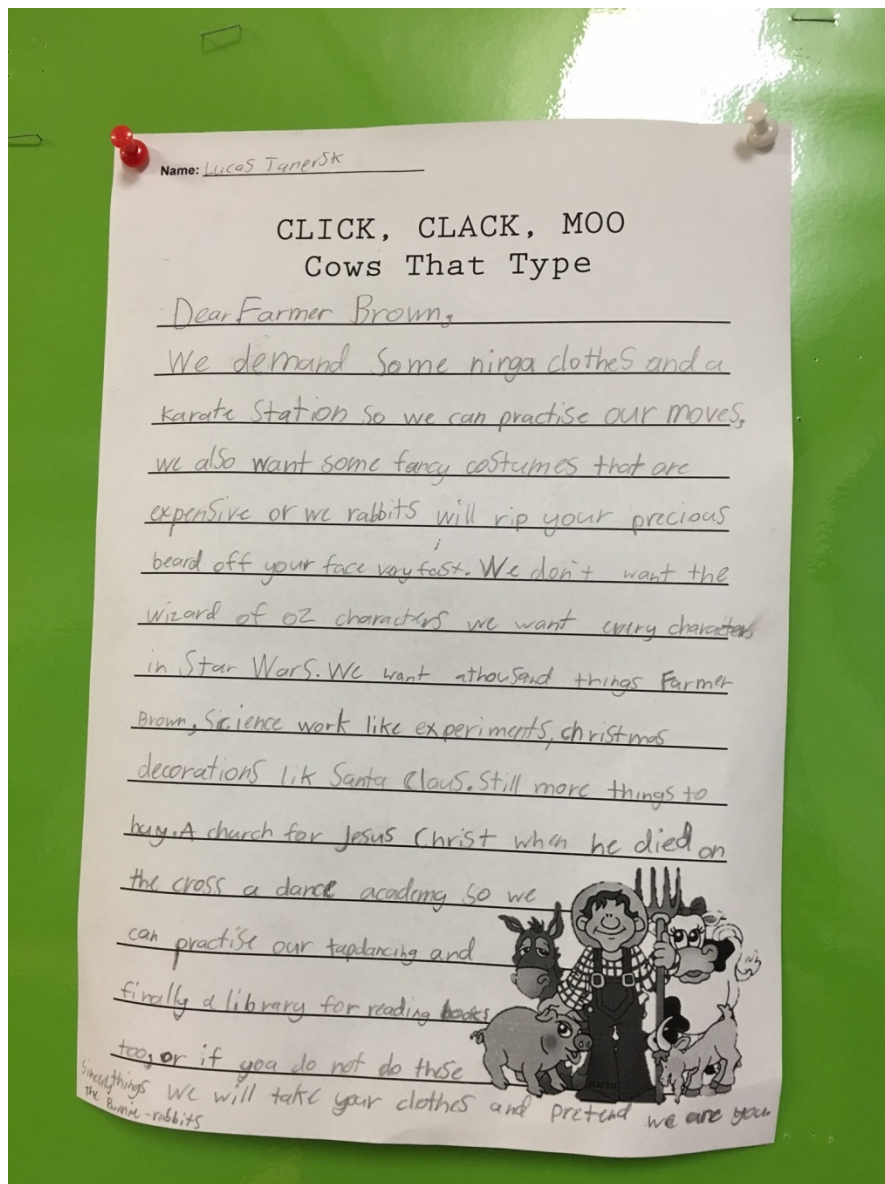
- Kade Haines – IV - \$100 Oak Flats Bowls Voucher
- Samantha Champion – 1/2P - \$50 Alchery Health Voucher
- Ethan Walker – 2/3L – CD and Malteses
- Lucas Tanevski – 1/2P - \$25 Port Pizza Voucher
- Polina Kotlyarov – Preschool – Broken Glass Voucher
- Spencer Blackburn – Preschool – All for Show Hair Voucher
- J Campbell – Preschool – Hair Cut Studio Voucher
- Harry Vrins – KN – St George Dragons Glasses
- Taylah Mason – Preschool – Super Cheap Car Cleaning
- Jordan Spence – 3/4W – Fruit & Veg Box

Congratulations to all of our winners and thank you to everyone who bought and sold tickets on our raffle. We would also like to thank all the lovely businesses who donated and to Sam Peever for collecting all of the donations.

Thank you also to the following mums who helped the children choose their gifts for dad from our Father's day Stall; Melanie Stockfeld, Brenda Fletcher, Chantel Garnsey, Jodie Welland, Debbie Harris and Dorothy Cross.

Written By Us

Congratulations Lucas Tanevski.



Why effective learning starts with a good night's sleep

By Jenny Brockis

Sleep is an active phase of the learning process, which is why as parents the single most important thing we can do to help our kids be more effective learners is to ensure they get enough sleep.

During sleep the brain is very busy replaying the day's activities extremely fast, picking out the key items it believes are most relevant for long-term storage in our memory banks, and tossing out the rest.

The amount of sleep children require varies with age and they require more sleep than adults. In primary school the recommendation is between 10 and 11 hours per night. High school students need around 9 hours to function at their best. The challenge is how to fit everything into the school day along with homework and extra-curricular studies such as sport, music and drama, have enough down time to chill and relax *and* get enough sleep.

The best way to learn anything is to study the topic hard for a period of time and then go to sleep for 8 hours. While this may not be practical in our everyday lives, the principle is pay attention to what needs to be learned and then use sleep to consolidate memory and deepen the understanding of the subject.

Talking with your child can help them understand why sleep is so important, not just to help with their studies but also to manage their emotions more easily. Anxiety or worry about academic performance, friendship issues and generally keeping up with everything can interfere with sleep, as can receiving text messages or snap chats during the night.

Helpful tips to assist your young person to get enough sleep

1. Keep to a regular sleep schedule for both going to bed and getting up. It can be tempting to sleep in over the weekend, but while getting an additional hour or so can be helpful to pay off some sleep debt, spending longer than that is counterproductive as it further disrupts the normal sleep pattern.

2. If they are tired, suggest kids start going to bed 10 - 20 minutes earlier each night. It may not seem like much but can quickly start to make a difference to daytime alertness and wellbeing in just a few weeks.

3. Encourage daily physical activity. Some kids are naturally sporty but if your child dislikes exercise, suggest they go for a daily walk for 20-30 minutes or engage in an activity such as dancing. Movement primes the brain for better learning, reduces stress hormones, enhances mood and wellbeing and helps us all sleep better.

4. Many young people use their mobile phones as an alarm clock. If so, they can switch it to silent so messages from friends won't wake them during the night. Or buy them a clock so they don't need their phone at all.

5. There are a number of apps such as f.lux that will change the display light on computer screens to yellow, which doesn't impact the brain disrupting sleep patterns.

Sleep is essential to better brain health and performance, which is why getting enough sleep is never negotiable.

Dr. Jenny Brockis is the Brain Fitness Doctor. She speaks and writes about brain health and performance. Her new book Future Brain: The 12 Keys to a High Performance Brain is available online and at all good bookstores. www.drjennybrockis.com

Do you have a passion for improving the lives of children and young people?

Become a foster carer
📞 1300791677 🌐 mackillop.org.au/fostercare



MacKillop Family Services



PETERBOROUGH FOUNDATION INC
FUNDRAISING EVENT OF THE YEAR!

TRASH N TREASURE

SATURDAY 10TH SEPTEMBER 8.00AM - 2.00PM
PETERBOROUGH SCHOOL - SCHOOL HALL - William Ave, Warilla

FOR SALE: Pre-Loved Books, Clothes, Shoes, Household Goods
Breakfast and Lunch - BBQ Egg & Bacon Rolls, Sausage Sandwiches & Drinks

Smith's Hill High School
Gipps Street, Wollongong, 2500



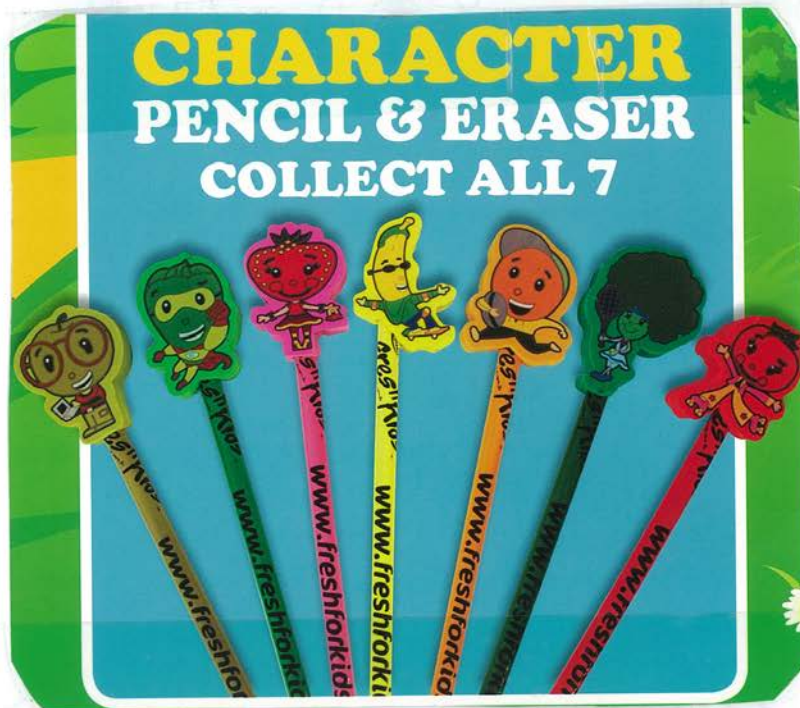
EXPO NIGHT

Wednesday 19th October, 2016
6.00 p.m. - 8.30 p.m.

Smith's Hill High School is a public selective coeducational high school catering for gifted and talented students.

Applications for Year 7 2018 close on November 14th 2016

Year 5 students and their parents may wish to take the opportunity to see the school with a view to applying for admission in 2018. Year 6 students who sat the entrance test for 2017 admission and their parents are invited to attend our Expo to view our facilities and programs. Phone enquiries directed to the school on 42294266.



*Available for
purchase from
the Canteen*

\$1.00 each

*Collect them all
While stocks last !!*