



Kahibah Public School

Positive Relationships for Positive Learning.

15th November, 2016

Web Page: www.kahibah-p.schools.nsw.edu.au

Phone: 4943 4501

STUDENT WEEKLY PROGRAM.....

Classes Begin - 9am and finish 3pm

Monday - Assembly @ 2.00pm fortnightly

Wednesday - Student Banking

Wednesday - Drum Lessons

Thursday - Music Lessons

Friday - Band & Music Lessons

Friday - School Sport

Canteen - open Fridays

Uniform Shop - open 8.35 - 9am Friday

WHAT'S COMING UP.....

- ♦ Tuesday, 15th Nov - P & C Meeting @ 7pm in the Library
- ♦ Monday, 21st Nov-Thurs, 24th Nov - Stage 3 Canberra Excursion
- ♦ Monday, 5th Dec- Yr 6 Farewell @ 6pm
- ♦ Thursday, 8th Dec - Presentation Day @ 10am

Principal's Report

Quality Work

Jessica L from 5/6C, Bella M from 5/6F and Edward M from 3/4K have completed the Indigenous Reading Project (IRP) and for the last 3 months they have had access to an E- reader and online library. Each student has worked hard to improve their reading and comprehension. Pre and post assessments indicate that not only have they improved their reading accuracy, fluency and comprehension but that they are all enjoying reading more than before too. Well done! Now that their post-test assessments have been completed and sent in, we wait to see if they will be able to keep the e-reader and access to the online library. Thanks also to the sponsors of the IRP.

Kindergarten students continue to work hard and as the year's end draws closer more students have achieved 100% completion of the Kindergarten sight word program. Congratulations to Lincoln G, Maggie G-S, Lennox H, Niamh McG, Kelsey O'D, Lucy P, Levi R & Kelan R from KS for this outstanding achievement.

Students in 2H wrote very convincing persuasive pieces of writing. The topic was, *It's better to be a child in the past than in our time*. Students decided upon the position they took, whether to agree or disagree and wrote accordingly. Well done to Joshua B, Koda C, Dylan O'D, Benjamin P, Ava R, Catherine S & Taya W for their persuasive pieces of writing.

Quality Behaviour

The following students have been recognised by a teacher for;

Huge improvement in reading – Luka W

Negotiating with others in the playground to ensure all people in the group have a great time playing together; real peacekeepers in the making – Leah C, Illyana D, Isabella F, & Evelyn S

Going 'above and beyond' as members of Kahibah Friendly Children (KFC) in supporting younger students to participate in sports activities during their lunch break – Tayla D, Annika H, Vai M & Georgie R

Sporting Achievements

Jet H from 3/4A, Sam M from 3/4A and Zac McD from 3/4K recently competed at Blacksmiths Beach in the Nippers carnivals. On Saturday the boys competed in the Junior category of the Kracka Ironman event where they completed a swim, run and board events. On Sunday they competed in the Lake Macquarie Games where the boys represented their respective surf clubs winning several medals between them in events such as surf swim, board relay, beach sprint and flags. A fabulous weekend was reported where the boys demonstrated wonderful comradery and sportsmanship.



Stronger Smarter Leadership Program

I was fortunate to be afforded the opportunity to attend the Stronger Smarter Leadership Program last week with a team of other principals and DoE employees. The Stronger Smarter philosophy honours a positive sense of cultural identity, and acknowledges and embraces positive community leadership, enabling innovative and dynamic approaches and processes that are anchored by high expectations relationships. High expectations relationships honour the humanity of others, and in so doing, acknowledge one's strengths, capacity and human right to emancipatory opportunity. This philosophy aligns with the Kahibah PS motto, *Positive Relationships for Positive Learning*. I look forward to having further conversations, listening and working together with the school community to embed strategies that continue to build positive relationships and support students in achieving their best.

Jump Rope for Heart

Well done to all the students who participated in the Jump Rope for Heart program and joined in the Jump Off Day last week on Friday. This was an opportunity for students to show off the skipping skills they have learnt and even raise a few dollars for the Heart Foundation. Thank you to Mrs Filipo for organising the event and for the families who supported the initiative by making a donation.

All payments need to be finalised by this Friday, 18th November.

Remembrance Day Assembly

On Thursday, 11th November, Kahibah PS held a brief Remembrance Day service at school. Lilly, Emma, Makenzie, Georgie, Vai, Darcy and Jack, from 5/6C did an excellent job of speaking at the service and KN made wreaths and poppies which were placed on the plaque in our Anzac garden. Students are to be commended for their respectful behaviour during the service. We thank Gary from Dudley War Memorial Trust who delivered a book *5,000 Awesome Facts* donated by LMCC in commemoration of Remembrance Day 2016. This book we will available for students to borrow from the school library.



2017 School Captains & Student Leadership Team

Parents, families and interested members of the school community are invited to attend our special assembly on Thursday 17th November at 10am where successful applicants will present a speech to the student body in an attempt to secure votes for a 2017 student leadership position. Years 2 to 6 and staff will then vote by ballot paper after the assembly.

Mrs Tripet's Special Assembly

One of our much loved, respected and valued School Learning Support Officer is retiring. Mrs Sue Tripet has been at Kahibah Public School since 1995 and has worked closely with many students, teachers, families and the Kahibah Community. To celebrate her retirement we are having a special assembly on Friday 18th November from 2-3pm in the school hall. We would like to invite you, present and past members of the Kahibah family, to attend. If you know of people who have left the school but who would like to attend, please let them know too.

WHS Yr 10 Service Learning Program

We look forward to having four Yr 10 students from Whitebridge HS join us from Monday 21st November until Friday 25th November for work experience. These students will have the opportunity to work in classrooms and experience a behind the scenes look at teaching to assist them in determining future career paths. It is always lovely to welcome back ex-Kahibah students and their peers for what we hope is a valuable learning experience. We hope Miss Kaitlin, Miss Layne, Mr Aaron and Mr Eli get a glimpse into this very worthy profession because it is teaching that creates all other professions. Welcome!

1-2-3 Magic Parenting Course

We trust that those parents that were able to attend yesterday's 1-2-3 Magic and Emotion Coaching program found it insightful and wish to remind parents that there are two more sessions on Monday 21st November and Monday 28th November from 6pm in the school library. This course aims to teach parents how to manage their children's difficult behaviour by using an easy-to-learn and easy-to-use signalling system.

School Bus Travel

Parents of school students who travel by bus will need to apply online for their School Opal card, which will be delivered in 2017. This includes parents who have children starting at kindergarten, moving from Year 2 to 3, starting high school, changing school or changing their address next year.

Parents and students who need to apply for a School Opal card can go to the website www.transportnsw.info/school-students

Parliament and Civics Education Rebate (PACER)

Next week, Stage 3 students from our school will undertake an education tour of the national capital. Students have the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government contributes funding of \$20 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate was factored into the cost to families and is paid directly to the school upon completion of the excursion.

We would like to thank the Australian Government for their support of this program and look forward to hearing about the students' experiences upon their return.

KidsMatter

Children & Grief

How grief affects children

Like adults, children experience grief when they lose someone or something they feel close to. A death in the family is particularly hard for children, but this is not the only time grief occurs. Other kinds of losses can also lead to grief reactions. These may include:

- the death of a family member, friend or pet
- separation of parents and family break-up
- change of schools or moving house
- loss of a friendship
- relocating to a new country
- having a disability or medical illness
- having a family member in hospital for a long time.

Children's grief reactions commonly include crying, being anxious, having bad dreams and clinging to parents or carers. Children may also show their distress by being angry, irritable, unsettled, or losing motivation for school and other activities. Sometimes children show their distress by behaving in ways you would expect from a younger child. For example, they might start wetting the bed at night, sucking their thumb, or using baby talk.

Children need support to cope

Children need lots of reassurance and support from caring adults to help them come to terms with a major loss. While grief is a normal reaction to loss, feelings of anxiety or sadness may be intense and long-lasting – especially if the child loses a primary carer, or if the loss occurs in traumatic circumstances.

How parents and carers can help

- Acknowledge children's feelings
- Explain what has happened in plain language
- Maintain routines
- Talk about your feelings
- Get your own support
- Let the school know

This information is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au

Organisation for 2017

Thank you to the families who have already contacted the school informing us of their plans for 2017, which will impact on your child's enrolment with us. Again, if you know that you won't be returning to Kahibah PS next year or have some leave planned for 2017, please advise the front office.

Mrs Honi Faasisila
Kahibah Public School
Principal

Kahibah PS Canteen Roster - Term 4, 2016

ALL HELPERS REQUIRED BETWEEN 8.35* to 11AM

*If you can not start until 9am due to child drop-off that's OK, just let Dee know so other helpers can be advised.

1 helper can finish at 11am / 2nd can finish after lunch service at 11.50am / minimum of 2 required until close

If not indicated below it can be determined on the day who would like to finish early as needed

Friday 11th November	Friday 18th November	Friday 25th November	Friday 2nd December
Ange Grujovski	Erin Drelincourt	Jen Woodhead	Mel Egan
Sue Leask	Heather McClenahan	Delma Morgan (from 9am)	Michelle Nicholls
Kim Scott (9am- 12 noon)	Penny Blok (11am finish)	Mel Egan	Jules McDougall
Lou White	Suzy Wall	** HELP NEEDED **	** HELP NEEDED **
Friday 9th December	Friday 16th December	SCHOOL HOLIDAYS	
Peta Forder	** HELP NEEDED **	THANK YOU for supporting our canteen... It wouldn't exist without you!	
Brooke De Iuliis	** HELP NEEDED **		
Mel Langton	** HELP NEEDED **		
** HELP NEEDED **	** HELP NEEDED **		

Fridays are fun! We'd love to see YOU on the roster... ALL Welcome!

Please contact Dee Darney on 0434 000 965 if you are able to fill any of the above spots.

IMPORTANT MESSAGE REGARDING MEDICATION

Kahibah Public School follows the Department of Education (DoE) policy on medication in schools.

Unless a medication is prescribed by a doctor, or is listed as part of an action plan (for example an Asthma, Epilepsy, Allergy, or Anaphylaxis plan) signed by your specialist or GP, the staff at Kahibah Public School are not allowed to give it to the students. This includes non-prescribed medications such as antihistamine, paracetamol and ibuprofen that are bought over the counter at the pharmacy or the supermarket. Complementary medicines such as herbal remedies can not be administered by staff. All medications supplied to the school must be in their original packaging and have a pharmacy label which states the child's name and the dosage. Webster Packs should be used whenever possible.

The DEC policy on medication is available on our website or through the link:-

<http://www.schools.nsw.edu.au/studentsupport/studenthealth/individualstud/adminmedicine/>

Kahibah Public School has examples of plans from doctors that cater for prescription and over the counter medications. If you are unsure or would like to discuss the use of medications during school time please contact the office.



Kahibah Season 2017

U9, U10 and U11 Development Stream Trials

The Kahibah Football Club Pathways strategy is in place to allow our children of all ages to develop a love for Football and to be the very best that they can. The Pathways strategy is established to allow children to participate in community Football, whilst also providing the opportunity to mature in a Football Development Stream.

At this time Kahibah Football Club invites all interested players in the above age groups to trial for Development Stream teams.

The club are confident in fielding multiple teams in each age group and will endeavour to allocate teams where numbers allow to give as many children as feasible the opportunity to play and develop in the Development Stream competitions.

Current Kahibah Development stream children are only required to attend one of the 2 days. Of course they are welcome to attend both trials if they wish. If your child is not currently in the Kahibah Development stream and is unable to attend both trials, please contact us know and we will endeavour to make alternate arrangements to assess them.

Dates

Friday 18th November 2016 at Andy Bird Oval, Kahibah

U9's and U11's 5.30pm U10's 6.30pm

Friday 25th November 2016 at Andy Bird Oval, Kahibah

U9's and U11's 5.30pm U10's 6.30pm

U9 U10 U11 (Please circle age group for 2017)

Name	
Date of Birth	
Email	
Phone	
Previous Club	

Andre Gumprecht and Mat Moncrieff

kahibahfc@outlook.com

School Banking Rewards Program

Some great 2016 & 2015 rewards are still available!



Outback Pat Bag Tag



Wriggly Glow Worm



Bush Fly Fan



Intergalactic Rocket



Outer Space Savers Money Box



ET DVD

All reward items are only available while stocks last

Name: _____

Class: _____

Student ID: _____

I would like to redeem 10 tokens for a:

- ☐ Outback Pat Bag Tag
- ☐ Wriggly Glow Worm
- ☐ Bush Fly Fan
- ☐ Intergalactic Rocket
- ☐ Outer Space Savers Money Box
- ☐ ET DVD

Host an Exchange Student in 2017!



Do you have a spare room? World Education Program (WEP) Australia, a non-profit student exchange organisation is looking for volunteer host families to host an overseas exchange student!

- See Australia through the eyes of a non-Australian
- Visit new places and re-visit old favourites
- Teach our local customs and language
- Gain a new family member and friend for life
- Have lots of fun!

Students are arriving in February 2017 and are looking forward to learning about Australia!

Meet some of our students!



Hello, I'm Anna from Italy. I can't wait to come to Australia! I am very sporty and I enjoy dancing, particularly hip hop. I also enjoy playing volleyball. In summer my family and I spend time together bike riding and hiking. Being outdoors in the open space in the lake, sea and mountains is something I really love!

Olá, I'm Tomas from Brazil. Here's a bit about me! My favourite sport is indoor rock climbing and I enjoy skateboarding. My brother has also been to Australia on a WEP student exchange and I am excited to have the same opportunity. While I am learning all about Australian culture, I am looking forward to sharing mine too!

Hi! I'm Diletta from Italy. I always look on the bright side of life! I am sporty and until recently I was involved in diving competitions. My parents run a restaurant and I often work there over the summer holidays. Sometimes I cook dinner for my brothers and I can bake delicious cakes!

Find out more! Request a free information pack for your family!

text "hosting" to 0428 246 633 info@wep.org.au www.wep.org.au



World Education Program Australia Limited
WEP Australia ABN 82 098 289 897
A NON-PROFIT STUDENT EXCHANGE ORGANISATION
REGISTERED/APPROVED BY THE EDUCATION DEPARTMENTS/REGULATORY
AUTHORITIES IN NEW SOUTH WALES, QUEENSLAND AND VICTORIA.

LOWES

SHOP & SAVE FOR CHRISTMAS

EXCLUSIVE 1 DAY OFFER TO ZERO & REWARDS CARD HOLDERS

20% OFF SCHOOLWEAR AND EVERYTHING ELSE



THURSDAY 17TH NOVEMBER INSTORE & ONLINE

AVAILABLE INSTORE & ONLINE

*Cannot be combined with other offers or discounts. Floor stock only. Styles and colours may vary from store to store. No rain checks. Please choose carefully, exchanges and refunds only with docket. Includes existing 5% discount. Excludes gift cards. Offer ends midnight (AEST) 17/11/16. Must use Zero or Rewards card to receive discount.



Nutrition Snippet

The simplest way

...to add veg to the dinner plate.

Boost the vegetable content of the evening meal with these quick and easy additions to the dinner plate.

Serve a mixed salad with a lean meat accompaniment, going for plenty of variety in the colour of the salad ingredients.



Grate extra veg into mince-based dishes.

Add a rainbow of different coloured vegetables to a stir fry.

Serve homemade pizza, reducing the meat content and loading up the veg.

Blend vegies into sauces.

Add other root veg to mashed potato, such as pumpkin and sweet potato.

For more information visit
www.eatittoBeatit.com.au
or join us at [facebook.com/eatittoBeatit](https://www.facebook.com/eatittoBeatit)



Massive Toy & Ham Raffles

Sunday 13 November & Sunday 20 November

Ticket sales 11.30am • Draw starts @ 12.30pm

63 Kenilbea Avenue, Kahlabah P: 4943 2987 E: info@kahibahsports.com.au W: www.kahibahsports.com.au

For a chance to win delicious hams & awesome toys for Christmas
\$1,000 worth of toys each week



Earn your school \$200!

Sell your property with Teresa Heighington of Ray White Newcastle and we will donate \$200 to your school.

Teresa specialises in property in the Newcastle & Lake Macquarie Region.

Mobile—0438 637 513

Email—teresa.heighington@raywhite.com

Ray White.



MEREWETHER SURF LIFE SAVING CLUB REGISTRATIONS FOR NIPPERS 2016/17 SEASON

Although the season has started (Sunday 16th October 2016)
and concludes Sunday 26th February 2017

THERE ARE STILL SPOTS AVAILABLE IN ALL AGE GROUPS

Registrations are completed online for current and new
members - please visit:

www.merewetherslsc.com.au

Merewether Nippers aims to develop social and physical skills in children, whilst providing age appropriate surf education. We hope that this will assist children in safely enjoying our wonderful Australian beaches. The emphasis in younger age groups is on fun, friendship and education, however many children may also develop an interest in the competitive aspect of Nippers and go on to represent our club in future years. There is a great sense of community within the Merewether Nippers Club, for both children and their families.

Come and join us...it's not too late!!!

www.merewetherslsc.com.au Select Juniors/Nippers from left side menu
<https://www.facebook.com/MerewetherNippers/>
<https://merewetherslscjuniors.teamapp.com/>



HERITAGE MEAT CO.



P: 4920 9017 E: heritagemeatco@gmail.com

A: 8 Glebe Street Kahibah NSW 2290

**\$5 IS DONATED BACK
TO YOUR SCHOOL**
FROM EVERY PAIR OF SHOES PURCHASED

The Athlete's Foot
SCHOOL REWARDS PROGRAM

CHARLESTOWN
(02) 4942 1848

GLENDALE
(02) 4954 4820

KOTARA
(02) 4956 2477

MAITLAND
(02) 4933 1288

theathletesfoot.com.au



Trolls – The Movie

Come along to a family-friendly event to support the amazing work the DANII Foundation do; amongst other things they are providing 2-week trials of safe and proven technology (CGM) to Type 1 Diabetics.

Where: Metro Cinemas Lake Haven

When: Sunday 4th December 2016

Time: 11am – 3pm

Cost: \$20 per adult, \$15 per child

\$60 family (2a/2c)

To purchase your tickets follow the link:

https://dbt-euzlr.formstack.com/forms/danii_foundation_family_movie_day_2016

There will be market stalls, face painting, CupCakes, raffles and gift bags!!!

For more information Contact Catherine on 0412 239 298
or Debbie on 0417 678 800



It is estimated that
"Dead in Bed Syndrome"
accounts for between
4.7 and 27.3% of deaths
to Type 1 Diabetics

Help us develop

Lake Mac Walks



**We would like your help to
identify important linkages
to improve walking opportunities in our City**

Getting connections right is an important step in increasing access to open space and other key services by walking. We need your help mapping existing connections. While you're there, tell us where you'd like to see a new walking link.

Get
involved!

Map your walk online at

haveyoursaylakemac.com.au/lake-mac-walks

Your suggestions will help us prepare the City's Active Connection Network.

For more information visit

haveyoursaylakemac.com.au/lake-mac-walks

4921 0333

