



# Kahibah Public School

***Positive Relationships for Positive Learning.***

1st November, 2016

Web Page: [www.kahibah-p.schools.nsw.edu.au](http://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.....***

- ♦ Mon, Tues & Wed November 7, 8 & 9th - Life Education
- ♦ Friday November 11th - Jump Rope for Heart Jump off Day
- ♦ Tuesday November 15th - P & C Meeting @ 7pm in the Library
- ♦ Monday December 5th - Yr 6 Farewell
- ♦ Thursday December 8th - Presentation Day

## ***Principal's Report***

### ***Quality Work***

Kindergarten students have been working hard and as the year's end draws closer some students have already achieved 100% completion of the Kindergarten sight word program. Congratulations to Sienna E, Hendrix F, Blake H, Stella I, Taylan R & Lucas S from KS for this outstanding achievement.

Recently students from 3/4K shared their Tyburn poems with me. A Tyburn Poem is a six-line poetic form where the first four lines consist of just a single, two syllabled word each that all rhyme. Line 5 has nine syllables, with the fifth to eighth syllables using the words from lines 1 and 2. Well done to; Ellie C and Emerson P who wrote a poem about Earrings; Zac McD and Lucy P who wrote a poem about Swimming; and Jordan V and Jack W who wrote a poem about Soccer. The class has moved onto embedding similes within their poetry as they compose poems describing the features of their imaginative monsters. Keep up the great work, 3/4K!

Congratulations to Zac McD from 3/4K who won the Primary division of The ATOM Photo Comp; which is an initiative of Australian Teachers of Media (ATOM). It provides Australian and New Zealand primary and secondary-school students with the opportunity to submit a set of three (3) photographs adhering to a theme, and win fantastic prizes in the process. The theme for this year's competition was A Sense of Place. To see Zac's winning entry entitled *Surf*, go to <http://atomphotocomp.org/2016-primary-entry/surf/> Outstanding achievement, Zac!

### ***Quality Behaviour***

The following students have been recognised by a teacher for;

Contributing to class discussions during Geography lessons and confidently using pictorial maps to find places - Sonny K, Maya P & Juliette R

Taking extra care with her handwriting and general neatness in all areas - Niamh McG

Demonstrating care and concern for a younger student - Aaron H

Being fantastic student mentors teaching split strategy to others - Zac D, Jye K, Kevin T, Mia T & Fynn W

Being wonderful emcees at the Grandparents Day assembly; each speaking clearly and confidently in front of a large audience - Nate C, Isabella F, Annabelle H, Jye K & Willow W

Being enthusiastic helpers when assisting with the technology and sound system for the Grandparents Day assembly, ensuring the event ran smoothly - Kobe K, Aaron H

Being organised with the technology and sound system that was used on Kindergarten Orientation Day, ensuring the session ran smoothly - Jack W

### Sporting Achievements

Congratulations to both Fynn W from 2D and Ava R from 2H who competed at the NSW State PSSA Athletics carnival in the 8 years 100m at Homebush last month. Fynn placed 8th in his heat and Ava won her heat, placed 3rd in the semis and 7th in the finals. A tremendous effort from both athletes who were up against the best in the State!

### Pink Ribbon Raffle

Through the sale of raffle tickets for the beautifully crocheted blanket, Lillian and her friends were able to raise a further \$114.50 taking the total to over \$1000 for the month of October for the National Breast Cancer Foundation. Thank you again, Sonia for your kind donation and congratulations to our lucky winner Mrs Susan Tripet.

### Kindergarten Orientation

It has been lovely welcoming our 2017 Kindergarten students to our school over the last few weeks as they have had a little taste of big school and hopefully enjoyed meeting their Year 4 buddies and some of our teachers as they participated in a variety of classroom activities. Thank you to the staff members and current 2016 Kindergarten parents, who assisted in the organisation of the morning and the serving the morning tea. We look forward to our 2017 Kindergarten children and their families joining us again in the new year.

### Grandparents Day & Book Fair

Thank you to all the grandparents, friends and family members who were able to join us for our special Grandparents Day and Book Fair. Much positive feedback was received as students delighted the audience with their performances and public speaking skills and then opened their classrooms for visitors before visiting the Book Fair. Thank you, to all those who supported the Book Fair by purchasing a book for their grandchild/ren; with some families even generously donating books to the library. A special thank you to Mrs Tagaroulis and her team of school staff who organised the event and contributed to the smooth running of the morning.



### Selective High School Placement

Applications for students seeking placement in Year 7 at a selective high school in 2018 are available until 14 November 2016. All parents are expected to apply online and application information is available on the Department's internet at: [www.schools.nsw.edu.au/shsplacement](http://www.schools.nsw.edu.au/shsplacement) with a limited number of information booklets are available from the front office. Late applications will **not** be accepted.

### City Serve / Working Bee

Thank you to members of the Hunter Christian Church, members of the Belair Baptist Church and the P&C volunteers, who generously gave of their time to attend the Working Bee. I'd also like to recognise the donation of many of the materials used on the day by the Hunter Christian Church and the Belair Baptist Church, and the donation of the BBQ lunch by the P&C. The gardens and school grounds were recognisably tidier and the fresh coats of paint truly freshened up parts of the school. A sincere thank you!

### Whitebridge HS Year 5 Gifted & Talented Writing Workshops

Recently talented and interested Year 5 students, have been joining with students from other local primary schools when they recently attended Robotics, Rock Band, and Dance workshops at Whitebridge HS. This was a wonderful opportunity for some of our senior students to further develop their talents in a high school setting.

### **Lockdown Drill**

All schools must develop emergency management plans and ensure they are communicated and regularly practiced, so that staff and students are prepared in the event of an emergency. This week, all staff, students and onsite visitors participated in an Emergency Lockdown Drill. Well done to students for following teachers' directions and sensibly practicing this important process.

### **Life Education**

The 'Healthy Harold' Life Education van will be visiting Kahibah Public School next week. Life Education provides lessons across a number of areas - healthy lifestyle, safety, body knowledge and social skills, to name a few. All students are encouraged to attend these sessions that they not only greatly enjoy but learn important life skills.

### **Whitebridge High School Transition Programs**

Year 6 students that will be attending Whitebridge High School in 2017 have been participating in Transition to High School Programs in a variety of ways. Many students have been involved in Japanese classes offered on site at Kahibah PS, by a high school teacher, others visited the high school last week for Have A Go Day, while other students have additional visits to the high school as part of smaller groups. It is hoped that the variety of transition programs offered by Whitebridge High School offers a smooth transition for each student as they get ever closer to commencing high school.

### **2017 School Captains & Student Leadership Team**

Current Year 5 students interested in being considered for a 2017 leadership position submitted applications last week. As outlined in the Student Leadership policy, these nominations were reviewed by a panel this week and successful applicants have been invited to present a speech to the student body on Thursday 17<sup>th</sup> November at 10am. The student body, Years 2 to 6 and staff will then vote by ballot paper after the assembly. Parents, families and interested members of the school community are invited to attend.

### **1-2-3 Magic Parenting Course**

Kahibah PS is pleased to be hosting the 1-2-3 Magic and Emotion Coaching program over 3 sessions on Monday 14<sup>th</sup> November, Monday 21<sup>st</sup> November and Monday 28<sup>th</sup> November from 6pm in the school library. This course aims to teach parents how to deal with their children's difficult behaviour by using an easy-to-learn and easy-to-use signalling system to manage children's difficult behaviour. The signalling system requires the parent to use less talk and less emotion, which in turn encourages the development of children's ability to manage their emotional reactions to parental boundaries (or emotional competency). Places are filling up fast so please refer to the flyer included within this newsletter for further information.

### **Ethics Classes**

We are looking for volunteers to teach Ethics Classes in 2017, as several of our teachers are unable to continue next year. Ethics classes are between 2—3pm each Wednesday. If we cannot recruit more teachers some classes will not be able to go ahead. For further information is assisting this valuable program, please contact Trish Bartley, Ethics co-ordinator at [trishbart27@gmail.com](mailto:trishbart27@gmail.com)

### **KidsMatter**

#### **Children & Hardship**

##### *Mental health risk factors*

The sorts of things that make it more likely that children will experience mental health difficulties are known as mental health risk factors. Risk factors are things that put stress on the child or family and make it harder for them to cope.

Examples of risk factors that can affect children's mental health include:

- experiencing serious illness - either the child or a member of the family
- having no friends and/or being bullied
- high levels of family conflict
- experience of trauma or abuse
- having a parent with mental health problems
- family financial problems.

### *Things that protect mental health*

Just because one or more risk factors are present for an individual child it doesn't mean that the child will necessarily develop a mental health difficulty. When protective factors are present they help to balance out the risk of developing mental health difficulties.

Examples of protective factors include:

- having a supportive parent, carer and/or teacher
- doing well at school
- having a positive coping style
- getting help with worries early
- having support from wider family, friends and community members.

When children are exposed to mental health risk factors it is helpful to try to build up protective factors to support their mental health. Some of the ways you can do this include:

- Spend time listening to your child and help her or him to feel understood and loved.
- Take time out to have fun when you can - play games, go to the park, watch a movie together as a family.
- Set up a support network with people you trust (ie family and close friends). Talk through with them how they can best support you and your children during times when you have trouble.
- Teach your children what to do and who to contact when they need support.
- Help children learn coping skills for understanding and managing feelings. See the KidsMatter Primary information sheets on social and emotional learning for further ideas.
- Ensure your child's class teacher knows about any difficulties that may impact on your child's attitudes and behaviour at school. Schools may be able to provide:
  - extra support from school staff
  - special programs aimed at boosting children's coping skills
  - information that can help your child realise that they are not the only ones dealing with 'family stuff'
  - information about where to get further support for your child and your family.

This information is part of a range of Kids Matter Primary information sheets for families and school staff. View them all online at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)

### **Classes for 2017**

We are looking at student numbers and beginning to get organised for 2017. If you know that you won't be returning to Kahibah PS next year, please advise the front office. Alternatively, be sure to be speaking to your friends and neighbours and encouraging them to enrol their children here with us if they live locally and are looking for a great school.

Mrs Honi Faasisila  
Kahibah Public School  
Principal

## **Kahibah PS Canteen Roster - Term 4, 2016**

### **ALL HELPERS REQUIRED FROM 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*

<b>Friday 4th November</b>	<b>Friday 11th November</b>	<b>Friday 18th November</b>	<b>Friday 25th November</b>
Delma Morgan (from 9am)	Ange Grujovski	Erin Drelincourt	Jen Woodhead
Lisa Douglas	Sue Leask	Heather McClenahan	Delma Morgan (from 9am)
Amy Priestly	<b>** HELP NEEDED **</b>	Penny Blok (11am finish)	<b>** HELP NEEDED **</b>
Kym Harrison	<b>** HELP NEEDED **</b>	Suzy Wall	<b>** HELP NEEDED **</b>
<b>Friday 2nd December</b>	<b>Friday 9th December</b>	<b>Friday 16th December</b>	<b>SCHOOL HOLIDAYS</b>
<b>** HELP NEEDED **</b>	<b>** HELP NEEDED **</b>	<b>** HELP NEEDED **</b>	<b>Canteen is a great way to meet other parents and your kids love seeing you there.</b>
<b>** HELP NEEDED **</b>	<b>** HELP NEEDED **</b>	<b>** HELP NEEDED **</b>	
<b>** HELP NEEDED **</b>	<b>** HELP NEEDED **</b>	<b>** HELP NEEDED **</b>	
<b>** HELP NEEDED **</b>	<b>** HELP NEEDED **</b>	<b>** HELP NEEDED **</b>	

**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.**



# Family Matters @ wellness centre

## Talks for Mums, Dads and Carers of babies, toddlers and pre-school

We will be exploring development, behavior and emotions and suggesting practical strategies.

Presenters will include Pediatrician Dr Rebecca Russell, Occupational Therapist Rhiannon Pilgrim, Parenting Consultant Helen Davison and Speech Pathologists Michelle Batey and Amy Pollitt. Each talk will include a question time.

**NOTE New Dates and Times**  
Tuesday evenings at Whitebridge Wellness Centre – corner of Dudley Rd and Bulls Garden Rd Whitebridge.



**Only two left in the series**

**18 October** at 6pm – Sleep, understanding babies and toddlers routines, preschool environment and sleep disorders **PLUS** "Poo" talk (constipation is common!!), toilet training and signs of readiness.

**8 November** at 6pm - Language development, talking and reading with your baby plus activities including music and reading.

Booking essential – email [info@wwcentre.org.au](mailto:info@wwcentre.org.au) or ring 49460580  
Cost: Donation to the Wellness Centre.

Enquiries: Rhiannon 4023 2333

Issued 16 September 2016






## 1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

*Learn to manage difficult behaviour in children 2-12 years old*

A FREE three-session program for all parents and carers by Family InSight and The Family Action Centre

**Learn:**

- ✓ How to discipline without arguing, yelling or smacking
- ✓ How to sort behaviour
- ✓ How to handle challenging and testing behaviours
- ✓ Choosing your strategy, the three choices
- ✓ Using emotion coaching to encourage good behaviour
- ✓ 7 tactics for encouraging good behaviour

**Venue:** Kahibah Public School Library  
Symes Street entrance  
KAHIBAH NSW 2290

**When:** Monday 14<sup>th</sup> November, 21<sup>st</sup> November, 28<sup>th</sup> November 2016  
6.00 pm - 8.30 pm.

**Parents will receive:**

- A free 1-2-3 Magic & Emotion Coaching Parent Workbook

**Registration:**  
Register your interest for this course by contacting Jill at Family InSight on Ph. 4961 0700 or [info@familyinsight.org.au](mailto:info@familyinsight.org.au).

**Cost:** A free workshop with light refreshments provided.

**Child care:** No child care provided.

**What people are saying...**

*What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go! I realized quickly that the 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child, who later down the line, needs excessive discipline or grows out of control.*

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a ParentsShop® licensed practitioner. [www.parentshop.com.au](http://www.parentshop.com.au)







## Massive Toy & Ham Raffles

**Sunday 13 November & Sunday 20 November**  
Ticket sales 11.30am • Draw starts @ 12.30pm

63 Kenilbea Avenue, Kahibah Ph: 4943 2987 E: [info@kahibahsports.com.au](mailto:info@kahibahsports.com.au) W: [www.kahibahsports.com.au](http://www.kahibahsports.com.au) Connect with us   

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



### School Banking Rewards Program Some great 2016 & 2015 rewards are still available!



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
- ☐ Wiggly Glow Worm
- ☐ Bush Fly Fan
- ☐ Intergalactic Rocket
- ☐ Outer Space Savers Money Box
- ☐ ET DVD

### 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.**



**HERITAGE MEAT CO.**



**FARM FRESH MEAT**

P: 4920 9017 E: heritagemeatco@gmail.com

A: 8 Glebe Street Kahibah NSW 2290



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

Although the season has started (Sunday 16<sup>th</sup> October 2016)  
and concludes Sunday 26<sup>th</sup> 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](http://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](http://www.merewetherslsc.com.au) Select Juniors/Nippers from left side menu  
<https://www.facebook.com/MerewetherNippers/>  
<https://merewetherslscjuniors.teamapp.com/>

**\$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](http://theathletesfoot.com.au)



## Trolls – The Movie

Come along to a family-friendly event to support the amazing work the DANNI 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 4<sup>th</sup> 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/danni\\_foundation\\_family\\_movie\\_day\\_2016](https://dbt-euzlr.formstack.com/forms/danni_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