



# Kahibah Public School

*Positive Relationships for Positive Learning.*

13th December, 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

- ◆ Wednesday 14th Dec—Stage 2 Party Day @ Charlestown Hoyts Cinemas
- ◆ Wednesday 14th Dec—Stage 3 Party Day @ Springloaded
- ◆ Thursday, 15th Dec - Canteen open for refreshments only. **NO ORDERS**
- ◆ Friday, 16th Dec - **CANTEEN CLOSED**
- ◆ Friday, 16th Dec - Last Day of Term 4
- ◆ Friday, 16th Dec - Yr6 Clap out @ 2.00pm
- ◆ Monday, 30th Jan - First Day of Term 1 for Yrs 1 - 6
- ◆ Thursday, 2nd Feb - Kindergarten start

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

### **Quality Work**

As the excitement builds towards end of year festivities, students in 2D have been creating Christmas books. Working under Christmas contracts, students are developing independence and taking greater responsibility for their learning as they work through a choice of activities. Well done, Kayde R, Kevin T, Alirah N, Mia T, Alanna L, Noah F, Jye K, and Christian S for their outstanding efforts!

### **Thank You**

Thankyou to all the parents, carers, family and friends for joining us on this important day.

I would like to say a special thank you to those who assisted in the organisation of the Presentation Day Assembly, particularly Mrs Tagaroulis, Mrs Wand and Mrs Boyle. Also, a special thank you to the wonderful SLSOs and parent helpers who assisted with the preparation, serving and tidying up after the event.

### **Boating Safety Presentation**

In recent weeks all students had the opportunity to attend a Boating Safety Presentation presented by Boating Education Officers from the NSW Roads and Maritime Services. As nearly every one of our students spend some time on the water in some capacity, this was a timely lead up to summer before hitting the water. We received some pleasing feedback from the presenters who indicated that as they visit many schools across the Hunter, they mentioned that "*Kahibah Public School has, by far, the most polite, well-mannered students and helpful teachers*". Always a delight to receive such positive feedback!

### **High School Orientation Day**

Whitebridge HS, Merewether HS and Hunter School of the Performing Arts held their Year 7 orientation visits in recent weeks. This was a wonderful opportunity for the year 6 students to attend their future high school in preparation for 2017.

### **School Chaplain Survey**

We are seeking input from families in an attempt to collect your thoughts on the current School Chaplaincy role and programs offered at Kahibah PS. By clicking on the link and completing the survey we hope to be able to use your feedback to make improvements for the future. Here it is: <https://www.surveymonkey.com/r/JGXTHQC>  
Your feedback is very much appreciated!

### **School Self Evaluation**

Thank you to all the parents, students, staff and P&C members that completed surveys throughout the year and provided feedback, thoughts, opinions and suggestions in relation to the second year of the 2015-2017 school plan. The information gathered is being analysed and will be reported upon in the 2016 Annual Report. 2017 will provide time to further strengthen the processes in place for each of the three key strategic directions of the 2015-2017 school plan;

Enhance the quality learning and improve student achievement;

Foster quality teaching and leadership; and

Strengthen partnerships and enhance community engagement

The school plan is available to the school community on the school's website.

### Reports to Parents

I had the pleasure of reading 319 student yearly reports over the last week and a half. Congratulations to all the students who put their best effort into their learning during second semester. Parents and carers should receive these reports on Wednesday when they will be distributed to the children. Parent / teacher interviews are available upon request.

### School Improvements

The school has negotiated with the DoE Asset Management Unit (AMU) that the funds allocated for general school maintenance projects will be used to repair the exterior walls of school buildings that have been weathered over time so that rotten wooden panels can be replaced and freshly painted.

Plans are also under way for the interior of the upper school hall walls to be insulated to address the heating and cooling issues of the hall. The AMU has created a scope of works and has indicated that the work is scheduled to commence in the Christmas holidays, in preparation for the new year.

### KidsMatter

#### Mental health risk and protective factors

Children's mental health is influenced by many factors. Some of the important influences include children's physical, social and emotional development, family circumstances, sense of belonging to school, and access to resources and support services. The influences that have been found to increase the likelihood that children will experience mental health problems are known as 'risk factors'.

Other influences have been found to decrease the likelihood of children developing mental health difficulties, even when risk factors are present. These are called 'protective factors'.

Please refer to the two page information sheet, *Building protective factors: Suggestions for families*, contained within this week's newsletter.

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](http://www.kidsmatter.edu.au)

### School Development Day

The last day for students in Term 4 is Friday 16th December, 2016. Monday 19th and Tuesday 20th December are designated School Development Days for teacher professional learning. Please be advised that Kahibah Public School rescheduled the School Development Day dates to ½ day afternoon/evening sessions earlier in the year; meaning that the school will not be open on Monday 19th and Tuesday 20th December.

### 2017 School Term Dates

Term 1: Friday 27th January – Friday 7th April (Students in years 1 to 6 return to school on Monday 30th January, KPS Kindergarten students begin on Thursday 2nd February)

Term 2: Monday 24th April – Friday 30th June (All students return to school on Wednesday 26th April)

Term 3: Monday 17th July – Friday 22nd September (All students return to school on Tuesday 18th July)

Term 4: Monday 9th October – Tuesday 19th December (All students finish school on Friday 15th December)

The last day of school for students this year is Friday 16th December, 2016.

Have a happy and safe holiday and we look forward to seeing you in the new year!

Mrs Honi Faasisila  
Kahibah Public School  
Principal

### Chaplaincy Message

Following the Stage 3 girls' program 'Shine' earlier this year, Stage 3 boys participated in 'Strength' on 2 December. Highlights included Tug of War, brain freeze slurpies, brainstorming, questions and discussions about real life issues including healthy relationships, mental health, self-esteem, bullying, drug and alcohol abuse, High School transition, family dynamics and positive decision making. When asked what they would change as a result of attending Strength, comments from the boys included "I will treat my family and friends differently", "think before I do", "drugs change your brain" and "use resilience".

Many thanks to Macquarie Life Church who facilitated both programs.

This year, I have thoroughly enjoyed working with so many wonderful families and the very supportive staff at KPS. After being with you for 12 months, I am very interested in receiving your feedback on the Chaplaincy program and ideas on how it can be improved in 2017. Even if your family has not utilised the Chaplaincy program this year, you may have great ideas for the future! Please take 10 minutes to complete this online survey, as also mentioned in the Principal's report, <https://www.surveymonkey.com/r/JGXTHQC>  
Your feedback will help to improve the support that KPS families receive into the future.

Thank you for a fantastic 2016!  
Wishing you and your family a refreshing and blessed Christmas break.

Kate Rigby – School Chaplain

**Chook Carers**

It is that time again, where we are looking for any families willing and able to care for our 2 chooks during the holidays. Please contact the school office if you can help us out.

**Canteen**

Canteen **OPEN** Thursday 15<sup>th</sup> December for lunch-time service only **NO ORDERS**. Selling snacks, drinks & refreshments until stocks last!  
Canteen **CLOSED** Friday 16<sup>th</sup> December.



**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





# Grasshopper SOCCER



7 WEEK NON-COMPETITIVE SOCCER PROGRAM  
FOR GIRLS & BOYS HELD AT YOUR SCHOOL  
SESSIONS START 16 FEBRUARY 2017  
CALL NOW TO BOOK YOUR PLACE!



**WHEN** Thursday's commencing  
16 February 2017  
(7 x 50 minute sessions)

**TIME** 3:10pm

**AGE** 4-12 years

**COST** \$100

**VENUE** Kahibah Public School  
(School Oval)

**Programs focus on skill development, teamwork & fitness.**

**CHECKLIST**  
Parents need to remind children of starting date - All participating students need to fill in an enrolment form with payment attached - You will be notified if a session is cancelled - Wet weather programs run if required - No sessions run on Public Holidays/Curriculum Days

## ENROLMENT FORM

Child's Name \_\_\_\_\_ DOB \_\_\_\_\_

School \_\_\_\_\_ Year \_\_\_\_\_

Parent/Guardians Name \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_ Postcode \_\_\_\_\_

Phone \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_

Medical Conditions \_\_\_\_\_

At the end of the Grasshopper Soccer After School Program each Thursday, does your child?

Go to after care  Get collected

Parent/Guardian Consent: I hereby authorize Grasshopper Soccer to act on my behalf should my child require medical attention, and release Grasshopper Soccer from any liability for injury incurred by my child at Grasshopper Soccer programs.

Please Tick:  YES  NO

Parent/Guardian Signature \_\_\_\_\_

**PAYMENT OPTIONS:** cash, direct deposit or credit card

Credit Card Payment  Visa  Master Card

Credit Card Number \_\_\_\_\_

Expiry \_\_\_\_\_ / \_\_\_\_\_ CVV \_\_\_\_\_

Add Grasshopper Soccer Shim Pads & Drink Bottle  
(Enrolment Special \$19.95)

Size (please circle) S M L

Total Cost \$ \_\_\_\_\_ (Enrolment Special + Term Fee)



Please return your enrolment form before 12 February 2017

to PO Box 47, MAYFIELD NSW 2304

or email [newcastle@grasshoppersoccer.com.au](mailto:newcastle@grasshoppersoccer.com.au)

Please do not leave enrolment forms at the school office.

newcastle@grasshoppersoccer.com.au  
[www.grasshoppersoccer.com.au](http://www.grasshoppersoccer.com.au)

0409 208 310

hive

# TERRIFIC TALES

## Holiday Workshop

Art - Drama - Musical Theatre

Grow your child's creative mind these holidays through fine art, role play, characters, story-telling, script writing, and song.

**Age Group:** 4 - 7 yrs & 8 - 12 yrs  
**Dates:** Mon 16 - Thurs 19 Jan 2017  
**Time:** 9am - 3pm.  
**Extended care:** 8am to 5pm at no extra cost.  
**Where:** Hive Creative Studios, 8 Frederick St, Charlestown  
**Bookings:** Call 1300 03 03 79 or book online

\*not to be used in conjunction with any other offer/discount

[www.hivekids.com.au](http://www.hivekids.com.au) 1300 03 03 79

GOT CREATIVE KIDS?  
IGNITE THEIR PASSION!

# Voice PLUS

10-12TH JANUARY, 2017

6-12 YEARS

HAMILTON PS

VOICE AND DANCE  
ART AND SCIENCE  
EXPERT TUTORS  
EXTENDED HOURS

[JULIELOGANMUSIC.COM.AU](http://JULIELOGANMUSIC.COM.AU)  
 0414 848 741 BE QUICK FOR EARLY BIRD RATES

# Building protective factors: Suggestions for families

Things can happen in children's lives that make the risk of developing mental health problems more likely. It is usually not possible to eliminate all the risk factors that affect your children, but there are things you can do to reduce the impact of stress and help them build strengths for effective coping. The following suggestions identify the sorts of things you can do to support children's resilience in the face of challenging circumstances.

## How you can help

### Listen to children's concerns

Having a caring adult to turn to when they are troubled, someone who will listen, understand without judging, and help them solve problems, is a critical protective factor for children's mental health. Listening to children and understanding their concerns lets them know they are important to you. Remember, however, that children may not always be able to explain how they feel. By observing their behaviour and gently inquiring about it you can often get a clearer picture of how they are feeling.

### Provide reassurance

Children often worry that the bad things they experience will happen again or get worse. For example, in a family breakup, when one parent or carer leaves the family, children often become anxious that the remaining parent or carer will also leave them. Similar worries are common when someone dies or is hospitalised. Often these kinds of fears are expressed through behaviours rather than words, such as becoming clingy, or being fearful about sleeping by themselves.

Showing you understand children's fears and providing reassurance and support is important for helping them cope. Making sure that children know what to do and who to seek help from in case you are unavailable or unwell is also very important – particularly when chronic illness or stress may affect your capacity to provide support.

### Provide security

Various kinds of stress and change can be very disruptive to family life. Maintaining regular routines, such as bedtimes and mealtimes, reduces disruptive impacts and helps to provide a sense of stability and security for children. Similarly, children are reassured by knowing that a responsible adult is taking care of them and looking after their needs.



## How you can help – *continued*

### **Build children's strengths – and allow for vulnerabilities**

Providing encouragement and positive feedback for children's developing coping skills helps them to build confidence in their ability to manage difficult situations. Acknowledging and appreciating the help and support that children provide to you during stressful times also helps to build their strengths.

At the same time, it is important to give children permission to not always have to be strong. Children who take on significant caring roles when parents or carers are struggling often hide their vulnerabilities. Their desire to avoid burdening parents and carers can cause additional hardship for these children, who need to know that support is available to them as well.

### **Talk to school staff**

School staff can provide more effective support for children at school when they understand some of the pressures they may be facing in other parts of their lives. It is often very reassuring for children as well as for parents and carers to know that teachers or other school staff understand their difficulties and are ready to provide support. Staff at your child's school may also be able to provide you with support and advice, or help you find support services that can assist you and your children.

### **Seek additional help**

If your child shows signs of emotional or behavioural difficulties, it is important to seek professional help early, so that problems can be addressed before they get worse. Getting support for yourself, through family and friendship networks, your child's school, or mental health or community services, is also very important. Getting support helps to build your own resilience so you can provide more effective care for your children.

For more, please refer to the KidsMatter Primary information sheets on recognising and getting help for children with mental health difficulties.



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



Australian Government

Department of Health and Ageing



Principals  
Australia  
Institute  
Creating. Growing.