



Kahibah Public School

Positive Relationships for Positive Learning.

17th October, 2017

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 - Band & Music Lessons

Thursday - Guitar Lessons

Friday - Band & Music Lessons

Friday - School Sport

Uniform Shop - open 8.35 - 9am Friday

WHAT'S COMING UP.....

- ♦ Tues, 17th Oct - P&C Meeting @ 7pm
- ♦ Tues, 24th Oct - Grandparent Day
- ♦ Wed, 25th Oct - Buddy Day for 2018 Kinders @ 9.30am
- ♦ Thurs, 25th Oct - Early Stage 1 Wetlands Excursion
- ♦ Wed, 1st Nov - Kinder Orientation Day @ 9.30am
- ♦ Wed, 8th Nov - Kinder Classroom visit @ 9.30am

Principal's Report

Welcome back to a productive and what looks to be a busy term 4. We seem to have hit the ground running with swim school already underway and many other exciting events in the planning stages for this term. Please stay in touch with your child's teacher regarding classroom events and learning experiences as we look forward to another full and rewarding term.

This week, the staff will participate in some professional learning with Maree Bisby who is the Ability Links Coordinator at Muloobinba Aboriginal Corporation. This afternoon from 3:30pm in the school library, Maree will be providing information in regards to the Ability Links Program, which is a program designed to link children, adults, and families in with their local communities. Parents and carers are welcome to come along if this topic is of interest.

Quality Work

3/4H have been busy writing quality explanation texts. Hayden G, Jet H and Annan H composed impressive texts explaining the interesting process of how bees make honey. After gathering information and facts from multimedia clips and info graphics, Joshua B, Leah C and Matilda B wrote fantastic explanations about how tsunamis are formed. They used technical language and a range of sentence structures to enhance their work. Super effort 3/4H

Students in 3/4B have been studying coral reefs and the impact that climate change, pollution and sedimentation has on our natural environments. Students completed group projects within class where they designed and made 3D coral reef displays including a variety of living things and incorporating technical language. Well done, Kohbi-Lee S, April G, Kayde R, Fynn W, Catherine S, Ellie C, Eden P, Riley B, Christian S and Mia A for their colourful creations!

4/5F have also been completing a unit of work about coral reefs and fragile ecosystems. They investigated the five main threats to the reef, their impact, strategies that are already in place and ideas for new strategies that could help preserve the coral reefs. Students collaboratively designed a presentation using Google Slides and Google Classroom to present their findings. Hopefully some of the students' ideas are viable and will make a difference to the world one day...Well done, 4/5F!

Quality Behaviour

The following students have been recognised by a teacher for;

Always having a positive attitude towards learning and trying their best – Marley G & Koby K

Producing neat handwriting and taking pride in their work – Indah B, elena D, Matilda G & Lucas K

Working well in library lessons and completing an excellent text summary of "My Brother" – Kade C & Olivia S

Demonstrating a mature response to text showing incite and comprehension of author's intention during library lessons – Morgan S

Sporting Achievements

Good Luck to both to both Ava R from 3/4A and Taj SVE from 5/6B who will be competing at the NSW State PSSA Athletics carnival in the 100m event at Homebush this week.
Congratulations to Makenzie W, who's squad placed second on the weekend at the All Star Cheer & Dance Spring Carnival in Sydney.

Swimming Scheme

Swimming lessons at Charlestown pool are well underway. Thank you, Mrs Hislop, Mrs Hardy, Mrs Taylor and Mrs Tripet for accompanying these students to and from this ever important program. Students are reminded to come prepared for swimming each day with a towel, sunscreen, hat, swimmers and goggles.

Grandparents Day & Book Fair

Just a reminder that on Tuesday 24th of October the school will be hosting Grandparents Day and a Book Fair. Please refer to the flyer contained within this newsletter for more information.

Selective High School Placement

Applications for students seeking placement in Year 7 at a selective high school in 2019 are now available from 10 October to 13 November 2017. All parents are expected to apply online and application information is available on the Department's internet at: <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7> or a limited number of information booklets are available from the front office. Late applications will not be accepted.

All students seeking Year 7 entry to a selective high school in 2019 will be required to take the Selective High School Placement Test on the morning of Thursday 15 March 2018.

Breakfast Club

Kahibah PS is excited to announce that this term we are introducing a Breakfast Club, hosted each Monday morning from 8am in the office area next door to the principal's office. We appreciate the efforts that our School Chaplain, Mrs Sally-Anne Linde has gone to in organising this service for any children not already going to OOSH on a Monday morning that would like to have breakfast at school with others.

The Breakfast Club will provide toast, cereal, milk and juice etc. and be staffed by Sally-Anne and community volunteers who each have a WWCC. Children are encouraged to give a silver coin donation each time they attend and develop their life-skills and social skills as they spend breakfast time together with others. Students will stay in the Breakfast Club until 8:35am, until the bell rings and then head out to the playground before class.

We thank the P&C for funding a commercial toaster and also thank C3 Victory Church, Hunter Christian Church and Chuck Duck Breakfast Club Charitable Fund for their generous support and donations to make this program sustainable. In time, we hope to be able to extend the Breakfast Club to two mornings per week.

Kindergarten Orientation

Next week, we will be hosting our Kindergarten & Buddy Day for 2018 Kindergarten children, on Wednesday 25th October, commencing at 9.30am. The following week on Wednesday 1st November will be our Kinder Orientation Day and parent information session in the school hall, again commencing at 9:30am. The morning will finish at 11.00am with morning tea for our new parents. We look forward to spending some time with and welcoming our new families and some familiar families that have a younger one joining us.

If any of our current 2017 Kindergarten parents would like to assist in serving the morning tea on Wednesday 1st November, as is traditionally the case, please let the front office ladies know of your availability.

Aboriginal Education Focus Group

Interested school community members, and parents and carers of students who identify as Aboriginal are invited to attend the school on Monday 30th October, 2017 from 2pm in the school library to meet, discuss and provide feedback and suggestions in regards to Aboriginal Education; the current School Plan; Equity Loading for Aboriginal Background; directions for 2018-2020 School Plan; Acknowledgment of Country; and Personalised Learning Pathways. We look forward to hearing from you.

Whitebridge HS Focus Group

We are seeking a number of parent volunteers with students in years 4, 5 and 6 to participate in a small group discussion regarding Whitebridge High School. The group discussion will be centred on understanding what parents want from a local high school; what you currently know about your local high school and your opinions of the various high schools in the area.

The discussion is planned to take place on Wednesday 25th October from 2pm in the Kahibah PS library and should take around 45 minutes. If you are interested in attending, please call the front office on 4943 4501 or email Kahibah-p.school@det.nsw.edu.au to register your interest.

KidsMatter – Mental Health and Wellbeing

Children's mental health difficulties are generally classified as being one of two types: 'internalising' and 'externalising'. Children with internalising difficulties show behaviours that are inhibited and over-controlled. They may have a nervous or anxious temperament and be worried, fearful and/or withdrawn. Children with externalising difficulties show

behaviours that are under-controlled. They may have a more challenging temperament, shown in impulsive or reactive behaviour.

Sometimes this pattern can lead to difficulties with attention, aggression or oppositional behaviour.

Externalising behaviours cause difficulties for others as well as for the children themselves. It is not uncommon for children to show behaviours associated with both internalising and externalising patterns of behaviour.

The typical features associated with each pattern are summarised below.

Features associated with children's 'internalising' difficulties include:

- nervous/anxious temperament
- excessive worrying
- pessimistic thinking
- withdrawn behaviour
- peer relationship difficulties (eg can be isolated).

Features associated with children's 'externalising' difficulties include:

- challenging temperament
- reduced problem-solving skills
- attention difficulties, hyperactivity
- oppositional behaviour (eg doesn't like to be told what to do; won't follow rules)
- aggressive behaviour.

A number of specific factors have been identified through research that increases the risk of children experiencing poor mental health. Other factors have been identified as having a protective effect. KidsMatter Primary works to strengthen children's protective factors during their primary school years to improve their mental health and wellbeing.

If of relevance or interest to your family and to further support social and emotional wellbeing; please refer to the KidsMatter information sheet that I have included in this newsletter, *Knowing when to get help*.

Honi Faasisila
Principal

Lego Request

Parents and Friends,

We are looking for some LEGO to to set up activity centres for students at lunchtime and would welcome your donation if you have any which is no longer needed at home. If you have any LEGO big or small and you are happy to donate it to the school please send it to Mrs Callen via the office and we will put it to use once more.

Thankyou

Carol Callen
Learning and Support Teacher

Year 6 Mini-Fete

Last Friday, Year 6 held their annual Kahibah Mini-Fete. The mini-fete was a huge success and all students from Kindergarten to Year 6 had an amazing time. There was a wide variety of stalls and activities that students could spend their time at.

Year 5 also supplied a very delicious cake and drink stall thanks to the organisation of Mrs Bruce.

The 2017 Kahibah Mini-Fete raised a total of \$1969.30. This money will be used to help subsidise the Year 6 for their farewell evening at the end of the term. The money will also be used by Year 6 to purchase a gift to the school.

I would also like to thank all the parents and carers who helped made the 2017 Kahibah Mini-Fete a successful and wonderful day.

Mr Christopher Taylor.
Year 6 Teacher



Silver September

Thanks so much to all of the students who participated in our Silver September fundraiser.

In total, we raised \$3349.50- an amazing result! This will go a long way towards rehabilitating our outdoor play areas...Watch this space!!

Congratulations to KN who collected the most silver coins, and to 1B and 5/6C who came a very close second and third respectively.

All three classes won a cupcake party and special goody bag filled with treats and various prizes that were generously donated by;

- Hoyts Cinemas Charlestown
- Timezone Charlestown
- Strike Bowling Charlestown
- Springloaded
- Boost Juice Charlestown
- K-mart Kotara
- Inflatable World Warners Bay

A huge thankyou to these businesses who helped us to congratulate the winning classes.

We would also like to acknowledge the support of the following local businesses who acted as collection stations for Silver September.

- Heritage Meat Co, Kahibah
- Beesting Bakery, Kahibah
- Beauty by Blush, Kahibah
- Reflective Soul Natural Health, Kahibah
- East Coast Podiatry Clinic
- The Cracked Cup, Kahibah
- Kahibah Post Office
- Sarjo Conveyancing, Kahibah
- Spruce Up Hair Design, Kahibah
- Ability Focus, Kahibah
- James St Osteopathy, Charlestown
- Vella Hair, Kahibah
- Kahibah Service Station
- Kahibah Rd Grocer
- Hair by Tara, Kahibah
- In Motion Sports Clinic, Kahibah
- Whitebridge Pharmacy
- Foodworks, Whitebridge
- Designer Delights, Whitebridge
- Indigo Health and Wellness, Whitebridge
- Appleseed Kids Boutique, Kahibah
- Kahibah Sports Club

The best way to thank these businesses who have supported us is to choose to shop locally and to use our fabulous local services!

Thanks also goes to Vanessa Norman, the P&C's resident Graphic Designer/ Creative Genius, for her work on the promotional material and posters.

Thankyou again to everyone who helped make Silver September a success.

P&C Fundraising Committee

Canteen News

Hello everyone from the Canteen and welcome back!

We still need helpers for this term. Please contact me on 0466 308 893 if you are able to help.

Don't forget our school salad bowls are only \$3 and a good choice for the warmer months. Also mango yogurts are 60c

This week's special:

Mighty Nuggets:

5 chicken nuggets

1 Pkt chips

1 Milk cup \$3.50

Kura Donnelly

Canteen Supervisor

Knowing when to get help

Parents and carers are usually the first to recognise when their child has difficulties with their emotions, thinking or behaviour. Sometimes, these difficulties may be more obvious at school where teaching staff have the opportunity to observe a range of children and their behaviour. Early signs of difficulty include having trouble managing emotions (anger and/or anxiety), or coping with change, thinking negatively about themselves (eg often saying, "I'm no good"), working cooperatively and/or making and keeping friends.

Look for B-E-T-L-S

The key things to observe when you are concerned that children may have mental health difficulties are:



Behaviour

Emotions

Thoughts

Learning

Social relationships

How to gather good observations

- Focus on specific things that happen (what you actually see and hear rather than what you think about it).
- Take note of when a particular behaviour happens, where it happens and how often it happens.
- Notice what things trigger children's difficulties and what things make them better.

Gathering good observations of particular behaviours is often a first step towards helping children. Looking for all the 'B-E-T-L-S' allows you to get a clearer understanding of a child's difficulties. This means better decisions can be made about when children need help and how to help. Finding out how your child responds in different settings allows you to get a more complete picture about your child.



Observation clues

What to consider

What are the specific things your child does that concern you? Consider your child's behaviour, emotions, thinking, learning and social relationships.

When and where do they occur?
Are there any specific triggers?

How often do these things occur?

What makes them better or worse?

How long has your child had this difficulty?

Behaviours that parents and carers might notice

My daughter seems to worry a lot. It stops her from having fun. She gets worried about things at school. She worries that her homework will not be good enough. She worries that the other children won't play with her.

Getting ready for school in the morning is the worst time, especially Monday morning.

At least once or twice a week. She seemed to get worse when one of her friends was moved to a different class.

She feels better when her friends phone her at home. She seems to feel included then.

Since the start of the year. Some children were teasing her because she wears glasses. They stopped it but she stayed anxious.

Additional factors to take into account

How well the child manages feelings.

Usually bottles things up, but then cries over something small. Once upset she can be hard to soothe.

How learning is affected.

She does well in class because she puts in a lot of effort. But if she has to do a talk or present her work she gets panicky.

How well the child relates to peers and others.

Seems okay with her close friends. But she is very shy with new people.

Any comments the child makes about him or herself or the situation.

She says things like, "I'm dumb," and, "Nobody likes me." She seems to put herself down a lot.

Getting help for your child

If you are concerned that your child has excessive worries, fears or feels "bad" about her or himself and you are not sure how to go about getting help, try the following steps:

Find out more

Talk to school staff or others who have regular contact with your child and find out if they have concerns about your child.

Talk to your child's school about seeing the school psychologist or counsellor

The psychologist or counsellor at your child's school can listen to your concerns and discuss options for helping your child at home and at school.

See your general practitioner

Your doctor can explore any physical health concerns and help you decide about the need for further mental health assessment and professional support by referring you to a children's mental health specialist if required.

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



Australian Government
Department of Health and Ageing



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HERITAGE MEAT CO.
FARM FRESH MEAT

P: 4920 9017 E: heritagemeatco@gmail.com
A: 8 Glebe Street Kahibah NSW 2290



Kids Parties

**Party with us!
(at our Kids Discos)**

For only \$12.50 per child
(Birthday child is free)

Let us take care of:
Party hats
Party food, Lollies
Tablecloths
Birthday cake

Ph: 4943 2987 to book | www.kahibahsports.com.au



PUTT TO PARADISE


On the Bowling Greens at Kahibah Sports

SUNDAY 22ND OCT

PROFESSIONAL GOLFERS ARE INELIGIBLE
CHARITY BENEFICIARY: WESTPAC RESCUE HELICOPTER (Hunter Branch)

FIRST TEE 11.00AM
Register early for Tee Times or from 10.00am on the day.
Entry \$20.00 per player (Putting Competition)
Numbers Limited - Last Putt No Later than 3pm

1ST PRIZE **\$1000**
ESCAPE TRAVEL VOUCHER
2ND PRIZE **\$300**
ESCAPE TRAVEL VOUCHER
3RD PRIZE **\$200**
K.S.C KASH



SARJO

«CONVEYANCING»

2/2 GLEBE ST, KAHIBAH | **4943 8880**
SARAH SMITH JODIE HILLYARD



Variety Kids Xmas Party 2017 Newcastle

Join us for the first Newcastle Variety Kids Christmas Party, a special event full of fun and entertainment for kids who have a disability, chronic illness or who are experiencing financial hardship.

There will be on stage entertainment, games, rides and even some special guests all the way from the North Pole! See the details below:

Wednesday 15th November
4pm - 9pm
McDonald Jones Stadium; Turton Road Broadmeadow
Cost: **FREE!**
Parents, guardians and siblings also welcome

Register your interest now via:
<https://www.variety.org.au/nsw/events/>

For any questions, please contact us on 02 4965 4911
We hope to see you there!

 **variety**
the children's charity



homemade CAKES + JAMS

GAMES + RIDES

DRINKS + FOOD

FETE

HAMILTON SOUTH PUBLIC SCHOOL
Saturday 21st October 2017 10 am to 2 pm
A Fete To Remember

pre-loved GOODIES

ENTERTAINMENT

Kenrick Street · Merewether · Newcastle



Bring out the best in your child with performing arts education!

The Australian Youth Choir programme helps young people discover their vocal talent. Students learn to sing, develop their musicianship and performance skills, make new friends and become part of a wide circle of performers.

Visit us at www.niypaa.com.au
 Australian Youth Choir will be visiting Kahibah Public School soon on **Monday, 23 October 2017 at 1:00pm.**



Term 4 Art Classes

After School at Kahibah Primary!

Mural painting!

Wednesdays or Thursdays From 3-5pm
 in the Science room/at our mural site.
 Materials & snack provided
 \$150/student.

To be held in the first 6 weeks of term 4.

Term bookings only please
 Book early to secure a place



Kahibah Public School Grandparents Day Celebrations Tuesday 24th October 2017

Kahibah Public School Grandparents and families are invited to attend the Grandparents Day Celebrations, to be held on Tuesday 24th October from 9:20am-11:00am.

The day includes a K-6 assembly featuring Guitar Groups, 5/6B Drama Performance, Year 2 singing, 5/6C signing performance, Public Speaking, morning tea, K-6 open classroom visits and Book Fair.

9:20am – K-6 Assembly with Special Performances in the Hall

10:00am – Morning Tea

10:15am – Classroom Visits and Book Fair

Morning tea will be available in the hall.

Book Fair: There will be a Book Fair set up in the Library. Visitors may wish to purchase a book for students from our Book Fair. The Book Fair will be open from 8:30am-3:30pm.

11:00am - Close of Grandparents Day Celebrations.

We look forward to welcoming our Kahibah Grandparents and families for this special occasion.



You're invited to our

Melbourne Cup

Luncheon at

Kahibah Sports Club



Wear a touch of pink to support our chosen charity

Tuesday 7 November 2017
 from 11.30am

Early Bird price

book by 17 October 2017:
 (\$10 per ticket is being donated to the Hunter Breast Cancer Foundation)
\$65 per member/ \$75 per non-member (ONLY \$5 to join)
<https://www.stickytickets.com.au/56771>
 Book a table of 10 & only pay for 9

Prizes for

- Best dressed lady
- Best dressed man
- Best dressed couple
- Most stylish hat
- Lucky door prizes

Includes

- Glass of sparkling from Oatley Wines or schooner of beer on arrival (Conditions apply)
- Buffet lunch including canapes, seafood /roasts/dessert bar, tea/coffee
- \$1 mystery trifecta
- Entertainment by Beth Gleeson 11.30am - 2.30pm
- Full TAB facility
- Live race coverage

Courtesy Bus available from 11am – 5pm within our 5km radius
 – phone 0400 694 259 for pick-ups.