



Kahibah Public School

Positive Relationships for Positive Learning.

31st 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.....

- ♦ Wed, 1st Nov - Kinder Orientation Day @ 9.30am
- ♦ Thurs, 2nd Nov - Stage 2 Mystery Excursion
- ♦ Wed, 8th Nov - Kinder Classroom visit @ 9.30am
- ♦ Fri, 10th Nov - Remembrance Day
- ♦ Thurs, 16th Nov - School Leaders Speeches @ 9.30am
- ♦ Wed, 6th Dec - Year 6 Farewell @ 6pm

Principal's Report

Quality Work

As part of Grandparents Day activities, students in 3/4A created a digital book *Long, Long Ago When My Grandparents Went to School...* This learning activity encouraged the students to discover the differences in the educational experiences of generations before their time, including ink wells, old school discipline, bottled milk, blackboards and no computers. A walk down memory lane for the grandparents and an eye opening learning experience for the students. Great work 3/4A!

2H have been doing brain gym and brain breaks to re-charge and re-focus between lessons. They have enjoyed learning some combinations from Youtube clips and decided to make their own class brain break to the popular song, *Can't Stop the Feeling*, which they performed at yesterday's assembly. With all that energy focused into their learning, no wonder great things are happening in 2H...well done!

Quality Behaviour

The following students have been recognised by a teacher for;

Making pleasing progress with her reading and learning her sight words – Imogen M

Showing enthusiasm in writing activities and producing great work – William T

Showing enthusiasm for learning in all areas – Levi R

Having a settled start to term 4 and showing improvement in all areas – Lola S

Working hard to complete 27 levels of 'Slow and Steady Reading' and 27 levels of 'Speedy Reading' - Myah V & Mia K

Sensibly intervening to assist in calming his peers when tensions were high – Luke D

Kindergarten Orientation

Last week we hosted our Kinder Buddy Day for 2018 Kindergarten children. We look forward to our 2018 Kindergarten children and their parents joining us again tomorrow on Wednesday 1st November for 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.

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.

Whitebridge HS Year 5 Gifted & Talented Workshops

Talented and interested Year 5 students have enjoyed the opportunity to join with students from other local primary schools when they recently attended Masterchef, Art, and Photography 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.

Breakfast Club

Just a reminder that Breakfast Club is happening each Monday morning from 8am in the office area next door to the principal's office. 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.

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 Hislop and her team of school staff who organised the event and contributed to the smooth running of the morning.



Aboriginal Education Focus Group

Thank you to the parents and carers of students who identify as Aboriginal who were able to attend the school yesterday to discuss and provide feedback and suggestions in regards to Aboriginal Education. Your feedback has given us lots to think about as we prepare for the next School Plan.

Whitebridge HS Focus Group

Thank you to the parent volunteers of students in years 4, 5 and 6 who recently participated in a small group discussion regarding Whitebridge High School. The group discussion 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.

It is anticipated that your feedback will support the high school as they further seek to engage and work with the local community.

Whitebridge High School Transition Programs

Year 6 students that will be attending Whitebridge High School in 2018 have been participating in Transition to High School Programs in a variety of ways. Many students 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.

2018 School Captains & Student Leadership Team

Current Year 5 students interested in being considered for a 2018 leadership position submitted applications last week. As outlined in the Student Leadership policy, these nominations were reviewed by a panel and successful applicants have been invited to present a speech to the student body on Thursday 16th November at 9:30am. 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.

KidsMatter – Getting in early for mental health and wellbeing

Keeping children healthy and happy involves looking after their mental health as well as their physical health. Mental health is how we think or feel about ourselves and what is going on around us, and how we cope with the ups and downs of life.

Good mental health helps us to form positive relationships with others, handle challenges and be able to generally enjoy life. With good mental health, children think positively about themselves and learn and achieve better results at school. Good mental health in childhood lays the foundations for positive mental health and wellbeing, now and into the future.

Most people will experience mental health difficulties at some point in their life, including children. Getting help early for children's mental health difficulties is important. When children don't get help for mental health difficulties they can end up feeling bad about themselves.

They might have trouble getting on with others or struggle with their school work. It can also lead to health problems and family conflict. Problems that are not addressed can get bigger and affect children as they grow up. The earlier in life mental health difficulties are addressed, the better chance a child has at improving their long-term 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, *Recognising mental health difficulties: Suggestions for families*.

Honi Faasisila
Principal

Canteen News

Hello from the Canteen. Once again, thank you to all the helpers. I couldn't do it without you.

This week's specials are:

Cup of frozen grapes	50c
Cup of Yogurt	60c
New Ice Mony, TNT and Chocolate	80c

This week's super special:

Wrappin Chicken - chicken breast wedges, salad wrap + milk cup \$3.50

Jumpin Burger - chicken burger, pkt jumpys, moosies (any choice) \$4.00

WHS Have A Go Day

Last Thursday, 28 Year 6 students attended the Whitebridge High School Have-A-Go Day. The students got to participate in a number of high school lessons including textiles, woodwork, Japanese, PE, maths and music. We even got to watch ex-Kahibah student, Riley Gardiner perform a couple of original songs with his band. The students also spent the afternoon preparing for the Year 7 camp by building a campfire in groups and cooking toad-in-a-hole. Many ex-Kahibah students came over to say 'Hi' while we were at the high school and to share their advice on starting Year 7. It was a wonderful day enjoyed by all and a fantastic opportunity to help our Year 6 students feel more comfortable about starting at Whitebridge High.

Mrs Kelly Bruce.



Fred Hollows Humanity Award

On Monday, the 23rd of October, Ronan McGinty was presented with the Fred Hollows Humanity Award at Parliament House in Sydney. Ronan received this award for actively involving himself in his local community garden project (Dudley Community Garden), since its conception in 2014. He continues to be an enthusiastic helper at regular working bees and gets other kids involved in projects around the garden, making sure everyone is included.

Ronan also received this award for organising a fundraiser with a teacher who has recently returned from Thionck Essyl, in Southern Senegal, to raise funds for some much needed medical supplies and mechanical repairs to their only ambulance.



Recognising mental health difficulties: Suggestions for families

Children's mental health difficulties and how to get help

Some children have emotional and behavioural difficulties that are mild, short-lived and can be resolved with minimum help and support. Others may have difficulties that seem more serious, and interfere with everyday life. Their emotions or behaviour seem to be different to other children of the same age. When problems occur for more than a few weeks and interfere with school, home, friendship or daily life, it is probably time to seek assistance.

The following signs may indicate your child has a difficulty that needs professional attention

- Frequent, unexplained temper tantrums
- Unusual fears
- Difficulty in going to sleep or staying asleep
- Sadness and feelings of hopelessness that don't go away
- Avoiding friends or family and wanting to be alone most of the time
- Refusing to go to school on a regular basis
- Inability to get along with other children
- Hyperactive behaviour or constant movement beyond regular playing
- Noticeable disinterest or decline in school performance
- Frequent aggressive reaction (more than typically expected in the situation)
- Severe difficulties with concentration, attention and organisation
- Significant changes in behaviour over a short period of time





Things to take into account when deciding on the need for treatment

- 1 How severe the symptoms are in terms of:
 - how much distress they cause
 - how often they occur.
- 2 How much impact the symptoms have on the child:
 - at home
 - at school
 - elsewhere.
- 3 How the child's behaviour and feelings compare with that of other children the same age.
- 4 Any particular experiences within the child's family, school, community or culture that may be influencing the behaviours of concern.
- 5 How the difficulties are affecting the child's:
 - behaviour
 - emotions
 - thoughts
 - learning
 - social relationships.

Your doctor or school psychologist/counsellor can provide further advice.

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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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



variety
the children's charity

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!

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.

0438 637 513

teresa.heighington@raywhite.com

Ray White.

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 canapés, seafood / roasts / dessert bar, tea / coffee
- \$1 mystery raffles
- 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.



TWO PLAY STRINGS

Offers

Violin, Cello & Piano Lessons

Beginners of All Ages Welcome

Competitive Prices

Excellent Results for Leisure or Exams

Local Teaching Studio

Violin Hire Available

Phone Dave & Catherine on: 02 49432181

www.twoplaystrings.com.au

twoplaystrings@gmail.com



Good for Kids good for life

EVERYDAY FOODS IN THE CANTEEN

Our canteen is working towards aligning with the new NSW Healthy School Canteen Strategy! Instead of Green, Amber and Red categories, there are now Everyday and Occasional foods and drinks. We are aiming to provide a large range of delicious and nutritious Everyday foods and drinks for your children.

Everyday foods and drinks can include:

- Fruit and vegetables
- Sandwiches/wraps/rolls, sushi and salads
- Toasties, soup, pasta, jacket potatoes and lean burgers
- Reduced fat dairy, cheese and wholegrain crackers, air popped popcorn and pikelets
- Water, 99% fruit juice and reduced fat milk.



Health
Hunter New England
Local Health District

PHONE 4924 6499

