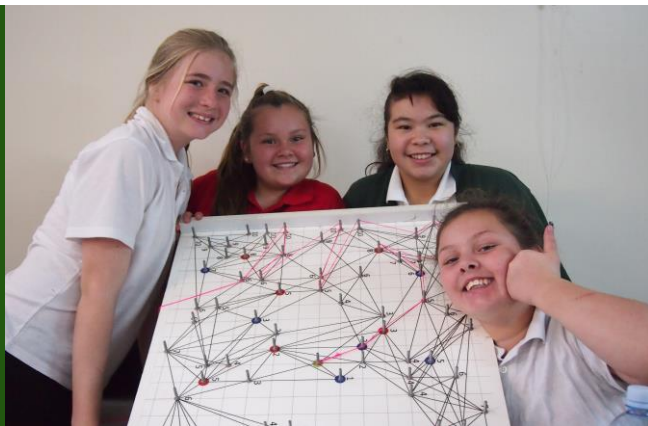




SWANSEA PUBLIC SCHOOL NEWSLETTER

Phone: 49 711 267
Fax: 49 721 354
Email: swansea-p.school@det.nsw.edu.au
Website: www.swansea-p.school.nsw.edu.au

September 6, 2016



Swansea Public School is an innovative school promoting quality programs to its community. The school offers a wide variety of programs which enhance citizenship, teamwork, equality, social justice and tolerance.

Week 8

Tues 6/9: Galgabba Spelling Bee
at Swansea HS
Stage 3 Excursion Meeting
5.00pm in Pavilion
Wed 7/9: School Spectacular
7.00pm

Week 9

Mon 12/9: Kinder Parent Orientation
6.30pm
Tues 13/9: Kinder Parent Orientation
9.30am
Galgabba Soccer Gala Day
– Stage 2
Wed 14/9: Stage 3 Bathurst/Dubbo
Excursion
P&C Meeting 6.30
in Staffroom

Week 10

Wed 21/9: Touch Football Gala Day
Fri 23/9: Last day of term.



Swansea Public School Kindergarten 2017

We would like to invite families with children starting Kindergarten in 2017 to visit our school, take a tour and enrol your child.

Our first Kindergarten parent meeting is on Monday September 12 at 6.30pm or Tuesday September 13 at 9.30am.

Please contact our school for more information.

Swansea Public School t. 4971 1267 f. 4972 1354
Rawson St, Swansea e. swansea-p.school@det.nsw.edu.au
NSW 2281 w. www.swansea-p.schools.nsw.edu.au



 facebook.com/SwanseaPublicSchool/events

NAPLAN

Students in Year 3 and 5 completed National Assessment Program-Literacy and Numeracy (NAPLAN) in May this year. NAPLAN assesses aspects of literacy including reading, spelling, punctuation, grammar and writing as well as numeracy. The results are shown in skill bands that indicate levels of achievement. The report shows the national average and the school's average, and allows parents/carers to see their child's performance in comparison to others who completed the NAPLAN tests. If you would like to discuss the results with your child's teacher please make an appointment at your convenience. Your child's results were sent home week 6.

Due to enrolled children's life threatening anaphylactic allergic reactions to all nuts and peanut products, we would like to encourage families not to send these products to school with their children. These include peanut butter, Nutella, sesame seeds, loose nuts, muesli, nut or chocolate bars or any products containing any type of nuts



PBL Focus of the Week

Looking after Equipment

SPECTACULAR

Tickets have almost sold out so be quick to snatch up the last remaining tickets to

The Invasion of Swansea

They are on sale from the Office

All tickets that have been purchased were given out last week, if you were unable to pick them up they will be with your eldest child.

PARENTS PLEASE NOTE

The beginning of the Spectacular has a spooky, mysterious introduction with some scary music and children dresses as monsters roving through the audience. It may be a good idea to forewarn your toddlers who may be frightened by this and explain it is only part of the "acting" in the show.

Due to the size of the Spectacular Hall we will not be able to accommodate prams inside as the students use the aisles during their performance, we are seeking your cooperation in leaving prams outside on the night.

Children are to arrive at 6.30pm.

Doors open 6.45pm for a 7.00pm start.

Looking forward to seeing you there on Wednesday 7 September.

The Spectacular Committee

Stage 3 Bathurst/Dubbo Excursion.

Next week 42 stage 3 students are off to Dubbo and Bathurst with Mrs Boyce, Ms Robertson and Mr Gaul who will be accompanying our students .

As part of the excursion the students will visit The Three Sisters at Katoomba, Taronga Western Plains Zoo at Dubbo, Wellington Caves, the Mount Panorama Racing Circuit and The Bathurst Goldfields.

A meeting will be held this afternoon in the Pavilion at 5.00pm to discuss the upcoming trip.

Blokes Breakfast

Thanks to all the happy men who enjoyed our Blokes Breakfast. The basketball game between the men and children ended up 4-4. Thank you to the staff who cooked for everyone.

P&C Meeting

The monthly P&C meeting will be held next week Wednesday 14 September at 6.30pm. All welcome.

Good News

The walkways outside the children's toilets will be replaced as the roofing is rusting. We are not sure exactly when the work will start but it will probably be next term. Therefore we will have more workmen and materials at the vehicle side access.

We are looking forward to having a whole fresh unified look at our beautiful friendly school.

Nutrition Snippet

The simplest way

...to get kids in the kitchen.



Image: expophoto.com.au

Involving children in preparing meals is a great way to get them eating more fruit and veg. Kids are more likely to eat something they've helped create!

To inspire budding chefs, let your children help you shop for fruit and veg and then add the produce to meals. You can even plant some herbs or veg at home for go-to ingredients.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



After upgrading our printers and copiers we now have three printers available for sale. These include a Kyocera FS-C5150DN and Kyocera FS-C5250DN. The printers are \$50 each. The remaining ink cartridges are for sale at cost price.

FS-C5150DN:

1 x TK584 yellow \$172.93

1 x TK584 black \$144.58

FS-C5250DN:

1 x TK594 cyan \$180.02

1 x TK594 yellow \$172.93

2 x TK594 magenta \$144.58

Please contact the office if you'd like to purchase one of the printers.





Building parent-school partnerships

WORDS Sarah Wayland



Helping kids focus in the age of distraction

Finding ways to turn your kids from flitters to focusers – how teaching your children to 'stick with it' can have lifelong benefits.

As a society we often debate about the 'right' amount of screen time, and with the introduction of personal screens over the last decade, to add to TV, laptops and desktops, the focus on a single task has slowly ebbed away. The British Psychological Society found that too much screen time (more than their recommendations of no more than 2 hours per day) could unintentionally cause permanent damage to a child's still-developing brains. Impacting the capacity to focus, to concentrate and to give attention to tasks.

Distraction is often managed through the delicate art of re-direction or encouragement to combat the 'but I just can't do it!' However, has this brave new world of binge watching TV, entertainment on demand and socialisation via hand held devices created kids that always have options for those tasks that require some stubborn determination? If so how might this new way of living and relaxing challenge our kid's capacity to stick with a difficult task when they have a world of entertainment at their disposal?

Dr Daniel Goleman, an award-winning psychologist and TED speaker, emphasises the need for people to engage in skills that foster emotional intelligence. Goleman's belief is that 'Kids learn best when they can maintain sustained attention, whether to what a teacher is saying, their textbook, or their homework. The root of learning is keen focus; distractions kill comprehension.'

But the new normal for young people continually interrupts their focus with distractions.'

Neuroscientists tell us that the more a young person can practice keeping focus and resist distraction, the stronger and more richly connected this child becomes. By the same token, the more distracted, the less so. Rebecca, a NSW schoolteacher who is passionate about the topic, finds that the evidence is clear in our own homes and in classrooms 'we now have young people who are experts at 'flitting' from one device to another' and she refuses to take a defeatist approach because without refocusing those 'flitters' to 'focusers' who risk the next generations creative or scientific masterminds we risk losing children who are able to 'sit still and agonise over a task long enough to see it through to its marvellous end'.

Tips for helping kids maintain focus and attention

1 Build your child's focus

As with all tasks the aim is to start small and build your child's capacity to master the concept of 'sticking with it'. Cath, a school counsellor, finds that she can use the same strategies with the teens she works with and her primary school aged children when she gets home: 'it's all about breaks and rewards. Set a timer between breaks and then on a break they need to do something active like a push-up. Then there is a little reward for staying on task for a particular amount of time.'

2 Remember it's all about the journey

Parents and researchers agree that understanding what can be gained from being focused is the key to engaging your 'flittering' child. Our solution driven society is often focused on what we receive at the end rather than the process to get there. Teaching your children to tolerate the unexpected can have wonderful benefits, as can sitting with something that may have previously been viewed as unachievable.

3 Keep calm and focus

Use calm methods to engage children who become distracted: breathe, relax and high five each other when working alongside your child or when with a group of children. Talk about what might be achieved at the end and make it a fun process.

Screens, for all their negatives and benefits, are here to stay. Many argue that they provide complexity and new experiences to our children's world by identifying exciting technologies but they also provide avenues to 'opt out' of the hard yards.

Reaching what you thought was unattainable by engaging in a single focus and 'sticking with it', can provide lifelong lessons.

Sarah Wayland



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



parentingideas.com.au

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1 Positive school community

Positive and respectful relationships at school help children and families feel that they belong and that their contributions are valued. A positive school community also gives children a sense of security that their needs will be met. Research shows that when children and families feel connected to school, children are less likely to develop mental health difficulties and are more likely to succeed academically.

2 Social and emotional learning for students

Learning how to manage feelings and get on with others is an important part of children's development. It helps them become better learners and feel good about themselves. Teaching children social and emotional skills as part of the school curriculum gives them tools for coping with emotions, solving problems and learning more effectively.

3 Working with parents and carers

In order to promote children's mental health and wellbeing, it makes sense for families and schools to work closely together. Schools can support parents and carers by providing useful parenting information and resources, and by connecting them with further assistance if required.

4 Helping children with mental health difficulties

It can make a significant difference when children and families are able to access mental health intervention early. KidsMatter primary schools learn to respond more effectively to children's mental health difficulties by recognising and responding to concerns that may need following-up. They can provide information to families and develop links with health and community agencies in their local area.

How can families help?

Families are the biggest influence on children's mental health and play a very important role in KidsMatter. Children benefit when the important people in their lives work together and have a shared understanding of their development and their needs.

KidsMatter Primary has developed a range of information sheets with parenting tips and strategies to help all Australian families support the wellbeing of their children. View them online at www.kidsmatter.edu.au

If your child's school is participating in KidsMatter Primary, there are many things you can do to help make it a success:

- Read the KidsMatter Primary information sheets to further your understanding about children's mental health.
- Develop relationships with staff, so you can share knowledge and information about how they can support your child.
- Get involved in the Action Team.
- Ask staff how KidsMatter Primary is being implemented.
- Participate in school activities to build a sense of community.
- Respond to any school requests for ideas or information.
- Talk to other parents and carers about ways the school can support your needs.
- Let the school know what skills or talents you are happy to share.

¹ Snee, P. T., Lawson, M. J., Russell, A., Askell-Williams, H., Dix, K. L., Owens, L., Skrzypiec, G. & Spears, B. (2009). KidsMatter Primary Evaluation Final Report. Adelaide SA: Centre for Analysis of Educational Futures, Flinders University of South Australia.

² Dix, K.L., Snee, P.T., Lawson, M.J. & Keesee, J.P. (2011). Implementation quality of whole-school mental health promotion and students' academic performance. *Child and Adolescent Mental Health*.

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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TryStars

Triathlon NSW is providing new opportunities for kids to get a start in triathlon by conducting TRYStars programs across NSW in partnership with Achieve Sports.

What is TRYStars?

TRYStars is an introduction into the sport of triathlon for children aged 7 – 12 years old which has a focus on fun & enjoyment, while encouraging kids to be with friends and make new friends. It enables kids to develop skills, ability and fitness in a non-competitive environment.

TRYStars has been developed to encourage healthy and active participation in the sport. It plays an integral role as the first step of the participation pathway for all juniors.

We are conducting two programs in the Lake Macquarie region (aimed at kids 7-12 years old) running 1 hour per week over 8 weeks and consist of 8 hours of action packed, game-based activities that develop skills, encourage having fun, develop friendships and nurture a sense of belonging. All this is done whilst preparing children wanting to participate in junior triathlon and duathlon events.

Location: Speers Point.

Dates: Wednesdays: 19/10, 26/10, 02/11, 09/11, 16/11, 23/11, 30/11, 07/12

Time: 4:00pm - 5:00pm

Coach: John Young

Cost: \$175 + GST



TRYstars
KIDS TRIATHLON PROGRAM

7-12 YEAR OLDS LEARN FUNDAMENTAL TRIATHLON SKILLS!

With a focus on fun and enjoyment, kids will get to play fun game-based activities in a non-competitive environment. Activities develop skills and friendships that nurture a sense of belonging.

TRYStars programs ensure the right level of activity for different ages, offering two programs:

- 'Mini Stars' for children aged 7 – 9 years old
- 'Super Stars' for children aged 10-12 years old

TRYStars can be run in various formats including after-school, weekends and school holiday programs.



For information or to register
contact Julie Hunziker
P: 0405631593

E: trystars@nsw.triathlon.org.au
www.triathlon.org.au/nsw



Lake Macquarie Rugby Club

Presents **VIVA7^s**
TOUCH FOOTBALL

Starts 5pm
12th October 2016
running for 8 weeks



**Families and individual
players welcome!**

Single player - \$30 • Family of 3 - \$80
Family of 4 - \$100 • Family of 4 or more - \$120

Shirts are provided

Contact **Greg Hodgson** 0414 255 287 - **Rob Taylor** 0417 309 588

Louise Kettles 0423 036 306 for further details

or email lakemacquarie.roos@gmail.com

or visit our website www.lakemacquarierugby.com for online registration



Facebook: **Lake Macquarie 7s**

Email: Lakemacquarieroos@gmail.com

What does the cost include?

Swim, bike and run fun, participants receive a pack which includes:

- ▣ bag, long sleeve rashie, elastic laces and swim cap
- ▣ discounted 1 year Triathlon Australia junior membership
- ▣ discount vouchers from local organisations
- ▣ insurance

What does a typical TRYStars schedule look like?

TRYStars sessions are swim, bike and run based activities. Swim activities are located at a designated swimming pool unless otherwise stated. A few of our summer programs are located in open water. In these circumstances this will be clearly identified before you register your child. Bike/run sessions are conducted in a traffic-free environment (e.g. park, oval, sports and recreation centre).

What do I need to know?

What equipment does my child need to have?

- ▣ Water bottle ▣ Swimsuit ▣ Goggles ▣ Towel ▣ Running shoe
- ▣ Helmet ▣ Bike (road, mountain)

What swimming ability should my child have?

TRYStars participants need to be able to swim 50 metres.

What cycling ability should my child have?

TRYStars participants should be able to cycle unaided without the use of training wheels.

What accreditation do coaches have?

TRYStars is delivered by Triathlon Australia TRYStars Accredited coaches. ALL coaches also have first aid (including CPR) and asthma and anaphylaxis certificates and a Working with Children check.

