



Pupils are to reach their full potential through teacher, parent and student endeavour.

Ph: 4954 0404 Fax: 4956 5530 Email: cardiffnph-p.school@det.nsw.edu.au

Website: www.cardiffnorthpublicschool.edublogs.org

Term 2 Week 6

31st May 2017

## COMING EVENTS

### Thursday 1st June

Athletics Carnival

### Tuesday 6th June

PaTCH Information Afternoon Tea—2pm

### Tuesdays

Student Banking

### Fridays

PSSA Sport

### Monday 5th June

Low Waste Lunch Day - World Enviro Day

### Monday 12th June

Queen's B'day Public Holiday

## Permission Notes and Payments Due

### PaTCH Expression of Interest Note

Due by 1st June

### Stage 2 Excursion - Outdoor Education Centre

\$50 deposit

Overdue

### Stage 3 Excursion - Milson Island

\$50 deposit

Overdue

### General School Contribution \$44 per child

### Mathletics \$20

Overdue

## P & C Meetings 7pm in the staffroom

Our next meeting

**Tuesday 13th June**

(Preceded by Canteen Meeting 2.30pm)

Dear Parents,

### Sports

#### Cross- Country

This Friday, Asamoah will travel to Cessnock to compete in the Hunter Cross Country carnival. This is where he is representing the Crossroads Zone. We wish him luck in his race.

#### PSSA

Reminder as per the draw there is no PSSA this Friday, but it will resume next Friday 9th June 2017.

#### PSSA 26/05/2017

Mrs Gill informs me that the Netball teams continue to show improvement each game though unfortunately both went down in hard fought games to West Wallsend. The junior score was 9 – 13 to West Wallsend and the seniors going down in a “nail- biter”, 9-10.

In soccer, the junior team became a little overwhelmed during the game and went down to West Wallsend 9-0. While the senior soccer team really came together this week and played well to win 8-5.

It was great to see so many parents and families at the games, I know the children really appreciate it.

Don't forget to come along to the annual School Athletics Carnival, to be held in the school grounds this Thursday, 1<sup>st</sup> June, from around 11.30am, (following the competitive distance events for eight years and older).

Many primary-aged children, (8yo and up), will be vying for a position on the school's Zone Athletics Team, while others will be simply having fun in an active, healthy way.

Fingers crossed for the weather to be kind to us!

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“Thank you” to our P&C, who have organised a cheque for Tamika’s family in support of her selection and representative duties in the NSW State PSSA Diving Competition, where she was representing the Hunter Region.

Children have now begun their first five weeks of the **Premier’s Sporting Challenge**. The idea of the challenge is to encourage children to be more active and therefore healthier, having many non-small screen activities to choose from and developing a healthy lifestyle which they will carry with them into adulthood.

Older children will record and track their activity in 20 minute lots each day. This can be anything that involves getting the heart rate up, for example going for a bike ride, washing the car, soccer or netball training, a walk around the block with the dog, school sports, playing running games with friends at lunch time, etc, etc, etc.

After ten weeks of recording activity and having the hours submitted, children may be eligible for a certificate from the Premier’s Office at the end of the year. The optimum target is a Diamond certificate,( 80 minutes per day or average 566 minutes per week). This is followed by a Gold certificate, (60 mins per day or 420 mins average per week), Silver, (45 mins per day or average 315 per week), and a Bronze certificate, (30 minutes per day or average 210 minutes per week).

Good luck to all!

### **Reconciliation Week**

This week marks National Reconciliation Week, (27 May – 3 June). Many people may have seen some of the media surrounding the event, and we really encourage you to get involved in community events and activities.

Meanwhile, plans are well underway for the school’s NAIDOC Week activities, for the first time spread across the whole of the last week of term. We hope all our parents can come along and join in the activities as they are scheduled.

More information as the week gets closer, or see Mrs Lindsay to ask how you can help.

### **NAPLAN Online**

Like all schools across NSW, Cardiff North has begun preparing for when the NAPLAN tests go online, in 2019.

This year is a year of preparation and testing of school facilities to make sure we can deliver the tests as expected.

We will be spending time this year and next year preparing our students for the changed format.

In the mean-time, if parents want to get a look at how the tests might be presented and how children will be required to answer, they can go to a specific website and have an explore for themselves.

Later in the year, children in Year 3 and Year 5 will have a “practise run” in completing a “mini-test” just so we can get an idea of what they think of it. It is not marked, just the process of doing the NAPLAN test on-line is of interest.

The website is : <http://www.nap.edu.au/online-assessment/naplan-online/naplan-online-public-demonstration-site>.

### **OOSH Survey**

Please support us in our endeavours to gain an Out of School Hours Care centre right here at Cardiff North Public School by completing and dropping in the detailed survey which will provide evidence that we indeed will be using the facility.

If we can gain an OOSH, it will greatly assist working parents and will also be an extra benefit for parents unable to organise child care at short notice. We are also hoping our centre will provide vacation care as well.

The survey closes today, so that we may collate it and send the results in with our application.

### **Student Wellbeing; SOS Room, (‘Sort Out Something’ Room)**

Over the years the term “*Planning Room*” has become synonymous with punishment. This is not, nor has it ever been, the sole purpose of this “room”.

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When children are asked initially to attend the “Planning Room”, or (“**SOS Room**”), it is so a teacher can talk in a quiet, uninterrupted way with all parties to find out what has happened, why it happened, and how all parties can work together to not let it happen again. An agreement is usually made and that is the end of the incident. Records are kept.

Occasionally, if a student is uncooperative, unrepentant, or unwilling to change poor behaviours, then they may be required to see that there are consequences for their actions, and will miss out on some play as the SOS Room teacher continues to work with them to assist in behaviour change.

So, if your child comes home stating they “had to go to planning”, most times it is simply to “sort out something”, not for punishment.

### Boomerang Bags

Coming to our school hall this Sunday from 10.00am to 1.00pm.

If you want to be involved in a sustainable and environmentally-friendly hobby that helps our community, and you have a sewing machine, bring it along to our hall and learn how to make reusable shopping bags and help keep plastic out of our environment.

To find out more contact Barry at [casng2015@gmail.com](mailto:casng2015@gmail.com), or to register for the day.

### Green Team Action

Don't forget that while attending the school athletics carnival, you can grab some fresh, healthy vegetables straight out of our school gardens for just a small gold coin donation per bag. Bags will be available at the gardens but you might like to bring your own. Any money gained will be used to support the Green Team in things like seed and plant purchase or equipment purchase. All the vegetables are organically grown and look delicious.

Also, the Green Team are holding a “nude food” day on Monday 5<sup>th</sup> June. Try to send any food with your child in a recyclable container. We want there to be no waste food packaging found in the bins at the end of the day please!

We know you can do it!

CANTEEN ROSTER	
Thursday 1st June	CLOSED
Friday 2nd June	Monique Anderson Kate McLean
Monday 5th June	Mel Feighan Chrissie Boardman
Tuesday 6th June	Donna Hatton
Wednesday 7th June	Carley Thompson Rebecca Forbes

On behalf of the students and staff at  
Cardiff North Public School,  
Thank you for your continued support.  
Mr Colin Firth - Principal



Nutrition Snippet

## The simplest way

...to eat your teeth clean.

Poor snack choices affect your child's weight, teeth and overall health. Try this activity to see what different foods do to teeth.

Eat the following foods, in order, in front of a mirror to see:

- Oreo biscuit** – a “sticky sweet” food that will fall in to all the grooves of the teeth;
- Carrot** – a firm textured, unprocessed food that increases saliva flow and will remove the Oreo particles;
- Cheese cube** – a powerful protector of teeth that neutralises mouth acid and remineralises the enamel coating of your teeth.

So stick with “firm favourites” (e.g. fruit and veg) and “powerful protectors” (e.g. cheese, milk, water) and avoid “sticky sweet” foods (e.g. biscuits, cakes, muesli bars, lollies). “Sweet acidic” juice, cordial, sport and soft drinks can attack teeth too.

*Courtesy of: Hunter New England Health, Oral Health Promotion Unit, “Healthy Tums Healthy Gums” program.*



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**Eat It To Beat It** 

# insights

## Developing independence in primary school

By Michael Grose

*Practical ideas for parents to encourage real independence in children.*

Your goal as a parent should be for your child to be completely self-managing by the end of primary school. That is, he can get himself and others up each morning; make his own breakfast; prepare his own schoolbag; collect his own school uniform; put

any notes under your nose to be signed and returned to school; and so it goes on. Now, that doesn't mean that kids will do all this all the time, because other factors come into play such as busy schedules and early starts; children will need some assistance at times. However, it's good to keep in mind that children, when left to their own devices, generally do remarkably well at organising their daily tasks. Sometimes they just need the opportunity.

Here are four practical ways to develop real independence in primary school-aged children:



### 1. Involve them in mealtimes

Mealtimes are the fulcrum around which healthy families operate. A shared meal is more than food. It's a ritual that binds people together; it's a vehicle for parents to influence their children; and it's an expression of love and care. It is also fundamental to children's wellbeing because there is a strong correlation between good mental health in young people and those who regularly share a family meal. Mealtimes also offer plenty of opportunities for children to help including running errands, preparing the meal, setting the table, clearing the table, packing the dishwasher and other jobs. There's something for everyone!

### 2. Use pocket money to develop independence

A regular allowance is a fabulous way to promote real independence in children. Start in lower primary school and gradually increase their allowance the older they become. Importantly, you need to increase the areas that their allowance covers. For instance, in lower primary school a child's pocket money might go towards the purchase of some sweets and one or two other items each week. However, in middle primary school it might increase to cover the cost of one or two lunch orders each week, their bus money and some treats.

## Developing independence in primary school

In later primary school it could even cover some of their clothing purchases as well. The important thing is not to cover for kids if, for instance, they don't budget appropriately and run out of money for school-canteen lunches. They can either make their own lunches at home or perhaps borrow from a sibling and repay out of their next allowance. Pocket money used well is a fantastic way to develop independence in kids.

### 3. Look after pets

It's a quirk of life that most children want a pet, but they just don't want to look after it in the long term. Many kids discover that following the initial flush of enthusiasm looking after a pet can be a grind – walking the family pooch, cleaning out the guinea-pig cage, or feeding the family feline. But pet care offers priceless lessons in the development of grit, responsibility and nurturance – all necessary attributes for independent success.

### 4. Walk, ride or take public transport to school

The opportunity to go to school on your own devices was a luxury that previous generations enjoyed. While it may have seemed at the time like something to be endured rather than enjoyed, most people I discuss this matter with look back with fondness and nostalgia.

For most people it meant freedom, friendship and fun. For a short time each day kids experienced a delicious type of freedom away from both teachers and parents – a time to muck around, dawdle and mess around with mates. It also gave kids some familiarity with their neighbourhood. It's well established that currently more children are driven to school than ride or walk, which denies children the same opportunity for friendship, fun and freedom. Busy schedules, less child-friendly neighbourhood layouts and working parents are just some of the reasons that prevent kids walking to school. If possible, look for ways to allow your child to get to school on their own. It's fantastic for their independence and wellbeing. If children are too young, walk or ride with them some of the way until they are old enough and skilled enough to make the trip without you.

### The age of opportunity

Children in this stage have an outward orientation and are exploring their place in the world. This is an age and stage for greater neighbourhood exploration, for taking on real responsibility and for developing personal confidence and efficacy before adolescence starts.



**Special note:** I'm thrilled to announce that my latest book *Sponderified Generation: How to raise independent children* is out. It's available at [parentingideas.com.au](http://parentingideas.com.au)

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Visit our website for more ideas and information to help you raise confident and resilient young people.

