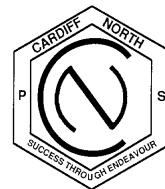


BULLETIN

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

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Website: www.cardiftnorthpublicschool.edublogs.org



Term 2 Week 7

7th June 2017

COMING EVENTS

Monday 12th June

Queen's B'day Public Holiday

Wednesday 21st June

Cardiff High "Opportunity and Enrichment Afternoon"

Tuesdays

Student Banking

Fridays

PSSA Sport

Permission Notes and Payments Due

Cardiff High "Opportunity and Enrichment Afternoon"

Permission Note due 16th 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

Payment Options

for school run events only

Cash

Cheque

EFTPOS

POP - (parent online payment) available on our school website

Dear Parents,

Kindergarten Enrolments 2018

If you are aware of any neighbours living in our area who might be considering putting down their child's name for enrolment for 2018, please encourage them to do so via the office and come along and have a chat to the Principal.

Remember, we have reached our enrolment ceiling and are unable to take any out-of-zone enrolments.

Our Kinder orientation program is extensive and begins in term 3. It's important that kindergarten children and their parents attend as many sessions as possible for a smooth transition into school.

Attendance

A reminder that it is a legal requirement that children should attend school every day that it is open for lessons. This includes being at school for 9am and also ensuring they attend right up to the 3 o'clock bell.

Children leaving early, for example if PSSA sport has concluded, must still remain at school until 3.00pm, unless a written explanation can be produced indicating a legitimate reason, such as a doctor's appointment. Otherwise, the absence will be recorded as "unjustified" and subject to closer scrutiny.

P&C Pie Drive

P&C have sent out their major fund-raising initiative, **the pie drive**. There are lots of yummy products to choose from and lots of "comfort food" for these colder days coming up.

Feel free to take extra order forms and distribute them to relatives, workmates and acquaintances possibly not even attached to our school.

P & C Meetings

7pm in the staffroom

Our next meeting

Tuesday 13th June

(Preceded by Canteen Meeting 2.30pm)

All funds go towards the P&C major project, that being a **COLA over the fixed equipment**.

Parking

We know that parking around the school has always been difficult, however, please be mindful of our neighbours as often they are blocked from their driveway by parents picking up, waiting for or dropping off students.

Also, be mindful of the parking signs. Random checks by parking rangers do take place.

An explanation sign is located on the fence near the main vehicular entry on Wansbeck Valley Road for parents to be doubly certain they are following the law.

Remember, as the “bottom line”, this is all about student safety.

Major Excursions Years 3-6

Both Mr Piggott and I are disappointed in the number of children who have not yet indicated they wish to attend the major excursion for their stage this year, (to Aussie Outdoor Education Centre at Morisset for Stage 2 and Milson Island for Stage 3).

“Thank you” to those parents and carers who have taken advantage of the “school banking system” and begun paying off the total gradually. This is very wise so that there is not such a “bill shock” as the excursion departure date looms.

Don’t forget, you don’t even have to come into the school to make a payment, with the availability of the “Parent Online Payments” system, (or POP), being available via our school website.

Given the very long advice timeline and availability of the “school excursion bank”, and the fact that we have costed the excursion to assist families with multiple children attending, there is little room in our school budget for financial assistance to be available as we get near our departure date.

If parents are waiting for the departure date to get nearer before paying, please at least complete and send in the permission note so that we may continue planning with confidence in numbers. Additional copies are available from the office.

Playground

An inspection of our bottom field has revealed a suspicious divot which we are going to ensure is made safe before allowing children to continue to use the area.

I am working closely with our Assets Management Unit to investigate and remediate as necessary to ensure student and community safety. Until then, to take no chances, we have made the area “out-of-bounds”, which will of course affect PSSA sport. Alternative arrangements will be made. We are lucky we have plenty of playground space available around the school.

Thank you for your understanding as we go about ensuring the safety of your children.

Lost Property

With the weather at last turning cold, we are finding lots of discarded jumpers etc around the school. Usually, with the benefit of having a name in them, we are quickly able to return the item to its rightful owner.

Please ensure every item, including lunch boxes, beanies, hats, jumpers, etc have your child’s name clearly marked on them for a quick return.

A reminder that school beanies are available and are the only beanie to be worn at school.

PSSA Sport

Mr Piggott informs me that for the remainder of this term, the loss of our field will not impact greatly on PSSA sport as we were to have “away” games anyway. Depending on investigations and recommendations about the field, term 3 games may well be all “away games”.

Mr Piggott will provide further advice re the term 3 games in the coming weeks.

See Saw

We are receiving “rave reviews” about the app “See Saw” which many of our teachers are utilising as a way for parents to instantly keep up-to-date with their child’s classroom activities, and provide instant positive feedback.

As a means of communicating with parents and carers, staff is finding the app incredibly useful

and feedback from parents is extremely positive.

The service is free for parents, as the school sees its value and pays the subscription fee on behalf of all our parents and carers.

CANTEEN ROSTER

Thursday 8th June	Monique Anderson Sheree Woodcroft
Friday 9th June	Raylee Mascord Carley Thompson
Monday 12th June	PUBLIC HOLIDAY
Tuesday 13th June	Donna Hatton Belinda Sheffield
Wednesday 14th June	Carley Thompson

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 bake a healthy lunch box treat.

Homemade muffins are a great way to add a fruit or veg-filled treat to lunch boxes.

Apple and date muffins



Ingredients: 3 apples, chopped; 1 cup boiling water; 200g dates, chopped; 50g butter; 2/3 cup brown sugar; 2 tsps mixed spice; 1 egg; 1 tsp baking soda; 1 tsp baking powder; 2 cups wholemeal flour.

Method: Preheat oven (180°C). Chop apples and dates. Add boiling water, butter and sugar. Mix until butter melts and sugar dissolves. Add spice and allow to cool. When fruit mixture is warm, not hot, add spice and egg. Mix well. Add baking soda, baking powder and flour. Mix, but do not overbeat. If mixture is too dry, add a little milk. Spoon into the prepared muffin tin. Bake for about 15 minutes.

For more information visit

www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



Nutrition Snippet

The simplest way

...to serve dinner in a flash.

A stir fry is a quick and easy dinner, perfect on school nights for busy families.



And it includes a range of colourful, healthy vegetables.

Pick and choose your favourite combination of sliced fresh veg – capsicum, zucchini, sugar snap peas, green beans, bok choy, celery, mushroom, onion, carrot and cabbage work well. Go vegetarian, or add sliced lean chicken, pork or beef.

Mix 2 tsp reduced salt soy sauce, 1 tbsp honey, 3 tbsp water and 2 tsp cornflour in a jug for the sauce.

Prepare noodles according to packet directions.

Cook veg in a hot pan or wok, add sauce and stir to thicken. Remove from heat and serve over noodles.

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or join us at facebook.com/eatittobeatit



Nutrition Snippet

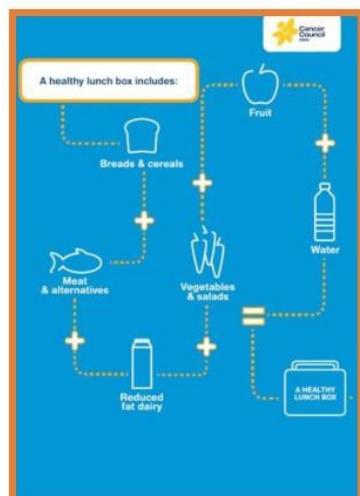
The simplest way

...to pack a healthy lunch box.

Packing a healthy lunch box is as simple as including each of these food groups. And you can combine several in a single item.

Try a pita pocket (bread) with lamb kofta (meat) and tabbouleh (salad).

Or go for a tub of whole or puréed berries with natural yoghurt for a fruit and dairy combo.



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Parenting ideas INSIGHTS



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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