



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

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

Website: www.cardiffnorthpublicschool.edublogs.org

Term 2 Week 8

14th June 2017

COMING EVENTS

Wednesday 21st June

Cardiff High "Opportunity and Enrichment Afternoon"

Tuesday 20th June

PaTCH info session 1-3pm

Thursday 29th June

Disco

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

P & C Meetings

7pm in the staffroom

Our next meeting

8th August 2017

(Preceded by Canteen Meeting 2.30pm)

Dear Parents,

KidsMatter – Parent Survey

We urge all our parents and carers to please complete the **Parent Survey** by clicking on the link: www.kidsmatter.edu.au/primary/parentsurvey. Please complete by **Sunday 18th June**. Thank you for your support! **What is the survey about?** The survey asks parents and carers for their perspectives on their child's school and what they think is important for schools to consider to better support children's mental health and wellbeing. **Who should participate?** The parent and carer consultation process encourages parents to complete a short survey with items that relate directly to areas covered by the four components. An invitation to take the survey comes from the school. **What happens to the answers?** The answers provided by parents and carers are completely anonymous and are stored securely by KidsMatter and the school. Only summarised results that align to the four components are used for the purposes of informing school planning.

Thanks for your help getting KidsMatter up and running at CNPS!

Chloe Lindsay

P&C BBQ Fund Raiser

At last night's P&C meeting, organisation for the upcoming P&C fund-raising BBQ, to be held at Office Works Hillsborough on Saturday 24th June, (next week). Was discussed

We still require more helpers from our parent body to assist, especially in the morning but over the whole day.

If you can spare an hour or two, please leave your name, times available, and a contact number either with Kimberly Bristow or the office, who will pass it on.

All profits go towards your children and our school. The P&C major target is to raise enough funds to build an all-weather COLA over the fixed play equipment.

Grounds

With the weather being so bad, our Assets Unit has not been able to get onto the field to inspect the hole that has appeared in our playground.

When possible, an inspection will take place to ascertain the safest way forward. Until then the playground remains largely out of bounds due to safety concerns for our children and community.

Practicum

We currently have three Prac. students with us from Newcastle University, who are in their second year of study to be a teacher.

We welcome Ms Grace Strong, working on 1/2G with Miss Gillard, Ms Josie Gardiner and Mr Samuel Garland, working on 4/5P with Mr Piggott.

We hope they have a successful practicum, learn lots and decide that teaching, (the best job in the world), is definitely for them.

Disco

We have planned a disco in the last week of the term to compliment our NAIDOC week of activities.

A separate note will be sent home soon with all the details, but please "save the date" of Thursday evening, 29th June.

The theme will be red, yellow and black, in support of NAIDOC Week.

Attendance

We recently had a visit from our Home School Liaison Officer, (HSLO), whose role it is to assist us in monitoring attendance at Cardiff North Public School.

Our HSLO congratulated us on our fine attendance rate but asked that we remind parents that attendance on every day the school is open and for the full day of lessons from 9.00am to 3.00pm is a legal requirement and that the HSLO is there to assist any

parents who are having difficulty in maintaining attendance for their child.

Should you require assistance, you can contact our HSLO via the Principal, or simply arrange a meeting with the school's Learning Support Team.

NAPLAN Online

In a recent bulletin I alerted parents to the Department of Education's desire to move the NAPLAN tests to an online platform.

We are currently assisting the department with the logistics of this by assessing our facilities and equipment for suitability.

All schools are anticipated to be conducting on-line NAPLAN tests by 2019.

Parents can get a look and feel for the tests by accessing a demonstration site at <http://www.nap.edu.au/online-assessment/naplan-online/naplan-online-public-demonstration-site>.

Later in the year around August/September, students will be given a chance to have a demonstration of the on-line tests and get a sense of what they will be asked to do and how to record their answers, (there will be no results taken or feedback given, it is only for demonstration purposes).

Instructional Rounds

Miss Zawierta and Mrs Savage are managing a program titled "Instructional Rounds". This is a professional development program for our staff to reflect on teaching practices and to ensure the most effective practices are being used for identified areas of need. This is done through collaborative planning and peer observations of lessons and feedback.

Quite a daunting prospect for some to have other teachers sitting in your classroom while you teach but one our staff willingly take on in order to ensure they are using the most effective strategies and techniques they can to assist your children.

We join about a dozen other schools from all over the Hunter area in the program and will give a presentation of our "journey" in term 4 to all other involved schools.

Healthy School Canteens

The guidelines for providing healthy foods through our canteen and promoting healthy eating are changing.

The “traffic light” system of classifying food as “everyday”, “sometimes”, “never” foods is being replaced by a star rating on all food packaging, with 5 stars being the highest/healthiest.

This system is being brought in by the NSW Government in attempt to assist medical authorities to tackle the obesity issue that is a quickly developing problem.

More information can be found at the Department of Education’s website, or by simply searching the net for: “Healthy School Canteens”.

Please see Mrs Monique Anderson to see how you can assist our canteen in implementing this new initiative.

CANTEEN ROSTER	
Thursday 15th June	Renee Freeman
Friday 16h June	Mandy Docherty Monique Anderson
Monday 19th June	Mel Feighan Chrissie Boardman
Tuesday 20th June	Donna Hatton
Wednesday 21st 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

Entertainment Books

Entertainment books are available from the office for \$65.

Pie Drive

A reminder that pie drive orders and money are due next Monday 19th June.

 **Cancer Council NSW** Nutrition Snippet

The simplest way

...to cook quesadillas.

Beef & Vegie Quesadillas
Serves: 5



Ingredients: 1 tbsp olive oil; 1 med brown onion, chopped; 1 clove garlic, diced; 200g button mushrooms, chopped; 500g beef mince; 1 large zucchini, grated; 1 large carrot, grated; 2 medium tomatoes, diced; ½ tsp ground cumin; ½ tsp ground coriander; ¼ tsp cinnamon; 10 medium tortillas; 250g reduced fat cheese, grated.

Method: Cook onion, mushrooms and garlic in frypan with olive oil until soft. Add mince and spices. Brown the mince, add zucchini, carrot and tomatoes. Cook for about five minutes. Lay a tortilla flat, layer half with cheese, a few spoons of mince and top with more cheese. Fold over. Cook in sandwich press until cheese melts and tortilla is golden crisp. Cut in half. Serve with salad. Refrigerate leftovers and add to lunch boxes.

Variation: add a tin of kidney beans for a more authentic Mexican dish and extra veg.

For more information visit
www.eatittobeatit.com.au
or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)

 **Eat It To Beat It**



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insights

Anxiety in Primary School Kids

By Dr Jodi Richardson

Anxiety affects people from all walks of life, and lots of kids have it. If that's what's happening in your family, your little one is lucky that you know, care, and are seeking answers.

The idea that one of our kids might be experiencing anxiety sets off all sorts of alarm bells in us as parents. It's fair to say it makes us anxious ourselves, and has us asking all sorts of questions like "What does it mean?", "What's normal?" and "What can I do to help?"

Like anything else in life, the more informed we are about anxiety, the calmer and more empowered we'll feel, enabling us to support and advise our precious kids through their challenges and seeking help when needed.

That's what this article is about. Giving you the facts and helping to settle your mind so that you can begin to help them settle theirs.

Before reading on, I want you to close your eyes and take three long, slow breaths in and out... Depending on what you're up to right now, you may indeed be experiencing a level of anxiety at the moment, and this breathing exercise will help.

Okay, let's get you some answers to those questions.

us up so we can do what we have to in order to survive.

Do you know the feeling? Perhaps it happens to you now and then. But maybe, if you're one of the two million-plus Australians (including me) who experience an anxiety disorder, your body and brain respond like that more often, more quickly and more intensely than others.

Trust me, it feels awful. I've experienced anxiety since I was a child, still do and always will. My parents didn't even know anxiety existed when I was a kid and it took me until my early twenties to be diagnosed. Now that I know, I can, and do, take action to manage it. I have my ups and downs like everyone else but on the whole I live a rich, full and meaningful life. Your kids can too. Anxiety is common, it's treatable and there's so much we can do to help as parents.

Our kids are lucky. They have great parents (that's you) who know to look out for their mental health, and who have access to lots of great resources.

Anxiety affects people from all walks of life, and lots of kids have it. If that's what's happening in your family, your little one is lucky that you know, care, and are seeking answers.

Anxiety, what is it anyway? Anxiety is a feeling. We've all experienced it. It's a completely normal reaction under dangerous or stressful circumstances. Perhaps you've narrowly avoided a car accident. Your heart pounds, your breathing becomes shallow and fast, your body floods with adrenaline to put you on red alert, your blood pressure goes up, you might perspire, and glucose dumps from your muscles into your bloodstream. All of this is preparing you to face up to the other 'threat' or run like heck in the other direction. This is 'fight or flight' in action.

This reaction is a survival instinct dating back to early times when life-threatening situations were ever present. These days we can experience anxiety when we're under pressure to meet a deadline, preparing to talk in front of our colleagues or for a job interview, or simply noticing how many emails are awaiting our reply. Our lives are not in danger but our bodies react as if this were the case. The same can be true for our kids.

Anxiety is a normal response to a threatening situation. All of these physical changes happen instinctively as a tiny part of our brain called the amygdala tells the sympathetic nervous system to take over and fire

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Anxiety in Primary School Kids

How do I know what's 'normal'?

All kids experience fear and worry about things. It's understandable given that so much is new for them; new experiences, new places, new people, new teachers, new skills, new challenges to name just a few. What we need to look out for is when their amygdala (remember that tiny part of the brain?) is causing them to react anxiously to situations where there is no danger. Signs of this include:

- Their worries and fears begin to outweigh the situations and challenges that they are facing.
- Their anxiety starts to interfere with their participation at school and the activities, sports, parties, playdates and events than other kids their age are enjoying.
- They're more anxious, and anxious more often, when compared to other kids their age.
- They're obsessed with symmetry or cleanliness and they repeat behaviours like hand washing.

What does anxiety feel like for them?

Our minds and bodies are interconnected and are now considered as one, not separate. How we think and what we think affects us physically, regardless of age. Anxious kids can complain of tummy pains, diarrhoea, headaches and difficulty getting to sleep. They are easily upset and often like to stay close to you. Some anxious kids will worry a lot, mulling over and over their thoughts which only serves to fuel their anxiety.



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Dr Jodi Richardson Jodi is a happiness and wellbeing speaker and writer, retreat facilitator and mum to two primary school aged kids. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at diodrjrichardson.com.au and say hello on Facebook. www.facebook.com/DrJodiRichardson. Enquiries to jodi@diodrjrichardson.com.au

for any sounds near or far, feeling any sensations under their hands and body and smelling for any scents in the air. Mindfulness reduces the size of the amygdala among other incredible changes in the brain.

6. If they are worrying about things over and over in their minds – let's say it's about presenting to their class – instead of saying, "You'll be fine, I've heard your presentation, it's wonderful," or, "Don't worry, all the other kids will be nervous too," or similar, try this instead: "I understand how you're feeling, that's so normal. I'd feel the same way, is it helpful to keep thinking about it?" No! "Okay, then let's focus our attention on something we can do to help, like practicing more, making cue cards or going outside to bounce on the trampoline." They need to know that you understand, that you 'get' it, and that they're not alone.

"Is it helpful?" is a great question (when asked compassionately). Followed up with asking your child what they can do that will help the situation, or engaging him/her in something meaningful and enjoyable, making a positive step forward.

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

