



# Iluka Public School - Newsletter 33

## October 31, 2017

21–27 Charles Street Iluka NSW 2466

Phone: 02 6646 6149 Fax: 02 6646 6783

Email: [iluka-p.school@det.nsw.edu.au](mailto:iluka-p.school@det.nsw.edu.au) Web: [www.ilukapublicschool.com](http://www.ilukapublicschool.com)

### Dates to Remember

#### Term 4

#### NOVEMBER

##### Wednesday 1st

Year 5 & 6 students  
Fishing Program  
Whiting Beach 11.30am

##### Monday 6th

P & C Meeting at 7:00pm

##### Thursday 9th

Gallery goes to school

Preschool Transition 9-1.30

##### Monday 13th

Swimming Scheme (2 weeks)  
For Yr1-Yr4 students

##### Tuesday 21st

Boating excursion Yr 4/5 &  
Yr 5/6 11.30-2.30

##### Tuesday 28th

Boating excursion Kinder &  
Yr 1 11.30-2.30

#### DECEMBER

##### Monday 4th

P&C Meeting - 7pm

##### Tuesday 5th

Boating excursion Yrs 2, &  
Yr 3/4 11.30-2.30

##### Friday 8th

Reports go home

##### Tuesday 12th

Presentation Day 11.30am

Disco Bowling Club

##### Wednesday 13th

Carols in the Park

##### Friday 15th

Last day of Term 4

### SPECIAL EVENT

WEDNESDAY 1st November

Yr 5 and Yr 6 - Get Hooked fishing Program at Whiting Beach.

### Principal's News

Students from our local Iluka preschool have been getting a taste of big school through an innovative transition program being implemented at Iluka Public School. In 2015 Iluka PS saw the need to forge a closer working and supportive relationship with our feeder preschool.

Since then students and staff from Iluka preschool have attended regular lessons at Iluka PS during Term 3. Staff with particular K-2 expertise have run lessons specifically designed to cater for the preschool student. Feedback from preschool staff and parents has been overwhelmingly positive. One thing is for sure - these young students have been given a wonderful preparation for big school thanks to a close working relationship between the staff of Iluka PS and Iluka Preschool.

To follow on, congratulations to our Year 5 students who helped out at recess and lunchtime with the Kindy class of 2018. It was a golden opportunity for them to showcase their leadership skills by helping prepare our future students. Miss Essery told me that she was highly impressed with all Year 5 students. Keep up the great effort.

Last Wednesday those Year 6 students attending Maclean High School had their last taster session between 9.30am and 2.30 pm. It gave the students one more chance of an understanding of the physical spaces as well as the areas for recess and lunch before they attend full time in 2018. All up, it provided a positive connection with the high school. Thank you Mrs Howard for your assistance and support.

Teachers are now preparing for their end of year assessments prior to completing your child's end of year written report. Students develop along a continuum of academic, physical, social and emotional growth. Some are at age appropriate and others being advanced or delayed. For many the difference in achievement revolves around the student's attitude and the environment they are working within – at school and at home. With time in the class thinning (as we prepare for swimming) students are reminded to use the available time left efficiently and constructively.

It's the time of the year when we need to check under beds and on cupboards for the books that haven't made it back to the library as yet. There are many students who say that they can't find their library book. Alas, have no fear. After a good search they usually appear! All borrowing will cease on Friday, 17th November, (any lost library books will be required to be paid for at the school office). Which class will be the first to get their books back in?

A reminder to our musical students who work with Anne on Thursdays; there are no classes this week.

## Kindy Class News

**Kindergarten Transition Program**-The Kindergarten students have been doing a wonderful job in helping the Pre-schoolers learn about our class and school routines. They are displaying great mentoring and leadership skills, when working with the Pre-schoolers on class tasks.



**Spelling**-The students are doing an outstanding job in learning their weekly spelling words and incorporating these words into their writing. Our focus words this week are: **did, us, into, it, for, was, the, them, of, where**. Students have taken home today the final 50 spelling words we will be learning this year. Daily practicing at school and at home helps to aid the retention process.

**Assessment and Reports**-Over the next three weeks, final assessments in all key learning areas will be carried out to determine each child's level of attainment. Results from these assessments will be used when writing your child's Semester Two report.

### Reminders:

\*Library day is **Wednesday**.

\***HSIE project**-build a model of a home-due on Monday 13th November.

\*Please return Kindergarten Intensive Swimming permission note. No money required.

Lynne

## Year 1 Class News

It is lovely to be back and I was certainly made to feel very special yesterday with many hugs, letters and pictures from the class. Congratulations to all students in Year 1 for their excellent behaviour, hard work and helpful attitude over the past fortnight in my absence. Special thanks to Miss Daley for ensuring all regular routines were followed and taking care of the students.

**Assessments** - Over the next couple of weeks, students will undertake a number of assessments to determine their levels of achievement across the curriculum and will assist with writing Semester Two reports.

**Library** - Students will attend the library on **Wednesday for this week only**. This is to accommodate an excursion for senior students and ensures all classes have the opportunity to attend the library this week.

### Reminders

\* Gallery Goes to School note and \$3

\* Swim school note and \$20 for the bus

\* Library bags on Wednesday (this week only)

\* homework and bank books are due on Friday

Have a lovely week.

Kristy

## Year 2 Class News

**Assessment:** Over the next three weeks, final assessments in all key learning areas are being carried out to determine each child's level of attainment. Results from these assessments will be used when writing your child's end of year reports.

**Paternity Leave:** I can now confirm that I will be using my week of paternity leave in week 6 of this term. I have chosen this week as it will be the first week of swimming scheme and it will have minimal effect on students learning as majority of the day will be spent learning to swim.

**Country of the Week:** This week's country that we will be basing our literacy groups around is France. On Monday we read the book "Mirette on the Highwire" and will have activities based around this book during the week. We have visited some important landmarks in France through Google Earth and will keep visiting more throughout the week.

**Maths Focus:** This week's maths focus will be based around addition and subtraction. Students are focusing on using the split strategy to solve addition problems involving two-digit numbers. The split strategy involves the students breaking the number down into its place value. eg record how the answer to  $37 + 45$  was obtained using the split strategy

$$30+40=70$$

$$7+5=12$$

so

$$70+12=82$$

**Swimming Scheme:** I am still waiting for a large percentage of students swimming scheme notes to be returned. You can now pay online through our website and then all you have to do is send in your

blue note signed. You can also pay by card at the front office as we now have an eftpos machine.

I hope everyone has a great week and I hope those notes begin pouring in. Matt.



### Year 3/4 Class News

Hello everyone,

The class are really working well together and their powerpoint presentations are coming along nicely. In mathematics we are looking at decimals and fractions and also measuring with millilitres and litres. I will be away on Wednesday and Thursday, Mr Speirs and Mr Bradmore will be taking the class and the students are looking forward to it.

Reminders: Library is on every Thursday. I would love to come back and hear that every student borrowed a book to read. Home work is due on Friday. Could you also please ensure that all permission notes and monies are returned as soon as possible. (Both the Gallery Goes to School and Swimming Scheme are required).

If there any concerns please do not hesitate in coming to see me.

Have a great week Bek

### Year 4/5 Class News

Hello everyone and welcome to Week 4.

Fishing Program- The Year 5 students are going to Yamba tomorrow with Mrs Howard and myself to participate in the 'Get Hooked' fishing program. I am sure they will thoroughly enjoy the day.

Growth Mindset- At the whole school assembly on Friday, two students were awarded with a merit certificate to recognise their efforts in developing a 'Growth Mindset'. These two students have been using some of the taught strategies in order to move from a fixed mindset to a growth mindset. Other students in the class are also beginning to display changes in the way they approach tasks and the way in which they talk to themselves. It is extremely pleasing to see this progress and I am looking forward to observing even more changes over the upcoming weeks. Research has shown that by simply using the words 'yet' and 'next time' children can ignite a growth mindset and begin to see their full potential. Rather than thinking "I can't do this" children should instead say "I can't do this yet" or "I will accomplish it next time." This puts a positive spin on their attitude and trains their brain to remain open to challenges.

This week- The DIPL unit for this week focuses on: listening to and following a brief set of instructions, identifying the meaning of a word heard in a spoken sentence and using correct spelling for the meaning of a word when using homophones. The grammar component of this unit focusses on: present tense, proper nouns, simple/compound words and homophones. In maths, the students will be working in the Measurement and Geometry strand. This week the focus will be on Length. This will include lessons on millimetres, centimetres, kilometres and perimeter. In physical education lessons, the students will be working on their throwing and catching skills. On Friday in sport, they will play a game where these skills are used.

Reminders- Intensive Swimming Scheme permission note and \$20 payment. Library is on Wednesday. Homework and home reading journals are due on Friday. Banking is on Friday. Have a great week.

Stacey

### Year 5/6 Class News

Hi all,

I can't believe that we are into November this week.

**Routines:** are so important for us all. Children respond well to routine. Please encourage consistent routines at home in regards to homework and home reading. I discuss this with the class frequently. Homework tasks are as much about the academics as practising effective time management, developing positive organisational skills and not to mention an important life skill: establishing and maintaining a strong work ethic. Thus, I promote the 'big picture' of homework and discuss these philosophies with the children. If you support your child and encourage them it would definitely help me.

**Transition Day:** at the high school for the Year 6 students was another informative and worthwhile experience for them. I noticed they were mixing with children from other schools and feel comfortable within the school confines.

**Fishing Expedition:** is tomorrow. We are off to Yamba to learn more about this relaxing pastime. I'm sure the children will have an enjoyable day.

**Remembrance Day :** is coming up. In class we will be discussing the importance of this special day. Also, we will be writing some poetry that reflects the feeling that this day evokes.

**Art Appreciation:** talk will be given by our local artist, Kevin Holley, this Friday. He will be bringing some of his works in for the class to view and initiating an art lesson.

**Market Stalls:** are being organised by the 5/6 students. They are in groups of 4 and working cooperatively to organise a little stall to sell a range of things. The money raised will go towards purchasing another fruit tree, fertilisers, grain for the hens and other items decided by the class to help and support the horticultural area.

Have a contented week and please take time to 'smell the roses'! Di

**MARKET STALLS:** The 5/6 class are organising market stalls next Wednesday, 8th November during the lunchtime(1-2pm) to sell a range of goodies. They are raising money for the horticultural area. Children from all classes will have the opportunity to look at the stalls and find something to buy. PARENTS are also welcome to come along and have a look at the stalls.



**Attention Year 6 students!**

**Year 7 Chrome class 2018**

· To begin the application the students need to send an email to:-

daniel.kelly@macleanhighschool.com.au

· In the email they need to introduce themselves to me, say what school they are from and why they want to be in the chrome class in 2018

· I will then create them a Google account at Maclean High and email them the details of how to complete the application.

More information can be found on the Maclean High School website, go to:

<http://www.maclean-h.schools.nsw.edu.au/years/year-7/google-chrome-class>

## Library/Technology News

Hello everyone and welcome to week 4,

**In class:** Over the last week I had had a great time with all classes engaging in some exciting, hands on learning activities. Kindergarten students performed their first workout routines with enthusiasm for the rest of the class, recognising how our whole bodies change when we engage in physical activity. Year 1 role played 000 calls to learn what to do in an emergency and who we can turn to for help. Year 2 went to visit the vegetable garden, learning where our fresh food comes from and how it grows. Year 3/4 continued to add to their bank of computer skills, finishing their 'All about me' digital posters. Stage 3 classes conducted a science experiment to explore the old egg floating trick.

**Borrowing and returning:** I encourage all students to make the most of the last few weeks of borrowing. However, please remember to keep searching for those overdue books at home so your child does not receive a notice in a few weeks. If your child is certain they have returned their books please let me know as I will be able to go searching for these in the library.

**Bookclub:** Bookclub orders should be arriving late this week and handed out promptly. Thank you for your ongoing support throughout the year as every dollar that is spent assists the school in purchasing new books and resources for the library.

For those parents who would like to collect bookclub items personally so your child does not receive them upon distribution, send a message to myself in the library or to the office.

Thank you and have a lovely week,  
Melaney.





## NEWS

**LARGE PIE & JUICE - \$4.50 until sold out!**

**Monday 6th Volunteers - Trudy.D, Aleisha & Vicki.V**

**This week's donations are - Year 3**



### School Banking

The Future Savers competition is underway – to be in the running for the High Tech Prizes simply make 3 deposits during 14<sup>th</sup> August till 10<sup>th</sup> November or to have a chance at the Game Master Prizes simply make your deposits + play the Future Savers Game online (from 16<sup>th</sup> October) and complete the online entry form. There is an information flyer in your bank books.

If you would like to open a new account – please note that the old paper application forms have been phased out and you will need to apply online or in person at a branch. Please visit the CBA School Banking Website.

Congratulations to the following bankers that have earned their Certificates this term -

Bronze Certificate - for 10 deposits throughout the year; Noah Adey, Jai Kazda and Jazmyn Adey

Silver Certificate - for 20 deposits throughout the year; Kiani Thwaites, Cameron Collis, Reef Speirs, Tulloch Speirs and Kirra Leigh Zomer

Gold Certificate – for 30 deposits throughout the year; Decoda O'Dell, Amyleigh Morrison, Paige Morrison, Mikayla O'Dell, Taylor Edie and Xavier Edie

This term rewards include –

Tech Pencil case  
Earphones

Banking is on Fridays; - due to returning to full time work if there are any issues or queries throughout the term, please contact me by email – [shane.jess.edie@bigpond.com](mailto:shane.jess.edie@bigpond.com)

Jess Edie





## EDUCATION @ YAMBA ARTSPACE

OCTOBER + NOVEMBER + DECEMBER 2017

### PRIMARY ART CLASSES

Mondays Starting 16th October  
4.30pm - 5.45pm **\$150**  
9wk Mono-Printing program  
All materials supplied :)



### ORGANIC BASKETRY

5 week Short Course only \$300  
Thursdays from November 2nd  
9.30am -12.30pm

With educator & maker Lee Ann Holly  
Learn weaving techniques, material qualities  
and make a selection of beautiful baskets

### 'LET'S DRAW!' \$15 per class

Wednesday's Weekly Drawing Class  
12.30pm - 2.30pm Starts 18th OCT.

With artists Annie Roberts & Kerrie Howland  
Mixed media techniques & F/N life drawing model  
Materials supplied + Refreshments  
Bookings Essential



### CREATIVE PLAY PRESCHOOL PROGRAM

Tuesdays fortnightly, starts 17th October

10am-11.30pm \$10

No booking required, come along and  
join in. Interactive creative art  
activities for children 2-5yrs  
+ parent/carer must be present



2/6 Uki ST, YAMBA 2464  
OPEN: Tues-Fri 9am-2.30pm  
Saturdays 10am-1pm

### FURTHER DETAILS + BOOKINGS

WEB: [www.yambaartspace.com](http://www.yambaartspace.com)

PH: 0488 070 069

E: [info@yambaartspace.com](mailto:info@yambaartspace.com)



## EXHIBITIONS AT YAMBA ARTSPACE

1st November -31st December 2017

### Impressions of a Landscape

DAVID CARROLL



'The unformed road, 2' 2017. Acrylic on paper

Painting from  
memory; recent  
fragmented memory  
of sun breaking  
through the canopy,  
highlighting reds on  
tallowwoods,  
dappling foliage and  
beyond the shadow  
dark undergrowth a  
distant space bathed  
in sunlight.

### YOU'RE INVITED TO OUR OPENING EVENT

Friday 3rd November 2017 - 5.30pm start

Art, artist talks, Live Music, short film,  
finger food & light refreshments  
GOLD COIN ENTRY

### Sticks no Stones

JEFF KEYES, ANNIE ROBERTS  
& KERRIE HOWLAND



Organic wooden furniture and art works on paper 2017

No stones or rocky  
out crops gave birth  
to this island, rather  
the relentless  
movement of sticks,  
sand, wind, rain and  
running water. It is  
here the artists  
gathered in search of  
creative inspiration.

## BRINGING SERVICES AND COMMUNITY TOGETHER

# ILUKA COMMUNITY FUN DAY

SUNDAY 12<sup>TH</sup> NOVEMBER 2017  
10AM TIL 2PM

TOUCH FOOTBALL COMPETITION  
LIVE MUSIC \* FREE ACTIVITIES  
PRIZES, GIVEAWAYS AND MORE...



your library-your choice

help us to choose what YOU want to read  
at the  
community book selection



where: iluka library

when: monday 27th november

time: 10:00am — 1:00pm

everyone is welcome



# Parenting *ideas*

## Parenting for Resilience

Resilience has proven to be one of the most important factors in predicting success as an adult. The ability to bounce back, regulate emotions and cope with stress are key traits in a healthy, functioning person. Resilience also helps prevent anxiety and depression. It is something we need to be instilling in our children.

As a child's first educators, parents can't leave it to early learning centres, pre-schools and schools to develop their child's resilience. It's something that parents need to be constantly developing. Building resilience is not a program, but should be an approach or mindset that guides your parenting. Here are five principles/ideas that you can easily adapt to develop a strong sense of resilience in your child.

### 1. Develop your child's self-sufficiency

Self-esteem is an essential element for resilience. It teflon coats children against rejection and self-doubt. The foundation for self-esteem is self-sufficiency. It's the simple things such as feeding yourself as a toddler, making your own snacks in primary school and making your own lunch in secondary school that build self-esteem. Mastery over your own life provides a strong sense of self, which is an important piece of the resilience puzzle.

### 2. Allow kids to resolve their own problems

Resilience is developed when children own and resolve their own problems, whether those problems are learning, relational or organisational challenges. A lunch left at home is a child's problem to solve – either he borrows or goes without. A teenager who sleeps in on a school day needs to be allowed to manage the inconvenience of the situation, experience the stress that comes with being late and find a solution to avoid a repeat. Look for ways to coach your kids through social, physical and learning challenges but resist the urge to interfere or rescue kids unless it's absolutely necessary.

### 3. Encourage play (and mucking around) at every age

Encourage your child to play and be playful. As a community we seem to hold little store in the value of free, child-initiated, or even teenager-initiated, play. It's almost as if play time is a waste of valuable learning time. As any adult who experienced the joys of 'mucking around' as a child or young person will know, free play has huge benefits. These include helping children manage fear, providing opportunities to negotiate risk, and learning how to work flexibly with others. Importantly, free play and mucking around help children experience and tame stress, which is essential for resilience.

### 4. Focus on face-to-face friendships

Healthy peer relationships are important protective factors against anxiety and depression for children and young people. From a resilience perspective, peer relationships are most potent when connections are face-to-face rather than through a digital medium. Studies are now showing how simple face-to-face social engagement has a massive positive impact on wellbeing. Positive face-to-face engagement – a smile, a wink or a nod – releases oxytocin, which increases trust and reduces cortisol (stress hormone). These simple face-to-face interactions also release dopamine, which makes us feel better.

For the sake of your child's resilience, encourage more face-to-face interactions, model healthy socialisation and help them balance their time between the online and real worlds.

### 5. Tell stories of resilience

Storytelling is a powerful way of shaping children's understanding of how the world works. According to a recent study, children who hear stories about family members overcoming obstacles are more resilient and display more grit in the face of challenges. The most helpful stories are those that are realistic, reflecting life's ups and downs. It's often stories of difficulty rather than success that teach and inspire children to persist. Similarly, it helps to remind children of times you worked hard in the past to overcome obstacles. These might include how you learned to ride a bike, how you adjusted to moving schools or how you got along with a seemingly challenging teacher, boss or work colleague.

Perhaps the easiest way to bring resilience into your parenting is to develop a mindset for resilience. It helps to remember the struggles and difficulties you may have experienced and be willing to keep kids' chins up when difficulties and challenges get them down. It's also helpful to remind kids that things will get better. They always do, which is a fabulous resilience lesson to learn.



## Mr Bradmore's General Knowledge Quiz

All correct entries will receive a prize. Please hand your completed quiz to Mr Bradmore by Friday 3rd November.

- How many politicians were disqualified from parliament for dual citizenship last week?  
a. one   b. five   c. ten
- People taking some international flights may soon be required to arrive at the airport up to three hours before their flight departs. Which country has insisted on these new requirements?  
a. United Kingdom  
b. France  
c. United States
- The 'super mare' Winx won the Cox Plate horse race last week. How many times has she won it?  
a. twice   b. three times   c. five times
- A handwritten note about living a happy life reached \$1.7 million at a recent auction. Who wrote the note?  
a. Princess Diana  
b. Michael Jackson  
c. Albert Einstein
- True or false, Australian women who retired last year averaged \$39,000 less than men in their super accounts?
- An explosion in a factory in Indonesia has taken the lives of at least 47 people and left dozens more injured. What type of factory was it?  
a. a clothing manufacturing factory  
b. a fireworks factory  
c. a meat processing factory
- Australian honey producers are clashing with New Zealand honey producers who want to trademark the name of which honey?  
a. manuka honey  
b. sage honey  
c. clover honey
- China has elevated the status of its president to 'lingxiu' – a reverential term for "leader". What is the name of the Chinese president?  
a. Xi Jinping  
b. Hu Jintao  
c. Jiang Zemin
- Which Australian city has been named the third-best city in the world for tourists?  
a. Adelaide  
b. Canberra  
c. Darwin
- Which company has announced it will launch a service in the US next month that will let people allow the door to be unlocked when they're not there so packages can be left inside?  
a. Amazon  
b. Alibaba  
c. eBay
- Last week the Australian Federal Police raided the offices of ...?  
a. Queensland Senator Pauline Hanson  
b. Centrelink headquarters  
c. the Australian Worker's Union (AWU)
- Two US women have been rescued after being lost at sea on a boat for ...?  
a. three weeks  
b. one month  
c. five months
- During a recent speech the Aged Care Minister made which of the following statements?  
a. up to 40 per cent of people in aged care homes never get visitors  
b. around 25 per cent of people in aged care homes say they suffer verbal abuse from staff  
c. less than fifteen per cent of people in aged care homes say the food they are served is tasty
- True or false, Queensland police have recommended no criminal charges be laid over the Dreamworld ride disaster?
- The New Zealand National Party has been ordered to pay \$600,000 for infringing copyright rules on the song 'Lose Yourself' during a 2014 election campaign. Who performs the song 'Lose Yourself'?  
a. Kanye West  
b. Eminem  
c. Lady Gaga