



Iluka Public School - Newsletter 32 -

October 25, 2016

21–27 Charles Street Iluka NSW 2466

Phone: 02 6646 6149 Fax: 02 6646 6783

Email: iluka-p.school@det.nsw.edu.au Web: www.ilukapublicschool.com

Dates to Remember

Term 4 Events

Wednesday 26th Oct
Yr 6 Transition to High School

Thursday 27th Oct
Milo Cricket
Teams from Year 3-6

Friday 28th Oct
Whole School Assembly
12.20pm

Tuesday 1st Nov
Grafton Art Gallery
comes to school

Thursday 3rd Nov
Pre-School Transition
Day 8:45am - 1:30pm

Thursday 17th Nov
Pre-School Transition
Day 8:45am - 1:30pm

Wednesday 23rd Nov
Big River Film Festival
Year 5/6 Students only

**Monday 28th Nov -
Friday 9th Dec**
School Swimming
Scheme Yr 1-4
12-12.45pm

**Monday 28th Nov -
Friday 9th Dec**
Kinder Swimming
Scheme
9:30 - 10:30am

Wednesday 7th Dec
Year 5 Prefect
Speeches - 9.30am

~ SPECIAL EVENTS ~

Now Enrolling for Kindergarten 2017

Principal's News

Selective High School 2018: Are you thinking of applying for a year 7 selective high school placement in 2018? Applications are now completed online and need to be in by November 14, 2016. For more details please see Kaye in the office.

Milo Cricket Day: We wish the students in year 3-6 participating in the 8 a side cricket being held at Maclean on Thursday 27 October all the best. Let's hope for a fine day this time!

P&C: The next meeting of the P&C will be held on Tuesday 8th November commencing at 7.00pm in the computer room. Discussion topics for the meeting include a short presentation on our school's NAPLAN results.

Swim Scheme: A reminder that swim scheme notes have been sent home (green) and payment of \$15 to the school is due by Thursday 24 November.

Lake Ainsworth Excursion: The 2016 Year 5/6 excursion to Lake Ainsworth was another big success. I want to say a big THANK YOU to our amazing teachers for attending the camp with the students. The students behavior, independence, maturity and attitude made for a successful trip. The sun was shining, lots of smiles all around and lots of fun experiences. Couldn't ask for more. Thank you again to the P&C for their donation.



Preschool Transition Day: Thank you to the parents of Iluka Preschool who continued to build upon our strong relationships. We had a fantastic, bright, happy and confident group of about 20 students who attended the first of three transition days to 'big school'. All students worked well with their kindy buddy and took home some art work. Again, I thank Ms Essery (Lynne) for her organisation and effort in helping to make the process smooth, less stressful and beneficial.

Peer Support: The Peer Support has been a big success this semester. Our last session was called 'Self Control'. Students were encouraged to not act on impulse but to think first and understand the consequences of their actions. Parents might like to ask their child about how that would look like at home.

External Validation Process: By Thursday 27th October Iluka Public School will have successfully have sent away it's Executive Summary and Body of Evidence to the Director. We then await for the Validation Panel to meet with myself and the team members to discuss our findings. The process has been huge and I thank Mrs Cunningham, Mr Jones and staff for their time and energy into gathering all our facts and figures.

Live Theatre at Maclean "Annie" - I have had a request from a number of interested students to see the stage production of the musical, 'Annie'. Luckily, I have been able to secure 20 tickets at a cost of just \$8 each including bus fare. The school performance is on Thursday 3 November 2016 starting at 9.30am. It is being held at the Maclean Civic Hall. Tickets will be given to students on a first in, first serve basis. A note will be sent home when a student pays for their ticket.



Writing Competition - "Do you think television is a waste of time?"

Well I'd really like your opinion please. Summarise your thoughts into a short paragraph. Send in your writing by Friday's assembly this week. Both students and parents work would be welcomed.

Whole School Assembly: Our first whole school assembly for Term 4 will be held this Friday. The assembly will start at 12.20pm. Should it be raining the assembly will be held in the library. Year 4/5 will be presenting their item.

Maclean High School teachers to visit Year 6: Ms Donna Watts and Mr Andrew Ford are visiting Year 6 students, parents and carers on Friday 28 October. Ms Watts is the Year 7 advisor and Mr Ford conducts the chrome computer class. A separate note has gone home with students. Please complete and return for catering purposes.

Have a good week.
Phil

Kindy Class News

Transition Program-The Kindergarten students enjoyed being leaders and helping the pre-school students to begin their learning journey at 'big school' last Thursday. You all did a fantastic job. Well done Kinders!

Home Reading-The students are choosing books that interest them to take home to read. Within each colour level of books, there are different levels of books. Some books are levelled as being easy, medium and hard to read.

Kindergarten Intensive Swimming Program-Kindergarten students participate in their own intensive swimming program at the end of this term. Information regarding the intensive swimming program will be sent home in the coming weeks, when details are finalised.

Can You Help? I would like some small or large ice-cream containers to use in class.

Reminders:

- *Library Day is **Thursday**.
- *Gallery Goes to School permission note and \$2
- *Recycable toy project due on **Friday 4th November**.

Lynne

Year 1 Class News

Library - Year 1 will attend the library every Wednesday this term. Please ensure your child brings along their library returns, a bag and their reading journal every Wednesday.

English - There are no formal speaking topics this term as we are completing a range of speaking and listening tasks and assessments in preparation for reports. Students have started persuasive writing this week and have worked well on giving their opinions and justifying with reasons.

Music - The class is enjoying learning to play the glockenspiel and our regular sing along lessons.

Reminders -

- Gallery Goes to School note and \$2
- Swim School note and \$15
- Homework and banking on Fridays

Enjoy the week.

Kristy

Year 1/2 Class News

Hello everyone and welcome to Week 3.

This week- The speaking topic is 'My Favourite Animal'. The students are learning the 8 times tables. The DIPL spelling focus is how to make [ou] sounds: The sight words are: *how* and *who*. In our writing sessions this week we are learning about the text structure and the purpose of narratives. In art, the students will be creating a 'Colour Map' painting. This involves mixing primary colours to make secondary colours and using these colours to paint different sections on the painting.

Year 2 homework - This term I have changed the format of the Year 2 homework. The maths, reading and grammar homework now consists of Naplan style questions. As discussed in class, it is important that the students become familiar with these types of questions and that they are given opportunities to practice.

Permission notes and money- All permission notes and money are to be handed in to the classroom teacher. Not the front office. When notes and money are returned, I need to record it on my class list in order to keep track of who has paid.



Roster Term 4

Monday 31st October
Cassandra McClelland,
Leah Speirs, Kay Graham

Monday 7th November
Leah Speirs, Gaye
Webster, Nicole Kelso

Monday 14th November
Kylie Kerr, Lisa Hogan,
Sarah Johnson

Monday 21st November
Karla Morrison, Kirra
Pendrick, Vanessa
Lipscombe

We look forward to another great term and we always welcome any new volunteers as more hands make light work!!

Please let us know if unable to come in on your rostered day or if needing to swap with another person on roster. Canteen Hours are Mondays 8:30am to approx. 2pm.

Home baked goods or fruit donation next week

Year 1

Karla: 0405 638 768
Cassandra 0413 044 405

Reminders-

- Library Day is Monday.
- The permission note and \$2 payment for 'Gallery Goes to School' is due. The performance will be held on Tuesday the 1st of November.
- Year 2 homework is due on Friday.
- Home reading journals are due on Friday morning.

Have a great week.

Stacey

Year 3 Class News

Hi everyone!

I am really happy with the overall progress the students are making. I was really proud of their effort in the writing task set last week. Some students were selected to share their stories with the other classes and they did a fantastic job. There has been a significant improvement with the submission of home work and home reading journals. Keep up the enthusiasm.

The **QuickSmart Numeracy** program focuses on improving students' recall of basic number facts. The students are timed on their recall of basic number facts from a targeted set of flashcards. The cards are to be revised nightly and returned to class, once they have progressed to the next level.

Reminders -

- Gallery Goes to School note and \$2
- Milo Cricket notes
- Swim School note and \$15
- Homework and banking on Fridays

Have a great week

Bek

Year 4/5 Class News

Good Morning all,

Milo Cricket is on this Thursday at Maclean. '**Gallery goes to School**' is on at Iluka Public School on Tuesday the 1st November. Please return notes and \$2 as soon as possible.

Home Reader Journals need to be returned to school now to be checked. Also the **Swim School note** and \$15 needs to be returned to school as soon as possible.

This Friday, at the School Assembly, some students from 4/5 will read their stories titled '**The Haunted House**'. The **Literacy groups** taken by Mrs Edwards on Monday, Tuesday and Wednesday are going very well.

Have a great week everyone.

Cheers John

Year 5/6 Class News

Hi to all,

We have quite a few exhausted people down in 'the big kid room' this week, after an eventful and exciting week at camp.

Excursion: 26 Yr 5/6 children attended the Lake Ainsworth camp last week. The children approached the different activities with positive outlooks and relished learning new skills. They were taken 'out of their comfort zones' and had to listen well and often work as a team to get success from the activity. The food was good and the night time activities fun. The very good behaviour was commented on by our instructor, Nigel and I would agree whole heartedly. A big thank you to Mr Jones for accompanying

us and for the numerous photos taken and video captured. Overall we had a really super week and I hope you all heard lots of interesting camp stories.

Yr 6 High School Transition: is tomorrow. We spend the whole day at the high school. It is the last of the worthwhile transition days.

Milo Cricket Day: is Thursday. Have fun all. They are great days.

Peer Support: is on Friday. The leaders have been doing a really good job in organising their groups. Have a lovely week all. The spring weather is delightful. Di

Library / Technology News

Hello everyone.

I am back from camp and I am pumped to get back into the swing of things at school. If you would like to gain an insight into what the stage 3 students got up to at camp you can view picture from the camp on our website. Just navigate to the gallery section and you will find all of the pictures there. There are just over 350 pictures for you to look through. If pictures are not your thing you can view our 10 minute video on the camp. This can be found on our YouTube channel. All you have to do is type in Iluka Public School YouTube into google and you will find it in there.

Book Club catalogues are going out this week and I will be placing the order on November the 1st which is next week. I would really appreciate it if you could have all orders back to me as soon as possible. If you want it to be a Christmas present or a surprise for your child, please deliver the money and order to me personally or drop it into the front office. If you have any questions regarding Book Club please do not hesitate to ask.

I hope everyone has a great week.
Matt



Lunchboxes when you're running late!

Packaged snacks may seem tempting options however there's lots of easy and nutritious choices to put together a healthy lunchbox in next to no time. No food preparation was needed for this one done on the run in less than a minute.... so there's no excuses!



Parenting *ideas*

BFF Forever: When friendships go sour

By Jenny Brockis

Emotional intelligence remains a work in progress throughout our lives. Dr Jenny Brockis offers parents tips to help children deal with emotional pain.

Tips to help your child deal with emotional pain

Allow them to grieve

Pain hurts and that's normal. Social pain hurts as much as physical pain because they share common neural pathways. Share with your child that you're sorry they are hurting to help them learn that emotions are normal, and that it's normal too to feel that their whole world has temporarily turned upside down.

Encourage them to step away from the situation

When up close it can get very personal. Encourage your child to look at the situation from the other person's perspective to ease their pain; even though they may not fully understand why the other person acted in the way they did or said those horrid things. This helps them to **re-frame** what happened, elevates **empathy** and builds **resilience** to future hurts. What doesn't work is returning fire with fire or blocking communication routes. A nasty comment on Facebook is best not responded to. However, telling your child to not use social media or to ban access to Facebook or their phone isolates them further and means they can't reach out to their other friends for support.

Offer time and an open ear

Sometimes what helps the most is to just be there. Offering support so they know you care with a kiss or a cuddle and encouragement to do some 'normal' things is what counts, as well as being available to just listen when required. It's about understanding, not interrogation. They don't necessarily want our advice!

Move forward with respect and dignity

A great friendship is a thing of joy, but many will wax and wane for a variety of reasons. Helping your child to celebrate what makes them feel good about any relationship leads to greater acceptance and tolerance of difference.

Emotional intelligence remains a work in progress throughout our lives. It's something that can always be built on and added to. Helping our children develop their EQ equips them to know they will survive when a relationship goes pear shaped, and increase resilience to life's knocks. This has to be one of the greatest gifts as parents we can give to our kids.

Dr Jenny Brockis is the Brain Fitness Doctor, author of *Future Brain: The 12 Keys to Create Your High-Performance Brain* and mother to two young adults.