



# Iluka Public School - Newsletter 15

## May 30, 2017

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### Dates to Remember

#### Term 2

**Wednesday May 31**

Spelling Bee - Kinder

**Thursday June 1**

Responsible Pet  
Program K-2

**Friday June 2**

Spelling Bee Finals  
Stage 2 & 3 -9.15am

Eisteddfod Dress  
Rehearsal 1.45 - 3pm  
(Parents welcome)

**Tuesday June 6**

Hearing Screening K-2

**Wednesday June 7**

Dance Eisteddfod South  
Grafton

**Monday June 12**

Queens Birthday Long  
Weekend

**Wednesday June 14**

ICAS Writing  
ICAS Spelling

**Tuesday June 20**

Maclean Eisteddfod  
Choir/ Verse Speaking

**Wednesday June 21**

School Photos

MHS Transition (Yr 6)

**Thursday June 22**

Small School Spelling  
Bee

ICAS Maths

### SPECIAL EVENT

#### Dance Eisteddfod Dress Rehearsal

Friday June 2nd at 1.45-3pm

#### Whole School Dress Rehearsal for the Grafton Eisteddfod

**When - Friday, 2nd June**

**Time - 1.45-3.00pm**



Parents are to provide the following basic items for costumes.

Please ensure your child has the items listed below for our dress rehearsal.

**Kindergarten** - Nil

**Year 1** - Boys ... black shorts

**Year 1** - Girls ... a singlet (any colour) and black bike shorts/boy leg undies

**Year 2** - Girls and Boys ... black pants/shorts/skirt (school style skirt) AND black shoes

**Year 3/4** - Girls and Boys ... black pants/leggings (ankle length)

**Year 4/5** - Police Officers ... long black pants AND black shoes

**Year 4/5** - Robbers ... black shorts AND black shoes

**Year 5/6** - ALL students have been asked to bring in at least ONE item that could be used as part of their costume to suit their character within the family. These items MUST be clearly labelled with name. Students will discuss options of suitability with Mrs Howard and Mandy with what exactly is needed - costume, accessories, hair, props etc. Please note, if students are borrowing items from Mandy OR other students, the items borrowed must be returned in the same condition they were lent, or a costume levy (appropriate to item) will be charged to the student's family.

### Principal's News

First of all, on behalf of the school I would like to congratulate Mr and Mrs Matt Jones on the arrival of their baby girl, Lucy.

We welcome Miss Anderson who will be taking the Year 2 class while he is on leave for the next two weeks. Mr Bradmore will be working in the library while Mr Jones is on leave.

Don't throw it out in the Council Pickup!

Iluka Public School is after old mechanical toys or lego (working or not), that would help in delivering inquiry based courses. Other examples of items are; old wooden blocks and craft items. Contact Mrs Cunningham (Year3/4) to discuss further details.

Don't let it go to land-fill.



Thank you to everyone for supporting the book fair and of course thank you to Miss Anderson for your organisational efforts. There was over \$1,000 spent, of which the school receives 20% to purchase books for the library.

Congratulations to several students who represented Iluka at the Zone Cross Country. The course is not easy and the students did a fantastic job representing Iluka Public School.

Last week saw the beginning of the ICAS tests for 2017. The students who completed the digital technologies paper last Monday did a wonderful job of answering all the challenging questions they were faced with. The remaining ICAS tests will occur throughout Terms 2 and 3.

Everyone at Iluka is looking forward to the Dance Eisteddfod next Wednesday. A day where we can work, dance and represent the school in our costumes. We look forward to seeing all the children ready to go by 8.15am at the school. Remember to bring extra lunch and recess as we will get hungry. PS Please do not forget the Dress Rehearsal on Friday. See the included section in this newsletter for further details.



It was great to see so many children and parents brave the weather and join us at Iluka Public School as part of Walk to School Day last Friday. It was pleasing to see the number of students through the school gates keeping themselves dry under their umbrellas. A big thank you to the IGA Supermarket who helped out on the day supplying a delicious pick me up breakfast.. Another thank you goes to Miss Essery who made sure all our students travelled safely and then were able to help themselves to something to eat.

It was pleasing to see many parents attend last Friday's school assembly which was held under the beautiful sail shades. All of the audience were excited to see what Miss Essery's music group would present. Thank you Kindergarten / Year 1. It was wonderful.

Congratulations to all the Stage 1 students who bravely participated in the Spelling bee on Monday. Thirty-one students entered the competition. What has pleased the teachers is that the standard of spelling has improved and the students are willing to compete and showed real resilience while attempting the difficult words. Congratulations to Jack McClelland who was the winner and Tandia Stanford-Sevior on being the runner up.

Remember, that Iluka Public School has long standing tradition with the Iluka ladies of the CWA. The country of study is Nepal. Projects are being completed at home but some research time has been set aside for students. Cardboard is also being sent home. **Projects are due in on Friday 16 June 2017.** Presentation date is on Friday 30th June and will be held in the school library.

## Kindy Class News

**Spelling Bee ....Wednesday, 31st May....9:00am**

One more sleep until the Kinders participate in the Early Stage 1 spelling bee competition.



**Good luck Kinders!**

**CWA Projects**-All the students in Kindergarten have now completed their Nepal projects. We now know where Nepal is located, the colours and shape of the flag, as well as the traditional games the children play in Nepal.

**Music Alive Program**-Congratulations to all the students in Kindergarten who participated in the singing of the song 'One Bottle Of Pop' at our whole school assembly last Friday. An outstanding performance. Well done, Kinder! The Kinder/Year 1 Percussion group will perform at the next assembly on Friday 9th June. This will involve: George, Fraser, Kirra-Leigh, Lillian, Alby, Nikirri and Indy.

**Grafton Eisteddfod**-The whole school will be having a dress rehearsal on Friday 2<sup>nd</sup> June. Kindergarten students do not need any other items, as their costume has been purchased.

**Reminders:** \*Please return the permission note for the Grafton Eisteddfod, as well as **\$5** for the bus and **\$8** for the costume. Thank you.

Lynne

## Year 1 Class News

**Music Alive Program** - Congratulations to all the students in Year One who participated in the singing of the song 'One Bottle Of Pop' at our whole school assembly last Friday. An outstanding performance. Well done, Year One and special thanks to Miss Essery! The Kinder/Year 1 Percussion group will perform at the next assembly on Friday 9th June. This will involve: Macy, Makenna, Eva, Paige, Bella, Priya, Beau and Eli.

**Spelling Bee** - Congratulations to all of the Year 1 students who participated in the Spelling Bee yesterday. I was so proud of you all for being brave and having a go! Congratulations to the overall winner - Jack and runner up Tandia (both in Year 2). Special congratulations to Zyra and Scott for being the last two Year 1 students standing and making it all the way to Round 6!

**Grafton Eisteddfod** - Please return permission notes and money (\$5 for the bus and \$8 for the costume) as soon as possible. The whole school will be having a dress rehearsal on Friday 2<sup>nd</sup> June. Boys will need to bring along black shorts and girls will require a singlet (any colour) and black bike pants/boy leg undies or similar to wear under their costume.

**Nepal Project** - This year the CWA country of study is Nepal. Students will need to complete this project at home and return it to school by Friday 16th June. Last week I sent home some bits and pieces like cardboard, heading, maps, flag and some pictures to assist. However, further research will need to be undertaken at home in order to complete the project. If students have further information or pictures they would like to print, please send in on a USB stick.

**Speaking Topic** - My favourite t-shirt. Next week - My favourite colour.

Have a great week.

Kristy

## Year 2 Class News

Hello everyone. I am very happy to be taking the Year 2 class for the next 2 weeks while Mr Jones is on leave. Normal classroom routines will continue.

**Spelling Bee**- Congratulations to all the Year 2 students who participated in the Spelling Bee yesterday. It was great to see so many of you up on the stage having a go. A special congratulations goes to Jack who was the overall Stage 1 winner and

**Grafton Eisteddfod**- There are still a few students who have not yet returned their permission note and payment for the Eisteddfod. Please return the note and money (\$5 for the bus and \$8 for the costume) as soon as possible. Students are also required to bring in part of their costume for the dress rehearsal this Friday. Please see the note attached to this newsletter for details. All students are expected to be in full costume for the dress rehearsal.

**This Week**- The students have been given a times tables booklet. Each day we will be focusing on a different times table. In DIPL the sight words are: *see, sea and Easter. On Wednesday afternoon, the students will be working with Mrs Howard in the garden area. We are looking forward to this Sustainability lesson. On Thursday, Year 2 will be involved in the Responsible Pet Program. Homework is due on Friday. Please ensure it is completed and handed in on time. I will also check home reading journals on Friday.*

Have a great week

Stacey

## Year 3/4 Class News

**Home work**- There is no set homework this week. The students will need to complete a project on Nepal

at home and return it to school by Friday 16th June. Cardboard was sent home with the students today.

**Tinker Shed-** Thank you to the Kratzmann family for their kind donation of an aquarium.

**Spelling Bee-** Congratulations to all the students, who participated in the Spelling Bee last week. It was fantastic to see so many of you up on the stage giving it a go.

**Grafton Eisteddfod-** There are still a few students who have not yet returned their permission note and payment for the Eisteddfod. Please return the note and money (\$5 for the bus and \$8 for the costume) as soon as possible. There is a full dress rehearsal this Friday. All students are expected to be in full costume for the dress rehearsal.

**Group work** is a key focus in the classroom. We are doing a variety of group work every day. The students are encouraged to become active rather than passive learners by developing collaborative and co-operative skills, and lifelong learning skills. Teamwork is the ability to work together towards a common vision.

Have a great week, Bek

## Year 4/5 Class News

Good Morning,

There is **homework** this week which is due back next Tuesday.

The **Nepal and the Government** projects are to be worked on at home and school. Mrs Anderson will allow research time on Wednesdays. The Nepal project is due back at school on Friday 16th June. The Government project is due back at the end of the term.

The **Spelling Bee** was a great success. Thanks to the organisers and to all the children who participated.

**Grafton Eisteddfod:** Please return notes and money. There is a full dress rehearsal this Friday.

The class will choose a **chess team** to play our first inter-school game this term. More information soon.

The excursions will be held soon - If there are any questions please don't hesitate to contact the school.

Have a great week. John

## Year 5/6 Class News

Hello all,

Here we are in the middle of the term. There seem to be a lot of different activities happening at the moment.

**Spelling Bee:** for the stage 3 was last Thursday. I was **SO PROUD** of the number of children that went in it from our class. So many improved on their efforts from last year. Special congratulations to Elana Smith- stage 3 champion and Olivia Hinde- runner up.

**Costumes:** for the dance eisteddfod in Grafton next week are being organised. We will be discussing suitable accessories as well.

**Permission notes:** need to be returned this week please.

**Well done:** to the students that got to Corndale last Friday to compete in the zone cross country. I know you had to 'dig deep' when running up those hills. You have shown admirable characteristics in doing this difficult race. Well done!

**In the Garden:** we have planted our own bean and capsicum seeds, mulched and fertilised the fruit trees, cultivated the garden beds and planted vegetables and tasted some of our grown snow peas (delicious).

I'm very pleased with all the positive things 5/6 are doing at the moment. They are a great bunch of kids to work with. Di



## Library

**Book Club-** Issue 4 will be sent home with students this week. I will place the order on Monday the 11th of June. Thank you for your ongoing support as all purchases earn rewards for the school.

Stacey



## Grafton Eisteddfod - Wednesday 7th June

Well the finish line is in sight! Finalisation of costumes and dance performances are underway. The whole school will be participating in a dress rehearsal this Friday 2nd June. Notes were sent home last week, stipulating costume items needed from home. Keep the permission notes coming in, as well as the bus and costume money.

Lynne

# Congratulations to our Spelling Bee Winners!

Kinder winners still to come!



**Stage 1**

**Tandia and Jack**



**Stage 2**

**Cameron and Eddie**



**Stage 3**

**Elana and Olivia**



## Fundraiser

We are running a 5 cent fundraiser in the month of June to help raise money for our major excursions this year. Each class will be competing against each other to see who can raise the most money. The winning class will be rewarded with a special surprise.

The idea is simple, we are collecting 5 cents pieces. There will be a container supplied to each class to hold their coins and they will be collected and counted weekly. The competition starts on Thursday 1st June and will finish on Friday 30th June with the winning class announced at the CWA afternoon tea that day.

So start collecting those 5 cent coins and may the best class win!

Miss Lisa

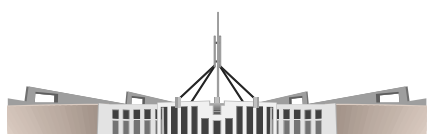


## CANBERRA/SNOWY MOUNTAINS EXCURSION PAYMENT PLAN

**31st July - 4th August**

COST \$495 PER STUDENT

STAGE	COMPONENT	DATE DUE
Deposit	\$50 (confirmation)	08/03/2017
Payment 1	\$100	19/05/2017
Payment 2	\$100	02/06/2017
Payment 3	\$100	16/06/2017
Payment 4	\$100	30/06/2017
Payment 5	\$45	21/07/2017



## CASCADE EXCURSION PAYMENT PLAN

**22nd August –25th August**

COST \$130 PER STUDENT

STAGE	COMPONENT	DATE DUE
Deposit	\$50 (confirmation)	07/04/2017
Payment 1	\$50	26/05/2017
Payment 2	\$30	23/06/2017



## ASSEMBLY

### CLASS MERIT AWARDS

Congratulations to the following students:-

**Kinder:** Flynn, Alby, Mikayla, Indigo and George

**Yr 1:** Scott, Jordy, Kye, Lexi, Tessah, Zyra, Makenna and Priya

**Yr 2:** Jake, Noel, Zack, Shanoah, Matlida, Sariah and Avalon

**Yr 3/4:** Bradley, Steven, Mythias and Michaela

**Yr 4/5:** Katelyn, Ella, Charlie, Imogen, Shahla, Layla and Angela

**Yr 5/6:** James, Olivia, Bella, Jazmyn, Caleb, Nick, Elana, Sarah, Jai and Roland

**PRINCIPAL'S AWARDS:** Beau, Caitlyn M. and Kiani

## North Coast Creative Arts Camp 2017

Open to Year 4, 5 and 6 Students who show exceptional abilities in any of the four creative art forms - Music, Dance, Drama or Visual Arts.

Applications are now open for the 2017 North Coast Creative Arts Camp. This camp will be held at Lake Ainsworth Sport and Recreation Centre from Sunday August 6 to Friday August 11. The cost of the camp is \$490. Forms are available from the school office.



## Roster Term 2

**Friday 2/06/17**

Sandy, Mark, Sonia D

**Monday 5/06/17**

Karla, Jess E, Trudie O

**Friday 9/06/17**

Sandy, Mark, Sarah J

**Monday 12/06/17**

PUBLIC HOLIDAY

**Friday 16/06/17**

Sandy, Mark, Vicki

**Monday 19/06/17**

Aleisha, Jess E, Peter J

**Friday 23/06/17**

Sandy, Mark, Leah S

**Monday 26/06/17**

Cass M, Deb T, Christine D

**Friday 30/06/17**

Sandy, Mark, Karla

**This weeks donations  
Kindergarten**

**Karla: 0405 638 768**

**Cassandra: 0413 044 405**

## Mr Bradmore's General Knowledge Quiz

All correct entries will receive a prize. Please hand your completed quiz to Mr Bradmore by Friday 2nd June 2017.

1. In which city did a terrorist detonate a bomb during an Ariana Grande concert?  
a. London b. Paris c. Manchester
2. Schapelle Corby left Bali in the weekend after being arrested for drug smuggling in...?  
a. 1998 (19 years ago)  
b. 2004 (13 years ago)  
c. 2012 (5 years ago)
3. A young victorian man who steered a stand-up paddle board down the Darling and Murray river system to raise money for charity has just finished his journey. True or false, the Darling River is the longest in Australia?
4. Why has Australian Olympic gold medallist swimmer Kyle Chalmers, been in the news recently?  
a. he was involved in a serious accident while horse riding  
b. he needs to have heart surgery  
c. he is swapping swimming for cycling
5. Actor Roger Moore has died age 89. Which of the following film characters was he known for playing?  
a. James Bond  
b. Superman  
c. Spiderman
6. Pauline Hanson's One Nation is to be investigated by Electoral Commission over the ownership of ...?  
a. a plane  
b. a bus  
c. a boat
7. In which Australian city are horse-drawn carriages a tourist attraction?  
a. Melbourne  
b. Perth  
c. Sydney
8. A video that went viral recently features a little girl sitting on a pier in Canada when ...?  
a. a dog pushed her into the water  
b. a sea lion leaped out of the water and grabbed the girl  
c. a fish jumped out of the water and landed on her lap
9. Why was the 2016 Australian junior tennis champion in the news last week?  
a. he is leading a campaign for equality between male prize money and female prize money in tennis  
b. he has admitted he and many other young players are doping  
c. he has been found guilty of match fixing
10. Plastic bags are banned in South Australia, Tasmania, the Northern Territory and ACT. How many times do you need to use the green re-usable bags that are sold at supermarkets in order for them to be environmentally friendly?  
a. 104 times b. 5 times c. 23 times
11. Where would you find the Hillary Step?  
a. Antarctica  
b. Mt Everest  
c. Uluru
12. Queensland Urban Utilities have created the first Australian car to be powered by ...?  
a. water  
b. sewage  
c. fish guts from the fishing industry
13. Why has fashion retailer Topshop Australia been in the news?  
a. they have been voted Australia's favourite fashion retailer for 2017 (moderately priced category)  
b. they have been accused of underpaying staff  
c. they are in financial trouble and have gone into voluntary administration
14. Which of the following is the largest Australian city that is not a state capital?  
a. Gold Coast  
b. Newcastle  
c. Wollongong
15. In an attempt to boost the population of the threatened red-tailed phascogale, 19 of the animals have been taken to the Mt Gibson Wildlife Sanctuary. What is a red-tailed phascogale?  
a. a marsupial  
b. a reptile  
c. a bird



# Parenting ideas

## Parenting kids through the challenges of change - By Michael Grose

*Parenting is always challenging, but perhaps never more so when you are undergoing change yourself.*

Recently I spoke to staff at the General Motors Holden in South Australia about how they could help their families navigate the imminent plant closure, and subsequent loss of jobs. Change of this magnitude generally impacts on everyone in a family, bringing an added layer to parenting. Essentially the job of these parents was to help their children successfully navigate changes rather than isolate or protect them from the changes that will occur.

From a child's perspective, it's not the change itself but how parents react to adjustments that is most significant. Change tests individual and family resilience, but managing it well builds resilience. While most people yearn for certainty and consistency there will always be times when circumstances change – people shift jobs, families relocate and parents split up. These situations are difficult to manage at the time but inevitably people adjust and more often than not, end up with a better situation – a job that they enjoy; a better lifestyle or finding family peace.

While change is not easy to endure, there are some things we can do as parents to help our children cope and hopefully grow from those changes.

The following five ideas will help:

### 1. Acknowledge feelings

Every difficulty or challenge we face is accompanied by uncomfortable feelings such as sadness, anger and disappointment. When feelings aren't acknowledged, children will either act out or act in. That is, they will either become aggressive, agitated and hurtful or become moody, anxious and depressed. Give kids permission to talk about emotions by talking about your own feelings and your emotional reactions to events. Help children of all ages verbalise their feelings by asking children how they feel in response to different events. *"How do you feel about this?"* is a great way to initiate conversations on an emotional level.

### 2. Look after yourself (and your partner)

Change is usually stressful for adults. Feelings of anxiety are common in times of uncertainty. "Will life ever return to normal?" is a common question. Self-care is essential in times of change. It's hard to parent well when you are stressed, anxious or depressed so do all you can to stick to the building blocks of well-being. That is, sleep well (life's always better after a good night's sleep); get some exercise (to release the feel-good endorphins); actively maintain your support networks (talking about difficulties is therapeutic); get some relaxation (it's important to take your mind off your worries for a time) and pursue at least one interest that you enjoy (fun and play is an antidote to depression).

### 3. Stay optimistic

Optimism is characteristic of resilient people. I'm not suggesting that you take a Pollyanna-ish attitude that 'everything will be all right'. Instead project the attitude that the current situation may be difficult or that life at the moment may be difficult but you will get through this. *"This too shall pass"* is a powerful resilience concept for kids to experience and learn.

### 4. Maintain consistency and routine

When disruption appears in your life try to keep things as normal as possible for children. In particular, stick to regular mealtimes; keep bedtimes regular and keep the traditions that kids enjoy and bring your family together. This type of familiarity is comforting for kids, helping them maintain feelings of control, which is something they crave in times of change.

### 5. Stick together

Resilience is best practiced as a family or community, rather than as an individual so look for ways to bring your family together. Family mealtimes; shared enjoyable experiences and simply hanging out together are the types of activities that build strong families. In times of change and upheaval what we need most is each other.

*Life is full of changes. Some are welcome and some aren't. It's human nature to resist change, particularly when it's unwelcome. But change also presents opportunities for growth and development. Helping kids cope with change, even when it happens to you, is a chance to build their resilience, which will be tested many times throughout their adult lives.*