



# Iluka Public School Newsletter 3

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## Principal's Message

Dear Parents / Carers

This week I have provided some excerpts from the 2015-17 Iluka School Plan.

### *Strategic Direction 1: Continuous Learning*

Continuous Learning is an ongoing effort to improve the school's teaching services, policies and processes. These efforts can seek incremental improvement over time or break through improvement all at once.

### *Strategic Direction 2: Personal Excellence*

Personal Excellence means doing the best the students, staff and leaders and the school community can do in order to reach our full potential.

### *Strategic Direction 3: Care and Respect for Others and the Environment*

Within a supportive environment, students, staff, leaders and community members enable life long learning which provides preparation for all of life's stages and to cope with issues and problems.

### Homework

This year, after consultation with the local community, a whole school approach to homework will focus on students mastering the times tables and home reading. However, some parents may wish for their child to have more than this. If you believe that this is not enough, we are selling our stock of redundant maths and spelling text books for \$3 each. Parents can then monitor and set additional homework if required. Parents will need to be responsible for this program. Please see your class teacher should you wish to make a purchase.

### PLAN Testing

This week our new Kindergarten students have been completing their "PLAN" testing. Mrs Haupt has been working individually with those students. The new class has settled quickly into routines and is working very well with Miss Essery.

### Facebook, Website and Mobile Phone App

As you may be aware, Iluka Public School has a Facebook site and a new up to date website. We now have a mobile phone 'app' as well. Please "LIKE" our page. The sites are the most up to date sources for information.

### Iluka Swimming Carnivals

Last Thursday, the Iluka Public School held its competitive but friendly swimming carnival. Thirty six students will now compete at the Small Schools swimming carnival on Tuesday 10 February. Our new sports house captains for Hickey (Emily Sevier, Ember Edie and Caleb Lamberth) and Rush (Molly Deakin, Isla Brittain, Josh Kerr and Mitch Horne) did a wonderful job motivating their teams.



Congratulations to Hickey for their close victory over Rush. Thankyou to Mrs Cunningham for organising the well run carnival.

Unfortunately, due to poor weather, the Kinder/Year 1 carnival has been postponed until Friday February 13. We look forward to this group enjoying their races and novelty games in the Anchorage Pool under teacher supervision.



**Tuesday 10 February**

**Lower Clarence Small Schools Swimming Carnival @ Maclean**

**Friday 13 February**

**Swimming Carnival @**

**Anchorage Years K-1**

**Thursday 19 February**

**P & C Meeting @ 7 pm**



## **Allergy and Anaphylaxis Management**

In accordance with Department of Education and Communities guidelines, we ask that families do not send peanuts, tree nuts or any nut products with their children to Iluka Public School. Thank you for your cooperation in helping our school reduce the risks of allergy and anaphylaxis.

## **Eat It to Beat It**

The Cancer Councils' *Eat It To Beat It* program have offered to complete a free 90minute workshop for parents on healthy eating at our school – including topic such as latest nutrition recommendations, strategies for fussy eaters, saving money on groceries and menu planning. All parents who attend will receive a recipe book and some great ideas for their family. Please complete the Expression of Interest included with this newsletter if you are interested in participating in this workshop.

## **Currents Events Quiz**

Students!!!!  
Would you like a chance to win a voucher at the canteen?  
Please enter my "Current Events Quiz" attached to this newsletter. A draw will take place at Friday's whole school assembly. Get those entries in!

Have a good week

*Phil Bradmore*

## **Kinder Class News**

### **Uniform Award-**

Congratulations Kindergarten students on winning one of the Class Uniform Awards at our whole school assembly, held last Friday. This award is given for the class with the most students attending school in their correct uniform for the week. A big thank you parents/ carers for ensuring that your child is in school uniform every day.

### **Home Reading-**

All Kindergarten students commenced home reading on Monday. Lots of encouragement and assistance is required in order for your child to develop a love of reading. Please remember that students need to believe that they are readers in order to become a successful reader. Home reading is not meant to be a test of their reading

ability, but rather an opportunity for parents/carers to play an active role in developing reading confidence and skills.

### **Class Information Meeting-**

A class information meeting for Kindergarten parents is being held this Wednesday 11th February from 3:15pm until 4:30pm. The meeting will be held in the Kindergarten classroom. Class organisation and routines, student expectations and behaviour, as well as parent helpers for maths groups will be discussed. Hope you can come.

### **Reminders-**

Permission notes for our re-scheduled Infants Swimming Carnival need to be returned to school before Friday. Thank you.  
Lynne

## **1/2 Class News**

Well done to those students consistently reading and changing their home readers. Students are encouraged to change their reader every day before school if able to, or upon arriving at the classroom. There is a heavy emphasis on reading forming our homework and students are expected to do a little each day. Year 2 students are reminded to return their times tables homework to Mr Bradmore on Fridays.

Thank you to Mrs Howard for assisting our class with our garden bed. Yesterday a group of students planted lettuce, beetroot, tomatoes and some Marigolds to keep the insects away. We are now responsible for watering and weeding the garden regularly and will eventually enjoy the fresh foods we have grown.

Year 1 students have been issued with a new permission note for our re-scheduled Infants Swimming Carnival. These need to be returned to school by Thursday, especially if transport is required. Special thanks to those parents who have offered spare seats to other children.

If you have not yet paid for your child's workbooks, please pay as soon as possible. You are welcome to contact Mr Bradmore to arrange a payment plan if necessary.

Have a lovely week.

Mrs Kristy Gardner

## **2/3 Class News**

Hello everyone. Welcome to Week 3. We have another busy week ahead of us here in the Year 2/3 classroom. All students have been working hard in class and I am pleased with their attitude and effort towards their work.

Our class meeting will be held next Tuesday (Wk 4) at 4pm in the Year 2/3 classroom with Mr Bradmore and myself.

It has been great to see that the majority of the students in the class now have their own pencil case fully equipped with the necessary items. If your child does not have their own equipment yet please try to get it organised as soon as possible. It definitely makes class time run much smoother when the students do not need to search for pencils, erasers, etc to use.

Each week I will be selecting a new word that will more than likely be unfamiliar to the students. This is known as the 'Word of the Week'. The purpose of this is to extend the students' vocabulary and to provide them with information relating to the word that they would not normally gain until later in their schooling years. The Word of the Week for this week is 'photosynthesis'.

The students had their first Scripture lesson yesterday with Miss Annette. Every child in the class participated in this lesson as I had not yet received any notes from parents asking for their child to be excused. These notes need to be updated every year so if you wish for your child to be excused from Scripture in the future I will require a note before I am able to excuse them.

I am still waiting for quite a few students to return their Permission to Publish notes. If you have lost yours and require another please see the office staff as soon as possible. It is essential that every child returns their note.

If your child is absent from school for any reason I require a note explaining why they have been away. Please remember to send one in

upon their return to school.

I am very pleased to see that most of the students in my class are off to a great start with their home reading. Please assist your child to keep up this great effort. Remember the goal is 50 nights reading at the end of Term 1. All students who reach this goal will be presented with a certificate to recognise their efforts. Journals will be collected and checked every Friday by Mr Bradmore.

Year 2 times tables homework is due every Friday.

Have a great week.

Thanks, Stacey.

### 3/4 Class News

Hi everyone,  
It is another busy week in the Year 3/4 classroom with many students participating in the Small Schools Swimming Carnival. Congratulations to all students who tried their best at last week's Iluka carnival making it a great day for all.

Our class meeting will be held next Tuesday 17 February at 4 pm and I look forward to seeing parents and carers at this meeting. Scripture begins this Tuesday for our class with Wednesday being our library day.

With a whole school focus on the Home Reading program I am looking forward to many students reading each night and completing their journals. Also, a reminder that text book fees are now due at the cost of \$60 for Year 3 and \$45 for Year 4.

In HSIE we are beginning our unit "Places: Now and Then" and are focussing on explanations in our writing.

Have a great week Bek.

### 4/5 Class News

Hi all,  
The swimming carnival was a great success - congratulations to all concerned. The seniors have been trying out for the school

cricket team to play Woodburn PS in Iluka on Wednesday 18th of February. Notes will go out by Friday for the students concerned. Homework this term consists of **Home Readers** and learning the **'Times Tables'**. I am pleased with the effort the students have displayed and look forward to a productive year. Have a great week.

Cheers John

### 5/6 Class News

Hello Everyone,  
I trust you have had a productive week. It was good to see some of the Year 5&6 parents at the swimming carnival (thank you for your help). The Yr 6 children did a really good job in organising their house teams. They certainly lead some very enthusiastic cheering. Im pleased that most children attended the carnival.

**Homework-** The big push for homework this year is home reading and tables. This week the children had some exercises to do with factors as well as other tables work. Their home reading journals were to be given to me yesterday (Monday) to be checked. I do expect the children to be completing these minimal tasks efficiently.

**Speaking Task-** the class will be given a speaking task to research and present to the class. There will be a couple of these this term.

**Class Meeting-**The Yr 5&6 class meeting will be held next Wednesday in the classroom from 6-7pm. I would like one representative from each family to attend, please.

**Class Garden:** We planted some silverbeet, shallots, parsley, beans and peas. The beds have been well weeded and fresh soil applied as well as fertiliser.

Have a pleasant week. Di

### Library/ Technology News

Just a friendly reminder to all parents and carers that their children must bring their library bags to school on their library day. If they do not have a library bag they can

purchase one off myself for \$2 on their library day.

In technology students are beginning to create their projects. They are currently brainstorming ideas about their particular topic they will be presenting about. I hope you all have a great week.

### Visiting Performance - See Sharp

On Monday 23rd February at 2pm we have a visiting performer, Lorin Nicholson, presenting 'See Sharp'. It is a motivational performance with powerful messages of perseverance, resilience, respect, inclusion, leadership and striving for excellence. The cost of the show is \$6 per student. However, parents, carers and community members are welcome to attend at no charge. A permission note accompanies today's newsletter.

Australia's preeminent youth motivational speaker  
**LORIN NICHOLSON**  
Presents  
**See Sharp**  
Over the past decade Lorin's award winning performance called 'See Sharp' has received outstanding feedback in over 1,300 schools, to more than 5 million students throughout Australia and the globe.  
Our school is looking forward to Lorin sharing his simple but powerful messages of perseverance, resilience, respect, inclusion, leadership and striving for excellence with all staff, students, parents, family and community members on  
**Monday 23 February 2015**  
2pm  
Many have been asked to bring their friends and family to see this motivational and powerful, life changing presentation they have never missed.  
"An inspirational performance that... has allowed me to see how I can live my life to the best of my abilities."  
Lorin's motivational guitar playing, coupled with his message, has thousands of young people, and many adults, inspired and motivated to take the first step towards achieving their dreams and to never give up on pursuing their goals.

### Book Fees

Families have been issued with book fee invoices . Included with these invoices were the school's internet banking details. If you choose to pay by this method, please return the deposit advice to the school office ASAP. For those families paying by cash, please bring payment to your class teacher who will then issue the appropriate books.

Kindergarten, Years 4 and 6—  
\$45

Years 1, 2, 3 and 5—\$60.

If you wish to discuss a payment plan, please see Mr Bradmore.

### Tennis

Tennis recommences on Thursday 12th February @ Iluka Public School.

Time: 12.30 pm

Cost for the term (8 weeks min.) is \$80.00.

Racquets are available for use and purchase. Any queries please phone Alan on 0416016775.

### Canteen Roster

Helpers for canteen for Monday 16 February are:

Kylie Kerr, Dom Horne and Kelly Clark.

Year 1/2 families are asked to provide some homemade goodies for this day..

Helpers for Monday 23 February are:

Sam Carlon, Gladys Hunt. Year 2/3 to donate homemade goodies.

Helpers for Monday 2 March are:

Danielle Bryant, Lorraine Threlfall and Sam Carlon.

Year 3/4 to donate homemade goodies.

### School Banking

What a great start to the banking year! We had 34 bankers last week which is a fantastic beginning—well done.

Our student banker of the week is Emily Cok.

Banking is on Fridays, just bring along your bank book and I will collect them and re-

turn on Monday. Any other questions please feel free to contact me on 66457573.

Jess Edie

### Lost and Found

1 x size 6/7 red pullover with pockets

1 x blue metal “space rockets” small flask

1 x rectangle Sistema container (with pretzels and tiny teddies)

1 x pale blue goggles

1 x blue and white beach towel

1 x blue, yellow, white “Piping Hot” beach towel

### Assembly Awards

#### Kinder:

Jeriqko Donaghey, Emily Lamberth, Kiani Thwaites, Tulloch Speirs

#### Year 1/2:

Torna Stack, Ryan Johnson, Micah Johnson, Malaki Johnson

#### Year 2/3:

Maxs Elphick, Josie Hobbins, Ella Bilson, Cadynce Hunt

#### Year 3/4:

Cody Lamberth, Roland Stack, Ned Haddrell, Shayla Thwaites

#### Year 4/5:

Rachel McKeon, Taylor Edie, Jazmyn Adey, Charlie Bilson

#### Year 5/6:

Mitchell Horne, Reminy Holmes, Gracie Donsworth, Shalou Clarke

#### P.E.:

Matilda Smithers, Bradley Brigham, Eddie Cok, Ashley Peglar, Jesse Cocks, Paige Schembri, Evan Bryant

#### Special Awards:

Skye Connor, Ashlen Cowen

### PSSA Cricket

Iluka Public School will play Woodburn Public School in the first round of the PSSA Cricket. The game will be held at Ken Leeson Oval on Wednesday 18 February @ 10 am. Students have been trialling for selection in this team and notes will go home at the end of this week to those students chosen in the team.



**\$9.95**

**Per Week!**

#### FEBRUARY SPECIAL!

Join **Pulse Fitness** during the month of February and receive the first two months at \$9.95 per week!  
\* PLUS receive a

One-On-One Training Program  
**FREE!**

Shop 2, The Strand Arcade, 28a  
River Street, Maclean  
Phone: 6645 5545

### The dreaded lunchbox

#### challenge!!

Struggle with lunchboxes? Need inspiration? Northern NSW Local Health District is putting together a series of lunchbox suggestions to take the worry out of what to pack each day. The fortnightly email ‘Let’s Look at Lunches’ will provide lunchbox tips, recipes and ideas. A well balanced nutritious lunch is important to keep active kids on track all day but it shouldn’t be a challenge. If you would like to subscribe simply send us your **first name, email address and postcode** by:

Email to [lookatlunches@gmail.com](mailto:lookatlunches@gmail.com), or text to 0429 033 517

### Iluka Boardriders

Iluka Boardriders welcomes new and old members to our club in 2015. Our focus is on ocean education and safety, progressing surfing skills and family

fun.

There is a division for everyone and we are looking forward to our first Club Contest in the coming month.

Grab a membership form from Siberia or Iluka Bait and Tackle. You can also ‘Like’ our Facebook page: Iluka Boardriders and keep up to date with exciting up and coming events.

If you would like information on sponsoring our club please contact Mulan at Siberia.

**Representative Netball**

Next week Tuesday 10<sup>th</sup> and 17<sup>th</sup> Lower Clarence Netball Association is holding Representative team try-outs.

Try outs will be at the Maclean courts both weeks Make note of the allocated times for different age groups.

**12's** warm up 4:00, try outs commence 4:15

**13's** warm up 4:15, try outs commence 4:45

**14's** warm up 4:45, try outs commence 5:15

**15's** warm up 5:15, try outs commence 5:45

You must bring a completed Rep Nomination Form, signed by your parent / guardian. Forms will be available on the day please arrive early to complete this

Enquiries call Liz Sumner on 0488533464 Please be ready to play Netball: no earrings, jewellery, hair up & appropriate shoes.

**Iluka Netball Club  
Registration Days:**

Saturday 14/02/15 9-10am sign on followed by 10-11am Grading

Wednesday 18/02/15 4-5.30pm

The registration days will be held in the undercover shelter near the skate park.

For more information please contact Club President

Danielle Bryant on 0406 293 166 or Vice President Nicola Donsworth on 0412 106 045.

**Music Tuition**

Vacancies for piano, singing and ukulele lessons. Tuition recommences Thursday 12 February. Contact Anne Commerford for further details on 0458 140 355.

**Junior Golf Clinics**

Each Monday. Meet at Golf Club @ 3.30pm, lesson from 3.45-4.45 pm. Cost \$5 per child./lesson Afternoon tea and all equipment supplied. Contact Mark Adey, PGA Professional for further details on 0429 199 849.

**Iluka Football Club Registration Days:**

Saturday 28 February and Saturday 7 March—11am—1pm @ Iluka Soccer Shed

For further information please contact Secretary Ken on 0416553125

**Expression of Interest "Eat It to Beat It"**

Yes! I am interested in attending a free workshop run by The Cancer Council on healthy eating.

Family Name: \_\_\_\_\_

Preferred Day: \_\_\_\_\_ Preferred Time: \_\_\_\_\_

**Kindergarten to Year 6 Literacy Workshop**

Interested in finding out how to help your child with reading and writing? Then come along to a K-6 Literacy Workshop for parents, to be held on Wednesday 25<sup>th</sup> February. No time has been set yet. I would like parents to have an input into which time is more suitable. Once I have an indication of which time suits most parents, I will then formalise the workshop time. Please complete the form below and return it to school as soon as possible. L.Essery

**Kindergarten to Year 6 Literacy Workshop - 2015**

I \_\_\_\_\_ would like to attend the Literacy Workshop for parents, to be held in the Iluka Public School Library on Wednesday 25<sup>th</sup> February.

**I would like the workshop to be held from 5:00pm to 6:00pm.**

**I would like the workshop to be held from 6:00pm to 7:00pm.**

## Raising Calm Kids (Dr Jenny Brockis)

### Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school. The second child is Jamie, who was always a bundle of energy. He had continuous 'ants in his pants'. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school. As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety. While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It's thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect – and to anxiety. Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance? One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it's making them feel mad or sad.

**You can teach your kids how to enjoy quiet time. Here's a technique that works well.**

### Tips for Quiet Time

Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.

Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.

Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.

They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn't the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it's time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.

The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.

Continue with the breathing exercise until you reach the end of your allotted time. When it's time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

**Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.**

## Current Events Quiz

**1. Who won the mens singles in the Australian Tennis Open?**

- a. Andy Murray                      b. Novak Djokovic c. Roger Federer

**2. The term “spill” has been used a lot in the news recently. What is a spill?**

- a. an early election  
b. when a party votes to change its leader  
c. when a deputy leader becomes the new leader

**3. Australian journalist Peter Greste has been released after 400 days behind bars. Which country was he being held in?**

- a. Syria   b. Egypt c. Iraq

**4. Which chocolate company has announced it will be downsizing some of its chocolate bars to cut costs?**

- a. Nestle                              b. Haigh's                              c. Cadbury

**5. Why was Perth's Scarborough Beach in the news last week?**

- a. there was a shark attack there  
b. there was a stranding of over 60 pilot whales  
c. there was a mass rescue due to a flash rip

**6. The island of Bali has been in our news a lot lately. What country is Bali part of?**

- a. Papua New Guinea                      b. Indonesia                              c. Malaysia                              d. Bali

**7. True or false, you are not allowed to sell raw milk (unpasteurised) as a food in Australia?**

**8. What is the name of the Environmental activist group that has been chasing illegal fishing boats in Antarctica?**

- a. Sea Shepherd                      b. Ocean Rescue                              c. Sea Warriors

**9. In which sport did the South Sydney Rabbitohs play against the Cronulla Sharks in the Auckland Nines tournament last week?**

**10. What happened last week at the Morley Galleria shopping centre in Perth?**

- a. there was an explosion  
b. Kim Kardashian made a surprise visit  
c. it was hit by lightning

**11. The guitarist from which iconic Australian band, was in the news recently after he severed a finger while working on a boat?**

- a. Cold Chisel                              b. INXS                              c. AC/DC

**12. What language is spoken in the city of Amsterdam?**

**13. Why has the Western Australian town of Northcliffe been in the news?**

- a. it is hosting a large country music festival  
b. it was evacuated due to nearby bush fires  
c. a small tornado hit the town destroying several houses

**14. Which Pacific nation is removing the UK's union Jack from its flag?**

- a. Tonga                              b. Fiji                              c. New Zealand

**15. Which Australian state or territory is the largest?**



**WELCOME TO ILUKA PUBLIC  
SCHOOL  
KINDERGARTEN 2015**



**Will, Jack, Lily-Rose, Shanoah, Tandia, Sariah,  
O'Ryleigh, Phoenix, Taya, Matilda, Leya, Mitchell,  
Kiani, Kobe, Emma, Phil, Ashton, Tulloch, Noah,  
Jeriqko, Leya, and Jade.**

**We know you will have a great time and make many  
new friends.**



