



# Charlestown Public School

Newsletter Term 4 Week 3 – Wednesday 26 October 2016

A proud partner of the Whitebridge Community of Schools

Dear Parents/Carers

## YEAR 6 TESTING FOR WHS

Please note that the date for Year 6 testing has changed. Testing will now occur this Thursday 27 October. This testing will occur during class time at our school.

## KINDERGARTEN ORIENTATION

Our new kinder students had a great first session at school yesterday. Thank you Year 5 buddies for making the morning such a positive experience for these little ones. A special thanks to all the parents who helped out on the day by speaking to parents and assisting with uniforms. Several new parents commented on the lovely tone of the school.

## CANBERRA EXCURSION

Our Year 5 and 6 students are very excited about the Canberra excursion next week. **A reminder that students will leave Charlestown East Public School at 6:30am sharp. Please have your child to CEPS by 6am.** We are unable to wait for students who are late. A risk management plan has been developed and shared with students. If you would like a copy of this plan please let me know. Mrs Holt will be teaching her own class plus any students from 5/6H who are not going to Canberra. It is expected that these students attend school for these three days. Mr Overdijks class will be taught by Mr Dominick.

## SURVEY RESULTS

Further parent survey results (from 38 families out of 95) are included in this week's newsletter:

- 97.3% of parents encourage students to participate in Homereading

- 84% of parents indicated that they value homework
- 95% of parents indicated that they actively supervise homework each week
- 81% of families indicated that they have a computer at home
- 92% of families indicated that they have a device that connects to the internet

## WORLD TEACHERS DAY

This Friday is World teachers Day. This is a day to celebrate the commitment of teachers to develop students socially, physically and academically. This day also recognises the majority of teachers who work well beyond school hours, give up their time to facilitate extra curricula activities such as excursions, camps, fetes and discos, and do all they can to show care and concern for the students they teach. I would like to extend my personal thanks to the great group of teachers we have at CPS. Your work ethic and the level of care you show your students is exemplary.

## DATES FOR YOUR DIARY

	TERM 4 2016
27.10.16	Year 6 testing
2-4.11.16	Stage 3 Canberra
11.11.16	School Fete 3.00-6.00pm
18.11.16	K 2017 1 <sup>st</sup> Transition afternoon
2.12.16	K 2017 2 <sup>nd</sup> Transition afternoon
7.12.16	Presentation Day
13.12.16	Year 6 Farewell
15.12.16	Party Day
16.12.16	Carols Last day of school for students

## KIDSMATTER

This year our school has been participating in Kismatter training. Kismatter is a whole school approach to improving students' mental health. Miss Hale and I attended further training last week and we will be training staff in the area of Social Emotional Learning in the coming weeks. Included within this newsletter is a fact sheet on mental health from the Kismatter website. I will be including more fact sheets in coming weeks

Have a fabulous week.

Trisha Gill  
Relieving Principal

## CANTEEN NEWS

Frozen Yoghurt - we have been able to secure additional flavours and will now stock Watermelon & Mango, Strawberry and Chocolate varieties. They are selling for \$2.00 each.

Yoghurt stars and corn on the cob will no longer be available.

We have decided to trial a number of products for Term 4... they are

1. Wraps - Chicken and Salad \$3.50,  
Ham and Salad \$3.50,  
Salad Wrap \$3.00 and a  
Toasted Chicken tender & cheese \$3.00.  
These are a green item.
2. Apple and cinnamon muffins - \$2.00

## CANTEEN ROSTER

Thur	27.10.16	J Battle, A Lee
Fri	28.10.16	<b>No orders-counter service at lunch only</b> K Style, T Black
Mon	31.10.16	<b>CLOSED</b>
Tues	1.11.16	<b>CLOSED</b>
Wed	2.11.16	N Toavanua, L Maddison, K McAlister, LTodorovski

## CLOTHING POOL NEWS

With the warmer weather upon us we are looking for quality second hand dresses for the clothing pool. If you have any please drop them in at the office or the Clothing Pool.

## CLOTHING POOL HOURS

Wednesdays	2:45 pm – 3:15 pm
Fridays	9:00 am – 9:30 am

## KM NEWS

Welcome to Term 4 - for the final term with the children before they leave me and head into Year One.

I am sure everyone enjoyed a great holiday as the children have come eager and ready to learn. It has been a busy start to the term already with many more exciting activities and events to happen to finish off a wonderful year.

This term in literacy we are busy learning about Narratives where the children have been working hard to retell in their own words the start, middle and the end of 'The Lion and the Mouse'. The students then completed an artwork of the Lion with a great big mane.

If you went to the Lion King last week, I hope you enjoyed it as much as I did. It was magnificent and the children should be extremely proud of themselves as their behaviour was exceptional.

A new set of sight words have been sent home this term. Please ensure your child has the opportunity to revise them every night. Keep up your reading every night and don't forget to bring in your home reading sheets so that you can earn your reading certificate.

## COMMUNITY NEWS

### Hunter Wetlands Centre

1 Wetlands Pl  
Shortland NSW 2307  
Ph 02 49516466

Kids, say thanks to your grandparents for their love and support.

Bring them to the Hunter Wetlands Centre, Shortland on Sunday 30th October 2016

- Free entry for everyone
- Free devonshire tea for grandparents
- Guided walks and buggy tours
- Reptile encounter
- Intergenerational activities
- Fun for all the family

To see the program go to  
[www.wetlands.org.au](http://www.wetlands.org.au)







## Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner), such as full-time, part-time, casual or seasonal work, and have a child at school or study yourself.

Contact Cynthia Culhane your local Saver Plus Worker:  
(02) 4032 4703 / 0418 699 646  
or [cynthia.culhane@thesmithfamily.com.au](mailto:cynthia.culhane@thesmithfamily.com.au)

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered throughout Newcastle by The Smith Family.  
The program is funded by ANZ and the Australian Government.

## Good for Kids good for life

### ICE ICE BABY - FOOD SAFETY

As the summer days get warmer so does the temperature inside your child's lunchbox. Warm lunchboxes increases the risk of food borne illnesses.

The food packed for child's lunch can be stored within the lunchbox for several hours prior to being eaten. A study by NSW Food Authority has shown that on a 25°C day temperatures for lunch packed without an ice brick can rise up to 12°C higher and produce 14 times as much bacteria as those packed with an ice brick or frozen drink.

Over summer make sure you pack an ice brick or a frozen drink with your child's lunch, and if possible use an insulated lunchbox as well!



PHONE 4924 6499

## Good for Kids good for life

### THE BENEFITS OF LIMITS

Small screen entertainment can be convenient; however Australian children are spending more time than recommended watching screens. Excessive screen time can reduce both physical activity levels and concentration levels and contributes to increased weight gain.

Here are some tips on ways to reduce screen time in your household:

- Set limits on the duration of screen time in one sitting, 20mins is a good place to start.
- Only switch the TV on for specific shows, do not leave it on in the background.
- Role model the behaviour that you would like to see in your child – there is no better example than YOU!



PHONE 4924 6499



Nutrition Snippet

## The simplest way

...to pack a healthy lunch box.

Packing a healthy lunch box is as simple as including each of these food groups. And you can combine several in a single item.

Try a pita pocket (bread) with lamb kofta (meat) and tabbouleh (salad).

Or go for a tub of whole or *puréed* berries with natural yoghurt for a fruit and dairy combo.



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



# CHARLESTOWN Public School FETE



Newsletter No. 4

With only 17 days to the fete it is time to ask for your assistance . . .

- Do you have any **books, plants or bric a brac** that we could sell at the Fete ?  
Please Note : We are not able to accept electrical goods or items of clothing.
- For Sideshow alley we **need prizes** – do you have any unused kids stationary items for eg pencils, erasers ? ..... New toys or novelties ? ..... Chocolates any size any variety ?
- Do you own a business or know someone who would be willing to donate a prize for the **Chocolate Wheel** ?
- **RAFFLE TICKETS** were sent home last term with all students. Please return all sold books to the office by Tuesday 8<sup>th</sup> November. If you would like additional books, there will be some available from the office. Remember, for every full book a student sells, they go into the draw for a **\$20 COLES MYER GIFTCARD**.
- Children at the FETE must be under the **supervision of a parent** or other nominated adult.

Thank you to those parents who have indicated that they can help on the day of the Fete. As you can see from below ... we still NEED HELP otherwise we will have to reduce some of the activities planned. We need at least 12 parent volunteers per timeslot ... this is in addition to the teachers and members of the P & C who will also be assisting on stalls. If you are able to assist, please write your name and phone number below and return to the office.

	Cake Stall/Canteen	Bric a Brac Stall	Sideshow Alley
<b>3.00 – 4.00</b>	1. 2.	1. 2. 3.	1. 2. 3. 4.
<b>4.00 – 5.00</b>	1. 2.	1. 2. 3.	1. 2. 3. 4.
<b>5.00 – 6.00</b>	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.





## Mental health basics: Suggestions for families

<https://www.kidsmatter.edu.au/mental-health-matters/mental-health-basics-promoting-mental-health/suggestions-families>

Things can happen in children's lives that make the risk of developing mental health problems more likely. It is usually not possible to eliminate all the risk factors that affect your children, but there are things you can do to reduce the impact of stress and help them build strengths for effective coping. The following suggestions identify the sorts of things you can do to support children's resilience in the face of challenging circumstances.

### How you can help

- Spend time with children by having fun playing games, going to the park or going somewhere together as a family.
- Try to maintain routines as much as possible. Routines and consistency help children feel secure.
- Build and maintain supportive relationships with family, friends and early childhood staff. Talk with them about how they can best support you and your child during hard times. Tell staff about any concerning behaviour you are noticing at home.
- Try to help children to understand and manage their feelings; this can help them develop coping skills.
- Help children learn to cope with loss and change by providing support and reassurance, honesty and clarity. Help them also to understand that loss and stress are a normal part of life.
- Acknowledge children's feelings and try to understand and respect them, especially when they are going through a difficult time. Offer support and reassurance by asking questions and letting them talk about their feelings.
- Try to support children in building their internal protective factors (eg good communication and problem-solving and social skills) by acknowledging and encouraging their skills when guiding their behaviour.

### Listen to children's concerns

Having a caring adult to turn to when they are troubled, someone who will listen, understand without judging, and help them solve problems, is a critical protective factor for children's mental health. Listening to children and understanding their concerns lets them know they are important to you. Remember, however, that children may not always be able to explain how they feel. By observing their behaviour and gently inquiring about it you can often get a clearer picture of how they are feeling.

### Provide reassurance

Children often worry that the bad things they experience will happen again or get worse. For example, in a family breakup, when one parent or carer leaves the family, children often become anxious that the remaining parent or carer will also leave them. Similar worries are common when someone dies or is

## Mental health basics: Suggestions for families

hospitalised. Often these kinds of fears are expressed through behaviours rather than words, such as becoming clingy, or being fearful about sleeping by themselves. Showing you understand children's fears and providing reassurance and support is important for helping them cope. Making sure that children know what to do and who to seek help from in case you are unavailable or unwell is also very important - particularly when chronic illness or stress may affect your capacity to provide support.

### Provide security

Various kinds of stress and change can be very disruptive to family life. Maintaining regular routines, such as bedtimes and mealtimes, reduces disruptive impacts and helps to provide a sense of stability and security for children. Similarly, children are reassured by knowing that a responsible adult is taking care of them and looking after their needs.

### Build children's strengths - and allow for vulnerabilities

Providing encouragement and positive feedback for children's developing coping skills helps them to build confidence in their ability to manage difficult situations. Acknowledging and appreciating the help and support that children provide to you during stressful times also helps to build their strengths.

At the same time, it is important to give children permission to not always have to be strong. Children who take on significant caring roles when parents or carers are struggling often hide their vulnerabilities. Their desire to avoid burdening parents and carers can cause additional hardship for these children, who need to know that support is available to them as well.

### Talk to school staff

School staff can provide more effective support for children at school when they understand some of the pressures they may be facing in other parts of their lives. It is often very reassuring for children as well as for parents and carers to know that teachers or other school staff understand their difficulties and are ready to provide support. Staff at your child's school may also be able to provide you with support and advice, or help you find support services that can assist you and your children.

### Seek additional help

If your child shows signs of emotional or behavioural difficulties, it is important to seek professional help early, so that problems can be addressed before they get worse. Getting support for yourself, through family and friendship networks, your child's school, or mental health or community services, is also very important.

Getting support helps to build your own resilience so you can provide more effective care for your children. For more have a look at our information about [knowing when to get help](#).

### See also:

[Mental health basics: Suggestions for schools and early childhood services](#)

[Mental health basics: Further resources](#)

