



Education
Public Schools



Charlestown Public School

Newsletter Term 4 Week 4 – Wednesday 2 November 2016

A proud partner of the Whitebridge Community of Schools

Dear Parents/Carers

CANBERRA EXCURSION

Our Year 5 and 6 students had an early start this morning and have had a busy day visiting Mount Ainslie, the museum of Australian Democracy and the Australian War Memorial. The students are expected to return to Charlestown East Public School around 7pm on Friday night. If there is any variation to this time, an alert will be sent out on Skoolbag.

FETE

Students are very excited about the fete next week and I hope they have been saving up some pocket money! The P and C are still looking for volunteers to assist at the fete so please let the school know if you can help out. The fete will start at 3pm with a performance from our K-2 choir and Ukulele group. **Students can only stay after 3:15pm if they are accompanied by an adult.** A teacher will supervise students catching the bus as per usual. To add to the feeling of celebration, Friday 11/11/16 will be an out of uniform day for students. I'm sure it will be a great afternoon.

YOU CAN DO IT

All classes K-6 have been learning about the importance of persistence this term. Persistence is the quality that allows a person to continue doing something under opposition or to keep trying when at first they don't succeed. This is a very important quality that has a huge impact on our ability to succeed in life and it can be learnt. Please praise your child when you see them being persistent and look for ways to model it in your own life.

DATES FOR YOUR DIARY

Please note that due to a variety of circumstances we have had to change some dates for end of year events. Our annual presentation day will now be held on Wednesday 7 December, the Year 6 farewell will be held on Tuesday 13 December and Carols by Candlelight will be held on Friday 16 December. Please check that you have the correct dates in your diary.

DATES FOR YOUR DIARY

TERM 4 2016	
2-4.11.16	Stage 3 Canberra
9.11.16	Fete raffle tickets due back
11.11.16	CANTEEN CLOSED
11.11.16	School Fete 3.00-6.00pm
18.11.16	K 2017 1 st Transition afternoon
1.12.16	Last day for student banking
2.12.16	K 2017 2 nd Transition afternoon
7.12.16	CANTEEN CLOSED
7.12.16	Presentation Day
9.12.16	Last day for canteen and clothing pool
13.12.16	Year 6 Farewell
15.12.16	Party Day
16.12.16	Carols Last day of school for students
TERM 1 2017	
27.1.17	Staff Development Day (pupil free)
27.1.17	Clothing Pool open 8:30-10:30am
30.1.17	Students in Years 1 to 6 return
30.1.17	Pre-arranged Best Start Kinder to 1.2.17
2.2.17	2017 Kindergarten students start

CLOTHING POOL HOURS

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

KIDSMATTER

Good mental health is vital if students are to succeed at school and in later life. Quality relationships benefit mental health. For teachers to have quality relationships with their students they need to know their students well. If there are any changed circumstances at home it is important that the school is made aware of this so that we can support your child. This would include such things as a parent changing jobs, increased work hours, death of a family member (including pets) ect. We don't need all the details but a heads up is always appreciated. Included in this newsletter is another fact sheet from the Kidsmatter website.

CANTEEN

We are seeking volunteers for 2017, please return the form that was sent home last week to the office.

We have a vacancy on Wednesday 30 November, please let the office know if you can assist.

CANTEEN ROSTER

Thur	3.11.16	J Hope, L Fluechter
Fri	4.11.16	No orders-counter service at lunch only L Lee, K Bassett
Mon	7.11.16	CLOSED
Tues	8.11.16	CLOSED
Wed	9.11.16	L Maddison, N Toavanua, B Sacmaroski

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

2/3D NEWS

Wow, are we in Term 4 already? The year is flying by here in 2/3D!

The children all sounded like they had a wonderful holiday and have returned refreshed and eager to get on with their learning. We have already had a busy start to the term with our swim school program during Weeks 1 and 2. Everyone in 2/3D really enjoyed swimming and improved significantly which is wonderful!

Many of our students also went to see the Lion King musical in Week 2. This was a fantastic production and the children thoroughly enjoyed the experience.

In literacy we have been learning to write procedures. We have been looking at lots of different types of procedures, including recipes, and even got to make some toast, yum! We are also focusing on using expression when we are reading, so we don't sound like robots.

Please make sure that you are keeping Home Reading going. We have some regulars in our class that make sure they read each and every night and bring in their home reading chart every Friday. It is important that every child reads every single day. If you need a new home reading chart or new books, please come and see Mrs Kondov or Mrs Drysdale.

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





MEREWETHER SURF LIFE SAVING CLUB REGISTRATIONS FOR NIPPERS 2016/17 SEASON

Although the season has started (Sunday 16th October 2016) and concludes Sunday 26th February 2017

THERE ARE STILL SPOTS AVAILABLE IN ALL AGE GROUPS

Registrations are completed online for current and new members - please visit:
www.merewetherslsc.com.au

Merewether Nippers aims to develop social and physical skills in children, whilst providing age appropriate surf education. We hope that this will assist children in safely enjoying our wonderful Australian beaches. The emphasis in younger age groups is on fun, friendship and education, however many children may also develop an interest in the competitive aspect of Nippers and go on to represent our club in future years. There is a great sense of community within the Merewether Nippers Club, for both children and their families.

Come and join us...it's not too late!!!

www.merewetherslsc.com.au Select Juniors/Nippers from left side menu
<https://www.facebook.com/MerewetherNippers/>
<https://merewetherslscjuniors.teamapp.com/>



NABC

NATIONAL ABORIGINAL
BIRTH CERTIFICATE PROGRAM

Free Birth Certificate and Free Birth Registration for Aboriginal young people who are:

- preparing to attend pre-school
- preparing to attend primary school
- preparing to attend secondary school
- transitioning from school to the workforce
- transitioning from school to further education

A parent or carer of the young people applying is also eligible

For more information about applying and the ID requirements visit our website www.pathfinders.ngo or contact Lyn on 02 6788 2123 or Lynettew@pathfinders.ngo



pathfinders | A PATHFINDERS PROJECT

10AM-3PM:

Monday 7th Nov — Swansea Public School—Rawson St, Swansea

Tuesday 8th Nov — Windale Public School—Kilera St, Windale

Wednesday 9th Nov — Edgeworth Public School—Minimi Rd, Edgeworth

Thursday 10th Nov — Mindaribba Local Aboriginal Land Council—1A Chelmsford Dr, Metford

Friday 11th Nov — Karuah Local Aboriginal Lands Council—16 Muston St, Karuah



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

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.



ENGAGING ADOLESCENTS™ PARENT COURSE

Parenting skills for resolving teenage behaviour problems

A three-session program for parents and carers
at the Allambi Care Auditorium
28 Fraser Parade, Charlestown

When: Monday Evenings 7th, 14th, 21st November 2016

Time: 6.30pm – 8.30pm

Cost: \$20, light refreshments included.

Learn:

- ✓ Some common ground shared by parents & reasonable expectations to have about adolescents
- ✓ New understandings of adolescence
- ✓ A three-option model & flow chart for decision-making
- ✓ Self-check-in, first-for parents
- ✓ Building relationship with your teenager and making the best of your non-crisis conversations with them
- ✓ Skills for tough conversations for handling those problems you just can't ignore

What parents have said...

A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.

A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had had a far more favourable discussion with him than would previously have been the case.

Who's running it?

The trainer for this course is Michael Burke who works as an Adolescent & Family Counsellor in the East Lake Macquarie Local Government Area.

Registration is required

Limited spaces are available, please register for this course by contacting Michael ph. 4944 5900 or 0408474602 by 4th Nov 2016.

For more information please contact Michael Burke on the numbers above or email michaelb@allambi.org



ALLAMBI CARE

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au



Massive Toy & Ham Raffles
Sunday 13 November & Sunday 20 November
Ticket sales 11.30am • Draw starts @ 12.30pm
For a chance to win delicious hams & awesome toys for Christmas \$1,000 worth of toys each week

62 Kinglog Avenue, Maitland Ph: 0442 2007 E: info@kahlischsports.com.au W: www.kahlischsports.com.au

Kahlisch Sports Club

Good for Kids good for life

SUMMER SAFETY - HYDRATION

The approach of summer holidays provides more time for kids to get outside and play! Keep in mind that playing in the heat of the summer sun results in more fluid losses.

Children's bodies are more prone to dehydration than adults because they don't cool down as efficiently and they may not always realise when they are thirsty.

Try to monitor their water intake and schedule regular drink breaks before, during and after outdoor play.

It is also a good idea to leave drink bottles filled with water in areas that are accessible to them so that they can help themselves.



PHONE 4924 6499

Good for Kids good for life

KEEP CRUNCHING ON THE WEEKENDS

Most NSW primary schools have incorporated *Crunch&Sip®* as a regular part of their school day.

Crunch&Sip® is a time, each day, when students can "refuel" on vegetables and fruit and "rehydrate" with water. It helps children to increase their intake of vegetables and fruit and is a great opportunity to introduce them to new vegetables and fruits.

The great news is that *Crunch&Sip®* does not have to be limited to the week days! Try to keep the whole family healthy by integrating this habit into your family routine on weekends and during the school holidays.



PHONE 4924 6499

Good for Kids good for life

WATERMELON ICEBLOCKS

INGREDIENTS	QUANTITY
Diced Watermelon	2 cups
Fresh strawberries (hulled)	10
Lemon Juice	1 x lemon
Water (optional)	1/2 cup

METHOD

1. Combine all ingredients in blender and blend until smooth
2. Pour into ice block moulds
3. Freeze until hard
4. Enjoy on a sunny summer day!



Image courtesy of phasinphoto at FreeDigitalPhotos.net



PHONE 4924 6499

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

CHARLESTOWN Public School FETE



FRIDAY 11th NOVEMBER 3 – 6 PM

Newsletter No. 5

With only **8 days** to the fete we still need HELP

- Please return all sold **RAFFLE TICKET** books to the office by Wednesday 9th November. If you would like additional books, there are some available from the office.

Remember, for every full book a student sells, they go into the draw for a **\$20 COLES MYER GIFTCARD**.

- If you have any **books, plants or bric a brac** that we could sell at the Fete (*Please Note : We are not able to accept second hand electrical goods or items of clothing*). Please drop it off at the office.
- All donations for the **CAKE STALL** need to be labeled with ingredients used
- Children at the FETE must be under the **supervision of a parent** or other nominated adult.
- Children will be able to come to school **out of uniform**.

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
3.00 – 4.00	1. 2.	1. 2.	1. 2. 3. 4.
4.00 – 5.00	1. 2.	1. 2.	1. 2. 3. 4.
5.00 – 6.00	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.

WHAT CAN I EXPECT AT THE FETE

TO DO

Muddle through the boxes in the **BOX MAZE**

Be amazed at the **LEGO** creations in the **HALL**

Grab a friend and get a happy snap at the **PHOTOBOOTH**

Win a prize at the **CHOCOLATE WHEEL**

Have a throw, toss and shot at **SIDESHOW ALLEY**

Have your **FACE PAINTED**

Get a surprise with a **LUCKY DIP**

Buy a **SHOWBAG**

Get a temporary **TATTOO**

TO EAT & DRINK

PIES/SAUSAGE ROLLS

SAUSAGE/STEAK SANDWICHES

Homemade **SWEETS, CAKES** and **LOLLIES**

COFFEE **SNO CONES**

DRINKS **FROZEN YOGHURT**

FAIRY FLOSS **POPCORN**

TO BUY

BRIC A BRAC

NOVELTIES/TOYS

SHOWBAGS

PLANTS

CAKES

BOOKS/DVDS



Mindfulness for children

<https://www.kidsmatter.edu.au/mental-health-matters/mindfulness>

What is mindfulness?

Mindfulness is a whole body-mind state of awareness that involves 'tuning in' to the present moment, with openness and curiosity, instead of 'tuning out' from experience. Mindfulness is a state of being fully awake to life - being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future- which is often our brain's default mode.

Mindful awareness is something that we all possess and that can be strengthened through practice. Mindfulness can be developed through formal sitting meditation practices, or through informal everyday mindfulness activities that use the senses to anchor the attention: such as mindful walking, listening to music, eating or conversation. Mindfulness is a clinically proven tool to support wellbeing and mental health by reducing stress and allowing life to be experienced more fully.

Why practise being mindful?

The way we interact with our kids has a huge impact on the way they think about themselves and their levels of personal resilience. Ellen Langer and team, a world-renowned mindfulness researcher found that children not only prefer to interact with mindful adults, but actually devalue themselves following interactions with mindless adults (Langer, Cohen & Djikic, 2010).

The benefits of mindfulness with children

- Research shows that mindfulness training increases connectivity in the frontal lobe of the brain, which is linked to improved attention, memory processing and decision making abilities.
- Mindfulness training involves tuning in to internal and external experiences with curiosity resulting in increased self-awareness, social awareness, and self-confidence.
- Mindfulness training increases children's ability to self-regulate their emotions, especially difficult emotions such as fear and anger, through breathing and other grounding techniques.
- Mindfulness has been shown to improve empathy or the ability to understand what another person is thinking or feeling, which improves children's awareness of others and helps them to build positive relationships.

Mindfulness and childhood mental health

- Mindfulness training has been shown to reduce the severity of depression, anxiety and ADHD in children.
- Mindfulness builds resilience by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

Mindfulness for parents

The best thing parents can do to help their children become more mindful is to commit to some regular mindfulness practises themselves! The more present and mindful you are with your children, the more happy, mindful and resilient they will be. Mindfulness training can assist parents to remain in the present moment and engage more fully when interacting with their children. Research shows that parents and carers who practice being mindful around their children contribute to improving their child's sense of self-worth and self-esteem.

- **Mindful play:** Dedicate a window of time each week to mindfully play with your child or children. Turn off all other distractions such as TV, and put your mobile away and on silent. Try to give them your full attention during this time and if your mind wanders off to all the things you should be doing, that's fine - that's just what minds do! Use your child as an anchor to come back to every time your mind wanders away.
- **Mindful cooking:** Cooking together can be a great way to spend quality time. Help your child notice the colours, smell and taste of the ingredients as you add them to the meal, and the touch of the different items as you cook.
- **Mindful dinner time:** Create a time for your family to appreciate and savour their food at the start of a meal by spending the first few minutes of dinner in silence, just eating and enjoying the food. It's a surprisingly nice activity to do with the whole family, and done regularly, can become a lovely ritual.
- **Mindful teeth brushing:** Getting kids to brush their teeth can be a challenge, so why not make it a challenge, by inviting them to try to do it mindfully with you? Invite them to pay attention to the feel of the brush in their mouth and the sensation and taste of the toothpaste. Ask them three things they noticed that was different about their brushing tonight than from the previous night.

Mindful learning environments

- Teachers and early childhood educators can influence student wellbeing and learning by understanding, embodying and embedding principles of mindfulness into their learning environments.
- Teachers and early childhood educators who are encouraged to develop mindful awareness in their own life will positively influence their whole community.

A mindful partnership

KidsMatter has joined forces with Smiling Mind, a free program that helps develop Mindfulness Meditation skills in children. Read more about [the collaboration between KidsMatter and Smiling Mind](#).

See also:

[Mindfulness for children: Further resources](#)

[Social and emotional learning](#)