



Pupils are to reach their full potential through teacher, parent and student endeavour.

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Website: www.cardiffnorthpublicschool.edublogs.org

Term 4 Week 5

14th November 2018

## COMING EVENTS

### Monday 19th November

Book Fair this week

### Tuesday 20th November

Final Kinder Transition Session 2 - 3pm

### Friday 23rd November

Colour Run and Mini Fete

### Friday 23rd November

New Kinders and K - 2 Disco 6-7pm in the hall

### Monday 26th November

Scripture assembly

### Wednesday 28th November

Swimming Carnival (for students turning 8 or older in 2019)

### Wednesday 12th December

Presentation Day

### Thursday 13th December

Year 6 Farewell

### Wednesday 19th December

Last day of term for students

## Permission Notes and Payments Due

### Mini Fete Cupcake Orders \$1.50

Note and payment due Friday 16th November

### Colour Run

Permission Note due Monday 19th November

### Swimming Carnival \$8

Note and payment due Friday 23rd November

### Stage 3 Excursion

Final payment - OVERDUE

### Swim Scheme \$80

Final balance OVERDUE

### School Contribution \$40

Matific - \$6

### P&C Treasurer Needed

If you would like to take on this role please let the office staff know and they will pass your details on to the P&C President.

### P & C Meetings

Our next P&C Meeting will be held on 13th November at 7:00pm in the staffroom.

## Principal's Message

This term is absolutely flying and we have lots of fantastic things coming up to celebrate the end of a great year at Cardiff North.

Our Colour Run, Year 6 Mini Fete and K-2 Disco are all on Friday 23rd November. It is sure to be a fun filled day. Please remember to make sure your child has old clothes and shoes for the colour run as the colours don't wash out easily.

Our K-2 and 3-6 students are in for a treat with our end of year special days. K-2 are having a visit from Kindifarm and 3-6 are going to the movies. Please keep an eye out for permission notes and ensure that these along with money are sent back promptly to help with the organisation.

Thanks so much to all of the parents who completed the Tell Them From Me Surveys. I am analysing the results now and will share them with you in the next few Bulletins.

Our Swimming Carnival is fast approaching. We are trialling a new venue and new time of year this year. Thank you for your support as we try new things at our school. We will survey parents afterwards so you can let us know whether you prefer this end of year Carnival or our previous Carnival style. Please see Mr Piggott if you have any questions related to the Carnival.

*Have a beautiful week everyone!*

*Allyson Corrigan*

Principal

Cardiff North Public School

A proud member of the Cardiff Community of Schools

## COLOUR RUN



Students are getting very excited about our Colour Run which will be held on Friday 23rd November at 2pm on the oval. This will be a fun event where they will run through various colour powder stations and obstacles.

A big thank you to the students who have been doing such a wonderful job fundraising for this event. Currently at the top of the fundraising leaderboard is Syra A, Martin U, Alliyah P, Sophie B and Amalie M.

If you haven't done so already, please visit [www.schoolfundraising.com.au](http://www.schoolfundraising.com.au) to set up your online fundraising student profile page. Students can earn some great prizes. Don't forget that these prizes can only be ordered online between 23rd and 30th November by logging into the student profile page.

Please return the permission note, which is being sent home this week, by Monday 19th November.

## MINI FETE

Year 6 will be running a mini fete on Friday 23rd November, the same day as the Colour Run, to raise money for the Year 6 gift to the school. Students are encouraged to bring along their pocket money to spend on fun activities.

The activities include putt putt golf, sport warrior, haunted house, pie in the face, what's in the box, disco, learn to dance and blindfolded artist.

Cupcakes are available to pre-order. All cupcakes are vanilla with buttercream icing with sprinkles and cost \$1.50 each. Cupcakes must be pre-ordered as there will be none sold on the day.

## SCRIPTURE ASSEMBLY

All students are invited to a special assembly run by the scripture teachers on Monday 26th November. They will present the Traditional Christmas Story to the students.

If you do not wish for your child to be involved, please send a note to the office by Friday 23rd November.

## CARDIFF HIGH UNIFORM FITTINGS

If your child is attending Cardiff High School next year and you have not yet organised a uniform fitting, please contact the school ASAP on 4954 2429.

## IPLAY

It has been 12 months since iPLAY conducted baseline data collection at our school. The iPLAY team are looking forward to their follow up data collection next Monday.



## BOOK FAIR

19th - 23rd November

under the COLA

Monday 19th: 8.30am - 9.00am & 3.00pm - 3.30pm

Tuesday 20th: 3.00pm - 3.30pm

Wednesday 21st: 8.30am - 9.00am

Thursday 22nd: 8.30am - 9.00am & 3.00 - 3.30pm

*We look forward to seeing you and your family at our Book Fair.*

*Remember, all purchases benefit our school.*

## NEW SCHOOL WEBSITE

Our new website will be going live soon. Please remember that online payments are not available until then. Further details will be provided over the coming weeks.

### CANTEEN ROSTER

Thursday 15th November	Monique Anderson
Friday 16th November	Kristy Hobson
Monday 19th November	Chrissie Boardman Pip Wingett
Tuesday 20th November	Monique Anderson
Wednesday 21st November	Crystal Dederer
Thursday 22nd November	Monique Anderson
Friday 23rd November	Kristy Hobson
Monday 26th November	Chrissie Boardman
Tuesday 27th November	Donna Hatton
Wednesday 28th November	Crystal Dederer
Thursday 29th November	Monique Anderson
Friday 30th November	Kristy Hobson

## Making a smooth transition to secondary school

by Michael Grose

Going to secondary school is both exciting and scary for many kids. There's excitement about new friends, teachers and ventures, but this can be overshadowed by anxiety and stress.

The sheer size of a high school building can be overwhelming to the uninitiated. The potential loss of status when moving from big fish in a small pond to tiny minnow in a large ocean can be hard to swallow for some. Add the increased number of teachers and the hormonal changes that accompany puberty and drive emotional and cognitive development and it is little wonder the first year of secondary school often sees a plateauing in learning. Most kids are flat out making new friends and getting used to how secondary school works, so learning takes a back seat for a time.

While it's easier for those who have a brother or sister already there who can pass on some tips about how to survive secondary school, many don't have that luxury. Fortunately, there are number of strategies parents can use to make the transition to secondary school easier.

### 1. Know the school space

Familiarity helps reduce anxiety. Most secondary schools have familiarisation programs for incoming students but it helps to reinforce with your young person where the key spaces are – such as administration, toilets, the tuck shop and drinking taps. A trip to the school during the holidays, if possible, can help reassure a nervous secondary school starter.

### 2. Make the leap with friends

Negotiating new friendships can be stressful so it helps to identify some friends from primary school or outside school that your child can travel with or meet up before school, at lunch breaks and during times when classes aren't scheduled. This will give them the opportunity to share and compare experiences, which is therapeutic for kids who are experiencing change.

### 3. Help with planning and organisation

Some students can be overwhelmed by the organisational demands of secondary school. If your child fits this category, be prepared to be on hand to coach your young person in the finer arts of being on time to class, organising work in folders, planning homework time, handing in multiple assignments and filling out forms.

### 4. Set up a designated study space in the home

Now that your young person has hit the big time it's important that they have a study space to call their own. Keep this outside the bedroom if possible – the bedroom is a space for sleeping and relaxing. Use any area that is reasonably quiet and well lit. Set up a desk with a computer, if possible, along with stationery items.

### 5. Establish a work schedule

If your child's primary school homework was given inconsistently then be prepared for a change. Most secondary schools try to coordinate homework between different teachers but there will be more times than not when your child will come home with multiple homework assignments to complete. Build the homework habit early and choose a regular time that allows for breaks. Encourage them to work quickly so that work does not drag on and become demotivating.

### 6. Stay patient and positive

The social and academic demands of going to secondary school can be mentally draining for young people. Some will miss old friends and the relative comfort of primary school. It's important for parents to be patient with their young person, to expect a few behaviour blowouts and to be prepared to listen and help them process their new experiences. If your young person has negative experiences, point them in the direction of the good things that may happen during the day.

Your young person's coping mechanisms are being tested during this time. They can change on a daily basis. If stress becomes overwhelming or persistent to the point that they don't want to go to school after the initial settling-in period, consider organising some extra assistance. A year-level coordinator, school counsellor or the local doctor can be good starting points should extra assistance be needed.

Starting secondary school is one of many transitions your young person will face in life. With planning and support, your child can make a positive start to secondary school and enjoy an amazing time at their new school.

You can attend our upcoming webinar, [Preparing for High School](#), at no cost!

### About the webinar

In this webinar popular parenting educator, author and secondary teacher Sharon Witt will share a bag full of practical strategies guaranteed to remove the stress and ensure a smooth transition to secondary school.

### When

Tuesday, November 27, 2018 7:30 PM – 8:30 PM AEDT

### Price

This webinar is free of charge to families at schools that have a Parenting Ideas membership. Use the voucher code below to register for the webinar valued at \$37 per person.

### How parents can use the voucher

1. Click this link <https://www.parentingideas.com.au/product/webinar-preparing-for-high-school/>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **TRANSITION** and click 'Apply'. Your discount of \$37 will be applied to the order. This voucher is valid until 27 December 2018.
5. Click 'Proceed to checkout'





6. Fill in your account details. These are the details you will use to login to your account and access your parenting material  
 7. Click 'Place Order'

**Your Parenting Ideas Webinar Voucher**

**Webinar: Preparing for High School**

Guest Speaker: Sharon Witt

**27 November 2018 - 07:30pm**

parenting\*ideas schools

Valued at **\$37**



**Michael Grose**

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving; and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.

# VACATION CARE

HunterSports Centre

**COME & JOIN US THESE SCHOOL HOLIDAYS! WE WILL HAVE YOU REACHING NEW HEIGHTS, PARTICIPATING IN PROGRAMS SUCH AS:**

- GYMNASTICS
- TRAMPOLINING
- ATHLETICS
- TEAM CHALLENGES
- TABLOIDS
- NINJA
- ARTS & CRAFT
- BUSHWALKING
- PAPER PLANE ORIGAMI
- MOVIE EXCURSION

*Wet 'n' Wild Water Play is back this summer at Vacation Care*

Vacation Care is available from  
**Thursday 20th December -**  
**Thursday 24th January**  
 (closed 25th-26th December & 1st January due to public holiday)

The Hunter Sports Centre also runs  
 Trampoline Holiday Programs, Skills Clinics, and all **NEW** Ninja Kids and Ninja Teen (inspired by the TV program, Ninja Warrior).  
 For further information, visit our website.

**7.30am - 6.00pm Meals Included**

The Hunter Sports Centre has achieved a Meeting National Quality Standards rating under the National Quality Framework.

**BOOKINGS FOR ALL PROGRAMS ESSENTIAL**

Contact the Centre  
 PO Box 3187 • Glendale NSW  
 P: 4953 6366 • F: 4953 6587  
[www.hsc.org.au](http://www.hsc.org.au)

## The simplest way

...to understand UV radiation.

**What is UV?**  
 Ultraviolet (UV) radiation, emitted by the sun, is the main cause of skin cancer. UV radiation can be dangerous even on cool and cloudy days.

**Did you know?**  
 Ultraviolet (UV) radiation can damage skin when it reaches levels of 3 or above.

**Staying safe when the UV is three or above:**

- Download the SunSmart app or use the online widget ([www.sunsmart.com.au/uv-sun-protection/uv/uv-widget](http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget)) to find out the exact hours to use sun protection.
- Generally, the UV levels will be above 3 throughout the day from October to March. So minimise time outside from 11am - 3pm (DST) and use sun protection when outdoors (Slip, Slop, Slap, Seek, Slide).

Slip

Slop

Slap

Seek

Slide

Protect yourself in five ways from skin cancer