



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

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Term 4 Week 6

21st November 2018

## COMING EVENTS

### Thursday 22nd November

Book Fair 8.30am - 9.00am and 3.00pm - 3.30pm

### Friday 23rd November

Book Fair 8.30am - 9.00am

### Friday 23rd November

Colour Run and Mini Fete - Out of Uniform

### Friday 23rd November

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

### Monday 26th November

Scripture assembly

### Wednesday 28th November

Swimming Carnival

### Tuesday 4th December

Cardiff High School Orientation day 9.15am - 1.30pm

### Wednesday 12th December

Presentation Day

### Thursday 13th December

Year 6 Farewell

### Monday 17th December

Talent Quest 2pm

### Wednesday 19th December

Last day of term for students

## Permission Notes and Payments Due

### Colour Run

Permission Note OVERDUE

### 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 MEETINGS

Our next meeting will be held on  
11th December at 7pm in the staffroom.

P&C Treasurer still needed.  
Please advise the office if you are interested.

## Principal's Message

### Parliamentarian Speeches

Today I have had the absolute privilege to watch our prospective school leaders deliver their Parliamentarian speeches.

It has filled me with pride to know we have such caring, clever and charismatic student leaders ready to step up into the role for next year.

The way our future leaders were able to successfully articulate their message to the student voters was impressive. I am looking forward to hearing the remainder of the speeches throughout the rest of this week. I have included some photos of our candidates further in the bulletin as they bravely delivered their speeches to the school.

### Kindergarten Orientation Disco

Our Kindergarten Orientation program culminates this week with our K-2 welcome disco. It has been wonderful to see our new students as they become more familiar with our school. It will be lovely to see our new 2019 kindies join our current K-2 students on Friday from 6 - 7pm in the school hall. Thank you to Mrs Savage for organising our Kindergarten Orientation and making our students feel so welcome.

### P&C, Staff and Volunteers Dinner

If you are one of the special people who have helped out by volunteering in classrooms, within the school canteen, with banking or at special events in some way this year, we are inviting you to the end of year P&C dinner with our staff to say thank you. This dinner will be held at the local BNE Asian Restaurant in Cardiff at 6pm on Tuesday 11th December. Please let the ladies at the office know if you are able to attend by Tuesday 4th December so we can confirm numbers at the restaurant. The banquet menu cost will be \$23 and is to be paid on the night.

### P&C News

Next Thursday will see our shade sails installed over our fixed equipment. Thank you again to our amazing P&C for paying for this project.

The P&C Christmas Stall will be held at school on the 4th December under the COLA. A note from the P&C will be sent home with more details soon.

*Have a fantastic week everyone!*

*Allyson Corrigan*

Principal

Cardiff North Public School

A proud member of the Cardiff Community of Schools

## COLOUR RUN



Don't forget this Friday is our COLOUR RUN!!!!

Students can come out of uniform. They are welcome to wear their old clothes or bring them with them and get changed.

Parents are welcome to come and spectate and we will have a coffee van available between 1:30 and 3:00pm.

**Reminder: Permission notes need to be returned for students to participate.**

Hope to see you there!

## MINI FETE

Don't forget to send money for the Mini Fete which is being held on Friday too. There will be heaps of fun activities including putt putt golf, sport warrior, haunted house, pie in the face, what's in the box, disco, learn to dance and blindfolded artist.

Glow sticks are \$1.00 and activities are 50 cents.

Cupcakes will be distributed to students who have pre-ordered. Orders have now closed and no cupcakes will be sold on the day.

## CARDIFF HIGH SCHOOL ORIENTATION DAY

Cardiff High School's Year 7 2019 Orientation Day will be held on Tuesday 4th December from 9.15am to 1.30pm.

Students need to take recess with them or they can purchase it at the canteen. A BBQ lunch will be supplied by the high school.

Students are to be picked up from the high school at 1.30pm to return to school. Parents are responsible for transport to and from the high school on this day.

## GREEN TEAM

The CNPS Green Team are currently working on emptying the existing vegie patches. In 2019 we are hoping to move them. Mr Flannery and Miss Gillard are hoping to place these vegie patches in an area of the school that is more visible and accessible.

Please see Miss Gillard if you would like more information or are available to help weed or relocate these vegie patches.

## BOOK FAIR



A big thank you to families for helping make this year's Book Fair a huge success.

Don't forget that the Book Fair will be open again on Thursday from 8.30am - 9.00am and 3.00pm - 3.30pm and Friday from 8.30am - 9.00am.

## HOME READING

The final date for Home Reading Journals to be returned to teachers is Friday 30<sup>th</sup> November.

Students who have completed 200 nights by this date and have submitted their Home Reading Journal to their teacher will receive a Platinum Award and book at Presentation Day.

We are very proud of all our students and their amazing efforts with Home Reading this year. Reading is a skill for life and as Dr Seuss says 'The more that you read, the more things you will know. The more you learn the more places you'll go!'

## NEW SCHOOL WEBSITE



The new website will go live THIS Friday! The link will be posted on Seesaw when the website is ready. The new website will have an active school calendar which can send you alerts, an online payment system, lots of school information including copies of permission notes and bulletins, as well as showcase our wonderful school through gallery items.

Thank you for your patience during this transition period. Online payments will be available as soon as the new website is live.

## TOUCH FOOTBALL

The Senior Touch Gala Day was held at Broadmeadow last Thursday. The students played amazingly well in hot and windy conditions. The improvement throughout the day from both the boys and girls teams was great to see. All students represented our school proudly and demonstrated great sportsmanship during all games.

Thank you to Mrs Lindsay for your help and support on the day. A big thank you also to the parents who provided extra support for the students throughout the day. The students and I appreciate it.

Mr Piggott  
Sports Co-ordinator



## SCRIPTURE ASSEMBLY

A reminder that students are invited to a special assembly run by the scripture teachers next 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.**

## CANTEEN NEWS

### CANTEEN CLOSED WEDNESDAY 28TH NOVEMBER

Please note that due to a large number of our students attending the swimming carnival, the canteen will be **CLOSED** on Wednesday 28th November.

### CANTEEN ROSTER

Thursday 22nd November	Carley Thompson
Friday 23rd November	Monique Anderson
Monday 26th November	Chrissie Boardman
Tuesday 27th November	Donna Hatton
Wednesday 28th November	<b>CLOSED</b>
Thursday 29th November	Monique Anderson
Friday 30th November	Kristy Hobson

### Uniform Shop Hours

**TUESDAYS** and  
**WEDNESDAYS** From 2.45pm  
Order forms available from the office  
**EFTPOS is now available in the Uniform Shop**  
during Uniform Shop hours.  
Please note that there is a 1.9% transaction fee to use  
this facility.



# PARLIAMENTARIAN SPEECHES





# **TALENT QUEST**



In week 8 we will be holding auditions for the 2018 CNPS Talent Quest. Students will be able to audition for dance, drama, comedy and singing, individually or in a group. Their act must be under 4 minutes and costumes are optional. Auditions will be held in the hall at lunch on these days:

Wednesday - Drama and comedy auditions.

Thursday - Singing auditions.

Friday - Dance auditions.

If you wish to audition please fill in the sign-up sheet in the office or let either Keonna, Isabella, Rachel or Zali know.

The Talent Quest Show will be held on Monday the 17<sup>th</sup> of December at 2:00pm in the hall.

*Please note: If your item requires music it will need to be the kids clean version of the song, checked by a staff member at CNPS and put on to a USB.*





## Developing a resilience mindset

by Michael Grose



RESILIENCE



If you want your child or young person to be resilient enough to cope with the hardships that come his or her way, and in doing so build strengths for the future, consider fostering your own resilience first. Parents are in the best position to influence their children's resilience. Children watch our reactions to adverse events and view first hand how we look after – or neglect – our own mental health and wellbeing.

Focusing on our own resilience is not as difficult as it may seem. If you adapt a resilience mindset you'll find that resilient behaviour follows. Want to get fitter physically? You could take up a new fitness regime or you could simply adopt a fitness mindset. Adopt the former and there's a reasonable chance that you'll start off gung ho and run out of steam after a month. Adopt the latter and you'll more likely take small, sustainable steps such as walking or riding to work, taking stairs instead of escalators and playing active games rather than sitting on the couch on weekends.

The mindset approach works well with resilience. Take the sustainable approach of looking after your mental health, becoming conscious of the messages you send yourself and developing coping skills that allow you to respond rather than react to adverse events. These simple ideas will help:

### Watch your self-talk

The little voice inside your head can have a catastrophic impact when you allow it to. It can talk you into the blues, lower your confidence and build mountainous problems out of molehills. Once you're aware of its impact, you can switch it off or change its negative chatter to something more positive and realistic. It takes practice but it's worth it. When you have a resilience mindset you'll start to check that chatter in your head.

### Park the bad stuff

Ever had an argument with a family member at breakfast only to find it messed up your whole day? A common trait with resilient people is that they can compartmentalise their lives so that difficult experiences in one domain won't interfere with their effectiveness elsewhere. When you have a resilience mindset you'll consciously park the negative stuff while you get on with the rest of the day, only revisiting it on your own terms.

### Stay flexible in your thinking

People who lack resilience pepper their language with absolute, imperative statements such as 'I must always be on time,' 'They never do anything to help,' or 'They should always use good manners'. This shows inflexible,

## parenting \*ideas

unrealistic thinking that leads to stress and anxiousness. When you have a resilience mindset you'll use more moderate language reflecting a flexible approach to life. The above statements become 'I'll always try to be on time but sometimes it's impossible,' 'They are sometimes helpful but they can be forgetful,' and 'I'd like it if they were well-mannered but sometimes they aren't'.

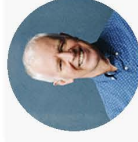
### Make sleep a priority

We are only beginning to make solid links between sleep and resilience. Mothers of newborns know how debilitating sleep deprivation can be. They can't function effectively and depression is close at hand. Many people spend much of their lives experiencing some form of sleep deprivation, compensating by taking regular caffeine hits, self-medicating with alcohol and using other ineffective remedies. When you develop a resilience mindset, you make sleep a high priority, taking the necessary (lifestyle) steps to make sleep easy to attain.

### Create a pressure valve

In a society that views busyness as a status symbol, it's tempting to keep working until you drop, neglecting to enjoy some downtime that releases the pressures of work. When you have a resilience mindset you value downtime and relaxation and understand the positive impact these have on your mental health and the wellbeing of people around you.

When you have a resilience mindset you have a greater understanding of what resilience is about and you're in a better position to develop a lasting sense of resilience in your kids. Developing resilience in kids is like jumping off a pier with some friends on a cold winter's day. In both instances you need to go first.



### 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 'Spooned Generation: How to raise independent children'.