

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

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Term 4 Week 7

28th November 2018

COMING EVENTS

Tuesday 4th December

Cardiff High School Orientation day 9.15am - 1.30pm

Tuesday 4th December

Christmas Stall

Wednesday 5th - Friday 7th December

Talent Quest Auditions

Wednesday 12th December

Presentation Day 9am - 11am

Thursday 13th December

Year 6 Farewell

Monday 17th December

Talent Quest 2pm

Wednesday 19th December

Last day of term for students & Year 6 clap-out

Wednesday 30th January

First day of school for students in years 1-6

Permission Notes and Payments Due

Swimming Carnival \$8

Note and payment OVERDUE

Stage 3 Excursion

Final payment - OVERDUE

Swim Scheme \$80

Final balance OVERDUE

School Contribution \$40

Matific - \$6



'Flossing'
at the
K-2 Welcome
Disco

P&C MEETINGS

End of year P&C dinner with our staff and volunteers to say thank you.

To be held at the local BNE Asian Restaurant in Cardiff at 6pm on **Tuesday December 11.**

\$23 per person. Pay on the night.

Numbers to the office by December 4.

Principal's Message

We are getting closer and closer to the end of the term. Staff are busy finalising their report comments so they can share your child's successes with you. Reports will be sent home on Friday 14th December.

Thank you so much for the awesome efforts of all of the staff in ensuring our Colour Run and Mini Fete were such a success. I would like to especially thank Miss Gillard for her organisation of the Colour Run and Mr Piggott and Mrs Lindsay for their organisation of the Mini Fete. I would also like to thank all of the students for their very successful attempts at covering me with cream pies to raise money for our school. It is great to know our fundamental movement skills in PE are coming in handy. Everyone had such a fantastic fun-filled day. As a community the day raised much needed funds for our school. This money will go towards resources and furniture to update our classrooms. Students have until Friday 30th November to get online and order their Colour Run prize if they have raised over \$10. These prizes are not available to be ordered through the school.

Our K-2 welcome disco was a fantastic opportunity to see our 2019 Kindies enjoy the friendships they have made during our extensive orientation program. We have a full Kindergarten class and we are still getting new local families joining our school. So if you know of any local members of our community who have Kindergarten students starting school in 2019, but they have not come to enrol yet, please encourage them to do so. We can arrange some visits for them to meet their buddies and teacher in the last few weeks of school.

This week is scheduled to have some very wet weather, especially today. As in previous wet weather events like this we will ensure the safety of the students is paramount at all times and move students to alternative classrooms if flooding prevents access throughout the week.

Our Swimming Carnival went ahead today despite the weather as Mrs McShane, very wisely, booked an indoor venue this year. Unfortunately the shade sails over the fixed equipment, that were to be installed this week will have to wait until the weather clears up.

Whilst we are evaluating the achievements of our year we are also setting goals for the school for 2019. At Cardiff North PS we always continue to raise the bar and aim higher each year in all that we do. We have big dreams for 2019 and love that our community are so supportive of us.

Have a brilliant week everyone!

Allyson Corrigan

Principal

Cardiff North Public School

A proud member of the Cardiff Community of Schools

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.

NEW SCHOOL WEBSITE

Our new school website is now live.

You will find it at the new web address:

<https://cardiffnfh-p.schools.nsw.gov.au/>

Thank you for your patience during this transition period. Online payments are now available again by clicking on the 'Make a Payment' tab at the top of the homepage.



HOME READING

The **final date** for Home Reading Journals to be returned to teachers is this **Friday 30th 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 on Presentation Day.



SCHOOL BANKING

If students have collected 10 Dollarmites tokens and would like to redeem them for a school banking reward item this term, please return the completed redemption slip to the school office by Friday 30th November. This will ensure the reward item will arrive before the school holidays. Any Dollarmite tokens that are not redeemed this year can be used in 2019.

Please note that the final day of school banking for this year is Tuesday 18th December.



CANTEEN NEWS

The canteen's last day of operating for this year will be Friday 14th December. It will not be open on the last 3 days of the school year.

CANTEEN ROSTER

Thursday 29th November	Carley Thompson
Friday 30th November	Kristy Hobson
Monday 3rd December	Renee Freeman
Tuesday 4th December	Carley Thompson
Wednesday 5th December	Crystal Dederer
Thursday 6th December	Carley Thompson
Friday 7th December	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.

MINI FETE AND COLOUR RUN



MINI FETE AND COLOUR RUN



Cardiff North Public School P&C Committee proudly present

Christmas Stall

Prices range from \$1 to \$8.

Gifts for Mum, Dad, grandparents, brothers, sisters, everyone!

Examples include mugs, toys, candles, notebooks, gift sets.

Heaps to choose from!



Tuesday, 4th December 2018

Please note: Year 6 students can visit the Christmas Stall when they return to school following their High School Orientation.

by Martine Oglethorpe



As holidays approach, the role that screens and devices will play becomes an increasing concern for parents. Days when kids are usually tied up with school and activities make way for many an idle hour and, as such, parents fear those hours will be spent largely engaged with a screen or gaming console. While there is certainly no harm in some well-balanced screen time and developmentally appropriate online activities, we must remember that, as parents, we have an important role in helping our kids manage and balance that screen time. Here are a few things we can do:

Understand the battle

It is important parents know the beast they are dealing with. It is easy to shout from another room to get off a screen or whinge to our friends that 'kids of today' are all addicted to their phones, but we need to recognise the pull that many of these devices have. The social networks are designed to keep us liking, commenting and sharing. The games cajole us into having 'just one more' turn at being the last man standing. These technologies tempt us to reach just one more level, or to scroll for just a few minutes more. Our brains experience a dopamine release and a sense of insufficiency when we use a device. There is always something else to do or something else to scroll through, or one more YouTube video to watch. So our kids are up against it when trying to control their time on a device. We need to help them with that.

Get outside

We can complain that kids never go outside and play anymore, but sometimes we have to physically get out there with them or offer opportunities in which being outside and active play are appealing. We have to work a little harder at this today because we are competing with a device that answers many of our kids' perceived needs. We need them to know that their needs are greater and more varied than what their screens can offer.

Have some rules

Despite their apparent dislike of rules around technology, kids will (one day) appreciate having boundaries to help them manage their screen time. Rules can be established regarding time limits, devices in bedrooms, device-free meal times, etc. Whatever you decide is important, be sure that you have those discussions with your kids. And any discussion around rules or consequences should happen away from the screens so they are clear on the expectations. (Talking about their screen-time habits while they are just about to be the last man standing on Fortnite is probably not going to make for engaging conversation.)

One console on one television outside the bedroom

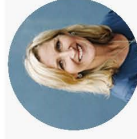
Having only one television that is connected to a gaming console or to Netflix is a good way of ensuring that the

device gets shared and one child doesn't monopolise the screen. And leave consoles out of bedrooms where the appeal of just one more quick game can very quickly rob them of important sleep time.

Role model

Make sure you are showing your kids how you want them to be. Have times when the devices are put away and you give full attention to the people around you. Don't answer calls or emails at the dinner table. Don't fall asleep with a device landing on your forehead. Take time to get outside and do things active and in nature. Don't ever use a phone while driving. Use the Screen Time feature on iOS products to monitor just how you are using your technology and whether you could be making some changes. Kids learn more from what we do than what we say.

We know the technology isn't going anywhere, and we know there are many wonderful benefits that screens provide. But ensure that holidays and downtime hours can be filled with many different experiences and in ways that leave your kids in control, even if you have to work a little harder to give them that.



Martine Oglethorpe

Martine Oglethorpe is an accredited speaker with the Office of the eSafety Commissioner and has presented to numerous parent groups, schools and teachers. She is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent