

CARDIFF NORTH PUBLIC SCHOOL

A hidden treasure where every student is known, valued and cared for



BULLETIN

Ph: 4954 0404 Fax: 4956 5530 Email: cardiffnth-p.school@det.nsw.edu.au
Website: <https://cardiffnth-p.schools.nsw.edu.au>

Term 4 Week 5

13th November 2019

COMING EVENTS

Fridays until 6th December
Dance2BFit

Tuesday 19th November
2020 Kindergarten classroom visit 2pm-3pm

Monday 18th - Wednesday 20th November
Stage 3 Excursion - Milson Island

Monday 25th November
Aboriginal Education Workshop - 2.30pm

Tuesday 26th November
Swimming Carnival

Tuesday 3rd December
Cardiff High School Orientation Day - 9.15am-1.30pm
Parent Information Meeting - 5pm

Wednesday 11th December
Presentation Day - 9.15am

Thursday 12th December
Year 6 Farewell

Wednesday 18th December
Students' last day of school for 2019

Permission Notes and Payments Due

Walkathon Sponsorship Money due 15th November

Voluntary Contribution \$40

OVERDUE

Stage 3 Cadbury Chocolate Fundraiser
Money & leftover chocolates

Stage 3 Excursion \$345
Payment, Medical Note & Online Medical Details

Dance2BFit \$26

MusicaViva \$6.50

Swimming Scheme \$85

Walkathon
Permission Note

Absence Notification by SMS Note

PSSA \$50

Matific \$11

Principal's Message

Bushfire Update

You would all be aware that bushfires are having a devastating impact in some parts of the state. Thank you to our Cardiff North community for your support during yesterday's extreme conditions. We continue to monitor the situation and as always ensure the safety of our students and staff.

Some staff and members of our school community have friends and family members in other areas who have been personally impacted by the situation. Our thoughts are with them during this difficult time.

I want to take this opportunity to express my thanks to our school staff for their professionalism in ensuring our emergency management procedures are in place as always. Our staff have been compassionate and flexible during emergency management changes to school procedures ensuring the care of our students remains our priority. These changes have included the need for indoor play at recess and lunch to minimise exposure to smoke for all students. Any students with respiratory conditions are also being closely monitored whilst smoke remains a concern.

As Murat Dizdar, the Deputy Secretary for the Department has said, "There is still a need for all our schools to stay vigilant and be prepared to act in line with our School's Emergency Management Procedures should the threat of fire continue or change depending upon locations across the state."

Our procedures at Cardiff North include; the whole school meeting in the KG and 1/2 rooms in the event of the need to evacuate for a nearby bushfire, parents being contacted at all stages of the evacuation process, the possibility of a bus company transporting any remaining students and staff to one of the following possible evacuation points – Wests Cardiff, Wests New Lambton or Club Macquarie Argenton.

Remember to keep vigilant yourselves and install the Fires Near Me app on your phones. Please see below link to further information on "Fires Near Me NSW"-
<https://www.rfs.nsw.gov.au/fire-information/fires-near-me>

If you have any questions regarding our Bushfire procedures do not hesitate to contact me.

Stay safe everyone and have a beautiful week.

Allyson Corrigan

Principal
Cardiff North Public School

A proud member of the Cardiff Community of Schools

Walk-a-thon

A reminder that walk-a-thon donation money is due in this Friday. Thank you to everyone for supporting our Year 6 fundraising efforts.



Aboriginal Education Workshop

Our next parent and community workshop will be on Monday 25th November, 2:30pm - 3pm in the Library. We will be presenting the draft Acknowledgment of Country that we have come up with as a result of our last workshop and in collaboration with our students. We will also be planning key events and ideas to be implemented in 2020.

Everyone is welcome to attend to share ideas and have a yarn!

Aboriginal Education Team

Seesaw Communication

School staff value communication between home and school and Seesaw is a significant tool that allows us to share with parents and caregivers their child's learning and progress. Seesaw is also used in our school to communicate important information to our school community such as the bulletin and whole school announcements. The implementation of our K-2 News and 3-6 News groups have proven to be quite successful this year. We hope you have found these additional groups beneficial.

As communicated in previous bulletins, communication to staff using the Seesaw app is open **Mon-Fri 8am - 4pm**. Please respect these hours to ensure staff are not disturbed during their personal and family time. If there is an issue involving your child you wish to discuss with your child's teacher, please arrange a time to discuss this with them by phoning the school office.

By following these protocols, we can all ensure the use of the Seesaw app is mutually respectful between the whole school community.

Attendance



Thank you to everyone for their cooperation with the implementation of the SMS Notification System. A high percentage of caregivers promptly respond to their child's absence notification and many continue to notify the school office via phone. This is greatly appreciated as it assists the school in receiving absent explanations in a timely manner. Please remember the school is no longer accepting absence notifications via Seesaw.

The ongoing monitoring of our attendance records has resulted in many students who were classified as an 'attendance concern' greatly improving their attendance this term and/or semester. Letters will be sent home this week to congratulate these students and their families.

Just a reminder, as some parents are using Seesaw instead of other methods, we ask that you use one of the following communication methods to notify the school that your child will be absent:

- ⇒ Phone call to the school office
- ⇒ Skoolbag notification
- ⇒ Reply to absence SMS

Swimming Carnival

We are very excited to have our whole school attend our Swimming Carnival this year which is being held at Lambton Pool on **Tuesday 26th November**. A note will go home to all students this week detailing the final cost. If any parents or grandparents would like to attend, there is a \$3.30 spectator fee payable on entry to the pool.

Stage 3 Excursion

Our Year 5 and 6 students are looking forward to their major excursion for 2019 to Milson Island next week.

Please ensure that students are at school **no later than 7.45am** as the bus departs at 8.00am.

If your child requires any new medication, please provide it to Mr Piggott on Monday morning and complete the required paperwork.

STAGE 3 MATHS

Last week Stage 3 took advantage of a beautiful day to explore some mathematical concepts outdoors in our Stage 3 Garden. Students took a range of different containers and explored, compared and measured their capacity. Even the plants enjoyed themselves! We are so lucky to have such a wonderful outdoor learning area. Miss Stritch



Join Us!

2019 PRESENTATION DAY

Wednesday, 11th December

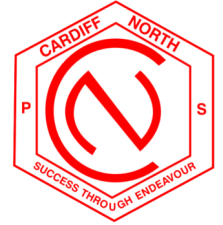
9:15am - 11:00am

School Hall and COLA





P&C NEWS



Have your kids grown out of their school uniforms?



The Uniform Shop accepts pre-loved uniforms.

Please send in via the school office any day or directly to the uniform shop on Tuesday or Wednesday afternoons.

CHRISTMAS RAFFLE DONATIONS

We Need Your Help



Helpers are required to source and collect donations for our Christmas Raffle. A letter will be provided by the P&C to assist and can be given to potential donors. Please see Kimberley Bristow or the school office if you are able to help.

P&C Positions To Be Filled

The P&C are seeking volunteers to fill the following positions:

- ⇒ Treasurer
- ⇒ Canteen Supervisor

Please see the office if you are interested in either position or would like more information.



Canteen Volunteers Needed!!



Uniform Shop Hours

TUESDAYS and

WEDNESDAYS from 2.45pm

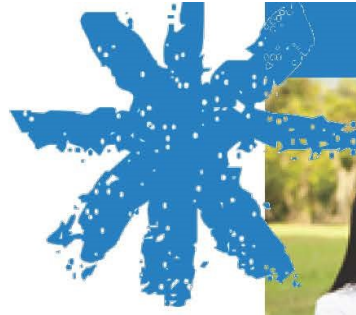
Order forms available from the office

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.

P&C MEETINGS

Our next meeting will be held on Tuesday 19th November 2019 at 6pm in the library.



Why validation is the best parenting skill of all

by Michael Grose

At a time when the mental health and wellbeing of children and teenagers is firmly in the spotlight, validation is an essential parenting skill.

When a child or teen comes to you when they are struggling emotionally, they want you to understand their dilemma. They don't want to be dismissed or told to 'get over it'. They generally want someone to acknowledge that their concern is real with comments such as:

"I see you're worried about going to camp. I can understand that. "

"Thanks for telling about the scary monsters in your bedroom. Let's see what we can do about them."

"I'd be afraid too if I was left alone on my own for that long."

Validation of a child's struggles helps them

Validating a child's struggles helps in a number of ways. It works to:

Build deep connection

Relationships built at the time of vulnerability go deep and are hard to break.

Promote a child's wellbeing

Validation helps kids feel safe, which is what 'worry warts' and anxious kids want. Lack of understanding rather than fear itself often impacts negatively on a child's happiness.

Overcome disappointment and build resilience

Validation encourages kids to give voice to their concern or disappointment and either takes steps to rectify it or move on.

Develop emotional intelligence

Parental validation models emotional intelligence for children and teens. It requires you to identify the emotions that may be behind their language or behaviour.

Encourage empathy

Validation requires you to stop, listen and get on the same wavelength as your child.

Four steps to validating your child's emotions

Follow these steps when your child comes to you with their worries or concerns to make sure they feel understood.

Attend

Stop what you are doing and give your child full attention.

Observe

Listen with your eyes as well as your ears.

Reflect back their worries

Get down to their eye level if necessary, saying something like, "I see you're really concerned about this."

Touch

If appropriate, gently touch their shoulder or give them a hug when you speak to them. This will help them feel safe and comforted.

There's no better feeling for a child or teen who is struggling than knowing someone they value truly understands them.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.

Kindergarten Orientation

Puggles Program

Wednesday
14th Aug
6:00pm
Library

Parent Information Session

You will be introduced to our dedicated staff, who will present visual snapshots of what we offer our students at Cardiff North. You will be provided with a 'welcome pack' and meet our school wellbeing mascots.

Tuesday
10th Sept
9.30-11am
Library

Parent & Child Sessions

Students will meet their buddies and enjoy a tour of our school. They will be introduced to our mascots for their first lunch and play time at our school. Parents will have the opportunity to explore healthy lunchbox options from a 'Good for Kids' healthy eating advisor.

Thursday
19th Sept
9.30-11am
Hall

P&C and Uniform Information

The P&C will provide information about how the P&C works with the school and uniforms will be on display.

Literacy & Numeracy

Parents will learn about the Early Action for Success Initiative. K-2 students begin school with a strong team of staff who ensure their continual improvement. The role of the Instructional Leader and Interventionist K-2 is complimented by our learning support team. Scholastic book packs will be distributed.

Classroom Visit

Children will experience a variety of activities which will support them in a smooth transition to kindergarten. Opportunities to develop relationships with other students will occur in a highly supportive environment.

Tuesday
24th Sept
2-3pm
Hall

Wellbeing Information

School wellbeing procedures will be communicated to parents. Our learning support team will provide information on school readiness and support programs.

Classroom visit

Tuesdays and Thursdays
2-3pm
Kindergarten Room

Kinder Transition Days

Students will experience full kindergarten style lessons during these visits with support from their buddies and the orientation team.

Dates: Thursdays 17th, 24th and 31st of October and Tuesdays the 5th, 12th and 19th of November.



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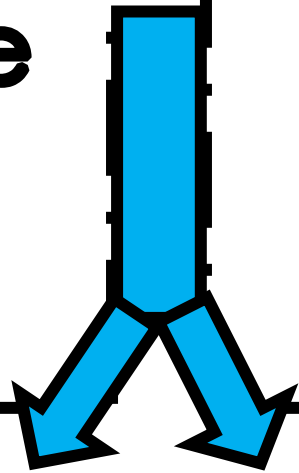
Andriessen Property
Newcastle

End of Term Reward...

Despite our best efforts, we were not able to source a local organisation who could provide a bubble soccer experience at our school. With current water restrictions in place, we are also unable to organise a 'water play' experience for students. We are, however, able to provide free play on the oval for all eligible students. This was one of our three options students voted for last term. Please see below for a sneak peek of some of the exciting free play activities that will be provided.

No more than one day in the SOS room for a negative incident

No more than one day sent to buddy class for a negative incident



WHOLE SCHOOL FREE PLAY

Enjoy some free play on the oval with lots of games, obstacles and fun!

