

CARDIFF NORTH PUBLIC SCHOOL

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



BULLETIN

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Term 4 Week 6

20th November 2019

COMING EVENTS

Friday 22nd November
Senior Touch Gala Day

Fridays until 6th December
Dance2BFit

Monday 25th November
Aboriginal Education Workshop - 2.30pm in Library

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

Swimming Carnival \$11
Payment due Thursday 21st November

Voluntary Contribution \$40

OVERDUE

Walkathon Sponsorship Money

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

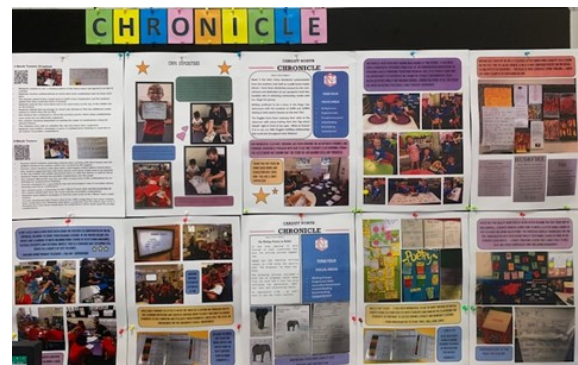
Absence Notification by SMS Note

PSSA \$50

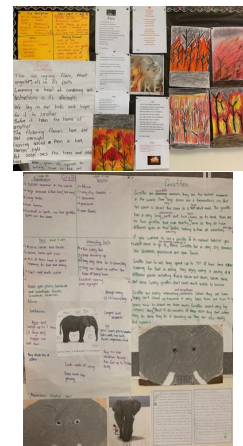
Matific \$11

Assistant Principal's Message

This term staff success stories have been celebrated via our Staff Chronicle, introduced and created by our extremely talented Instructional Leader, Mrs Kuba. Staff have been working with the instructional leadership team to implement best practice in writing.



All classrooms display visible learning intentions and success criteria to support each students' understanding of what it is they need to do to achieve in each lesson. The writing process that the students are working through can be seen in the classrooms, with samples of student work at each stage of the process. This is often accompanied by an artwork that compliments the text that they are working on.



We are so lucky to have such a dedicated and highly skilled staff in front of our students' every day at Cardiff North PS. All staff at CNPS are committed to being 'lifelong learners' and continually reflect on their own practice to ensure they are the best they can be!

Chloe Lindsay

**Relieving Assistant Principal
Cardiff North Public School**

A proud member of the Cardiff Community of Schools

Sick Bay

From time to time, students visit our sick bay if they are feeling unwell or need minor first aid treatment. From this week, students who visit sick bay and are well enough to return to class will be issued with a 'sick bay slip' to take home. This slip provides parents with a brief summary of their child's sick bay stay.

As usual, if your child is not well enough to return to class, parents will be phoned.

Home Reading

Our home reading program will conclude on **Friday 29th November**. Please ensure your child's home reading journal is returned to school on this day. At Presentation Day, students with 200 nights home reading will be rewarded with a book prize and students with 220+ nights home reading will be rewarded with a medal.

Aboriginal Education Workshop

We will be holding our next Aboriginal Parent and Community Workshop on **Monday 25th November from 2:30pm - 3pm in the Library**. The draft Acknowledgment of Country will be presented. 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

Overdue Payments



A reminder to families who have recently received a Statement of Account that these fees are overdue. Please pay any outstanding amounts by **Wednesday 4th December** to allow the office to meet their end of year financial obligations.

You may request student assistance through the office to help with these payments.

Payments can be made by cash or EFTPOS at the school office or online via the school website <https://cardiffn-p.schools.nsw.gov.au/>.

Swimming Carnival

Our whole school Swimming Carnival is being held next **Tuesday 26th November** at Lambton Pool. Please ensure that your child is at school before 9am to ensure the buses are able to leave on time. Buses will depart Lambton Pool at approximately 2pm to return to school.

The cost of the Swimming Carnival is \$11 which covers pool entry and the bus fare. The payment deadline has been extended until Monday 25th November to allow us to finalise numbers with Lambton Pool.

Students who have not paid will be unable to attend the Swimming Carnival. You may request student assistance through the office to help with this payment.

A promotional poster for 'Join Us!' at Presentation Day. The background is a textured yellow and orange gradient. In the top left corner is the school logo: a red hexagon with 'CARDIFF NORTH' at the top, 'P' on the left, 'S' on the right, and 'SUCCESS THROUGH ENDEAVOUR' at the bottom, surrounding a stylized 'N'. The main text 'Join Us!' is written in a large, black, cursive font. Below it, in a smaller, dark brown, sans-serif font, is '2019 PRESENTATION DAY'. Underneath that, in a white, serif font, is 'Wednesday, 11th December'. Below that, in a white, sans-serif font, is '9:15am - 11:00am'. At the bottom, in a white, serif font, is 'School Hall and COLA'. In the bottom right corner, there are two cartoon characters: a red kangaroo wearing a red hat and a red shirt, and a brown kangaroo wearing a red hat and a red shirt.

A Light Touch of the Writing Process

12 NOV 2008

little
beats
Kangas

Koalas are not bears!
Australia has no bears
They had on to bear
branches

13 NOV 2008

by Kade

12 NOV 2008

Koalas live in Australia.
They are not bears.
Baby koalas stay in
there for six weeks
and they stay out for
six weeks. They are
marsupial. Koalas are
fluffy. They look like
They like to eat
have sharp teeth.
Koalas can climb up
trees.

13 NOV 2008

by Nixon

12 NOV 2008

no bears
They are

Koala have no bears
no koalas are
no bears! Bears
are not in Australia
They are warm
blooded.

13 NOV 2008

by Harry

12 NOV 2008

Marsupial mammals
Australia
Koala
grey fluffy
Joey
live in trees
sharp claws

13 NOV 2008

by Emily

12 NOV 2008

class
mammals
Australia
Koala
trees
Not Bears

13 NOV 2008

Koalas have claws
KOALAS ARE NOT BEARS!
They are mammals and they
live in trees.

by Murray

12 NOV 2008

Joey
Koala
Joey
Joey
Joey

13 NOV 2008

by Summer

12 NOV 2008

big
Koala
Joey
mammals

13 NOV 2008

Koalas have sharp claws
and they are marsupials
Infant they are great
They are furry and they
live in the bush. They
eat gum leaves. They are
not bears!

by Lydia

12 NOV 2008

not
Koalas
fantastic
Koalas
Big

13 NOV 2008

by Rhys

12 NOV 2008

Australia
Koala
mammals
Not bear

13 NOV 2008

by Andrew



P&C NEWS



P&C MEETINGS

Our next meeting will be held on **Tuesday 10th December 2019 at 6pm** in the library.

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.



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

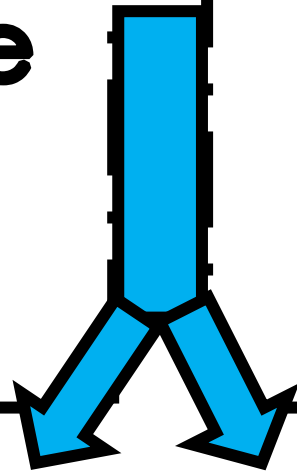
Please see the office if you are interested in either position or would like more information.

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!



Spending time with kids: How much is enough?

by Dr Jodi Richardson



The need to spend time with their parents differs for different kids. For some, there's no end to the time they'd spend with you. However, other kids feel differently. There's no right answer.

I'm fortunate to have the flexibility that allows me to spend a great deal of time with my children. However, my nine year old daughter wants to spend more time with me. My eleven year old son, on the other hand, is content either way.

Australia ranks first

According to a recent study Australian parents rank number one among OECD countries (including most of Europe, North America, the UK and Finland) when it comes to spending time with their kids. The lion's share of this time is still invested by mums, but Australian dads are ahead of those from many other countries, averaging around 70 minutes a day with their children.

The source of misplaced parental guilt

According to research published in the Journal of Marriage and Family, not spending enough time with children is the biggest source of parental guilt in Australia.

The researchers also found that it's quality, not quantity of time children spend with parents that's important for their emotional wellbeing, achievement and behaviour for kids aged 3-11 years. The researchers concluded that volume of time doesn't matter. It's much more important how time is spent with your children when you are together. This in no way advocates for absentee parenting. It's about making the most of the family time you have and reducing feelings of stress for you if you can't be around as much as you'd like to be.

Here are some ideas to help make sure you optimise the time you spend with your kids:

- Create a tradition of one-on-one time with each of your kids around an activity that you both enjoy, such as a cafe catch up over a milkshake, shooting hoops or playing a favourite board game
- Read regularly to each other, as these are special times of connection, especially in bed at night
- Eat meals together as a family so you can all catch up and connect – this is worth its weight in gold when it comes to quality time
- Pay attention to your children, watching for cues that they're in need of extra time with you
- Adolescents benefit from spending extra time with their parents. Through interactions with their parents

teenagers can learn to make better decisions about their health, improve their academic achievement and experience better wellbeing

- Take an interest in their interests. Connect with your children through the activities that they value such as music, sport or games, even if they aren't hobbies you don't normally enjoy. Your kids will appreciate you making the effort and will respond accordingly
- Be present when you're with your kids. Research shows our minds can wander up to 47% of the time when we are with our loved ones. If you're present with our kids, you won't miss out on nearly half of that precious time.

Be mindful of the importance of unstructured time for kids. That is, time they spend playing alone or with siblings and friends. Play is essential for our kids' wellbeing and development. Play changes as our kids grow up but as long as whatever they're doing is child-led, it's play. This is the time to leave them to it.



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on [facebook.com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson). Enquiries to jodi@drjodirichardson.com.au