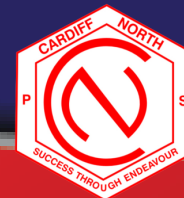


# CARDIFF NORTH PUBLIC SCHOOL

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](mailto:cardiffnth-p.school@det.nsw.edu.au)

Website: <https://cardiffnth-p.schools.nsw.edu.au>

Term 4 Week 2

21st October 2020

### COMING EVENTS

**Thursday 22nd October**

P&C Meeting 7pm via Zoom

**Friday 23rd October**

Book Week Parade

**Tuesday 27th October**

School Photos

**Friday 30th October**

P&C Fundraiser - Crazy Hair / Silly Socks Day

**Thursday 12th November**

Puggles Session 1 9.30am - 10.30am

**Monday 16th November**

Year 7 2022 Selective High School Applications close

**Thursday 19th November**

Puggles Session 2 9.30am - 10.30am

**Tuesday 24th November**

Puggles Session 3 9.30am - 10.30am

**Monday 30th November**

Puggles Session 4 9.30am - 10.30am

**Wednesday 16th December**

Last day of Term 4 (staff and students)

**Thursday 17th & Friday 18th December**

School closed

### Permission Notes Sent Home and Payments Due

**Dance2Bfit (Year 6 only) \$30**

Note due Friday 30th October

Payment due Wednesday 5th November

**School Photo Envelopes**

Envelopes to be returned on Tuesday 27th October

**2021 Parliament Speeches Update**

### Overdue

**Intention to Apply for Year 7 2022 Selective High School**

Overdue

**Dance2bfit \$36**

Note and payment overdue

**Publishing Student Information Note**

**First Aid Treatment Note**

### Assistant Principal's Message

#### TTFM Parent Survey

Thank you to all families who have taken the time to complete our Tell Them From Me (TTFM) survey. So far, just over one-third of our families have responded. It would be fantastic if we could have at least half of our families respond so we can collate a wide range of views and responses to further improve our beautiful school. Make sure your voice is heard! The survey closes this Friday at 4:30pm. To complete the survey go to

<http://nsw.tellthemfromme.com/cnpsttfm>

#### Book Week

Staff and students are very excited for our upcoming Book Week celebrations this Friday. I am looking forward to seeing everyone dress up as their favourite book character or following the theme of 'Curious Creatures, Wild Minds'. Staff have been busy preparing their costumes and a hint for my costume is 'skittles'... I wonder what I will be dressing up as?! Photos will be posted to class Seesaw page and in next week's bulletin for parents to enjoy.

#### Keeping Children Safe Online

We are living in an ever-increasing technological world. Here are some practical tips for parents to assist with limiting their child's exposure to harmful online content:

- Engage in your child's online activity and discuss the types of apps, websites and games they are viewing to ensure content is age-appropriate
- Make use of parental control on devices to help limit your child's online exposure
- Help your child report and block inappropriate content on social media or apps
- Encourage your child to talk to you about anything upsetting they view online
- Visit <http://www.esafety.gov.au> for further advice on apps, social media and online safety issues.

Have a great week everyone,

Erin McShane

**Assistant Principal**

**Cardiff North Public School**

A proud member of the Cardiff Community of Schools

## School Photos



Don't forget photo day is next **Tuesday 27th October**. New order envelopes are being sent home today and are to be returned on photo day (not before).

Sibling Photo envelopes are available for collection from the office now.

If you had already made an online order earlier in the year, there is no need to return another order envelope. Please contact the school office if you wish to confirm your order.

A copy of MSP Photography's COVID safe procedures and price list is included later in the Bulletin.

## COVID TESTING



Just a reminder that if your child is unwell with symptoms such as fever, cough, sore throat or shortness of breath, please arrange for them to be tested for COVID-19. Students should only return to school once they are symptom free and have received a negative COVID-19 test.

Please email a screenshot of COVID-19 test results to [cardiffnth-p.school@det.nsw.edu.au](mailto:cardiffnth-p.school@det.nsw.edu.au).

### COVID-19 symptoms can include:



fever



sore throat



cough



shortness of breath.

If your child is sick, keep them at home and get them tested for COVID-19.

## Intention to apply for Year 7 placement in a selective high school in 2022

Information notes went home with Year 5 students last week informing parents and carers applications for Year 7 entry to selective high schools in 2022 are now open. Applications will close on 16 November 2020. Parents can apply online at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

All applicants are required to sit the Selective High School Placement Test to be held on Thursday 11 March 2021.

The department has introduced a new application system that will give parents a more interactive experience. The new system enables parents to make updates and add attachments even after an application is submitted. Parents can also communicate directly with the High Performing Students Team through the system's new 'messages' feature. Anyone experiencing difficulty completing or submitting an application, can contact the High Performing Students Team on 1800 880 376 or email [ssu@det.nsw.edu.au](mailto:ssu@det.nsw.edu.au)

For detailed information about this process, please visit:


<https://schoolsequella.det.nsw.edu.au/file/eafa8804-3a28-4730-9fc0-0ee49dd90f83/1/SHS-application-information.pdf>

## CARDIFF HIGH SCHOOL YEAR 7 2021 UNIFORM INFORMATION

Cardiff High School have advised that their uniform shop is now conducting fittings for students requiring uniforms for 2021. Any student that requires special sizing are required to be fitted and order by 31st October 2020.

Layby payments are available in-store.

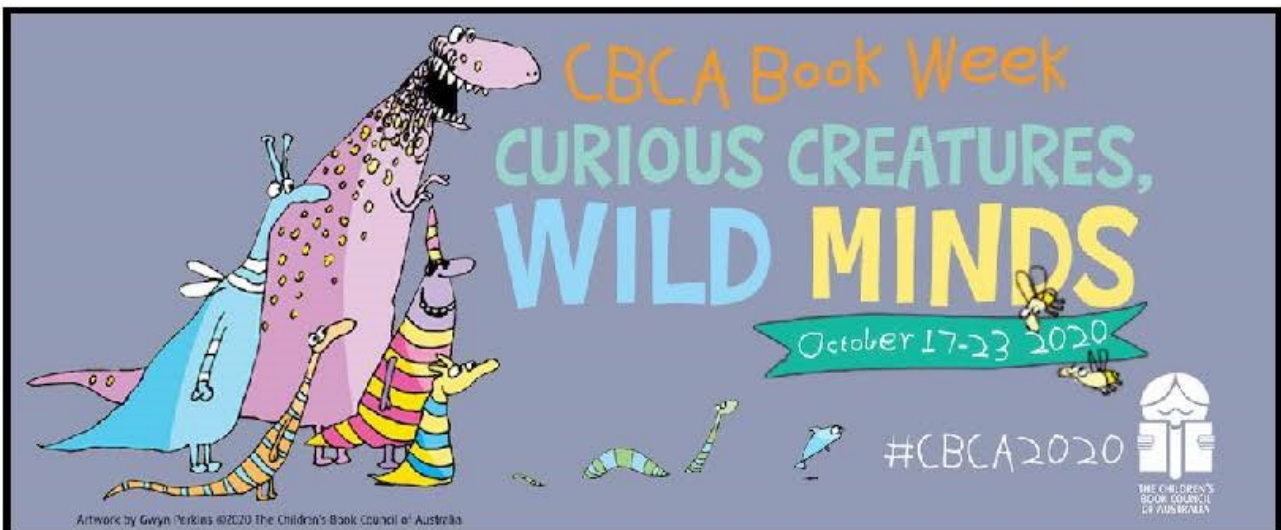
Visit [alintaapparel.com.au](http://alintaapparel.com.au)



Buy a book from  
**SCHOLASTIC**  
**Book Club**  
to help build  
our classroom  
resources

orders are due: **30th October 2020**

**ONLINE ORDERS ONLY**



## 2020 Book Week

Dear CNPS students

You are invited to participate in our Book Week event

**When:** Friday 23rd October, 2020

**Theme:** *Curious Creatures, Wild Minds*

**Costume:** Come dressed as a character from your favourite book or in theme

**Details:** Stage groups will participate in a parade with photos posted to SeeSaw for parents to enjoy.

This is a student only event in order to adhere to current Covid guidelines.





# Help us do better

The *Tell Them From Me* parent survey is your chance to let us know how we are doing.

## Complete the survey

<http://nsw.tellthemfromme.com/cnpsttfm>

Open

26 August 2019

Closes

25 October 2019



## Your results will help us



Build a  
better school



Improve the  
family experience



Allocate our resources to  
better support our students

### **CARDIFF HIGH SCHOOL YEAR 7 2021 UNIFORM INFORMATION**



## THE UNIFORM SHOP

### Need Uniforms for 2021?



The Uniform Shop is now conducting fittings for students requiring uniforms for 2021.

Any student that may require special sizing are required to be fitted and order by 31st October 2020 to avoid disappointment.

Contact your School Uniform Shop to organise your uniforms or to make a fitting appointment.

Layby payments available in store.

Thank You

Uniform Shop  
[www.alintaapparel.com.au](http://www.alintaapparel.com.au)





# CNPS CHRONICLE

## CNPS STAFF IN THE SPOTLIGHT

### Meet Mrs McShane *Times Tables Champion!*

Mrs McShane is currently Relieving Principal at Cardiff North Public School and is doing an amazing job ensuring the school continues to run smoothly while Mrs Corrigan takes some well-deserved Long Service Leave.

Let's take some time to get to know the magnificent Mrs McShane.

Her favourite subject at primary school was English.... she was a bookworm. Mrs McShane taught in London and Sydney before moving back to beautiful Newcastle. The sign outside the library features her gorgeous and crazy dog, Abby. Her proudest moment at school was being crowned the Year 3 'Times Tables Champion'.

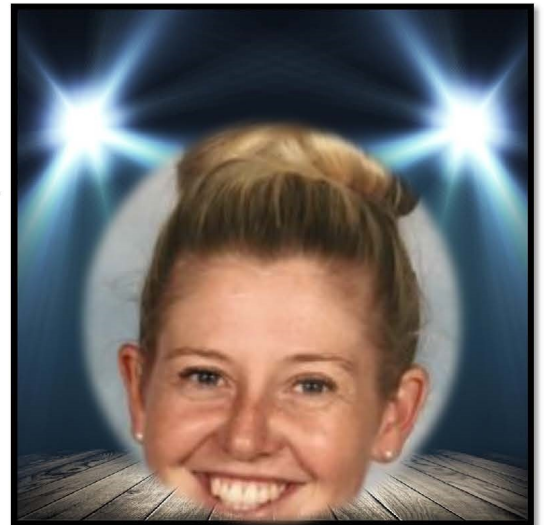
She is too scared to ride a bike but loves riding stationary bikes at the gym... because she can't fall off!

Her teachers at school often described her as 'hard-working but talkative at times.' When she's not at school she is spending time with her family, searching for bargains at the shops and renovating her house.

Why did Mrs McShane want to become a teacher? She wanted a career where she could be creative, help others and never be bored!



The Snap Cup was also introduced by the Elle Woods loving Mrs McShane. She often brings it out at staff meetings to boost staff moral and to celebrate the amazing achievements at CNPS.



Mrs McShane has a special power that she likes to call the 'Midas Touch', she is always able to fix any technology issues that arise.

She has a real flare for events and has coordinated many of the wonderful celebrations held at CNPS.

Snaps to you Mrs McShane!

## INITIATIVE PLUS AT CNPS

### The 'Smith' Progression Check-in Assessments *"Show her once and she'll make it her own"*

CNPS are lucky to have such a dedicated team of educators. On handover, Mrs Kuba said that Miss Smith enjoys learning, she is quick and likes to put her own spin on things. She told me "Show her once and she'll make it her own". This has recently been proven when the very talented Miss Smith from Kindergarten identified a need for a quick check-in assessment to assist with plotting students on the progressions in the sub-elements of Additive Strategies and Quantifying Number.

After plotting her 5 weekly progression data, Miss Smith used her passion of making things her own by using the Schedule for Early Number Assessment (SENA) as a model for her very own 'Smith' Check-in Assessments (assessment name to be announced later but sounds good for now don't you think?) She created a tool that includes activities for teachers to assess each indicator for the progression levels within the sub-elements. Figure 1.1 shows a snippet of the Additive Strategies Assessment that she has created, and Figure 1.2 shows a sample of the Quantifying Numbers Assessment.

Figure 1.1

Staff are welcome to trail the 'Smith' Check-in Assessments, which can be found on the T-drive. Make sure you read through the assessment before using it to ensure you have all the materials on hand when administering to students.

Miss Smith has already received positive feedback from K-2 teachers who are now using the assessments in their everyday practice.

Figure 1.2



# P&C NEWS



OR



P & C Fundraiser

For a gold coin donation on **Friday 30<sup>th</sup> October**

Come to school with a crazy hair style or rock some silly socks!!

All money raised will be used for the purchase of new sporting and outdoor equipment as well as art supplies for the art club.

**The Uniform Shop is  
now Online!**

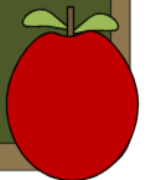
Go to <https://cnps-uniform-shop.square.site/>

to place an order using your credit card.



Orders will be sent home with students twice a week

**The Canteen  
is currently  
closed.**



## P&C MEETING

The next meeting is scheduled for

**Thursday 22nd October at 7pm**

via Zoom

**Zoom link: [https://nsweducation.zoom.us/j/68956769563?](https://nsweducation.zoom.us/j/68956769563?pwd=R3V5TTILcEdKdENnL1dXdzdzqWmFUZz09)**

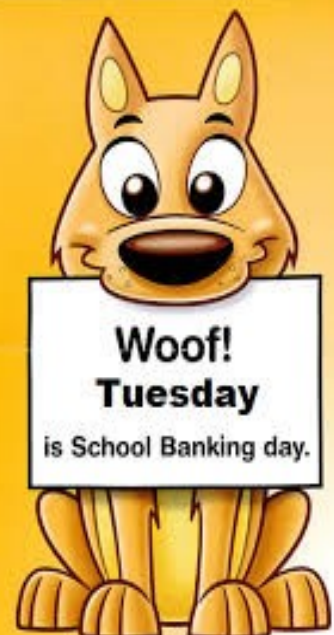
**[pwd=R3V5TTILcEdKdENnL1dXdzdzqWmFUZz09](https://nsweducation.zoom.us/j/68956769563?pwd=R3V5TTILcEdKdENnL1dXdzdzqWmFUZz09)**

**Meeting ID: 689 5676 9563**

**Passcode: 154265**

**Meeting Agenda:**

- ◇ Voting
- ◇ P & C Finances
- ◇ P & C Federation Update



# Welcome to **Cardiff North Public School's** *Puggles Program*

*Kindergarten 2021*



## Dates for face-to-face sessions

Session	Day	Time
1	Thursday 12/11/20 Week 5	9.30am until 10.30am
2	Thursday 19/11/20 Week 6	9.30am until 10.30am
3	Tuesday 24/11/20 Week 7	9.30am until 10.30am
4	Monday 30/11/20 Week 8	9.30am until 10.30am



Proudly sponsored by  
 **Andriessen Property**  
Newcastle

## Enrolment Checklist

Please ensure that you have provided the following documents to the school office:

- ◇ Enrolment Form
- ◇ 100 points of Residential Identification
- ◇ Birth Certificate
- ◇ Immunisation Records





## CARDIFF NORTH PUBLIC SCHOOL PUGGLES PROGRAM



# Enrol Now for Kindergarten 2021



please call the school on  
4954 0404 to register.



if you know of any local families with children  
due to start kindergarten next year, please ask  
them to call the school.

### CARDIFF NORTH PUBLIC SCHOOL

Wansbeck Valley Road Cardiff NSW 2285

Phone: 4954 0404

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

Email: [cardiffnth-p.school@det.nsw.edu.au](mailto:cardiffnth-p.school@det.nsw.edu.au)

CNPS Puggles Program proudly sponsored by



Andriessen Property  
Newcastle

Dear Parents,

Mindful of the current situation and in consultation with your school, MSP Photography will be implementing a safer process for the taking of school photos this year. This new process has been designed in accordance with the most recent guidelines currently issued by the relevant Health Authorities, which are being monitored daily.

Our staff are photographing at a different school each day therefore we need to maintain the strictest of Covid-19 health guidelines to minimise the possibility of transmission and infection.

This has been an extraordinarily difficult year in many ways, and we appreciate your understanding that things cannot be the same as they normally are.

We acknowledge that this may be disappointing however, the health and safety of everyone is our main priority as you can appreciate.



**This year, the format for school photos will change to a group composite style.**

Each student will be photographed individually, with the group created digitally as a composite.

Our product will be the same as previous years just in a slightly different format.

**This will eliminate the need for students to be grouped together in close contact with either themselves, or our staff.**

---

#### **ADDITIONAL PROTOCOLS INCLUDE:**

- ☐ Students will move in and out of the portrait studio area individually.
- ☐ The area will be set up in such a way as to ensure that each individual student will maintain the recommended physical distancing guidelines of 1.5m from other students and the photographer.
- ☐ MSP Photography staff will provide instructions to each class upon entry to the photography area.
- ☐ Hygiene and cleaning guidelines used by MSP Photography staff are in accordance with information distributed by the relevant Health Authorities.

**MSP Photography Hunter & Central Coast**

**T:** (02) 4966 8292 | **E:** admin.nhvcc@msp.com.au |

---



## INSIGHTS

### Parenting in challenging times



Life has a way of throwing curve balls that really test the strength and resilience of families. Personal tragedy, natural disasters and global pandemics are the types of events that challenge us all to the core, testing our emotional and social resources.

When difficulties occur children look to the adults in their lives to maintain their security and safety. When change and uncertainty reigns, kids want strong, empathetic leadership from the significant adults in their world. As a parent it can be difficult responding to a child's needs when you're trying to adjust to changes that are forced on you.

Following are some elements to consider when parenting through times of challenge, change and difficulty:

#### Attention

Like a television antenna your attention is tuned to pick up the strongest signal. In times of difficulty a child may not necessarily signal that they are struggling, so you may need to fine tune your attention to pick up their needs. Start to notice the small comments and subtle behavioural changes, as they may not be small at all, and can provide helpful clues to their state of mind.

#### Priorities

In challenging times your focus may need to shift away from schoolwork, household neatness and chores. It can move toward relationship building, maintaining wellbeing and helping each other out. Parental priorities need to shift to the immediate rather than the future, the emotional instead of the behavioural and from thriving mode to survival mode in tough times.

#### Permission

Children and young people often struggle to express their feelings and thoughts in the face of adversity. They look to the significant adults in their lives for guidance about how they should respond to change, loss, uncertainty and disappointment. Allow them to speak about how they are feeling. Prompt conversations through closeness and connection. Display your own vulnerability and in doing so give your kids the permission they need to express themselves in safe ways.

#### Collaboration

Difficult times will invariably suit a family that enjoys a collaborative, close parenting style. In collaborative families kids feel listened to and also have an ability to impact family decision making. Shared mealtimes and regular family gatherings are generally a prominent feature of collaborative families. In difficult times those families that prosper are those that value and promote close connection between siblings and parents.

#### Wellbeing



---

# parenting\*ideas

Child and parent wellbeing becomes paramount in times of hardship. That may mean reprioritising the importance of school and work, doing something joyful every day and practising regular wellbeing strategies such as exercise, mindfulness, deep breathing and spending time in nature. The wellbeing bucket needs to be regularly refilled during challenging times.

These five elements form the basis of a planned parent response when major difficulties occur. Be patient, be kind to yourself and be willing to reach out to the wider community for help.



## Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.