

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 1 Week 4

19th February 2020

COMING EVENTS

Thursday 20th February
Zone Swimming Carnival

Tuesday 25th February
Kindergarten photos
Interrelate (Yrs 3 - 6)

Friday 28th February
Clean Up Australia Day

Tuesday 10th March
P&C AGM and P&C Meeting - 3.15pm

Tuesday 17th March
School Photos

Wednesday 25th March
Interrelate 6pm (Stage 2)
7.15pm (Stage 3)



Permission Notes Sent Home and Payments Due

Publishing Student Information Note

Interrelate (Stage 2 & 3)
Note and payment due Tuesday 25th February

Parliamentarian Uniforms
Note due Friday 21st February

Overdue

Zone Swimming Carnival \$5
Note and payment Overdue

Drum Corp (Stage 3) - No cost
Permission Note Overdue

Absence Notification by SMS (new students)
Note due Friday 14th February

Principal's Message

Lake Macquarie North Young Leaders Day



Today our student leaders participated in the Lake Macquarie North Young Leaders Day. The activities they were involved in included a co-operation challenge, public speaking and debating workshop and a writing and performance task. They were addressed by some High School leaders. They also heard from Sam Wells, who competed in the Australian Winter Olympics as an aerial skier. Sam spoke about the "SAM strategy," which is to "Set a goal, Adjust your attitude and Make your team." As usual our students shone as leaders and displayed the exemplary behaviour expected from our students. We are all super proud of them.



Have a beautiful week everyone!

Allyson Corrigan

Principal
Cardiff North Public School
A proud member of the Cardiff Community of Schools

LAKE MACQUARIE NORTH YOUNG LEADERS DAY



STAGE 2 - WRITING LEGEND

Squeak Squeak went the youngest dust buddy as he tried to alert the others. Then a giant sucking monster sucked them up. He was raging.

The older dust buddies were eating biscuits before the incident happened. Thunderstruck went through his mind as he got an idea. He ripped out the cord.



Cameron H

SEESAW

Our class Seesaw pages are now officially active and all staff are excited to share the wonderful learning that takes place in their classrooms with families. As communicated in a previous bulletin, the purpose of Seesaw is for you to share your child's learning, you are then welcome to comment on the post. A friendly reminder that the teachers top priority is to be actively engaged with their students when they are in the classroom.

Class teachers have provided their work email addresses during our Meet the Teacher sessions. If you have any questions for your child's teacher, you can contact them via email or phone the school office.

STUDENT SAFETY - STAFF CAR PARK

To ensure student and family safety when entering and leaving the school, please use the pedestrian gates only. The staff car park is strictly for staff vehicles. There should be no pedestrian access via the driveway and staff car park.





P&C NEWS



P&C MEETINGS

Our next meeting will be the AGM on **Tuesday 10th March 2020 at 3.15pm** in the library. This will be followed by the first P&C meeting with our new 2020 team.

Child minding will be available in the K-2 rooms with 2 teachers supervising whilst the children watch a movie

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.

Canteen News

Large Pies are no longer available.

Price changes:

Small pies - \$2.10

Sausage rolls - \$1.90

Would you like to volunteer
in the canteen in 2020?

Please see the office if you
would like to help.

Friends can be rostered on together!

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.





Cardiff North Public School Rules

	Classroom	Playground	Office	Toilets	Canteen	Assembly	Excursions	
SAFE	<p>I use safe hands and feet</p> <p>I walk, I don't run</p> <p>I ask before leaving the room</p> <p>I use my chair safely</p> <p>I keep my bag on a hook</p> <p>I'm in the right place at the right time</p>	<p>I use safe hands and feet</p> <p>I play sensibly</p> <p>I use equipment properly</p> <p>I walk on the concrete paths</p> <p>I wear a hat</p> <p>I'm in the right place at the right time</p> <p>I walk away if I lose my cool</p>	<p>I'm in the right place at the right time</p> <p>I walk, don't run</p>	<p>I'm in the right place at the right time</p> <p>I walk, don't run</p>	<p>I wash my hands before and after eating</p> <p>I don't share food</p> <p>I eat while sitting down</p> <p>I walk, don't run</p>	<p>I sit properly and stay seated</p> <p>I walk, I don't run</p>	<p>I am in the right place at the right time</p> <p>I use transport appropriately</p>	
RESPECTFUL	<p>I am kind and caring</p> <p>I listen well and speak politely</p> <p>I use my manners</p> <p>I take care of my belongings</p> <p>I include others</p>	<p>I am kind and caring</p> <p>I listen well and speak politely</p> <p>I use my manners</p> <p>I respect the environment</p> <p>I keep our school clean</p>	<p>I am kind and caring</p> <p>I listen well and speak politely</p> <p>I use my manners</p> <p>I wait patiently and quietly</p> <p>I keep the door closed if the air conditioner is on</p>	<p>I give people privacy</p> <p>I keep the toilet clean</p> <p>I am not wasteful</p>	<p>I am kind and caring</p> <p>I listen well and speak politely</p> <p>I use my manners</p> <p>I wait my turn at the yellow line</p> <p>I clean up after myself</p>	<p>I am kind and caring</p> <p>I listen well and speak politely</p> <p>I use my manners</p>	<p>I am kind and caring</p> <p>I listen well and speak politely</p> <p>I use my manners</p>	<p>I am kind and caring</p> <p>I listen well and speak politely</p> <p>I use my manners</p>
LEARNERS	<p>I follow the teacher's instructions</p> <p>I do my best</p> <p>I try new things</p> <p>I ask for help and accept help from others</p> <p>I learn from my mistakes</p> <p>I allow others to learn</p> <p>I think positively and believe I can succeed</p>	<p>I play fair and take turns</p> <p>We decide on game rules together</p> <p>I tell a teacher about a problem I can't solve</p>	<p>I follow instructions</p>	<p>I wash my hands</p> <p>I flush the toilet</p> <p>I practice personal care</p> <p>I try and use toilets during breaks</p>	<p>I eat using table manners</p> <p>I use the correct bins</p>	<p>I celebrate the success of others</p> <p>I sing the National Anthem with pride</p> <p>I follow instructions</p>	<p>I am open to trying new things</p> <p>I actively participate</p> <p>I join in</p> <p>I am responsible for my own belongings</p>	

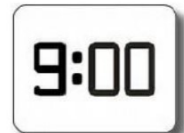
EVERY MINUTE COUNTS ...

Lost minutes mean lost learning!

When your child misses just	that equals...	which is....	and therefore, from Prep to Year 12, that is ...
10 minutes a day	50 minutes of learning time each week	Nearly 1½ weeks per year	Nearly ½ year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
1/2 an hour a day	½ a day of learning each week	4 weeks a year	Nearly 1½ years of learning of learning
1 hour a day	1 whole day of learning each week	8 weeks per year or nearly a term a year	Over 2½ years of learning

Your child's best learning time is at the beginning of the day...

School starts at
9.00 AM
DON'T BE LATE!



Good time keeping means making sure that your child is at school and ready to learn BEFORE the school bell rings!

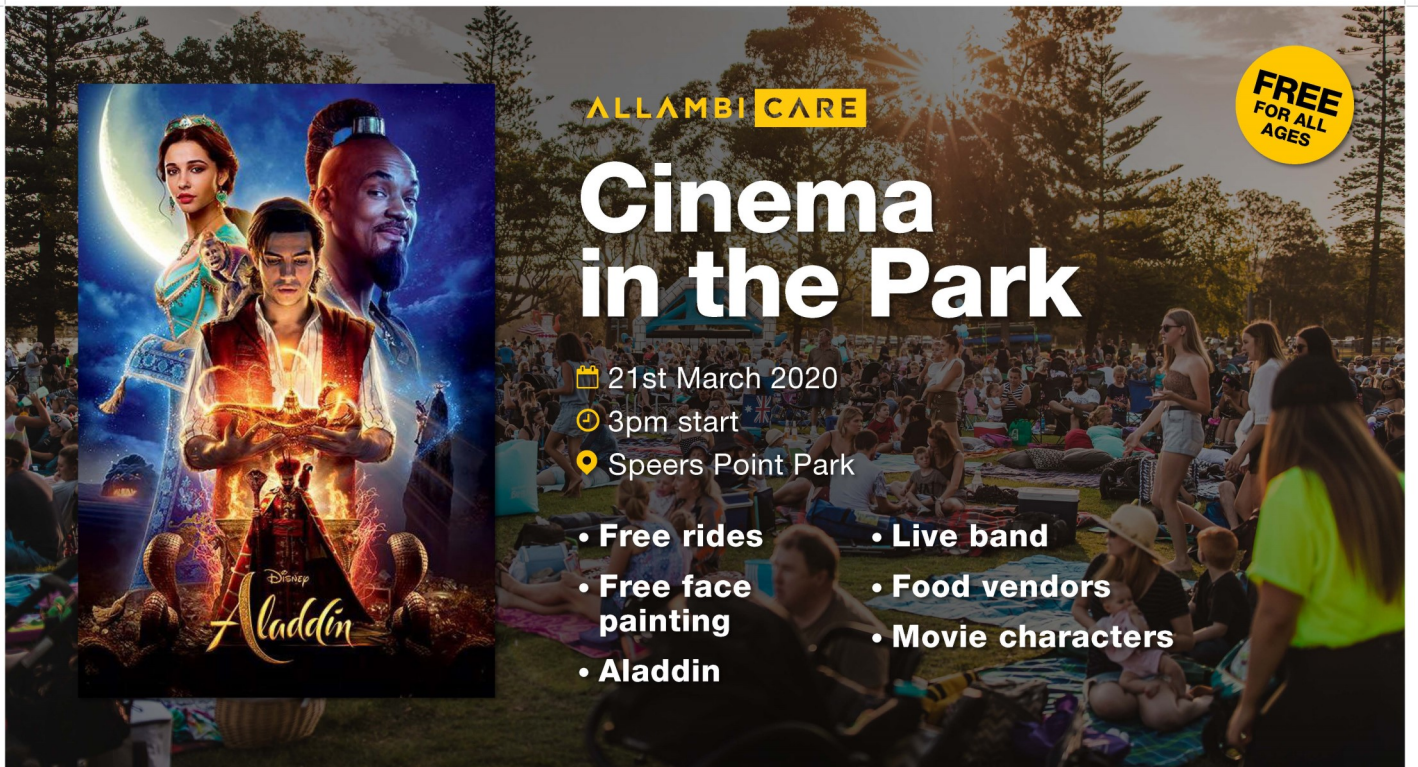
ALLAMBI CARE

Cinema in the Park

- 📅 21st March 2020
- 🕒 3pm start
- 📍 Speers Point Park

- Free rides
- Free face painting
- Aladdin
- Live band
- Food vendors
- Movie characters

FREE FOR ALL AGES



Top 5 online safety tips for kids

1

Set up your device to protect your information.

2

Explore safely & tell an adult if you see anything online that makes you feel yuck.

3

Limit who can contact you when you're playing games.

4

Stop all contact with anyone online who asks you to do anything you don't want to do. Report and block them.

5

Ask for help if anything online is bothering you.



Safer Internet Day
2020 | Tuesday
11 February



Social Media - Top Tips for Parents

- Talk to children about online privacy issues, making sure they know to never to identify personal information such as their full name, address, age, school and don't ever post photos in school uniform.
- Teach your children to respect people's privacy and don't share anyone else's personal information online without permission.
- Don't tag photos of your children at their school if your accounts are not set to completely private. This is a child safety issue as anyone driving past can search the school on Instagram and see all of the photos that have been tagged at the school, often by parents who have not set their account to private on Instagram. If your account is not completely private, anyone can see your photos of your child, their name, the name of the cat ,where you go on holiday, what your family does on weekends, when birthdays were and other information about your family and your life. Therefore a complete stranger could make up a story that could be very convincing to your child by using the information you have shared in a public forum of more than 500million users.
- If you are going to post anything with a significant fact, check it first.
- Teach your children to understand the importance of passwords, keeping them private and changing regularly.
- Learn how to recognise a scam. If it is too good to be true, it probably is.
- Make sure the apps you allow your kids to use are age appropriate.
- Don't be patronising or insulting to anyone. This kind of behaviour validates bad behaviour in children as they often see it if you are connected to young people on social media.

-
- Ban devices from the bedroom from as young as possible. Set boundaries around use.
 - Share pictures and videos only with consent. And respect the privacy of others.
 - Keep your love-life and arguments off social media.
 - Stay positive. If you see something you disagree with – don't engage.
 - Consider the fact that children in the background of photos or videos you take at your child's school may be on "no publish" lists. Some children are in protective custody or witness protection and an innocent photo posted on social media could be disastrous.
 - Teach young people not to say, or repeat anything that they wouldn't say if the person were standing right in front of them.
 - Recognise that other people's opinions may be different to their own and that does not give them permission to attack those opinions online.
 - Remember that even an emoji can be taken out of context by someone reading it.
 - Use your head and your heart and don't let emotion be the only thing driving you to post.
 - Make sure you respect classification on games, they are there for a reason.
 - Make sure the young people in your care know that under no circumstances they should go and meet up with anyone they meet online. Stranger Danger rules apply because they are now literally on digital steroids and 24x7.



w: safeonsocial.com
e: wecanhelp@safeonsocial.com

No part of this e-book or its associated modules may be reproduced or transmitted by any person or entity in any form or by any means, electronic or otherwise including photocopying, recording or scanning or by any information storage without prior permission other than the licensor who is licensed to use this information on their website, in newsletters and in print and has been granted permission from the publisher under an annual license.

The publisher, authors, licensee, licensor and their respective employees or agents will not accept responsibility for injuries or damage, physical or emotional occasioned to any person as a result of a social media use or any other activities described in this e-book.

Whilst every attempt has been made to ensure that the information in this e-book is accurate, it is the nature of social media to be constantly changing. Therefore, Safe on Social Media Pty Ltd gives no guarantees to the completeness or accuracy of the contents of this guide.

INSIGHTS

Managing separation anxiety at school drop-offs



Going to school for most children is a positive experience however some children can struggle making the transition from their home environment to school. It's naturally distressing to see your child upset at school drop-off but there is a great deal you can do to make school drop-offs easier for you and your child.

Breaking the cycle of separation anxiety at school

A child's clinginess, crying or tantrums at school drop-off can be disturbing for you as a parent. Despite putting on a brave face, you can feel guilty that somehow you're the cause of this behaviour. Unless something traumatic has occurred then leaving your child at school is a normal part of life, something your child will get used to. The following strategies may help eradicate your child's tears and fears when you take them to school:

Tell the story

Prepare your child thoroughly each morning for what will happen when you leave your child at school. Repeat the story each morning before school so they can fully prepare for drop-off.

It takes two

Involve your child's teacher in the drop-off process as they will be the person who must deal with an upset child. In extreme examples, at the start of term or after a long absence, a later starting time may give your child a chance to say goodbye in more relaxed circumstances.

Give me five

Rituals are both personal and reassuring so develop a special goodbye ritual that you consistently use when you leave your child each morning. Your special ritual may be simple such as a special wave or kiss, or fun such as a high five, low five, fist pump bursting into a hand explosion. Then leave quickly without stalling or looking back. Avoid making leaving a bigger deal than it what it is.

Reduce the rush

Is your child a morning star or night owl? Many children are slow starters in the morning, which can mean that they're frequently rushed and arrive at school in highly anxious states. Do all you can to reduce morning stress, which may include earlier bed and waking times; laying out school clothes the previous evening and making minimal demands on their time.

This is the place

parenting * ideas

Location carries memory so choose carefully the place you say goodbye to your child. If a kiss or hug at the school-gate means a happy child, then you've probably found your goodbye place. Experiment with your goodbye location until you find one that works.

It's your job

If goodbyes continue to cause tears, tantrums or clinginess consider, if possible, saying goodbye to your child at home and allowing another adult – your partner or another parent – to take your child to school.

If separation anxiety continues

If your child's separation anxiety interferes with their concentration and learning, prevents them from making friends, is excessive and goes longer than a month, consider getting professional support. Separation anxiety left unchecked can lead to school refusal and other anxiety disorders later on.

For professional support consult with welfare teacher at your child's school, your local general practitioner or local council for suitable health care professionals in the area.



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.