

# 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 3 Week 7

2nd September 2020

### COMING EVENTS

**Tuesday 8th September**

P & C Meeting 10am via Zoom

**Wednesday 9th September**

Warners Bay McDonalds Drive-Thru Fundraiser 6 - 7pm

**Thursday 10th September**

Pyjama Day

**Every Friday (until 18th September)**

Dance2bfit

**Friday 25th September**

Last day of Term 3

**Monday 12th October**

First day of Term 4 (staff and students)

**Tuesday 27th October**

School Photos

### Permission Notes Sent Home and Payments Due

#### Overdue

**Dance2bfit \$36**

Note and payment overdue

**Publishing Student Information Note**

Sent home if student hadn't previously returned this note

**First Aid Treatment Note**

Sent home if student hadn't previously returned this note

### 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.

### Principal's Message

#### School Excellence In Action

#### Strategic Improvement Plan 2021 - 2024

All NSW schools are now entering a new planning cycle. Cardiff North Public School staff are currently analysing our school's evidence of school excellence, against the School Excellence Framework. It is exciting to celebrate our school's progression and achievements within the current school planning cycle. Our Curriculum and Wellbeing Teams are also analysing our current school trend data for areas of interest to explore further within our next strategic improvement plan.

As part of this new planning cycle, the school executive will meet with all key bodies within our school community to ensure a thorough, collaborative consultation process occurs.

The school executive will meet with Parliamentarians next week, as a focus group, to ask them key questions around what students want for the future of their school.

The school executive will also organise for a future ZOOM session with our P&C, School Aboriginal Education group and local Aboriginal Education Consultancy Group.

All students, staff and parents will also be given the opportunity to contribute to this collaborative process by completing future Tell Them from Me Surveys and internal Google Forms surveys. Links to complete these surveys will be advertised in the coming Bulletins.

#### P & C and Parliament Initiatives to help raise money for more Playground Sports Equipment

Our P&C, together with our student leaders, have worked together to plan for the purchasing of more playground sports equipment to enhance the wellbeing of our students. The school and P&C will both contribute funds to this project. Both 5/6 classes have used their Maths time in recent weeks to source playground equipment with all grades in mind. The school leaders have presented their purchasing ideas to the school yesterday. Please see details of what they are proposing later in the Bulletin. We are extremely grateful for this collaborative effort to help our students.

.....continued

## Principal's Message continued

### Father's Day Craft Kits

Our fantastic P&C members have been busy ensuring that all of our classes have their Father's Day Craft items delivered. All students who have purchased a kit will be completing them in class over the coming days. Items will be sent home with students on Friday, in time for Father's Day.

### PJ Day

Don't forget to come to school next Thursday 10th September in your pyjamas. Bring a gold coin donation to help raise money for new sports equipment for the playground.

### Warner's Bay McDonald's Fundraiser

On 9th September between 6-7pm, any purchases at Warners Bay McDonald's Drive-through will contribute to our P&C fundraising.

Please help our P&C and school by supporting these fundraising initiatives.

Have a beautiful week everyone and enjoy the Spring weather.

*Allyson Corrigan*

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



## HEAD LICE

A number of cases of head lice have been reported in classes. This is not a cause for serious concern as your child may not be affected, however, head lice are extremely contagious.

In order to determine if your child has been infected with head lice, we are asking all parents to inspect their child's hair **daily**. We suggest that you look for the following symptoms or signs that would indicate the presence of head lice.

- General: child scratching his/her head excessively
- On Pillows: fine black powder or pale coloured material
- In the hair: signs of lice eggs (nits) - cream or coffee coloured specks close to hair roots
- Lice: small white or 'greyish' parasites the approximate size of a pin-head

If you notice any of the above signs or if you require any further information, please contact your local pharmacy as treatment is readily available and easy to apply. The cycle is never ending so a vigilant approach is necessary **daily**. It may also be an idea for children with long hair to wear it up.

## SCHOOL PHOTOS



Our rescheduled photo day is Tuesday 27th October. New order envelopes will be sent home with students closer to the date. A copy of MSP Photography's COVID safe procedures as well as the price lists is included later in the Bulletin.

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.

## COVID-19 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).





# PARLIAMENTARIANS WORKING TOGETHER! MORE PLAYGROUND EQUIPMENT IS COMING!





# P&C NEWS



## P&C MEETING

The next meeting is scheduled for  
**8th September at 10am**  
**via Zoom**

**Zoom link:** <https://nsweducation.zoom.us/j/63099426548?pwd=a0toalhZVk4wRU0SUxzSm1qd0tUQT09>

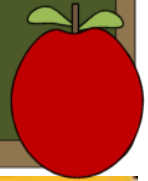
**Meeting ID: 630 9942 6548**

**Passcode: 562540**

### **Next Meeting Agenda:**

- Executive Meeting Minutes discussed including ideas raised and actioned including; Developing a P&C Strategic Plan
- Setting further goals for the P & C for using monies raised, for increased parent involvement and for increasing local community connection
- Actioning Goals and dividing responsibilities for goals
- Writing a survey for parents in the format of a Google Forms survey around involvement in the P&C
- Discussing what value we can add to the school in this COVID environment?
- Discussing what support we need to provide our school and community at this time?

The Canteen  
is currently  
closed.



## **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





# Your invited to visit our Drive thru at

**McDonald's Restaurant:**

**Warners Bay**

**Date:**

**9th September**

**Time:**

**Between 6 - 7 pm**



Download the  
mymacca's\* app to order  
and pay ahead



or Tap and Go



Contact Free



**KEEP  
CALM  
IT'S  
PYJAMA  
DAY**

**Come dressed in your comfy pyjamas on  
Thursday, 10<sup>th</sup> September**

*Gold coin donation – funds raised will assist the P&C with  
purchasing new sporting equipment for the playground*

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.**

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**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 |

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**PRE-PAY ENVELOPE**

More products and options available - **Order Online!**  
[www.msp.com.au](http://www.msp.com.au)

**Premium Pack**

\$49

Group Photograph (as determined by your school) + 2x 10" x 8" + 1x 5" x 7" Black and White Portrait + 1x 5" x 7" + 4x 5" x 3.5" + 4x 1.7" x 1.2" + Portrait Download (Print quality)

See Overleaf →

**Classic Pack**

\$46  
**Best Value for Money**

Group Photograph (as determined by your school) + 1x 10" x 8" + 1x 5" x 7" + 2x 5" x 3.5" + 3x 3.5" x 2.5" + 4x 1.7" x 1.2" + Portrait Download (Print quality)

See Overleaf →

**Value Pack**

\$43  
**Popular Choice**

Group Photograph (as determined by your school) + 3x 5" x 7" + 2x 5" x 3.5" + 3x 3.5" x 2.5" + 4x 1.7" x 1.2" + Portrait Download (Not print quality)

See Overleaf →

**Essential Pack**

\$41

Group Photograph (as determined by your school) + 4x 5" x 7" + 4x 1.7" x 1.2" + Portrait Download (Not print quality)

See Overleaf →

**Basic Pack**

\$38

Group Photograph (as determined by your school) + 1x 5" x 7" + 2x 5" x 3.5" + 3x 3.5" x 2.5" + 4x 1.7" x 1.2" + Portrait Download (Not print quality)

See Overleaf →

**Gift Pack\***  
 All 12 items

\*Only available when purchasing one of the packs listed above.

3 x Photo Bookmarks 8" x 2" + 3x 2" x 1.4" + 1 x Door Hanger 10" x 4" + 1 x Photo Calendar 5" x 7" + 4 x Photo Gift Tags 3.4" x 2.5"

\$15

**Group Only**

Group Photograph (as determined by your school)

See Overleaf →

\$25



**Money Back Guarantee**  
 (conditions apply)

**CAPTURING SCHOOL MOMENTS**



**PRE-PAY ENVELOPE**

## Sibling Photos

More products and options available - **Order Online!**  
[www.msp.com.au](http://www.msp.com.au)

### Deluxe Pack

\$30



1x 10" x 8"

+



2x 5" x 7"

+



2x 5" x 3.5"

+



Portrait Download  
(Print quality)

### Value Pack

\$25

Best Value for Money



2x 5" x 7"

+



4x 5" x 3.5"

+



Portrait Download  
(Not print quality)

### Standard Pack

\$20



1x 5" x 7"

+



2x 5" x 3.5"

+



Portrait Download  
(Not print quality)

### Gift Pack\*

All 7 items

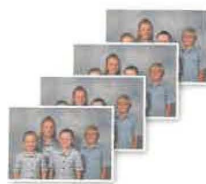
\$15

\*Only available when purchasing one of the packs listed above.



1x Photo Calendar  
10" x 8"

+



4x 2.5" x 1.8"

+



2x Photo Gift Tags  
2.5" x 5"

  
msp  
photography

**100%**

Money Back Guarantee  
(conditions apply)

**CAPTURING SCHOOL MOMENTS**



Samaritans

*Compassion Integrity Justice*



# WE'RE HERE TO HELP



We know COVID-19 has changed everyone's lives. **That's why we're here to help you with paying your bills, feeding your family and getting back on your feet.**

# 1300 656 336

Visit [samaritans.org.au/heretohelp](https://www.samaritans.org.au/heretohelp)



**Samaritans**  
*Emergency Relief*

# WE'RE HERE TO HELP

Financial assistance for people impacted by bushfire and COVID-19



## PLEASE BRING PRINTED COPIES OF DOCUMENTS SO THAT WE CAN ASSIST YOU.

- **Proof of your identity** (driver's licence or passport)
- **Current income statement**
- **Current Bank statement**
- **Proof of rent or board**
- **Proof of home ownership**, such as a rates notice, loan document or title
- **Any evidence of any debts and repayments made**
- **Recent bills paid and outstanding**
- **Any other documentation that will support your application.**



## ASSISTANCE AVAILABLE MAY INCLUDE:

- **Food vouchers**
- **Essentials vouchers**
- **Utility grants**
- **Special household/personal grants**
- **Personal needs**
- **Vehicle grants**
- **School assistance**
- **Financial counselling**
- **Homeowners effected by bushfire needing support to return to their home.**

**PH: 1300 656 336 or go to [www.samaritans.org.au/heretohelp](http://www.samaritans.org.au/heretohelp)**



**OZ TAG**  
*Junior Taggers*  
**SCHOOL HOLIDAY CLINICS**  
*Newcastle*  
**THURSDAY 8TH OF OCTOBER**  
**FROM 9AM - 1PM**

**\$40 EARLY BIRD DISCOUNT**  
**ENDS MONDAY 7TH SEPT**

**INCLUDES**  
**OZTAG COTTON TEE**

**MORE INFO: LIAM@OZTAG.COM.AU**  
**REGISTER: WWW.OZTAGEQUIPMENTSUPPLIES.COM**



# 2-DAY OLYMPICS HOLIDAY CAMP



**THE COOLEST MULTISPORTS EVENT OF THE YEAR!**

- CARDIFF HIGH SCHOOL (SEP 30TH & OCT 1ST)
- KOTARA SOUTH PUBLIC SCHOOL (OCT 7TH & 8TH)
- TIME: 8:30AM - 3:30PM
- PRICE: \$90

**ROOKIE JERSEY INCLUDED FOR ALL NEW MEMBERS!**

**CARDIFF HIGH SCHOOL:**  
[bit.ly/m8soctober20CHS](https://bit.ly/m8soctober20CHS)  
**KOTARA SOUTH PS:**  
[bit.ly/m8soctober20KSPS](https://bit.ly/m8soctober20KSPS)

**BOOK TODAY!!**



**THE BEST SCHOOL HOLIDAY FUN IN NEWCASTLE!**

- 12 HYBRID SPORTS
- 6 SUPER SESSIONS
- SUPER SHOWDOWNS
- INCREDIBLE COACHING
- INSANE PRIZE GIVEAWAYS

**WE ACCEPT ACTIVE + CREATIVE KIDS VOUCHERS!!**

**OUR COMMUNITY IS OUR NO.1 PRIORITY. ALL OF OUR EVENTS ARE MODIFIED TO ALIGN WITH ALL NSW GOVERNMENT REGULATIONS AND HEALTH ADVICE.**

**VISIT: MOTIV8SPORTS.COM**  
**CONTACT AARON: 0412 872 396**  
**@MOTIV8SPORTS NEWCASTLE**



**Limited Free Tickets available to Cardiff North students. Please phone Aaron on 0412 872 396 to receive a discount code which can be used in the registration process**

## INSIGHTS

### Help kids tap into their inner resources



My first parenting mentor, Maurice Balson, author of *Becoming Better Parents* constantly reminded parents, “If you want your child to be resourceful you need to put them in positions to develop their resources.”

Balson’s resourcefulness message is just as apt today. Coping with change, dealing with small losses, handling rejection and overcoming disappointment are the types of experiences that build a child’s or young person’s inner resources.

Developing resourcefulness is the appropriate approach to take when considering the disruptive impact that coronavirus is having on kids’ lives. A child who is struggling to come to grips with the changes brought about by the pandemic initially needs an emphatic, supportive approach. They also need encouragement to tap into their inner resources to help them manage the hard times. The following strategies will help develop your child or young person’s inner resources.

#### Give them a chance to be resourceful

Harry, age 10, often leaves his lunch at home. His father, who works from home, won’t take forgotten items to school. Harry either misses lunch or persuades his friends to share their lunches with him. Either way, when Harry leaves his lunch at home he’s forced to rely on his emotional or physical resourcefulness to get by. And he does.

#### Catch them being resourceful

A child’s behaviours that gain a parent’s attention generally expand. Highlight a child’s good manners, acts of kindness or honesty and you’re more likely to get a repeat of those behaviours. Positive parental recognition is a high motivator for most kids. To encourage your child’s resourcefulness, focus your attention and positive comments on acts of resourcefulness and resilience they exhibit.

#### Encourage creativity

Sylvia, age 13 walked to school each day, saving her bus fare to spend on clothes that were out of reach of her parents’ budget. Sylvia found a way to overcome her money problem in her own way. Children and young people usually come up with very creative solutions when they’re allowed to own their problems.

#### Develop coping skills

Kids rely on their coping skills to help them manage their emotional states when life throws them curve balls. Build your child’s set of coping skills through direct teaching, modelling and discussion. Humour, distraction, relaxation, exercise, play and thought-distancing are some of the more common coping skills kids can use to help them tolerate their difficult feelings.

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# parenting \* ideas

The resourcefulness a child develops when they experience adversity doesn't desert them when life returns to normal. It waits in the background, ready to be drawn upon again when hardships, frustrations and difficulties come their way.



## 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.





## 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.schooledet.nsw.edu.au](mailto:cardiffnth-p.schooledet.nsw.edu.au)

CNPS Puggles Program proudly sponsored by



Andriessen Property  
Newcastle