

CARDIFF NORTH PUBLIC SCHOOL

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



BULLETIN

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

Term 3 Week 8

9th September 2020

COMING EVENTS

Wednesday 9th September

Warners Bay McDonalds Drive-Thru Fundraiser 6 - 7pm

Thursday 10th September

Pyjama Day

Monday 14th/ Tuesday 15th September

Year 3 Check-in Assessment

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 13th October

P&C Meeting 10am (via Zoom)

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 Parent Surveys

Following on from last week's Bulletin regarding the new school planning cycle, our P&C discussed what the consultation process for parent involvement would look like for our school.

The school executive are currently refining the school based questions in the **Tell them From Me Parent Surveys** and after this process, the survey will be available for parents to complete online. The link for this survey will be available from the Seesaw and Skoolbag apps and in next week's Bulletin. Parents will have until week 2, Term 4 to complete the survey.

As part of the parent consultation process, we have also decided with the P&C, to ask some further key questions related to our school in a brief **Google Forms Survey**.

Our aim during this consultation phase is to increase the number of parents responding to these surveys, to ensure we have a true understanding of what our entire parent community want for our students.

We will attempt to contact you in a variety of ways to ensure you have access to complete the school based Google Forms questions. Our P&C will answer the questions as a focus group. Our AP Wellbeing will contact parents who indicate they would like to receive a personal call to respond to the questions. A paper version of the questions will also be sent home with the eldest sibling. This way you will have options to ensure you can choose whether to remain anonymous with your responses, or have your name attached to your response.

Remember, you are always welcome to contact the school to discuss any areas related to your child's education. This can be via classroom teachers, APs or by contacting the Principal.

Please support our school planning process by completing our surveys when they are published. We value your input in all areas regarding your child's education and our beautiful school.

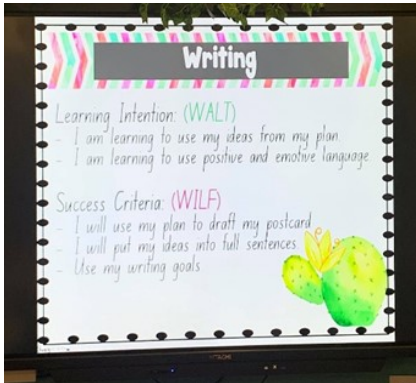
Have a fantastic week everyone.

Allyson Corrigan

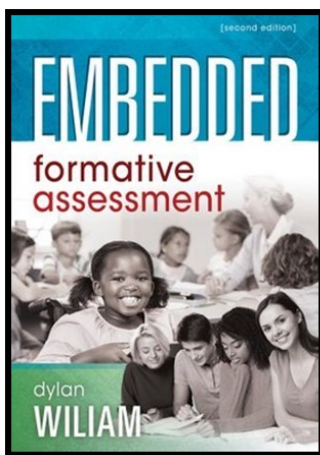
Principal
Cardiff North Public School
A proud member of the Cardiff Community of Schools

Excerpts from “The Staff Chronicle”

We welcome Mrs Lindsay to the role of Instructional Leader and would like to share with you some more great work that she has seen in our classrooms.



	Where the learner is going	Where the learner is now	How to get the learner there
Teacher	Clarifying, sharing, and understanding learning intentions and success criteria	Eliciting evidence of learning	Providing feedback that moves learners forward
Peer		Activating students as learning resources for one another	
Student		Activating students as owners of their own learning	



From the experts

Wiliam outlines the importance of learning intentions and success criteria in the first of his 5 strategies of formative assessment, 'Clarifying, Sharing, and Understanding Learning Intentions and

Success Criteria'. In his book, *Embedded Formative Assessment*, Wiliam provides an opportunity to experience what it may be like for a student in the classroom without learning intentions by sharing Mary Alice White's 1971 "The view from the student's desk":

The analogy that might make the student's view more comprehensible to adults is to imagine oneself on a ship sailing across an unknown sea, to an unknown destination. An adult would be desperate to know where he is going. But a

child only knows he is going to school... The chart is neither available nor understandable to him... Very quickly, the daily life on board the ship becomes all important... The daily chores, the demands, the inspections become the reality, not the voyage, nor the destination. (p.340)

DYLAN WILIAM: 5 key strategies of formative assessment.

Walkthrough Observations Week 5 at CNPS

Learning Intentions and Success Criteria

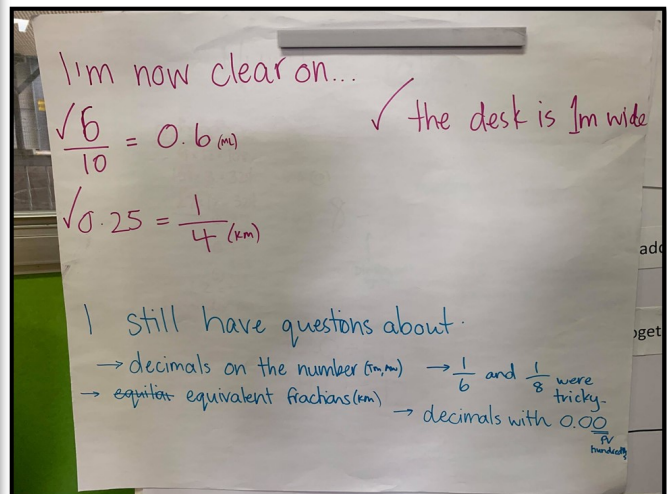
PROFESSIONAL LEARNING

Staff engaged in professional learning 'Part 1' aimed at consolidating their understanding of the effectiveness of learning intentions and success criteria and saw the connections between syllabus outcomes (for learning intentions) and the content (for success criteria). The session unpacked how the progressions can be used as a tool of observable behaviours that will assist in drilling deeper and providing a clear and explicit lesson focus.

Collegial discussion led to the common language for Learning Intentions at CNPS to now begin with '**We are learning to**' and Success Criteria starting with '**I will**'. Staff now have more clarity about the purpose of learning intentions and success criteria and understand that a learning intention captures the overarching goal and purpose for learning and the success criteria provide the specific roadmap for achieving that intention.

'Part 2' will be delivered to staff in Week 8 this term. Staff have been invited to 'opt in' for observations to help gather baseline data on the effectiveness of learning intentions and success criteria.

Excerpts from “The Staff Chronicle” continued...



K-2

Quality Talk – Setting the standards

KS were introduced to learning intentions and success criteria through the lens of a Quality Talk. They unpacked the meaning of the word quality and the language around the intentions. They jointly decided on what they will do to be successful in the talk.

Students were most surprised to learn that one of the criteria stated: 'I will not put my hand up', they thought it was absurd! This segued into a role play between Miss Smith and Mrs Lindsay on what a conversation looks and sounds like between two people.

'Sad the Dog' was used as the quality text for the Read 3, with the first question posed to the students: 'What do you know about this book?' followed by 'What is the author's message?'

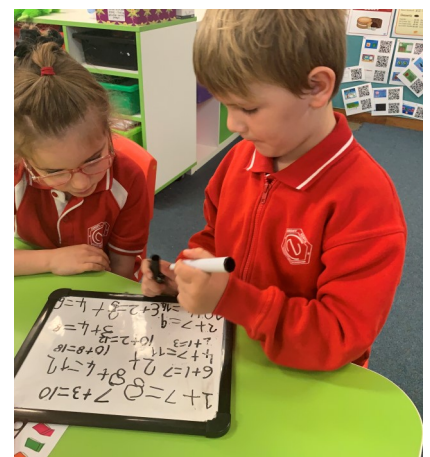
The students enjoyed putting their new skills to the test and shared their ideas around why it is important to look after pets.

Right next door in 1/2V students demonstrated their profound knowledge of deforestation and the impacts on the environment. Belynda, the Literacy and Numeracy Trainor was impressed during her observation, at the deep level of knowledge the students brought to the discussion and assumed the class had already completed a unit around this topic. Miss McVey stated in her reflection 'I didn't know how much they already knew' which confirms the importance of starting the talk with 'What do you know about this book?' and 'What is the authors message?' These questions allow you to assess (formatively) on what the students know and can be prompted with uptake questions such as 'Can you tell us more about what you mean?' or rephrasing to model a quality statement or idea.

TEN for the first time

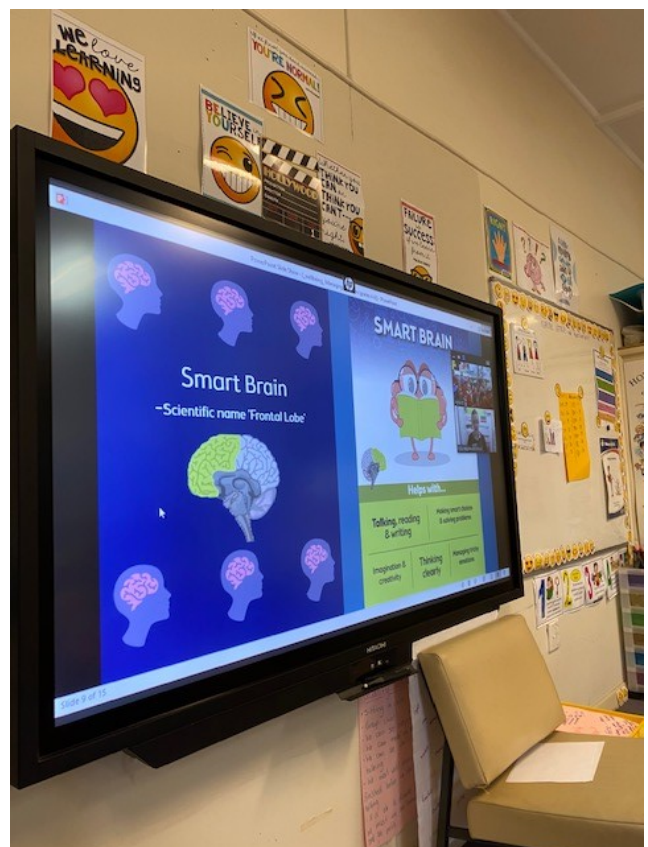
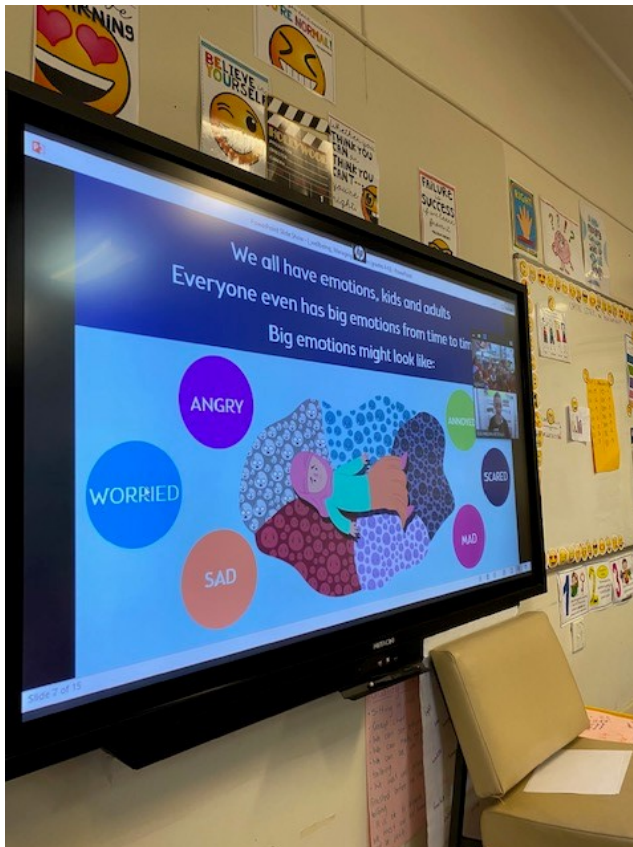
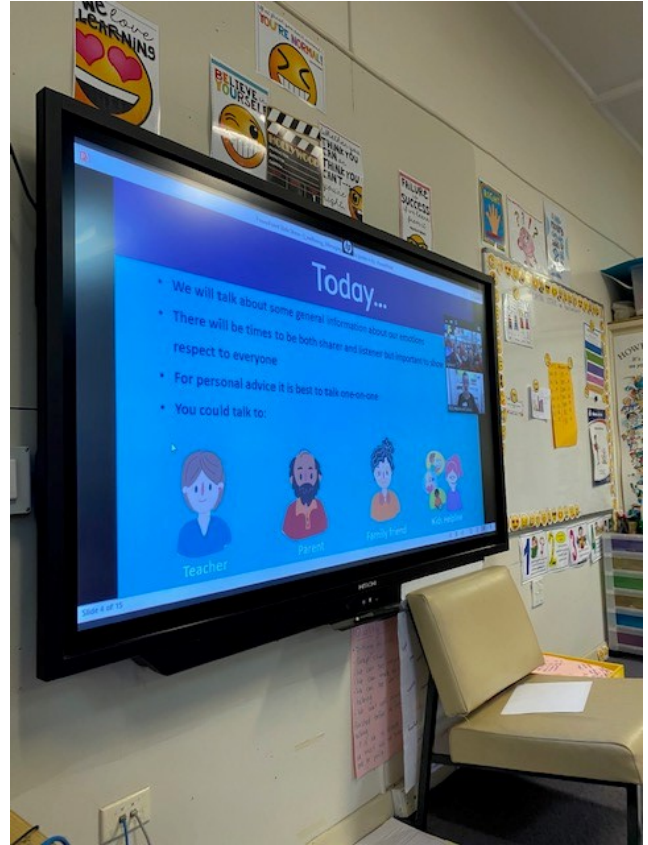


Mathematicians in Kindergarten



3/4M Kids Helpline Zoom Session

As a part of Wellbeing Wednesday, students in 3/4M participated in an interactive Zoom session with Kids Helpline. The session focussed on managing emotions. The students learnt: - emotional self-regulation skills; "brain basics"; how to improve their mental health literacy and wellbeing; how to manage challenging emotions including sadness, anxiety and anger. It was an evidence-informed lesson that was educational and interactive in a fun, engaging environment. The session was facilitated by a qualified Kids Helpline Counsellor and supervised by Miss Gillard and Mrs Edwards.





P&C NEWS



P&C MEETING

The next meeting is scheduled for

13th October at 10am

via Zoom

Zoom link: [https://nsweducation.zoom.us/j/64884681347?](https://nsweducation.zoom.us/j/64884681347?pwd=OEZkWjE5aEorVVNJUGVaOE5TN3hEUT09)

[pwd=OEZkWjE5aEorVVNJUGVaOE5TN3hEUT09](https://nsweducation.zoom.us/j/64884681347?pwd=OEZkWjE5aEorVVNJUGVaOE5TN3hEUT09)

Meeting ID: 648 8468 1347

Passcode: 957528

Meeting Discussion Points:

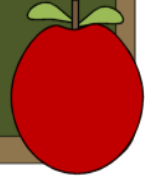
Meeting Minutes discussed including ideas raised and actioned including;

- Father's Day Cleverpatch craft packs—discussed online option for purchasing gifts via uniform shop for 2021
- Xmas Raffle - to be sold online via uniform shop from Week 1, Term 4—winner to be announced on P&C Facebook page via random spinner
- 5c Round Up postponed until 2021 due to money handling
- Crazy Hair / Sock Day for Friday, Week 4, Term 4
- Walkathon postponed until 2021 when can possibly mix stages of students
- Strategic Plan started - to be added to at each P&C meeting
- P&C contributions to Art Club, Sports Equipment and Drumming confirmed.

Next Meeting Agenda:

- Continuing the P&C Strategic Plan
- Set up P&C Parent Survey for using monies raised, for increased parent involvement and for increasing local community connection
- School based Parent Survey Questions
- Planning Term 4 initiatives

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



McDonald's Restaurant:

Warners Bay

Date:

9th September

Time:

Between 6 - 7 pm



**McDonald's will
donate 10% of overall
Drive thru sales in this
time frame back
to your organisation**



**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, 10th September**

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

INSIGHTS

Wellbeing strategies for parents



The coronavirus pandemic and its associated disruptions are beginning to take a toll on our mental health and wellbeing. You don't need to look far in your community or social networks to identify a worrying trend of people experiencing a range of challenging emotions including mood swings, despair, anger, sullenness and lack of motivation.

People who usually pride themselves on being able to manage most difficulties that come their way now find themselves suddenly unable to cope, leading to a profound sense of disappointment. A number of people have spoken about feeling guilty for being a less than perfect parent, partner, teacher, work colleague or friend during these times.

This inability to cope is understandable. Our capacity to adapt to acutely stressful situations such as natural disasters has been severely depleted by the long-term nature of the pandemic. It's common in situations of great uncertainty to feel exhausted and experience periods of burnout. Coupled with this is a sense of loss that many people feel – loss of connection to friends and family, loss of freedom and a loss of a way of life.

There is no handbook for functioning in a pandemic however it's apparent that we need to accept that our lives will be different for some time. It also helps to expect less of yourself, which is the opposite to how high-achievers and perfectionists ordinarily operate. Feeling comfortable with uncertainty takes some getting used to as most of us have an innate wish to feel in control.

Daily wellbeing treats

Self-care is a proven remedy to most wellbeing ailments, but it's ironic that for many of us our self-care activities have been restricted by the coronavirus. Coffee with friends, a massage or a visit to the gym and other such activities are out for many people. However, this doesn't mean that we should neglect our mental health and wellbeing. Instead we need to look closer to home for our regular wellbeing treats. Things that help include regular deep breathing to start the body's relaxation response, practising moments of mindfulness to shut down mental chatter, finding hidden exercise opportunities to promote mood-enhancing endorphins and spending time each day in calm-inducing green space.

Resilience bank account

During my conversations one person described living in this era as “always feeling a little off balance, like standing in a dinghy in a rough sea and not knowing when the storm will pass.”

Our mental reserves are constantly been called upon, so it's necessary to build regular practices into our lives that build our resilience. Hopefully, most of us had bulging resilience bank accounts before the pandemic hit but it's never too late start. Attending to areas such as sleep, good nutrition, regular exercise, relationship-building and self-care help keep our resilience buckets filled up.

Humans are adaptive and can get better at anything with practice, including living through a once in a century pandemic and all the changes it brings to our lives.

Provided as a part of our school's Parenting Ideas membership

parentingideas.com.au



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.

TERM 4 JUNIOR COMPETITION

Free rego for each team
organisers child when 8 players
are paid for



Smith park Broadmeadow
Monday afternoons - U8 & U10 girls, boys and mixed divisions.
Wednesday afternoons - U12, U14 & U16 girls, boys and mixed divisions

\$75 pp
(Shorts/tights \$30)
Active kids vouchers
accepted online



www.newcastleoztag.com.au
For more information and how to register.
email: newcastlejnrs@oztag.com.au
Ph Rhiannon: 0401279544

PLAY WITH YOUR MATES AND REGISTER NOW!

Lake Macquarie Junior cricket
has a range of teams and
competitions to suit all ages and
ability from 4 to 17 years,
including:

- Saturday age cricket (7-17 yrs)
- Mid-week T20 competition (U14, U16 & U18)
- Junior Blasters (4-7 yrs)
- Master Blasters (7-11 yrs)
- Girls teams
- Coaching clinics
- 2020 season starts October



Search Lake Macquarie Junior Cricket to register online NOW!

W: lakemacjc.nsw.cricket.com.au

F: Lake Macquarie Junior Cricket Club

E: lakemacjuniorcricket@gmail.com

Help to stop the spread of COVID-19. Keep your family and loved ones safe.



If you're unwell stay in. Get tested. Isolate.



Wash your hands regularly. Take hand sanitiser with you when you go out.



Keep your distance. Leave 1.5 metres between yourself and others.



Wear a mask in situations where you cannot physically distance.



To find a testing clinic near you, visit
www.health.nsw.gov.au/Infectious/covid-19/Pages/clinics.aspx



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

CNPS Puggles Program proudly sponsored by



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