

From the Principal

Welcome to Week 8.

Can you believe it, there are less than 12 days of school left this year! So much to do and so little time. It won't be long and we will be breaking for the summer and all the fun that it brings. I strongly encourage all parents to read and discuss the article submitted by Mr John in this newsletter regarding children, screen time and active play. There are some very interesting facts about the benefits of children being active and how it helps learning, growing and development. See further on in the newsletter.



This Thursday is Light the Night! An informal night of fun where family and community have the opportunity to watch students perform some Christmas favourites. Later on in the newsletter there is an event overview of the night as to when each year level or class is performing. I ask that all families with mats/picnic rugs sit towards the front and families with chairs sit towards the back, as children will be performing on the basketball court. We encourage all families to bring your own food and drinks as P&C will only be offering a small amount of items for sale and there will be no cooked food. See the P&C page at the end of the newsletter for more details. The night starts with pre-entertainment from 5:30pm, with the performances from 6pm. We encourage you to come 'decked-out' in your finest Christmas gear to add to the spirit of the night. We also encourage you to bring along some glow products but please, no lit flames/candles. Can't wait to see you for a low-key fun family night.

Next Monday 10 Dec, we will be holding our Presentation Day assemblies. The senior assembly is at 9:15-10:00am and the junior assembly is from 10:15-11:00am. Both before and after the assemblies the P&C will be hosting a Book Fair for a 'buy one/donate one' final fundraiser for the year. These books will contribute towards class libraries in 2019. The book fair will take place outside the library in the year 6 area. On the day, we encourage all families to come into the library to have a look at the newly purchased library furniture. The purchase of this furniture has been a major joint focus for the P&C and school this year and I'm sure you will agree with me in saying it looks amazing. I can't wait to see the library after the final purchases are made in 2019.

Have you volunteered at school this year: in class, in the canteen, on the P&C, at Grounds and Garden Days, on an excursion, helped out at the Fete, read with children, driven students to sport, covered books. You are warmly invited to the Volunteer Morning Tea on Wednesday 12 December in the hall to say a big thank you for us to you. Volunteers are a special type of person that take time out of their own busy lives to give help, support, encouragement and expertise to our school. There are so many programs across our school that depend on volunteers and this is our opportunity to say a thank you. Please join us from 11:15-11:45am. All welcome.

Next Thursday evening our stage 3 students will be celebrating the Year 6 Farewell at Club Kotara. This night celebrates their achievements and each student is presented with their graduation certificate from KSPS. Students have a meal together, dance and enjoy one another's company in the final event for the year 6's. We ask all parents attending to start arriving 5:30 only.

Next Thursday all student reports will be available for parents and will be sent home as a paper copy for the last time Next year, all reports will be electronic only through the parent portal. The parent portal can be accessed through our KSPS webpage. If you cannot access it with your unique code, or have lost it, please contact the front office and the ladies will assist you.

Over the next two weeks our teachers continue their professional development and will be involved in peer observations and feedback of their teaching by our iPlay coordinator Neil Pratt. We are excited to be coming to

the certification stage of this program and have seen many benefits from the teacher professional learning right through to the students engaging and having fun with PDHPE curriculum.

Last week our year 6 Public Speaking finalists presented their speeches to the whole school Assembly. As usual, the quality of speakers were outstanding and we are pleased to announce the overall winner as Maeve Collins. Congratulations Maeve.



Mrs Best and her merry helpers will be operating the canteen right up until the last day of school 2018. WOW, we are so lucky to have a canteen open every day for our students and staff. I'd like to take this opportunity to say a very big thank you to Mrs Best for her ongoing commitment and passion to our school. Her unwavering support and hard work never ceases to amaze me. The quality and quantity of meals she turns out of our canteen is just amazing. Please join me in thanking Mrs Best over the next week and half with some special thank you messages in your lunch orders from children.

As the year draws to a close, I ask parents and students to be looking through our lost property baskets at the bottom of the stairs in Admin. At the end of the year we will be donating the quality items to the second hand clothing pool. If you are cleaning out uniforms at the end of the year that your child may have grown out of, or your child is going to high school, we would happily receive the uniforms as a donation to our clothing pool. Please send these to the front office.

Not long now and we will be celebrating the last day with the year 6 clap out on Wednesday 19 Dec from 2:30pm for the last assembly. Please join us for this final celebration of learning.

Have a great week learning and thanks for making #KSPSagreatplacetobe

Susan Maxworthy – **PRINCIPAL**

KSPS kids sharing their Christmas wreath with Mrs Max



Leo and Jack enjoying their Deaf Picnic day



Our SLSO's at their Thank You morning tea



School News

LIBRARY RETURNS

To all those students have returned their library books for 2018, well done. I am amazed at the number of books KSPS students read. Five classes very closely contest the Smartie class of the Year and anyone could win it. Please help your child to return their books this week.

Sue Harvey – TEACHER LIBRARIAN



DOG RESCUE NEWCASTLE

Thank you to the Dog Rescue Newcastle for attending our school assembly on Friday to collect their donations of food, from our KSPS community. We would also like to thank them for taking the time to let us hug, pat and take photographs of the furry canines Timmy, Devon and Sooky. Each year, volunteers foster homeless dogs to free up the local pounds and save them from being euthanised. They take on the daily care of these animals, until a suitable home is found for them. I would like to thank the people who donated food to this organisation and contributed to an extremely worthy cause.

Ms Payne – TEACHER



Canteen

Hello to everyone for another awesome week. A BIG thank you for all your amazing support for this year.

We have a 'This Friday Supa Special' (Friday 7th Dec). This will be last one for this year as Friday 14 Dec will be class parties.

Fiona Best – CANTEEN SUPERVISOR



This Friday Supa Special

Supa 5 Friday \$5.00

6 chicken chippies **OR** 1 chicken fillet burger with lettuce & mayo
1 pkt chips (any)
1 supa special milk cup
1 wicked fizz

Light the Night

Pre Entertainment Starting at 5:30

Junior Dance Group

"Bang Bang"

Year 3

"Aussie 12 Days of Christmas"

Kindergarten

"Rocking Around the Christmas Tree"

Year 4

"Jingle Bell Rock"

Drama Group

Year 1

"Santa Claus is Coming"

Year 5

"Frosty the Snowman"

Year 2

"Aussie Jingle Bells"

Year 6

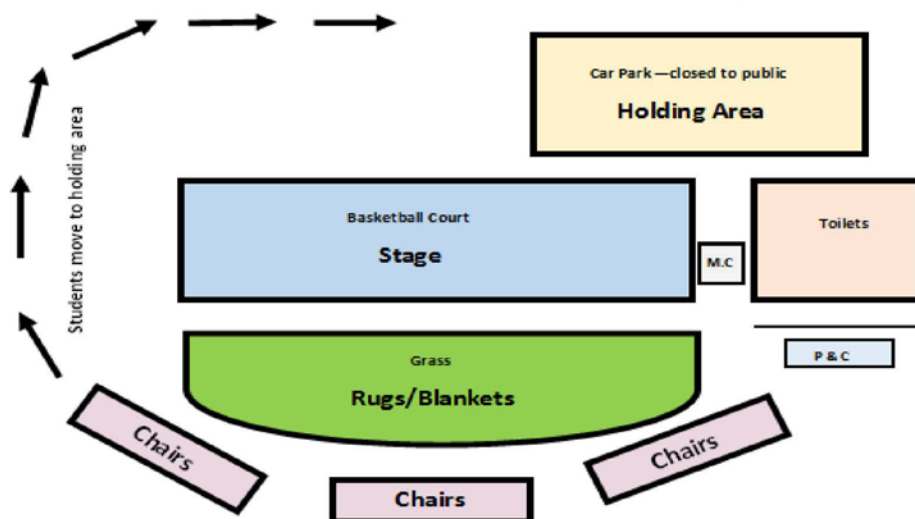
"Little Drummer Boy"

Choir

"This is Me"

Senior Dance Group

"What Do You Mean?"



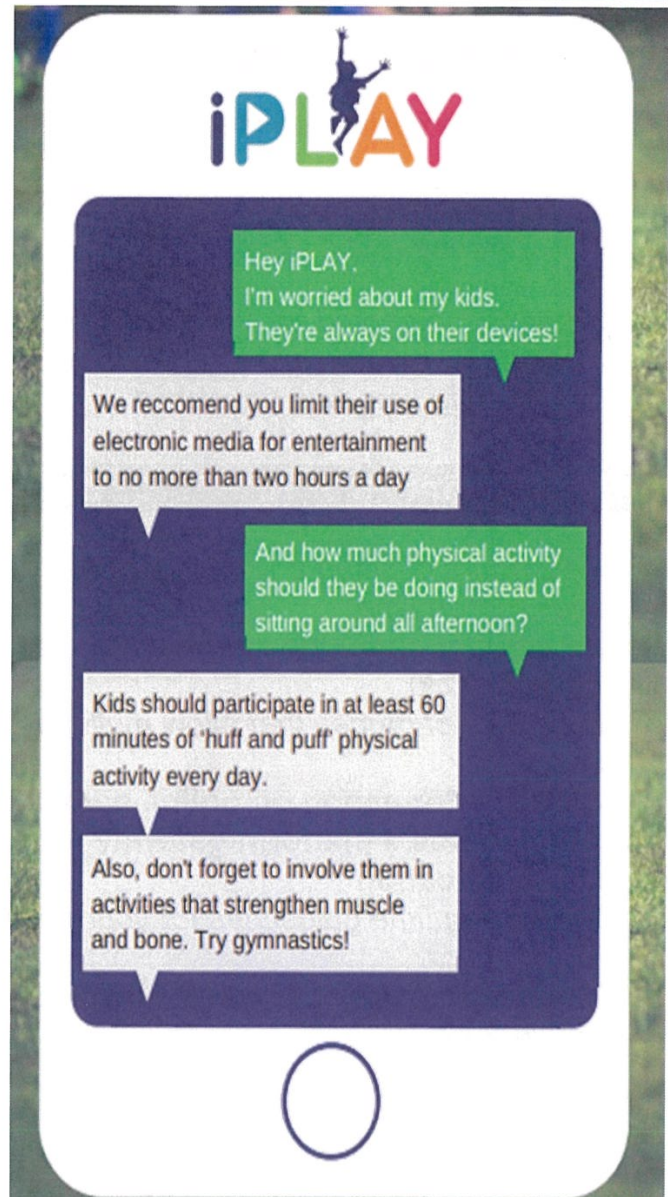
Small Screen Time

With the holidays fast approaching and with the increase number of students from as young as Year 1 spending time playing the current trending internet based game – Fortnite. It is timely reminder of the recommendations for children for small screen time (SST).

For children watching TV, surfing the web and playing computer games or small handheld devices can be good fun – and even educational! But spending too much time sitting still each day can be bad for your health. It's important to balance screen time with active play time so your body can grow strong, fit and healthy.

Effects of too much screen time on children

- Neck and back posture.
- Eyesight health.
- Straining of wrist, thumb and elbow.
- Sleep deprivation occurs.
- Weight gain or fluctuation.
- Communication skills decrease
- Social skills suffer including increase of aggression
- Exposure to explicit or inappropriate material/behaviour



Help for parents

- There are organisations that help review content suitability for children (www.common sense media.org)
- Use parental controls to block/filter Internet and television content. You can also set devices to the “do not disturb” mode to help limit screen use (eg: the family link app for android devices).
- The brightness and blue light from screens can be changed to a dimmer and ‘warmer’ setting.

- Examples of screen time rules can be found online, along with timetables. Examples include:

www.healthychildren.org/English/media/Pages/default.aspx

or the Common sense media family contract

www.commonsensemedia.org/research/technology-addiction-concern-controversy-and-finding-balance/resources)

Screen time should be supervised and monitored by parents. Find ways to be involved with your child's screen time so that your supervision becomes another way of spending time with your child.

Remember:

- 8-12 hours of sleep and 1 hour of "huff and puff" exercise should always take priority over screen time.
- **Be vigilant checking ratings and make decisions accordingly (ie Fortnite is rated M 12+)**
- *Be aware of games that allow multiplayer and online chat and apply settings as necessary*
- **Gather information on online games and social media forums and how they can become a platform gateway for inappropriate grooming through online communication**
- *Set screen time guidelines for your family and involve older children in the decision making.*
- **Monitor the use of screens, keeping in mind the recommended maximum per day is 2 hours.**
- *Consider turning off the TV and other devices during meals.*
- **Keep TVs and screens out of bedrooms and in high traffic areas.**
- *Be a role model for your kids, by being active and limiting your own use of screens.*



Assembly Awards

WEEK 7

KO'R	Colby Wilson Alani Restall Madie Tasker	2C	Reed Hoskins Dylan Gooze Shelley Price	5/6E	Thomas Phelan Grace Ryan Lawson Lonergan
K/1P	Lucy Kearns Maddie Smith Christopher Outram	2J	Alex O'Donnell Daniel West-Sooby Ryley Hayes	5/6P	Lawson Cook Ruby Cannon Alex Belcher Claire Hall
KR	Ivy Owens Abigail Cousins Xanthe Vickerman	3/4F	Angie Ottery Bella Turner Oliver Grant	5/6M	Noah Ellis Nate Hoskins Phoenix Taylor Luke Everitt Eli Wang
1G	Kylara Wech Alex Vincent Josie Farrow	3/4W	Poppy Martyn Tom Barfield Rhiannan Hall	HSUB	No recipients
1M	Maya O'Brien Breanne Allado Tommy McClymont	3/4G	Elodie Playdon Violet Main Isaac Smith		



MERIT AWARDS

Gold	Jack Blissett
Silver	No recipients
Bronze	Josie May McMahon Gemma Ward

EXECUTIVE AWARDS

No recipients



Important Dates

This Week

6 Dec ▪ Light the Night 6-8pm

For more details and events visit
<https://kotarasth-p.schools.nsw.gov.au/events.html>.

This Month

10 Dec ▪ Presentation Day
 12 Dec ▪ Volunteer Thank You Morning Tea
 12 Dec ▪ P&C Meeting 7-8.30pm
 13 Dec ▪ Year 6 Farewell
 19 Dec ▪ End of term



Next Year 2019

29 Jan ▪ Staff Development Day
 30 Jan ▪ Yrs 1-6 start of school year
 30 Jan-1 Feb ▪ Best Start Testing Kindy
 4 Feb ▪ Kindy's start day
 19 Feb ▪ Meet the teacher BBQ

P&C Association

LIGHT THE NIGHT

The P&C will have a stall at the Light the Night evening on the 6th December, selling cold drinks, chips, chocolates, show bags, glow products and Christmas craft items. All items will have limited stock so please come early if you don't want to miss out. We will not be selling any hot food on this occasion.

BOOK FAIR ON PRESENTATION DAY

The P&C is running another Scholastic Book Fair before and after the Presentation day assemblies on Monday 10th December. Come and get some Christmas shopping sorted or donate a book to your child's classroom or to the school library.

AWARD DELAY

There has been a backorder on some of the prizes for school banking. They will be distributed once they do finally arrive.

LAST DAY FOR SCHOOL BANKING

The last day for school banking will be on Monday 10 December 2018.

UNIFORM SHOP

The uniform shop will be open during the Christmas holidays. Make sure you like our Facebook Page to be kept up to date with the opening days and times.



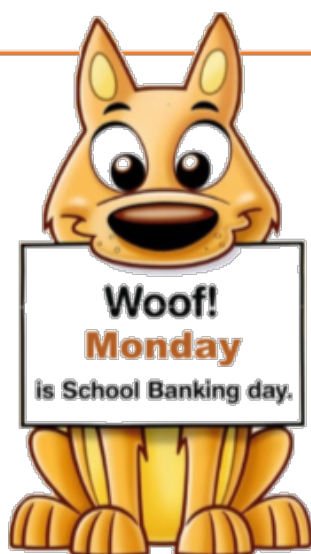
Next Meeting: 12 December
Xmas Dinner @ Fernleigh Cafe

✉ kspspandc@gmail.com

Find us on 

[Kotara South Public School P&C](#)

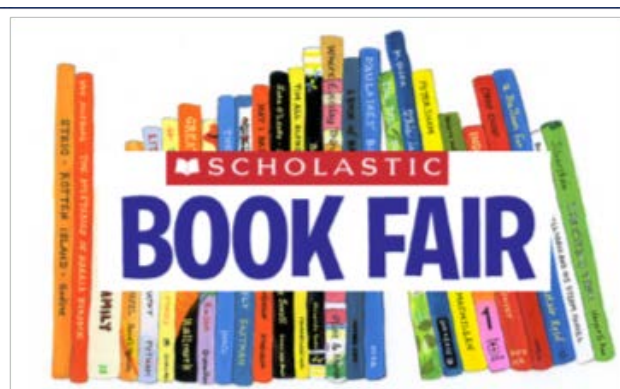
Skoolbag 



School Banking

-Monday-

Hand in
bankbooks in
class
or
drop in lock box
in the office.



10th December

Before & after Presentation Day activities