

From the Principal

Welcome to Week 1

Welcome back to school and term 4, how the year is flying by, next thing you know it will be Christmas.

KSPS school site had an intensive and busy holiday break with many different building projects being conducted during this time. Completed to date is the removal of old pavers and concrete in the walkway leading to the canteen and replaced with all concrete. Alongside this is a giant new garden bed, which in-time will house bush tucker plants, native species and various aboriginal artefacts and totems. Currently we have moved the 'Keys to Success' into this space for the interim period. We also have painting in KR and KOR, OOSH, the old hall, external D block, E block. Carpet has been replaced in the old hall, KOR and OOSH. Added to this has been vinyl in the some of the walkways to prevent carpet wear and tear. To come will be 50 new black fence panels, painting inside the canteen area where the sports equipment is and internal senior toilets. The handrailing external to the top of A block is being replaced as well. So many exciting construction items across our school will contribute to the ongoing refurbishment of KSPS. Thank you to the staff, students and parents for your flexibility during this time with location changes and movement at short notice. A special thank you to Mr Ward who worked very hard all holidays to get our school looking so terrific. A very big thank you to the team at DoE Asset Management, Hunter Region for their commitment to KSPS, we really do appreciate it.



This week our year 2 students commenced the Swimming Program. Each morning the students assemble outside the hall and are on the bus leaving just before 9am. All students are to be commended on their outstanding behaviour, being safe, listening and learning. See photos further on in the newsletter.

Very soon our stage 2 and 3 students will be attending our annual school camps. Stage 2 will visit Mowbray Farm at Picton for 2 nights (3 days) and stage 3 will visit Bathurst/Jenolan Caves/Katoomba for 3 nights (4 days). This is super exciting and preparations are in full swing. We encourage parents to be positive and resilient when talking through camp with your child, always letting them know that the staff are there to help them overcome any concerns or worries. Camps are for building resilience, exploring new places outside our regular environment, building friendships and tackling challenges head-on with support and encouragement. All students not attending camp are expected to be at school each day. Stage 2 and 3 parents are reminded to see your child's class teacher sooner rather than later if you have any questions, do not leave things until the last minute.

A reminder that the P&C will be running a Trivia night later this term on Saturday the 9th of November. This is an exciting evening for parents to come along have some fun whilst raising money for our school. The theme is "At the Movies". See further on in the newsletter for details and the link for ticket purchasing. Tickets are \$20 per head or \$160 for a table of 8. Any donations of prizes for the night are kindly accepted through the front office.



As the weather warms up a reminder all students need to have a hat to play. There are many lost hats in the Lost Property area in the canteen, please check. Also, students need a water bottle so that they can stay hydrated. Yesterday students were given their Swap It program goodie bags with material to help parents with packing healthy items in lunchboxes. There was also a drink bottle and freezer cube for keeping lunches fresh in the warmer weather. The Swap It program works alongside our Healthy Canteens Guidelines which has now been approved as we are meeting the guidelines. Congratulations to our P&C and Mrs Best in the canteen for meeting all the requirements of the healthy canteen's guidelines.



Safety is always our main priority at KSPS. Included in this is the safe driving practices in and around our school. No cars are permitted into the rear of the school on the access driveway when there are students on the oval. Driving into the rear of the school for OOSH pickups in the afternoon are also prohibited. Designated school zones have stringent parking and speed limits, a reminder that both police and NCC parking rangers do attend school during drop off and pick up times. All school users have the right to be safe in and around our school, so let's all do our part.

Our school will be participating in the *Partners in Learning* parent survey, another part of the DoE Initiative *Tell Them From Me* suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers of all KSPS students' questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is open to all KSPS parents/carers and is conducted entirely online on smartphones, iPads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. **The parent survey will be conducted between 16 September and 25 October.** Although participating in the survey is entirely voluntary, your responses are very much appreciated.

There is a TTFM Parent Survey FAQs for Parents & Carers at:

https://surveys.cese.nsw.gov.au/images/FAQs/TTFM_Parent_Survey_FAQs_Parent_and_Carers_T3_2019.pdf

I am so proud of our school and can't say it enough times... #KSPSagreatplacetobe.

Susan Maxworthy – **PRINCIPAL**

School News

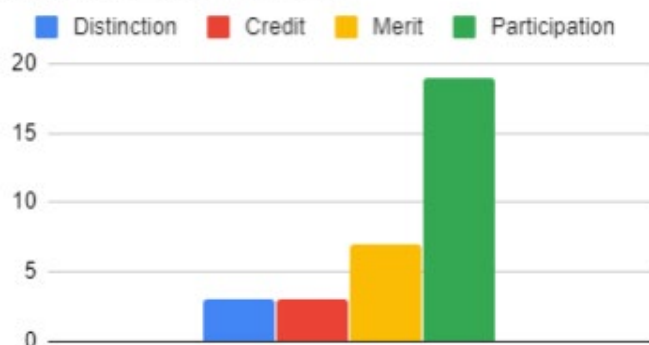
ICAS RESULTS – MATHEMATICS AND SPELLING

The results from the recent International Competition and Assessment for Schools tests have been received. Those students who participated in the Spelling and Mathematics assessments should be pleased with their results with a number of students achieving commendable results. Overall in both subjects, KSPS students achieved 8 distinctions, 7 credits and 9 merits.

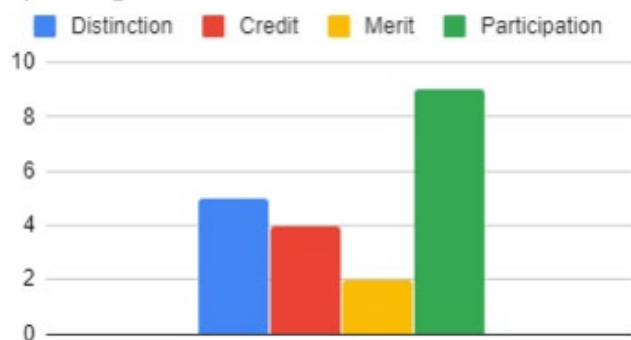
Writing results are pending.

Patrick Warren – ICAS COORDINATOR

Mathematics Results



Spelling Results



EARN & LEARN RESOURCES ARE HERE!

Thanks to the KSPS community turning in all those Earn & learn stickers, the school was able to order a huge amount of games and learning resources for classes to benefit from and enjoy. Thank you KSPS Families!

Valerie Main – KSPS EARN & LEARN COORDINATOR



KINDERGARTEN ORIENTATION PLAY SESSION

Our first Kindergarten Orientation play session for children beginning school in 2020 will be held next Wednesday, 23rd October. Parents and carers are asked to bring their child to the KSPS school hall for a 10am start. Children will have the opportunity to play with their peers and meet the Kindergarten teachers. They are not required to bring anything along for this session.

Mrs Maxworthy will be giving a tour of the school to those who wish to stay while their child attends the play session. Children can be picked up from outside the hall at 11am.

We hope to see you there!

Miss Brooke Partridge – KINDERGARTEN CO-ORDINATOR

ETHICS TEACHERS NEEDED

Do something life-changing and become a volunteer ethics teacher at Kotara South Public School. You'll be rewarded with a unique learning and development opportunity while supporting children to think logically, disagree respectfully and use evidence and reasoning to make decisions rather than act out of habit or peer pressure. Teach ethics and you'll be helping children develop important skills for life.

We will need two new Ethics Teachers for 2020. If you have a genuine rapport with children and a keen interest in learning, and are available to run a short class on Tuesday afternoons each week, then ethics teaching may be the volunteer opportunity for you.

Visit <https://primaryethics.com.au/volunteer/ethics-teacher/> to learn more and to apply or email Valerie at kingvdom@yahoo.com.

Valerie Main – **KSPS ETHICS COORDINATOR**



COUNSELLOR CORNER

Preparing for school camp

It's normal for some kids to feel anxious about going to camp. Here's how to help them enjoy the adventure with confidence.

At a glance:

Some anxiety about going away to camp is normal.

School camp gives kids the opportunity to experience independence and make new friends.

Talk positively to your child about your own experiences at camp.

Find out if your child can choose a friend as a room mate.

Make sure your child can master skills like applying sunscreen and doing their own hair.

Have your child help label and pack all the belongings they are taking to camp.

School camp is one of the highlights of childhood – chances are you can still remember some of the campfire songs, the smell of damper cooking and the names of the kids you bunked with. However, it's also true that for some children (and their parents) the thought of staying away overnight can create a little anxiety.

It's not uncommon for kids to worry about:

- who they'll room with
- 'being left out' of things
- whether something might go wrong
- feeling homesick
- other understandable concerns.

Even the most outgoing and confident child may have a few moments of separation anxiety as the time to leave gets closer.

Children enjoy the challenges that camps provide – sharing a room, embracing challenging activities, sharing responsibility for things like washing up and getting to know their teachers outside of the classroom.


It's worth remembering that every challenge your child overcomes contributes to their resilience and self-confidence when facing more unfamiliar situations later on.

For more information visit <https://education.nsw.gov.au/public-schools/practical-help-for-parents-and-carers/family-wellbeing/assorted-topics/getting-ready-for-school-camp>

Belinda Robinson – **SCHOOL COUNSELLOR**

Assembly Awards

WEEK 9 & 10 TERM 3

K'OR	Eva Bencke Jackson Horscroft-Smith Harper Hudson Harry Vaughn Kiera Wallace Sia Cristaudo	1/2G	Maverick Wood Quinn Freeman Alani Restall Bronte Rippon Chilli Rippon Breanne Allado	3/4M	Sunny Hulsman Emma Jennison Noah Tam yam Eloise Horvath Joseph Kyle-Whitson Chase Hain	5/6P	Luke Fuller Alexis Vickerman Kunga Lungtok Cooper Donnelly Ben Belcher Matilda Sharkey
KR	Scarlett Migus Elle Crispin Braden Clarke Sofia Konjarski Steffen Herkentrup-Albring Ruby O'Brien	2C	Sebastian Castagna Cienna Perry Eloise Postol Maya O'Brien Tommy McClymont Lucius Pendlebury	3/4W	Rhiannan Hall Molly Hamence Archer Freeman Liam Sharpe Oliver Grant Lucas O'Connor	HSUB	Jack Engelman Aissata Diaw
K1/P	William Maddern-Richards Edward King Tahlia Abel Colby Wilson Amber Sharpe Madie Tasker	2E	Aiden Luks Ava Buchanan Cohen Capriotti Nate Hefferen Rory Fenwick-Mulcahy Peter Jago	5/6J	Pat Dunne Josie McMahon Chloe Henshall Jackson McClymont Zali Smith Clare Gascoine William West-Sooby	<div><div>MERIT AWARDS</div><div><div>Gold</div><div>Silver</div><div>Bronze</div></div><div><div></div><div>Bella Turner</div><div>Harry Vaughan Kiele Lane Hadley Cook Sofia Horscroft-Smith</div></div></div> <div></div>	
1A	Jed Alexander Gemma Ward Xanthe Vickerman Cooper Betts Vivienne Bencke Cameron Menzies	3/4F	Chelsea Ward Genevieve Postol Daniel West Sooby Jai Donnelly Jessica Kelly Kira See	5/6M	Leo Mackie Alex Belcher Sophia Hall Sean Pua-Bowen Phoebe Evans Amber Watt		



Keep track of school events by signing up for notifications on the [Sentral for parents](#) app. 'What's On' reminders are posted each Sunday evening. Or, please check the [Events page](#) of the [KSPS Website](#) for all upcoming dates and details.

P&C Association

INTERRELATE FAMILY EVENING PROGRAM

-- Please return your forms with payment as soon as possible, as we need to advise Interrelate how many people are attending --

The P&C will be hosting two information sessions for Stage 2 and 3 students and their parents/carers **on Wednesday 23 October** (next week!). Session 1 (Years 3 and 4) starts at 6pm and Session 2 (Years 5 and 6) follows at 7.15pm.

The sessions are not restricted to these age ranges: older students are encouraged to attend Session 1 if they have not previously seen this program; and younger students are welcome to attend Session 2 at the discretion of their parents/carers. The cost of each session is \$32 per family for 1 session, or \$37 for both sessions, payable as cash or cheque to the school office, or using the school's online payment facility.

More details are available on the information sheet and permission form attached to this newsletter.

CANTEEN NEWS

The changeover to the new Healthy School Canteens menu is coming soon! Some stock on the current menu will only be available until it is sold out. **Party Meat Pies, hash browns and chicken nuggets are already sold out.** If you have any queries regarding this process, please email the P&C. We will distribute the new menu soon, via the newsletter, Facebook and Sentral.

Mrs Best is always on the lookout for helpers in the canteen. Volunteers help from around 8.45am until approximately 12pm. Mrs Best will send you home with a delicious lunch as a small token of thanks for your support. [Online Canteen Roster Term 4](#)

TRIVIA NIGHT

Tickets are now on sale and selling fast! The trivia night is on Saturday 9 November, with the theme "At the Movies". Come dressed up as your favourite movie characters or bring some decorations to theme your team's table.



You can buy tickets individually, or one person can buy a table - up to 8 people per table. The cost is \$20 per ticket or \$160 for a table (a small booking fee applies for online orders).

Tickets are available online via trybooking: <https://www.trybooking.com/BFUOT>

You may also purchase tickets with cash in an envelope to the school office, with details of who the tickets are for, an email address to send the tickets to, and who else you would like to be seated with. BYO food and refreshments and have a fantastic night with friends at this child-free event!



Next Meeting: 13 November
7pm in the Library

kspspandc@gmail.com

Find us on

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



SENTRAL
Parent Portal



When kids ask "the" questions... Interrelate has the answers!

Interrelate is a specialist organisation with over 90 years' experience teaching sexuality and relationship education in NSW schools. Interrelate educators are highly trained and skillful presenters.

The topic of sexuality is handled with sensitivity, openness and humour. The program offers an interactive approach to learning, with a variety of audio-visual materials, discussions and games.

Session 1: Where did I come from?

1-hour session: Years 3-6

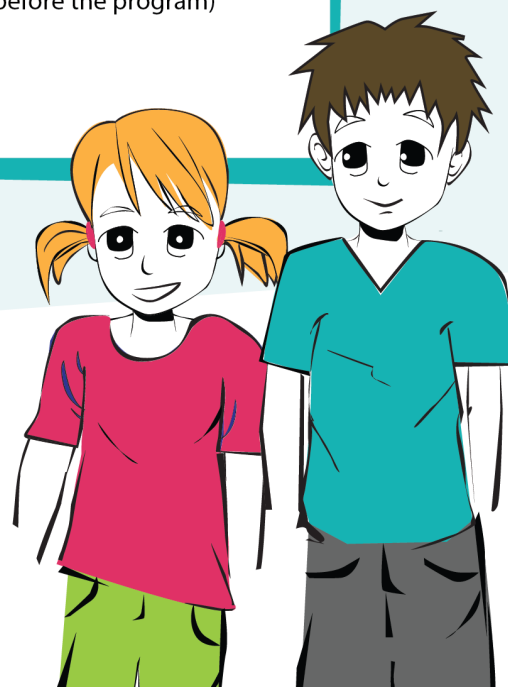
Session 2: Preparing for puberty

1-hour session: Years 5-6

Years 3-4 can attend at parent's discretion

Specialty books are available for purchase on the night.

Keep a look out for flyers (coming home with your child before the program) outlining session content.



Permission Flyer

Session 1: Where Did I Come From?

Time: 6:00pm

Audience: Year 3 and 4 students and their parents/carers

Sessions: 1 x 60-minute session

Program focus:

- Discuss the male and female reproductive systems, foetal development and the birth process
- Personal safety and protective behaviours

Note: *Older students are encouraged to attend if they have not previously seen this program.*

Session 2: Preparing For Puberty

Time: 7:15pm

Audience: Year 5 and 6 students and their parents/carers

Sessions: 1 x 60-minute session

Program focus:

- Discuss the physical changes of puberty, emphasising that it can be different for everyone
- Develop students' understanding of periods and sperm production, as well as the physical, emotional, social and intellectual changes associated with puberty for both boys and girls
- Enhance awareness of children's personal safety and protective behaviours

Note: *Younger students are welcome to attend at the discretion of their parents/carers.*

Family cost: 1 session \$32 per family | 2 sessions \$37 per family

Please note that this cost is GST inclusive

Where: Kotara South Public School

When: 23-Oct-2019

(Specialty books are available for purchase on the night)

Please complete and return to your school with cash/cheque payment in an envelope

(please make cheques payable to the school)

Family name: _____

No. attending: Session 1: Where did I come from? _____ Session 2: Preparing
puberty _____

in Interrelate's **'Family Evening Program Bundle 2'**. Enclosed is my payment of \$ _____

Signed _____ Date _____
Parent / Guardian



Kotara South Public School

PACKING HEALTHIER LUNCHBOXES

Our school is committed to supporting all children to live healthy and happy lives. By encouraging children to eat healthy everyday foods at school, together we can make a big difference to a child's health and their ability to learn.

Why lunchboxes?



1/3

Of a child's dietary intake occurs at school.



GOOD NUTRITION

Improves behaviour and concentration in the classroom.



EVERYDAY FOODS

Give children energy to play, grow and learn.

However



ONLY 5%

Of primary school aged children eat enough vegies daily.



ALMOST 1/2

Of children's lunchboxes are made up of sometimes foods e.g. chips, muffins, muesli bars.



1 IN 4

Australian children are overweight or obese.

What does a healthy lunchbox look like?

A healthy lunchbox, full of everyday foods, includes:



Crunch&Sip®:

Vegetables or a piece of fruit.

Recess:

Vegetables or a piece of fruit + 1-2 everyday snacks.

Lunch:

Sandwich / wrap / roll with everyday fillings or alternative such as pasta or fried rice.

Drink:

Water and/or reduced fat plain milk.

Good for kids
good for life



swop it
everyday in the lunchbox