

From the Principal

Welcome to Week 7

In the last few weeks our teachers have been very busy conducting assessments for the end of year reports. At present these reports are being written, moderated and will be published through the Parent Portal – web version. Our Student Reports are an accurate reflection on your child's achievement within the six subject areas with comments, plus information around the 5 Keys to Success and work habits. We also list your child's school activities for the semester and days absent. Please be aware the days absent report on each and every day your child has not been at school - sick, leave, etc for the semester. Partial days are also recorded. If your child is in Year 6, I remind you to please print / save all reports, as once they leave KSPS, their reports are no longer available on our system. Reports will be available on line through the Parent Portal on Friday week 9, 13 December 2019.



I wanted to discuss the Parent Portal v's Sentral for Parents app. I fully understand the frustrations with the Sentral for Parents app. Please be assured that every challenge you report to us, we do pass this onto Sentral. Whilst we have never had an official line of feedback from Sentral, it appears that every update that is done with your phone, the Sentral for Parents app does not accommodate it. It generally seems to be conflicting with any type of finger or face recognition software. The fix is always: 1. Turn off recognition devices within your phone, 2. Delete app 3. Reinstall the app. There are Samsung and Apple differences as well. We apologise for this frustration. Please know, that the web version of Parent Portal (same program, different pathway to the information and different name) is always available through a web page on any device. Just access this through our KSPS webpage. See the link here [Web version of Parent Portal](#). Please screen shot your issues and send to the school office as we pass these onto Sentral. We can't report the exact issue, if we don't know exactly what it is.

Since arriving at KSPS in 2016, I have consistently reported to our Assets unit the desperate need to have the windows replaced upstairs in A block. These magnificent full-length windows allowed full airflow into the rooms, but were never able to be used to their potential as the windows had very little, in the way of full-sized railings that gave us confidence in safety. Therefore they were only ever opened to a minimal width. I am very pleased to announce that after 4 years I have been able to secure a full refit and installation of brand-new appropriate windows across every room in A block upstairs. In the coming weeks, all our windows will be removed and replaced with sectioned windows with pinboards at the bottom and banks of louvres at the top. These meet the specific safety requirements of the Dept of Education. Scaffold will go up on the eastern side of A block and we are hoping all works will be completed by day 1 term 1 2020. Exciting times indeed. Along with this major assets work, we are also having a lot of painting done across the school. The handrails on external stairs of A block are being replaced as well. Over the last two weeks we have also had, 55 black fence panels replaced off our external fencing. Many major works are being completed in a quick and efficient manner. We are very appreciative of all the work being done through our DoE Assets unit and can see real site improvements in our amazing school. It certainly is being future proofed for many generations to come.

As you aware, we have reformed the 'Light the Night' Christmas items onto the back of our assemblies as the school calendar was mixed around with stage 3 camp and the bushfires. As promoted yesterday for Stage 2 and 3, the senior Light the Night items will be presented for parents and community after our regular assembly this Friday. Assembly runs from 9-9:30 approximately and then students will perform their various items. The same format will run for Junior classes K-2 next week after their regular assembly. We still want children to have the opportunity to perform their item after their regular assembly time. Please note, that these are the last senior and junior assemblies for the year. In week 9 we have our Presentation Day assemblies, in week 10 there will be a final whole school assembly Wednesday December 18 at 2:30pm as we farewell our year 6's with a walkout on their final day of primary school.

Last Friday, we farewelled Mrs Anne Ball after nearly 27 years of service to the Dept of Education and most of this service being at Kotara South. Mrs Ball had a farewell morning tea where our P & C Vice President Mrs Megan Wood joined us to celebrate Mrs Ball's career at KSPS. Words are difficult when you talk about what a front office lady does for others. There are so many people over so many years, however, every single person who has come to our office and has met Mrs Ball knows its her calmness, care and kindness that leaves an imprint on your heart. We will miss you Mrs Ball. Congratulations on a wonderful career. PS: Mrs Ball is trying on retirement with her first ever cruise. Bon voyage !

Next week, our Stage 3 students will be going to camp. We are visiting Bathurst, Jenolan Caves and Katoomba over 4 days / 3 nights. This camp was delayed due to the bushfire situation over 2 weeks ago. Thank you for your flexibility in the change of dates. A reminder camp is MONDAY morning, bright and early 6am.

School News

Just some reminders of upcoming events we don't want anyone to miss out on: Monday 9 December is Presentation Day: Seniors from 9am and Juniors from 10:15am, Wednesday 11/12/19 at 11am is the Volunteers' morning tea in the Library (all welcome) and then on Thursday 12 /12/19 is the Year 6 farewell from 5:30pm at the Kahibah Bowling Club. On Wednesday 18 December we have the last day of school for 2019. We have a special assembly from approximately 2:30pm and then a walkout for our Year 6 students. A reminder that we will be moving classrooms in week 9 and 10. Your child may be working from a new room location during these weeks in preparation for 2020.

The final newsletter for the year is in week 9. This will be a bumper issue with each stage doing a half page summary of learning for semester 2. The next issue is jam-packed.

Have a great week learning and making #KSPSagreatplacetobe

Susan Maxworthy – PRINCIPAL

STAGE 3 BATHURST EXCURSION

Next week Stage 3 will be travelling to Bathurst, Jenolan Caves and Katoomba for their annual 4-day excursion. We were all very disappointed when this excursion was postponed due to the fires earlier this month and are now looking forward to being able to go next week. A huge thank you to Sid Foggs who were able to arrange an alternative date for us at such short notice. The Stage 3 excursion will provide students with rich learning experiences outside the school environment. It will also enable them to build resilience and independence whilst collaborating, creatively problem solving and making memories with their friends.

YEAR 6 PUBLIC SPEAKING COMPETITION

The Year 6 Public Speaking Competition was held last week. Year 6 students were asked to prepare a 3 minute speech on the topic 'My advice would be.....' Congratulations to Lucinda, Cameron, Lilly and Jackson who presented their speeches at the final last Wednesday. The speeches were very well presented by all the students. Well done to Cameron Oliver, who was announced the overall winner of the competition. He will have his name engraved on a perpetual trophy and will present his speech at our school Presentation Day.



PRESENTATION DAY

Our annual Presentation Day will be held on Monday 9 December in the KSPS school hall. The 3-6 assembly will commence at 9.00am and the K-2 assembly will commence at approximately 10.30am. Parents of all students receiving an award will be notified by phone before the event. As in previous years there will be special guests, a choir performance, the announcement of the 2020 school leaders and of course the presentation of awards.

YEAR 6 FAREWELL

The Year 6 Farewell will be held on **Thursday 12 December** starting at approximately 5pm. All Stage 3 students are attending this event. This year the Farewell is once again being held at Kahibah Sports Club in the function room. Mrs McClymont, Mrs Ward, Ms Payne, Mr John and Mrs Maxworthy are currently organising the night including decorations, food and the presentation of the Year 6 Graduation Certificates. All Stage 3 students have participated in Dance 2b Fit sessions this term and have learned a number of traditional and contemporary dances in preparation. Dance 2B Fit will be coordinating the disco on the night. Our Year 5 students are busily creating place settings, decorations and the Year 6 DVD. We are all looking forward to a wonderful evening! Official invitations with specific details and times were sent home last week.



COUNSELLOR CORNER

Strategies to support anxious children

When kids have anxious thoughts or feelings, a common response from the adults in their lives is to step in and solve the problem.

If they're terrified of dogs, it's pretty reasonable to keep them away from the pitbull next door....right? Well, not really. By helping children avoid scary situations, you're reinforcing and fueling their anxiety. They're also missing out on opportunities to develop coping skills and prove to themselves they can deal with the anxious thought or feeling next time it comes up.

The best thing you can do for your child is to help them learn how to cope with anxiety:

Start by slowing down - Encourage your child to take some slow, deep breaths to calm the physical effects of anxiety. Practice together by breathing in for three seconds, holding for three seconds, then out for three. Once they're feeling a bit calmer, you can talk through what's worrying them.

Climb that ladder - Instead of skirting the scary situation, you could try a technique called 'laddering' – breaking down worries into manageable chunks and gradually working towards a goal. Let's say your child is afraid of water and swimming. Instead of avoiding the pool, create some mini-goals to build their confidence. Start out by just sitting and watching other kids swimming. As they feel more comfortable get them to try dangling their legs in the water, then standing in the shallow end, and so on.

Encourage positive thinking - Kids with anxiety often get stuck on the worst-case scenario or 'what ifs' in any situation. You can help them shift these thinking patterns by:

- reminding them of times they've dealt with similar issues in the past and how things worked out OK
- helping them to challenge the scary thought with facts and evidence. For example, we know that crocodiles can't survive under our bed
- make a plan for how they'll respond if things don't go as they'd like.

Have a go - Anxious kids often worry about making mistakes or not having things perfect. This can lead to them avoiding situations or activities – they'd rather sit out than get it wrong. Emphasise giving new things a try and having fun over whether something's a success or failure.

Model helpful coping - Don't just tell your child how to overcome emotions – show them. When you get anxious or stressed, verbalise how you're coping with the situation: "This looks a bit scary, but I'll give it a go." And hey, you might even knock off one of your own fears. Kids pick up all sorts of signals from the adults in their lives, so have a think about the messages you're sending. Over-protective family members can inadvertently reinforce children's fears that the world is a dangerous place where everything can hurt you. Similarly, parents who 'over-help' are subconsciously telling their kids that they can't do anything without adult support.

If you're prone to 'helicoptering', try taking a step back and waiting next time before you jump in. It can be hard seeing your child distressed, but figuring things out for themselves is an important step in building resilience.

Help your child take charge - Think about what you can do to make your child feel like they have some control over the scary situation. For example, if your child gets anxious about intruders, make shutting and locking their bedroom window part of their night-time responsibilities.

Be upfront about scary stuff - Lots of kids have worries about death, war, terrorism or things they see on the news. This is all really normal. Talk through their fears and answer any questions truthfully. Don't sugar-coat the facts – try and explain what's happening in a way that puts their fears in perspective.

[Source: <https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety/strategies-to-support-anxious-children>]

Belinda Robinson – SCHOOL COUNSELLOR

School News

SRE

The Scripture teachers have enjoyed working with the students whose parents have chosen SRE for their children this year.

Classes provide the opportunity to question, explore and discover common Christian beliefs, values and practices, as well as enjoying traditional Bible stories together.

SRE Classes are on Tuesday afternoon 2.20 - 2.55. Anyone in the school community who might be interested in teaching next year is encouraged to contact Sally Smith 0431150583 or sallysmith12@gmail.com.

All who teach must undergo training, be authorised by their church and follow an approved curriculum.

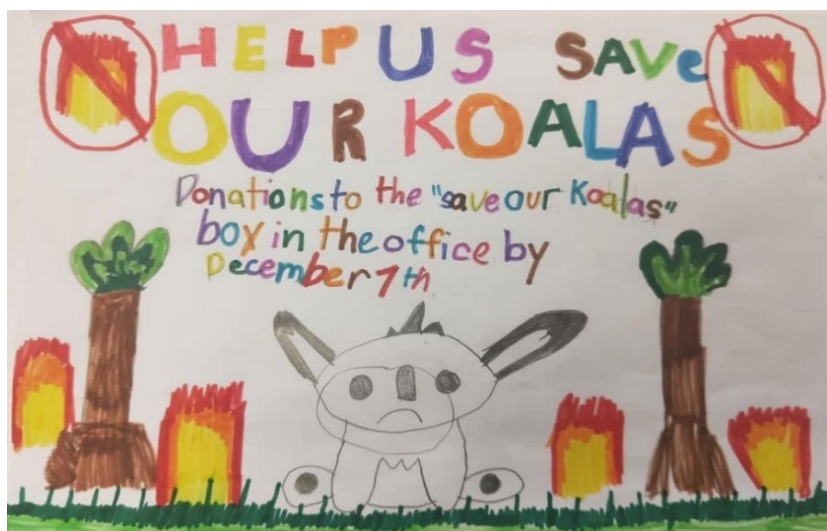
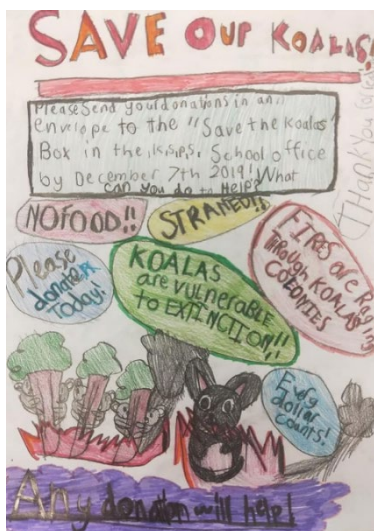
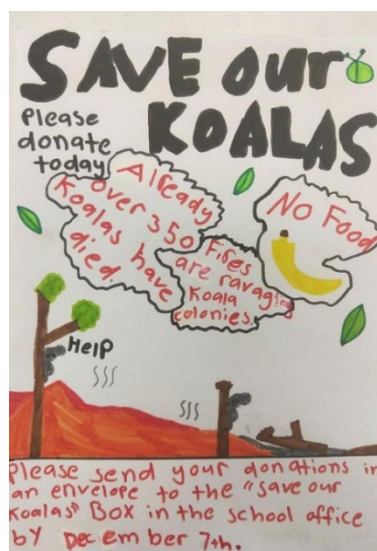
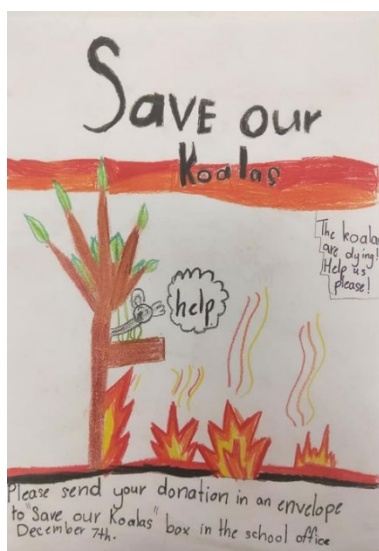
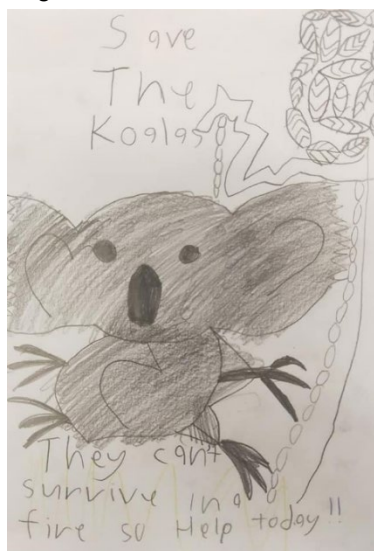
SAVE OUR KOALAS' FUNDRAISER

Stage 1 students have organised a fundraiser to raise money for our koalas who have been suffering due to the recent bushfires in NSW. We have already lost over 350 koalas and many more are in serious danger and in need of medical attention. We must act now!

Stage 1 students are asking families to please donate any amount of money to this extremely important cause. Donations can be dropped at the school office in the 'Save our Koalas' box from today Wednesday November 27 until Friday December 6.

We are very proud of our students for driving such a worthy cause. Thank you to Marcus 1A, Madie K/1P, Breanne 1/2G, Jasmine 2C and Lia 2E for your fantastic poster designs to advertise our cause.

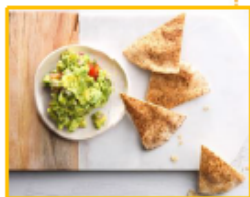
Stage 1 Teachers



The simplest way

... to pack a picnic.

Summer is a great time to enjoy picnics with friends and family. We find it easiest to pack some different kinds of breads and crackers such as baguettes, wholemeal rolls, Lebanese bread, rice cakes and corn thins in the picnic basket and then a range of fillings in an esky for everyone to create their own lunch. Try these delicious fillings:



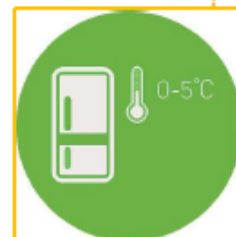
- [Hummus](#)
- [Kale and basil pesto](#)
- [Guacamole](#)
- Different types of cheese (cheddar, labneh, cream cheese)
- Sliced veg (e.g. tomato, capsicum, beetroot, lettuce)
- BBQ chicken

healthylunchbox.com.au

The simplest way

... to keep food safe in summer.

Foods such as meat, fish, poultry and eggs; cooked pasta, noodles and rice; and dairy items such as milk, yoghurt, custard and cheese need to be kept very cold.



- Use a cooler bag and ice brick or frozen water bottle to keep food cold in the lunch box.
- Freeze items such as sandwich bread, milk poppers, and home-made muffins. They will be thawed and ready to eat at lunch time and keep other lunch box items cold.
- If preparing lunches the night before, store in the fridge or freezer.
- Don't store food in an insulated bag in the fridge, it stops the cold air reaching the food.
- For food that has just been cooked, cool it in the fridge overnight before packing.

healthylunchbox.com.au

The simplest way

... to make healthy party food.

Celebration season is upon us – but party food doesn't have to be unhealthy. Fruit and veg are bright and colourful and make the perfect ingredient for special party foods. Try these fun ideas:

- Watermelon fruit salad bowl
- Pita bread Christmas trees
- Frozen yoghurt pops
- Watermelon cookie cutter shapes
- Banana and strawberry candy cane



healthylunchbox.com.au

swop it
everyday in the lunchbox

Quick everyday lunchboxes

It doesn't take a lot of time to pack an everyday lunchbox.

To save time try:

- Packing the lunchbox the night before
- Using leftovers from dinner in the lunchbox
- Packing whole fruit and vegetables, such as apples, bananas, cherry tomatoes or baby cucumbers.



For more time saving tips visit:

<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/tips/tips-to-save-time/>



Good for kids
good for life



SunSmart Snippet

The simplest way

... to be SunSmart this summer.

Consider UV levels when planning your summer activities.

When UV is 3 or above you need to PROTECT your skin in 5 ways:

- Slip on sun-protective clothing
- Slop on SPF 30 sunscreen or higher
- Slap on a broad-brimmed, bucket or legionnaire hat
- Seek shade
- Slide on some wrap-around sunglasses



Download the free SunSmart app to know what the UV levels are in your location to help plan your summer fun.

SunSmart App is available on the App Store and Google Play

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au



Nutrition Snippet

The simplest way

... to pack a Christmas lunch box.

This bright and colourful Christmas themed lunch box is delicious and ticks off all 5 food groups. It includes:



- [Chicken and couscous salad](#)
- A yoghurt tub
- Diced watermelon
- Cucumber and cherry tomatoes
- [No bake cookies](#)
- Water

For more recipes, ideas and lunch box inspiration visit healthylunchbox.com.au

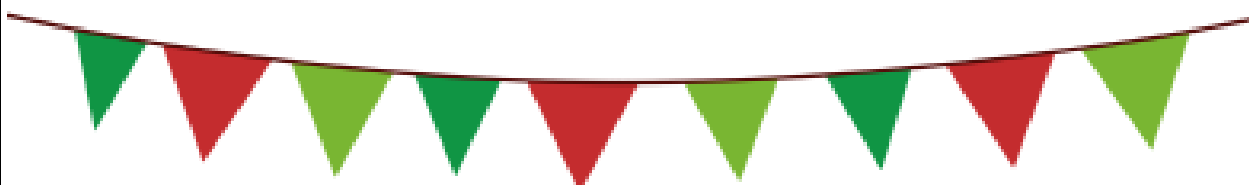
healthylunchbox.com.au

Light the Stage

This Friday 29th November, Stage 2 and Stage 3 students invite parents and friends to a morning of musical performances in the new hall.


Our normal assembly will begin at 9:10 followed by Light the Stage.


Hope to see you there



Assembly Awards

WEEK 6 & 7

K'OR	Keira Wallace Harry Vaughan Harper Hudson Sia Cristaudo Danielle Creamer Charlotte Burton	1/2G	Quinn Freeman Blake Mitchison Finn O'Brien Alani Restall Sophia Horscroft - Smith Spencer Toole	3/4M		5/6P	
KR	Hadley Cook Maxwell Castagna Alexander Bruton Elle Crispin Sofia Konjarski Ruby O'Brien	2C	Keira Wallace Harry Vaughan Harper Hudson Sia Cristaudo Danielle Creamer Charlotte Burton	3/4W		HSUB	
K1/P	Ashton Moss Scarlett Morrison William Maddern- Richards Coby Sheldon Madie Tasker Beau Simpson	2E	Mia Clarke Matthew Hopton Zahli Hac Peter Jago Nate hefferen Cohen Capriotti	5/6J			
1A	Natalia O'Donnell Isabella Rice Henry Thomson Koby Dormand Gemma Ward Zumkar Thinley	3/4F		5/6M			
							

MERIT AWARDS

Gold	
Silver	Aiden Luks, Jada Capriotti Connor Dwyer
Bronze	Darcy Luks William Maddern-Richards Braden Clarke Madison Taska Kodah Wicks Jackson Horscroft-Smith Cian Crowe Stefan Herkentrup- Albring



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

LAST MEETING FOR 2019

The P&C's final meeting for 2019 will be our **Christmas party on Wednesday 11 December at 7pm**. Details and costs are still being finalised but this will be a catered event held at school. If you'd like to come along and help us celebrate another successful year, **please RSVP to the P&C email by Friday 6 December**, thank you.

UNIFORM SHOP

Please keep an eye out in our next newsletter for holiday opening hours for the Uniform Shop. We plan to open a couple of times on the weekends leading up to the start of school and on the day before school. In the meantime, if you would like to beat the crowds, **the Uniform Shop will be open at our regular times until the end of Week 9**. If you need a new shirt for Presentation Day, next Friday 6 December 8.45am to 9.15am is your last chance. Remember if you can't make it there in person, you can put in an order at the school office with the correct cash amount owing, and the order will be filled the next time the uniform shop is open.

MRS BALL'S RETIREMENT

The P&C presented Anne Ball with a retirement gift at a special Morning Tea put on for Anne last Friday. Megan, P&C VP, presented a box of chocolates and a Westfield Gift Card to her for all her support and assistance through the years. We wish Anne all the best in what life has in store for her next.



**\$5 FROM EVERY PAIR
OF SHOES PURCHASED
IS DONATED BACK TO KSPS!**



Every time you purchase any pair of shoes from the Athlete's foot, mention Kotara South Public school and \$5 will be donated to our P&C. This applies to the whole family and across the entire footwear range.