From the Principal

This week:
- **PBL Launch**
- **Education Week**
- **Excursion costs information**

**PBL Launch**
Wow – what an assembly last Monday! The Positive Behaviour for Learning team’s hard work is paying off! The assembly was one of the best I have experienced with a very respectful audience who were quick to settle down and pay attention. We have begun to focus on using our whole bodies to listen and I particularly like that we listen with our brains and our hearts as well.

It was wonderful that so many parents, friends and family could attend too, and like me, I’m sure they were impressed by our PBL launch video – thank you Mrs Wardlaw and the stars of the video.

So that you can enjoy it again, Mrs Wardlaw has posted it on the website.

Children and teachers are using the posters that have been positioned around the school to help remind us of the school’s expectations of being a Safe Respectful Learner.

Our new mascot, Goldie, will help to remind us of our responsibilities.

**Education Week**
At the assembly I talked about how this is the 60th anniversary of Education Week in NSW Public Schools. Many of you already know how passionate I am about our public school system. My sister, also a teacher, and I went to public schools, as did our children, and now my grandchildren.

I feel very strongly that public schools well deserve to be resourced at appropriate levels to ensure that every child gets the quality education they deserve, regardless of where they live or their background.

On behalf of the principals of the Kincumba Learning Community, I hope you enjoyed Kincumba Shines last night as much as I did. Thank you to our talented teachers for giving up their time to make the performance brilliant and thank you to the students and their families who got them to the performance and bought tickets to see them shine!

**Excursion costs information**
From time to time, parents ask me to explain how we plan excursions and why they cost so much, so I thought I would share our planning process with you.

First and foremost, teachers have to seek approval to even think about planning an excursion. I have to ensure that what they want to do and where they want to go will comply with DEC policy.

Only after I have given approval, teachers begin the planning;
- obtaining quotes for travel costs, entry costs etc;
- attending to organisational steps of notifying other staff and volunteers of changes to school routines including the canteen and arranging swaps for rostered playground duties,
- posting dates on all school calendars like the website, Skoolbag and internal calendar;
- undertaking a risk assessment and then writing a risk management plan that not only considers risks associated with the venue or planned activities but also individual students’ health care or behaviour needs,
- ensuring that teachers have up-to-date training in asthma/anaphylaxis/allergens management or CPR or First Aid if swimming is involved, or an overnight stay is required.

This information is then passed back to me for another round of approval.

**From the Principal continued over page;**

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### Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday August 1</td>
<td>Orders to canteen for Treat / Trash Day - home made soup $3.00</td>
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<tr>
<td>Tuesday August 5</td>
<td>Canteen Soup / Trash Day</td>
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<tr>
<td>Wednesday August 6</td>
<td>Stage 2 excursion 2M, 2C &amp; 15 2H Old Government House Parramatta</td>
</tr>
<tr>
<td>Thursday August 7</td>
<td>Stage 2 excursion 2K, 2L &amp; 17 2H Old Government House Parramatta</td>
</tr>
<tr>
<td>Tuesday August 12</td>
<td>ICAS Maths paper</td>
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<tr>
<td>Wednesday August 13</td>
<td>Year 6 Market Day - $4.00 per student K - 5</td>
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<tr>
<td>Thursday August 14</td>
<td>Central Coast Public Speaking Competition.</td>
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<tr>
<td>Monday August 25</td>
<td>Year 2 Swim Scheme commences</td>
</tr>
<tr>
<td>Wednesday September 3</td>
<td>Worlds Apart Performance - information and notes next week</td>
</tr>
<tr>
<td>Saturday October 11</td>
<td>SCHOOL FETE 11.00am to 3.00pm</td>
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</tbody>
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### Students of Week 2, Term 3, 2014.

| KE | Sierra Currie |
| KP | Chloe Smith & Flynn Henry |
| KW | Rhiannon Jackson |
| 1G | Christopher Bellchambers |
| 1E | Larissa Evans |
| 1H | Timoci Vakadudukoro |
| 2H | Zane Kirkman |
| 3K | Lauren Tait |
| 1M | Tyler Russell |
| 2K | Katelyn Annabel |
| 3H | Jacobie Hoare-Hughes |
| 1T | Morgan Fuchs |
| 2C | Lena Orrock |
| 3S | William Melville |
| 2L | Zoe Vella (week 1) |
| 2M | Lottie Heatley |
| 3W | Caitlin Waite |
|    | Library       |
|    | Mia Pashley   |
I hope that this helps to give some understanding of what outcomes the cost of transport and achieved the same learning historical sites into one day instead of two and have saved the same, they have cleverly compacted the visits to the looked at ways of reducing costs while still going to the used to be a two.

For example, the upcoming Stage 2 excursion to Parramatta to comply with our department’s policies. Once all this is completed a permission note is sent home to parents and carers.

This is a very time consuming and thorough process so that students can enjoy off-site learning experiences that represent value for money, are safe to participate in and comply with our department’s policies.

I hope that this helps to give some understanding of what takes place BEFORE an excursion note goes home and the work that teachers do to plan low-cost, safe and enjoyable excursions.

Hope you had a great Education Week at our great school.
Trish Peters
Principal

Parenting Tips

Is your child getting enough sleep?

Many children have a stock standard answer to hearing “Time to get ready for bed!” – it’s “Sleep is boring and I’m not even tired!”

However children require a proper amount of sleep in order to grow to their full potential. Sleep is necessary not only for your body to rest for the next day, it’s important for your brain too. Some scientists believe that the brain sorts through and stores information, replaces chemicals and solves problems while you snooze.

Most kids between 5 and 12 years of age get about 9.5 hours a night however experts agree that most need 10 or 11 hours each night. Sleep is an individual thing and some kids just need more than others. As well, a disturbed sleep at night makes it harder to function during the day, raising the risk of problems with behaviour and learning.

Here are some sleep tips for children:

- Establish a regular sleep pattern – bedtime shouldn’t vary by more than an hour between school and non-school nights. The same goes for the time your child wakes up.
- Establish a consistent bedtime routine.
- Make sure the bedroom is comfortable (e.g. quiet, calm and dimly lit) so your child sees the bedroom as a good place to be. You can help do this by not using it as a place for punishment.
- Bed is for sleeping, not for entertainment with such things as TV, computers or hand held games.
- Daily exercise and time outside in daylight hours promotes good sleep.
- If worries stop your child relaxing, you could use a “worry box”. Your child draws or writes about their worries during the day and thinks or talks about possible solutions. Before bedtime they put the drawings and writings in the box. Also, visual imagery can help by choosing a book with pictures of a place your child can imagine e.g. “a beach we went to on our holiday.” The more your child can learn to create pictures in her mind, the more it can help them relax.
- Be sure to get all the sleep your need as well as your kids.

Happy dreams.

Class Item

Students in 2L have been improving their vocabulary to better describe their experiences at school.

Here are some of our impressions:

- I especially dislike when I get distracted at school.
- I find it infuriating when someone annoys me and even though I find it hilarious, I can’t fix it and sometimes I miss out on important instructions. Overall it is confusing. One thing I do to avoid distraction is to sit next to responsible classmates. Miss Liddy encourages us to be resilient and try our best to ignore them.
- I love being the centre of attention at school. It brings me so much joy!
- I love making plays, and most of the time my humour makes people laugh. Seeing people laugh just instantly makes me so happy. I like making people enjoy themselves and have fun with me. My confidence grows when I make my classmates laugh. It is impossible to resist.
- Earlier this year, Miss Liddy taught us a whole lot about recycling. I thoroughly enjoyed this learning experience. I came up with a recycling rap all on my own and I was surprised by it.
- I like to be around quiet and calm classmates. They often produce dazzling and creative work. I don’t like it when children push and shove at school. I find those manners very aggressive and bothersome.
- The one thing I love about school is cheering people up. After I cheer people up it feels so great. One of the reasons I feel so great is I then have new friends that are the people I cheered up. If people are feeling down I always like to cheer them up. It’s the highlight of my day when I do that.
- I especially like the You Can Do It program at KPS. Ever since the program was introduced to our school, our students have become more resilient, persistent, organised, confident and have displayed excellent getting along skills. One thing I am blown away by at KPS is the amazing teachers. I love how amusing they are, it makes learning fun.
- I like school when I do work that is interesting and not too hard. We get homework and my mum and dad are really helpful with this. The wonderful thing about school is you get to make new friends, especially ones that aren’t lazy.
- It’s important to talk to teachers about problems at school. Then they can help fix problems. One thing that teachers help with is when kids push and are aggressive when we are lining up. This makes me feel annoyed and frustrated, and I appreciate being able to tell my teacher and know that she cares and helps with this.
- I hate to miss any of my playtime at school. It’s the one thing I look forward to most of all. I try my best to finish my work on time so I won’t have to miss any playtime.
- I like school. It is fun when I play with my sister and friends. School is fun because I have friends. I especially enjoy lunch at school because I get to choose whom I spend my time with. I see my sister and friends from different classes.
- I like reading books and using the computer to play Starfall word games. My favourite book is Spider, Spider. I don’t like writing because it is tricky, but I am getting better at it.
- I like that there are helpful teachers in my class. I don’t like it when people don’t pay attention. Many of the students are skilled in my school. Some of the kids make work that is mind-blowing. There are lots of interesting things to learn at school.
- I love Miss Liddy, our class teacher, because she is very talented. Miss Liddy teaches us with so much enthusiasm and I find it completely mind blowing. The way she teaches music is just amazing. She taught us how to creatively invent and play a drum. She understands that we like to choose individual activities. Her humour though is my favourite of all her qualities.
- Sometimes I cheer up my best friend Teagan. Once when she lost her jacket I just said, “don’t worry about it,” and we searched everywhere. Then I told her to try to remember where she last had it. Together we found it. Sometimes when I am sad Teah cheers me up too and it makes me really happy and thankful.
- I thoroughly enjoy working in maths groups because I get to use all kinds of equipment. We’re learning to measure area, and it’s challenging because different shapes need careful measuring.
- I appreciate my creative and loyal friends who work with me to write interesting stories and reports. The Junkyard Band performance was brilliant, with lots of ear shattering but well organised rhythms.
- The orchestra performance at Erina Fair was mind blowing. I loved being part of the orchestra and loved listening to the Symphony Orchestra. It was a brilliant experience.
- My teacher loves my sense of humour, and helps me enjoy school but in a respectful way. I like being organised and getting my work done. Our class loves challenges.
- We get to do lots of interesting and creative activities.
- My family are proud of how I’ve improved, especially in my writing and spelling.
- I’ve been working on my learning goals, and have already achieved some I set this term. I’m growing in confidence, and am proud of myself.
'Kincumber Public School Fete'  
Saturday 11th October from 11.00am-3.00pm  
ALL FETE PROFITS  
FOR CLASSROOM TECHNOLOGY AND IPADS  
Only 11 weeks to go!!!

Over Term 3 we will be asking you to please bring in items for our School Fete............

Mon 28-Fri 8 August  Drawing Competition
Mon 18-Fri 22 August Clothing Collection
Wed 27 August Tombola Collection
Thu 4 September Gift Basket
Mon 8-Fri 12 Sept Book Collection
Wed 10 Sept Chocolate and lolly Collection
Mon 15-Fri 19 Sept Toy Collection
Tue 7-Fri 10 October Plant Collection
Fri 10 October Cakes, slices, biscuits, jams & preserves

Donations also needed for silent auction, any contributions would be greatly appreciated.

We need you help!
Fete Meetings will be in the school hall:
Friday 8th August – Choose pictures from drawing competition
Friday 22nd August-Help sort clothes
Friday 5th September-Sort Tombola Prizes/jars & make up gift baskets
Friday 19th September-Sort chocolates and lollies, Books & Toys
Friday 10th October-Sort cakes, plants, prep set up ready for fete

A detailed flyer was sent home with students this week.

For more information please contact;  
Janine Roberts 0412 469 128

Class with most tickets wins a party!!!!
Fete items brought in/parent/student volunteered time are worth a ticket. Class who earns most tickets will win a class party.  
Put your well-earned tickets into the fete party box in your room GOOD LUCK!!!

PBL LAUNCH
This week, in conjunction with Education week, KPS launched Positive Behaviour for Learning (PBL). In preparation for this launch, staff, students and community members have worked together to develop a vision statement that reflects our core beliefs as a learning community.

Our vision statement is:
At Kincumber Public School we value and strive to develop safe, respectful learners in a caring, learning community. We focus on promoting excellence, opportunity and success for every student, every day, inspiring students to participate positively in society.

This is an exciting time to be part of a school which positively views school-wide discipline as "school-wide systems of support". At our school this means our staff is committed to proactive strategies for defining, teaching, and supporting appropriate student behaviour. This will help to further develop a positive school environment for all of our students.

As part of our launch we created a short video featuring a number of students from K-6 which was positively received by the audience on the day. This video has been posted to our school website and parents are able to access this from the “news” page of our KPS website. The direct link is http://vimeo.com/101911390

Feel free to leave feedback on the video page. To find out more about how parents can be involved in PBL, please contact the school via email on kincumber-p.school@det.nsw.edu.au

'KINTEEN'- CANTEEN ROSTER  
TERM 4 - WEEK 3

| Monday August 4 | Charlotte |
| Tuesday August 5 | Amanda No Trash Treat Day Orders by Friday August 1 |
| Wednesday August 6 | Rachael |
| Thursday August 7 | Wendy |
| Friday August 8 | Jo |

Don’t forget to use our online ordering, a great way to order your children's recess and lunch.

Fleximeals on line: www.fleximeals.com.au
If you would like information on how Fleximeals works please call Linda the school’s canteen manager

UNIFORM SHOP HOURS

TUESDAY 8.30am to 9.30am
WEDNESDAY 2.00pm to 3.00pm
THURSDAY 8.30am to 9.30am

Kincumber Public School Market Day 2014

When: Wed 13 August 2014
Time: Starting 12.30pm
(This will mean on early recess 12.15 for all students)
Where: School Playground
Why: To raise money for the Year 4 farewell gift
Cost: $4 per child (this includes an ice cream)
Note: There will be lots of stalls operating for the children to enjoy, run by our year 6 students.
Children will be able to participate in these stalls as many times as they wish.
Only Year 6 students are allowed to wear mufti. All other students should wear their school uniform.
Year 6 students will be running stalls on the day (and therefore do not pay for Market Day)

Feast of Pets & plants
Noodles
Chinese Food
Salad Bar
Sausages
Spaghetti Bolognese
Chips & Burgers
Barbeque
Drinks
Biscuits
Brownies
Pies
Slices
Cakes
Pies
Our food is ALL NATURAL

MARKET DAY 2014

Please return your payment of $4.00 to the office before Wed 13 August 2014.
**Kincumber Swim Centre**
- Aquababes 4mths—3yrs
- Learn to Swim
- Stroke Correction
- Squads
- Adult Swim Fit
- Aquarobics
- Private Lessons
- Adult Learn to Swim

**Rajdhani Indian Restaurant**
Anil & Rina Lamba
Shop 9, 37/41 Avoca Drive
KINCUMBER 2251
(Next to Australia Post)
Phone: 4369 1277
Take-away: 4369 1256

Winner 1996-2006
NSW Winner 1998
NSW Finalist 1999-2000
National 2002 and 2005
Regional Award 2009

**Kincumber Village Pharmacy**
The Convenient Chemist on the Coast
- Fast prescription service
- Revlon stockists
- Diabetes Australia Agents
- Free prescription pickup and delivery

Open 7 days
8am - 8pm

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Domestic and commercial properties treated for all pests.
We only use the latest environmentally safe, non-toxic treatments.

**Do you love cricket?**
Then come & play with the Kincumber-Avoca Cricket Club.
We will be fielding teams from under 9s to 17, as well as running an IN2Cricket program for younger players (5-7 years of age).

Sign up at one of our registration days:
- Sunday August 10 - 10.30am - 12.30pm
- Tuesday August 12 - 5.30pm - 7.30pm
- Sunday August 17 - 10.30am - 12.30pm

Contact - Rod Ursem on 0425 210 570 or rodursem@hotmail.com

**Can your Students Climb Sydney’s Tallest Building?**
We would love to invite your students to be part of the “School’s Challenge” at this year’s Sydney Tower Stair Challenge on August 24. This is a great chance for teams of 4 to take on the 1504 stairs from Pitt Street Mall to the Observation Deck at the Sydney Tower Eye. **Participants have to be 12 years or older.** Each stair climbed will assist Giant Steps who operate a school and intervention service for children and young people (2-20) who have been diagnosed with Autism Spectrum Disorder.
For more information and to register simply go to www.active8change.com.au. Alternatively you can contact Steve Corrie at Active8Change on 0439 975 759 for specific event day information or Michelle Jocum at Giant Steps On (02) 9879 4971.

**If you are interested in supporting the school**
**This space is available for advertising**
**Please contact the school office 4369 1544**

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