PRINCIPAL’S MESSAGE
"Today’s mighty oak is just yesterday’s nut, that held its ground." - David Icke
Knowing when to hold your ground is a valuable lesson – but just like the oak we have to learn to be flexible with the wind or risk damage. Please read the article on the next page about resilience and ANTS spotting.

Storms: I wrote the comment on Friday before the storms on the weekend. If you are aware of any of our families who need our consideration & support please let us know. It left a scar on the landscape but that can be repaired. It is the families and particularly the children we are concerned about. If we can help don’t hesitate to ask. Our SES have confirmed to me that the school is safe from hazardous materials and that they urge students and parents to stay away from the Leisure Centre and ovals and also Minamuura St until further notice as there is risk to health from asbestos. The school is very safe and we urge parents who have suffered to try to get their students back to school and into a regular routine.

RED CROSS – we are combining with all schools across the Kiama area to support the Red Cross appeal. We are dressing in red and white on Friday and asking for a gold coin donation. All money will be combined with the other schools to go to the charity.

Parent Information Nights - thank you to all the parents and staff for attending the nights. Building a good relationship between the parent and teacher is a vital element in your child’s education. If you have issues with communicating then let us know. The website should be your first point of call and each teacher will have term updates on class news published.

SRC and House Captains were awarded their badges at Tuesday’s assembly. SRC first task is to run the Red Cross Red and White mufti day this Friday. Each SRC member is expected to attend meetings held Monday lunchtime and then feedback information immediately afterwards to their class. They also have a Notice board attached to the hall to keep information updated. This is the students’ noticeboard and it makes a big difference if they ‘own’ it.

Michael Honeywood ,

Camp Quality Puppet Show - we welcomed the event to highlight the need to support children and care for those going through cancer treatments. It was wonderful to be able to share the message that it’s what’s on the inside, not the outside that counts. It was a wonderful show about acceptance at all levels. They had a message that said children recovering from cancer may temporarily lose hair, can have pale skin and are vulnerable to other illness after the treatment. We urge you to let us know and keep your child at home if they have communicable illnesses especially measles and chicken pox. Until then remember the motto for Camp Quality “Laughter is the best medicine”.

Important Stuff:

CYBERSMART
Free talk: 5.30 – 6.30pm in school hall for all parents TUESDAY 19TH MARCH-child care provided & a prize

ADIDAS FUN RUN is coming to KIAMA Public School! 22 DAYS TO GO

RED CROSS MUFTI DAY THIS FRIDAY 1st MARCH – gold coin donation & wear Red & White

SCHOOL PHOTOS – Monday 11th MARCH
HIGHLIGHTS & GENERAL NEWS

LOOK OUT FOR ANTS – RESILIENCE TRAINING

My most popular workshop at the moment is Learning to Bounce where we explore resilience. Resilience is generally accepted to mean the ability to bounce back after adversity.

However, inspired by the words of Dr Sue Roffey a couple of years back, I’ve been fascinated by the notion that resilience is also the ability to bounce forward. Specifically, Dr Roffey talks of Post Traumatic Growth as opposed to the more commonly thought of, Post Traumatic Stress.

When I’m working with staff and students, we explore how being resilient also gives us the confidence to push ourselves out of our comfort zone. To take opportunities we might otherwise pass up if we feared failure. This is another example of how resilient people bounce forward.

One of the things we can all do to enhance our resilience (like any ability, we can develop it) is to look out for ANTs, or Automatic Negative Thoughts. Everyone experiences these thoughts from time-to-time, and how we deal with them can have a huge impact on our lives.

See which of these four ANTs you can recognize in yourself. Catastrophising – It’s a disaster! It’s completely ruined. Overgeneralising – Everyone else is going, No-one likes me. Filtering – When someone asks you how your day was, you forget the three positive things that happened and focus on the one negative. Mind reading – They said they liked it, but they were just being polite.

There are many more, and sometimes it’s easier to spot ANTs in others before you see them in yourself.

If you do see an ANT… try to get rid of it! Challenge your thinking.

Have you got all the facts? Can you look at it from the other person’s point of view? Is rumination on the issue doing you any good at all? Can you accept or solve the situation?

It’s not easy. It takes practice. But just for the next week, try some ANT spotting. Because sometimes just identifying them can change the way you look at a situation.

Author: Dan Haesler, he is a teacher, consultant, and speaker at the Mental Health & Wellbeing of Young People seminars

HELPING YOUR KINDY KID SUCCEED AT SCHOOL

A great way to kick off your child’s formal education is to understand the school culture and what your child is doing in the classroom.


Speech problems

All kids learn how to talk and listen at different rates but did you know there’s a general pattern to your child’s language development?


PARENTS OF YEAR 5 AND YEAR 6 STUDENTS

Kiama High School is holding an OPEN NIGHT for YEAR 5 AND YEAR 6 students and parents on THURSDAY 14 MARCH 2013 commencing at 7.00pm in the school hall.

This is a very busy night and we suggest you arrive between 6.30pm and 6.45pm to be seated by 7.00pm. Because of the large number of students coming into Year 7 next year, the hall will be extremely full. To allow as many people to be seated as possible, we are asking that, where possible, parents make alternate arrangements for brothers and sisters and that only Year 5 and Year 6 students and their parents attend.
During the evening, information about the school will be provided by staff and SRC leaders, you will be entertained by the school band, vocal and drama groups, and there will be an opportunity to tour the school and see displays of students’ achievements as well as students at work.  
*We look forward to meeting with you on the night.*

**STUDENT NEWS**

**MUFTI DAY – THIS FRIDAY 1ST MARCH**
The Kiama Community of Schools Mufti Day is on this Friday, 1st March in support of Red Cross and the amazing work they do to help Australian communities in need. Kiama High School, Kiama Primary and Minnamurra Primary are all involved. The theme of the day is red and white and students who dress in mufti are expected to donate a gold coin in roll call. Kiama students feel passionate about helping those in need in NSW and Victoria after the bush fires and in QLD after the floods. As a school community we can make a significant contribution.

**ASSEMBLIES**
Assemblies are held for routine announcements, awards and class items.

**Whole school K-6 Tuesday at 2.15 (odd numbered weeks).** These assemblies are generally just for staff and students. Occasionally parents are invited if there is a specific focus e.g. student councillors being presented with their badges

**Stages 2 & 3 Tuesday at 2.15 (even numbered weeks). Class items will be presented and parents are welcome to attend.**

Stage 2 & 3 assemblies as follows:

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**Stage 1 Fridays at 9.30 (odd numbered weeks).** These assemblies are generally just for staff and students. Songs and dances may be taught during this time for a future performance for parents.

**Stage 1 assemblies at 9.30am (even numbered weeks). Class items will be performed and parents are welcome to attend.**

Stage 1 assemblies for Term 1 as follows:

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**HAT AWARDS**
Congratulations to these students who are the first recipients of a Hat Award for 2013
Jack Blair, Oren Petersen, Ella Baker, Max Allen, Austin Dean, Daisy Laird, Sophie Yates, Ryan Jessop, Jade Quigley, Emma Murphy, Jaylen Soga, Ethan Chapman and Blake Rogers
SELECTIVE HIGH SCHOOL TEST 2014
Applicants for Year 7 placement in a selective high school in 2014 are required to take the Selective High School Placement Test to be held from 9.00am to 1.15pm on Thursday 14 March 2013.
The test centre for students from our school is:
   Dapto High School
   Cleveland Rd
   DAPTO NSW 2530
Parents may check test centre allocations at
Please contact the Unit if you have any enquiries regarding the Selective High School Placement Test or the procedures involved in the placement process. Telephone: (02) 9707 6249

SPORT

District Swimming Carnival
Congratulations to the members of our team who are representing us at this year’s Tongarra District Carnival.

ROD WISHART & PAUL MCGREGOR SHIELD/LEGENDS DAY
For the past 10 years we have entered two exciting competitions, the Rod Wishart Shield, a seven a side competition for Year 5 and 6 students, and the Paul McGregor Shield, a seven a side competition for Years 3 and 4 students. It is a great opportunity for kids who don’t play Rugby League to try our game. The emphasis is on participation, with the aim of the day being to have fun, enjoy the games and socialise with neighbouring schools. We would particularly like to invite interested girls to attend. This year we will be attending the Week 7 competition on Tuesday 12th March at Flinders Oval Flinders. Notes went out this week.
Jim Carney
fatalbert@exemail.com.au

AFL
Trials for district AFL were held last Thursday at Bonaira Oval. Kiama Public School was represented by Mitchell Deans, Jye Paring, Reuben West, Devante Kona, Cameron Wills and Daniel McCombe. The boys impressed the selectors and have been chosen in the district squad. They will now represent Tongarra district at the upcoming Zone trials on March 7.

BOYS CRICKET
South Coast cricket trials had to be postponed due to wet conditions last week. Having been selected in the district team, Baxter Kane will be trying out for selection in the South Coast squad this Thursday. We wish him the best of luck.

BOYS BASKETBALL
Congratulations to Fynn Cowan who has been selected in the Tongarra district boys basketball squad. The Tongarra district team will play at the South Coast trials at Berkeley on March 8 where the South Coast team will be selected.
Andrew Ellsmore

CLASS REPORT

4/5 SHEARER
The children in 4/5S have settled quickly into good work habits and class routines. Having an across Stages 2 and 3 class means that H.S.I.E. units are different as are spelling list words, maths expectations, Scripture times, some weekly sporting activities, although not in Term 1, and choir rehearsals. Year 5 class members are working on Antarctica at present and Year 4 are studying Australia. Fortunately there are crossover items such as animals and Australia’s Antarctica Division that we can work on together in class. Our librarian, Robyn Davis, takes each group for individual H.S.I.E. lessons weekly. We have been revisiting different writing text types helped along with Alanya’s bird visit and Maggie’s dog visit recently but our main focus has recently been persuasive text writing. The class has written very convincing pieces on why dog off-leash times should be the same at Werri Beach and Bombo Beach, which is all day. These are almost finished and will be sent to our council before the end of February for consideration. Thanks for supporting the school with the buying of maths text books and paying for the special S.I.S.A. sports program this term. Our class item will be performed at the week 8 assembly.
Mr Shearer – Class Teacher
P & C

ADIDAS FUN RUN
You should be out there on the pavement getting your sponsors for the fun run. Only 2 1/2 weeks until sponsorship forms should be handed back into the office. Now is the time to get on-line (website has been updated and is ready to go). Maximize your donations by getting onto your profile and clicking on the on-line fundraising button under mi-adizone and asking your friends and family for support in this event. Check out the great prizes you could rece

CANTEEN

EASTER RAFFLE
Easter Bunny visits early! Following previous year’s successful Easter raffles, we’re filling up the baskets again. We are calling for donations of chocolate Easter eggs/bunnies etc. and baskets by either sending in with your child or delivering to the school office or canteen. The children look forward to this event every year and thanks to the generosity of our school community we can make it fabulous again this year.

VOLUNTEER ROSTER
The roster was distributed via kiddy mail to all volunteers on Monday. If you volunteered for the canteen roster and haven’t received your copy, please contact me at the canteen and I will reissue a roster to you.

DRINKS
The canteen is still receiving drink orders listed at the old price. Drinks purchased from the canteen now cost $1.50. Money will be returned in the lunch order bag if there are insufficient funds to purchase drinks. This price rise has been effective since the start of the new school year.

THERE WILL BE NO MILK IN THE CANTEEN TOMORROW, WE WILL RECEIVING A DELIVERY ON FRIDAY

ADVERTISING

LANIS HOUSE - ENROL NOW FOR 2013
Lanis House a Home of Early Learning, is a Family owned and operated Early Learning Centre that is committed to providing high quality care for all families and children aged 0 to 6 years. We are open Monday to Friday from 7:30 am-6:00 pm and provide all home cooked meals, nappies and linen. Lanis House also offers a comprehensive school readiness program to ensure a smooth transition to kindergarten for your child. For more information and enquiries please call Lisa on 42 33 17 47.

DROP OFF THE KIDS AND ROLL OUT YOUR MAT
9.30 am Yoga with Riana – Mon, Tues, Thu, Fri – fantastic way to get rid of the morning stress and stay balanced and in harmony for the rest of your busy day. Mums n Bubs, 11 am Friday. Early bird yoga 6 am Mon-Fri – see the sun rise! Intro Offer 3 classes for $20 (10 day expiry). Come and join us at DEVINELY FIT YOGA & LIFESTYLE, Level 1/44 Manning Street, Kiama. For information call 0425 77 88 44. Find us on www.facebook.com/devinelyfityoga Make yoga part of your life in 2013.

JUNIOR HOCKEY FOR BOYS AND GIRLS
Wanted: Under 7’s, 9’s, 11’s &13’s girls and boys to register. When: Register Week 1 of competition Monday 11th March 2013. MONDAY afternoons during School Terms 1 and 2. Where: Croome Road Hockey Turf, Albion Park Time: 4pm – 6pm. Organisers: South Coast Womens Hockey Asssociation All players will need a mouthguard. Come and find out how much fun hockey can be! Contact: Sue Carney 0421986458

CATHOLICARE WORKSHOPS
Keeping Kids In Mind
A Post separation workshop. 5 Monday mornings 10am – 12.30pm. 4, 11, 18 & 25 March
123 Magic & Emotion Coaching
Easy to follow steps for disciplining chilsren aged 2 – 12years without yelling, arguing or hitting. 3 Wednesday afternoons. 27 March, 3 & 10 April
For bookings or more information please contact Wollongong Catholic care 4227 1122
Kiama Public School Newsletter

House captains receive their badges at Assembly

SRC Members for 2013