



KENT ROAD PUBLIC SCHOOL

BLUE GUM NEWS

Kent & Herring Roads, EASTWOOD 2122 T:9878 2884 F:9878 5795 E: kentroad-p.school@det.nsw.edu.au

Term Two Week 5

Tuesday 28th May 2019

Important Dates & Notes

PSSA This Friday
Please visit our
website for
locations

**School
Banking
This Monday**

**Zone Cross
Country**
Wed 29th May

**K 2020 School
Tour**
Mon 17th June

**Assembly Fri 31
May**
Sen Band will
play—outside
Yr1 classrooms

Term Dates 2019

Term 2
30/04/19—05/07/19

Term 3
23/07/19—27/09/19

Term 4
14/10/19—18/12/19

Last day for students
Wednesday
18th December 2019

Dear Parents and Carers

CONGRATULATIONS INTERMEDIATE and SENIOR BANDS

Congratulations to all members of the Intermediate and Senior Bands who performed admirably at Sunday's Ryde East Music Festival. In a first for our school, both bands were awarded bronze awards for their performances. What a great result!

And it was noted by the compere that Kent Road had the biggest and most supportive audience members to cheer on the bands – well done parents and families!

Thank you to band parents Samantha Yep and Karen Kay, our music teachers Miss Lee and Miss Freeman and the conductors Jack Stoneham and Tom Avgenicos for their organization and preparation for the band competition.



BUILDING UPDATE

Over the coming weeks parents will see the following changes which form part of the early works of the building project.

- Temporary steps will be installed to provide access to 6W classroom as a new permanent toilet block is to be built near the 6W classroom.
- A new concrete path will be installed linking 6W, 6R and the Year 5 classrooms. The Year Five and Six classes will use the path closest to OOSH to access the library and canteen.
- A hoarding will be installed around the tennis court to enable the new sports court to be built adjacent to the tennis court.

KINDERGARTEN CONNECTIONS

Last week was the final Kindergarten Connections session. It was great to see so many parents attend during the three week program, I know the children greatly enjoyed sharing the activities with the many mums and dads who visited the classrooms.

Thank you Miss Hossack and all Kindergarten teachers for offering this program.

We hope to be able to offer similar sessions later in the year.



Denise Minifie
Principal

STRONG MINDS

This week's character strength is KINDNESS. The following fact sheet provides some tips which parents may use to encourage their child to use their strength of kindness.

We are all able to develop and use this strength with practice.



KINDNESS



The strength Kindness refers to enjoying helping others. Kindness also requires thoughtfulness towards oneself, for instance saying helpful things to yourself (e.g. well done, you can do it, everyone makes mistakes) and looking after yourself (e.g. getting enough sleep, drinking plenty of water, having time to relax and doing things you enjoy).

Kindness can be demanding, as it involves doing the right thing, for instance providing children with boundaries, over an easier option.

WHAT TO SAY?

Talk about the importance of looking after yourself. For instance you could say: "It is important that you are kind to yourself. This involves saying and doing kind things. What is something kind you could say and do for yourself?"

For example: 'It's okay to make mistakes, this is how we learn. I tried my best, which is the important thing. With practice I will improve. Give it a go. You can do it. Well done! Calm down. Take three slow deep breaths. Let it go.'

Discuss "When is it most important to be kind to yourself?" Ideally we want to be kind to ourselves all the time but particularly when we make a mistake, are trying something new, are learning, are cranky, upset or disappointed.

"That was kind of you to get your brother a glass of water."

"I saw how you comforted your friend when he was upset, that was kind of you."

WHAT TO DO?

Practise being kind to yourself. Tell your child "I'm going to be kind to myself and.. relax in the bath/ have another glass of water/ do a meditation."

Do a random act of kindness for a stranger – hold a door open, smile.

Write down your acts of kindness each day and count them at the end of the day.

Together with your child discuss their top five strengths, they may like to write them down and put them somewhere.

Role model self-compassion, for instance when you make a mistake. "Look I got that wrong, that's okay we all make mistakes. What could I do differently next time? What is one of my strengths that could help me with this? How could I learn from this?"

Use more kind words and practice Diaphragmatic (belly) Breathing.

Leave a note of kindness for your child – on their pillow, in their lunchbox, refer to the website www.ripplekindness.org for free downloadables.

WHAT TO READ?	<u>Have You Filled a Bucket Today?</u> by Carol McCloud
SHADOW SIDE?	<p>You may do too much for others, and not know when to say no. This results in you not showing enough kindness to yourself.</p> <p>Others may also ask too much of someone with this strength and take advantage of them.</p>
FUN FACT?	Performing acts of kindness can release the hormone oxytocin, which makes us feel good and decreases stress. Acts of kindness can also activate endorphins in areas of the brain associated with pleasure, social connections and trust. These feelings inspire further acts of kindness causing a ripple effect (Aknin, Dunn & Norton, 2012).

KINDERGARTEN 2020 SCHOOL TOUR

The next Kindergarten 2020 school tour will take place on Monday 17th June. Parents with children commencing school next year are welcome to attend.



Kent Road Public School

Kindergarten 2020 School Tours





Monday 20th May 2019

Monday 17th June 2019

Monday 5th August 2019

Monday 9th September 2019

9.00am-10.30am

All parents and pre-schoolers who will be commencing school in 2020 are invited to attend one of these dates.

- Learn about school programs
- Visit classrooms
- Meet teachers

RSVP by:

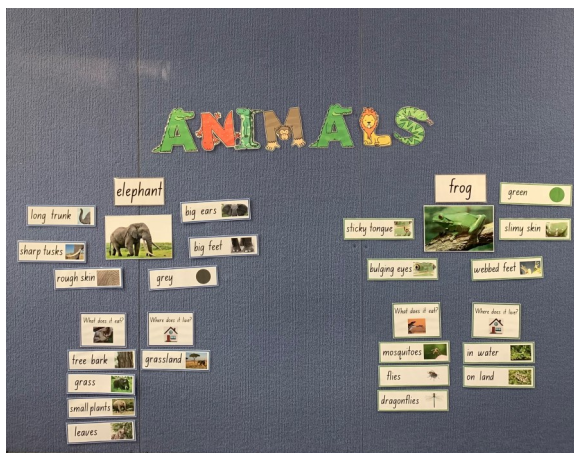
Ph: 9878 2884

Email: kentroad-p.school@det.nsw.edu.au

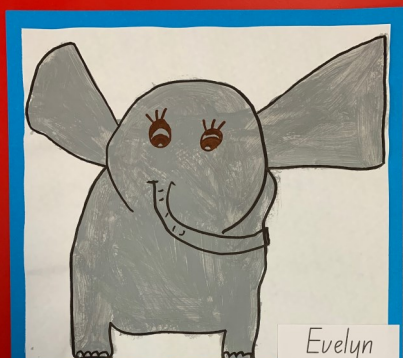
www.kentroadpublicschool.com

Ms Denise Minifie
Principal

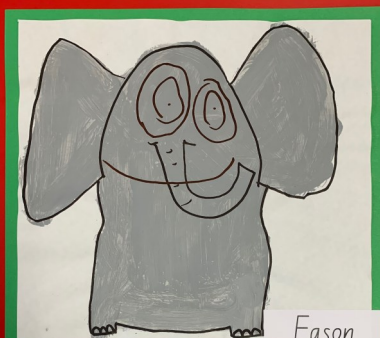
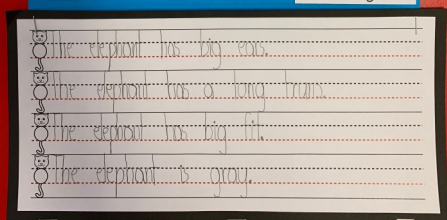
Throughout this term, Kindergarten have been learning all about animals in our 'Amazing Animals' unit of work for English.



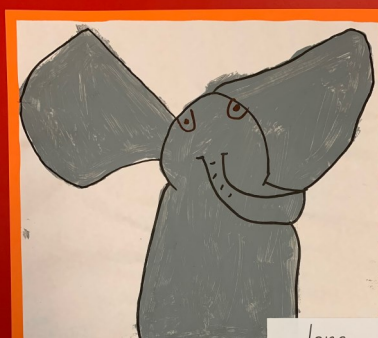
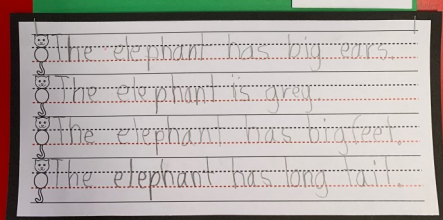
With the use of the word wall, they have been able to write their own sentences to match their elephant painting.



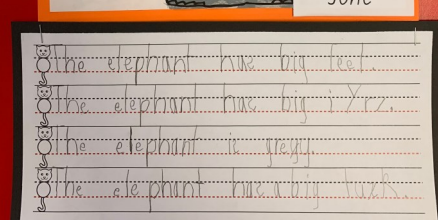
Evelyn



Eason

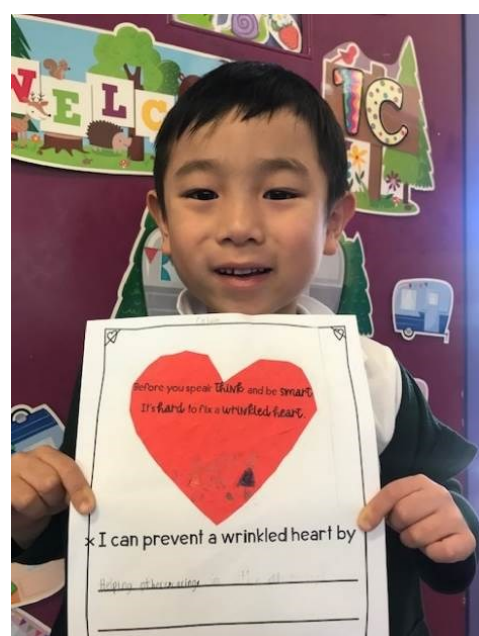
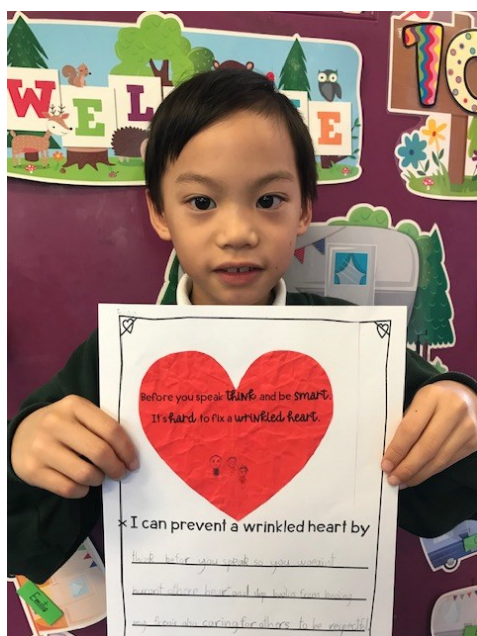
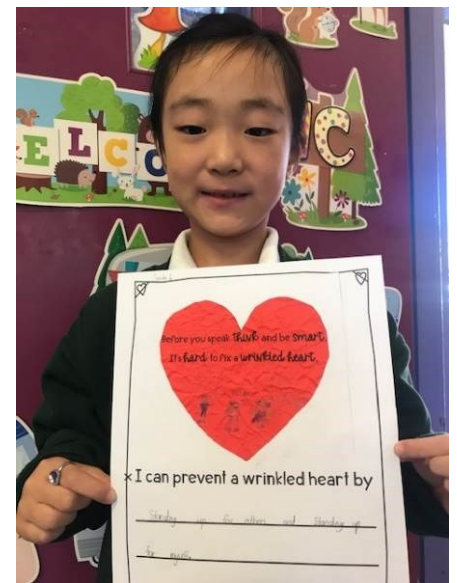
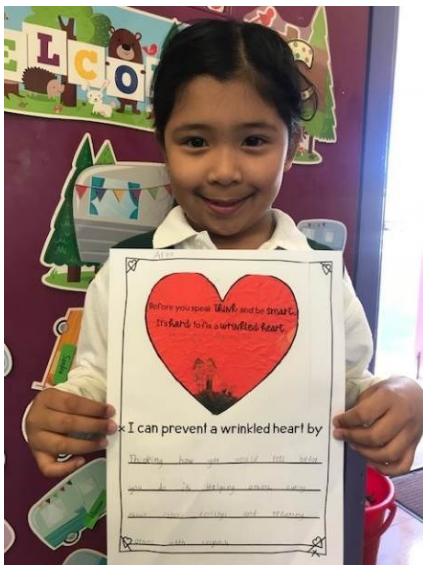


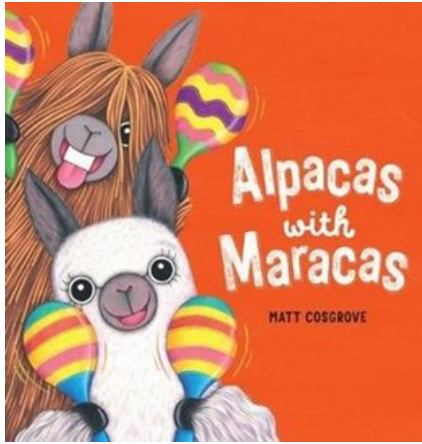
Jone



Last week in Social Skills, Year One discussed 'hurt feelings.' We explored different situations where someone could feel hurt and ways we can help ourselves and others when their feelings are hurt. To show how a heart can be damaged with words and actions, we wrinkled a paper heart when discussing these hurtful situations. Afterwards we tried to fix the heart and make it smooth again. We couldn't! We decided it's better to prevent hurt feelings in the first place by:

- ♦ Showing kindness towards others
- ♦ Caring for others
- ♦ Thinking about what you say or do before you do it
- ♦ Thinking about how you would feel if it was you
- ♦ Treating people with respect
- ♦ Listening to others





Last Wednesday the 22nd of May was National Simultaneous Story time. This year over one million students across Australia read “Alpacas with Maracas” by Matt Cosgrove at exactly 11am.

The book is about Macca and Al, who are best friends. They are trying their luck in a Talent Show. After trying a number of different talents, Macca and Al learn a great lesson about

friendship and not giving up.

This fabulous book inspired our artwork for the day. These funky Alpacas are the perfect piece to show how much we loved reading the book.

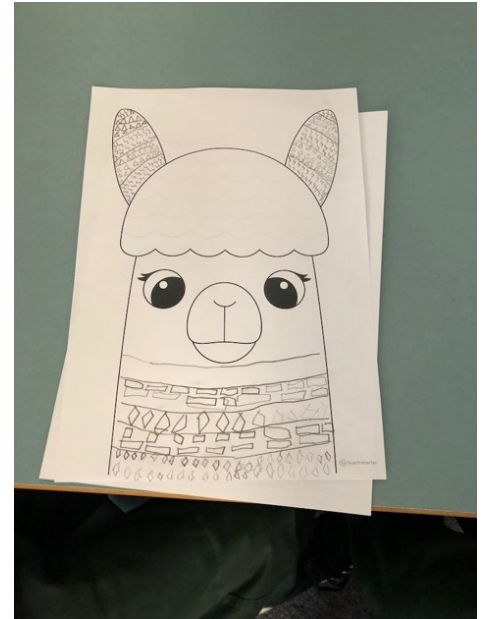
Firstly, we filled in the alpacas with funky patterns.

After tracing the patterns with a marker, we then created amazing glasses for our alpacas to wear.

The funky designs were a great way to celebrate reading the book with so many other Australians!

After tracing the patterns with a marker, we then created amazing glasses for our alpacas to wear.

The funky designs were a great way to celebrate reading the book with so many other Australians!



Year Four recently visited the Outdoor Education Camp in Morisset. Students enjoyed many activities such as, archery, fencing, rock climbing, the Flying Fox, Orienteering, Bushcraft, canoeing and the Giant Swing. Activities were designed to help students develop skills of resilience, self-confidence and teamwork.



On the first night students organised their own Country Fair. Activities and stalls included face painting, nail polish application, hair salon, fairy bread and doughnuts, milkshakes and a giant running castle. Both teachers and students had an amazing time. Instructors commented on the excellent behaviour and courage of our young adventurers and entrepreneurs.



Stage 3 News

With the sun shining last Thursday, and the temperature still warm, Year 5 travelled by bus to our local Field of Mars Environmental Education Centre to investigate a Field of Mars and Buffalo Creek mystery.

During their excursion, students were given a real life environmental mystery to solve together as environmental forensic scientists. By working in teams, students engaged with a scientific investigation method to work out what animal was the villain and what animal was the victim within their mystery case.

It was pleasing to listen to the whispers of our students as they inquisitively undertook a “clue seeking” quest through parts of the reserve, seeking out animal evidence such as scratch marks, droppings, fur and feathers. The students were guided by cryptic clues embedded within their Clue Book, and equipped with a map, tweezers, plastic vials and iPad with QR codes hanging on the trees and bushes.

Throughout their quest, students predicted, collected, analysed and recorded animal evidence whilst monitoring their route on their map.

To end their case, students returned back to the Field of Mars Education Centre and Buffalo Creek entrance to interpret their evidence and to research additional information on iBook resources, before presenting their case in a walking debate.

Upon reflection of this excursion when returning to our classrooms that afternoon, it was clear the students had engaged in a thrilling day with many students commenting on how enjoyable it was working in the fresh air and natural environment with their peers.

Well done to Year 5 on working scientifically with your team throughout the day, and thank you to the Field of Mars staff for facilitating an excellent excursion.

Year 5 Teachers





2019 School Cross Country

Last Tuesday, students in years 3-6 showed off their long distance running skills at our school cross country. As we could no longer hold the event on school premises, students walked across the road to ELS Hall Park. The new venue suited cross country terrain with students running up and down hills, around puddles and along footpaths. The morning was unusually warm for May but the students pushed through and tried their best.



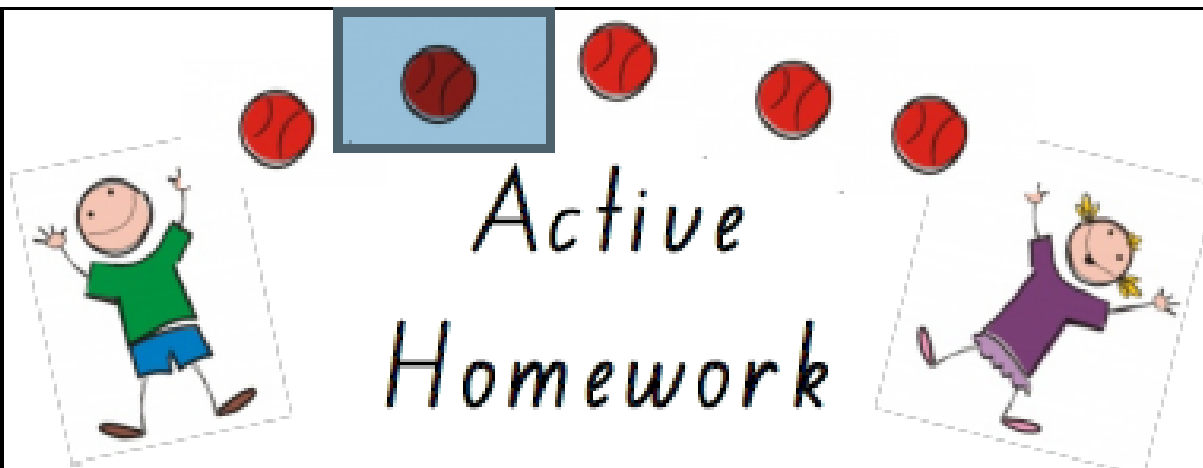
Well done to all of the Kent Road students who made it to the Zone Cross Country, happening tomorrow at Meadowbank Park.

We are excited to be taking part in the 2019 Woolworths Earn & Learn program. During the previous campaign, we were able to purchase some great resources with the points we earned, thanks to you.

From now until June 25th 2019, you can collect stickers at Woolworths that go towards Earn & Learn points. These stickers can then be given to your children to collect on a special sticker sheet. Once it is completed, they can simply bring it back here to school or you can drop them into your local Woolworths collection box.

We are grateful for your support and look forward to a successful program. If you have any questions, please ask at the School Office.





What is Active Homework?

Active Homework is similar to other homework. Active homework is an optional piece of homework that can be completed at home. It requires elements of physical activity.

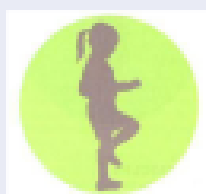
Each week K-2 students and 3-6 students will be given a piece of Active Homework.

Active Homework Activity Week 5

K-2

High Knees

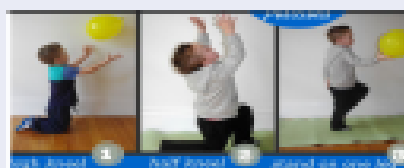
- Start in a standing position. Lift your knees, one at a time so your thighs are parallel to the ground. Add arm swinging and pick up the pace a little. Try to remain in the same spot throughout the exercise.



3-6

Kneel Ups

- Start by kneeling down. In your own time bring yourself to a standing position, one leg at a time. Try to do this without using your hands to support.



The Kent Road Uniform Shop is **open every Monday from 8.45am until 9.30am** and our online shop is open anytime -

<http://kentroadpublicschoolpcassociationuniformshop.vendecommerce.com>. You can also find the shop via a link on the school website.

Special \$10 winter tunics – size 16 only – Usually \$50. You can purchase them in store or online.

Out of Stock Items

Girls long pants - size 12

Winter tunic – size 8

If you have any questions or if you would like to help out in the shop then just email us at krpsuniformshop@gmail.com.

MONDAY – shop open at 8:45 – 9:30

27/May/19	Week 5	Kate	Delilah	Francesca	Emily
03/Jun/19	Week 6	Kate	Naomi	Eva L.	Yang
10/Jun/19	Week 7	PUBLIC HOLIDAY-CLOSED			
17/Jun/19	Week 8	Kate	Delilah	Francesca	Anastasia
24/Jun/19	Week 9	Kate	Naomi	Eva L.	Jing
01/Jul/19	Week 10	Kate	Delilah	Francesca	Emily

THURSDAYS – shop not open, order packing only

30/May/19	Week 5	Fran	Liyan	Eiman
06/Jun/19	Week 6	Fran	Christy	Esther
13/Jun/19	Week 7	Fran	May	Eva U.
20/Jun/19	Week 8	Fran	Liyan	Eiman
27/Jun/19	Week 9	Fran	Joanne	Esther
04/Jul/19	Week 10	Fran	May	Eva U.

TREASURE HOUSE

ART AND CRAFT CLASSES FOR CHILDREN

LOOKING FOR ART AFTER SCHOOL ?

Please join our drawings sketchings watercolor painting or oil paintings on canvas

They will learn how to manipulate with brushes and colours and create beautiful art works!

Our class has already started but its not too late to enrol

Please visit our website:
www.treasurehouseart.com

or

call Hepburn on 0404 454 106 for more info

Venues:

9 Oxford St

Epping 2121

(Epping Community Centre)

225 Cox's Road

North Ryde 2113

Contact Information

Telephone: 02 97340347 (Ask for Hepburn)

Mobile: 0404 454 106

Email Address: hepburncheng@gmail.com

* All courses are paid by the 1st week of term

* Price includes materials