



# 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 7

Tuesday 11th June 2019

### Important Dates & Notes

**PSSA This Friday**  
Please visit our  
website for  
locations

**School  
Banking  
This Monday**

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

**Yrs 2-6 Athletic  
Carnival**  
Wed 19th June

**Kindergarten  
Excursion  
Botanic Gardens**  
Mon 24 June  
KH, KL, KK  
Tue 25 June  
KC, KJ, KS

### 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

How good is a long weekend, especially when the sun is shining!

### PEDESTRIAN CROSSINGS

There are many students riding their bicycles and scooters to school. I ask parents to discuss the following safety rules with their children to raise their understanding of how to travel safely when riding bikes and scooters.

### Wearing helmets

Your child must wear a helmet when riding a bike in any public place – it's the law. The helmet must comply with the Australian and New Zealand standards and needs to be securely fitted and fastened on your child's head. It should be buckled firmly so it fits without wobbling or slipping to the sides.

Always remember to check that your child is wearing a helmet whenever they're playing or riding on wheels –

- Bikes
- Foot scooters
- Rollerskates
- Skateboards
- Rollerblades.

### Riding safely

When crossing the road, riders **must** dismount and wheel the bicycle or scooter across the road as a pedestrian, following the STOP! LOOK! LISTEN! THINK! procedure.

All parents are asked to ensure their child understands this is a requirement for anyone who rides their bicycle or scooter to school.

### 3. Waiting safely at the pedestrian crossing

Talk to your children about **Stop, Look, Listen and Think** every time they cross the road:

**Stop** one step back from the kerb

**Look** continuously both ways

**Listen** for the sounds of approaching traffic

**Think** whether it is safe to cross and keep checking until safely across

Children should follow these procedures even if there is a crossing supervisor so they develop the habit of safe crossing.

Your child's safety depends on you

For more information on keeping our kids safe around schools visit the parents section on [safetytown.com.au](http://safetytown.com.au)

**BUILDING NEWS**

Work continues on the re-establishment of the uniform shop in its new location between 1G and 1L buildings. The uniform shop will re-open next Monday. Online orders will be processed as usual on Thursday/Friday.

**KINDERGARTEN 2020 SCHOOL TOUR**

The next Kindergarten 2020 school tour will take place next Monday 17<sup>th</sup> June at 9am in the assembly hall. Should you have a child starting Kindergarten in 2020 and would like to join the school tour please contact the school office. Please note this tour is quite heavily booked.



**Kent Road Public School**  
**Kindergarten**  
**2020**  
**School Tours**

Monday 20<sup>th</sup> May 2019  
Monday 17<sup>th</sup> June 2019  
Monday 5<sup>th</sup> August 2019  
Monday 9<sup>th</sup> 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](mailto:kentroad-p.school@det.nsw.edu.au)  
[www.kentroadpublicschool.com](http://www.kentroadpublicschool.com)

Ms Denise Minifie  
Principal

**HEALTH ALERT**

A case of chicken pox has been notified in Year Two today. Parents are asked to be alert for any symptoms in their child:

Initial symptoms of chickenpox include **fatigue**, a mild **fever**, lack of appetite, and a feeling of being generally unwell. This is quickly followed (usually within 24 hours) by the development of a red **rash**, which usually appears on the chest and/or back first, later spreading to the face, scalp, arms, and legs.

**YEARS TWO – SIX ATHLETICS CARNIVAL**

Next week, on Wednesday 19<sup>th</sup> June students in Years Two-Six will walk to Dunbar Park for the school Athletics Carnival.

There will be cakes and treats on sale for morning tea and a sausage sizzle on sale for lunch thanks to our hardworking P&C Events volunteers. Please see the note which has been sent out today asking for parents to donate cakes to sell for morning tea.

**SCHOOL ASSEMBLY**

This week class 1B will present the K-2 assembly on Friday 14<sup>th</sup> June at 9.10am.

*Denise Minifie*

Principal

**STRONG MINDS**

This week's character strength is bravery.

The strength Bravery involves showing courage and standing up for what is right (when it is safe to do so).

Bravery requires you to feel some fear but to act anyway.



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**WHAT TO SAY?**

"I like how you tried to do that difficult maths problem. It shows bravery to take a risk and give it a go, even though you might get it wrong."

"It sounds like you are worried about trying basketball. I normally feel worried when I try something new too. This is when I call on my bravery because every time I practise bravery I become a bit braver. This allows me to try new things and discover what I enjoy."

What could you tell yourself that will help you be brave? What is a helpful thought? - 'It might be fun, I might learn something new, give it a go.'

"What strength(s) did you use to climb that tree?"

**WHAT TO DO?**

"Practise belly breathing with your child. Belly (Diaphragmatic) Breathing is one of the most beneficial relaxation strategies to learn. It stimulates the cortex- the part of the brain required to feel calm and make logical rational decisions."

See instructions below.

Ask your child to think of something they thought they couldn't do but tried anyway. For example, asking a question in class or learning to ride a bike. What was one thing they may have said to themselves to feel brave? This is called helpful self-talk. What does mum/dad/carer say to get them to be brave?

Encouragement fosters bravery.

Encourage your child to: try something new; ask questions in class; ask others if they can join their game; do news; express their opinion; stand up for others (when safe).

**WHAT TO READ?**

I Can Do It by Pat Thomas and Lesley Harker

Brave as Can be: A Book of Courage by Jo Witek and Christine Roussey

**SHADOW SIDE?**

You may be too much of a risk taker. Consider dialing up your prudence.

**FUN FACT?**

Bravery includes saying 'no' if something feels unsafe or wrong. It is important to trust/believe your gut instincts/how you feel inside - if something feels wrong say 'no' and tell an adult.



# BELLY BREATHING

This exercise can be taught with children placing either their hands or a soft toy or small pillow on their belly. Tell them that they are going to learn one of the most important exercises to use to calm down, called Belly Breathing.

Read this slowly: “When we are worried we take little breaths in our chest (demonstrate). To help us relax we can learn to take deep breaths from our belly (demonstrate taking a slow deep breath in through your nose as your tummy expands and out through your mouth, as your tummy contracts). See as I breathe in my tummy blows up like a balloon and as I breathe out my tummy goes down like a balloon deflating. You can do this sitting, lying or standing, today we are going to practice it lying. Lie down with your hands on your belly so as when you breathe you can feel your tummy rise and fall like a balloon. Close your eyes (if comfortable) so as it is easier to focus. Take a slow breath in through your nose, feel your belly expand like a balloon blowing up. Breathe slowly out through your mouth and feel your belly go back down, like a balloon deflating. Again breathe slowly in through your nose and slowly out through your mouth. Keep going and feel your belly fill up as you breathe in and go back down as you breathe out. We are going to breathe in to the count of three and out to the count of three. So breathe in through your nose, two, three and slowly out through your mouth, two, three. Relax your body. Again in as your belly blows up, two, three and out as your belly falls, two, three. In through your nose, two three, and out through your mouth, two, three. Slowly in, two, three and slowly out, two, three.” Continue for 4 more in and out breaths if your child is interested.

To get the relaxation benefits of this technique it should be conducted for a minimum of two minutes, that is, two sets of ten in and out breaths to the count of three. Children may need to build up to two minutes, starting with just five in and out breaths for thirty seconds. Belly Breathing is tricky to learn, so remember to be kind to yourself, just give it a try and persevere.

Remind children that they can practice belly breathing anywhere – in bed, watching TV, or standing in line at school. The more they practice it the better they will be able to use it when they are upset or worried.





In Geography, Kindergarten have been learning about local geographical places and why we need to take care for these places. Last week we had our first STEM (Science Technology Engineering and Maths) lesson for Geography. KK had lots of fun brainstorming and then designing a bedroom for a friend that meets their needs and wants.

KINDERGARTEN NEWS



KK then used their designs to create a bedroom for their friend.

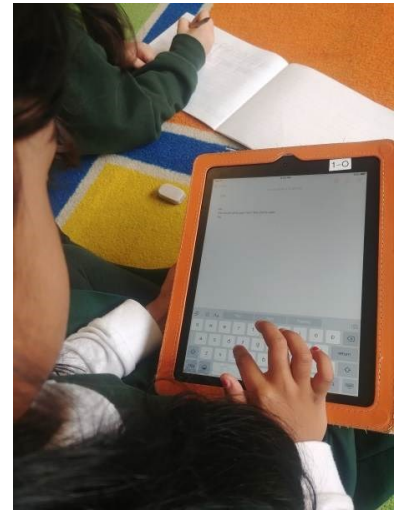


Look at our bedrooms STEM models! We are little engineers!

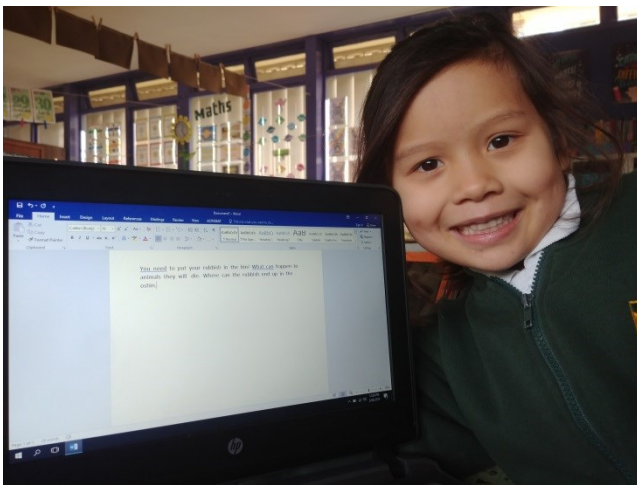


## Terrific Typing

In 1L and 1N, we have been practising our typing skills in the past two weeks. We typed up our spelling words on iPads and laptops during our Literacy groups and had lots of fun doing so!



YEAR ONE NEWS

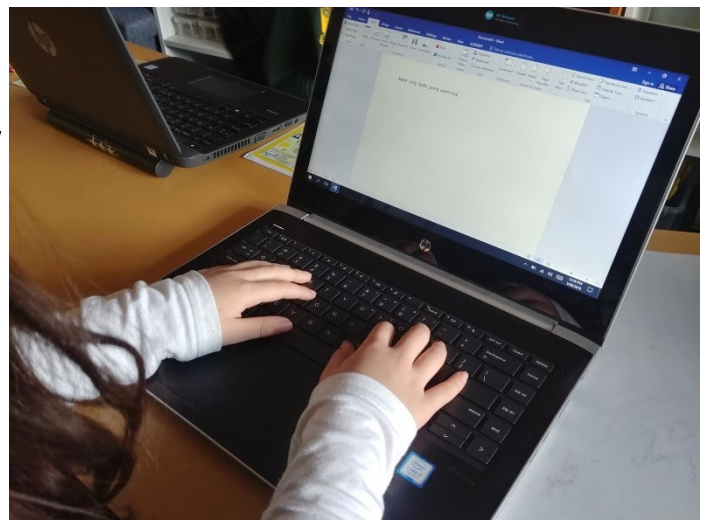


When we first started, we tried hard to remember which hand to use to type the letters so that we weren't just using one finger to type. We typed words using letters just on the left hand side, and then words

You need to put your rubbish in the bin. What can happen to animals they will die. Where can the rubbish end up in the oshin.

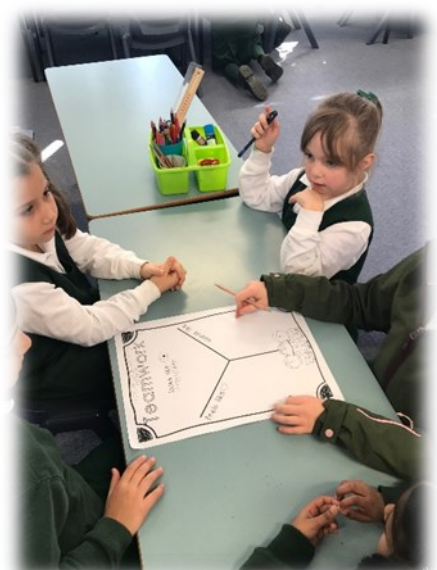
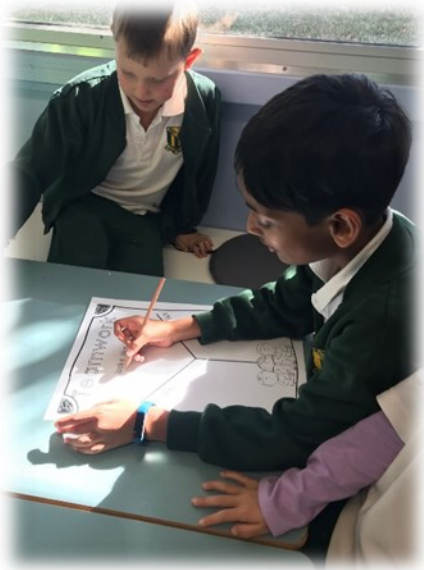
using letters just on the right hand side.

It was easier for some of us to just use our index fingers, but we are starting to put our hands in the correct space as we remember where more and more of the letters are. We also typed some sentences before we wrote them in our books!





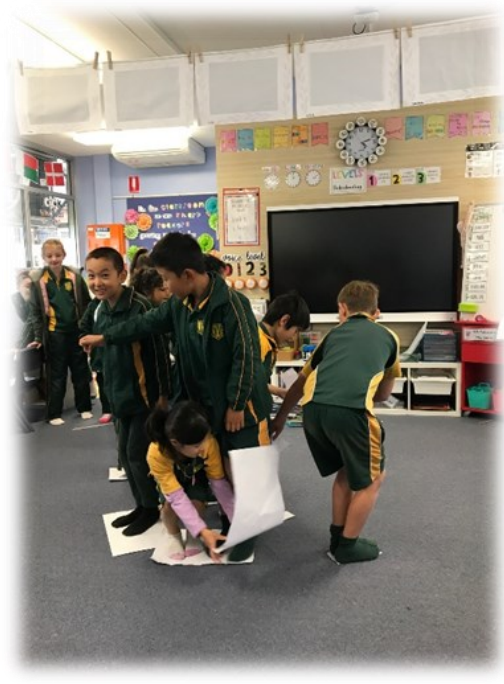
Last week, 2H had fun engaging in a range of team-building activities to work on this week's Character Strength, 'Teamwork'. On Thursday, we brainstormed what Teamwork 'felt like', 'sounded like' and 'looked like'. Of course, we did this in a team!



## YEAR TWO NEWS

On Friday, we spent the morning working in our teams to complete challenges as a team! We had to all stand on 1 piece of paper, create animals and objects using just our bodies and get our team across the room using only 3 pieces of paper! They were challenging but we learnt some effective strategies to work with others, including good communication and sharing ideas!





**YEAR TWO NEWS**

We also made some acrostic poems for the word 'TEAM' using all the things we had learnt about working in a team! Here are some of our wonderful poems!

**T**alk together to make a good plan.  
**E**verybody works together to so no one feels left out.  
**A** team is not just about yourself but about others too.  
**M**any people have different thoughts.  
 - Sarah, Jon and Jolene

**T**ogether we can get the job done!  
**E**veryone is included  
**A** good friend helps.  
**M**e and my team work perfectly together.  
 Amara and Eve



## Thank you for the wonderful response.

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.

