



NEWSLETTER

NORTH HAVEN PUBLIC SCHOOL

"THE FUTURE IS OURS"

3 November 2016
Term 4 Week 4
Issue No 35

Uniform Shop

Hours:

Tuesday mornings

8.45 – 9.15 am

Wednesday afternoons

2.30 – 3.15 pm

TERM DATES

Term 4 10 Oct – 16 Dec 2016

2017

Term 1 30 Jan – 7 April 2017

STUDENT BANKING

Monday is the day for student school banking.

CONTACT US

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[northhaven-
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PRINCIPAL'S MESSAGE

Dear parents, carers and community members,

Grandparents Day

What a wonderful day we enjoyed last Friday! The concert and morning tea were just the right way to celebrate the strong and valued partnership we share with our grandparents, friends and family.

Thank you to our fantastic canteen manager Trish and her band of helpers who, once again, provided a generous, tasty and bountiful spread for over 500.

Congratulations to staff and students for flawless organisation, professional performances and great audience manners.

P & C

Next Wednesday (9th November) we will be having our next P & C meeting and trialling the afternoon time slot. The meeting will be in the Library starting at 2:00pm.

At this stage we are still looking to fill the roles of President, Vice-President (optional) and Secretary (who could also be the Minutes Secretary).

It is proposed that the P & C hold one meeting per term. Other options to explore include separate committees for fundraising and canteen who could meet at alternative times that suit and bring their decisions to formal P & C meetings for ratification. By exploring some of these alternatives we are hoping to increase our numbers of participating families and to elicit the input of the P & C into important school planning, financing and policy decision making.

At this P & C meeting I will be presenting the draft budgets and directions for 2017.

Walk-a-thon

Thank you to all our sponsors and participants who have fulfilled their pledges and returned the monies to school.

We are currently having air-conditioning put into D block at a cost of approx. \$11 000 and looking to follow up with J block as soon as we can save those funds. This will only leave us with B block so that is something to work towards.

Counsellor Support

Ms Fiona Harvey, our school counsellor has been including very relevant and helpful articles for our newsletter from time to time. This week she has provided support around trauma.

As with any issues, concerns or information you think we should know please contact us to ensure we are providing the very best education and care for all our students.

Student Leaders

The process for our 2017 Student Leaders will begin next week and will be led by Mrs Menzies.

Good luck to all Year 5 candidates seeking election. It is important to remember that there are many different opportunities for leadership roles and school service as well as the Student Representative Council. If your child is considering nominating for this particular leadership role please work through the selection criteria together to ensure their eligibility to nominate. Good luck everyone!

Kind regards,

Christine Wild
Principal

REMINDERS

- SPECIAL SWIMMING** \$30 deposit due by **TOMORROW** Friday 4 Nov
- P&C FUNDRAISER** Orders & payment for Crazy Camel fundraising **CLOSE TOMORROW** Friday 4 Nov
- BILLABONG PARK** Permission note and payment due Friday 11 November
- BAND FEES** All band fees for 2016 should be finalised and paid in full by **TOMORROW** Friday 4 Nov.

UPCOMING EVENTS AT SCHOOL

- Wed 9 Nov** P&C meeting 2.00 pm in the library
- Thur 10 Nov** Kinder Drop in Day 9.30 – 11.30 am
- Fri 11 Nov** Remembrance Day Ceremony
- 15-18 Nov** Year 6 Sydney Excursion
- Fri 18 Nov** Closing date for 2017 Junior Band Expressions of Interest

REMEMBRANCE DAY CEREMONY

Our school Remembrance Day ceremony will be held on Friday, 11th November commencing at 10.45 am, near the flagpole.



Students will have a significant role in the ceremony presentation. Parents, carers and community members are welcome to attend.

P&C Meeting

The next meeting of the P&C will be on **Wednesday, 9 November** at 2.00 pm in the library. All parents/carers are welcome to attend. Parents with any issues they wish to raise at the meeting are asked to please write down their agenda item and bring it to the office by Friday, 4 November. Due to time constraints the agenda will be strictly adhered to and any items brought up for discussion which are not on the agenda will be held over until the next meeting.

CLOSING TOMORROW Crazy Camel Fundraising

Most classes have finished working on the fabulous artwork which will be used on a variety of products, which feature in our Crazy Camel fundraising.

Available products include calendars, greeting cards, diaries, notebooks, pillowcases, tea towels and iPhone cases – all products will feature your child's artwork or photo.

There is a display of some of these products at the front office so you can see the quality of the items.

All orders need to be returned to school by **FRIDAY 4 NOVEMBER**. In order to receive our orders back to school before the end of term we regret that no late orders can be accepted.

**CASH OR CHEQUE ONLY .
SORRY, NO EFTPOS OR ONLINE PAYMENTS.**

A GREAT CHRISTMAS GIFT IDEA!!

North Haven Public School Student Absence Note

My child _____ of class _____

was absent from school on the following date/s _____

for the following reason _____

Parent/Carer Signature : _____

Date: _____

BUS TRAVEL YEAR 2 STUDENTS PROGRESSING TO YEAR 3 IN 2017

Transport NSW requires a new application for free travel from students who progress to Year 3 in 2017.

From May 2016 Transport NSW require all travel applications to be completed online at –

www.transportnsw.info/school-students

When you have completed the application, print off the form and **return it to school** to be endorsed and sent to Transport NSW.

DO NOT SEND APPLICATIONS TO BUSWAYS

10 DAY SPECIAL SWIMMING SCHOOL

Year 2 students recently brought home information about the 10 day swimming scheme to be conducted from Monday, 21 November to Friday, 2 December. Permission notes and \$30 deposit need to be returned to school by Friday, 4 November.

Primary students who cannot swim 25 metres competently and confidently are also invited to participate. Permission notes are available from the office.

SILKWORMS

Mrs Fuller and 2F are looking for good homes for their recently hatched silkworms.

If families have a mulberry tree in their garden and would like some silkworms, please see Mrs Fuller. Don't forget to bring a shoebox or other suitable container to put the silkworms into.



VOTING PROCEDURE FOR 2017 SCHOOL CAPTAINS AND STUDENT COUNCIL

It is the time of the year to look at our student leaders for 2017. A separate note will be sent home to all Year 5 families with additional details regarding the nomination and election process.

School Captains and Councillors for 2017 will be elected from within the current Year 5 group. North Haven Public School has an established range of desirable characteristics which need to be met prior to any student being accepted for nomination.

Students accepted for nomination will prepare a speech at school and present this on Monday 28 November to all Year 5 students, after which Year 5 will vote to select a field of a maximum of 8 boys and 8 girls for a final speech presentation to students in Years 3 to 5 on Monday 5 December.

Final voting will be done by students in Years 3, 4, 5 and staff members. All votes will be equal. The announcement of 2017 captains and counsellors will be made on Presentation Day, Friday 9 December.

YEAR 6 SYDNEY TRIP UNIFORM REQUIREMENTS

A reminder that Year 6 students will need to bring full school uniform (including school jumper/jacket) for certain days on the Sydney excursion. **Full school uniform is compulsory on these days.** The printed Year 6 school shirt is acceptable to wear in Sydney.

Any parents wishing to purchase uniforms for their child's trip to Sydney will need to send in an order by TOMORROW, Friday 4 November. This will be the last opportunity to do so before the trip. An order form is provided with this newsletter.

Parent Online Payments (POP) are the preferred method of payment.

Online payments are made through the school website – <http://www.northhaven-p.schools.nsw.edu.au/>

- Select - **\$ Make a Payment** – from the selection bar on this page.
- Enter details mandatory (*) as requested
- In Payment Options select the item you're paying for and enter the details in
- Payment Description 1 and * Payment Amount 1.
- You can enter details of multiple payments at this point
- Proceed to Payment entry

Payments by cash and cheques are to be sent in to class teachers with the permission note.



GUIDELINES FOR HELPING CHILDREN DEAL WITH DISTRESSING EVENTS

Children are highly vulnerable to indirect sources of trauma. Hearing about, and seeing traumatic events can be very disturbing and distressing for children.

Children may experience events as concrete and local and profoundly personal and emotional, and wonder if harm would happen to them or their family.

They can easily think that everyone and everything, everywhere, is coming apart, particularly if the way adults are behaving gives them that impression.

Children need reassurance that they are safe and secure, as well as help in making sense of complex events, at a level that they can understand.

Signs that children are feeling distressed

Children are not always able to express complex feelings in the same direct way that adults do and so it's very important to look out for changes in children's behaviour that suggest they are unsettled or distressed, such as:

- Changes in their play, drawing, dreams or spontaneous conversations
- Regressive behaviour - children behaving younger than they normally do
- Nightmares
- Anxiety about sleeping alone
- Trouble getting to sleep
- Irritability or anger
- Tantrums, increased defiance
- Fussy eating
- Withdrawing
- Wanting to stay close to a parent, becoming more clingy
- Decreased concentration or attention span
- Feelings of anxiety, fears, and worries about safety of self and others
- Increased aggression, angry outbursts
- Questions about death and dying
- Increased somatic complaints (sore tummy, headaches)

What adults can do to help

Activities and suggestions vary depending on the age of the child.

Talk about it

You can be sure that the event, particularly if it is well known, is a hot topic at school. It is important to allow your child to talk about their thoughts, feelings and fears with you. Suggestions include:

- It's natural to want to protect your child from harsh

realities, but refusing to talk about the event will only increase your child's anxiety. Remember that talking about the tragedy will make them feel better, not worse.

- Tell them about stress and worry reactions. They need reassurance that what they're feeling is normal.
- Talk about the event as a family. Share thoughts and feelings.
- Don't expect or demand that your child feel a certain way about the event. Respect their emotions and beliefs, even if you don't necessarily agree or understand them.
- If the event directly affected your family, your child may not talk to you for fear of upsetting you. Let them know that sharing thoughts and feelings together as a family is helpful to every family member, even if the conversations are painful.
- Expect that children might ask the same questions over and over as they attempt to make sense of events.
- Remain patient and provide truthful but simple and thoughtful explanations that will help them to develop a realistic understanding of the event.
- Correct any misperceptions they might have about the events and likely risks.
- Provide children with opportunities to express their feelings
- Sometimes children can better express their feelings through play or drawing rather than through words, so make time to play with them.

Reassure children

- Children need comfort, reassurance and support, and to know that they are safe and are being looked after and that nothing bad will happen to them personally.
- Let children know that there are people all over the place working hard to make sure that people stay safe, and that these people are very good at their job.
- Do calming activities with children who are distressed.
- Reassure them that you are watching out for them.
- Try to spend more time with your children and provide them with plenty of affection through cuddles and hugs.
- Let them be more dependent on you for a while.
- Maintain good routines – predictable family activity is very reassuring for children
- Try to make sure your child is eating well, getting enough sleep and engaging in fun, physical activity.

continued

Be aware of how you talk in the presence of children

Shield children from in-depth adult discussion about these events, especially if they cannot join in at their own age or stage of development. Children can distort what they hear or see especially when the information is received through indirect communication (for example, overheard adult conversations about worrying things).

Pay attention to your own reactions

Children may respond to the anxieties felt and expressed by the people around them. They often see and hear far more than adults are aware of, and they will take their cues for how to respond from you.

Talk privately with trusted adults if you need to air your own feelings or explore your own reactions to the events.

Share your own feelings, but show that you are in control of them, and the feelings pass.
Avoid placing blame on anyone involved.

Leave children with a feeling of security but also hope. Help children to see that their world is basically a safe place, people are usually good, and that life is worth living.

Where to get help

- Your doctor
- School Counsellor
- Psychologist
- Local community health centre
- The Australian Psychological Society Referral Service Tel. 1800 333 497
- Parentline 132 289

Things to remember

- The way you help your child to handle the distressing event now will influence their behaviour in future crises.
- Your child may experience strong emotions, and this is normal.

Seek professional help if your child is persistently depressed or anxious, or if they seem to be struggling to cope in any way.

Fiona Harvey
School Counsellor
Registered Psychologist

*Material drawn from
APS website:
psychology.org.au
[Kidsmatter: kidsmatter.edu.au](http://kidsmatter.kidsmatter.edu.au)*

UNIFORM PURCHASES				
DESCRIPTION	PRICE	QTY	SIZE	TOTAL
Polo Shirt with school logo	\$20.00			
Sports Shirt	\$30.00			
Unisex shorts – microfibre	\$14.00			
Sports mesh shorts	\$14.00			
Girls gabardine skort	\$16.00			
Girls sport skort	\$12.00			
Fleecy zip jacket with school logo	\$24.00			
Fleecy track pants	\$16.00			
Unisex gabardine trousers	\$15.00			
School cap (one size fits all)	\$10.00			
School bucket hat – maroon				
Sizes – Small-Medium, Medium-Large	\$10.00			
Library bag	\$ 3.00			
All clothing available in sizes 4-16		TOTAL \$		
Larger sizes available on request				

GRANDPARENTS DAY



BAND & CHOIR NEWS



Senior Band in 2017

Existing band members, it's time to consider your plans for 2017!

Notes have been sent home this week to all existing band members (Junior **and** Senior 2016), and I would urge **all** of you to seriously consider continuing in our wonderful band program next year. Our bands are thriving examples of the school's commitment to inclusion, collaborative learning and excellence. The children have come a long way since the beginning of the year...musically yes, but also socially, emotionally and intellectually.

I am busy making plans for 2017 and I need to know exactly who is on board for another fabulous year of music making! I also need to know what instruments I will have available for Junior Band 2017.

Talk it over at home, and please return the continuation note as soon as possible (by the 2nd December at the latest).

Thank you!
Mrs Skerritt

Junior Band in 2017

Expressions of interest are being taken for students who will be in primary in 2017 to join the Junior Band. Copies of the application form are available from the office for interested students.

Students whose parents were unable to attend the Parent Information Session this week are still welcome to join Junior Band.

Students who already own an instrument or have access to an instrument are encouraged to apply, as this will aid the selection process. Anyone with their own instrument **MUST** speak to Mrs Skerritt please.

Remember, there is a financial commitment involved in the band program. It is significantly lower than all Port Macquarie schools and much less than private music lessons. Private music lessons are very good for those interested in pursuing their music beyond school.

Trials for interested students will take place later in the term when Mrs Skerritt, Mrs Ridgewell and Mr Moore will assess each student's suitability for their preferred instrument.

Junior Band 2017

Things to Consider When Choosing an Instrument

- Hand and finger-span size
- Ability to produce a sound from a blowing instrument (brass and woodwind)
- Natural embouchure (mouth shape and position)
- Physical ability to comfortably hold an instrument
- Teeth (eg/ gaps, overbites, underbites, braces)
- Concentration levels and stamina
- Maturity
- Sense of rhythm
- Awareness of pitch
- Interest or experience
- Prior ownership of an instrument
- Cost (hiring costs at NHPS are the same for all instruments ie/\$30 per term)
- Portability
- Volume!
- Band balance
- Blowing – brass (trumpet, euphonium, trombone), woodwind (flute, clarinet, saxophone)
- Plucking – guitar (bass guitar)
- Banging/hitting – percussion (tuned, rhythm)
- Pressing – keyboards

What skills will my child learn in Junior Band?

- how to play an instrument
- how to care for an instrument
- how to read music
- how to appreciate music
- how to play in a band
- how to follow a conductor
- how to listen
- how to wait
- how to be part of a team
- how to practise and persevere
- how to perform

BONNY HILLS CAROLS ON THE DECK

We are thrilled that our band and choir have again been invited to perform at Bonny Hills Carols on the Deck.

Please save the date - Sunday 11 December
5.00 – 8.45 pm

Our performance time and other details will be advised closer to the date.



ASSEMBLY AWARDS



AUSSIES OF THE MONTH

Congratulations to the Aussies of the Month for October –

Hayley
Cordy



BAND MUSICIAN OF THE WEEK	
Junior	Senior
Makayla Bambling	Bayley Hanington
Emilee Franklin	Ben Jenkins

INFANTS K-2	Student of the Week	Values Awards	Infants Class Merit Awards	
KB	Kaiden Johnston Cash Piper	Bessie Walker Abbey Hickey	Sonny Eggins Caysie Jayne Blackman	Dylan Middleton Taya Carney
K/1H	Jonah Benson Archie Geronimi	Austin Abbott Amali McLaren Ritchie	Molly Walker Annabella	Nate Downing Airlie Anderson
1M	Ashur Gallagher Lachlan Ward	Neave Tyler Hagelstein	Liam Bes Tiata Corowa	Meadow McAnulty Jett Smith
1/2D	Mia Ryder Bailey Harrison	Logan Asbury Olive Hardman	Imogen Barber Nate Muller	Jai Sawyer Lekeisha Sargent
2F	Brylie Brooks Jackson Hughes	Rusty Hogan Skye Ferguson	Sophie Hill Abbey Cook	Jett Pearse Tama Yonon

Primary Class Merit Awards		
3M	Deegan Vanderveer Bronte Bowen	Eva Dyson Izaiah Vallack
3/4S	Tenisha Kinnaird Ella Ferris	Alana Toogood Zak Houston
4E	Jasmine McCarthy Ben Drewitt	Hayley Bell Jack Downing
4/5B	Emily Wheadon Ellyse Haldane	Jye Barber Jenson
5D	Charlotte Murdoch Mia George	April Fletcher Bridie Pierce
5/6M	Daniel O'Brien Sari McKenzie	Matilda Sargent Joshua Cutler
6T	Harry Twomey Blake Hedges	Julia Cable Ryan Moloney

PLAYGROUND CITIZENSHIP AWARD	
Mimi Hardman	Samantha
Liam Brown	Mackenzie Haynes

VALUE OF THE WEEK
Care and Compassion

FUNDRAISING FOR RONALD McDONALD HOUSE

Buy your Christmas gifts from the local Ronald McDonald fundraising drive and support sick kids in our region. Local mums Christine Haynes and Veronica Green, who both have kids with chronic medical conditions, are selling Majestic Cinema movie tickets and beautiful Christmas cards to raise much needed funds for the wonderful Ronald McDonald House in Newcastle. The movie tickets cost \$11, a huge discount on usual ticket prices, and are valid for 12 months. Contact Christine Haynes on 0424 581 268.