

Penshurst West Public School Newsletter

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STAGE 2 SPACE DAY – BALLOON ROCKET TESTING

From The Principals Desk

NAPLAN results were released to parents last Friday and overall our school appears to have done well in comparison with NAPLAN over the last few years. Particularly pleasing is our student growth between year 3 and year 5. As a cohort, our year 5's have performed higher than the state for growth in all areas. The average growth for NSW Students in Reading was 78 points whilst students at PWPS grew by 90.6. In Writing, the state average Growth was 49.7 whilst the School was 62.7 and in Numeracy, the state average Growth was 88.7 compared with our Growth of 101.8.

Our Year 3 trend for Numeracy has also turned around from being below state average scores for the last two years to being slightly above. Whilst in writing the school significantly bucked the trend of falling scores to significantly improve on the state averages. A great example is 409 marks on average to NSW year 3 student for writing compared to 427.5 marks for a PWPS student. This trend was also present in our

reading results for Year 3. Our students scoring 430.5 compared with the NSW average score of 423.3. Similarly, this was our best performance in Reading over the last 5 years.

A full report of the NAPLAN performance by the school will be given in the P&C meeting for November with a summary at tonight's meeting.

Currently the School staff are preparing to write the school plan for 2015 – 2017. This will be discussed at the P&C along with a brief summary of the NAPLAN results for the school as a whole. I will be seeking parent feedback on programs that run within the school and focus areas for the school.

One area that I would love to get feedback on is School Sport and PSSA. At the end of this newsletter is a short survey

Congratulations to our class finalists for the Public Speaking Competition. This week each stage is holding their speak-off from this the stage finalists will be selected. Our Grand Final will be held on Wednesday 17th September in the School Hall.

TERM 3, WEEK 9, AUGUST 2014

School finishes on Friday 19th September and recommences on Tuesday 7th October. There is no Staff Development Day at the beginning of Term 4.

Space Day

Yesterday (Monday 1/9), our class participated in the Space Day. Firstly, we went into this inflatable Dome.



There was a man teaching us about space. He also showed us stars and constellations. It looked amazing. After lunch, we did space craft.



We used recyclable things like cereal boxes and tissue boxes and many more. Then we did an experiment called Rocket Races. We needed a balloon, string, straw, tape and a paper bag.

We had lots of fun learning about space.

Staff News

Miss Andreacchio has taken over on 5/6S for the remainder of term 3.

Mrs Scanlan commenced Long service Leave on Monday and will be away until 15th October.

Mrs Smith – 1A- has been forced to increase her sick leave. Miss Worthington will return to take 1A on Monday, Wednesday, Thursday and Friday. Mrs Mctaggart will continue with 1 A on Tuesday's. This will apply until the end of the school year.

Create South Production 2014 - 'Link'

Four of our senior students received exciting news last week following their audition for 'Create South'. They were successful in a very competitive audition process and now have the opportunity to be part of a three day production, working with many talented students from other schools.

Congratulations to Bella Ryder, Caitlin Harcombe and Jasmyne Parker who are talented singers & will join the Choir section of the production. Victoria Hau shows exceptional talent in dance and will represent Penshurst West in that area of the show.

It will very exciting and challenging for the students involved, developing a show together in such a short period of time. The girls should be very proud of this achievement.

Concert ticket

Sales are going well. We will now open up for families to have more than the two per family restriction. If

you have not yet purchased tickets for the Show on Thursday 16th October (Week 2 Term 4) please look at doing so before the end of term.

AWARD recipients

Silver Award	Nelson L
Evan P	Lucas P
Kaarl T	Jada F
Benjamin R	Gold Award
Marcus Z	Olivia C
Cali T	Peta-Lee D-C
Luke B	Luke B
Tiana M	Kaarl T
Rhys E	Samara C
Jemima F	School Medal
Isaac F	Beth E

Littering

Dear Parents, as you are aware we are trying at the school to instill in the students a sense of pride which extends beyond the gates. When it comes to litter we are encouraging all students to clean up their areas and to use the bins. Unfortunately there are members of our community that while waiting to collect their children are leaving coffee cups, rubbish and lighters on the grass areas outside the local residents houses. Please take your rubbish with you and help reinforce with the students the importance of keeping the environment clean.

MOVIE NIGHT

The P&C are running a Movie Night on Tuesday, September 16. The Movie is Mr Popper's Penguins.

Time 6.30 – 8.15

Tickets are \$8.00 each or \$15.00 per family. (Penshurst West students only) Tickets need to be purchased by Thursday 11 September.

Students are welcome to wear their PJ's, bring their sleeping bags or blankets. The hall is heated.

Popcorn, lollies and drinks are included in the price of the ticket.



Christmas card Competition

Hurstville City Council is running its annual Christmas card competition. There are 2 categories: K-2 and 3-6.

All entries are to be on A4 with designs in either pencil or crayon. Please have your entry to Mrs Lopes by **Friday 17th October**. The Winner will receive a \$50 voucher and \$100 voucher for the school.

Include on the back of your entry your Name, Age, Address and Ph. Number, Class and School.

Good luck everyone.

FITNESS FOR KIDS

This program is outside of school hours. Commencing from October 2014, the Fitness Karate & Flexercise group are introducing a new fitness program, 'Fitness for Kids', for the students of Penshurst West Public School.

It will be run by Roberto Barretto, a professionally accredited Fitness and Karate Instructor.

This program will comprise of exercises based on Karate and Flexercise (an exercise routine designed to improve overall flexibility and muscle tone)

The main objective is to encourage you to have a disciplined, fit and healthy lifestyle.

Training will be provided at the school hall on every Thursday, starting at 6.30pm & ending at 7.15pm, within a friendly, fun and safe environment.

Fees per session: a gold coin.

If it interests you further, Mr Barretto is currently teaching both Fitness Karate & Fitness Flexercise in the school hall four days a week:

Fitness Karate on Tuesdays and Fridays &

Fitness Flexercise on Mondays and Thursdays.

For more information, please contact Roberto Barretto on 0458207991

Email - robertofkf@bigpond.com

SURVEY

School Sport - PSSA

Students in years 3-6 have the opportunity to trial for PSSA sporting teams during term 1, 2 and 3. Due to the nature of the sports the teams travel by bus to the venues around the area. The cost each week for bus fare is currently \$7.00 per week. Students leave school at 12.00 on a Friday and return to school between 3 and 3.15. The competition against other schools are games for seniors that are 40 minutes long or Juniors that are 30 minutes long. Students who do not do PSSA participate in a school sports program for approximately 1 hour. The NSW DEC requirement is 1 hour of sport per week. Alternatively we can arrange for an external provider to run a program teaching the sports and PE skills during the week across the school for a 45 min lesson. All participating students have the equipment so they don't need to wait and the range of experiences is far greater than the students would currently receive. The cost would be \$4.50 per child with a maximum of \$9.00 per family. Students could still compete in knockout competitions against other schools but the time out of school travelling or waiting to play would not be lost. Please provide your thoughts through the survey below.

Survey

My child participates in
 School organised sport - Yes No
 PSSA – – Yes No
 K, 1, 2 organised sport – Yes No

I find the cost of PSSA :
 too High
 Affordable

I value the PSSA program
 For the competition Yes No
 Opportunity to play against other schools Yes No

PSSA Takes too much time from class time
 Yes No

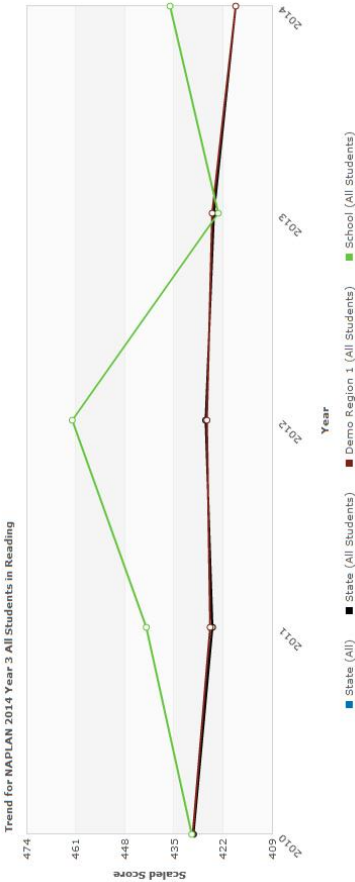
I would like to learn more about other programs that could be run?
 Yes No

I would like the school to investigate an outside provided to run the sport program.
 Yes No

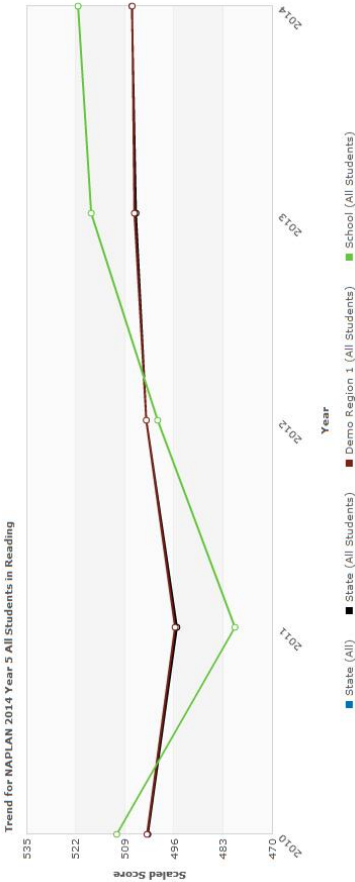
Further comments you would like to add.

Please return to the office before the end of term 3.

Reading Trend NAPLAN Yr 3



Reading Trend NAPLAN Yr 5



Like us on Facebook

We now have an official Facebook page administered by the school, authorised by the Department of Education. Find us at <https://www.facebook.com/#!/PenshurstWestPublicSchool> or by looking for our page name: Penshurst West Public School - NSW DEC.

Calendar Updates



We hope that our term calendar has a special place on your fridge. Please refer to the calendar, our website and our new, OFFICIAL FACEBOOK page for regular information about school events and activities.

Week 7

Wednesday 27– Stage 3 Excursion - Cancelled

Week 8

Monday 1– Stage 2 Incursion

Thursday 4– Kindergarten Excursion – Aquarium

Week 9

Monday 8 -Swim Scheme commences

Tues – Thur Speak-off for stages held

Friday 12 –First round PSSA Season 3

Canteen Request

We are desperate for canteen volunteers to work in the mornings. This would only be from 9.00 – 12.30.

Additionally if there are parents who would like to open the canteen in the afternoon between 2.00 and 2.25 for recess then this could be offered and would only require selling the products that are not heated. Please let the school office know if you are available.



FITNESS KARATE & Flexercise

Welcome to F K F

We sincerely believe that every person should be trained both mentally and physically in order to achieve a well balanced lifestyle and fitness level.

We are a not-for-profit group who do our best to promote fitness within the community.

FITNESS KARATE

Group Exercises in Karate & Self Defence, with the focus primarily on Fitness

Tuesday & Friday 7:00pm – 8:30 pm



FITNESS Flexercise

Exercises to improve overall Flexibility & Muscle Tone

Monday & Thursday 7:00pm – 8:30 pm



Training is held at the Penshurst West Public School hall, corner Scott Street & Forest Road, Mortdale NSW 2223

Interested? Then contact **ROBERTO** on

0458 207 991 or robertofkf@bigpond.com

Canteen Supervisor Role

The P&C would like to hear from any parent who would be interested in taking on the voluntary role of School Canteen Supervisor.

This would commence from the 2015 school year, however training and handover will be provided during term 4 this year, as will written procedures for the role. Our current Canteen Supervisor will be on-hand for support next year should there be any questions or problems arising whilst performing this role.

There are several varied duties required as part of this role, however the main focus is on ordering stock from suppliers so that our canteen can function.

Other duties include menu and price reviews, updating procedures and attending to equipment requirements as needed. The role is supported by a rostering coordinator.

Generally the regular duties should require no more than one to two hours of your time per week. At certain times, such as start and end of term, or if there is a problem with equipment, some extra involvement may be required.

Note that taking on this position does not mean you need to be available to work in the canteen on a normal school day, however a knowledge of how this works would be helpful.

Checking of stock and ordering can be done before or after school, generally once a week.

This is an important role and one that is essential if our canteen is to remain open next year. It is also possible that this could be shared by more than one person.

Please leave your details at the office if you are interested or would like to find out more information and a P&C representative will contact you to discuss further.

Canteen Price List

Many children are bringing lunch orders which have old prices and therefore not enough money. There was a new price list effective from term 2 this year. Can parents please ensure you are using the latest prices. Some of the changes included:

- Chicken Nuggets now \$2.20
- Slushie and Paddle Pops now \$1.30
- Twista Pasta now \$2.70
- JJs now 90c

A copy of the menu and price list is attached to this newsletter or is available from the website. Please refer to this for all current prices.

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 9	Swim Scheme Mon 8/9	P&C 9 Sept			PSSA Season 3 Commences
Week 10	Swim Scheme Mon 15/9	Tues 16 Kids Movie Night in the School Hall 6.30 – 8.15	Public Speaking School Finals held in the evening School Hall		PSSA Rnd 2
Week 1 Term 4	Public Holiday	Stage 1 Incursion - CSIRO			
Week 2 Term 4		Concert rehearsal	George's River Public Speaking Final	School Concert at Peakhurst High School 16 th October	
Week 3 Term 4		Stage 3 Excursion - Rainforest	2015 Kindergarten Orientation 9.45 – 11.30		
Week 4 Term 4			2015 Kindergarten Orientation		
Week 5 Term 4			2015 Kindergarten Orientation 9.45 – 11.30		
Week 6 Term 4			2015 Kindergarten Orientation		

School Holiday Social Skills Program

Appropriate for:

Children who have trouble listening or taking turns

Who are shy or anxious

Who have ASD



This program will help children with:

- Positive Interactions
- Understanding emotions
- Body awareness
- Overcoming anxiety
- Playing fairly
- Social Interactions
- Non verbal communication skills

Your child will be placed in a small group of up to 8 children. Groups will be staffed by two Speech Pathologists .

Limited Places Available!

Penshurst West Public School
Scott Street & Forest Road
Mortdale

Dates:

22nd–25th September or
29th September–2nd October
Preschool Age: 9.30am–11am
School Age: 12pm–1.30pm or
2.30pm–4pm

Cost:

\$335 per child
FaHCSIA , Better
Start Funding &
Private Health
Rebates.

For More Information:

Nada: 0416 336 136 or
Sarah: 0412 005 775
info@allsalt.com.au
www.allsalt.com.au/index.p
hp/news

About anxiety

Anxiety and mental health in children

Fearful and anxious behaviour is common in children. Most children learn to cope with a range of normal fears and worries. However, extra help may be needed when:

- children feel anxious more than other children of their age and level
- anxiety stops them participating in activities at school or socially
- anxiety interferes with their ability to do things that other children their age do easily
- the fears and worries seem out of proportion to the issues in their life.

When children become anxious more easily, more often and more intensely than other children, they may be diagnosed with an anxiety disorder. The most common anxiety disorders in children of primary school age are Phobias, Generalised Anxiety Disorder and Separation Anxiety. Research estimates that between approximately two and nine per cent of children and adolescents in Australia have anxiety disorders.

How anxiety affects children

In addition to feeling highly anxious, children's thinking is usually affected. The threat or danger they are concerned about appears to them to be much greater than it actually is. Thinking about the situation that causes them to be anxious makes them more worried and tense.

Children with anxiety may develop their own strategies to try to manage situations that cause them distress. Often this involves trying to avoid the situation or having a parent or other adult deal with it for them. Avoiding a situation makes it more likely that the child will feel anxious and be unable to manage it the next time. This behaviour makes it more difficult for the child to cope with everyday stresses at home, at school and in social settings.

Anxiety can also result in physical difficulties such as sleeplessness, diarrhoea, stomach aches and headaches (sometimes referred to as somatic complaints). It can also involve irritability, difficulty concentrating and tiredness.

How do you notice anxiety in children?

At home

- Fear and avoidance of a range of issues and situations.
- Headaches and stomach aches that seem to occur when the child has to do something that is unfamiliar or that they feel uneasy about.
- Sleep difficulties, including difficulty falling asleep, nightmares and trouble sleeping alone.
- Lots of worries and a strong need for reassurance.

At school

- Wanting things to be perfect. For example, a child may be so dissatisfied with his/her own work that he/she will tear it up and redo it several times.
- Reluctance to ask for help. Sometimes anxiety creates an obstacle that prevents children asking for help from the teacher about a problem with learning. Children who ask too much for reassurance may also be overly anxious.
- Difficulty joining in. Children with high levels of anxiety may be afraid to join in class discussion, take part in sport or games or go to school camp.
- Requests to go to sick bay. Anxious children often complain of stomach aches and headaches.
- Fearful of test situations. Some children do not do as well as they can in test conditions because they are struggling with anxiety. They may also be too self conscious to perform in front of the class.

Common anxiety disorders in primary school-aged children

Type of anxiety	What that means
Separation Anxiety	<p>Separation Anxiety relates to fear and distress at being away from the family. There is commonly a fear that something bad will happen to a loved one while they are separated. Fear of separation is considered developmentally appropriate up to two years of age, but it should lessen as children get older.</p> <p>Children with Separation Anxiety may complain about feeling sick. They may make frequent trips to the sick bay at school or sometimes refuse to go to school altogether. School camps and sleepovers are commonly major problems for children with Separation Anxiety.</p>
Phobia	<p>Phobia is diagnosed when particular objects, situations or events such as injections, spiders or heights bring about intense fear and avoidance even though realistically the threat of harm is small.</p>
Social Phobia	<p>Social Phobia refers to extreme levels of shyness and fears of being seen in a negative light. Children with Social Phobia avoid a range of social interactions such as talking to new people, speaking up in class or performing in public. They are frequently self conscious and will often have a limited number of friends.</p>
Generalised Anxiety Disorder	<p>Generalised Anxiety Disorder is diagnosed when children have excessive and unrealistic worries about a broad range of possibilities. They may worry about things that might happen, about their own past behaviour, or about how good they are at their schoolwork or how popular they are. They often lack confidence and need a lot of reassurance.</p>
Post Traumatic Stress Disorder	<p>Post Traumatic Stress Disorder may develop following a traumatic event such as being in a serious accident, experiencing a life-threatening event or witnessing extreme violence. Symptoms include changes in sleep pattern, irritability and problems with concentration. There may also be mental flashbacks and re-experiencing of the event. Themes relating to the trauma may be seen in children's drawings or in play.</p>
Obsessive Compulsive Disorder	<p>With Obsessive Compulsive Disorder, the child is affected by persistent unwanted thoughts, often about dirt or germs, or sometimes a need for symmetry. To try to stop the thoughts the child feels compelled to repeat a particular action, such as washing his or her hands or repeated counting. Older children usually recognise that the thoughts and behaviours do not make sense even though they are driven by them.</p>
School refusal	<p>Anxiety can lead to school refusal. When children refuse to go to school as a result of anxiety it is usually accompanied by physical complaints, such as stomach aches or headaches.</p>

How do anxiety disorders develop?

Humans are primed for survival to respond to situations where there are dangers or threats. Some people, including children, react more quickly or more intensely to such situations where there is danger or threat. The physical symptoms of anxiety (eg increased heart rate, faster breathing) are more easily triggered in children with anxious temperaments.

Having an anxious ('internalising') temperament often means that children react more to threats in the environment. This appears to be partly an inherited characteristic. Children with anxious temperaments are often cautious in their outlook and shy in relating to other people.

Sometimes stressful events trigger problems with anxiety. Children who experience more stressful events over their lifetime than others or who have gone through particularly traumatic events may experience increased anxiety.

Learning may also play a part in the development of an anxiety disorder. Some anxious children may learn that the world is a dangerous place. They may learn that it is easy to get hurt either physically or socially. They may fail to learn positive ways to cope and depend more and more on unhelpful ways of dealing with situations that cause them anxiety. Sometimes families may contribute to children's natural cautiousness by being over-protective. This can unintentionally encourage children to avoid situations they feel anxious about.

The KidsMatter Primary information sheet on children's temperaments provides suggestions for parenting practices to suit differences in children, parents and carers.

How are anxiety disorders diagnosed?

Feeling anxious or fearful at times does not mean that a child has an anxiety disorder. Whether or not a diagnosis is made depends on how often, how easily and how intensely a child experiences the emotional symptoms of anxiety and how much it interferes with everyday living. To make a diagnosis, mental health professionals usually talk to the child and to family members. They may also ask teaching staff, parents, carers and children themselves to fill out questionnaires.

The child's age is an important factor in deciding whether the anxiety is a serious difficulty. This is because having certain fears is normal for children. For example, if an infant cries when an unfamiliar person wants to hold him, his fear is judged as perfectly normal for his age. However, if a 12-year-old girl refuses to go to school because she fears something terrible will happen to her healthy mother, this may be evidence of an anxiety disorder.

See the KidsMatter Primary information sheets on fears and worries for strategies that can be used to help children cope.

Anxiety and other mental health difficulties

Children with anxiety can experience more than one type of anxiety difficulty or disorder. Anxiety can be more common in children with other developmental difficulties. For instance, it is common in children with Autism or Asperger's Syndrome and also can tend to occur in children with Attention Deficit Hyperactivity Disorder and Oppositional Defiant Disorder. Anxiety and depression also often appear together. Children with anxiety symptoms can be more likely to grow to experience depression as teenagers, although this can depend on a lot of factors.



What professional supports are available?

Early assessment and professional support for children's anxiety difficulties is most beneficial. Psychological supports are very helpful for anxiety. Medication may be helpful in some cases, particularly when anxiety symptoms are very severe.

Psychological support for anxiety disorders not only reduces the current difficulties but also helps to prevent anxiety and depression at later ages.

- Psychological support for anxiety typically involves teaching children to reduce avoidance and use more effective coping skills, such as relaxation and learning how to replace unhelpful thoughts with helpful self-talk.
- For phobias, professional support may involve gradually being exposed to the feared object or situation and the teaching of coping skills.
- Professional support works equally well whether it is run in groups or individually.
- Families are often involved in professional support. Education about emotions and the role of anxiety is helpful for some families. Family members can provide important support as the child learns new coping skills and practises using them in situations they may have previously avoided. The involvement of parents and carers has been shown to be especially important for younger children.

For children whose anxiety is less severe, school-based social and emotional learning programs that build resilience and coping strategies can be very helpful.

How to assist children with anxiety problems

Children with anxiety difficulties are often quiet and obedient. This can lead to their difficulties being overlooked. It is important to take note of children's worries so that their difficulties can be addressed sooner rather than later.

To assist children with anxiety disorders it is important to have a coordinated approach both at home and at school.

Steps for learning how to cope with anxiety about speaking in front of others

Taking steps to overcome anxiety

The child helps to construct the steps from easiest to hardest then practises using coping skills to try the first step. When the child is able to cope without anxiety he/she moves up a step to the next level. Efforts should be acknowledged at each step using praise, rewards and positive self-talk.



General principles for assisting children with anxiety disorders

Increase children's helpful coping skills

Anxious feelings are fed by anxious thinking. It is important not to dismiss children's anxious feelings, but to help children see that the situations they are worried about may not be as bad as they think.

Teach by example

Showing children how you cope positively with feeling anxious or stressed and remaining calm and positive when they are feeling anxious can help them to feel more confident.

Avoid taking over

Children with anxiety are usually very happy for someone else to do things for them. However, if adults take over, it stops children from learning how to cope themselves.

Encourage children to 'have a go'

Having a go helps to show children that they can cope. Praise or reward them for every step they manage to take.

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au



Australian Government
Department of Health and Ageing



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Free workshop

Anxiety and Depression in Children and Adolescents

This workshop explores the symptoms displayed by children and adolescents with depression and/or anxiety. It examines treatment, diagnosis, causes and related risk factors.

Overview of topics covered

- How anxiety presents in childhood
- How depression presents in childhood
- Prevalence and factors that contribute to anxiety and depression
- Identifying anxiety and depression in childhood
- Strategies to manage anxiety and depression in childhood
- Raising concerns with children's childcare, preschool or school
- Intervention – prevention and treatment

The workshop focuses on what parents can do to support children including strategies to manage anxiety and depression.

All attendees will receive helpful resources and references as a participant handout.

Date: Thursday 20 November 2014

Time: 6:00pm—8:30pm

Venue: Penshurst RSL

58a Penshurst Street, Penshurst NSW 2222

Cost: FREE for parents and carers

To Register:

www.learninglinks.org.au

Ph: 02 8568 8200


* Funded by Department of Education and Communities

Your Presenter


Lisa Boland is a Registered Psychologist who has worked with children from birth to 18 years since 2001.

She has worked in Private Practice and provided counselling in schools across Sydney. Lisa supports her clients and their families with issues including anxiety, depression, behaviour management and bullying.

In addition to this, Lisa is a Presenter with Learning Links delivering programs to parents and professionals in the areas of Bullying, Resilience Building and other topics.



Learning Links is a not-for-profit charitable organisation helping children with disabilities and learning support needs and their families and communities to achieve their potential.



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MIXED MARTIAL ARTS

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FREE CLASS | Call 0402389345 to arrange your free introductory lesson.

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