



# Penshurst West Public School Newsletter

Ph: 9570 4602

Fax: 9580 6371

Email: [penshurstw-p.school@det.nsw.edu.au](mailto:penshurstw-p.school@det.nsw.edu.au)Website: [www.penshurstw-p.schools.nsw.edu.au](http://www.penshurstw-p.schools.nsw.edu.au)

TERM 3, WEEK 8 September 2017

## From The Principal's Desk

This week our Year 5 and Year 3 students are participating in the NAPLAN Online Readiness tests. In the near future this is how the NAPLAN will be delivered to students across the country. It will ensure a test that is more accurate in catering to the individual students' abilities as it is made up of a bank of questions and adjusts automatically. I must emphasise that this is a readiness test, not a test of the students. There will be no results produced by the test on any student. It is about ensuring that every school has the capability to run the test without the infrastructure being overloaded. The students do not need to be concerned about the tests this week for that reason.

I will be asking the students questions about whether they thought the questions were better than the paper based tests, whether they thought the online environment was easier to work in and overall if they would prefer in the future to do the testing like this compared to the

process they went through earlier this year.

### The Cyber Lady

**Friday 8<sup>th</sup> September at 6pm. Have you booked in for the parent workshop?**

**This is a Parent Only workshop. No children are to attend.**

Do you really know enough about digital technology to protect your child?

Recent studies show that 70% of students are hiding their online behaviour from their parents. This is why most parents feel their children are safe online. But are they? Many parents either don't want to know what their children are up to online out of fear of what they might find out, or think because they (the parent) use social media and technology that they know enough to protect their children from harm online.

But did you know that children/teens use technology and apps very differently from the average adult? They share different content and explore the internet in a way most adults do not. Scroll through your

child's Instagram account one day and see what they see!

Don't wait till something goes wrong before you get up to date with your child's online world.

### How Cyber Smart Are You...Really?

#### *Quick quiz.*

- Where are the settings to filter out adult content on Google/YouTube?
- Which apps are the worst for cyber bullying and most used by predators?
- Where do you report Cyber Bullying?
- Why do kids love Snapchat so much - is it safe?
- Why is hiding your friend's list on Facebook essential, & how do you do that?
- Best way to supervise your child online without spying?
- What is the most effective way to get children to switch off?
- How do you tell if an app is safe or not?

**If you can't answer these questions you probably don't know enough about cyber safety to really help protect your child online.**

## Staff Leave

Mrs Robertson is currently on leave for the remainder of Term 3. She will recommence from the first day of Term 4.

Mrs Sheen will be taking leave from Friday 15 September until the 22 September. Miss Nakkan will be teaching 3/4S during this time.

## Kindergarten Orientation

Tomorrow is the Kindergarten Orientation for the 2018 cohort. If you have not yet enrolled please contact the office urgently. You may still attend tomorrow so that we can share with you the information about starting Kindergarten. We have three more sessions for the kindy students, which are the transition program, Thursday 14<sup>th</sup> and 21<sup>st</sup> September and on Thursday 12<sup>th</sup> October.

Each of these days will commence at 9.45 am.

## LIFE EDUCATION

The St George Life Education Van (Healthy Harold) will be visiting our school from Monday 23<sup>rd</sup> October to Wednesday 25<sup>th</sup> October and Monday 30<sup>th</sup> October 2017.

The Life Education Centre provides a preventative drug education program for all children from Kindergarten to Year 6. The aim is to reduce drug use and abuse by promoting a healthy lifestyle, as well as helping children gain an appreciation and respect for the human body.

See the full permission note in this newsletter.

## Learn To Swim

The Swim scheme commences next Monday 11<sup>th</sup> September. Please ensure that your child, if attending, has their costume and towel.

## Woolworths -EARN & LEARN

The collection of stickers is closing soon. Please send them in.

## PUBLIC SPEAKING

The Public Speaking Competition will be held on Thursday 14<sup>th</sup> September in our school hall.

- K-2 competition will begin at approximately 5pm.
- 3-6 competition will begin at approximately 6pm.

The students have been busy learning new skills, structuring speeches and practising their deliveries this term. It should be a fantastic night and an amazing celebration of learning and achievement. Over the next week, students will find out whether they will be proceeding to their stage speak-off and finally to the Evening Public Speaking Competition on 14<sup>th</sup> September in the school hall.

Have fun and good luck!

## BOOK COVERING

A big thank you to Mrs King, Mrs Howe, Mrs Gito and Ms Bray for contacting a huge amount of new books purchased this term. Without your help, teachers and students would not have been able to access these new resources so quickly. Thanks to you, our new books will have a long and happy life at PWPS!

## Interrelate

The School is hosting the Interrelate program On Tuesday 12<sup>th</sup> September. This program is particularly aimed at Year 3-6 although any age may attend with their parents. This includes high school students. The cost of the program is \$30.00 for one session or to attend both sessions it is \$35.00. This payment is per family.

This workshop deals with children's questions of "where they came from" and "how their bodies are changing" Students must have a parent attend with them for this program. The presentation will be in the Library commencing at 6pm and then 7.15pm on Tuesday 12<sup>th</sup> September.



### 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, Morfale NSW 2223

Interested? Then contact **ROBERTO** on  
**0458 207 991** or robertofkf@bigpond.com



### SCHOOL HOLIDAY PROGRAMS



**COST \$225**

**Fun, educational 2-3 day group programs for children over the Sep/Oct holidays.**

- Stop, Think, Do:** Social skills, behaviour & motivational learning. (6-8yrs & 9-11yrs)
- Take Action:** Anxiety management(8-12yrs)
- Confident Kids:** Self esteem improvement (10-12yrs)
- PALS:** Social Skills for preschool children(4-6yrs)
- Terrific Times Tables** (8-12yrs)
- Handsome Handwriting** (6-8yrs)

**Bella Vista, Maroubra, Peakhurst**  


**(02) 8525 8222**

Silver Awards	
Vivian T 5/6S	Sarah E 5/6A
Elijah R-H K Yellow	Jayda F 5/6S
Lucas M 1/2A	Diego S – 5/6S
Ruby T 1/2H	Seth C K Yellow
Lily H K Blue	Yumi S K Blue
Lili C 5/6S	Layla A 5/6S
Henry M K Yellow	Kobi D 5/6A
Isabella R 5/6A	Toni S 1/2A
Jackson P 1/2H	Harper C 1/2A
Emily S 1/2H	Piper B 1/2H
Gold	
Andrew Harris 5/6S	Sienna S 1/2C
Ruby T 1/2H	Lucas M 1/2A
Sarah E 5/6A	Piper B 1/2H
School Medallion	
Andrew Harris 5/6S	

PBL



Safety  
Week 6



Effort  
Week 7

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 8</b> Term 3	4/9 Online Naplan Testing throughout the week yr 3/5	5/9	6/9 Kindergarten Orientation	7/9	8/9 Sat Council Election The Cyber Lady 6pm
<b>Week 9</b> Term 3	11/9 Swim Scheme	12/9 Interrelate 6pm where did I come from. 7.15 Preparing for Puberty \$25 1 session \$30 Swim Scheme	13/9 Book Character Parade & Grand Parents Day Swim Scheme	14/9 2018 Kinder Start Public Speaking Finals Evening K-2 5pm. 3-6 6pm. Swim Scheme	15/9 Season 3 PSSA Rnd 1 Swim Scheme
<b>Week 10</b> Term 3	18/9 Swim Scheme	19/9 Swim Scheme	20/9 Swim Scheme	21/9 Swim Scheme	22/9 Last Day Term 3 PSSA Rnd 2 Swim Scheme
<b>Week 1</b> Term 4	9/10	10/10	11/10	12/10 Kinder Transition	13/10 PSSA Round 3
<b>Week 2</b> Term 4	16/10	17/10	18/10	19/10	20/10 PSSA Round 4
<b>Week 3</b> Term 4	23/10	24/10 Ultimo Public Speaking Finals	25/10	26/10	27/10 PSSA Round 5
<b>Week 4</b> Term 4	30/10	31/10	01/11	02/11	03/11 PSSA Round 6
<b>Week 5</b> Term 4	06/11	07/11	08/11	09/11	10/11 PSSA Round 7
<b>Week 6</b> Term 4	13/11	14/11	15/11	16/11	17/11 PSSA Round 8
<b>Week 7</b> Term 4	20/11	21/11	22/11	23/11	24/11 PSSA Round 9
<b>Week 8</b> Term 4	27/11	28/11	29/11	30/11	01/12 PSSA Finals
<b>Week 9</b> Term 4	04/12	05/12	06/12	07/12	08/12
<b>Week 10</b> Term 4	11/12	12/12 Year 6 Farwell Dinner Olds Park Sports Club	13/12 Celebration of Learning	14/12 Activity Day	15/12





Forest Road & Scott Street, Mortdale 2223  
Tel 02 **9570 4602**

penshurstw-p.school@det.nsw.edu.au  
www.penshurstw-p.schools.nsw.edu.au

## St GEORGE LIFE EDUCATION CENTRE

4<sup>th</sup> September 2017

Dear Parents & Caregivers,

The St George Life Education Van (Healthy Harold) will be visiting our school from Monday 23<sup>rd</sup> October to Wednesday 25<sup>th</sup> October and on Monday 30<sup>th</sup> October 2017.

The Life Education Centre provides a preventative drug education program for all children from Kindergarten to Year 6. The aim is to reduce drug use and abuse by promoting a healthy lifestyle, as well as helping children gain an appreciation and respect for the human body.

Here is a brief outline of this year's programs:

### Kindergarten

#### **My Body Matters**

Healthy food choices, importance of physical activity, personal hygiene and safety in the home, school and community.

### Year 1 & 2

#### **Growing Good Friends**

Unsafe behaviours, situations and environments, healthy food choices and how positive relationships benefit health and wellbeing.

### Year 3 & 4

#### **BCyberwise**

Explores cyber safety through animation, relevant scenarios, discussion and problem solving. Promotes responsible behaviour when using technology, building positive relationships, strategies to deal with bullying and cyberbullying.

### Year 5 & 6

#### **It's Your Call**

Definition of legal drugs, decision making, emotions, peer pressure, risk taking problem solving, safe and appropriate use of communication technology.

The cost of the program is **\$10 per child. This has been reduced to \$8 via funding from Club Rivers, Riverwood** and goes toward the centre visiting the school, the presentation of the program and the student pack given at the end of the program, which assists in the program being followed up in the classroom.

Payment MUST be made by Monday 9<sup>th</sup> October in order for your child to attend.

Vicky Digiglio  
Coordinator

Ross Angus  
Principal



CUT HERE

## St GEORGE LIFE EDUCATION CENTRE

I would like my child \_\_\_\_\_ of Class \_\_\_\_\_ to participate in the St George Life Education Centre program.

Please find enclosed \$8 to cover the cost per child.

Parent/Guardian: \_\_\_\_\_ (Please Print)

Signed \_\_\_\_\_ (Parent/Guardian) Date \_\_\_\_\_

# The Cyber Lady

The School is hosting a Cyber Safety inservice. The Program will be run for students 3-6 during the day and a special Parents workshop will be run in the evening. This is a valuable opportunity to get an expert to answer your questions and concerns and help protect your children from potential online danger. The cost per adult is \$7.00.

## FOR EDUCATORS & PARENTS Raising Responsible Digital Citizens!

### 6 Steps To Empower Our Kids To Be Responsible Online

Time: 60min - 90min Presentation

Note: This presentation is for adults only - suitable for parents/teachers with children of all ages.

#### Session Includes:

- Advice on the latest Apps & platforms students are using
- Advice for over sharing, cyber bullying, sexting & balanced screen time
- Safer options for messaging, social media, video apps, & gaming
- Online privacy and digital reputation - tips and settings
- Protecting your child from viewing adult content
- Parental control options for supervising/protecting your child online
- Resources - where to go for help



This presentation will help parents and educators to get up to speed with what our children and students are doing online. Whilst some of Leonie's tips are technical, her down to earth approach to raising digital native children means, you will come away from this engaging talk with lots of practical ideas and resources for improving your families experience with digital technology. No limit on attendee numbers.

**Please complete the booking sheet below and return it to the school to ensure you have a seat at this presentation. Don't Miss out.**

Please reserve me \_\_\_\_\_ seat/s for the "Cyber Safety Lady" presentation on 8<sup>th</sup> September 2017.  
(Number)

I understand that the presentation will be held in the school Library starting at 6.00 pm.

I have included a payment of \$7.00

Name \_\_\_\_\_, Child's Name \_\_\_\_\_ Child's class \_\_\_\_\_

This is so we can confirm your booking.

**Student Absence Slip 2017**

*Please return this slip to your child's teacher the day your child returns to school.*

Dear \_\_\_\_\_ (teacher's name)

My child, \_\_\_\_\_, of Class \_\_\_\_\_ was absent from school from \_\_\_\_\_ to \_\_\_\_\_ because \_\_\_\_\_

Signed: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

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Signed: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_





# HAROLD

## MERCHANDISE



Dear Parents,

Life Education NSW is a not for profit organisation that relies on the support of the community to assist us in reaching our fundraising goals. Every Harold product purchased helps us visit more children in NSW.

The sale of Harold merchandise to the children whilst the program is visiting each school supports our overall fundraising activities and helps cover the gap between the cost of delivery and what parents and schools pay for our program. These products help to remind children about the messages delivered to them during their Life Education session and have either a picture of Harold or the Life Education logo on them.

The educator will provide the opportunity for children to purchase these products during the school visit. Please provide the correct money in an envelope with the item written on the face of the envelope along with your child's name and class. This allows the educator to process orders efficiently and accurately. Orders will be returned by the conclusion of the visit. You can also check out our **NEW** product range online by visiting [www.lifeeducation.org.au/shop](http://www.lifeeducation.org.au/shop)



Name: \_\_\_\_\_ Class: \_\_\_\_\_

Product Description	Price Incl. GST	QTY	Product Description	Price Incl. GST	QTY
Tattoo	\$0.50		Large Harold Soft Toy	\$15.00	
Harold Post-it-note	\$1.50		Harold Stationery Set	Check availability with Educator	
Harold Hand Ball	\$3.00		Harold Keyring	Check availability w Educator	
Small Harold Soft Toy	\$8.00				
<b>Total Owing</b>	<b>\$</b>		<b>Total Owing</b>	<b>\$</b>	

NB Harold Products are subject to availability Life Education NSW thanks you for your support.



## Help support Life Education

\* I would like to donate \$ \_\_\_\_\_ to Life Education NSW. Gifts of \$2.00 or over are tax deductible.

Name: \_\_\_\_\_ Phone [optional]: \_\_\_\_\_

Address: \_\_\_\_\_ Suburb: \_\_\_\_\_

Postcode: \_\_\_\_\_ Email [optional]: \_\_\_\_\_

Child's Class: \_\_\_\_\_