

Natter Week 1 Term 3 2017

Deputy Principal's Report

Dear Parents,

I would like to welcome everyone back to school after what I hope was a really restful and enjoyable break. Term 3 is always a very busy and rewarding term. Already the *Dates for your Diary* section below lists a whole range of activities. The most significant of these, that I would like to highlight, is our Open Day on Wednesday 2 August. This is always a fantastic day where students can show-off their extra-curricular activities as well as the work they do day-to-day in their class. Closer to the date we will publish a timetable for the day. At this stage I would like to invite all parents, grandparents and friends to attend the day to see the fantastic achievements of our students.



I would like to congratulate all our Banner award recipients from last term and say a special thank you to Uncle Neil for *Welcoming us to Country* and presenting the award winners with their banners. Uncle Neil is a Gadigal man of the Eora nation. During his address he taught us about the meaning and importance of *Welcome to Country* as well as some Aboriginal language. Uncle Neil's presence at both assemblies added to the prestige and importance of the occasions.

Last term, I had the pleasure of seeing our dancers perform under lights at Glen Street Theatre at the Sydney North Dance Festival. I may be biased, but I thought our dancers stole the show. I saw the Year 2 and the 5/6 groups in the Monday night show and they were sensational. From all reports, the Year 3/4 group in preceding shows was equally as good.



Thank you to all the parents involved and to Sandra Nicol and Emily Jefferys. We look forward to seeing the performances again on Open Day. I would also like to make special mention of Sienna S. who performed in the Sydney North Dance Ensemble. She has been rehearsing weekly with them and has demonstrated a huge commitment as well as talent and performance quality. Sandra Nicol said, "Sienna is a beautiful dancer and a beautiful young lady!" She will be performing with the Ensemble as part of the Schools Spectacular later in the year.



Our debaters had a win! Congratulations James L., Mia M., Kiesha T. and Catherine L. for successfully arguing that parents should not be able to use physical consequences as a form of punishment for their children. It was obvious watching the debate that the team's skills as debaters have improved significantly this year. Unfortunately, Hunter Y., Scarlett R.S., Amelia S. and Will H. weren't able to successfully argue that fast food companies should not be banned across Australia. However, they too debated extremely well and have learnt so much during the season. Thank you Ingrid Mailler for all your work with our debating teams.



Congratulations to our Snowsports team for an extremely successful Interschools' competition. I would like to thank Mark Tickle, Jamie Blazejewski and all the parents for their support of the team. After many excellent results, we are the overall Northern Region Champion school in Snowboarding and third overall in Skiing. Our overall points combine to rank us as the second overall co-ed school in the Northern Region; not too bad for a school from the beach!

I would like to wish all those competitors who have progressed to the State competition the best of luck in August.



Also over the holidays we had our gardens improved by some of our families as part of the *Adopt a Garden Initiative*. There is a detailed section later in this Natter in *Garden Spot* about this initiative, where classes can select a piece of the school garden that they would like to improve and maintain. The great work over the holidays was done by 4NE families who have adopted a patch of garden near the play equipment. I would like to thank the Hudson, Osborne, Baker, Kirkland, Pettit and Thomas families for their efforts in weeding, mulching and planting to improve the look of our school. The work extended to the area at the front of the school at the Beaconsfield Street entrance where a lot of weeds were removed and geraniums moved and re-planted to make room for a range of plants that, when in flower, will add great colour to the front of the school. Thank you Carla and Vanessa.

I would like to remind everyone that the Parliament Ministers will be collecting artwork, due by this Thursday, in their search to find two pieces to permanently decorate the new water refill stations. The Ministers are asking students to create a high quality art work using the themes of Newport school, the environment and/or Aboriginal culture. The art work could be a painting, a drawing, use photography or computer animation. They are asking all art work to be handed to the office.

Finally, I would like to mention some of the fantastic project work that our students presented at the end of last term. 2JP made board games about regular and irregular verbs and I was lucky enough to see some of these being played. The children were able to teach me the difference between catch and caught, bring and brought and many other verbs while playing their games.



Year 5 presented their renewable energy projects that showcased students' knowledge of wind, aqua and solar power. The projects all included working models, written and verbal presentations. Well done Year 5, your presentations were great!



Regards,
Adam Hearne (Deputy Principal)

Dates for the Diary

- | | |
|---------------|---|
| Fri 21 July | State Cross Country Carnival
School Sport begins
PSSA Winter sport competition continues |
| Mon 24 July | Rugby League Gala day |
| Tues 25 July | 3/4 Drama group at NIDA |
| Wed 26 July | Maths Olympiad 8.15am in 6AW |
| Thurs 27 July | PCS Music Festival rehearsal at Wheeler Heights PS
3/4 Drama group at NIDA |
| Fri 28 July | Musica Viva
Schools Tree day |
| Tues 1 Aug | P & C Meeting 7pm
Festival of Instrumental Music Performance at the Opera House
ICAS exam English 8am |
| Wed 2 Aug | School Open day |



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📍 Stuart St, Newport,
NSW, 2106

Sports

Winter PSSA Competition

The Pittwater Zone PSSA Competition will resume this Friday against Wheeler Heights. Training will resume on Thursday and Friday morning for respective PSSA teams as per usual. Please download the Team APP and search Pittwater for the draw, ladder and other news. Please download the SkoolBag APP and search Newport for notifications regarding training etc.

Rugby League training is 8.15am at Newport Oval on a Thursday.

Boys' and girls' soccer and mixed AFL training is 8.30am at Newport Oval on a Friday.

Girls' Netball training is 8.15am at Newport School on a Friday.

If your child is in a PSSA team and you know they will be away at all throughout the term on a Friday, please let the coach know. You should also let the coach know if your child cannot make training.

State PSSA Cross Country

This Friday Tom T. and Charlie A. will be attending the State PSSA Cross Country. We wish them both the best of luck. They are to be congratulated on their outstanding achievements on progressing to a State Carnival.

Rugby League Gala Day

Monday 24 July is the Rugby League Gala Day which will be held at Lionel Watts Reserve. Notes will go home on Tuesday and need to be signed and returned by Friday. Gala days will not be held for Soccer, Netball or AFL this year.

Zone Athletics Carnival

The Pittwater Zone Athletics Carnival is on Friday 1 September at Narrabeen Academy. Students who finished 1st or 2nd in any final and students who finished 1st, 2nd or 3rd in the 100m final will compete in the Zone Carnival. We will determine the students for Discus by trialling any student who finished 1st or 2nd in Shot-put or any student who has a recorded Discus distance though Little A's. We will invite any students aged 10, 11 or 12 years who finished 1st, 2nd or 3rd in the Cross Country or 800m to trial for the 1500m event. The Sydney North Athletics Carnival will be held on Monday 11 September at Homebush.

State Knockout Training

Boys' Softball KO training will continue each Monday morning at 8.15am at Newport School.

Girls' Cricket KO training will continue each Thursday morning at 8.15am at Newport School.

Girls' Touch Football KO training will be each Monday morning 8.15am at Newport Oval.

Greg Moran





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Garden Club

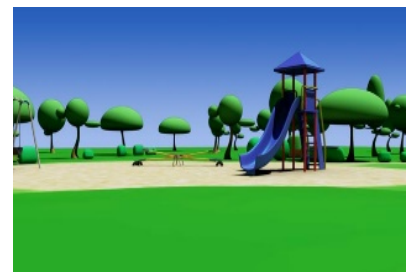
Adopt A Patch of Playground

A couple of 'patches' have been adopted so far. The area beside the play equipment and the Beaconsfield entrance are looking great thanks to some volunteer gardening over the holidays by school families. If your family or your class would like to adopt and care for a patch of our playground just visit the Garden Club Buzz at: www.tinyurl.com/newportgarden and fill in your details.



Playground Improvement Survey

Thank you to the parents, students and teachers who took the time to let us know what you think we need to do to make our playgrounds here at Newport better. We have taken your ideas on board and are well on the way to planning a staged approach to the improvement of the play areas at school.



As a result of the findings of the survey, we are seeking several specialists to assist us to achieve our goals to make our playgrounds more engaging, fun and of course, safe. We would like our specialists to provide quotes but to be safe in the knowledge that they will be paid for any further work that they are engaged to carry out. We are also more than happy to accept work carried out on a volunteer basis and donations of equipment and supplies.

In particular, we are interested to speak with experts in rendering, concreting, and shed building. As well, we would like very much like to engage a qualified landscape architect to develop, with us, a long term plan or vision for the development of our playground. If you are interested in being a part of this long term, exciting and very much anticipated project, please contact the school via email, newport-p.school@det.nsw.edu.au and use 'Playground Project' in the subject heading. Thank you very much for taking your part in this exciting project.

The Playground Committee

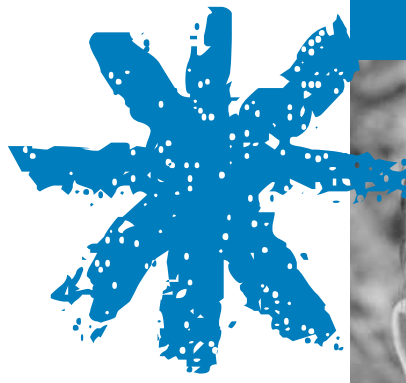


Newport Out Of School Hours Care (NOOSHC): 02 9979 9874



Canteen: 02 9979 6504

parenting * ideas
insights



Parenting the in-between years

By Michael Grose

The in-between 'tween' years can be challenging for parents. Here's 5 ways for parents to negotiate these years.

Toddlers and teenagers have traditionally been the stages that are most problematic for parents. Toddlers have a bad reputation as their body outgrows their brain, which is testing for a parent's patience and

their ability to manage behaviour. The teen period with its massive physical and emotional changes requires parents to make significant changes to their parenting and communication methods. Personally, this was a stage that tested my communication skills to the limit. It seemed that every conversation with one of my teenage children was like going for a job

interview. I had to concentrate on every word I said to make sure there was no misinterpretation or argument.

There's a third stage that causes stress and anxiety for parents - the tween stage. This is the age from 8 - 12-year-olds that bridges childhood and adolescence and it often goes under the radar when we talk about stressful developmental stages.

Tween issues are complex

The issues that parents face when raising toddlers such as sleep, obstinance, eating and separation worries seem simple compared to the complexities that parents face with tweens including social media, bullying, friendships and puberty.

This is an age when kids are maturing at different speeds, which can impact dramatically on how they see themselves. It seems also that the relationship between girls and their mothers can be strained during this stage, although dads and daughters aren't immune from testy times either. Boys also have difficulty negotiating this age but they have an innate naivety, which saves them from much of the angst that many girls face.

This is a stage when children need their parents but the shift to puberty and the accompanying social pressures means you may have to shift your parenting gears well before you are ready.



parenting *ideas

Parenting the in-between years

Here are five ideas to help you stay connected to your tween:

1. Spend real & close time together

Most kids are great when you get them one-on-one, but getting the chance to spend some time away from a digital device or screen with a young person today is seriously hard. But close personal time is how you can talk to your child and provide the support they need during these times of transition. Make the opportunity to spend some idle, chatting time with your tween.

2. Allow them to have two faces

Many children in the in-between years wear two faces. They have a face for the outside world of their peers and one for home and their family. The outside face maybe a little older, and have more attitude than you'd like, so try to gently manipulate that face into something softer. Recognise that the tough or older exterior maybe his or her way of coping or gaining acceptance. On the other hand, you may find your tween acts and plays like a young child while at home. Make room for this to happen.

3. Create the path for greater independence

Many children at this age want more freedom and independence, but they frequently don't know how to ask for it. Recognise that healthy development at this stage involves expanding their horizons into different areas of endeavour (hobbies, interests, subjects at school) and around their neighbourhood. Set limits, and expect them to stick to them.



Special note: I'm thrilled to announce that my latest book *Spoonfed Generation: How to raise independent children* is out. It's available at parentingideas.com.au

Give them more responsibility, not less as they move into the tween years.

4. Explain the changes that are going on

Puberty begins as young as eight for some girls, a little later for boys. It begins before we see any changes to body shape or form. Many children battle their physiology (and their feelings) at this stage, while we parents focus on their psychology ("What's he trying out now?") so calmly explain the changes that are going on while teaching them how to manage their emotions.

5. Remember, it's not personal

I haven't met a parent who doesn't take the cutting/sarcastic/hurtful remarks that a tween can make personally. That's why parenting tweens can be hard emotional labour. It can also be a sad time as your child is moving from one stage to the next. In a sense, you give birth twice - to a child first and then again to a teen. The second gestation is longer and in some ways more painful. But life does get better and more bearable with time.

Most parents are raising tweens when they have a lot going on in their own lives. Partners, work, friends and broader family are competing for your attention at the very time when your tween maybe challenging you. If you can simplify your life even just a little during this stage you may find that the some of the stresses of raising a tween start to disappear or at least seem less complex and hard to bear.



Visit our website for more ideas and information to help you raise confident and resilient young people.



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- Understanding your child's behaviours
- Help your child learn to manage their emotions
- Preventing behaviour problems in your child
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By tuning into their emotions children will learn to:

- Understand and manage their emotions
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- Manage their worries and anxieties
- Build self esteem, self worth and positive feelings about themselves
- Realise they are not alone

WHERE: Newport Public School
WHEN: Wednesday 4-6.15 pm on
July 26, August 2, 9, 16, 23
COSTS Special offer of \$300 for Newport Public School families, normally \$360
BOOKINGS: Godelieve on 0425 256 989
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FACILITATORS:



Godelieve Hofman-Verkuyl is an accredited and highly experienced Parent and Youth Coach with over 15 years experience, assisting families in creating respectful, understanding and supportive relationships between parents & their children. www.goodfamilylife.com.au



Natalie Mackenzie is a registered dramatherapist with over 10 years experience working creatively with children to support their emotional wellbeing. www.playfulminds.com.au

SUNDAY 6TH AUGUST 2017   7.30AM-1.30PM

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