NEWSLETTER PRINCIPAL’S REPORT

Term 3, WK 7, 26th Aug 2015

24th - 28th August 2015
Book Week 2015

27th August 2015
Book Week parade 10:00am
Big Band Bash at Daceyling PS

31st August 2015
P&C meeting 7:00pm

1st September 2015
Regional Athletics Carnival
Kindergarten 2016 Interviews

2nd September 2015
Fathers’ Day Stall

3rd September 2015
K-2 Assembly (KK hosting)

4th September 2015
K-2 Athletics Carnival

8th September 2015
World Literacy Day
School Council meeting 7:00pm

14th - 16th September 2015
Bathurst Camp Year 5

Reminder
Entertainment Books
All students were sent home with a copy of the Sydney and Sydney North Entertaiment Book. If you have not yet returned the book to school (if you do not wish to buy it) please do so without delay.

Breakfast is said to be the most important meal of the day as it provides fuel to start the day after a long period of fasting (that is, during sleep). Generally speaking, students who eat breakfast have more energy to learn, do better in school and tend to eat healthier throughout the day. Students who don’t eat breakfast can feel lethargic, tired and moody, leading to difficulties with concentration and behaviour. Unfortunately, we have a considerable number of students who attend school without a nutritious start to the day for reasons such as busy morning schedules or not being hungry first thing in the morning. So teachers have decided to take action with the support of organisations such as Kellogg’s. Starting next week, we will be offering a Breakfast Club to students who we believe would benefit from a helping hand in this respect. Teachers have kindly donated spreads and UHT milk but any donations that you would like to make would be greatly appreciated as well. Breakfast Club will be run by teachers only, ensuring confidentiality and respect for all students who attend. Breakfast Club will be run from 8:15am-8:45am. If you would like your child to participate, please complete the slip included in this week’s newsletter and send it back to me. Alternatively, you can send me an email with your child’s details to: mascot-p.school@det.nsw.edu.au (attention your email to me).
I am really heartened by the strong teacher support for this initiative and would like to thank them publicly for their generosity and care for the families we serve.

Additionally, we are extremely lucky to have other fabulous staff members including Miss Connie (one of our Student Learning Support Officers) and Miss Ruth (who works in our office). Both staff members have a keen interest in photography and have offered their support for a students’ Photgraphy Club which is scheduled to begin in Term 4. In total, we can accommodate 10 students only so it will be a first-in-best-dressed scenario. If your child is interested in joining the Photography Club in Term 4, please send Miss Ruth an email via the school’s email address, as detailed above. To participate, they will need a digital camera (expensive equipment is not necessary) which will be signed into the office on the designated day for safekeeping and a keen eye and interest in learning some photography tips and strategies.

I truly am a very proud Principal!

Have a great week.

Helen Empacher
Principal

I would like my child .................................................... in class ................................ to attend the Breakfast Club on:

□ Monday □ Tuesday □ Wednesday □ Thursday □ Friday

Please tick which days you would like your child to attend.

I understand that my child will be served only cereal (with milk if required), toast, fruit and non-nut spreads. Special needs of my child of which you should be aware (eg allergies, medication):

..........................................................

Signed: .......................................................... Date:

(Parent or Caregiver)
As part of our integrated unit Material World, we have been learning about insulation and how the body keeps warm. This led us to discussing how athletes, such as long distance swimmers, keep warm in cold environments. We were lucky enough to have a very special visitor, Michael Renford, who came to talk to us about swimming the English Channel. Michael discussed lots of interesting facts based on his, and his famous father Des Renford’s, experiences swimming the channel.

We learned that it is extremely difficult to swim the English Channel because there are many obstacles including cargo ships, jellyfish, cold water, strong currents and a minimum of 34 km distance. The distance is usually much more than 34km because the currents move you up and down the channel, making the swimmer’s distance much longer. We were astonished to learn that Des Renford actually swam the channel 19 times!

Before swimmers begin, they cover themselves in a substance called ‘grease’ that is made up of vasoline and lanolin. This doesn’t actually make them feel any warmer, it just prevents the onset of hypothermia. However, it doesn’t always work and many people fail to complete the swim.

Interesting fact: In order to swim the English Channel, you must begin in England and end in France and you aren’t allowed to wear any more than a swimsuit, goggles and a cap!

We had a lovely time listening to the presentation and were very appreciative that Michael donated his time to talk to us.
The Premier’s Spelling Bee was introduced in 2004 as a fun and educational way for primary school students to engage in spelling. The program aims to encourage all students to engage with spelling and to promote improved literacy in combination with the English K-6 syllabus.

On Thursday 20th August, we held our Stage 2 and Stage 3 finals in the hall. Ms Andrew was the adjudicator. Stage 3’s Year 6 participants were Iman, Mushfiq, Kristina, Danica, Wahid, Jonathon, Madina, Semi and George. Year 5’s participants were Angona, Megha, Nadya, Oscar, Mehmet, Alfis, Stella and Scott. Stage 2’s Year 4 participants were Sophia, Arwaa, Samin, Stazia, Zeth, Salih and Jasneel. Year 3’s participants were Paul, Sumaya, Sameeha, Mohsina, Sean and Abigail.

An enthusiastic audience applauded Stage 3’s winner Jonathon and runner-up Nadya and Stage 2’s winner Sophia and runner-up Stazia. These students are invited to participate in a Spelling Bee regional final at Lewisham Public School on the 14th September. We wish them all the best on the day!

Denis Metcalfe
Spelling Bee Coordinator

<table>
<thead>
<tr>
<th>Student Of The Week</th>
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<td>KD - Ryan, great teamwork during reading groups.</td>
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<td>KK - Eddie, for a huge improvement in story writing and reading.</td>
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<tr>
<td>KR - Evan, for being an excellent participant in class activities.</td>
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<td>1L - Daania, for a great effort in writing and presenting her speech.</td>
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<td>1S - Jade, for her fantastic effort in giving an interesting speech.</td>
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<tr>
<td>1Z - Liam, for a huge improvement in reading.</td>
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<td>2K - Brandon, for his enthusiastic attitude towards learning.</td>
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<td>2PG - Jaelynn, for writing a very good report.</td>
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<td>3M - Zarif, for always being a responsible member of the class.</td>
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<td>3/4D - Dylan, for improved focus in class.</td>
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<td>4W - Ryan, for being an independent worker who always strikes to achieve good results.</td>
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<td>5C - Ijlal, for being an enthusiastic participant in all areas of school life.</td>
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<td>5M - Talia, always ready to help out in classroom organisation.</td>
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<td>6D - Angelo, for excellent effort in his ‘Ned Kelly’ artwork.</td>
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<td>6G - Siddarth, for being a responsible, respectful learner.</td>
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Below are the results that some of our students achieved in the ICAS – Digital Technologies assessment:

- 1 high distinction certificate - Arwaa
- 3 distinction certificates – Sumaya, Sameeha and Alfis
- 8 credit certificates – Adam, Samin, Tamin, Rafa, Nabneama, Leanne, Jerry and Eric
- 9 participation certificates – Naba, Raya, Leon, Amaan, Paul, Angona, Mrinmoyee, Norhan and Samed

Congratulations to all of our students who challenged themselves in this assessment. We are proud of your effort and achievements.

Our Passive Play Zone is open and the students are really enjoying their quiet play.

We have lots of toys, games and books for the Infants but we need more activities for the Primary students. We would appreciate donations of board games, Lego and a table tennis table and foosball table in good condition and with wheels for easy storage.

If you have any of these items and are willing to donate them to our school, please speak with Ms Day or Ms Cain or leave at the office.

Thank you for your support.
At a glance

- Public speaking helps kids to develop confidence and build up their self-esteem.
- Create opportunities for your child to present speeches to the family.
- Show them how to use palm cards.
- Good speakers make eye contact with the audience.
- Help them develop a good pace and correct volume for the room.
- Spend time listening to your child's speeches.

Kids need to develop their skills for speaking in front of others long before their 21st birthday.

Merrilyn Jenkins, principal of Penshurst West Public School, says confidence in public speaking is a valuable tool for children to have.

"A clear confident speaking voice is an essential life skill that fosters self-esteem and personal confidence," she says.

"Children need lots of opportunities to prepare and present speeches as well as to listen to and watch others speak."

If your tips for keeping nerves at bay during public speaking are limited to imagining your audience in their underwear, Merrilyn has some sound advice to help your child prepare for their big moment in the spotlight.

Public speaking tips

- When your child can choose their own topic, encourage them to pick topics that are of personal interest.

- It’s OK for younger kids to give a recount of a holiday or special event, but as they get older help them develop opinions. For example, a speech on snakes may not be just facts and figures but could include comment about their importance to the environment or why people are afraid of them.

- Help your child develop interesting beginnings and endings to their speeches, but always in a way that is meaningful to them.

- Guide them to use a variety of information sources including family discussions, the library or the internet.

- Use palm cards. Cut pieces of paper small enough to fit into the palm of one hand. Young kids may have picture clues to help them remember each part of their speech. Older kids should plan their speech out on sheets of paper first, then pick out the main points and write keywords for those points on the cards.

- The idea is not to read sentences but to use the cards just to jog their memory. For example: "First fleet. 1788. Mainly convicts - England. Industrial revolution, overcrowding gaols," might be an introductory card for a speech on Convicts in Australia.

- Even professional speakers rely on lots of preparation and practise to give smooth-flowing speeches.

- Suggest to your child to practise their speech in front of a mirror or video so they can watch it and evaluate their own efforts.

- While practising for a speech, remind your child to:
  - say the ends of words clearly
  - speak loudly enough for the people at the back of the room to hear
  - vary their pitch and pace when it makes sense to do so
  - look at the audience.

- Spend time listening to your child's speech. Try to avoid doing other things at the same time because they need to practice looking at faces when they talk. Give feedback on how they present and time them with a stopwatch so they can pace their speech to meet the time they have been given.

Finally, avoid putting too much pressure on a child to perform.

"They need to be encouraged to participate at their own level and build their skills as they gain more experience," Merrilyn says.

"A relaxed, well-prepared speaker will exude confidence and therefore will always be a winner."