

# Kenthurst Public School

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**Excellence and Innovation in a Unique Community**

**“The School of Choice”**



Term 4 Week 8

Friday 28th November 2014

Good afternoon families and friends,

Over the past few weeks we have been gathering data through a variety of surveys that will drive our Three Year Plan.

These 3 Directions will determine where funding is allocated and how our school will continue to deliver quality learning. These are some of the comments from the highlighted question, that parents said during the Parent Focus Group Sessions.

## PARENT FOCUS GROUPS

### “WHAT WOULD YOU TELL OTHER PARENTS/FRIENDS ABOUT KENTHURST PUBLIC SCHOOL?”

- Beautiful environment
- Plenty of playground space ~ the children can run!
- Good size ~ “just the right size”
- Feel safe
- Safe environment ~ teachers can see them; not a huge school where they can get lost
- Positive dynamics
- More like a community ~ “like a big family”
- Lovely community!
- Approachable principal who individualizes your situation
- Principal is passionate!
- Principal knows all the families.
- Principal radiates enthusiasm and this makes a difference.
- Every activity you can think of
- Easy to know everyone
- Easier to communicate
- It's relaxed because it is a small school – There's no tension!
- Friendly kids K-6 ~ Older kids mingle and support the younger students
- Students know each other
- I like the children's manners – they are well behaved.
- I like the “buddy program”.
- I like the way children play with all stages K-6.
- Discipline is good ~ say it the way it is!
- Merit System ~ The Keys.
- Love the current Kinder Orientation Program
- Staff are lovely ~ “they know their stuff”
- Teachers are approachable and they know all the children
- Teachers are able to individualise for students.
- Teachers are learning new things
- You can tell the ones who love their job!
- I like the focus on Reading eg Premier's Reading Challenge.



Galston  
Community of Schools

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- Recovery programs in place
- Happy with academic level
- “All round” school ~ kids can strive ~ opportunities are provided ~ sports, singing etc.,
- Before and After School Care at the school
- Not ridiculous amounts of homework
- Broadened curriculum now with GAT, speech, poetry, drama and out of school involvement in The Arts etc ~ all very beneficial!
- Technology well used.
- I like the music lessons in the school.
- Different sports' groups coming into the school
- Focus on academic strengths and abilities
- Staff cater for different needs
- I like the canteen ~ not 5 days ~ it's more like a treat!
- FB page is useful for school notes, information (K-St 2)

Thank you to all the parents who participated in the various surveys and we will be taking on board the suggestions and working with a team early next year, that includes parents, to determine our action plans for 2015-2017.

Our Levi's Lunch was an epic event! Thank you to all of the mothers involved who cooked and baked the most sumptuous meal. Mrs Woellner's homemade tomato sauce should go on Recipes to Riches! It was delicious. Thank you Mrs Tracey Nelson for your dedication and hard work too.

Mr and Mrs McCormack, together with their children James and Keisha were so delighted with the day and send their love and gratitude. Kenthurst is very dear to them and they will stay connected to our beautiful school through our Kitchen and Garden initiatives. We will continue to have Levi Lunches throughout next year and beyond, promoting fresh, healthy, homemade food. Just what Levi would want us to do. ☺

We are busily rehearsing for our Concert Spectacular on Wednesday 10<sup>th</sup> December and this week our brilliant coordinator for this event; Miss Armstrong has sewn all of the curtains for the stage!!! The atmosphere on stage is now so professional and exciting. That is why I am often heard to say, this is “The School of Choice”. An outstanding community, exceptional teachers, amazing opportunities, a quality learning environment and wonderful, talented students. I am so proud to be your principal.

Yours in quality learning,

*Caron Dodd*

Principal



## DIARY DATES

### Week 9 - Term 4

3<sup>rd</sup> December, Wednesday - 4.30pm Zoosnooz

4<sup>th</sup> December, Thursday - Zoosnooz  
Band  
Scripture

### Week 10 – Term 4

8<sup>th</sup> December, Monday - Celebration of Learning

10<sup>th</sup> December, Wednesday - Concert - Evening

11<sup>th</sup> December, Thursday - Parent Helper Morning Tea  
Band  
Combined Scripture

12<sup>th</sup> December, Friday - Year 6 Graduation  
Year 6 Farewell – Evening

### Week 11 – Term 4

15<sup>th</sup> December, Monday - K Factor

17<sup>th</sup> December, Wednesday - Last Day for Students

18<sup>th</sup> December, Thursday - Staff Development Day



# LOST PROPERTY

**DON'T FORGET WE HAVE A LOST PROPERTY ROOM!**

**PLEASE CHECK PRIOR TO THE END OF THE YEAR AS  
THERE ARE A LOT OF JUMPERS / HATS ETC**



## Galston Community of Schools Debating Championship

### Winners

Charlotte, Holly, Douglas & Oliver



# BOOK FAIR GARDEN

*Catch the reading bug!*

## Book Fair - 2014

Thank you to all of our parents and grandparents who supported our very successful Book Fair this Term.

Total sales were \$3,554.00 - Total profit for our school was \$710.00

K.Parnaby  
Teacher/Librarian

## Waste Free Wednesday

Next Wednesday the 3<sup>rd</sup> of December the teachers and students will be participating in  
The Hills Waste Free Lunch Day 2014.

Waste free lunches favour the use of reusable food and drink container, utensils and organic waste.

They discourage the use of disposable packaging such as food wrapped in cling wrap, foil and other single use items that end up in landfill.

Going waste free saves you money, supports healthy living and is better for the environment as you send less waste to landfill.

It is free to participate and by doing so the school will receive a free compost bin. This will be most useful as every class has been collecting and composting food scraps from Crunch n Sip.

I know that in S1E we collect 10L of food waste each week. In one year we could potentially divert 400L of waste from land fill.

Thank you in anticipation of your support,

Elizabeth Eurell



## An Invitation to All Kenthurst Helpers



You are warmly invited to a morning tea, to celebrate and thank you for your assistance and support at Kenthurst Public School throughout this year.

**When:** Thursday December 11, 2014

**Where:** The Learning Centre

**Time:** 11.20am

Please complete the slip below and return to help with the catering.

Miss Jessica Puddy  
Morning Tea Organiser

Ms Caron Dodd  
Principal

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### Kenthurst Helpers Morning Tea

Thank you for your invitation to the morning tea on Thursday December 11, 2014.

I \_\_\_\_\_ am able / not able to attend.





## Trivia Night

Saturday 22<sup>nd</sup> November



Trivia Night for 2014 has come and gone... What a fabulous night it was.

Apart from having fun enjoying the warm spring evening with the company of friends we managed to raise significant funds for the school. It was a tremendous combined effort. There were a few hippies from 'Hair', some witches from 'Wicked', Mary Poppins and her chimney sweep, Pink Ladies and T-birds, Flappers from "Chicago", Warnie and Liz Hurley from 'Shane Warne-the musical' (we're not kidding!) and of course Magenta and Frank N Furter from "Rocky Horror". Dorothy aka Liz Stubbs, won best costume and performance as she skipped down the yellow brick (broken) road. Pink Ladies, Rizzo and Frenchie aka Vanessa and Edwina also gave a performance worth mentioning for their rendition of "Sandra Dee" as did Ms Armstrong who belted out a fabulous witchy song dressed as Elphaba from 'Wicked'.

Thanks to all who donated prizes to auction on the night. Special thanks goes to the Trivia team who worked so hard to pull this event off - Vanessa Collits, Edwina Woellner, Rosalind Martin, Jen Owen, Rosalie Barnes, Liz Stubbs and Cate Casha. With huge help on the night from John Holbrook, Claude Acosta, Tom Hellems, Jules Rondan , Rowena Bennett & Gints Vietnieks.

Big prizes on the night included a 'Day with Dave Dennis' - 18 holes of golf with the Waratah's captain, Reg Mombassa etching and Reg Mombassa print, signed and framed Penrith Panthers jersey, Ticket-Master voucher (value \$200) car service (value \$200), bikes and loads more.

It was great way to lead into the festive season.

Thanks again.

Kenthurst Public School P&C.



## BAND

If your child is in Year 2 to 5 and would like to try out for Band it is not too late.

Just return the note below to school and your child can try any of the band instruments to join our School Band Program in 2015.

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## Band

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

Parents / Guardians: \_\_\_\_\_

Phone: (mobile) \_\_\_\_\_ (home) \_\_\_\_\_

Email Address: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_





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## What is Kik Messenger?

Kik Messenger (Kik) is a free smartphone messenger application that allows users to send texts, pictures, videos and sketches. Kik uses a wireless connection or mobile data to send and receive messages.

## What is the age classification for Kik?

The age classification for the messenger function is 13 years old. Kik also have a feature called 'Kik cards' which allows users to find images, videos and play games. This feature is restricted to users 17 years and older due to the inappropriate nature of some of the content available. It is important to know that these classification are set by the apps creator and are not overseen by an independent body.

## What are the potential problems with Kik?

Kik is a popular application amongst young people of all ages. Issues arise when this app is used to transmit messages that are menacing, harassing or offensive. In some cases this can see young people in breach of State and Commonwealth legislation. Ethically, young people need to be aware that the messages they send can have a significant impact on other people.

As Kik also has the capability for users to share images, it is important that your child is aware of the legal and ethical ramifications of sharing sexualised, provocative and nude images.

It is extremely important that parents and carers are aware of the issues associated with various apps and websites so that they can openly communicate with their child about their safe and responsible usage of Kik.

## How can I limit who can contact my child on Kik?

Kik has a setting that allows users to ignore new people who may communicate with them. It's a good idea for your child to enable this feature before they start using Kik to prevent people they don't know from communicating with them.

To enable this feature select **Settings > Notifications** and turn **Ignore New People** to **ON**. This will hide any messages sent to your child from people who aren't on their contact list.

## How can I block someone on my child's Kik account?

It is really important that children know how to block and report on every social networking site or app that they might use. To block a user in Kik select **Settings > Privacy > Block List**, click the **+** to select the username of the person you want to block and select **Yes** or **Block** to confirm. This will make sure that all messages from this user will be hidden.

Note: A user will not be notified when they have been blocked.

## How can my child delete a user on Kik?

We recommend that you monitor your child's use of Kik and be aware of who they are communicating with. This might mean going through your child's contact list together to identify who they are talking to. It is important to ensure that their contacts are people whom your child has met in real life, trust, and want to communicate with on a regular basis. Consider deleting contacts that do not fall into the above categories. A step-by-step guide on how to delete a contact on Kik is available at <http://www.thinkuknow.org.au/kids/howtosn.asp>

## How do I delete my child's Kik account?

If after talking with your child about the ethical use of Kik and your family's rules around technology, you may think it's appropriate to delete the Kik account.

To delete a Kik account you require your child's username and password. To delete the account select **Settings > Your Account > Reset Kik Messenger**. You then need to delete the Kik application from your child's device. Ask a friend with Kik to send a message to your child's old account and within a few days your child will receive an email (sent to the email address used to sign up for the account) from Kik saying you have unread messages. At the bottom of this email will be a deactivation link – click on this and within a few days your account will be deleted.

Note: If your child logs into their Kik account before you have clicked on the deactivation link the request will be cancelled and the account will remain active. It is important that you and your child agree to delete the account and understand the reasons behind that decision.

Open and supportive discussions around technology usage are vital in ensuring your child understands their responsibilities when using technology. Simply removing the technology is not the best response as it could potentially drive your child's usage underground where there are fewer opportunities for you to support them.



For more information visit [www.thinkuknow.org.au](http://www.thinkuknow.org.au)

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Frequently Asked Questions: Parents

## INSTAGRAM



Follow us: [@ThinkUKNow\\_Aus](#) [facebook.com/ThinkUKNowAustralia](#)

### What is Instagram?

Instagram is a photo-sharing app which allows users to take photos, apply a filter and share content with either followers or the general public. Users are able to 'like' and comment on photos as well as send these images directly to individual followers. Instagram also allows users to post short videos.

### What is the age classification for Instagram?

Instagram is recommended for users aged 13 years and above, however there are many underage users.

### How are young people using Instagram?

Instagram is being used by young people to share photos, occasions and situations with their friends. The ability to like and comment on photos provides a useful communication function for young people as they explore and express their personality.

### Should I be worried if my child is using Instagram?

Any application when used incorrectly, has the potential to cause harm. It is important that you openly communicate with your child about how they may be using an application and the legal and ethical ramifications of inappropriate use. They also need to be aware the dangers of communicating with people they don't know via any mobile application.

### What are the privacy settings on Instagram?

Accounts on Instagram can be shared with anyone, or with those you approve as followers only. This can be done via the Instagram app on your mobile device. First select the **Profile** option on the lower right-hand side of the screen. In the **Edit Your Profile** section scroll to the bottom of the screen and ensure **Photos Are Private** is in the **On** position and select **Save**.

### What could be revealed through an image?

A concern with photos which are taken and shared via a mobile device is that they may contain geolocation information. Geotagging refers to the embedding of location data, such as GPS coordinates, in images taken on smartphones and some digital cameras. When these images are shared online, the location data is often also shared. This may allow others who have access to the file to determine where the image was created, potentially revealing your home address.

### How can my child limit geolocation information?

It is important for your child and you to know how to disable the geolocation function for the camera on the smartphone or mobile device your child utilises. For iOS devices, this can be disabled by accessing **Settings>Privacy>Locations** and disabling for Camera. On Android devices, users need to open the **Camera** app, access **Settings** and **disable GPS tagging**. If you are unsure how to do this on your device, please access the online user guide for the model of device.

It is also useful to discourage children and young people from using the Photo Map function on Instagram. This capability plots users' photos on an interactive map and could reveal sensitive location information.

### What are the potential problems with Instagram?

It is important that young people only allow people they know and trust to access their photos and learn how to block and report inappropriate users. You can block users via the Instagram app on your mobile device. Open the profile page of the offensive user and select the **Further Options** icon on the upper right-hand side of the screen. Select the **Block User** option and when prompted by the dialog box, select **Yes, I'm sure**.

Sharing images that are rude, offensive or sexualised can see young people in breach of State and Commonwealth legislation that carry serious legal consequences. Ethically, young people need to be aware of the impact that their online behaviour has on others as well as their own reputation.

### How can I delete my child's account?

If after talking with your child about the ethical use of Instagram and your family's rules around technology, you may think it's appropriate to delete the Instagram account.

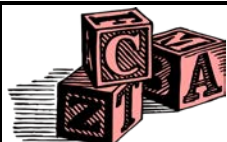
To delete an Instagram account log into the account at [instagram.com](#), click the account username in the top right and select **Edit Profile**, click **I'd like to delete my account** in the bottom right.

Note: Accounts can not be reactivated and photos may be lost. Open and supportive discussions around technology usage are vital in ensuring your child understands their responsibilities when using technology. Simply removing the technology is not the best response as it could potentially drive your child's usage underground where there are fewer opportunities for you to support them.

For more information visit [www.thinkuknow.org.au](http://www.thinkuknow.org.au)



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## **Ellbelle's Preschool and Early Learning Centre**

174 Kenthurst Road, Kenthurst 2156  
(Opposite Caltex Service Station)  
9654 2009

\*7:30am to 6pm

- \* A “NCAC” Accreditation of “High Quality” in all areas of Early Childhood Education
- \*Extensive Transition to School/Pre School Program for children aged 3-5 years
- \*Children are divided into groups according to age with qualified staff programming for each group
- \*All meals provided
- \*Licensed for children aged 6 weeks to 5 years \*Some casual days available
- \*Child Care Benefit available
- \*50% Childcare rebate on all pre-school

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SunSmart Snippet

# The simplest way

...to be SunSmart!

**Showing children that you wear sunscreen is the best way to teach them about our harmful UV rays.**

Children imitate adult behavior – both good and bad. When it comes to sun protection, setting the best example is important for teachers and parents.

## What should you do?

- Wear a sun safe hat.
- Wear a shirt with a collar and sleeves.
- Apply sunscreen before going outside, and then at regular two hour intervals throughout the day.



For more information visit [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)  
or call 9334 1761



Health  
Western Sydney  
Local Health District

For more information visit  
[www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)





**Nutrition Snippet**

# The simplest way

...to make healthy ice cream.

Everyone loves ice cream, right? It's cool and delicious, and perfect for cooling down on a summer's day.

Try making our fruit-filled ice-cream: it's healthy and yummy!

- ½ a 440 g can crushed pineapple in natural juice, frozen
- 1 ripe banana, frozen
- pulp of 1 large passionfruit



**Method**

1. Roughly chop frozen fruit and place in the bowl of a food processor.
2. Process until fruit becomes granular. Scrape down sides of bowl with a spatula and process again. Repeat 4-5 times until fruit mixture is a smooth, thick and creamy texture.

Spoon into bowls and serve immediately with fresh fruit, or freeze some for later!

**For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)**

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.



**Health**  
Western Sydney  
Local Health District





## **National Head Lice Awareness Month - November**

A new national awareness month has been unveiled to combat the spread of head lice in Aussie kids.

*No Nits November*, to be held during the month of November, is an inaugural awareness campaign to help both children and parents fully understand head lice, while also giving parents and kids the opportunity to win a \$1,000 donation to their school library.

The new initiative by Aussie family-owned company, NitWits, is part of a new, on-going educational program, to raise awareness and dispel any common myths about head lice among school kids and their parents.

Nadine Ismiel-Nash, Head of Research and Development for NitWits and mother of two says, "No Nits November is a great opportunity to proactively check your child for head lice to ensure that lice are targeted early to minimise the chance of spread, educate yourself on head lice facts and the best forms of treatment, all while giving you the chance to win money for your kid's school library."

With the upcoming Summer holidays, November is a great opportunity to ensure that your children don't bring home any extra unwanted friends these school holidays.

*No Nits November* is a great chance to dispel any 'Lice Lies' and raise awareness about head lice in Australia. NitWits have identified 3 key myths that Aussies believe about head lice:

- Head Lice are found in dirty hair only - This is not true, head lice are found in all types of hair and are equally happy living in clean hair.
- Head Lice live in sheets, toys, clothing and anything else your child may come in contact with - You actually don't need to thoroughly wash any linen or clothes after there has been a head lice infestation as head lice rarely fall from the head and are less likely to survive away from the scalp.
- All children scratch when they have head lice - Less than half do actually scratch when they have Nits.

In addition, you could win a \$1,000 donation for your child's school library to be put towards purchasing more books! Simply upload to NitWits Facebook page, the wackiest hairstyle of your child while tagging @NitWitsKid Facebook page and #nonitsnovember

NitWits All-In-One is the brand's recent innovation that delivers a quick and easy way to kill head lice AND their eggs without the need for rigorous combing. The unique formula contains a key active ingredient called dimethicone which has shown great results in killing both head lice and their eggs quickly. With no need to repeat the treatment, managing head lice is now easier than ever.

NitWits All-In-One is a sensitive formula that comes in an easy, no mess spray applicator.

NitWits is available from selected pharmacies, major supermarkets and retailers around Australia.

For more information visit [www.nonitsnovember.com.au](http://www.nonitsnovember.com.au) or [www.nitwits.com.au](http://www.nitwits.com.au)



**BUNNINGS**



# **Christmas Family Night**

**Thursday, 4<sup>th</sup> December 2014**

**6pm – 8pm**



**Santa** will be visiting Rouse Hill to join the FUN

- **Kids Christmas D.I.Y**
- **Magic Show 6:30pm – 7:15pm**
  - **Jumping Castle Slide**
  - **Fairy Floss & Snow Cones**
- **Photo Booth – Say Cheese**
  - **FREE Sausage Sizzle**
  - **Balloon Twisting Elf**
  - **Lucky Door Prize**

**\*BOOKINGS ESSENTIAL\***

Bunnings Rouse Hill Warehouse  
352 Annangrove Rd  
Rouse Hill NSW 2155

Telephone: (02) 9679-4300  
Email: [rousehillso@bunnings.com.au](mailto:rousehillso@bunnings.com.au)  
Website: [www.bunnings.com.au/rousehill](http://www.bunnings.com.au/rousehill)