

# Kenthurst Public School

111 Kenthurst Road, Kenthurst NSW 2156 Phone: 9654 1173 Fax: 9654 2586  
Email: [Kenthurst-p.school@det.nsw.edu.au](mailto:Kenthurst-p.school@det.nsw.edu.au)

**Excellence and Innovation in a Unique Community**

**"The School of Choice"**



Term 4 Week 10

Friday 16<sup>th</sup> December 2016

Dear Parents and friends,

The ultimate goal of education is to provide educated citizens- namely those who can reflect, reason and make sensible decisions. The teachers at Kenthurst help our students enhance their thinking skills and go beyond mere rote knowledge and basic understandings. The rapidly changing technological world demands certain skills for students to be successful.

The knowledge explosion, for example, will require students to judge the validity and credibility of sources and identify the motivation and assumptions behind different points of view.

There is a fundamental shift in the Australian economy. Australia *was* known for its resources- now we must be known for our Resourcefulness.

Previously our learning was memorization skills and short life skills. This has now become totally irrelevant.

1970 *Reading, Writing, Arithmetic*

2016 *Teamwork, problem solving, interpersonal skills*

2016 has seen many highlights beginning with a visit from Ben Quilty and Julia Zamero at the beginning of the year. A renowned artist who attended this school, Ben was thrilled to see the focus on Creative Arts within our school. Creative thinking, creative arts, creative jobs.

These directions are the future.

Our students are given opportunities to learn and participate in verse speaking, dancing, drama, Tournament of Minds, Dance Sport as well as sports programs and team sports.

Excursions and incursions have enabled the children to experience a range of activities.




**The Kenthurst Kitchen and Garden Stephanie Alexander program.** Product to plate! Our produce this year has been substantial with mammoth sized sweet potatoes and beetroot. The students have prepared 'Salad of the Imagination'. The learning from this project has been phenomenal.



**Our sustainability waste project** has continued this year and produced some amazing creations and winning designs.

Better learning is the point.

Our aspiration for learners has never been greater. In the new world, we will need problem solvers, mathematicians and scientists.

-  Progress in mathematics
-  Graduate with higher order, science capacities
-  Integrate sciences with the arts

Learning Maths and Science is ‘hard fun’.

“We have to fill your head with lots of information, then you do the work and *then*, you get the creativity.”

Our High expectations continue at The School of Choice. We all learn by doing.

Our strong leadership team has been successful in delivering new programs this year and the School Administration team has completed the Learning Management Business Reform courses this year. Better known as LMBR.

Next year, our wonderful Stage 1 teacher, Miss Tiarna Jones will be teaching in England for the year. We look forward to her return in 2018.

It is with great pride too, that I announce Miss Jessica Puddy has been successful, on merit, to a permanent teaching position at Ironbark Ridge. This is a tremendous achievement and indicative of the high standard of teaching here at Kenthurst. We wish her every success for her future career.

Mrs Tully now will be a Kindergarten teacher for 2017.

I wish you all a safe and Happy Christmas, spent with your families and friends.

Yours in quality education,

*Caron Dodd*

Principal



## Diary Dates – 2017

### Week 1 – Term 1

23 <sup>rd</sup> January, Monday	School Holidays
24 <sup>th</sup> January, Tuesday	School Holidays
25 <sup>th</sup> January, Wednesday	School Holidays
26 <sup>th</sup> January, Thursday	Australia Day – Public Holiday
27 <sup>th</sup> January, Friday	Staff Development Day

### Week 2 – Term 1

30 <sup>th</sup> January, Monday	<b>Students Return</b> Best Start Kindergarten 2017
31 <sup>st</sup> January, Tuesday	Best Start Kindergarten 2017
1 <sup>st</sup> February, Wednesday	Best Start Kindergarten 2017
2 <sup>nd</sup> February, Thursday	Kindergarten's Start School
3 <sup>rd</sup> February, Friday	Canteen re-opens

### Important Dates – Term 1

30<sup>th</sup> January, Monday – **Students Return**  
 10<sup>th</sup> February, Friday – Swimming Carnival  
 17<sup>th</sup> February, Friday – PSSA Begins



## From The Office

Just to let you know that there are a couple of things that will come up early in the new school year, notes will go home in the first few days next year.

7<sup>th</sup> & 8<sup>th</sup> February, Tues/Wed – Digi Ed Workshop Stage 3

10<sup>th</sup> February, Friday – Swimming Carnival

17<sup>th</sup> February, Friday – PSSA Begins

Have a wonderful and safe Christmas  
And amazing New Year!



## Parking

Just a reminder that parking in Dural Street, outside the office before 9.30am and after 3.30pm is not allowed, it is a Bus Zone and there is a fine of \$325 and 2 demerit points.



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## Stage 3 Camp





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SunSmart Snippet

# The simplest way

...to protect your skin.

## Did you know?

Wearing sun protective clothing is one of five ways to protect your skin from ultraviolet (UV) radiation.



## To optimise your Sun Protection, choose sun-safe clothing:

- Shirts with collars or high necks, and sleeves;
- Longer length pants, shorts or skirts which reach below the knees;
- Loose fitting clothing of a dense weave;
- Dark coloured clothing, which absorb UV rays and prevent them from reaching the skin, more so than lighter colours;
- A sun safe hat (broad-brimmed, bucket or legionnaire style) to protect the face, neck and ears.

## Protecting your skin in spring:

UV rays are high enough to damage your skin, even on cooler days in spring. So don't rely on temperature to work out whether to protect your skin. **Slip, slop, slap, seek and slide** when UV levels are 3 or higher.



**Health**  
Western Sydney  
Local Health District

To help keep your kids safe,  
check your schools SunSmart  
status by heading to  
[www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)





SunSmart Snippet

# The simplest way

...to protect your eyes.

## Did you know?

Ultraviolet (UV) radiation can cause both short- and long-term eye issues. Long periods of UV radiation exposure can cause serious eye damage, including cataracts and various cancers.



## Choosing the right sunglasses

Sunglasses (even cheap ones!) can protect you if they fulfil these requirements:

- ✓ They are wrap-around, close fitting, with large lenses.
- ✓ They meet the Australian Standard AS/NZS 1067:2003. The standard has five categories of sun protection, from 0 (the lowest UV protection) to 4 (the highest). Choose sunglasses of category 2 or higher, as these absorb 95% of UV radiation.
- ✓ They have an Eye Protection Factor (EPF) of 9 or 10, which blocks out almost all UV radiation.

Don't forget your sun-safe hat to further protect your eyes.

## Eye protection at the snow

Snow reflects sunlight so wear goggles or sunglasses which meet the Australian standard AS/NZS 1067:2003. This will avoid 'snow blindness' (sunburn on the eyes' surface) which is painful and can contribute to long-term damage, such as cataracts.



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SunSmart Snippet

# The simplest way

...to understand UV radiation.

## What is UV?

Ultraviolet (UV) radiation, emitted by the sun, is the main cause of skin cancer. UV radiation can be dangerous even on cool and cloudy days.

## Did you know?

Ultraviolet (UV) radiation can damage skin when it reaches levels of 3 or above.



## Staying safe when the UV is three or above:

- Download the SunSmart app or use the online widget ([www.sunsmart.com.au/uv-sun-protection/uv/uv-widget](http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget)) to find out the exact hours to use sun protection.
- Generally, the UV levels will be above 3 throughout the day from October to March. So minimise time outside from 11am – 3pm (DST) and use sun protection when outdoors (Slip, Slop, Slap, Seek, Slide).



Protect yourself in five ways from skin cancer



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Nutrition Snippet

# The simplest way

...to eat more vegies, every day.

One third of all cancers could be prevented by adopting a healthy lifestyle, including eating well, being active and maintaining a healthy weight – and eating enough fruit and vegetables is essential to achieving this. Yet most adults and children don't eat enough.



*Did you know that legumes, like chickpeas, red beans and lentils count as vegetables?*

Hummus is a great way to get your kids eating chickpeas – add it to sandwiches, or send to school in a small container with some raw carrot sticks and pita bread, so they can make their own snack.

Don't forget to check out our website - it's packed full of free, veg-filled recipes!

**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





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# KENTHURST BUTCHERY



YES, WE DELIVER  
TOP QUALITY  
MEAT

*The best meat in The Hills*

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Nelson Street Kenthurst

Trevor Conn  
**9654 1557**

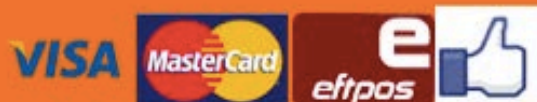


## Kenthurst Public School – “The School of Choice”

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Shop 3, 4 Nelson Street, Kenthurst  
9654 1580



[www.kenthurstfeedandfeast.com.au](http://www.kenthurstfeedandfeast.com.au)





## HOMOEOPATHY for Tots to Teens




**NATURAL • GENTLE • HOLISTIC**

### Homoeopathy can support children experiencing symptoms of:

- Bed wetting
- Bumps and bruises
- Clinginess
- Colic
- Coping with change
- Coughs and colds
- Food intolerances and sensitivities
- Mild earaches
- Minor illnesses
- Nappy rash
- Nightmares and crying at night
- Recurrent or persistent runny nose
- Separation anxiety
- Skin rashes
- Sore throats
- Tantrums
- Teething
- Upset or sore tummy



### What is homoeopathy?

Homoeopathy is one of the most used complementary therapies in the world and may be of help to people suffering from a wide range of conditions. Homoeopathy treats the person and not just the symptoms. Homoeopathic treatment is tailored to each individual, case by case.

Homoeopathy is a traditional medicine and may generally be used in conjunction with other treatments and medications without adverse effects.



For any ongoing chronic condition or in case of severe acute symptoms, it is important to be assessed or examined by your health care professional or specialist.



AUSTRALIAN HOMOEOPATHIC ASSOCIATION

*Always seek medical advice in emergencies.  
To find out more about homoeopathy or to find a registered practitioner in your area, please visit [www.homeopathya.org](http://www.homeopathya.org) or email [admin@homeopathya.org](mailto:admin@homeopathya.org)*



## Homeopathy for tots to teens

Maintaining good health is the aim of every parent. Homeopathy offers a great solution for families who prefer a more natural, holistic approach to their family's health.

Children respond positively to the gentle homeopathic consultation process. The medicines are dispensed as drops or sugar pills which children find easy to take.

Homeopathic medicines are selected on an individual basis. For example, a shy and clingy child who is being treated for a particular condition may not be given the same medicines as an outgoing and boisterous child, in spite of the fact that they may both have the same condition.

All aspects of the child's unique symptoms and behaviour are taken into consideration when selecting an appropriate medicine.

Homeopathy can help support teenagers as they transition from childhood into adulthood, assisting them to manage physical and emotional stresses and rebalance their energy from the roller-coaster challenges of hormonal changes.

Homeopathy can be of benefit for the whole family at any stage of life: men, women, mothers, fathers, very young and older children, teenagers and the elderly.

## Think of homeopathy when your teenager complains of:

- Disrupted sleep
  - Emotional upsets
  - Exam nerves
  - Hyper-sensitivity
  - Inability to focus
  - Lack of energy
  - Low appetite or over-eating
  - Low self-confidence
  - Moodiness
  - Performance anxiety
  - Period pains
- 
- Poor concentration
  - Spots & pimples
  - Strains and sprains from playing sports
  - Study stress
  - Teenage blues
  - Weepiness

## Clinical evidence

Several studies support the effectiveness of homeopathy in the treatment of children.

Some of these include:

**Jacobs J, Jonas WB, Jimenez-Perez M, Crothers D.** "Homeopathy for childhood diarrhoea: combined results and meta-analysis from three randomized, controlled clinical trials." *The Pediatric Infectious Disease Journal*, 2003; 22: 229-234.

**Jacobs J, Springer DA, Crothers D.** "Homeopathic treatment of acute otitis media in children: a preliminary randomized placebo-controlled trial." *The Pediatric Infectious Disease Journal*, 2001; 20: 177-183.

**Thurneysen A.** "ADHD: The aim of this study was to obtain scientific evidence of the effectiveness of homeopathy in ADHD. A total of 83 children aged 6-16 years, with ADHD diagnosed using the Diagnostic and Statistical Manual of Mental Disorders-IV criteria, were recruited. The trial suggests scientific evidence of the effectiveness of homeopathy in the treatment of attention deficit hyperactivity disorder, particularly in the areas of behavioural and cognitive functions." *European Journal of Pediatrics*. ISSN: 0340-6199 (Paper) 1432-1076 (Online) DOI: 10.1007/s00431-005-1735-7.

### YOUR AHA PROFESSIONAL MEMBER IS:

Ann Fallows ATMS 10007  
 The Homeopathic Health &  
 Well being Practice  
 40 Pitt Town Road Kenthurst 2156  
 m: 0439 499 085  
 www.jhwap.com.au