

# Kenthurst Public School

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**Excellence and Innovation in a Unique Community**

**"The School of Choice"**



**Term 4 Week 8**

**Friday 2<sup>nd</sup> December 2016**



Dear Parents and friends,

Next Tuesday, 6th December is our 2016 Awards Ceremony. Parents would have received a letter or phone call confirming if their child will be receiving an award. All students will receive an individual folder with their Semester 2 reports, achievement certificates, including Swimming Scheme for those who participated, Be skilled Be fit, Premier's Reading Challenge and Premier's Sporting Challenge.

After the Awards Presentation ceremony, students will continue their normal lessons for the day.

I sincerely apologise that I am unable to sign the Semester 2 reports this year, due to an injury to my hand. I have read each report for every child and am truly thrilled at the results. Great improvements and achievements are evident. They are very busy children indeed. Ms Shaw will be signing the reports.

Our Anti-bullying policy has been reviewed this year by the Positive Behaviour Learning Team and will be presented next year at our Information Nights. It will also be available on our website. Some of the strategies that we will be implementing are two programs.

-  **Bounce Back!** promotes positive mental health and student wellbeing. A whole-school program, Bounce Back! provides students with practical strategies and life skills to handle challenges and adversity encountered.
-  The Power of One has had positive impact for thousands of children. As a skit-based, educational presentation, the Power of One uses theatre/drama to provide schools with an innovative, memorable, and effective teaching device that facilitates any anti-bullying or character-building programs.

The NSW Teachers' Federation has called upon its members to attend a meeting on the morning of Thursday 8 December 2016 to debate and vote on the proposed Crown Employees (Teachers in Schools and Related Employees) Salaries and Conditions Award 2016. Kenthurst Public School will be open on this day and normal classes and lessons with their teachers will continue.



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Due to a student from another school, being injured chewing on a Candy Cane, may I ask that you do not send these to school, even as gifts. They are tempting and sticky which is fun, however, they can become quite sharp and become a choking hazard. Thank you for your understanding in this matter.

Teachers will return for their Staff Development Day on Friday 27<sup>th</sup> January 2017.

Students return on Monday 30<sup>th</sup> January 2017.

### Some exciting plans for 2017

Students return	Monday 30 <sup>th</sup> January 2017
Digi-Ed for Stage 3 students only	Tues 7 <sup>th</sup> or Wed 8 <sup>th</sup> Feb 2017
Swimming Carnival NO Kindergarten	Friday 10 <sup>th</sup> February 2017
Environmental workshops	Mon 13 <sup>th</sup> & Tues 14 <sup>th</sup> February 2017
Dental workshops Free	Monday 3 <sup>rd</sup> April 2017

Yours in quality education,

*Caron Dodd*

Principal



## DIARY DATES – 2016

### Week 9 – Term 4

5 <sup>th</sup> December, Monday	-	
6 <sup>th</sup> December, Tuesday	-	Awards Ceremony 9.45am
7 <sup>th</sup> December, Wednesday	-	GHS Orientation Day
8 <sup>th</sup> December, Thursday	-	Band / Combined Scripture Thank You Morning Tea
9 <sup>th</sup> December, Friday	-	Year 6 Graduation 10.00am Year 6 Farewell 6.30pm

### Week 10 – Term 4

12 <sup>th</sup> December, Monday	-	Stage 3 Camp
13 <sup>th</sup> December, Tuesday	-	Stage 3 Camp Be Skilled Be Fit
14 <sup>th</sup> December, Wednesday	-	Stage 3 Camp
15 <sup>th</sup> December, Thursday	-	K-Factor (Talent Quest)
16 <sup>th</sup> December, Friday	-	Last Day 2016 for Students

**Students return Monday 30<sup>th</sup> January 2017**



## **Super Swimmers at Swim Scheme**

We have completed another swim scheme program for 2016 with excellent results. The behaviour of the students both in and out of the water was exemplary. All the pool staff and the swim coaches commented on the respect displayed by students.



While Ms Jones worked tirelessly with a group of our stronger swimmers, I was privileged enough to assist with the beginners. Some students began with a floating device while others managed to swim 1-4 metres. By the end of the 10 days all showed huge improvement in their swimming and survival skills. I can't express to you how valuable this intensive program is to our students. Hope to see more of them next year. Stay safe.



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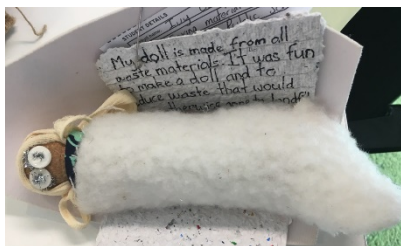
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## Waste 2 Art

The Hills Shire Council recently held a competition called Waste 2 Art. Students had to create a piece that was not only good art but conveyed a message about reducing waste. All art works had to be constructed with used or waste materials.

Kenthurst won both the Stage 1 and Stage 3 sections!

Congratulations to Ivy who made a delightful doll from all waste materials and Tyra who created a sea scene reminding everyone to care for the oceans of the world.



## **TODD WOODBRIDGE CUP WINNERS!**



What a terrific day it was!

These six Stage 2 students had the pleasure of representing Ridges PSSA in the Todd Woodbridge Cup Finals Day.

They were very nervous to begin but had fantastic sportsmanship and team playing that led them into winning.

The day began with an opening ceremony and explanation of the rules. There was a total of 26 schools from across NSW that were placed into four pools.

Students commenced the round matches. Kenthurst students had a look of determination and knew it was their day. They finished on top of their pool and proceeded to the finals.

During the finals, it was very close match, but each player kept strong and were very supportive of one another by cheering on their team.

Congratulations to these six students! You shined throughout the day and I couldn't be more proud of your accomplishments.

Miss Gorman



## Free Incursion- kNOw Waste

Sponsored by The Hills Shire Council and Transpacific Cleanaway.

The kNOw Waste program focuses on sustainable waste management and encourages children to develop responsible environmental values.

kNOw Waste!

Yesterday S1E learnt about no waste with Christine.

She told us to do the Three R's.

She told us about the green, yellow and red bins.

The green is to take the leaves out.

The yellow goes to MRF and the red goes to landfill.

By Matthew S1E

Smart Shopper!

Yesterday S1E went to the Learning Centre and we met Christine.

While we were there Christine told us about the three bins.

In the green bin you put plants and leaves.

The yellow bin is the recycling bin.

We looked at food. I looked at the orange juices and I thought the bottle had the least wrapping.

Finally I knew that a smart shopper was someone who chooses the item that has less wrapping because the wrapping goes to landfill.

By Aimee S1E



# Congratulations

Steven and David attended the school boys and school girls tennis tournament last week. They got amazing results.





## P & C CORNER

Another year has nearly ended and what a fantastic year it has been! The school year began with a Welcome BBQ and a Magic show for all new and old Kenthurst school families and was a big success!

This was soon followed by the introduction of the P&C levy which allowed the school to be able to purchase a \$7,500 smart board for one of the classrooms at the beginning of the year, instead of having to wait for a year's worth of fundraising. A huge thank you to all the parents who contributed to the levy this year – it made such an immediate impact to helping the school.

A Federal election was a fantastic opportunity to hold a P&C BBQ and Coffee/Cake stall and raise more needed funds. This was followed by our annual Mother's Day and Father's Day breakfast and stalls – always a big hit with the kids and a delicious start to the morning for parents/grandparents!

Lastly the Orange Blossom Festival was a very busy and successful day with Pies/Cakes and Coffee being sold at the event.

### **Where was the money invested in 2016?**

This year the P&C have been fortunate enough to purchase **two smartboards** for classrooms that desperately needed them at a cost of \$7,500 each and also contributed \$5,000 towards the finance of the school's Reading Recovery Program! A total contribution back to the school of \$20,000!

I would like to thank all the members of the P&C for their hard work and dedication this year and to all the parents for their support with the payment of the P&C levy and also their help with the above events. None of the events could ever run so smoothly without our wonderful parents/grandparents.

And finally, I am resigning as President of the P&C. I have been Vice President for one year and President for two years. It has been an absolute pleasure to work so closely with Ms Dodd and staff and the lovely parents who give up their precious time helping as members of the P&C. It has also been wonderful getting to know other parents through the many events over the last three years. Thank you so much for all your support and friendship.

I would like to wish everyone a wonderful Christmas and New Year and a relaxing holiday break.

Kym Mundy  
P&C President



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**HEATING & COOLING SPECIALISTS**

# KENTHURST BUTCHERY



YES, WE DELIVER  
TOP QUALITY  
MEAT

*The best meat in The Hills*

Shop 8, Kenthurst Village  
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Trevor Conn  
**9654 1557**



Galston  
Community of Schools

## 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)







**Nutrition Snippet**

# The simplest way

...to reduce your cancer risk.

Latest evidence shows that 1 in 3 cancer cases are preventable through a number of lifestyle changes.

Cancer Council NSW has launched a new campaign which is addressing for the first time all the ways in which people can reduce their cancer risk through healthy lifestyle choices – which will directly help to reduce the number of cancer cases diagnosed in the future.



There are clear things that people can do to stack the odds of preventing cancer in their favour:

- don't smoke;
- protect themselves from the sun;
- achieve a healthy weight;
- cut down on alcohol;
- cut down on red and processed meats;
- eat more fruit and vegetables;
- be physically active.

For more information visit: [www.1in3cancers.com.au](http://www.1in3cancers.com.au).

**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





Nutrition Snippet

# The simplest way

## ...to love lentils.

Lentils are a versatile addition to all sorts of meals, from salads to curries, stews, soups, veggie burgers and much more.

Better still, like all legumes, lentils count as a vegetable!

Add some lovely legumes to your next meal to help you on your way to eating five serves of veg every day.



Prepare your own dry lentils or use canned varieties.

Why not try this lunch box-friendly lentil salad?

Prepare lentils according to packet directions or rinse canned lentils. Mix with rocket and feta and dress with a dash of balsamic vinegar. Or try with cherry tomatoes, sliced spinach and chopped spring onions.

For more recipe ideas go to: [eatittobeatit.com.au](http://eatittobeatit.com.au).

**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





## HOMEOPATHY for Tots to Teens




**NATURAL • GENTLE • HOLISTIC**

### Homeopathy 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 homeopathy?

Homeopathy 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. Homeopathy treats the person and not just the symptoms. Homeopathic treatment is tailored to each individual, case by case.

Homeopathy 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 homeopathy or to find a registered practitioner in your area,  
please visit [www.homeopathyoz.org](http://www.homeopathyoz.org)  
or email [admin@homeopathyoz.org](mailto:admin@homeopathyoz.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:

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www.hnawp.com.au

# Kenthurst Public School – “The School of Choice”

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## KENTHURST FUNZONE VACATION CARE PROGRAMME

**P: 9654 2072**

MONDAY 19 <sup>TH</sup> DEC	TUESDAY 20 <sup>TH</sup> DEC	WEDNESDAY 21 <sup>ST</sup> DEC	THURSDAY 22 <sup>ND</sup> DEC	FRIDAY 23 <sup>RD</sup> DEC
<b>MOVIE DAY</b> Rouse Hill Reading Cinemas	<b>POOL DAY</b> Kenthurst Pool	<b>BOWLING DAY</b>	<b>POOL DAY</b> Kenthurst Pool	<b>FUN DAY</b> The centre
Light Breakfast Served until 8.30am MONDAY - FRIDAY				
<p>To kick start the holidays we're off to the movies to watch the latest release.</p>  <p><b>Trolls</b> FIND YOUR HAPPY PLACE! IN CINEMAS DECEMBER 1</p> <p>Please note – popcorn and drinks are included in the price!!!</p> <p>Cost \$65.00</p>	<p>Our swimming programme runs from 9am to 11am.</p>  <p>Qualified lifeguard on duty Don't forget your hat and rashy!</p> <p>Then we're making Christmas Crackles and take them home (if you don't eat them first)</p>  <p>Cost \$55.00</p>	<p>Have a striking day</p> <p>Because we are going bowling today !!!</p>  <p><b>FUN TOURNAMENT</b></p>  <p>Then ice-creams at Maccoas</p> <p>Cost \$65.00</p>	<p>Our swimming programme runs from 9am to 11am.</p>  <p>Qualified lifeguard on duty</p> <p>Don't forget your hat and rashy!</p> <p>Make your own Christmas Cards for your family and friends</p>  <p>...it's beginning to look a lot like Christmas</p> <p>Cost \$55.00</p>	<p><b>GET SLIMED</b></p>  <p>Have fun making and playing with slime</p> <p>... then lets cool off with some water fun</p> <p><b>Bring in your super soakers</b></p> <p>An awesome cool day !!!</p> <p>End the day by making your own Christmas Slime</p> <p>Cost \$45.00</p>

Kenthurst FunZone operates out of Kenthurst Public School, 111 Kenthurst Rd, Kenthurst 2156










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## KENTHURST FUNZONE VACATION CARE PROGRAMME

**P: 9654 2072**

MONDAY 16 <sup>TH</sup> JAN	TUESDAY 17 <sup>TH</sup> JAN	WEDNESDAY 18 <sup>TH</sup> JAN	THURSDAY 19 <sup>TH</sup> JAN	FRIDAY 20 <sup>TH</sup> JAN
INDOOR SKYDIVING Penrith iFly	MOVIE DAY Rouse Hill Reading Cinemas	BUILD IT DAY The Centre	LEGO DAY The Centre	BUNNINGS DAY The Centre
Light Breakfast Served until 8.30am MONDAY – FRIDAY				
<p><b>Learn to fly like an eagle</b></p>  <p><b>NEW EXCITING ACTIVITY TO THE CENTRE</b></p> <p>Numbers are limited so book early</p> <p>Cost \$85.00</p>	<p><b>We're off to the Movies!</b></p>  <p>We're going to the movies to watch the latest release.</p> <p>Movie to be decided by the children.</p> <p>Please note – popcorn and drinks are included in the price!!!</p> <p>Cost \$65.00</p>	<p><b>Make your own Kite then fly it!!!</b></p>  <p>Or ...</p> <p><b>Make robots out of rubbish</b></p>  <p><b>Prize for the most innovative kite and robot</b></p> <p>Cost \$45.00</p>	<p><b>Professional LEGO Workshop</b></p>  <p><b>BECOME A MASTER BUILDER</b></p> <p><b>THE LEGO GAMES ARE HERE</b></p> <p><b>CAR BUILDING AND RACING</b></p> <p><b>TALLEST TOWER GAME</b></p> <p><b>THIS IS NEW TO THE CENTRE SO COME ALONG AND JOIN IN THE FUN</b></p> <p>Cost \$55.00</p>	<p><b>BUNNINGS WORKSHOP</b></p>  <p>Come join in the fun with the team from <b>Bunnings</b> and build all sorts of things with their trained staff</p>  <p>Cost \$45.00</p>

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## KENTHURST FUNZONE VACATION CARE PROGRAMME

P: 9654 2072

MONDAY 23 <sup>RD</sup> JAN	TUESDAY 24 <sup>TH</sup> JAN	WEDNESDAY 25 <sup>TH</sup> JAN	THURSDAY 26 <sup>TH</sup> JAN	FRIDAY 27 <sup>TH</sup> JAN
BEACH DAY Bilgola Beach	PARK DAY Kenthurst Park	POOL DAY Kenthurst Pool	CLOSED Australia Day	IN HOUSE MOVIE DAY The centre
Light Breakfast Served until 8.30am MONDAY - FRIDAY				
 <p><b>WE'RE GOING TO THE BEACH</b> because summer is beach weather!</p> <p>Please bring a hat, wettable shirt and sunscreen.</p>  <p>Please pack plenty of drinks and food</p>	<p>Walk to Kenthurst park for a Sausage sizzle / picnic lunch.</p>  <p><b>Bring your Bikes for an awesome day at the park –</b> <b>No helmet – no ride!!!</b> (Sausage sizzle included in the price)</p> <p><b>Build an Ice Sculpture</b></p> 	 <p>Another day at the pool because life is better when you're wet. Remember bring a hat and rathy Bring a noodle too!</p> <p><b>SPEND THE AFTERNOON DOING COOL CRAFT</b></p> <p>LIFE GUARD ON DUTY</p>	<p><b>CENTRE CLOSED FOR AUSTRALIA DAY PUBLIC HOLIDAY</b></p>	<p><b>In house movies and homemade popcorn.</b></p>  <p><b>Why not bring in your favourite game and get in teams.</b></p> <p><b>MONOPOLY</b></p>   <p><b>Bring in your favourite game</b></p>
Cost \$65.00	Cost \$49.00	Cost \$55.00	CLOSED	Cost \$45.00

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