

NEWS LETTER

Term 4 | Week 6 | 19 November 2019



Teamwork Respect Responsibility Honesty



Gillian Stuart—Principal



Thank you
Scotts Head
RFS



Important Dates

Term 4	2019
Thursday 28/11/19	MySkills - Technical Parenting TAFE 5-7pm (see back of newsletter for more details)
Thursday 28/11/19	Kindergarten Orientation 3.30pm
Friday 29/11/19	End of Year Celebration for students and families “Burger and Disco Night”
Monday 2/12/19	MHS Parent Information Evening 6-7pm
Tuesday 3/12/19	MHS Year 6-7 Orientation Day
9/12/19 to 13/12/19	Swimming Scheme & Surf Awareness Program
Tuesday 17/12/19	Year 6 Farewell 6pm Club Scotts
Thursday 12/12/19	End of Year Presentation 5.00pm
Wednesday 18/12/19	Last Day of Term for students

Last Wednesday the 26 students that attended school wanted to show their support and appreciation for the local RFS and the tireless job they are doing, and have in front of them for our local community. So the students headed out to the vegie garden and chook pen to source the freshest produce and turn it into some healthy snacks to keep the RFS volunteers going. On the menu were spinach quiches, zucchini cheese scones and golden chocolate beetroot cupcakes.



*“I am not what
happened to me. I am
what I choose to
become.”*

Indo Corner

Bagian-bagian rumah (Parts of the house)

Pintu gerbang	Gate	Halaman depan	Front yard
Halaman belakang	Backyard	Taman	Garden
Ruang keluarga	Lounge room	Dapur	Kitchen
Kamar mandi	Bathroom	Kamar tidur	Bedroom
Garasi	Garage	Kolam renang	Swimming pool
Ada _____ di rumah saya. There is/ there are _____ in my house			
e.g Ada tiga kamar tidur di rumah saya There are three bedrooms in my house			
Ada dua kamar mandi di rumah saya There are two bathrooms in my house			

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Principal's Column

Dear Parents and Carers

Due to the conditions of last week, many things were changed - some with plenty of warning, others occurring in the early hours of the morning. Thanks so much to all the parents and families for being so flexible and supportive with the unpredictable nature of the fires.

Cancelling our trip to Canberra raised a range of emotions within us all. Separating families at this time of uncertainty was the basis of our decision, so not to create anymore anxiety than necessary, especially for the families and students left in the valley, or for the families on the bus. Thanks for understanding and we hope we can do it this time next year.

A traumatic incident is occurring in our valley. The impact of trauma, emphasises physical, psychological and emotional safety for everyone. Many people live with the ongoing effects of past and present overwhelming stress (trauma). The health, mental health and safety of students, families and staff is paramount.

The care and compassion the staff provide by being on the ground and operational, normalising the event with our students and families is outstanding.

On the flip side, at times there is no quality in the air. If families are in doubt re students' physical, psychological and emotional health, please keep students at home or contact the school.

Below is a link to some material that may be helpful to chat with your child/ren.

<https://beyou.edu.au/fact-sheets/grief-trauma-and-critical-incidents>

- Impact of natural disasters
- How to provide support - after a natural disaster
- Educator wellbeing - after a natural disaster

The North Coast Primary Health Network are providing increased free mental health support for those affected by the bushfires.

This Week's Whale Awards and Outstanding Progress Awards



Indonesian Meeting

Thanks to Pak Karl and Roman who travelled to Sydney to represent the school on Sunday night at the home of the Indonesian Consul, Pak Heru in Rose Bay. Both of them gave up their weekend to be out there promoting the Indonesian Program.

Below is a lovely email to us from our IALF 'family' in Bali.

Dear Bu Bibi, Pak Karl dan Pak Mur

Selamat pagi. First, on behalf of IALF, I want to express my sympathy to you for the bushfire tragedy happening now in NSW, esp. my used to be home away from home Macksville, Bowraville, Kempsey, Scotts Head, and others. Our thoughts are all with you at the moment and pray that this will pass faster. I've been constantly updated by Lee Gilliland as it is now my biggest concern.

With regards to the classes, I am aware that it may not be a good idea to ask students to go to class and learn when situation is so unpredictable. For this reason, I'd like to offer you a reschedule for all the classes this week so everyone can focus on what is most important. You are all in emergency to save lives and therefore we totally understand and will reschedule classes even with very last minute cancellation. Let me know what you suggest. Once again, please be safe and vigilant. We (Dayu, Rosary, Alvin, Mizi and Me) look forward to seeing all the friendly smiles from you and our students next time.

Biggest hugs from us at IALF Bali to our 'family' at Scotts Head Bilingual PS.

Thanks, yaarri yaraang, terima kasih.

Gillian Stuart

Principal

We are all in this together for sure. Please keep a close eye on our Facebook page for updated changes.

Free mental health support for people affected by the bushfires...

Call Healthy Minds 1300 160 339
between 8.30am - 5pm
Monday to Friday.
No referral needed.

Free face-to-face or telephone counselling services with a mental health practitioner, such as a psychologist or mental health social worker, will provide people with strategies and techniques to manage their mental health. Healthy Minds services are available across the north coast of NSW.

If you're a Mid North Coast or Northern NSW residents who has been affected by the bushfires, you are being encouraged to access free mental health support via the local Healthy Minds program.

The stress of experiencing something such as a bushfire can leave people at a higher risk of developing depression or anxiety, even if they are not directly dealing with loss of property and/or possessions.

"At North Coast PHN, we are coordinating a mental health response that includes widening the eligibility criteria for the Healthy Minds program. Persons affected by the local fires can now book in for free face-to-face Healthy Minds counselling services and do not require a referral from their GP to commence supports."

Julie Sturgess, North Coast PHN

Please note, Healthy Minds is for people experiencing mild to moderate mental health concerns and is not a crisis service. If you require immediate support, please contact Lifeline on 13 11 14 or Beyond Blue on 1300 22 4636. For children under 12 years, call the Kids Helpline on 1800 551 800. In an emergency, please call 000 or go to your nearest hospital emergency department.

The intake for Healthy Minds is now being managed by Neami National through their Connect to Wellbeing North Coast program. Connect to Wellbeing North Coast has been made possible by funding from North Coast Primary Health Network.



Remember to send in a note if your child is absent from school. After 7 days, the system automatically records as an "Unexplained Absence".

TAFE - MySkills Technical Parenting - 28 November 5.00 - 7.00pm
See flyer on back page for more details.

Book Club—Issue 8 Due back by 29 November

End of Year Celebration for students and families - Friday 29 November 2019
A Burger and Disco Night will be held at the school from 5.00 - 8.00pm on Friday 29 November to celebrate the End of Year. More information to follow.

Swimming Scheme and Surf Awareness Program - Monday 9 to Friday 13 December
Students who have achieved "Marlins" at the pool will be taking part in our Surf Awareness Program at the beach. Notes will be going home during the week.

Updating Contacts It is important parents keep contact details up to date. Please contact the office or send a note with your child if there is a change of address or contact phone number.

Links

School website:

<http://www.scottshead-p.schools.nsw.edu.au/>

School facebook page:

<https://www.facebook.com/scottsheadpublicschool?fref=ts>



Skoobag Application:

Search "Scotts Head Public School" in the app store.

The School Day - students arriving before 8.30am

Our school day commences at 8.55am with teacher supervision from 8.30am. Students arriving before 8.30am are unsupervised. We therefore recommend parents send students to school after this time unless an arrangement has been organised with the office.

Payments to School

Payments can be made to the school using the following options:

- EFTPOS — at the office.
- Parent online payment POP - via the school website—using the 'Make a Payment' button.
- Cash and cheque are still accepted at the office.

Notes to Students

Whole school notes are sent home with the eldest child in the family only.

Please fill in permission notes including all SHPS students in your family.

Bell Times

8.30am	Morning Supervision in cola
Start School	8.55am
9.00am until 11.00am	Morning Session Crunch and Sip
11.00am	Lunch
11.50—1.30 pm	Middle Session
1.30 pm	Recess
2.00pm-3pm	Afternoon Session



Boomerang Bags - URGENT HELPERS NEEDED

Boomerang Bags is still working hard on producing bags for the community. If you are interested in being a part of this great initiative, come along on Mondays from 3.15pm. We urgently need helpers to get ready for the upcoming holiday period. We are calling for anyone who can sew to help at home as well, this could be grandmothers, mums or friends.

Please contact Stacy on 0432176448.

P&C News

P&C email scottsheadpandc@hotmail.com

We would like to welcome some new volunteers in the canteen to be trained up ready for 2020.
Please email the P&C or contact the office for more information.



Term 4 Chess Tournament

Last week we began our knock-out chess tournament featuring 32 players from Years 3 to 6. Matches have been hard fought, with many students using the chess clocks for the first time. Our 8 quarter-finalists will earn the honour of representing our school against the 8 players from Frank Partridge VC School that we are hosting in Week 7. Good luck to everyone who has thrown their hat in the ring. Pak Chris.

Little Whales - Trip to the Beach



The Little Whales and some amazing Year 4 buddies hit the beach yesterday for some fun in the sun! We made sandcastles, had a deadly game of beach soccer and had lots of fun with the beautiful parachute!

The last day of Little Whales for 2019 is Monday 2 December.



SCOTT'S HEAD PS KINDERARTEN ORIENTATION

Parents Information Session

THURSDAY 28 NOVEMBER

SCOTT'S HEAD PUBLIC SCHOOL

3.30PM

HELD IN THE KINDERGARTEN ROOM

An information session to learn about what happens in your child's first year of school.



Food Smart Workshop



Learn how to reduce food waste in your kitchen.

Discover how making small changes can help you reduce food waste at home, save money and help the environment, attend this FREE, fun and practical workshop to find out more. Morning tea will be provided.

Macksville Senior Citizens Centre, Princess St Macksville

Wednesday 20 November 9.30 – 11.30am

Bookings essential, to register call Macksville Library 6568 1422




lovefoodhatewaste.nsw.gov.au
Brought to you by the NSW
Environment Protection Authority



Scotts Head Playgroup

Wednesdays
10am to midday
0417 585 258



Come along to our friendly, safe, culturally appropriate, fun learning playgroup environment at Scotts Head Public School. For babies, toddlers, preschoolers, mums, dads, grandparents and carers. It's FREE and a healthy morning tea is provided.



Gateway Family Services Term 4, 2019 Parenting Programs Summary



Program	Date & Time	Location	Registration
Circle of Security <i>Learn how to be a strong, wiser & kinder parent with your kids. Suitable for parents of 0-12 year old.</i>	Every Wednesday 23rd Oct - 4th Dec 7:00pm - 9:00pm <i>NO Childcare</i>	Gateway Family Services Cnr Henry & Station Street, PENRITH	Gateway— 1300 316 746 (free call)
Tuning In To Kids <i>Emotionally Intelligent Parenting Learning to better talk & understand your child to help manage your child's emotions & behaviour.</i>	Every Monday 28th Oct - 18th Nov 10:00am - 12:00pm <i>* Childcare available</i>	Tandra OOSH 14 Raymond Rd, SPRINGWOOD (behind Neighbourhood Centre)	Gateway— 1300 316 746 (free call)
Bringing Up Great Kids <i>Learn about mindfulness & reflection, promoting positive interactions, the meaning behind children's behaviour and ways in which parents can take care of themselves & find support when they need it.</i>	Every Monday 28th Oct - 2nd Dec 9:30am - 11:30am <i>* Childcare available</i>	Katoomba Public School Merriwa Street, KATOOMBA	Gateway— 1300 316 746 (free call)
Let's Talk about Siblings without Rivalry <i>Discussion and practical tools for parents who want to help their children live well together so you can all live.</i>	Every Tuesday 5th Nov - 26th Nov 7:00pm - 9:00pm <i>NO Childcare</i>	Gateway Family Services (Cottage) 74 Old Bathurst Rd, EAST BLAXLAND	Gateway— 1300 316 746 (free call)

For more information and Individual Flyers go to:

www.gatewayfamilyservices.org.au or www.facebook.com/GatewayFS


Gateway family services parent group program is funded by DSS and NSW FACS.

Gateway works collaboratively with community partners to bring parent groups to communities from St Marys to Blackheath.


Thanks to MMM for providing childcare for the Daytime groups.

Gateway encourages, supports & respects diversity in families & communities. Our Groups are open to everyone.





MYSKILLS TECHNICAL PARENTING






DD/MM/YYYY

HAVE A GO AT USING NEW TECHNOLOGY, SHARE PIZZA WITH OTHER PARENTS

Program delivery: 5-7pm Thursday evening November 28 2019
TAFENSW MACKSVILLE D BLOCK

Program content:

- 1. Introduction to the new world of work:**
 - Jobs of the future
 - The importance of employability skills
 - Technology
- 2. Practical activity**
 - Robotics
 - Virtual reality
 - Drones
 - 3D printing
- 3. Problem Solving:**
 - Introduction to Design Thinking & Human Centred Design
 - Team Challenge
- 4. Question and Answer Session**
 - Further support

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Politics at the Hub (PATH)

Some 2-3 years ago indigenous leaders consulted their people all over Australia. What do you want, they asked them? Their answers were conveyed to a conference held near Uluru where 550 delegates thrashed out these issues.

What came out of it was the Uluru Statement from the Heart. It includes a Voice advising parliament on indigenous matters, a Treaty and Macarata.

I have invited three indigenous people to explain the Uluru statement. They are Gary Williams, former head of the Muurrbay Language Centre, Barbara Green-up Davis, a passionate activist from Bowraville and Ricky Buchanan, an up and coming young Gumbaynggirr leader.

When: Tuesday 3 December

Meal: Food from the Heart to be served from 6 to 7 pm.

Cost: \$29/head

Talks will be held from 7 to 8.30 pm

Michael Blockey

LASH co-ordinator



ACTIVE KIDS VOUCHERS

From 1 July 2019, parents, guardians and carers can apply for two \$100 Active Kids vouchers per calendar year for each school-enrolled child.

Office of Sport

<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>