



## **Ironbark Ridge PS**

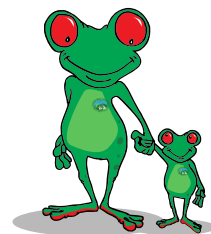
Cnr. Ironbark Ridge Road and Withers Road, Rouse Hill, 2155

Ph: 8814 5687 Fax: 8814 5698

Email: [ironbarkrg-p.school@det.nsw.edu.au](mailto:ironbarkrg-p.school@det.nsw.edu.au)

Webpage: [www.ironbarkrg-p.schools.nsw.edu.au](http://www.ironbarkrg-p.schools.nsw.edu.au)

*Nurturing personal growth through inspired learning...*



# Newsletter 2018

Term 1      Week 9      29th March 2018

*Be Safe, Be Responsible, Be Respectful*

## DATES FOR THE DIARY

### APRIL

2<sup>nd</sup> – Easter Monday – Public Holiday

4<sup>th</sup> – Yrs 3, 4 Incursion – The Magic Words, Whole School Assembly

9<sup>th</sup> – Stage 1 Excursion – Rouse Hill House & Farm, Year 5 Camp – Mogo

11<sup>th</sup> – Year 5 Camp – Mogo, Year 6 Camp – Mogo

12<sup>th</sup> – Year 6 Camp – Mogo

13<sup>th</sup> – Stg 1 – Rouse Hill House & Farm, Last day of term 1

### MAY

1<sup>st</sup> – First day of term 2 for students

3<sup>rd</sup> – K-1,2,5,6 Incursion – The Magic Words

5<sup>th</sup> – IRPS Cross Country

10<sup>th</sup> – Year 5 Camp – Mogo

12<sup>th</sup> – Stg 1– Rouse Hill House & Farm

13<sup>th</sup> – Year 6 Camp – Mogo

30<sup>th</sup> – School Development Day – Staff Only

1<sup>st</sup> – IRPS ANZAC Ceremony (10am)

*\*\* Subscribe to our 'Ironbark Ridge – Events' Google calendar (see the app or the school website)*

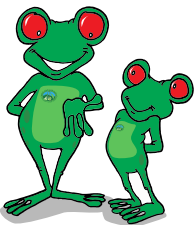
## PRINCIPAL'S REPORT

### Positive Behaviour for Learning (PBL)

Ridgy the frog has recently appeared climbing up the pole of our new electronic sign on Ironbark Ridge Road. He's keeping an eye out and making sure all of the members of our community know what it looks like to be safe, respectful and responsible learners.

The core of our school *Positive Behaviour for Learning* framework is these expectations: Safe, Respectful, Responsible. However the impact of this framework on the wonderful culture at our school is far more complex and intricate than three simple words. Over the ten years Ironbark Ridge has been involved in *PBL* our team has introduced a wide range of systems and practices to guide, assist and reward students for positive behaviour. The recent arrival of our four 'Sports House' letterboxes for playground Bidgeree Awards to be 'posted' and tallied is a further initiative aimed at freshening student interest and adding fun competition.

The collection and analysis of information relating to behaviour 'incidents' at Ironbark Ridge is comprehensive, with teachers and school support staff working collaboratively to consistently and quickly record and communicate details. This data then forms the backbone of our decision making in regards to student support interventions, playground supervision and organisation, and classroom focus. The *PBL Team* at Ironbark Ridge is an enthusiastic and creative bunch of teachers, and we thank them hugely for the extra time and effort they put into their work in this crucial area. The fruits of their labour is enjoyed by all classrooms as students maximise the time spent engaged in positive learning experiences.



### Easter

Whether or not your family recognises and celebrates Easter with a religious focus, I think it's a wonderful time of year to reflect on new life and 'renewal'. All around us at this time of the year we see changes. There's an obvious change in the weather, with this week's cooler mornings surprising most of us I'm sure. The plants in our gardens and pots have sprung back with recent rains and with the reduction in hot days. Our wardrobes will no doubt be changing as we respond to our environment and pull out the jumpers again. This Sunday morning we'll wake with further change, pushing our clocks back an hour. Life is change, and change brings renewal, so let's reflect and use this time of year as an opportunity to review our growth so far, and our future goals and 'resolutions' we made but are yet to enact ☺

## School focus

In the previous newsletter I wrote briefly about our strategy at Ironbark Ridge to continuously develop the methods and effectiveness of our *Collaborative Practice*. One initiative we're focussed on is to ensure our teachers work together to learn off each other particularly through mentoring and coaching relationships. This week our 2018 Mentoring Team were 'caught on camera' after one of their ongoing meetings, and I'm always delighted to share such things with our learning community. The team is continually planning and developing further professional learning and collaborative practice initiatives across our teaching team. All teachers (and if fact all members of our school community) are learners!



## Strategic practice #3: Three-Tiered Logic

The third practice we are concentrating on at Ironbark Ridge over the next three years is *Three-Tiered Logic*. This habit of thinking and acting means we design programs at three levels: *Universal*, *Targeted Group*, and *Intensive Individual*. Most of our energy in planning is spent organising resources, learning activities and challenges that will suit the level of **most** (approximately 80-85%) students in our class or members of the group. This newsletter is an example of a *universal* method, as we can effectively communicate messages to 80-85% of our community through this format. Sometimes, however, a more specific method or targeted message is required, due to eg. time constraints, or simply to meet the needs of our target audience. In this situation we'll need to spend time designing an 'intervention' for this small group, informed by our knowledge and 'assessment' of their level of challenge and engagement needs. Finally, there are occasions when even the *targeted group intervention* does not meet the specific needs of individual learners. Despite the obviously intensive investment of labour in the process, we need to create highly specialised programs to guide and support the learning and growth of these individuals (or to ensure the message is received and understood), often requiring additional resourcing.

At Ironbark Ridge we are strategically concentrating on making this thinking and action habitual as it has been shown by evidence to strongly support overall school growth and impact on student learning. Have a think about how it might affect your own work practices...

## Notes to Classroom Teachers

If in any doubt, please instruct your children to hand in any absence notes, consent forms or other notes to school directly to their classroom teacher. This allows the teachers to remain aware of all matters pertaining to their class of students.

## Parking rules

Continuing our conversation about morning and afternoon traffic and pedestrian safety near our school...

I think there remains some confusion about what constitutes 'Parking'. As soon as a passenger enters or exits a car it is technically parked. This mean to allow this to happen in traffic constitutes 'parking' in the middle of the road! It is not only extremely dangerous and disruptive to traffic, but is also illegal and carries a \$450+ fine and multiple demerit points. Similarly, doing so across a driveway is illegal, and on a corner/intersection such as directly across from our school entrance is also illegal. Many parents unfortunately park across our very close neighbours' driveways. Even for a minute or so this is not fair, and it shows a sad level of laziness and is inconsiderate to other members of our community. I continue to receive complaints from our neighbours about this issue.

## A Balanced Digital Diet

Have a read of the article by *Martine Oglethorpe*, parenting and technology expert, a bit later in the newsletter. Knowing how to guide and support our children in their choices about devices is difficult and new to us all in the business of parenting ☺

## Ridges Basketball Court Success

Josh and Malachi (both Yr5) recently represented the Ridges Zone PSSA schools at the Sydney West Basketball Championships, both selected as part of the 8 man team from Ridges schools. Malachi and Josh both played really well, showing great skill, sportsmanship, and representing IRPS with pride. The Ridges team made it to the semi-finals but lost to Castle Hill. The team came third overall. Fantastic effort!

Enjoy your extra few days off and keep looking for opportunities for renewal, second chances, and adjustments to make,

Nick Thomson  
Principal



## DEPUTY PRINCIPALS' REPORT

"Schools are at their dynamic best when teachers and parents work hand-in-hand together" Michael Grose

This is indeed a sentiment shared by the staff at Ironbark Ridge. We continuously strive to demonstrate positive, respectful relationships which are evident and widespread among students, staff and parents. It has been lovely to have comments from parents who have recognised the positive interaction between the teachers, school staff, students and our community. What is evident is that the staff are highly invested in their work and students. They are constantly seeking to create an engaging, supportive and dynamic, differentiated learning environment which focuses on wellbeing and healthy mental health.



In response to concerns raised by parents about their child/children having a balance as a technology user, we have included an article by Martine Oglethorpe.

As digital devices becoming increasingly immersed in our lives, it is certainly clear they will continue to play a major role in the education, learning, entertainment and socialisation of our children's lives. This can be a scary prospect for a parent today as we are saturated with news such as predators and cyber-bullying. And certainly, these are real concerns, as is the safety of our children on these devices. But these devices are not going anywhere and so we need to be smarter when it comes to helping our kids navigate this world. And for me, that means moving away from a fear-based approach, toward one that helps our kids get the skills, behaviours and thinking to become not only safe but happy and resilient users of digital technologies. Our kids are getting pretty good at keeping their passwords safe, not sharing private information, and thinking about talking to strangers online. All important lessons we need to continue to teach. But being immersed in this world requires skills and behaviours well beyond safety measures. It needs to be an ongoing lesson in critical thinking, resilience, self-esteem, empathy and the promotion of good habits that they can carry with them throughout life.

### Digital Resilience

The online world opens us up to comments, judgements and even abuse from people known and unknown, all coming from different backgrounds and situations, all with different beliefs, and all with a little extra keyboard courage or anonymity. Whilst we would like to be promoting kindness and respect online, this is not always the reality. We need our kids to be able to recognise and move on from the people whose opinions do not matter. The greater audience and the permanence of the online world also means the effects of mistakes are magnified. They need to be able to withstand the very permanent and public nature of this world. There may always be a party they are not invited to, or a sleepover they were excluded from, so how will they deal with the constant flow of images appearing in their social media feeds?

### Self-esteem away from the screens

There will always be comparison online. With access to so much and so many, there will always be someone prettier, smarter, and skinnier, with more friends, more likes or more followers. We need to be constantly working on the self-esteem of our kids, both online and off. Conversations about our self-worth, where that comes from, whose opinion matters, what success and happiness really looks like. These all need to form part of the equation, not just how many likes you get on your latest selfie.

## **Digital skills**

Our kids need skills to know how to handle different situations that arise online. Do they know how to end a conversation that is going badly? How do they speak up in a group chat when someone is being excluded or spoken about in a nasty way? How do they deal with unwanted attention online? Do they have the words to respond to a nasty comment? Should they respond? As so much of their social life and connection to others will be based around online conversations, these are just some of the skills our kids need to have in order to keep those interactions positive.

## **Good habits**

The earlier we start with good habits, the greater chance we have of them becoming behaviours they adopt throughout adolescents and beyond. So start out with your own rules to ensure these habits are formed. Maybe it is no devices an hour before bed, no devices in the bedroom, no devices at the dinner table, asking permission before sharing pictures of others. Making sure there is plenty of time for friends, extra curricula activities, outside play, chores, homework and good sleep. These all help us be in charge of our time management and the control we have over our devices, so they don't end up controlling us.

## **Critical thinking**

There is so much content online, so our kids need to be really good at determining that which is real, fake, relevant, helpful and worthwhile. This can be a difficult task (even for adults), but a crucial skill. Critical thinking must be an ongoing process every time they watch a video, look at a photo, read an article or connect with someone. Why was this written or produced? Is the language bias? Are they trying to sell me something? Is there research to back up their claims? Would this video have a warning if it was on TV? Is this worth my time? These are just some of the critical thinking questions kids need to be asking of themselves every time they consume content online. So whilst keeping our kids safe and giving them the skills to do this is of utmost importance, there is so much more to cyber safety than avoiding predators. The emotional and social well-being of our kids and the ability for them to be in the best position possible to learn, grow and thrive are imperative, and will help them become resilient and happy both online and off.

We wish all our families a wonderful Easter.



**Kerrie Pho and Kerry De Jager**  
**Deputy Principals**





## Ironbark Ridge Public School **Parent Planner** Term 1 2018

\*\* Note: All dates on this planner are subject to change at the discretion of the school. **Updated 29.3.18**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
1 Jan/Feb	29 <b>STAFF DEVELOPMENT DAY</b>	30 Best Start Assessment  Current Years 1-6 students return to school	31 Best Start Assessment  Newly enrolled Years 1-6 students return to school	1 Best Start Assessment	2	3/4
2 Feb	5 Kindergarten 2018 students begin school	6	7 7pm P&C Meeting	8 Leadership Camp	9 Leadership Camp	10/11
3 Feb	12 IRPS Swimming Carnival	13	14 Student Leaders Assembly- Chinese New Year	15 Vietnamese Lunar New Year Tet	16 Enviromentors incursion – Stage 1  Chinese New Year	17/18
4 Feb	19	20 Meet the Teacher evening- Years 1-6 (except 1D)	21 Student Leaders Assembly- Chinese New Year	22 Chinese New Year celebrations  Kindy Meet the Teacher evening and BBQ	23	24/25
5 Feb/Mar	26 Meet the Teacher evening – 1D	27	28 Scripture begins  Student Leadership Induction Assembly	1	2 Ridges Swimming Carnival Holi – Hindu Coloured Water	3/4
6 March	5 Year 4 Camp to Broken Bay	6 Year 4 Camp to Broken Bay	7 Year 4 Camp to Broken Bay Student Leaders Assembly 7pm: Class Contacts meeting	8 School Photos	9	10/11
7 March	12 National Young Leaders Day	13 Sydney West Swimming Carnival	14  5B & 2TL Assembly	15 Selective HS Test	16	17/18
8 March	19	20  SRC Disco	21 Harmony Day Scripture Easter Assembly 5P & 2/1C Assembly 7pm P&C Meeting	22	23	24/25 P&C Scavenger Hunt
9 March/ April	26	27	28  5W & 1I Assembly	29 Easter Hat Parade	30 Good Friday	31/1 Easter Weekend
10 April	2 Easter Monday	3 K-6 Incursion: The Magic Words – Years K, 1, 2, 5, 6	4 K-6 Incursion: The Magic Words – Years 3 & 4 Whole School Assembly	5 IRPS Cross Country (Yrs 2-6)	6	7/8
11 April	9 Stage 1 excursion: Rouse Hill House and Farm Year 5 Camp: Mogo	10 Year 5 Camp: Mogo	11 Year 5 Camp: Mogo Year 6 Camp: Mogo  No Assembly	12 Stage 1 excursion: Rouse Hill House and Farm Year 6 Camp: Mogo	13 Stage 1 excursion: Rouse Hill House and Farm Year 6 Camp: Mogo	14/15



## Ironbark Ridge Public School **Parent Planner** Term 2 2018

\*\* Note: All dates on this planner are subject to change at the discretion of the school. **Updated 29.3.18**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>1</b> Apr/May	30 <b>STAFF DEVELOPMENT DAY</b>	1 Students return for T2  <i>10am ANZAC Commemoration Service</i>	2  <i>Student Leaders Assembly</i>	3 IRPS Cross Country (Back Up Date)	4 <i>Winter PSSA Begins</i>	5/6 Band performs at Kenthurst Country Fair
<b>2</b> May	7 <i>Auskick – K &amp; Yr 1</i> <i>HPAF Choir Rehearsal @ BHPS</i> <b>Flexischools closes for Mother's Day</b>	8 <i>ICAS Digital Technologies</i>	9 <i>PULSE rehearsal @ JPS</i>  <i>2D &amp; 6C Assembly</i> <i>P&amp;C Meeting 7pm</i>	10 <b>Mother's Day Stall</b>	11 <i>Winter PSSA Round 2</i>	12/13 <b>Mother's Day</b>
<b>3</b> May	14 <i>Auskick – K &amp; Yr 1</i>	15 <b>NAPLAN (Yr3 &amp; 5)- Language Conventions and Writing</b>	16 <b>NAPLAN (Yr3 &amp; 5)- Reading</b>  <i>3BFG &amp; 1S Assembly</i>	17 <b>NAPLAN (Yr3 &amp; 5)- Numeracy</b>	18 <i>Winter PSSA Round 3</i>	19/20
<b>4</b> May	21 <i>Auskick – K &amp; Yr 1</i>	22	23  <i>Star Award Assembly (School Leaders)</i>	24  <i>Junior Field Events</i>	25 <b>Ridges Cross Country</b>	26/27
<b>5</b> May/June	28 <i>Auskick – K &amp; Yr 1</i>  Reconciliation Day	29 <i>ICAS Science</i>	30  <i>Star Award Assembly (School Leaders)</i>	31 Debating Team 1 v RHPS Debating Team 2 v RHPS	1 <i>Winter PSSA Round 4</i>	2/3
<b>6</b> June	4	5  6.30pm IRPS Band Chamber Music Evening	6  <i>5F &amp; 2W Assembly</i>	7 <i>Senior Field Events</i>  Stage 2 Incursion	8 <i>Winter PSSA Round 5</i>	9/10
<b>7</b> June	11 <b>Queen's Birthday</b>	12	13 <i>ICAS Spelling</i>  <i>4T &amp; 3H Assembly</i>	14 <i>ICAS Writing</i>	15 <i>Winter PSSA Round 6</i>	16/17
<b>8</b> June	18 <i>HPAF Choir Rehearsal @ IRPS</i>	19	20  <i>3F &amp; 3DH Assembly</i> <i>P&amp;C Meeting 7pm</i>	21 Debating Team 1 v BHPS Debating Team 2 v CCPS	22 <i>Winter PSSA Round 7</i>	23/24
<b>9</b> June/Jul	25	26	27  <i>4S &amp; 1R Assembly</i>	28 <b>IRPS Athletics Carnival</b>	29 <i>Winter PSSA Round 8</i>	30/1
<b>10</b> July	2 IRPS Athletics Carnival (Back Up Date)	3	4 <i>PULSE rehearsal @ JPS</i>  <i>Whole School Assembly</i>	5 Debate Team 2 v CCPS	6 <i>No PSSA</i> Last day for Term 2	7/8

# Ridgy Didge Awards

## WEEK 8

KBB	Eugene, Mia, Annabelle, Arnav
KCB	Masson, Sifath, Isabel, Sepanta
KM	Phumulani, Marcus, Arianna, Jeeyaa
KT	Varin, Philip, Isabel, Medina
1F	Diya, Mehageen, Yuri, Tyler,
1D	Laura, Autumn, Yuvraj, Max
1J	Piper, Cooper, Dante, Isabelle
2/1C	Nicholas, Claire, Olivia
2D	Bianca, Chand, Alexander
2W	Jaden, Kian, Samantha
3F	Ruan,m Addison, Beatriz, Fudail, Cindy
3H	Ali, Xavier, Alina, Mikayla
4/3B	Blake, Eric, Shelby
4F	Taein, Jessie, Sanjana, Emily, Daniyal, Suzanna
5/4W	David, Kematip, Sky, Prateek
5F	Vivan, Cooper, Ashley, Isabel
5P	Ian, Jonathan, Catherine, Brianna
6A	Ansh, Zoya, Brody, Eloise, Sana, Daniel
6C	Jemma, Aslon, Allura, Emily, Ashton
6H	Lily, Oliver, Lucas, Meagan, John, Jaden
LIBRARY	3H, 4F, 5/4W
CHINESE	5P

## WEEK 9

KS	Stylianios, Zara, Danish, Hayden
KP	Sargun, Mansour, Krish, Salvi
KG	Whyad, Jackson, Olivia
KW	Daniel, Nevan, Harriet, Winnie
1I	Amira, Iris, Emaan
1S	Evan, Alex, Mia, Alexi ( <i>Wk 7</i> ), Aryan, Juni, Kihara, Zoe ( <i>Wk 9</i> )
2TL	Chloe, Myran, Austin
2A	Joshua, Addison
2M	Holly, Jasmin, Rihaan
3BFG	Zacary, Gwyneth, Preston, Erin
3HM	Adeel, Dia, Terry
4T	Neil, Jason, Ebony
4S	Lana, Coby, Ella, Jashanbir, Mel
5B	Sophia, Luke, Adit, Scarlett
5GS	Liam, Daniel, Theo
5W	Namood, Jacob, Arnav, Soham
6M	Tayla, Tegan, Aditya, Taylor
Art	Alexis, Sharon
Library	2M, 5S
Chinese	5S, F5, 1R
Principal	1 Roos

## KINDY CAPERS

Kindergarten classrooms have been buzzing with excitement in the last couple of weeks with lots of new events happening.



Many students attended their first ever disco, we celebrated diversity by wearing orange on Harmony Day and participating in Harmony Day activities, we got creative with our Buddy classes to create Easter hats and we participated in the Chinese Lion Dance workshops. All of this, together with our learning, it is no wonder Kindy students are tired. A long weekend over Easter is a great time for everyone to rest and recharge.



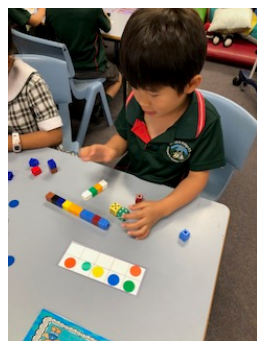
We would like to **thank** the parents who are using the morning drop off time as a **kiss and drop**. The students are trying to build independence and allowing them the opportunity to put this into practise is an important part of this. The bag area is a busy place in the morning so we ask that parents support the students and teachers by leaving this area before the morning music begins to play. Please be mindful that at this time teachers are trying to move students and get them to class ready to begin learning. It is not a suitable time for parents to be approaching teachers with questions. Teachers are always happy to make appointments to discuss any concerns parents have. Contacting the school through the **school email address** is the best way for this to be arranged.

Over the last week, **all** Kindergarten children were given the opportunity to show off their dance moves and audition for the Kindy Dance Group. We certainly saw some talent! Students who have been successful in gaining a place will shortly receive a note detailing the cost and expectations of being involved.



It has been wonderful to see the progress lots of children have been making with their Reading Eggs account. Many students are proudly displaying quiz certificates, sharing new things they have found and talking about songs and books they have been able to access. The Driving Test section is a great way to continue building sight word and sound knowledge and a lot of fun when the students get to 'race' the car at the end.

The Kindergarten teachers would like to take this opportunity to wish all our students and families a safe and relaxing Easter weekend.



Thanks,  
Kindergarten teachers

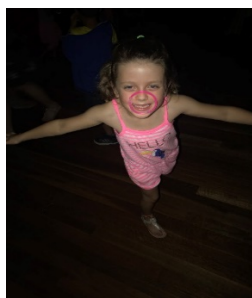
## STAGE 1 SNIPPETS

The term is flying by and Stage One have been incredibly busy, with more exciting activities on the way!

Harmony Day took place last week, and it was wonderful to see the interest and understanding of our students through discussions in the classroom and conversations in the playground about other cultures. Students looked fantastic dressed in orange or in traditional costumes.

On Tuesday night the SRC Disco was held, where many Stage One students and teachers had a fabulous time dancing in fluro! We certainly have some talent in Stage One as seen through all the bopping away on the dance floor. All the costumes looked fantastic and we all had so much fun.





### Dates to Remember:

**Tuesday 3<sup>rd</sup> April** – Incursion: The Magic Words

**Monday 9<sup>th</sup> April** – Rouse Hill House and Farm excursion – 2M, 2D, 1F, 1J

**Thursday 12<sup>th</sup> April** – Rouse Hill House and Farm excursion - 2A, 2W, 2TL, 21C

**Friday 13<sup>th</sup> April** - Rouse Hill House and Farm excursion - 1R, 1S, 1D, 1I

On behalf of all Stage One teachers, we would like to wish you all a relaxing, safe Easter weekend!

### Stage One Teachers

## STAGE 2 SNIPPETS

Who can believe that term one is almost over?! Stage 2 have certainly been working hard this term. We have been exploring the wonders of natural science, finding out about Australian history, writing persuasive texts and learning and practicing different strategies for addition and subtraction. We have also had lots of fun with Chinese Lion Dancing and learning new computer skills in our weekly library lessons.

We have another busy week next week with Magic Words on Wednesday and Cross Country on Thursday. If you have not already done so, please return your child's consent forms for these events as soon as possible to ensure their participation.

### Sport

In addition to Friday sport, Stage 2 have begun their own fitness and skills sessions. Please ensure your child wears their full sports uniform on their allocated day;

**Monday:** 3DH, 3H and year 3 students in 4/3B

**Tuesday:** 3B and 3F

**Thursday:** 4F, 4S, 4T and year 4 students in 4/3B and 5/4W



### Premier's Reading Challenge

Don't forget to sign your child up for the 2018 Premier's Reading Challenge. We encourage all Stage 2 students to participate in this initiative and enjoy reading as many wonderful books as possible. Year 3 students who also completed the challenge in K-2 are eligible for a platinum award as this is their fourth consecutive year. The challenge ends Friday 31<sup>st</sup> August, so there is still plenty of time to sign up! Simply head to this website to sign up to find out more;

<https://online.det.nsw.edu.au/prc/home.html>



The Stage 2 Team would like to wish all families a safe and happy Easter break. Take this time to relax and recharge and we will see you after the Easter Bunny has been!

### Stage 2 Teachers



## STAGE 3 SNIPPETS

There are only 3 weeks left for Term 1 but still so many exciting events happening.

Last Wednesday, Ironbark marked Harmony Day with our school now very much embodying the spirit of “Everybody Belonging” and celebrating cultural diversity. Our stage was awash in a sea of orange and it was fabulous to see so many national dresses proudly worn.



This week we have welcomed back our superb Lion Dance Troupe who worked with Stage 3 to show them how to be those very loud and proud lions. A very noisy workshop indeed, but the students loved it and thought it was amazing.

What a way to finish our short 4-day week with our fabulous Easter Hat Parade. Stage 3 looked “crazy” with their magnificent hairstyles and were encouraging to their buddy classes as K-2 paraded their extraordinary creations. Did you manage to catch a

glimpse of the Easter Bunny? By the size of its footprints it must have been huge.

Next Thursday is the Cross Country, so warm up those legs and get running. Students are to wear their hats, sport uniforms or a house coloured shirt, bring their recess and lunch with lots of water and sunscreen. We will walk down to Centenary Reserve at 9am so fingers crossed for fine weather.

The final excitement for Stage 3 is **CAMP!** All the teachers are so excited to be visiting the Mogo Zoo and Gold Educational Centre, and getting to spend time with the students outside of the school environment. Organisation is ongoing with what to bring lists up on the school website. Final details will be conveyed to your children as the date approaches. Please check the list but remember it is only for 2 nights so small bags only. As a guide, if you can fit inside your bag, it is too big.



Over the holidays please look at your child's supplies and restock pencil cases if needed.

Enjoy a wonderful and safe 4-day weekend, everyone.

### Stage 3 Teachers

## ADMIN NEWS

Thank you to all our parents who returned the consent forms and Term 1 payments so promptly. We'd like to wish you all a safe and happy Easter – enjoy your long weekend.

Allison Batten  
Administration Manager and Admin staff



## CHINESE NEWS

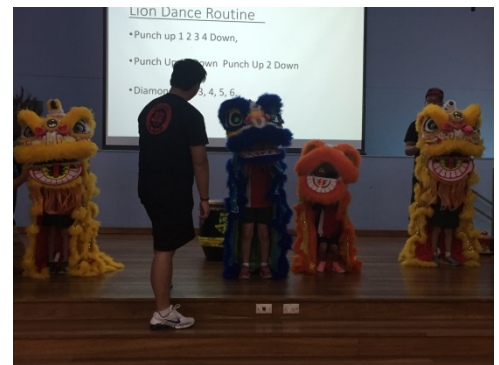
### Nǐmen hǎo! 你们好!

Following on from our lion dance performance for Chinese New Year, students from K-6 participated in a Lion Dance Workshop learning about the origins of this traditional dance as well as playing instruments and dressing up in a lion costume to perform a dance routine for the group. The students had lots of fun and enjoyed being part of this exciting cultural activity.



And just a quick reminder that all students going to China need to have their first instalment paid by the end of this term. The next instalment will be due in Week 5 next term. We will also be having our next meeting with parents early next term.

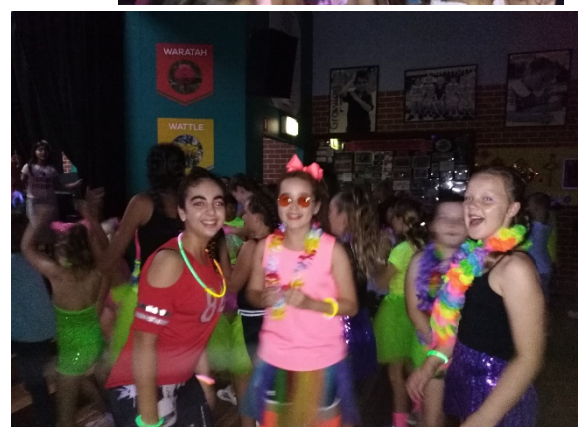
Xiè xie



**Mrs Przyrembel –  
Chinese Teacher K-6**

## SRC FLURO DISCO

Last week the SRC hosted a fantastic fluro disco that sold a record number of tickets. Students and teachers looked amazing in their vibrant outfits, busting out dance moves and having a wonderful time. We would like to extend a huge thank you to the parents and the Ironbark community for supporting the event and making it incredibly successful. Keep an eye out for the next exciting SRC fundraiser.





## CANTEEN NEWS

As of Term 2 Tuesday 1<sup>st</sup> of May, there will be **NO OVER THE COUNTER LUNCH ORDERS.**

ALL LUNCH ORDERS must be placed online with FLEXISCHOOLS.

Sorry for any inconvenience.

Doris



*“Just when diverse notes come together, does the Harmonious music play “*

That is just what we saw at Ironbark Ridge for Harmony Day ! The school was a burst of orange, in support of Cultural diversity and how amazing the students looked doing that! The diverse cultural backgrounds that our students come from was on full display. There was a definite buzz around the school and students participated in some insightful class discussions on Cultural Diversity across K-6.

It was not just the dresses that made our students look beautiful, it was the confidence with which they supported the idea, that gave them the inner beauty and strength.

*Ms Dhillon. And Mrs Kaur*





# insights

## Getting the screentime balance right

by Martine Oglethorpe



*I am always getting asked, 'How much screentime should I allow my child?'*

Here's the thing. I don't believe there is a magic number of hours a child should be 'allowed' or 'not allowed' screentime. There are many other more pertinent questions we should be asking about our kids' screentime, aside from simply 'how much?'.

What are they doing on the screens? Are they safe? Are they engaging in positive interactions? Is their self-esteem intact, or are they comparing themselves to everyone else online who is (in their mind) smarter, prettier, skinnier or has more friends? Are they creating things or merely consuming? Are they in control? Are they able to put away a device without a tantrum?

These are just some of the things we should be looking at when it comes to our kids' use of their screens.

Which is not to say that the amount of time spent on screens is irrelevant. It is still valid to be concerned about how much time screens are consuming of your children's days.

To help alleviate some of the concerns you may have, and to put some strategies in place, here are two things you can focus on when it comes to your kids and screentime.

### 1. Look at the individual child

How is your particular child coping? Each child is different. A boundary that works for one child may not work for another. Is your child in control of their screen use? Are they coming to the dinner table without a fight? Are they sleeping, eating, keeping up with friends?

Conversely, are they showing signs of not being in control? If so then you may have to look at better ways to manage their time. Discuss the issue with your child and explain why they need better balance. Not because the technology is bad per se, but because they need to ensure there is enough time left in their day for all the other activities that are needed for their growth, development and wellbeing.





## 2. Are all of their other needs being met?

Are they getting enough:

**Sleep time:** It's super important that kids are getting a good night's sleep. Keeping devices out of the bedroom when they are young, and avoiding the screens for at least an hour before bed, helps ensure their sleep needs are met.

**Bored time:** Today's kids don't tend to get as much time to be bored as kids used to. It is an important skill to be able to fill in their time themselves. Bored time promotes creative play and thinking as kids are forced to come up with other ways to amuse themselves.

**Connection time:** Face-to-face interaction is obviously crucial for children's social and emotional development and wellbeing. Time with friends, siblings and family members must always be a priority. Learning to engage, problem solve and read body language and facial expressions are all crucial skills that need real-life time and experience to develop.

**Active time:** A healthy body and mind requires activity and movement. Kids still love to get out and play. However, some may need a bit more encouragement to remind them.

**Downtime:** Whilst playing games may be described by many kids as their downtime (and yes, there is some validity to this argument) kids also need downtime that involves doing very little. It is in these moments of reflection, of thinking and of pondering, that our ideas come to us and our creativity for other activities flows.

**Focus time:** There are times of the day when all of us need to be focused on other tasks. These may be homework, chores, reading a book or the newspaper, building something or making something. There needs to be time in kids' days where they are able to focus solely on a task without the distractions of a screen.

**Mealtime:** Getting plenty of good food is of course very important to kids' wellbeing. But it's not just about the food. Sitting at the table with parents, siblings or others, focusing on enjoying a meal together without the need of a screen, helps children to develop good habits while they are young which they can carry into the future.

Obviously there will be times when all these needs are not completely balanced. There will be periods when screens are used more often and times when one or more valuable needs is neglected. But if we can use this as a guide and aim to fit the many key experiences our kids need into each day, we are much more likely to ensure our kids grow up with a healthy respect for their screens and a healthy respect for the many areas of their life that need to be nurtured.














### Martine Oglethorpe

*Martine Oglethorpe is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Martine is available for student workshops focused on positive online behaviours, for teacher professional development on how the digital world affects what happens in the classroom and for corporate and parent information sessions. For more information head to her website [themodernparent.net](http://themodernparent.net). Contact details: [info@martineoglethorpe.com.au](mailto:info@martineoglethorpe.com.au), [themodernparent.net](http://themodernparent.net), [facebook.com/themodernparent](https://facebook.com/themodernparent)*



## 2018 April School Holiday Program At Ironbark Ridge Public School



<p><b>Monday 16<sup>th</sup> April 2018</b></p> <p><b>Karaoke /Talent Day (PR)</b></p> <p>Bring your talents to KT OOSH for the day. We will need performers, judges, spectators and more. You can join in or just hang out and enjoy the day with your friends.....</p> 	<p><b>Tuesday 17<sup>th</sup> April 2018</b></p> <p><b>Movie Day (PS)</b></p> <p>Come along to our Movie Day Excursion to see Sherlock Gnomes!</p> <p>Popcorn will be provided!</p> <p><b>Must be @ Service by 8:30am</b> <b><u>Additional Cost \$18.00/child</u></b></p> 	<p><b>Wednesday 18<sup>th</sup> April 2018</b></p> <p><b>Park Adventure Day (PR)</b></p> <p>Come along to Park Adventure Day, where KT OOSH will be walking to our local park to play lots of fun games and activities, followed by a picnic lunch....</p> 	<p><b>Thursday 19<sup>th</sup> April 2018</b></p> <p><b>BIKE DAY #1 (CC)</b></p> <p>Bring your scooter or Bike to KT OOSH for the day. Ride around the paths and be sure to follow the road rules.</p> 	<p><b>Friday 20<sup>th</sup> April 2018</b></p> <p><b>Holey Moley Golf (CC)</b></p> <p>Requested by the Kids!!!!!! Catch a private bus to the new HOLEY MOLEY, where the children will get to play a game of 9-hole mini golf.</p>  <p><b>Must be @ Service by 9:30am</b> <b><u>Additional Cost \$25.00/child</u></b></p>
<p><b>Monday 23<sup>rd</sup> April 2018</b></p> <p><b>Code Red (PR)</b></p> <p>Come dressed army themed attire.....</p> <p>Code Red is run by fierce but funny drill sergeants, where the children will use both mind and body to solve a series of mental and physical challenges.</p>  <p><b><u>Additional Cost \$8.50/child</u></b></p>	<p><b>Tuesday 24<sup>th</sup> April 2018</b></p> <p><b>BIKE DAY #2 (CC)</b></p> <p>Bring your scooter or Bike to KT OOSH for the day. Ride around the paths and be sure to follow the road rules.</p> 	<p><b>Wednesday 25<sup>th</sup> April 2018</b></p> <p><b>KT OOSH CLOSED!!</b></p> 	<p><b>Thursday 26<sup>th</sup> April 2018</b></p> <p><b>Camping Day (PR)</b></p> <p>Experience a day of camping at KTOOSH!! Camping Day will have all different camp inspired games/activities, including: setting up tents, having a picnic lunch, camp games and more.....</p> 	<p><b>Friday 27<sup>th</sup> April 2018</b></p> <p><b>Trickstar's Circus School (PR)</b></p> <p>Trickstar's Circus School will be great way to engage the children in fun activities promoting team work, lateral thinking and it will be guaranteed to bring out their inner clown!</p>  <p><b><u>Additional Cost \$13.00/child</u></b></p>
<p><b>Monday 30<sup>th</sup> April 2018</b></p> <p><b>Variety Day (PR)</b></p> <p>Relax on the last day of school holidays, before Term 2 commences. Come along to watch a movie, hang out with your friends, &amp; join in on the fun games and activities on offer.</p> 	<p style="text-align: center;"><b>Bookings &amp; Enquiries only via email to <a href="mailto:irps@ktoosh.com.au">irps@ktoosh.com.au</a></b></p> <p style="text-align: center;"><b><u>Early Bird Bookings close on Wednesday 4<sup>th</sup> April 2018</u></b></p> <p><b>MAKE SURE YOU BOOK IN EARLY!!!</b> Bookings taken after 4<sup>th</sup> April will be classed as a casual booking and will incur an additional \$10/session/child.</p> <p style="text-align: center;">All programmed activities are subject to appropriate weather and changes may be out of our control. A variety of programmed and free play activities are on offer for the children, including: indoor &amp; outdoor play, dancing, craft and more. Visit <a href="http://www.ktoosh.com.au">www.ktoosh.com.au</a> for vacation care enrolment information. Refer to our <b>Facebook Page "KT Oosh Iron"</b> for daily updates during Vacation Care.</p> <p style="text-align: center;">Legends: CC – Children's Choice, PR – Programmed, PS – Parent Survey Response</p>			



# SCHOOL HOLIDAY WORKSHOPS

## Perfect Holiday Activity

The TSA School Holiday Band Workshops are on once again! Registration is now open for 6 different workshop dates and locations during the Term 1 school holidays. Give their music a jump-start in 2018!

Visit [www.teachingservices.com.au/workshops](http://www.teachingservices.com.au/workshops) for all information.

[CLICK HERE TO REGISTER ONLINE](http://www.teachingservices.com.au/workshops)



**17 April**

**St Declan's  
Penshurst**

**18 April**

**St Michael's  
Baulkham Hills**

**19 April**

**Sacred Heart Pymble**

**20 April**

**Regentville Public  
School**

**20 April**

**Ourimbah Public  
School**

**24 April**

**Northmead High  
School**

**REGISTER ONLINE!  
\$80**



## COMMUNITY NOTICES



Healthy • Active • Happy • Kids

# FREE

10 week program for kids aged 7 to 13 years, to become fitter, healthier and happier.



Have fun being active



Make new friends



Build confidence



Learn healthy eating habits



Involve the whole family

Local Programs  
Register today

[go4fun.com.au](http://go4fun.com.au)  
1800 780 900

 Health  
Western Sydney  
Local Health District

**MAKE  
HEALTHY  
NORMAL**

#LiveItUp

# LIVE IT UP

## YOUTH WEEK

13–22 April, 2018

**[FREE]** Catch a movie or a short film  
Screening of Rampage: 13 April | Events Cinema  
Emoji Video Series: 15, 16 & 22 April | CMRC

**[FREE]** Enjoy the Family Fun Day including Skate comp & demo  
Family Fun Day: 17 April | Balcombe Heights Estate

**[FREE]** Discover mindfulness  
Mindful Coco: 17 April | Vinegar Hill Memorial Library

**Become a coding nerd**  
Code4Fun: 19 & 20 April | Vinegar Hill Memorial Library | \$20

**[FREE]** Get fit  
Week of events at Bernie Mullane Sports Centre  
Commit to be fit: 21 April | Waves Fitness and Aquatic Centre

**[FREE]** Get job skills  
You're Hired—job skills workshop: 16 April | Castle Hill Library

**[FREE]** Immerse yourself in art  
Art Expo: 18 April | Studio Space, At The Corner, Baulkham Hills

BOOKINGS ESSENTIAL  
[www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au)

# CELEBRATING YOU

## Sydney Hills Seniors Week

celebrating **you** and everything you've given

— 4-15 April, 2018 —

Relax, reminisce, learn and get fit  
with Seniors Week, including:

Group Exercise Sessions | Bushwalks | Movie Sessions  
Roughley House & Tobruk Sheep Station Tours  
Talks & Clinics

Bookings online: visit Council's website  
and search 'Seniors Week' in the tab

[www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au) | 9843 0555

2018 NSW  
Seniors Festival



## FREE activities just for seniors

Online Bookings Essential

### Group Exercise Sessions

#### Fit4Seniors Exercise Class

3, 4, 5, 6, 9, 10, 11, 12 & 13 April  
Various Times | Waves Fitness & Aquatic Centre  
3, 5, 10 & 12 April | 10:15am—11:15am  
Bernie Mullane Sports Complex  
Classes to challenge you with functional movements using bodyweight and resistance exercises. Great fun and social!

#### Physio & Gym Session

10 April | 10:15am—11:15am  
Bernie Mullane Sports Complex  
An open forum with The Hills Physiotherapy plus workout classes with functional bodyweight and resistance exercises.

### Bushwalks

#### Caddies Creek walk

4 April | 10am—Midday | Meet at corner  
Palomino & Woodmeade Streets, Rouse Hill  
An easy walk on paved paths through the Cumberland Plain Woodland—see bush tucker and learn about storm water management.

#### Cattai Creek walk

12 April | 10am—Midday  
Meet at the end of Brasell Place, Kellyville  
A stroll along the upper valley of Cattai Creek, enjoying the bush scenery of this conservation area. Part of this walk is on rough bush track.

### Movie Sessions

#### Morning tea and a movie

5 April | 9:30am Morning Tea  
10am Movie: Finding Your Feet  
Castle Hill Events Cinema

#### Grandparents date at the movies (high tea and a movie)

13 April | 9:30am | Castle Hill Events Cinema  
Bring your grandchildren aged between 12 & 24 for a FREE screening of Rampage.  
This screening will be closed captioned with accessible seating.

### Roughley House & Tobruk Tours

#### Roughley House, The Pines

6 April | 10am—Midday  
666A Old Northern Rd, Dural  
Tour Roughley House, home of Joseph Roughley and his son James who were convicted and transported to Australia as convicts. Morning Tea provided.

#### Tobruk Sheep Station

11 April | 10:30am—12:30pm  
6050 Old Northern Rd, Maroota  
Experience the Outback Show with stockmen, billy tea & damper, sheep muster, working dogs, sheep shearing and more.

### Talks & Clinics

#### Health & wellness clinic

5 April | 11:30am—Midday  
Waves Fitness and Aquatic Centre  
Listen to a speaker from Essential Health Chiro talk about exercise, nutrition and the body, plus FREE blood pressure and fitness testing.

#### How your thinking keeps you young

5 April | Midday—1:30pm  
Baulkham Hills Library  
13 April | Midday—1:30pm  
Vinegar Hill Memorial Library  
Learn how to use meditation and mindfulness to maintain a healthy mind and wellbeing.

#### Falls prevention morning

10 & 12 April | 11:30am—1:30pm  
Hospital for Specialist Surgery  
17-19 Solent Circuit, Bella Vista  
Therapists will talk you through essentials tips, ideal equipment and simple exercises.

#### Arthritis & hydrotherapy treatment

9 & 11 April | 11:30am—1:30pm  
Hospital for Specialist Surgery  
17-19 Solent Circuit, Bella Vista  
Discover how hydrotherapy can greatly reduce stress on joints and improve mobility and more.

### Information & Bookings

[www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au) | 9843 0555

2018 NSW  
Seniors Festival

