



Ironbark Ridge PS

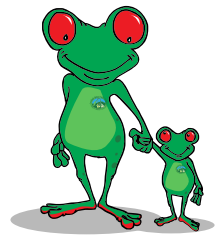
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Nurturing personal growth through inspired learning...



Newsletter 2018

Term 4 Week 5 16th November, 2018
Be Safe, Be Responsible, Be Respectful

DATES FOR THE DIARY

NOVEMBER

20^h – School Disco
21st – Last Scripture Lesson, 2D & 4/3B Assembly
26th – Swim School Begins
28th – Swim School, Student Leaders Assembly

30th – Swim School

1st - Swim School
3rd - Swim School
5th – Swim School
7th – Swim School

21st NKPS Kindy Orientation 9.30am-11.00am

23rd – Summer PSSA

27th – Swim School

29th – Swim School, Awards of Excellence Morning Tea, Summer PSSA

DECEMBER

2nd – Swim School

4th – Swim School, OC Orientation 9.30am – 11.00am

6th – Swim School

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

PRINCIPAL'S REPORT

Today marks the half-way point of Term 4 and we have all seen the sparkly baubles and tinsel out in the shopping centres. Hopefully your weekends are not yet 'booked out' and you still have time to spend with family, especially your children, to relax and refresh before each new week. Our students at Ironbark Ridge seem to be able to turn up each day with a sparkle in their eye and boundless enthusiasm for learning... well, maybe I've just been visiting Kindy and Year 1 classrooms more than the others of late ;)

Our Year 6 students are certainly nearing an important milestone in their educational journey, and I'd encourage them all to stop and reflect on the wonderful time they've had being Ironbarkers. We have definitely enjoyed and benefitted greatly from everything they have each given our fantastic school. Five weeks to go Year 6!

School Directions and Strategy

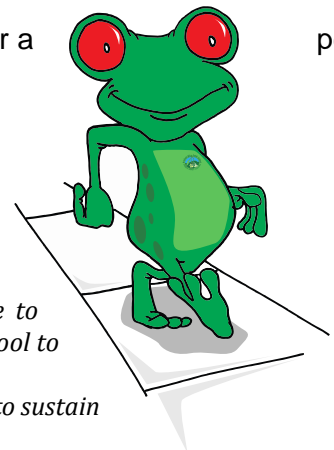
At the commencement of 2018 we began the next stages on our school's journey towards "Nurturing personal growth through inspired learning" – a new three-year plan. This vision of what our wonderful school can be focusses us on the possibilities, on the future, and helps us to relentlessly raise the bar of what we see as success. We will not be complacent.

The development of the Ironbark Ridge School Plan 2018-20 (see our website for a version) has aligned our effort into three Strategic Directions:

1. Confident, successful, inspired learning
2. Expert teaching
3. Visionary leading

In addition to the three 'lanes' in which we will be moving forward, we are developing five strategic practices to ensure our 'speed' and 'fuel efficiency' are maximised:

- **Evaluative Thinking** – *A disciplined approach to inquiry and reflective practice to effectively weigh up the merit of the systems and practices we have in place at our school to support and improve student growth.*
- **Collective Efficacy** – *The use of explicit systems for collaboration and feed-forward to sustain quality teaching practice and to maximise learning progress and growth.*



- **Distributed Leadership** – *Strategic allocation of responsibilities to those with demonstrated or developing leadership capabilities in the aim of maximising the impact of the whole/team on student outcomes.*
- **Differentiated Instruction** – *Developing personalised approaches to teaching in all classrooms where students' individual level of challenge can be targeted to maximise learning.*
- **Agile Learning** – *All programs and systems across our school are supported by the intentional teaching, practice and flexible use of a range of specific contextually-driven behaviours and capabilities.*

Our Ironbark Ridge School Plan 2018-20 outlines a range of projects that will ensure school, staff, student and community growth in all three directions and using each of the five practices. Exciting times!

Stars

Congratulations to all students who received a Star Award at the most recent assemblies. There are always far more creative, amazing, achieving, growing students in each class than we can possibly award! The resilience built through reflection on a 'fourth place' is often more beneficial than being the 'winner'. If students set themselves goals and work towards them they should be proud of their own effort, persistence and growth. Student self-reflection based on feedback from peers and teachers is one of the most effective learning situations for an *Agile Learner*. Like Ridgy the Frog, we need to be agile and ready to pounce on learning opportunities... that includes social, emotional and behavioural learning opportunities as well as the academic ones we so often focus on.

External Rewards?

People are motivated to *behave* for three reasons:

1. **What do I get out of this?** eg. stickers, certificates, acclaim
2. **How can I avoid the pain?** eg. time-out, fines, public criticism
3. **What is the right thing to do?**

The first two reasons are '**External**' rewards or punishment. The third, and preferred reason to choose a behaviour is entirely '**Internal**' and controlled by the responder!

Although children, students and people in general can be manipulated to an extent if we reward them significantly or inflict a form of 'pain' they want to avoid, neither of these will lead to *responsible* behaviour. All of the research points to this conclusion. At Ironbark Ridge we envision our students growing out of the need to receive external rewards, to be motivated instead by their own internal values and beliefs by the time they leave for High School. Research shows that those who learn to respond and choose their behaviour based mainly on factors 'outside' or 'external' to their own self, ultimately find it difficult to live responsible, satisfying lives.

Parent Information Forum...

Come and join us for an early afternoon tea on Thursday 29th November for an information session about:

- Student Leadership strategy
- NAPLAN 2018
- and some general discussion

This will be the first of our ongoing series of Parent Forums, designed to offer members of our learning community who are unable to attend evening P&C meetings with a chance to gather and learn about school projects, plans and strategies. We will gather your opinions and suggestions about matters raised during P&C meetings so we can help present as authentic an account of our community's views as possible at the official P&C Meeting.

School Photos

After much discussion here at last term's P&C meeting and with the P&C Executive, we have booked Advanced Life to deliver School Photos to the community in 2019. This is a change from The School Photographer who had the job in 2018 and 2017.

Parenting ideas

Later in newsletter there is a timely article for our Year 6 parents entitled "Making a Smooth Transition to Secondary School", and a link to a free webinar voucher. Have a read and reflect ☺

It will be well worth the time to watch the webinar on 27th November.

Have a look at the rest of the Ironbark Ridge news snippets, and I hope you can make time to join us for one of our many end-of-year events at school.

Yours in constant search for areas of growth,

Nick Thomson
Principal

DEPUTY PRINCIPALS' REPORT

Remembrance Day



Remembrance Day 11th November 2018 marked the 100th anniversary of the armistice which ended World War I (1914–18). On Monday our school leaders and staff conducted a service to remember and commemorate those who have served and died in war and armed conflicts. The ceremony included an acknowledgement of the centenary of the end of WW1. Thank you to Sergeant Watson for delivering an informative and heartfelt speech. All students who attended showed their utmost respect for the occasion. A special thank you to Mrs Barton for her organisation of this important commemoration. Lest We Forget.



Kindy Orientation

During the past few weeks, our staff and our student leaders have had the pleasure of welcoming our new and current families and their children into our school community. The 2019 Kindy students have now completed their third and final visit. We are impressed with how quickly they have settled in and enjoyed their initial experience at school. Parents attended the information session and had the opportunity to ask questions to support their child's transition from preschool to primary school.

Useful activities to try in the lead-up to starting Kindergarten

During the weeks before starting school, some helpful activities may include making sure your child can use the toilet independently – including urinals for boys – and practise good hand-washing techniques. Write your child's name on all their school things and involve your child in organising them and recognising their name. Other activities may include taking a ball to a park to throw, catch and kick together. Organise a picnic with a packed lunch and encourage your child to open it and eat the food by themselves. Let your child practise putting on their school shoes and walking in them dressing in their school uniform, drinking from bubblers, cutting and pasting pictures from a magazine and drawing pictures.

School Leadership

The formal process has begun for all our students wishing to seek a leadership role in 2019. It will be a difficult task to replace our current outstanding student leadership team. As well as submitting their application, all students have been engaged in our school team building and initiatives to help us identify the skills that our children possess. A range of activities has allowed staff and peer leaders to view our aspiring leaders in a whole new light. The process continues and provides plenty of time for their leadership to be witnessed authentically by demonstrating the skills required of our leaders.

Ridgy Didge Winners



Our first group of Ridgy Didge winners drawn out of the basket during morning assembly were welcomed into the staffroom to attend a formal morning tea with the executive staff and teachers. The smiles on faces were priceless. Feedback about following the expectations and congratulating our successful students was the flavour of the morning. We look forward to our next celebration in Week 8.

Everyone is a learner

Ironbark hosted a Community of Schools professional learning sessions in which teachers unpacked the new Science and Technology syllabus. We welcomed staff from Rouse Hill, Beaumont Hills and Kellyville to engage in collegial learning led by a Science consultant. Full implementation of the new syllabus will take place in January 2019.

Group Photos

Please find below a link to the School Photographer for online ordering of the leadership photographs.

www.theschoolphotographer.com.au

Order Code: 18S324EL39R

A reminder to please email the school for photos of dance and sport groups.

Wishing you a wonderful weekend,

Kerrie Pho and Kerry De Jager
Deputy Principals



Ironbark Ridge Public School

Parent Planner

Term 4, 2018

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

Updated 1.11.18

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
6 Nov	19	20 <i>SRC Disco</i>	21 <i>NKPS Kindy Orientation: 9.30-11am</i> <i>Last Scripture lesson</i> <i>1D & 4/3B Assembly</i>	22	23 <i>Summer PSSA</i>	24/25
7 Nov/Dec	26 <i>Swim School begins</i>	27 <i>Swim School</i>	28 <i>Swim School</i> <i>Student Leaders Assembly</i>	29 <i>Swim School</i> <i>Awards of Excellence Morning Tea</i> <i>2.00pm Parent Forum</i>	30 <i>Swim School Summer PSSA</i>	1/2
8 Dec	3 <i>Swim School</i>	4 <i>Swim School</i> <i>OC 2019 Orientation</i> <i>Year 6 Farewell</i>	5 <i>Swim School</i> <i>KT & KCB Assembly</i>	6 <i>Swim School</i>	7 <i>Swim School</i>	8/9
9 Dec	10	11 <i>Celebration Day</i> <i>9.30am - 3-6</i> <i>11.30am - K-2</i>	12 <i>No Assembly</i>	13	14	15/16
10 Dec	17 <i>Party Day for Kindy and Stage 1 (TBC)</i>	18 <i>Party Day for Stage 2 and 3 (TBC)</i>	19 <i>Year 6 Leaving Assembly</i> <i>Last day for students</i>	20 <i>Staff Development Day</i>	21 <i>Staff Development Day</i>	22/23

ADMINISTRATION

For administration purposes, if your child/children is/are going to be returning late back to school in 2019, could you please advise the office as soon as possible. If your child/children will not be returning to Ironbark Ridge Public School in 2019, could you please complete the form at the back of the newsletter and return to the office as soon as you can.

This is to assist us in our class planning for 2019.

Thank you,

Allison Batten
School Administration Manager

KINDY CAPERS

Congratulations to all our Kindergarten Star Award recipients! It was lovely to see these students proudly smiling and displaying their certificates at our recent assemblies. It was also great to see their classmates happy for them and offering high fives and thumbs up.



Next Tuesday evening, 20th November, Kindergarten students are invited to attend our K-2 school disco in the hall. The disco begins at 5.00pm and runs until 6.15pm. Children can wear their favourite party/dancing clothes. Tickets are available on Flexi schools and after school outside the office.

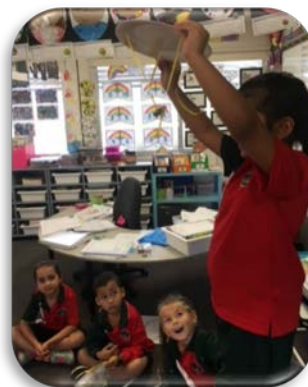
Students may have come home talking about Operation Christmas Child. Our SRC are supporting this wonderful initiative. It involves filling shoeboxes of gifts for children experiencing hardships. Kindergarten classes have all been asked to fill 2 boxes per class. One for a girl aged 2-4yrs and one for a boy aged 2-4yrs. If you would like to donate to this, some ideas of things to send in are:

- Something to wear
- Something to play with
- Something for school
- Something to love
- Something for personal hygiene



Our end of year movie day is fast approaching. Thanks to everyone who has made the payment by today's due date. Please ensure you have also sent in the permission note.

Kindergarten classes are still working hard with many great learning experiences happening daily. Following are photos of KS building castles with lockable doors to keep Cinderella from running away and losing her shoe, KP and KW building new houses for the three little pigs and KG testing parachutes as an alternative to a beanstalk for Jack to escape the giant. Thanks to all parents who are sending in recyclable materials to assist with these projects.





Kindy Teachers

STAGE 1 SNIPPETS

It has been another busy fortnight of learning across Stage 1, as we move closer to the end of the year and our much anticipated movie day. Payment for the excursion is due by this Friday 16th November. Please remember to print and sign the permission note which is also required. Notes should be returned to the front office.



As we get closer to the end of the term, teachers will soon begin to ask students to return their home readers. Now is a great time to have a hunt around for any readers that might have been misplaced.



Swim scheme will run over weeks 7 and 8 for those students who are participating. Students should come to school in their regular school uniform, as they will change for swimming at school and back into their uniform on their return. Students should bring their swimming costume, goggles, a towel and something to wear on their feet (flip flops) in a separate bag. Rash vests are not needed, as the pool is indoors.

Stage One Teachers

STAGE 2 SNIPPETS

This term is flying by but Stage Two are up for any challenges or opportunities that arise.

A reminder that Term 4 accounts have been sent out and are due to be paid by this Friday the 16th. Many students are already very excited at the prospect of heading out to Broken Bay for camp next year! Thank you to everyone who has promptly returned notes and payments to classroom teachers.

Ironbark Ridge have been celebrating achievement in all areas, starting with our first round of Star Awards in Week 4 and the second round in Week 5. Congratulations to all of the students who have been presented with a Star Award, what a great achievement!



Student achievement will continue to be rewarded at the IRPS Celebration Day. This year, Celebration Day will take place on Tuesday the 11th of December, with Years 3-6 awards presented from 9:30am-11:00. Similarly to previous years, it will be held at Rouse Hill High School in the school hall.

Stage 2 assemblies have been a hit this year with many impressive performances. In Week 6 we will see 4/3B and 1D present their assembly. We're sure it will be very entertaining.



As the term draws to a close, we ask that students bring back overdue books. It is incredibly important that all books are returned so that we can continue to share the fantastic wealth of resources our library has to provide.

Swim school begins on the 26th of November. With the weather warming up it will be lovely for those students attending to escape the heat.



Christmas is drawing nearer and IRPS is participating in 'Operation Christmas Child' where we fill shoeboxes with presents for children in need around the world. It won't take much for classes to fill their allocated shoeboxes- one for a boy and one for a girl.

The categories are:

- Something to wear
- Something to play with
- Something for school
- Something to love
- Something special
- Something for personal hygiene.

Stage two have been allocated children between 5-9 years of age so please consider this when purchasing your donation.

5 weeks to go, how exciting!

Stage 2 Teachers

Longneck Lagoon

Sixteen of our scientific-minded students from Stage 2 had a day at Longneck Lagoon last week. They had fantastic activities to try and solve the baffling problem of who killed Kermit. Here is what some of our scientists had to say about the day.

It was a terrific time. My favourite part was when we used the microscope to have a closer look. The thing I learned was that I am good at net fishing and that there is always something to learn. Annabelle – 4S

My favourite bit was when we tested the water for lots of different things like what temperature the water was and how muddy it was. I also liked when we went water netting for what lives in the creek we found lots of things. My favourite ones were the leach and the little tadpoles. I learnt what colour bird band to attach on birds legs to count the birds and I learnt who killed the Kermit the frog. We found out that it was humans because of pollution, houses, roads and our rubbish. This excursion was so much fun and I am glad I could come. Ella – 4S



I loved testing the water for oxygen, animal water, temperate and Hp. I learnt that Longneck Lagoon doesn't have lots of oxygen in the water and people actually killed Kermit. Ebony – 4T

I like the microscopes and looking at the leech was the coolest part. Rohin – 4T



My time at longneck lagoon was really fun. (Apart from the gigantic mozzie bite.) First we introduced ourselves. Our teacher was Libby. We played some games including: a throwing and catching game and a game where we put ourselves in alphabetical order. We then headed back to the classroom. After that we did some visual testing. (Visual testing is testing somethings quality with our eyes.) The water was very muddy. We later learned that this was because of the carp. We did some water testing by the creek. Each person in our group was in charge of something. I really enjoyed the testing but I didn't like the fact I was testing animal poop. Then we did my favourite bit: DIPNETTING!!!! I caught so many tadpoles and bug skins but the most impressive catch was Jonah's. A FROGLET! It kept squirming around and wiggling but it couldn't escape. Then a bug flew onto my hand and bit me! A few minutes later, I saw it again! I ran away shrieking and saying "it's going to bite me!!!" Lucky everyone was concentrating on the wiggly froglet. We then went to lunch. After that we went to the microscopes. We observed and named the bugs. The last thing we did was talk about the environment and saving it. Then we went home. The trip was so fun and I recommend it to everyone.

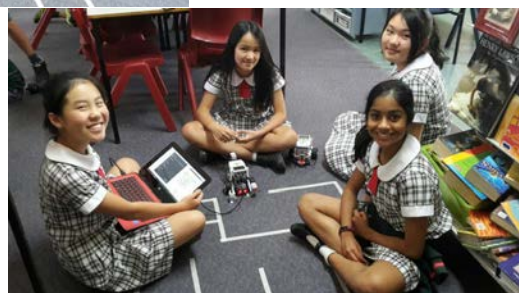
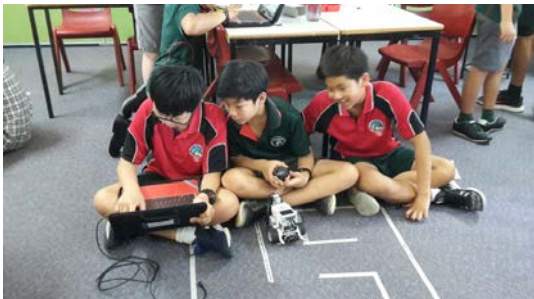
Victor – 4F

STAGE 3 SNIPPETS

The term is well and truly underway! Only 25 school days left.....

Stage 3 students have continued to explore a range of new digital technologies, through the **STEM Share Kit**. They have been working with Microbits, Ozobots, Makey Makey and Lego Mindstorm. It has been wonderful seeing their enthusiasm and engagement, and how somw have stepped out of their comfort zones to try new technology.

Year 6 have also continued our internal **transition program**. This program involves English lessons regarding Shakespeare, personal development lessons, physical education and high school orientation. Students receive timetables, homework and instructions from each class and are held accountable for their time management skills and ability to submit tasks by the due date.

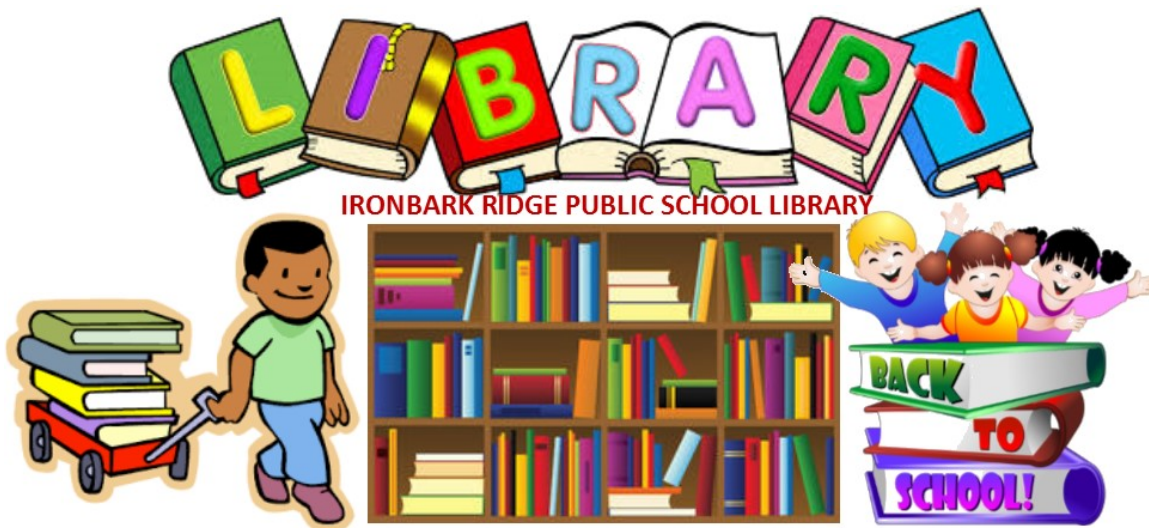


Year 6 are also well underway with learning dances in preparation for their farewell dinner/dance on Tuesday 4th December at the Novotel, Norwest.



Please keep an eye on the calendars, app and Facebook page to ensure you are kept in the loop. Thank you in advance for your continued support throughout Term 4. We are looking forward to another exciting five weeks of teaching and learning.

Stage 3 Teachers



Dear Parents / Carers,
Could you please start looking in your bookshelves at home for all Ironbark Ridge School Library Books that have not been returned and send them back to school.
We need to start preparing for end of year stocktake.
Thank you.

Many thanks

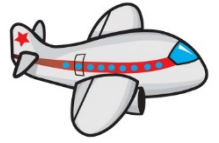
Judy Paton
Rachel Bryce
Alison Brewster
Amelia Weekley

CHINESE



Nǐmen hǎo! 你们好!

The next stop on our journey was the city of Xi'an to see the amazing Terracotta Army. It was extraordinary! To date, they have discovered around 8,000 statues, but this is believed to be only 5% of what is still underground. We even got to meet Mr Yang, the farmer who discovered the first statues while he was digging a well. He was kind enough to chat with us and have photos. Unfortunately, the weather stopped us from cycling on the city wall, but we got to go to a calligraphy class instead at the Wild Goose Pagoda. The monks were chanting at the temple and the smell of incense was incredible. We had an amazing dumpling dinner that night with 18 different flavours, and then drove around the city to see the beautiful lights. It was a short stay but what an amazing city! (to be continued)



Mrs Linda Przyrembel – Chinese Teacher/Excursion Organiser

The ANZAC Garden

The ANZAC Garden is a very special place within the school grounds here at Ironbark. Located in the heart of the school and proudly bearing the two flagpoles, it provides a focal point for school assemblies and the special commemorative services held for ANZAC Day and Remembrance Day.

The pine tree that stands in the centre of the garden is very significant also, as it was given to our school in 2005 as a sapling, grown from a tree at Lone Pine in Gallipoli, Turkey.



This week, as part of the Remembrance Day activities, the ANZAC Garden boasted a beautiful display of Flanders Poppies. Each student in the school participated in making a paper poppy that was 'planted' in the garden. Over 950 individual red poppies filled the garden, reminding us all of the ultimate sacrifice made by so many men and women in our armed forces.



Lest we forget



The students involved in Garden Club spent their lunchtimes last week preparing the ANZAC Garden with the help from our friends at Bunnings. They have planted real Flanders Poppy seeds in the two large white pots within the garden. They look forward to another spectacular display of red flowers in the next few months.

As this garden is a significant place in our school, we ask that our school community treats it as such and ask you to refrain from walking or standing on it.

PSSA SPORT – TERM 3

STUDENTS PARTICIPATING IN PSSA TEAMS ARE REQUIRED TO BE AT SCHOOL ON FRIDAY MORNINGS IN TERM 4 AT 8.45AM FOR AN 8.50AM SHARP DEPARTURE. IF STUDENTS DO NOT ARRIVE ON TIME THE BUS WILL NOT WAIT AND YOUR CHILD WILL NOT BE PARTICIPATING IN PSSA ON THAT FRIDAY.

WEEK 6	23 rd November
AFL	Wrights Reserve, Pyes Road Quakers Hill
SOFTBALL/T-BALL	Hills Centenary
CRICKET	Hills Centenary
NRL TAG	Russell Reserve – Field 2 (Withers Rd, Rouse Hill (ex Second Ponds))

WEEK 7	30 th November
AFL	Wrights Reserve, Pyes Road Quakers Hill
SOFTBALL/T-BALL	Jonas Bradley Oval, 165 The Ponds Blvd, The Ponds
CRICKET	Jonas Bradley Oval, 165 The Ponds Blvd, The Ponds
NRL TAG	Russell Reserve – Field 1 (Withers Rd, Rouse Hill (ex Second Ponds))

DISCO

Tuesday 20th November

\$8 per person
\$15 per family
(ticket includes a drink and a packet of chips)

Tickets are available for purchase on flexischools and before and after school.
Please Note: Flexischool tickets will be handed out to students at school on Tuesday.

K-2 5pm - 6:15pm
3-6 6:30pm - 8pm

Come in your favourite outfit.

OPERATION CHRISTMAS CHILD

'Operation Christmas Child' is where students can fill a shoebox with gifts to send to children that are experiencing hardship.



Each class will be assigned an age and two shoeboxes to fill.

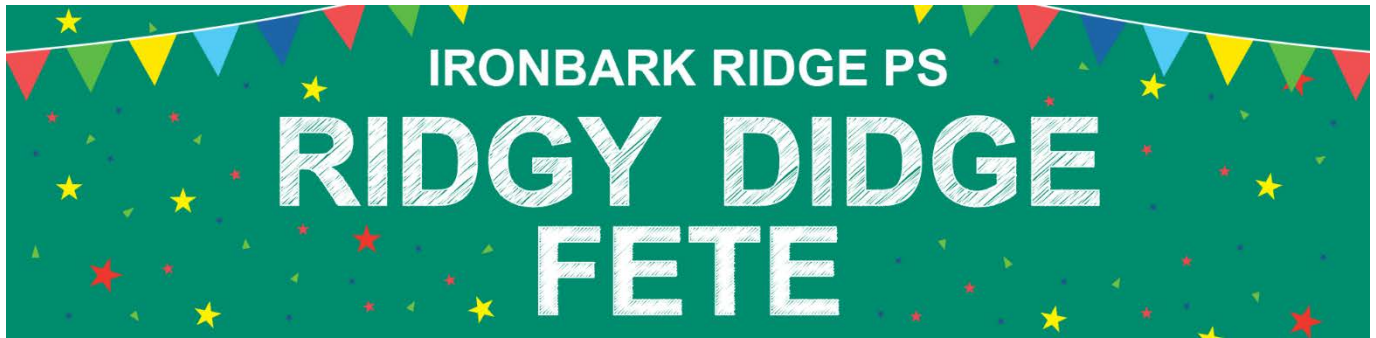
Early Stage 1 - 2-4 years old

Stage 1 and Stage 2 - 5-9 years old

Stage 3 - 10-14 years old



Shoeboxes cost \$10 to post so it would be fantastic if students could donate a gold coin as well.



**Ironbark Ridge P&C Association would like to
thank our
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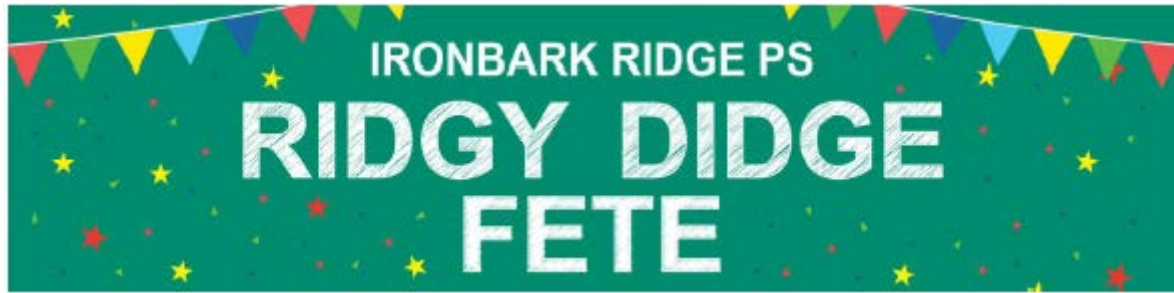


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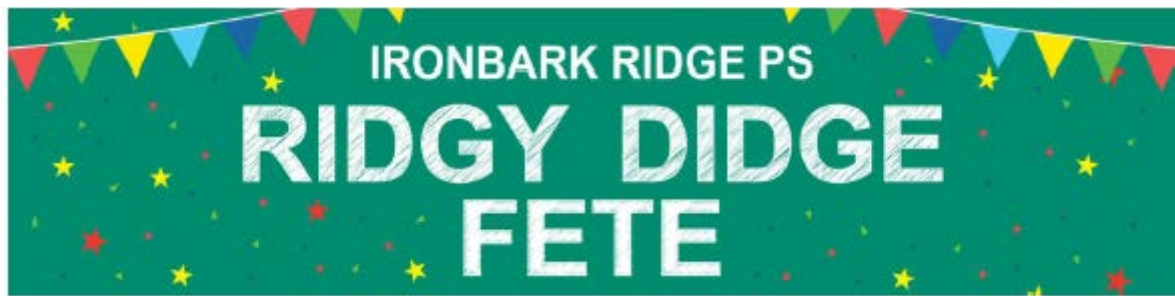
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Facebook: www.facebook.com/IronbarkRidgePublicSchool



Nurturing personal growth through inspired learning...

KINDERGARTEN TO YEAR 5

We are starting to plan classes for 2019. If you know that your child/ren will definitely not be returning to Ironbark Ridge next year or will be returning late at the commencement of the 2019 school year, please complete the slip below and return it to the school office as soon as possible. Please disregard this letter if your child/ren are continuing at Ironbark in 2019.

Nick Thomson
Principal

END OF YEAR STUDENT LEAVERS – KINDERGARTEN TO YEAR 5 OR LATE RETURNERS

My child _____ Class _____

My child _____ Class _____

My child _____ Class _____

Will not be returning to Ironbark Ridge PS next year.

Destination School _____

Will be returning late. Date returning _____

Parent or Caregiver Signature: _____

a community of safe, responsible, respectful learners

insights

Making a smooth transition to secondary school

by Michael Grose



Going to secondary school is both exciting and scary for many kids. There's excitement about new friends, teachers and ventures, but this can be overshadowed by anxiety and stress.

The sheer size of a high school building can be overwhelming to the uninitiated. The potential loss of status when moving from big fish in a small pond to tiny minnow in a large ocean can be hard to swallow for some. Add the increased number of teachers and the hormonal changes that accompany puberty and drive emotional and cognitive development and it is little wonder the first year of secondary school often sees a plateauing in learning. Most kids are flat out making new friends and getting used to how secondary school works, so learning takes a back seat for a time.

While it's easier for those who have a brother or sister already there who can pass on some tips about how to survive secondary school, many don't have that luxury. Fortunately, there are number of strategies parents can use to make the transition to secondary school easier.

1. Know the school space

Familiarity helps reduce anxiety. Most secondary schools have familiarisation programs for incoming students but it helps to reinforce with your young person where the key spaces are – such as administration, toilets, the tuck shop and drinking taps. A trip to the school during the holidays, if possible, can help reassure a nervous secondary school starter.

2. Make the leap with friends

Negotiating new friendships can be stressful so it helps to identify some friends from primary school or outside school that your child can travel with or meet up before school, at lunch breaks and during times when classes aren't scheduled. This will give them the opportunity to share and compare experiences, which is therapeutic for kids who are experiencing change.

3. Help with planning and organisation

Some students can be overwhelmed by the organisational demands of secondary school. If your child fits this category, be prepared to be on hand to coach your young person in the finer arts of being on time to class, organising work in folders, planning homework time, handing in multiple assignments and filling out forms.

4. Set up a designated study space in the home

Now that your young person has hit the big time it's important that they have a study space to call their own. Keep this outside the bedroom if possible – the bedroom is a space for sleeping and relaxing. Use any area that is reasonably quiet and well lit. Set up a desk with a computer, if possible, along with stationery items.

5. Establish a work schedule

If your child's primary school homework was given inconsistently then be prepared for a change. Most secondary schools try to coordinate homework between different teachers but there will be more times than not when your child will come home with multiple homework assignments to complete. Build the homework habit early and choose a regular time that allows for breaks. Encourage them to work quickly so that work does not drag on and become demotivating.

6. Stay patient and positive

The social and academic demands of going to secondary school can be mentally draining for young people. Some will miss old friends and the relative comfort of primary school. It's important for parents to be patient with their young person, to expect a few behaviour blowouts and to be prepared to listen and help them process their new experiences. If your young person has negative experiences, point them in the direction of the good things that may happen during the day.

Your young person's coping mechanisms are being tested during this time. They can change on a daily basis. If stress becomes overwhelming or persistent to the point that they don't want to go to school after the initial settling-in period, consider organising some extra assistance. A year-level coordinator, school counsellor or the local doctor can be good starting points should extra assistance be needed.

Starting secondary school is one of many transitions your young person will face in life. With planning and support, your child can make a positive start to secondary school and enjoy an amazing time at their new school.

[You can attend our upcoming webinar, Preparing for High School, at no cost!](#)

About the webinar

In this webinar popular parenting educator, author and secondary teacher Sharon Witt will share a bag full of practical strategies guaranteed to remove the stress and ensure a smooth transition to secondary school.

When

Tuesday, November 27, 2018 7:30 PM – 8:30 PM AEDT

Price

This webinar is free of charge to families at schools that have a Parenting Ideas membership. Use the voucher code below to register for the webinar valued at \$37 per person.

How parents can use the voucher

1. Click this link <https://www.parentingideas.com.au/product/webinar-preparing-for-high-school/>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code TRANSITION and click 'Apply'. Your discount of \$37 will be applied to the order. This voucher is valid until 27 December 2018.
5. Click 'Proceed to checkout'

6. Fill in your account details. These are the details you will use to login to your account and access your parenting material

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Webinar: Preparing for High School

Guest Speaker: Sharon Witt
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Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.

COMMUNITY NOTICES

We have had a few instances of chicken pox at the school. Please take the time to read the attached fact sheet from NSW Health and see your local doctor if concerned.



Communicable Diseases Factsheet

Chickenpox and Shingles

Chickenpox is a common viral infection that can reappear later in life as shingles. Vaccination is recommended for all infants and non immune adults.

Last updated: 08 April 2018

What is chickenpox?

- Chickenpox is a viral illness caused by the herpes zoster virus (also known as the Varicella-Zoster virus)
- In children it usually causes a relatively mild illness.
- Chickenpox in adults and immunosuppressed people can be severe.
- Infection in pregnancy can cause foetal malformations, skin scarring, and other problems in the baby.
- Before routine vaccination began in November 2005, chickenpox was a very common illness. The incidence of chickenpox appears to have decreased as more people receive the vaccine.

What are the symptoms?

- Chickenpox (varicella) begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
- The rash usually begins as small lumps that turn into blisters and then scabs.
- The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.
- Symptoms usually occur two weeks after exposure to the virus.
- Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.
- Persons who are previously vaccinated can still get chickenpox. If chickenpox occurs in a vaccinated person it is usually mild and less contagious than in an unvaccinated person.

How is it spread?

- Early in the illness, the virus is spread by coughing.
- Later in the illness, the virus is spread by direct contact with the fluid in the blisters.
- The infection is highly contagious to people who have never had chickenpox or who have not been vaccinated.
- People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs)
- Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

Who is at risk?

- Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox.
- People with a past history of chickenpox are likely to be immune to the virus. Even adults with no history of chickenpox have a chance of being immune (because of past infection that was mild). Doctors sometimes perform a blood test to see if these people need a vaccination.

How is it prevented?

- A free varicella containing vaccine (MMRV) is now recommended for all children at 18 months of age.
- The Varicella vaccine is recommended for all non-immune adolescents (>14 years) and adults. This involves two doses, at least 1 month apart. It is especially recommended for people at high risk, for example, health care workers, people living with or working with small children, women planning a pregnancy, and household contact of persons who are immunosuppressed.
- People with chickenpox should avoid others (and not attend childcare or school) until at least five days after onset of the rash and all the blisters have dried.
- People with chickenpox should cover the nose and mouth when coughing or sneezing, dispose of soiled tissues, wash their hands well and not share eating utensils, food or drinking cups.
- Pregnant women should avoid anyone with chickenpox or shingles and should see their doctor if they have been around someone with these illnesses.
- Children with an immune deficiency (for example, leukaemia) or who are receiving chemotherapy should avoid anyone with chickenpox or shingles as the infection can be especially severe.

How is it diagnosed?

Most cases can be diagnosed based on the symptoms and by appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash or from blood.

What is Shingles?

- Shingles is caused by the reactivation of the virus that causes chickenpox, usually in adulthood and many years after the initial chickenpox illness.
- The illness is characterised by a painful chickenpox-like rash on a small area of skin, usually on one side of the body.
- Pain and tingling associated with the rash may persist for weeks or months after the rash has cleared. This is called post-herpetic neuralgia.
- The virus can be spread by direct contact with the skin rash of infected people. This causes chickenpox in people who are not immune.
- Shingles develops more commonly in people who are immunosuppressed.

How are shingles and chickenpox treated?

Shingles can be treated with special antiviral drugs such as acyclovir. Your general practitioner can advise on ways to minimise the discomfort associated with the symptoms of infection.

Chickenpox infection usually resolves without treatment.

What is the public health response?

Chickenpox is not currently notifiable in NSW but the incidence is monitored through the number of patients attending emergency departments and the number of patients who are hospitalised with chickenpox or shingles.

- Varicella vaccine protects against chickenpox, even if given up to five days after exposure.
- Short-term immunisation with varicella-zoster immunoglobulin (VZIG) - which is made from antibodies in donated blood - can prevent illness in people at high risk of complications. This needs to be given within 96 hours of exposure to the virus to be effective. People at high risk of complications following exposure include pregnant women who have not had chickenpox and who have not been immunised, newborn babies, and some immunosuppressed patients.

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au



Art, Writing and Digital Technologies

January all day Workshops at North Kellyville

Different theme each day. Activities led by two qualified, experienced teachers in a fun environment. For ages 7-13yrs.

For more details see

0430 295 022



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Come and join our charity screening

SPECIAL EVENT - MOVIE PREMIERE

Thursday, November 15, Castle Hill Event Cinemas



Thursday, November 15

Event Cinemas Castle Towers (Piazza end) – V-Max

Doors open at 6pm

\$35.00 per ticket - includes movie, popcorn & drink

Proceeds from ticket sales go directly to The Sanctuary,
plus raffles with fantastic prizes to be won

This event is generously supported by Event Cinemas, Castle Hill



The Sanctuary is excited to partner with Event Cinemas to host this premiere screening of **Fantastic Beasts: The Crimes of Grindelwald**. We would love for you to support us by joining us on the night - tickets include admission to the movie, popcorn and a drink, and proceeds from each ticket go to The Sanctuary.

To purchase simply follow this link:

<https://events.humanitix.com.au/special-event-movie-premiere-of-the-crimes-of-grindelwald>



Casual Work

School Crossing Supervisors – Work with your community 1 x Casual position – Baulkham Hills Local Government Area (00006NC9)

An important person in a child's school life is the School Crossing Supervisor, who ensures they cross the road safely. The role requires minimal hours out of your day and gives something worthwhile back to the community.

The hours are usually 8:00am to 9:30am and/or 2:30pm to 4:00pm Monday to Friday during school terms. You may be required to work morning, afternoon, both shifts and no shifts. As a casual you will be filling in for existing part-time staff on call basis as required. The base rate is \$23.02 - \$27.62 per hour.

All the qualifications you need are community spirit, good communication skills, an alert and professional attitude to work and a reliable personality. The casual hours and school holidays would suit a parent or grandparent, a retiree or anyone wanting meaningful work — but not full-time.

Training for your key responsibilities of directing traffic to stop at the designated crossing and giving clear instructions to infants and primary school students to cross the road safely, will be provided. You may be required to attend a health assessment. Appointment is subject to a Working with Children Check clearance.

Roads and Maritime Services is an equal opportunity employer.

For further information on this exciting opportunity please call 1300 305 855 or go to iworkfor.nsw.gov.au

Applications close 11.59pm Sunday, 2nd December 2018

TfNSW are committed to building a diverse and inclusive culture across the Transport cluster, planning for and promoting diversity. We welcome and encourage applications from diverse community groups and ages including Aboriginal and Torres Strait Islander, LGBTI, people with disabilities, women and other diversity groups. TfNSW recognises the benefits that such an approach brings for our staff and customers in delivering the future of NSW.



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