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Sans Souci Public School Newsletter

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Week 2 Term 3

26 July 2017



## Message from the Principal

### Dear Parents and Carers

#### Welcome Back

Welcome back to all families and a special welcome to new students and families who have joined our school community this term. We have a number of exciting events planned for this term across a range of academic and extra-curricular events and I wish all students and families all the best for an exciting and rewarding term!

#### High Level Sports Achievement

Last Friday Year 5 student, Keira B competed at the NSW Cross Country Championships at Eastern Creek. This was Keira's second consecutive year competing at this high level and her aim was to not only better her 30th place finish from last year but to finish in the top 15 runners out of 80 competitors. With Keira's amazing determination and stamina, she did achieve her goal by finishing 14th out of 79 runners. Congratulations to Keira on a fantastic achievement once again; the whole community is extremely proud of you and we look forward to you competing again next year.



Keira, (second from left) at last week's carnival

#### Education Week Activities

In Education Week we have our Recorder group performing at the Sydney Opera House as part of the Ultimo Instrumental Festival. I would like to take this opportunity to thank Ms Mangiavacchi and Mrs O'Reilly for their dedication in preparing the group for the performance on Monday evening. Our three bands will also be performing from 1pm next Thursday at Westfield Miranda. This will be a great opportunity to showcase Public Education within our local community. There will be

## FOR YOUR DIARY

July	31	Opera House Recorder
Aug	1	English Competition
	3	Band - Westfield Miranda
	4	SSSMF Junior Jazz full day rehearsal and matinee performance
	5	Year 6 Fundraiser Bunning's Barbeque Rockdale
	7	Years 1 & 2 Science Incursion - Fizzics
	10	Kindergarten Excursion - Taronga Zoo
	15	Maths Competition & 1/2 day Zone Athletics
	21	Book week commences
	22	Full day Zone Athletics
	30	Fathers Day Stall

no formal school open day next week but keep an eye out for our Book Week Parade and Book Sale later this term, when we are inviting visitors to watch the parade and enjoy some partner reading with their children.

#### Spellathon coming soon

Every second year the school holds a Spellathon to students to sharpen their spelling skills and at the same time raise money for a school improvement project. This event will also be the school's major fundraising activity for 2017 and the target is to raise \$20000. Students are encouraged students to collect sponsorship for their participation in the Spellathon from family and friends and we look forward to what is shaping to be a fantastic school initiative. The Spellathon will be held on Friday August 11 and more information, including sponsorship forms will be sent home this week.





### Premier's Spelling Bee and School Spellathon

Later this term Stage 2 and 3 students will be participating in the Premier's Spelling Bee Competition and our finalists will earn the right to participate at Regional Level. Also this term, the school will be running a Spellathon for all students. This will be a fun way for students to hone their spelling skills and at the same time, gather sponsorship from family and friends to raise some much needed funds for the school. This year we hope to raise \$20000 for a new shade shelter in the primary playground and I hope all families will get behind this exciting school fund-raising event.

### Staffing News

Ms Mangiavacchi will be taking leave until the end of 2017 and we welcome Miss Vournazos to the role of 5M classroom teacher for the remainder of 2017. Miss Vournazos Greek language classes will be taught by experienced Greek language teacher Mrs Kovanis who will be commencing later in August.

### P&C Next Meeting

Parents and carers are encouraged to attend the next P&C meeting on Tuesday August 8 at 7pm in the school library.

### 'Share the Dignity' through SSPS

The school is supporting a charity called 'Share the Dignity'; a charity that collects female sanitary items for homeless women and victims of domestic violence. The aim is to collect sanitary items at school during the month of August and community members are encouraged to contribute via a collection box in the office foyer.

For more information follow the link.

<https://onedrive.live.com/?authkey=%21APBBVuqlrG8e31U&cid=DCE41BF2757B603A&id=DCE41BF2757B603A2119433&parId=DCE41BF2757B603A%2119364&o=OneUp>

Mr Rob Jennings

### Enrolments for 2018

We are currently taking enrolments for Kindergarten 2018. Children turning five before 31 July 2018, are eligible to enrol. Families wishing to enrol a child must provide originals of the child's Birth Certificate, Immunisation History Statement and either Council Rates or Lease Agreement. Please bring all documents to the school office between 10.00am and 2.30pm.

We are also providing school tours for parents and carers who have a child starting school in 2018. This is will be an opportunity to meet our school principal who will provide a guided tour of the school. The tours will be on the following Friday mornings at 9.30am: 11 August and 15 September 2017.

### Early Stage 1 & Stage 1 Mindfulness in Action Program

'Mindfulness in action' sessions commenced this week for all ES1 and S1 classes. If you haven't paid can you please finalise payment by the end of this week..

This week in Mindfulness in Action, we connected our class plan to the value of respect.

How do we show respect to ourselves? How do we show respect to others? How do we show respect to property? We also discussed what mindfulness is, how we can practice being mindful in our lives and how it can benefit us. With breath awareness, students began to notice their body, feelings, sensations and thoughts in a more focused way.

Through discussion and activities, students learnt how to calm their minds and bodies to manage their own feelings of excitement anger or worry. What an important skill to have in today's busy world! Students discovered that mindfulness can create better concentration and focus in all areas of our lives, including the classroom, playground and sports field.

The students learned how to have a 'mindful body,' which involves being present, calm and quiet. Ask your child to show or teach you the breathing or 'mindful bodies' pose they have learnt in their Life Skills lessons. Encourage the use of these techniques when your son/daughter needs help relaxing or calming down. We know they will be very excited to share what they have learnt with you!

Mrs Evans

### Reminder: INTERNATIONAL COMPETITIONS AND ASSESSMENTS FOR SCHOOLS (ICAS)

The English Competition will be held on Tuesday, 1 August 2017.

These competitions are voluntary and external to the school. The English exam will be held before school commencing at 8.15 am on Tuesday, 1 August.

Years 5 & 6 will meet in Mr Knight's and Years 3 & 4 will meet in Mr Callaghan's rooms from 8.00 am.

The awards for ICAS Science Competition were handed out at assembly this week. This year students achieved 1 Distinction and 10 Credits. A great result!

Gordon Callaghan

Assistant Principal

**Reminder:** Year 6 Bunnings Barbeque Fundraiser 9am - 4pm at Bunnings Rockdale on Saturday 5th August 2017.

Join us on facebook: <http://www.facebook.com/Sans.Souci.Public.School>

## P & C CANTEEN ROSTER

Mon 31 July	HELP NEEDED	Mon 7 Aug	HELP NEEDED
Tues 1 Aug	HELP NEEDED	Tues 8 Aug	HELP NEEDED
Wed 2 Aug	HELP NEEDED	Wed 9 Aug	HELP NEEDED
Thurs 3 Aug	CARLY & CHRISTINE	Thurs 10 Aug	HELP NEEDED
Fri 4 Aug	ADRIANNA & GRACE	Fri 11 Aug	HELP NEEDED

**PLEASE NOTE:**  
Lunch Orders need to be in before the second morning bell as the shutters close straight after.

Thank you  
Debbie and Christine 0417 530 011

## SPORTS RESULTS

### Boys Soccer

Junior A	v	Ramsgate	8-0	Win
Senior A	v	Ramsgate	3-0	Win
Junior B	v	Carlton South	3-1	Lost
Senior B	v	Carlton South	8-0	Lost

### Girls Soccer

Junior	v	Athelstane	4-0	Win
Senior	v	Athelstane	7-0	Lost

### Oztag Gold

Junior	v	Carlton South	11-1	Win
Senior	v	Carlton South	5-4	Lost

### Oztag Maroon

Junior	v	Carlton Public	3-4	Win
Senior	v	Carlton Public	3-4	Lost

### Netball

Senior A	v	Ramsgate	36-6	Lost
Senior B	v	Baldface	10-6	Lost
Junior A	v	Hurstville	8-0	Lost
Junior B	v	Hurstville	4-13	Lost

## Sexuality & Relationship

### EDUCATION PROGRAMS



PROGRAM INFORMATION			
NAME	AGES	SESSIONS	FOCUS
RAISING AWARENESS OF BULLYING	Years 3-4	1 x 1 hr	• Develop students' understanding about the nature of bullying, including cyber bullying
	Years 5-6	1 x 1½ hrs	• Give students strategies for dealing with bullies (from the perspective of the victim)
WHERE DID I COME FROM? (Family Program)	Years 3, 4, 5 & 6 and parents	1 x 1 hr	• Develop students' understanding of male and female reproductive systems, conception, foetal development and birth • Discuss different ways children can join families, e.g. adoption, fostering, blended families • Facilitate parent-child discussions
PREPARING FOR PUBERTY (Family Program)	Years 5 & 6 and parents	1 x 1 hr	• Develop students' understanding in relation to the physical, emotional, social and intellectual changes associated with puberty for both boys and girls • Facilitate parent-child discussions
MINDING ME	Year 5	2 x 1½ hrs	• Develop students' understanding about how relationships can change during puberty, including their right to privacy • Develop students' skills to deal with emotional and personal safety issues in their relationships • Develop students' conflict resolution skills • Develop students' understanding of male and female development, including menstruation and wet dreams • Includes a take home workbook to encourage parental involvement

## Sexuality & Relationship

### EDUCATION PROGRAMS



NAME	AGES	SESSIONS	FOCUS
MOVING INTO THE TEEN YEARS	Year 6	4 x 1½ hrs	• Enhance students' self-esteem, communication and decision making skills in relation to taking responsibility and taking care of themselves and respecting others • Develop students' understanding about the transition from child to adolescent, including the physical, emotional, social and intellectual changes at puberty (expanding the Year 5 program) • To give students a detailed understanding of the process of human reproduction, covering sexual intercourse and foetal development • To assist students to become aware of their personal responsibilities and consequences, i.e. pregnancy, sexually transmissible infections and emotions • Includes a take home workbook to encourage parental involvement
MANAGING MENSTRUATION	Year 5-6 Girls	2 x 1½ hrs	• Develop students' understanding about the process and management of menstruation, including changes that occur at puberty and basic female reproductive anatomy
KIDS CONNEXIONS	Year 6	2 x 1½ hrs	• Improve students' understanding about, and development of, healthy relationships

2017 PROGRAM COSTS (our prices may change slightly on an annual basis to keep in line with CPI and other program costs)	
Raising Awareness of Bullying	Years 3-4 \$13.00 (\$14.30 GST inclusive) Years 5-6 \$14.00 (\$15.40 GST inclusive)
Family Program	1 session \$30.00 (GST inclusive) per family 2 sessions \$35.00 (GST inclusive) per family Minimum charge \$575.00 (\$632.50 GST inclusive)
Minding Me	\$21.00 per student (\$23.10 GST inclusive)
Moving into the Teen Years	Standard Package \$37.00 per student (\$40.70 GST inclusive) Premium Package \$44.00 per student (\$48.40 GST inclusive)
Managing Menstruation	\$21.00 per student (\$23.10 GST inclusive)
Kids ConneXions	\$21.00 per student (\$23.10 GST inclusive)