

Term 1 Week 4

20 February 2019

Message from the Principal

Dear Parents and Carers,

I Swimming Carnival

Congratulations to all our students who competed this year, especially the Year 3 students who experienced their first 3-6 sport carnival. The split carnival concept worked extremely well enabling our primary students to participate in as many stroke events as possible without spending an excessively long day in the sun. A big thankyou to all staff members who contributed to the success of the carnival ensuring a smooth-running event. We commend the students who attended on both their behaviour and participation. It was also great to see the spirit of our Sports House Captains who made an effort with their decorative costumes and with decorating their team areas. The highlight of the carnival was the House Relays with a special mention going out to Miss Sakr for her rousing and enthusiastic calling of this event that saw the spectators cheering wildly for their relay teammates to finish strongly. All ribbons for the top three place getters in each stroke event were awarded last week. We wish our most successful swimmers the best of luck as they represent Sans Souci PS at the upcoming Zone Swimming Carnival. At our end of term Sports Assembly we will be announcing our champion swimmers and the winning Swimming Carnival House. Lastly, thank you to both Mr. Knight and Mr. Hoff for their coordination of this year's carnival.





2019 P&C Committee elected

Thank you and congratulations to all parents who attended last week's P&C Annual General Meeting. It was great to have some new families represented and the group was able to elect members into all executive positions. Congratulations to the following parents and carers who nominated and were elected into the following positions. The P&C has some fantastic community building and fundraising initiatives planned for the year and I'm sure our wonderful community will get behind each one - remember our students will all benefit from your support of the P&C!

President – Belinda Bland
 Vice-President – Effie Manetakis
 Secretary – Renata Negib
 Assistant Secretary – Jacqueline de Celis
 Treasurer – Angela Lampitsi
 Assistant Treasurer – Kirralee Tapp
 Parent Liaison Coordinator – Debbie Poulos
 Canteen Delegates – Sandra Constable & Jill Deason

Parent Teacher Information nights

Next week the school will be hosting Parent-Teacher Information sessions on Monday and Tuesday afternoons. These meetings are an important event in the school calendar, enhancing positive home school partnerships. At the sessions class teachers will outline the class and stage routines for the year, major events, syllabus requirements and homework expectations, amongst other topics. These sessions may also provide an opportunity for some questions to be answered. It is important that parents establish early contact with the class teacher to ensure open and effective communication. I strongly encourage representation from all families at next week's sessions and thank parent and carers in advance for supporting their child's progress.

Braidwood Life Centre offers Thanks

Following up from Sans Souci PS's mammoth 2018 fundraising effort to help a community struggling in this horrid drought, the people of Braidwood publicly thanked our community for our generosity, kindness and consideration. Our school's fundraising efforts were featured in a huge spread in the Braidwood local paper and also mentioned on ABC radio. Our efforts were certainly not unnoticed. The paper article can be accessed from the below link.

<https://www.braidwoodtimes.com.au/story/5802838/drought-donation-thanks/>

In addition to this, Braidwood Life Centre sent the school six books with local children's writing and a beautiful book about Art on Farms, which features many of the farmers around the community. These can be borrowed from the Sans Souci PS library at any time.

Stage 3 BYOD Program begins

This week Stage 3 classes have commenced learning under the Bring Your Own Device Program, now in its fourth year. Following the success and positive feedback from the 2018 program students, this year's program has commenced, following all Stage 3 students completing a digital citizenship unit. Students can look forward to creative learning through collaboration, communication and the Stage teachers have been designing some exciting new learning opportunities. Mrs Williamson will continue to support classes and teachers two days per week as part of her new, full time instructional leader role.



Year 6 Cracking the Code

This term Year 6 is participating in an unplugged coding program run by Mrs Williamson as part of her Instructional Leader position. The program activities focus on the fundamentals of computer science including understanding algorithms, programming, computational thinking, binary code and looping.



Mindfulness in Action Program

The Life Skills Group program, Mindfulness in Action Unit Two, commenced last week and the students and teachers could not be more excited! Mindfulness is the practice of being fully present to what is happening in the moment, without thinking about the past or imagining the future. Life Skills Group programs are curriculum aligned. Each week Life Skills teachers facilitate classes aligning lifelong values, fundamental movement, and positive psychology through various games, breathing exercises, guided stories and relaxation. Each stage is developmentally appropriate and carefully geared to each specific year level. The program is designed to teach students how to: build resilience, develop self-regulation, increase self-awareness, practice positive relationship skills and strengthen problem solving skills.

We are happy to be working with you, your child and the school community to support, grow, inspire, and build happy, healthy children. Life Skills Group is pleased to provide parents and carers with a weekly update on your child's Mindfulness in Action Program. Please follow the 'Snippets Newsletter' and practise the daily activities with your child. Remember that the practice of mindfulness works best when it is maintained regularly, even if in very small ways. We can assure you it will be fun and a lovely way to spend a few minutes extra with your child.

Week	Focus	Value
1	Training the Brain	Respect
2	Mindful Listening	Honest
3	Mindful Breath	Team Player
4	Mindful Emotions	Caring
5	Mindful Thoughts	Perseverance, Resilience
6	Mindful Sensations	Confident
7	Mindful Strength	Strength, Courage
8	Mindful Gratitude	Grateful





Week 1 Training the Brain and Respect

This week in Mindfulness in Action Unit Two, we learnt the benefits that training our brain can have on our body and mind. Studies have concluded that well conducted mindfulness interventions have been shown to increase wellbeing, reduce worries, reactivity, stress and poor behaviour (Weare, 2012). We also know that mindfulness and training the brain has a strong positive effect on the part of the brain responsible for our executive functioning, which regulates decision making. Each week we discuss specific values, a set of guidelines we live by. Values teach students to have a moral compass and how to follow it, especially during times of uncertainty. The values are linked up to fundamental movements, games and activities. This week we explored respect. How do we show respect to ourselves? How do we show respect to others? How do we show respect to property? We also had our first go at practicing mindfulness and stillness. Students learnt how to have a 'mindful body,' which involves being present, calm and quiet. 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 self-regulate or manage their own feelings of excitement, anger or worry. What an important skill to have in today's busy world! Students discover that mindfulness can create better concentration and focus in all areas of life, including the classroom, playground and sports field to name a few. And, it's fun! In this second unit students are encouraged to reflect on how their actions for example: using respectful words, actions and body language can have an impact on not only themselves but their classmates, other students, family and community members. Classes learnt how research and science is telling us that mindfulness techniques such as balloon breathing can help train our brains to be more focused and able to be mindful, contributing members of the community.

For parents/carers: *Encourage the use of balloon breath or mindful 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!*



Week 2 Mindful listening and honesty

Listening is an important skill to develop in children and this week we focused on mindful listening and the value of honesty. The students practised listening mindfully by being really still and quiet, listening to a soothing sound and focusing on the start and ending of that sound. Students became aware that by continually incorporating mindful listening; we become more 'tuned in' and begin to hear conversations, sounds, feelings and thoughts in a clearer manner. Students identified reasons why it is important to be honest, how we show honesty and how it feels when people are dishonest. Students then practised being honest independently whilst being an active participant of a game. It was wonderful seeing children recognise that honesty helps us to all enjoy a game! In this second unit students are encouraged to reflect on how their actions for example: using honest communication and being honest with our bodies, ourselves and others can have an impact on not only themselves but their classmates, other students, family and community members. Classes learnt how research and science is telling us that mindfulness techniques such as mindful listening can help train our brains to be more focused and able to be mindful, contributing members of the community.

For parents/carers: *Do we always really hear what our children are trying to tell us or convey? Today, make a conscious effort to mindfully communicate with your child, through listening and/or speaking. Perhaps take a mindful listening walk and tune into all the sounds around you.*

Greek Language Certificate 2019

Last Tuesday Dimitri K from 6K attended the Australian Hellenic Educator's Association Award ceremony held at the NSW Parliament House. Dimitri received the 'Phevos Award' for excellence in Hellenic Studies at primary level. The award was presented by Steve Kamper MP, Member for Rockdale. Congratulations Dimitri on maintaining the school's history of excellence in language attainment awards.

Responsible Parking and Driving Behaviour around the School

It is also of the utmost importance that parents and carers who drive children to and from school adhere to parking regulations within the school vicinity and demonstrate patience and common sense during heavy traffic periods in the morning and afternoon. Double parking in the surrounding streets, parking in 'No Stopping' zones or across driveways is dangerous and illegal, putting the safety of our students at risk. Hurstville highway patrol and Georges River Council carry out random patrols around the school and will be issuing fines for parking and driving offences. Please read the related attachment carefully.

School Photo information:-

School photographs are scheduled to be taken by advancedlife on Thursday 28th February 2019.

You have already received your envelope and flyer. If possible it is our preference that ordering be completed online to reduce administration and potential security issues related to the return of cash and envelopes on photo day.

Orders for packages and sibling photographs can be placed securely online at www.advancedlife.com.au using our school's unique 9 digit advancedorder code: **PHX RAK GKG**. Portrait and group package orders are due by photography day.

Should you wish to purchase a sibling photograph online, the order must be placed no later than the day before photography day. Sibling photographs will only be taken if an order has been placed.

Should you have any queries concerning school photographs or online ordering, please direct them via email to enquiries@advancedlife.com.au

Our Contact: Aaron AhTong
Direct Phone: 9330 9431

15th February 2019

Dear Principal,

School Safety & Enforcement Program

The safety of students and other road users around schools is a priority within the Georges River Council area and driver education plays an important part in reducing the incidences of illegal parking.

To assist in promoting safer parking around schools, Council has developed a driver education brochure that outlines options to help minimise parking issues. It includes a list of offences that are more commonly encountered as well as the associated penalties.

Council officers will be undertaking both on foot and vehicle based rostered patrols of schools to support this initiative. Where drivers choose to ignore parking rules, creating safety risks or traffic issues, the issue of penalty notices to these drivers remains a strong deterrent.

We seek your cooperation in promoting this initiative to parents and have included a PDF of the brochure that may be used in newsletters or other notifications.

Should you require further information, please do not hesitate to contact me weekdays on the number above or aahtong@georgesriver.nsw.gov.au.

Yours faithfully,



Aaron AhTong
Team Leader Parking

School zone safety

Council is committed to promoting safe parking practices around schools, particularly during school zone times, on school days between 8.00am-9.30am and 2.30pm-4.00pm

Illegal parking at these times contributes to traffic congestion and may create unsafe conditions for children and other road users.

To help deter drivers from choosing to park illegally, Council officers regularly patrol school zones and may issue penalty notices. Officers are also a valuable source of information on how to park safely and avoid receiving a penalty notice.



You can help to promote safety and reduce congestion around schools

- Avoid waiting in 'No Parking' zones. A two minute limit applies for most vehicles and a five minute limit applies for Mobility Parking Scheme permit holders when picking up and dropping off
- Never double park
- Park away from the school and walk to pick up your child
- Stagger arrival times to avoid pick-up/drop-off 'peak time' traffic



Child safety is the responsibility of all road users. Drive safely and park legally.

Penalties and demerit points for offences in school zones

SCHOOL ZONE parking offences	Fine	Demerit Points
Stop on/near pedestrian crossing	\$448	2
Disobey 'No Stopping' sign	\$337	2
Double park	\$337	2
Stop in Bus Zone	\$337	2
Stop on/across driveway	\$337	2
Stopping on footpath/nature strip	\$337	2
Disobey 'No Parking' sign	\$187	2



Parking restrictions apply uniformly state wide to deter illegal parking. For further information, please go to www.georgesriver.nsw.gov.au/Services/Parking-and-Traffic and <http://roadsafety.transport.nsw.gov.au/stayingsafe/schools/index.html>

This list of offences is not exhaustive and only indicates some of the penalties for school zones under Road Rules 2014. The information contained in this leaflet is correct as of 1 July 2018, however is subject to change without notice.

Respectful interactions within the school community

At Sans Souci PS we encourage respectful relationships in all interactions that take place within the school community. We welcome visitors to our school and endeavour to ensure that school remains a safe place for pupils, staff, volunteers and members of our community. If parents or carers have concerns the school will always seek to listen to and address them. However disrespectful, abusive or threatening behaviour will not be tolerated. I remind parents and carers that in line with our student well-being procedures, parents and carers are not to approach students in the school grounds. Please contact the school office to make an appointment if you have any concerns you would like to discuss.

School Photographs Reminder

Next Thursday February 28 is school photo day and we are looking forward to working with new company Advanced Life for the first time. Please remember that all students are to be in full summer school uniform, including correct socks and black school shoes. K-2 students are not required to wear their sports uniform on the day. Students who have not paid on line are required to bring in the Advanced Life Photo envelope on the day.

In the Spotlight...

This week's feature – Recorder Group

Mrs Pelosi is the conductor of our school's Recorder Group. Members successfully auditioned for their place in this year's group with all having sufficient ability to read music as well as a proficient skill set with playing the recorder. The annual highlight is always their prestigious Opera House performance. This week we interviewed some members and enquired about their expectations for the year ahead.

Lily (5T) – I like being in recorder because I enjoy learning how to play instruments. It's really fun!

Sofia (4P) – I enjoy being a member and learning how to read music. You need lots of practise but it's worth it when the audience gives you a big clap.

Nicola (4P) – I'm looking forward to learning new songs and performing at the Opera House.

Samara (4P) – I enjoy the challenge of learning new songs. My favourite to play on the recorder is "Three Brothers".

- Spotlight journalist: Oliver C

Next Newsletter's spotlight feature:
Student Leadership Team



Dates:

28th Feb - School photos

5th March – Year 6 parent HS information session (4:30pm)

7th March – Year 6 parent HS information session (8:30am)

8th Mar – St 3 Digital Citizenship incursion

8th Mar – Zone Swimming Carnival

11th Mar - Year 6 receive HS enrolment form

14th Mar – Selective HS Test

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OPEN NIGHT

For prospective Year 7 Students 2020

WEDNESDAY 6 MARCH 2019

5:45 pm

EXTENSION CLASS TEST

Year 7 2020 Extension Class Test will be held on

WEDNESDAY 20 MARCH 2019

Applications available from our office

OR download from the website -

Parents/Forms

OPEN EVENING



**James Cook Boys
Technology High School**

**Tuesday 19th February &
Thursday 7th March**

James Cook Boys Technology High School has been successfully educating young men since 1956 and we have a proud history of academic, sporting and leadership excellence.



Experience for yourself:

- ✓ Why we are the experts in Boys Education
- ✓ Our STEM (Science, Technology, Engineering & Mathematics), Robotics and STEM club programs
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- ✓ Our vision of how we develop the young man academically, emotionally, physically and spiritually
- ✓ Our individual student learning plans and curriculum to meet the needs of all students
- ✓ Excellent HSC results
- ✓ Accelerated learning programs
- ✓ Our Technology Transition Program where every Year 7 student receives their own laptop



Session start time: 6pm

Website: www.jamescookb-h.schools.nsw.gov.au

Email: jamescookb-h.school@det.nsw.edu.au

Phone: 02 9587 1770

Princes Hwy
Kogarah 2217

Parking available off
Princes highway entrance