

POINT CLARE PUBLIC SCHOOL NEWSLETTER

TERM 2 | WEEK 3 | 14 MAY 2019



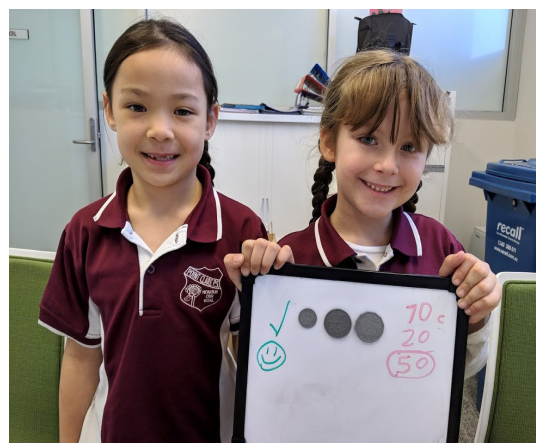
Nurturing Inspiring Achieving

IMPORTANT DATES

Tues	14/5	NAPLAN - Yrs 3 & 5 1,2,3 Magic
Wed	15/5	Student Banking Gymnastics K-2 NAPLAN - Yrs 3 & 5
Thurs	16/5	NAPLAN - Yrs 3 & 5
Sat	18/5	Election Day - P&C Cake Stall
Tues	21/5	1,2,3 Magic
Wed	22/5	Student Banking Gymnastics K-2
Fri1	24/5	Open Day - Kindergarten 2020

SUCCESSFUL STUDENTS

Last week's Principal Awards were for Mathematics. I spent some time learning number facts with the Kindergarten students by playing a fantastic dice game that got us all up and moving while also learning some of our number facts. Recent studies by Mullender -Wijnsma (2016) and Sprangers & Rodrigues (2018) have shown that learning activities that incorporate movement skills also develop higher levels of wellbeing, improved concentration and better memory. According to the latest research from Canada and the Netherlands, the greatest impact has occurred in the areas of Spelling and Mathematics. Our Stage 1 students have recently been learning about financial literacy which is a very important life skill. For this generation of students there are no 1 cent and 2 cent coins to trade with, so the calculations can be difficult for them to work out. Consolidation of their number facts and counting by 5s and 10s are essential early numeracy skills for all children.



Thought of the Week

**Work
HARD
Dream
BIG
Never
GIVE UP**

MOTHER'S DAY BREAKFAST

For the first time in the last four years we actually sold out of bacon and egg rolls at our annual Mother's Day Breakfast. That's impressive considering we catered for in excess of 1200 people. It was a fabulous roll up by the school community and further validation that we have strong school community support. Congratulations to Miss Ansiewicz for her excellent organisation and thanks to all the teachers who were on deck from 6am to make sure that the event was successful. Thanks also go to the P & C Canteen staff for opening up and offering a range of alternative food choices for those who would prefer not to eat bacon and eggs



POINT CLARE PUBLIC SCHOOL

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NAPLAN TESTING

Our best wishes go to the students who'll be sitting the NAPLAN assessment program for Years 3 and 5 this week. Today the students have sat the tests - Language Conventions and Writing. On Wednesday all students will complete the Reading assessment and it all winds up on Thursday with the Numeracy assessment. Friday is designated as a "catch-up" day for any student that was unable to sit the tests during the week. At Point Clare Public School we understand that this is one test on one day. It is a snapshot of some aspects of the school curriculum – not an all-encompassing assessment of any student's abilities. If your child is showing signs of having test anxiety please refer to the image below that provides five tips to help reduce test anxiety for your child / children.

SUBJECT CONTRIBUTIONS - REPEAT

Last week students who have yet to pay their subject contributions received a statement of account indicating that course fees were still outstanding. The subject contributions help the school to cover the costs of the digital subscriptions for online programs such as Matific and Reading Eggs. In a sense, these costs are a replacement for the traditional textbooks fees. The school has so far only received payments from approximately 30% of families in 2019. These fees could be paid off in a lump sum or as a number of smaller payments. We need your support to continue using these programs or they may be discontinued next year.

OPPORTUNITY CLASS TESTS - REPEAT

Each year students in Year 4 have the ability to apply for an Opportunity Class placement for the following year at Gosford Public School. Opportunity Classes cater for academically gifted and talented students by teaching them in specialised ways and providing educational materials at the appropriate level. The 2019 Opportunity Class Placement Test will be held on Wednesday 31 July 2019. If you would like to have your child considered for Year 5 opportunity class entry in 2020, you need to apply soon. You will need to apply on the internet using a valid email address (not the student's email address). Detailed instructions on how to apply online will be available from Tuesday 30 April 2019 at:

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

The application website is now open and closes this **Friday 17 May 2019**. Please note - you must apply by the due date and no paper application forms will be accepted.

Scott Campbell - Principal

POSITIVE BEHAVIOUR FOR LEARNING (PBL)

This week our PBL focus area is the COLA.

In class students will be learning about the expectation when on the COLA. Teachers will be handing out Kan-Doo stickers to students who are displaying our PBL rules.



Point Clare Public School
Cola Matrix

Respect	Include Others Follow Instructions Polite and Positive Talk	
Responsibility	Sit Down to Eat Play in Correct Areas Rubbish in Bins	
Personal Best	Wear a Hat Play Fair Put Away Belongings	

5

tips to reduce

TEST ANXIETY

in CHILDREN

Big Life Journal



1 PUT TESTS INTO PERSPECTIVE

- **Encourage** children to do their best, but remind them that one test won't make or break their future.
- Tell them they will be **loved and valued** no matter what test score they earn.
- Explain this test will provide **helpful information** about what they're great at and what they still need to practice.



2 HELP THEM PRACTICE

- If your child is nervous, start by **asking why** they feel nervous.
- Consider **finding practice tests** online you can discuss together.
- **Don't push your child** to study for the test; these tests are meant to measure what your child already knows.



3 PROVIDE USEFUL TEST-TAKING TIPS

- Answer the **easiest questions first**, mark difficult questions and return to them later
- Use **process of elimination**, crossing out the answer choices you know are wrong
- Make an **educated guess** when needed
- **Read** all the answer choices before choosing one
- If penalized for incorrect answers, don't guess **unless** you can eliminate some answer choices
- If aren't penalized for incorrect answers, **don't leave any questions blank**. If time is about to run out, bubble something for each unanswered question



4 TEACH CALMING STRATEGIES

- Experiment with **calming strategies** to find some go-to techniques.
- **Remind** they won't know every single answer on the test, and that's okay.
- Give them **a plan** for what they will do if they don't know an answer.
- Equip your child with a few strategies that effectively calm them. Spend some time **practicing these strategies** before test day.



5 PROVIDE ENCOURAGEMENT

- If your child voices a negative statement, like, "I know I'm going to fail," **acknowledge your child's feelings**: "I know you're feeling nervous about the test. Tests can be scary."
- Counter with a **positive and encouraging** statement: "You've practiced really hard and learned a lot this year. You might know a lot of the answers and get a higher score than you're expecting."
- You can also leave your child **encouraging messages** in a backpack or on the mirror with dry-erase markers.

BONUS TIP:

HELP THEM FEEL THEIR BEST ON TEST DAY

- Choose movement and exercise
- Get plenty of rest
- Stick to your usual bedtime routine
- Avoiding excessive screen time
- Providing a protein-rich breakfast the morning, like oatmeal or eggs
- Keeping conversation positive, encouraging, and lighthearted
- Share laughter and sing favorite songs on the way to school, if driving. Listen to our Big Life Journal playlists on Spotify!
- Leave your child with a big hug and words of encouragement

2 of 2

WEEK 2 AWARD WINNERS

ES1 GREEN	Principal's Award	Tom P
	Merit Award	Alyra B
ES1 RED	Principal's Award	Jo Jo S
	Merit Award	Ian S
ES1 YELLOW	Principal's Award	Archie C
	Merit Award	Bella
ES1 PURPLE	Principal's Award	Xavier M
	Merit Award	Menno S
S1 BLUE	Principal's Award	Jack S
	Merit Award	Clementine
S1 GREEN	Principal's Award	Grace P
	Merit Award	Maddy P
S1 PURPLE	Principal's Award	Finlay W
	Merit Award	Yvie C
S1 RED	Principal's Award	Madison B
	Merit Award	Tyler D
S1 YELLOW	Principal's Award	Zephyrine M
	Merit Award	Annastasia
S1 ORANGE	Principal's Award	Jasper B
	Merit Award	Zoe B
S1/2 WHITE	Principal's Award	Anna B
	Merit Award	Georgia P
S2 BLUE	Principal's Award	
	Merit Award	
S2 GREEN	Principal's Award	Sairsha T
	Merit Award	Georgia C
S2 PURPLE	Principal's Award	Finn O'K
	Merit Award	Ella H
S2 RED	Principal's Award	
	Merit Award	
S2 YELLOW	Principal's Award	Lauren W
	Merit Award	Arabella M
S3 BLUE	Principal's Award	Charlotte S, Tillie K
	Merit Award	Mia M, Zane C
S3 GREEN	Principal's Award	Anthony W, Hunter F, Isaac L
	Merit Award	Phobe C, Jessica P
S3 RED	Principal's Award	Summer C
	Merit Award	Charlotte W, Seren S
S3 PURPLE	Principal's Award	Keira M, Richard P
	Merit Award	Liam G, Sofia A
S3 YELLOW	Principal's Award	Youngmin J
	Merit Award	Georgia P, Tehya S

SOME OF LAST WEEK'S AWARD WINNERS



CHORAL FESTIVAL

On Thursday 9 May students who will be participating in the Central Coast Choral Festival later in the year attended rehearsals at Avoca Beach Public School. They did a wonderful job representing our school. Students practised a number of songs with over one hundred students from other schools. They sounded absolutely amazing altogether. A huge THANK YOU to the parents who assisted with transporting students to and from rehearsals. Without you we would have to pay for buses, so we really appreciate your help and support. Thank you so much. Mrs Roberts and Mrs Cahill.



SPORTING NEWS

Girls Netball

Last week the girls Knockout Netball Team played their first game against Kariong Public School. Our girls played a fantastic game, winning 34 -23! A special mention goes to Tegan for skillfully intercepting the ball on countless occasions. Our next game is on the 23rd of May against Gosford Public School. Good luck girls!

Miss Ansiewicz



Boys Soccer

Last Tuesday, the boys soccer team played in the second round of the PSSA knockout against Gosford Public School. It was a tough game and we came away with a 1 nil win (1-0). The boys played with determination and sportsmanship and should be commended for their efforts. The first half was an end to end encounter with a handful of chances being saved by Gosford's goalkeeper or narrowly missing the goals. In the second half we started fast and scored a great individual goal through Lennox D where he dribbled through Gosford's defence and placed the ball neatly into the goal. Gosford continued to put the pressure on, but our defence stood strong and kept them out. A great performance by the whole team and we look forward to competing against Kariong PS in the coming weeks. I would like to thank the parents for helping transport to and from Fagan Park, taking down the nets and for their overall support and encouragement.

Mr Mole

Trials

Congratulations to Bill S who made the Zone Rugby Union Team, Bill played well and demonstrated fantastic sportsmanship and pride.

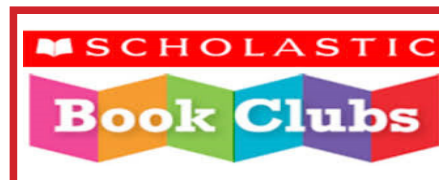
Congratulations also goes to Brooke B and Sarah H who made the Zone Touch Football Team.

Alana Currie



SCHOLASTIC BOOK CLUB

Orders are due back by Wednesday 15 May. Late orders will not be accepted.



EARN AND LEARN

The Woolworth's Earn & Learn promotion has commenced again for this year. Sticker charts are available in the school office.



WISEBERRY

'2019 the year of the WISE Decision'

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Point Clare Public School

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FREE Triple P Primary School Age Group Program

facilitated by **Central Coast Family Support Services Inc**
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With Triple P – Positive Parenting Program

Triple P is a parenting program for all families that provides practical answers to everyday concerns. Families NSW is offering Triple P to all families with children aged 2-12 years.

Venue: Avoca Beach Public School,
91A The Round Drive, Avoca Beach

When: 5 Friday sessions in Term 2, 2019;
**17th, 24th, 31st May,
7th and 14th June 2019**

Time: 9:30am – 11:30am

THIS GROUP IS OPEN TO ALL PARENTS

Bookings Essential!

To register for this group, please call 4340 1585 or email ccfss@ccfss.com.au

FAMILY SUPPORT SERVICES

www.triplep.net

An invitation to visit Point Clare Public School



OPEN DAY

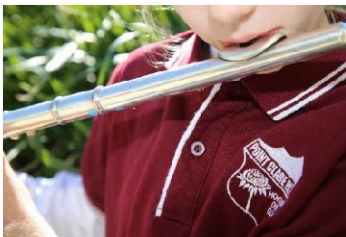
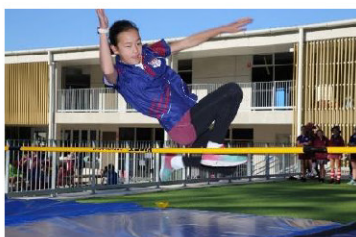
Friday 24th May

10:00am – 11:00am

*Come to Point Clare
Nurturing, Inspiring, Achieving*

You are invited to our informative and welcoming Open Day for Kindergarten 2020 parents and friends where you will:

- tour Kindergarten classrooms and school
- be entertained by our current Kindergarten students
- have a Q&A time with our staff
- collect your enrolment packs





**ELECTION DAY
CAKE STALL
DONATIONS**

Saturday 18th May 2019

Saturday 18th May 2019

The P&C is holding a cake stall at Point Clare Public School on Election Day and we really need families to donate cupcakes, biscuits, muffins or slices to help us raise funds for our kids and the school.

All donations to be delivered to the cake stall located at the lower playground, near the hall, on the day between 8am—12noon.

Note:	We would appreciate all donations be:
No refrigeration is available	Already cut or ready for serving/ sale
No cream or custard permitted	Delivered in/on disposable containers/clear wrapped or bagged
	There is also some demand for whole cakes/bread in clear wrap

If you are available for an hour between 8am—4pm to help on the day, please put your name down on the volunteer register available on the P&C Facebook page or click [volunteersignup.org/MTF4U](https://www.facebook.com/mtf4u)

Please provide a list of all ingredients so we can sell your donation.

[illegible][illegible]