

Mount Keira Demonstration School

Established 1861 "Learning and Caring"

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The Summit Term 4 Week 4 Tuesday 5 November 2019

Term 4 Week 4

Tuesday 4 November	Coding Program continues- Banksia, Waratah, Lilli Pilli
Friday 8 November	Dance 2B Fit sports program continues- whole school

Term 4 Week 5

Monday 11 November	Monday Munchies- Sushi and frozen yoghurts
Wednesday 13 November	Kinder Orientation- all welcome for morning tea 11.15am

Term 4 Week 6

Monday 18 November	Start Smart Financial workshops
Tuesday 19 November	Coding Program commences (5 weeks)-Wattle

Other important dates for Term 4 2019

Monday 25 November	Monday Munchies- Kebabs
Wednesday 27 November	Opening of Kitchen Project by Ryan Park 2pm
Monday 3 December	Year 6 to Year 7 2020 Orientation for Public High Schools
Wednesday 4 December	End of Year Performance
Thursday 5 December	Smith's Hill High inschool performance
Monday 9 December	Monday Munchies- Klaries Kitchen
Tuesday 10 December	Year 6 Farewell at Jamberoo Action Park- Banksia
Tuesday 10 December	Hawks visit- K-4
Monday 16 December	Talent Quest
Tuesday 17 December	Class Parties
Wednesday 18 December	Last Day of School- Year 6 Farewell Assembly and Farewell Dinner after school
Thursday 19 December	Staff Development Day- no students
Friday 20 December	Staff Development Day- no students
Tuesday 28 January	Staff Development Day- no students
Wednesday 29 January	Year 1-6 students return
Thursday 30 January	Kinder students commence

PLEASE NOTE: WEDNESDAYS AND FRIDAYS EACH WEEK REQUIRE SPORTS UNIFORM.

Dear Families

Last Wednesday afternoon and Saturday were prime examples of how our community comes together to support the school and the children. Our wellbeing afternoon was a hive of activity with children in the kitchen designing safety posters, our children in the gardening group spreading buckets of mulch on the gardens and granite being transported by parents to our new playspace which has been transformed into a beautiful and useful outdoor working space for the children. This area will be used on 7 November as part of our outdoor classroom day.



After! Wow what an amazing result!
Thanks to Playgrounded.



At our P and C meeting on Tuesday evening it was wonderful to reflect on the achievements of the community and to commence planning for the new year ahead. Thank you to those parents who were able to find time in their busy schedules to attend.

At our working bee on Saturday we again had many parents and students working in the gardens. The most wonderful surprise for the teachers though, was the refurbishment of the courtyard outside the Principal's office, an area that Mrs Travis's stage 1 class uses. They now have a sink in which to wash their paint brushes and for lessons in science and maths. The wall has been converted to a chalkboard and there are places for children to sit. It is absolutely beautiful and will be a much used space. The teachers, Mrs Robinson and I are so thankful to you all for making this space so inviting for our children to use for so many educational experiences. Please pop in and have a look at this beautiful learning space.



We are getting some more mulch delivered on Wednesday to continue the beautification and drought-proofing of our gardens. If anyone could help out with the spreading of the mulch it would be greatly appreciated as we would like to get all the gardens looking great before Kinder Orientation.

MKDS Concert/Final Showcase

Our final showcase preparations are well and truly underway and once again I commend the Stage 3 students who are spending their breaks rehearsing and choreographing and teaching songs and dances. They are so enthusiastic and it is a joy to watch as they work with the younger children - although I occasionally have to rein their ideas in. This is one of the many advantages of a small school when children can take on leadership roles and show initiative. I believe that this helps to equip them well for life in high school enabling them to develop confidence and to be able to think for themselves.

Teachers will send a Class Dojo with costume requirements this week.

Rich Tasks

This term **Wattle** is focussing on letter formation and sentence structure in writing. We will be making a building using different materials in Science and Technology.

In **Lilli Pilli** we are looking at how things blend together to create different mixtures. We are investigating how different substances combine and make different things. For our Rich Task students

will be mixing up a 'potion' of their own. They will need to make it, label it and write about how it was made and what it does.

In writing we are looking at writing imaginative stories. We have been looking at lots of different fairy tales that students will be using to create their own fractured fairy tale. Students will need to create their own characters, setting and series of events and write an entertaining story for their class. Students will then publish and illustrate their work.

In **Waratah**, we have been given the job of designing the packing that will allow a postman to deliver a very fragile package. The contents of the package (a biscuit and an egg) must arrive in one piece and must be able to withstand a long journey through very cold and very wet territory.

We have been looking at a variety of packing, and discussing the purpose of the packing, materials, design and reasons for these choices.

You won't find students in Waratah this semester, but industrial designers!

In writing, our focus this term is Poetry. We are looking at Poetic devices that are used by poets and having fun deconstructing and analysing poems, as well as writing our own.

Throughout Term 4, the students in **Banksia** will be researching natural disasters in Geography. This learning will be led by Mrs Sartori on a Thursday afternoon and continued throughout the week.

In Science and Technology students have begun investigating Light, how it is formed, the speed at which it travels and what happens when it meets particular surfaces.

PDH is focused on keeping safe in different environments - at home, in rural settings, around our school and in the community. They are conducting audits of some unsafe areas and discovering what advances in technology and research have been made to improve the safety of others.

Poetry is the writing focus for English and it is anticipated that students will create a collection of original poems throughout the term to display in our school library. Drama will be integrated into this area with students creating dramatic pieces that reflect aspects of their poems.

UOW PEX students

We welcome back to the school our PEX students who will complete their second professional experience on the same classes Lucy Staniforth who is working with Miss Green, Sam Ekland who is working with Miss Ford and Jack Swindells who is working with Mrs Gehrke. Mrs Travis's PEX student Jamie Stanley will begin next week. Please make them feel welcome.

Official Opening of Playspaces and Kitchen

On Wednesday 27 November we will be officially opening the playspaces and the kitchen. The official opening assembly will commence at 2pm. We would like to invite you all to this wonderful celebration as without the hard work and dedication of all parents and community members at MKDS, this project would not have been possible. Ryan Park and Sharon Bird will also be in attendance, as they provided

us with the grants for these project. Following the opening assembly, we welcome parents and community members to a light refreshment in our new kitchen. It would be fabulous to see you all here on the day to celebrate a project that has been in the making for many years.

Kindergarten Transition

Our Kindergarten Orientation will take place next Wednesday 13 November. Children and parents have already been sent invitations and information packs. If you know of a family who has not yet enrolled their child in Kindergarten for 2020 or have recently moved into the area, please ask them to contact the school office immediately.

We are looking forward to welcoming our new students and families into our school community. We hope you can join us for the morning tea from 11.15am. Please let Mrs Christlo know if you are attending. Donations of items for the morning tea would be greatly appreciated too. Please let Mrs Christlo know if you can assist.

Kids in the Kitchen

At the beginning of the term the children were asked to submit recipes that they would like to cook in the outdoor kitchen. We have selected four recipes that are suitable to be made at this stage. We will attempt to involve as many children as possible in the preparation of the food which will be served at our Kindergarten orientation morning. Thank you to the parents who will assist the children in the kitchen.

A permission note has been sent home with each child today. Please ensure it is returned to school tomorrow as the children cannot participate until the note is returned. The note should list any food allergies, cultural food requirements and medical conditions. Please ensure you circle the do/do not give permission section on **both** lines.

If you are unable to send in a plate for the Kinder Orientation you may wish to help us by donating some ingredients or kitchen items towards our Kids in the Kitchen program, it would be greatly appreciated. Please message Kerry Sorensen, who is coordinating the ingredients, on 0421 480441 before sending in the ingredients so that we do not have an excess or any one item. Mrs Christlo is coordinating the kitchen items so please check with her for required donations as we don't have room to store excess items.

List of ingredients:

Rice crackers

Avocado

Red onions

Tomatoes

Coriander

Lemons

Kitchen items include:

Hand mixer

Baking trays

Cake tins

Wooden spoons

Plastic bowls

Plastic storage containers- various sizes
Chopping boards
Measuring jug

Reports

Teachers have been very busy analysing data and beginning to writing Semester 2 reports. **These reports will go home on Friday 13 December.** Reports will not be completed prior to this date. If your child is absent during this time and will not be here to collect their report before the end of the Semester, we can post it to you at your request. Alternatively, you can collect it at the start of the 2020 school year. Our Semester 2 reports reflect the learning and achievement of students only during Term 3 and 4, 2019

Blocked Toilets

Over the past few week we had a call out to fix the student toilet block as the systems were not functioning correctly. Unfortunately the toilet pipe was blocked with paper hand towel once again.

We are asking for your assistance in raising awareness. Please discuss with your child that **under NO circumstance are paper or hand towel to be flushed down the toilets.** In addition if you are sending your child to school with wet ones, paper sanitisers or sanitary items please make them aware that these items **MUST be placed in the toilet bins at all times.**

This gradual build up is costing the school a large amount of money. Thank you for your support in discussing this issue at home.

Homeless Hub

Last week we received a thank you letter from Wollongong Homeless Hub thanking the school community for their generous donation. Through everyone's donation they were able to reach their goal of \$5000.00 which will make a real difference in their client's day to day lives. The MKDS community continues to demonstrate kindness and compassion.

School Fees

Term 4 invoices were sent home last week. Please ensure you have checked your child's bag for the pink notice. The term fees include the cost of excursions, sporting and technology programs etc... generally everything that will be happening during the coming term. We are very mindful that the school year can be an expensive time and have tried to **keep costs to a minimum.**

To assist you in reconciling your invoice we advise:

- All students are participating in the 5 week Coding program again this term.
- Whole school sport is the Dance Program
- All students will participate in the Smith's Hill inschool performance
- Banksia Year 6 Farewell activity is Jamberoo Action Park
- Year 6 Year Books are being supplemented by the P & C (full price is around \$40)

- Waratah and Lilli Pilli attended the Film by the Coast festival earlier this term

Please see Mrs Christlo if you need to clarify any other amounts on your statement.

Please finalise payments by Friday 22 November. Our preferred method of payment is via our website using the "Make a Payment" tab. Feel free to make partial payments of any amount each week. There is no need to list students individually or individual amounts just list the payment under one child's name and the amount you wish to pay under "other". Only the items marked with * need to be completed so the student registration no. items are not required. Please see Mrs Lanyon or Mrs Christlo if you need financial assistance or you need to extend the payment terms.

Wollongong High School of Performing Arts 2020 Auditions for 2021

WHSPA audition applications for Year 6 (2020) into Year 7 (2021) will be available for parents to access in Week 2, Term 1 in 2020. These applications are submitted through the Wollongong High School of the Performing Arts website. The auditions will be held in the last three weeks of Term 1, 2020. Please note to check your calendars in early 2020.

Illawarra Junior Vocal Ensemble Auditions (Years 3-6) for 2020

Applications are now being taken for auditions for the 2020 Vocal Ensemble. This talented group perform at a variety of events throughout the year including Southern Stars, The Festival of Choral Music at the Opera House and the Kiama Festival of Choirs. They have the opportunity to work with industry leaders in choral singing and composition. If your child is interested please see Mrs Lanyon and we will provide you with the appropriate audition information. Expressions of interest close Monday 18 November however an audition piece must be uploaded as part of the application so please get in early.

Selective High School Placement for 2021

Our current Year 5 students must note that the Selective high schools applications closes on **Monday 11 November. You must apply before the closing date.**

School Security

Please remember that if you ever hear noise or notice unwanted visitors to our school please contact **school security on 1300 88 00 21**. This kind of behaviour is disappointing and comes at a large cost to the school. The school staff and students appreciate your help with this. We want to come back to our school the way we leave it!

A reminder that the new multi-purpose field is **NOT** to be used after hours or on the weekends. This space has cost the school and parent community a lot of money and any damages that occur during these times will come at an additional cost to the school. Please keep an eye out for any trespassers that are using school property and report them to the number above.

Community watch is the best form of security.

Term Dates for 2020

Please consider these dates when planning holidays or leave in 2019.

School Terms 2020			
	Start	Finish	Duration
Term 1	<ul style="list-style-type: none"> Tuesday 28 January 2020-Staff return Wednesday 29 January 2020-students Thursday 30 January 2020 Kindergarten 	Thursday 9 April 2020	11 Weeks
School Holidays	Friday 10 April 2019	Sunday 26 April 2020	
Term 2	<ul style="list-style-type: none"> Monday 27 April 2020-Staff return Tuesday 28 April 2020-students return 	Friday 3 July 2020	10 Weeks
School Holidays	Saturday 4 July 2020	Sunday 19 July 2020	
Term 3	<ul style="list-style-type: none"> Monday 20 July 2020-Staff return Tuesday 21 July 2020-Students return 	Friday 25 September 2020	10 Weeks
School Holidays	Saturday 26 September 2020	Sunday 11 October 2020	
Term 4	<ul style="list-style-type: none"> Monday 12 October 2020-staff and students return 	Wednesday 16 December-students Friday 18 December 2020-staff	10 Weeks
School Holidays	Wednesday 19 December 2020	Tuesday 26 January 2021	

Mrs Lanyon

Relieving Principal

What's Due?

Activity/ Note	Students Involved	Due Date
Monday Munchies- sushi and frozen yoghurt	Interested students	Thursday 7 November
Term 4 invoices - sent home last week	All families	Friday 22 November

Please finalise invoices as soon as possible as we have paid many of our suppliers. Thank you.



MKDS Newsletter
5 November 2019
mkds.pandc@gmail.com



WHATS ON!

Kinder Orientation – Wednesday 13 November 11.15am

Parents are welcome to join new Kindy families for morning tea next Wednesday. Refer to the Summit for request for donations of ingredients for Kinder Orientation (some small groups of children will be preparing morning tea items). Call or txt Kerry on 0421480441 to indicate which ingredient you can donate. Also let Kerry know if you can help with set up or pack up from 10.30am and let Mrs Christlo know if you are attending.

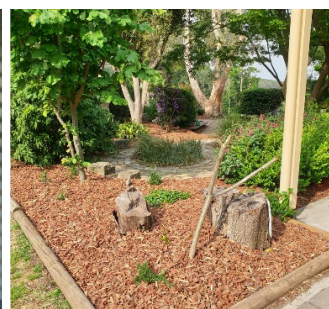
Kitchen Opening with Ryan Park – Wednesday 27 November 2pm

Ryan Park will join us on November 27 to formally open the school kitchen. Leading up to the event it would be great if parents can consider opportunities to prepare food in the kitchen with the children during Wellness Wednesdays, or to prepare food for the children e.g. Taco Tuesday! The new kitchen offers a lot of opportunities to the school we just need ideas and willing volunteers

NEWS AND REMINDERS

Thank you!

Thank you to the many parents who attended the P&C meeting and our working bees last Wednesday and Saturday. The Outdoor Classroom, quiet area, and Lilli Pilli courtyard look amazing. Thank you again to Lili for brilliant coordination of the outdoor areas of MKDS.



Working Bee Jobs – Pavers

We are looking for a parent to volunteer to lift old blank pavers from the pathway of the school gate and replace them with the new engraved pavers. Please contact Kerry on 0421480441 or Kim in the office if you can help.

Monday Munchies – Sushi 11 November. Orders due Thursday 7 November at 3.15pm.

Frozen yoghurt (only on sushi days)	\$1.50
Sushi roll – chicken teriyaki	\$3.50
Sushi roll – tuna	\$3.50
Sushi roll – vegetarian	\$3.50

How to order – Sushi and/or frozen yoghurt

- Write your name, class, order and price directly on a brown paper bag (parents must provide own brown paper bags)
- One bag for lunch (sushi)
- One bag for recess (frozen yoghurt)
- Place one bag inside the other and put correct money in an envelope or plastic bag inside the paper bag so the bag is not contaminated.
- Orders close Thursday 3:15pm (**No late orders accepted**)

Upcoming events

We have given you a list of P and C events for next year to put on your calendar. Please consider how you can assist in any way or give us some fresh ideas where you can.

MKDS P&C Events Calendar (dates and times can be tentative – use Summit to confirm)		
Term 1 2020 28 January to 9 April		
Kindy Morning Tea	Thursday 30 January 9.30am	Hosted by Kindy parents of 2019 and additional helpers
Welcome BBQ	Friday 7 February 5pm	Volunteers needed for shopping and set up from 4pm, serving, pack-up (dessert / salad donations)
Working bee	Saturday 8 February 9am to 12pm	Volunteers needed
P&C Term 1 meeting	Tuesday 18 February 7pm	Agenda items to be emailed to mountkeirapublicschool@pandcaffiliate.org.au by Friday
School Disco	Friday 13 March	Volunteers needed to plan theme, student consultation, music, food and activities. Budget to be set

Progressive Dinner	Saturday 14 March	Volunteers needed to plan theme, food, invitations/ RSVP's, set up, pack up roster, decorations
Easter Egg Hunt	Thursday 9 April 2.45 pm	Volunteers needed to coordinate event
Term 2 2020 27 April to 3 July		
Mother's day stall	Thursday and Friday 7 & 8 May	Stall ideas –Request volunteers
Working bee	Saturday 9 May 12pm to 3pm	Jobs list/ volunteers needed.
P&C AGM and Term 2 meeting	12 May 7pm	AGM: P&C positions open for 2020 Agenda items via mountkeirapublicschool@pandcaffiliate.org.au
Charity Breakfast	June	Contact Homeless Hub for collection items. Orders requested 2 weeks prior
Term 3 2020 20 July to 25 September		
Working bee	Saturday 1 August	Jobs list/ volunteers needed.
P&C Meeting	Tuesday 4 August	Agenda items via mountkeirapublicschool@pandcaffiliate.org.au
Father's Day stall	Thursday and Friday 3 & 4 September	Stall ideas? Request volunteers
Term 4 2020 12 October to 18 December		
Working bee	Saturday 24 October	Jobs list/ volunteers needed.
P&C Meeting	Tuesday 27 October 7pm	Agenda items via mountkeirapublicschool@pandcaffiliate.org.au
Kindy Orientation	November	
End of year concert	December	Decide on food options/ request volunteers
Yr 6 Farewell	16 December	Leaving family gifts, pens
Additional fundraiser's to be discussed and planned to meet school wish list items		



Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.


Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 cadrp@griffith.edu.au

 griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council

 **Griffith**
UNIVERSITY
Queensland, Australia

GU Ref No: 2019/146



Free hearing test for schoolchildren.



An estimated 1 in 10 school children suffer from hearing loss, which left undetected can lead to speech, learning and behavioural problems.

The Sound Scouts hearing check is a simple way to identify if a child has a hearing issue, including listening difficulties in noise. The test incorporates the science of a hearing test in a fun interactive game. Evidence based, accessible and delivering immediate results, it's the perfect screening solution.

The Sound Scouts App is now free to test all Australian school-aged children. Download it today.



Potential consequences of undetected hearing loss:

- Speech & language issues
- Difficulty reading
- Trouble in social situations
- Increased risk of academic failure
- Disruptive behaviour
- Depression

Signs of hearing loss in a child:

- Speaks louder than others
- Turns the TV up too loud
- Frequently say 'what' or 'huh'
- Has trouble pronouncing words
- Struggles at school
- Has trouble hearing in noisy places
- Loses focus in noisy places



www.soundscouts.com.au