



THE GOORA GAZETTE



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Phone: 02 6769 7520

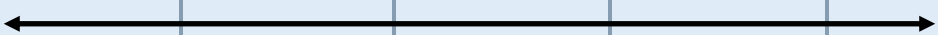
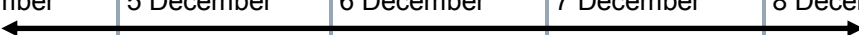
Fax: 02 6769 7400

Email: somerton-p.school@det.nsw.edu.au

Web: www.somerton-p.schools.nsw.edu.au

educating hearts and minds

Term 4 2017

W	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	16 October LMBR Go Live	17 October Transition to HS	18 October	19 October 2018-2020 Planning Day with Woolomin, Currabubula & Attunga at SPS	20 October	21 Oct	22 Oct
3	23 October Kinder GO!	24 October 9:30am- Playgroup	25 October 2pm HealthWise Visit	26 October Transition to HS	27 October	28 Oct	29 Oct
4	30 October Transition to HS Miss Warden L3	31 October	1 November 10am Food & Fibre LMBR training - Ms Fritze	2 November LMBR training – Ms Lacey	3 November	4 Nov P&C Bingo Night	5 Nov
5	6 November Kinder GO!	7 November 9:30am- Playgroup	8 November	9 November LMBR training - Ms Fritze	10 November 11:30am Musica Viva LMBR training - Ms Fritze	11 Nov	12 Nov Sydney Excursion Depart
6	13 November	14 November	15 November	16 November	17 November	18 Nov	19 Nov
 SYDNEY EXCURSION					Sydney Excursion return		
7	20 November Kinder GO!	21 November 9:30am- Playgroup	22 November	23 November	24 November	25 Nov	26 Nov
8	27 November Kinder GO!	28 November	29 November	30 November	1 December	2 Dec	3 Dec
9	4 December	5 December 9:30am- Playgroup	6 December	7 December	8 December	9 Dec	10 Dec
 School Swimming Scheme							

Ms Lacey's Message.....

Welcome to Term 4! I hope everyone had a restful break. During the holidays the school remained a hive of activity with many maintenance works being carried out. The back of the main building has been restumped and repaired, a trench was dug across the oval to divert water away from the main building and the installation of two new air conditioning units was completed. We are looking forward to a cooler summer!

During the last week of Term 3 staff and students also enjoyed a garden day. Students worked hard to transform some of the garden areas of our school by pruning, weeding, planting and mulching. They were extremely proud of their efforts. The new areas look amazing!

Yesterday saw entry into our new administration world with the official switch from our old system OASIS to the new Learning Management and Business Reform. Last term Mrs Fritze completed many hours of training in this new system and we thank you for your patience in not having a regular person in the office. We are looking forward to the way this modern integrated IT system in human resources, payroll, finance and student administration which will provide better service and value to staff, students, parents and the community. I would like to especially thank Mrs Fritze for her all her hard work and dedication to our school during this new learning process.

This term promises to be extremely busy with the Sydney excursion, the intensive swimming scheme, high school transition and Kinder Go.

Make your week magic!



Sydney Excursion

Thank you to all parents who have given notification that their child will be attending the Sydney Excursion. As you are aware we had to have our final numbers into the Narrabeen Sport and Recreation. These numbers are now locked in and we are committed to paying for that amount of students. **The deposit of \$100 is now due.** If you have not paid this please do so at the front office as soon as possible.

Earn and Learn Stickers

Thank you to everyone who has sent in stickers for the Woolworths Earn and Learn Program. We have also had stickers sent in from community members and others who have had a long association with Somerton PS. We certainly appreciate your support. In total we had 4200 stickers. We have decided to purchase some new science resources with our stickers.

P&C Bingo Night

Our hardworking P&C are currently organising their next social event which will be a Bingo Night to be held on Saturday 4th November at the Somerton Memorial Hall. Get your friends together to enjoy a fun night with great prizes! Tickets are \$15 for adults (16 yrs and over) and \$5 for children. The price includes a book of tickets and supper.



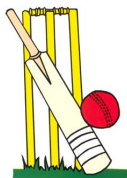
Noticeboard

P & C News

The next P&C Meeting will be
Thursday 26th October at 4pm.
All Welcome.

After School Cricket - Thursday Afternoons

Mr Mackenzie and Mr Daly will be running After School Cricket at Somerton PS on Thursday afternoons at 3.45pm. All students are welcome to attend. The cost will be a gold coin donation and students will be provided with fruit for afternoon tea. Please contact the school office for more information.



Kinder GO!

The Kindergarten 2018 transition to school program will commence next Monday 23rd October. If you know any children that are starting school in 2018 please pass on the information in the attached flyer.

Playgroup

The next Playgroup will be held on **Tuesday 24th October 2017**.
Please contact Drue Daly for more information on 0428 210 928.



SCHOLASTIC

Book Club has gone home today. Issue 7, 2017 orders & payment must be returned to school (in an envelope with your child's name clearly marked on it) or completed online by Friday 10 November 2017.



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Noticeboard




2018 School Student Transport Scheme and Term Bus Pass




Applications for 2018 School Student Transport Scheme (SSTS) and Term Bus Pass (TBP) travel entitlements are now open.


In coming days students who hold an SSTS entitlement and are changing grade bands i.e. going from year 2 to 3 or year 6 to 7 and changing school, and students whose entitlement was approved under a medical condition, will receive notification by email or post informing them of the pending expiry of their entitlement. TBP holders will also receive notification.




Students enquiring about pending cancellation should be advised to go online to <https://apps.transport.nsw.gov.au/ssts/updateDetails> to update details/make application for next year's entitlement.



Application needs to be made before 31 December 2017 to ensure their entitlement is updated and their current card is not cancelled. If application is made after the expiry of their entitlement (31 December) the system will automatically cancel their card and a new one will need to be issued.



Please note: Students who are changing grade band and are remaining at the same school will not receive notification and do not need to reapply (the system now automatically validates a student's on-going eligibility if at the same school and going from infants to primary or primary to secondary). Where a student meets the new eligibility the system will automatically update their entitlement and card.



Students residing in Rural and Regional (R&R) areas are expected to receive their new travel pass at the commencement of the New School Year. Note; not all R&R operators issue passes (often in smaller communities where the student is known a pass is not issued).





FROM THE CLASSROOMS

K-Yr2

Term 4 has arrived and K-2 are off to a blistering start. All students have returned well rested and enthusiastic to learn. Last Monday they were all keen to share their holiday stories with each other and wrote a recount of their favourite holiday adventure.

Last Tuesday Year One grew in size with the very welcomed addition of Jayden. This has made Year One the biggest year in the school by taking the total to 5 students. Jayden has settled in well to the class and we hope he has enjoyed his first week at Somerton Public School.

In literacy this term students will be studying a range of texts that relate to our upcoming Sydney excursion and in maths, students will continue to build upon their number skills and strategies.



Yr3-Yr6

This term the 3-6 class will be focusing on the text *My Place* by Nadia Wheatley. *My Place* traces the history of one small part of Australia and the people who have lived there, from the Dreaming until the present day. As time folds rhythmically backwards, children describe their homes, their families, their pets, and their special celebrations. The constant sources of renewal in the landscape are the big tree and the creek (or canal). Since its first publication 30 years ago, *My Place* has been a favourite book in many Australian homes and schools. Young people across the country have been inspired by the book to write and illustrate their own 'My Place' stories. As a part of this unit students have started looking at our place, the village of Somerton. We will enjoy learning about the history of the village and how it has changed over time.





Parenting - Hang in There!

I was talking to a friend the other day and we both had the same 'Penny drop experience': The way our children talk to each other (or us), is how they see us parents talk.

The interesting thing is that when we see unkind or even outraged talk from our kids, it does not click instantly, because we 'would never do that'. Until we take time out and reflect our own behaviour. I asked my children to help me become a better person and to remind me nicely to control my anger. I hope that this agreement between us will help us all to be more aware of how we speak. What I expect from my children they should expect from me as well.

Michael Grose also has a very simple but effective idea on how to control our anger and to cool down, so we don't give our kids a bad example. I will certainly give it a go!

How to use breathing to manage and control your emotional reaction to kids' misbehaviour.

BY MICHAEL GROSE

There's one essential skill that's absolutely paramount for parent effectiveness but it's overlooked in most parenting books and articles.

That is, the ability to manage your reactivity.

Ever had your best parenting intentions hijacked by your emotions?

Do any of these situations sound familiar?

You know you should stay calm in the face of a young child's tantrum but you simply blow your top instead.

You know you should just let your teenage son's smart aleck, patience-testing comments go but you can't help giving him a piece of your mind instead.

You know the best response to low-level, but annoying, sibling bickering is to simply ignore it, but your anger gets the best of you and you yell...just like your kids.

You can learn all the positive parenting strategies you want but none will be effective until you figure out a way to manage and control your emotional reaction to kids' misbehaviour.

Cont...

Yes, we get tired but that's no excuse for our inability to manage our reactions. Tiredness and fatigue reveals our default skill levels. Sportspeople, like parents, always revert to their base skill levels when they get tired. That's why elite sportspeople keep practising basic skills so that they can still execute them well under pressure and fatigue.

So how can you better manage your reactivity?

It all starts with our breathing!

Yep, manage your breathing and you then start to manage your thinking and your feelings.

Breathing is the only visceral or physical process that can change your thinking.

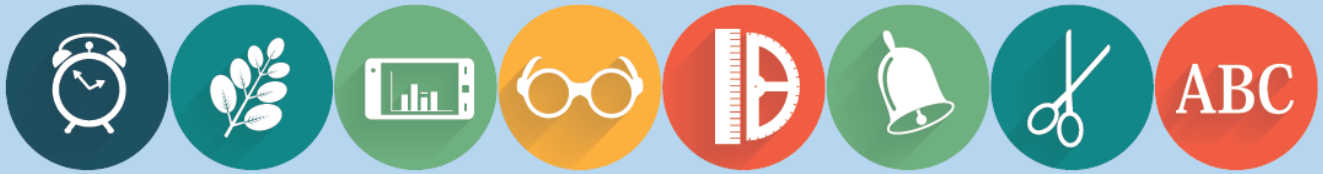
But remembering to take some breaths can be a feat in itself.

First, you need to stop yourself from speaking or acting impulsively. Yes, STOP!

Step away from the situation that causes you stress. That step may be tiny – it maybe a look away, a small movement away from a tantrum-throwing child, or a taunting teen. But the movement away can be enough to stop you from reacting and give you the necessary space for you to take some big nasal, belly breaths! It's the breathing that changes your state. It's the stopping and breathing that needs to become your default behaviour whenever you experience stress. This not only buys you thinking time, but also helps you change your emotional state enough that you can bring yourself back from the edge of losing your cool. You can practise this self-management technique at work, in the community, as well as at home.

The ability to manage your reactions is the skill that makes all the other parenting and personal skills happen. It's the skill that will make you more effective as leader (as the leader in any group is the person who remains calm when a crisis hits); more effective as a manager and more effective in all your relationships including those you have with your kids. Yet, it's the skill that few people think about and very few practise.





Arriving to school on time

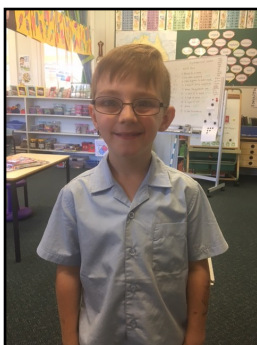
Our new school times are 9.30am to 3.30pm. It is very important that your child arrive at school on time each day. We understand that families can be extremely busy and sometimes there are circumstances which are unavoidable resulting in your child being late to school. **Should this occur could you please ensure that you sign your child in at the office.** Thank you.

Did you know?

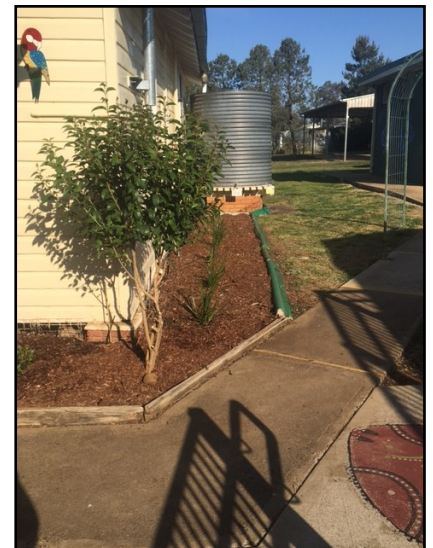
- If you are 15 minutes late for school each day this equates to 1 hour and 15 minutes missed learning time each week!
- If you miss one day of school per fortnight this equates to 20 days of lost learning time each year!
- If you miss one day of school per week this equates to approximately 40 days of lost learning time each year!

Welcome Jayden!

We would like to welcome Jayden to Somerton Public School. Jayden is in Year 1 and we are delighted to have him join our school.



Our gardening day at SPS



COMMUNITY CLASSIFIEDS

Somerton Public School Excursion Fundraiser

Somerton Public School is raising funds for their Sydney Excursion in Term 4. We have a number of items you can purchase to help reduce the cost to families.



Items for sale:

- **Homemade Pickles \$5**
- **Homemade Lemon Butter \$5**
- **Homemade Passionfruit Butter \$5**
- **Marmalade \$4**
- **6 x 4m Trailer of Mulch \$40**

Somerton War Memorial Hall

If you would like to hire this great facility please contact

0427 697 566.

**Hall Committee meeting:
25 October @ 7pm**

Somerton Skin Checks

When: Wednesday
25th October

Where: Somerton
Public School Library

**By appointment
only.**

For more information, or to make an appointment, please call:

Chloe: 0418 634 392

Fiona: 0447 611 460


HealthWISE
NEW ENGLAND NORTH WEST



COMMUNITY CLASSIFIEDS

Prizes galore! Come & join us at the Somerton War Memorial Hall

Fun Bingo

Evening

Somerton Public School P&G Fundraiser

Saturday 4th November 2017
6.30pm for a 7pm start



\$15 per Adult (16 & over) \$5 per Child
(supper provided at no charge)

10 games all with great prizes
Bunnings vouchers, fruit box, box of plants and more...

BYO Nibbles & Drinks



Fundraising event for
Somerton Public School P&G
Milkmaid Street
SOMERTON



[somertonpublicschool](https://www.facebook.com/somertonpublicschool)

Somerton War Memorial Hall
Scotland Street
SOMERTON
For further information
please call Sonja:
0428 697 529

