



ETTALONG PUBLIC SCHOOL HOMENOTE

Karingi St ETTALONG BEACH NSW 2257

02 4341 3655

| www.ettalongps.nsw.edu.au

Term 1 Week 2

5 February 2019

DATES FOR YOUR DIARY

Tues 5 Feb	Life Education lessons continue
Wed 6 Feb	Swimming Carnival; Life Education lessons continue
Tues 12 Feb	Parent information sessions ES1 (Kinder) and St 1 (Yrs 1 & 2); Life Ed continues
Wed 13 Feb	Welcome Kinder parents and P&C 9.15am in Araluen cottage
Thurs 14 Feb	Parent Information sessions St 2 (Yrs 3 & 4) and St 3 (Yrs 5 & 6); Life Ed cont
	Volunteers' information morning tea 9.15am
Mon 18 Feb	Kindergarten students finish at 2.55pm

Dear Parents,

Thank you everyone for a smooth start to the year. All students were placed in their new classes immediately after recess on their first day back resulting in no lost, valuable teaching time and of course, there were lots of excited students when they found out who their new teacher was.

Tomorrow is Swimming Carnival day. All students in Years 3-6 will attend, whether swimming or not, along with competent swimmers who turn 8yo this year, from Year Two. You are very welcome to come along to watch the races at Peninsula Leisure Centre. The cost of \$10 for students covers bus fares and entry into the pool. This can be paid via POP or cash.

I have been advised that to pay online for the Maths textbook, you need to have google chrome on your computer. I apologise profusely if this has caused any angst. We had hoped for a quick, easy, user-friendly option but it seems that the book supplier upgraded their system over the holidays which made it anything but! If you have been unable to pay online, please send the correct money in an envelope and the book supplier will collect these envelopes when they deliver the text books on Thursday 7 February. Please make sure you write your child's class on the envelope so they get the correct text book. **Please do not pay via POP for these books.**

The Life Education lessons are proving to be a huge success with the children and we are grateful to Life Education for providing such a great deal at only \$5 each. Please remember to send the permission slip and money with your child.

All students are reminded that mobile phones must be kept in school bags during school hours. Students are not permitted to access phones or smart watches during school hours. Of course, children who choose to bring a device to school are advised we cannot accept any responsibility for breakages, damage or theft.

Keep an eye out for information about our Parent Information sessions, next week. We will also have a free sausage sizzle in between sessions, for your convenience. I look forward to seeing you.

Our school day starts at 8.55am and ends at 2.55pm. We encourage all children to be at school at least five minutes before the bell rings so they can catch up with friends. Students arriving late miss the beginning of lessons and also cause disruption to other children who have just settled into their day. Please make sure your child arrives at school after 8.30am when teachers commence playground duty and before the morning bell. Thank you for your cooperation. Kindergarten students started lessons yesterday and will finish their day at 2.30pm, for their first two weeks. They will stay for full days commencing on Monday 18 February.

Lynn Balfour
Principal

SCHOOL LEADERS FOR 2019

School Captain	Brayden McLeod	School Captain	Lara Cass
Vice Captain	Dominic Barnes	Vice Captain	Charlotte Long
<u>Prefects</u>			

Ethan Cowan	Morgan Ferguson
Craig Denby	Emily Seav
Julius Taulilo-Kautai	Amelia Stocken

House Captains

Blaxland Captains:	Korbee Hemsworth	Hiam Allen
Blaxland Vice Captains:	Austen Catley	Gracie-May Gorrel
Flinders Captains:	Brayden Haira	Emily Harris
Flinders Vice Captains:	Peter Ilgo	Jules Jamieson
Phillip Captains:	Luke Niewiadomski	Tahlia Mason-Brack
Phillip Vice Captains:	Brody Morris	Jaylah Murray
Sturt Captains:	Riley Van Der Neut	Genna Rutter
Sturt Vice Captains:	Oliver Szymanski	Zara Tucker

Parent/Teacher Information Sessions

Kindergarten	–	Tuesday 12 Feb.	2.45pm
Years 1 and 2	–	Tuesday 12 Feb.	3.45pm
Support classes	–	Tuesday 12 Feb.	3.15pm
Years 3 and 4	–	Thursday 14 Feb.	3.15pm
Years 5 and 6	–	Thursday 14 Feb.	4.15pm

A free sausage sizzle will be held on both afternoons, for your convenience.

GENERAL INFORMATION

HomeNote sent via email

Would you like to have your copy of the HomeNote sent via email? Have you changed your email address?

Complete the below form and return it to the office. Alternatively, email the school at

Ettalong-p.school@det.nsw.edu.au with the subject "email newsletter" along with your name, your child's name and your email address.

Homenote sent home by email

Your name: _____

Your child/ren's name/s: _____

Email address HomeNote is to be emailed to: _____

P & C NEWS

Our first general meeting of the year will be held at 9.15am on Wednesday 13 February 2019 in Araluen Cottage. Light refreshments will be served. We look forward to welcoming our existing members, as well as those whom haven't attended a P&C meeting before now.

Membership fees are now due for all members. Membership is just \$2. Please note membership fees should be paid by the close of the February meeting in order to be eligible to vote or stand for a position at the March AGM.

Without an active and vibrant P&C we cannot run services such as the Uniform Shop and the Canteen, or provide fundraising events such as barbeques, raffles, Trivia Night, or Mother's and Father's day stalls for your children. All profits from our fundraising efforts are for the benefit of the students at Ettalong Public School, so if you can spare any time to volunteer this year, your contribution will be very much appreciated.

COMMUNITY NEWS

Brisbane Water United P.C.C

Local affordable dance, **two free** lessons. Physie is a fun and inexpensive sport, 2 classes for \$8.50! Low cost registration. The music is funky and modern. Physie is a perfect way to develop your child's confidence while meeting new friends.

Where: Ettalong Public School, Uligandi Street, try this amazing sport. Ages 3 to 103, every girl can do it! For enquiries phone Lee-Anne Allan on 0425 303 832 or email us at brisbanewaterphysie@gmail.com
Brisbane Water United club: Empowering girls for life.



TKT
OCEAN BEACH NETBALL CLUB

**Would you like to play
netball in 2019**

TKT Ocean Beach Netball Club is based at Ettalong Beach.
Netball is for girls of all ages and ability (5+ year to seniors)

Registration day is at the Everglades Country Club Way Way on
the 2nd and 9th of February from 10am till 2pm

If you have any questions or enquires please send us a message
on Facebook or call Megan on 0411819367 or Joanne on
0403482804

Dont forget to like us on Facebook for more updates



**Jinhwa
Taekwondo**

Traditional martial arts classes for all ages
Non Contact, Non Competitive
First 2 Lessons Free

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PARENTING TIPS

Four critical tools to manage student anxiety

Anxiety disorders are currently taking a heavy toll on Australian children and young people. It's been estimated that there will be at least four children in every Australian classroom who are experiencing an anxiety disorder at some stage during a year.

Anxiety is not restricted to secondary schools either, with children as young as four now presenting with symptoms of anxiety manifested in headaches, tantrums and refusal to go to school. Research suggests that when anxiety goes unmanaged in childhood it will reoccur in adulthood.

Like parents, teachers are well positioned to provide kids with the tools and skills to regulate their anxiousness. These tools can be either taught on an individual needs basis, or integrated as activities into regular classroom life.

Here are four critical skills to teach kids to help them self-manage feelings of anxiousness:

1. Deep breathing to calm down the anxiety

When anxiety takes hold, the thinking parts of the brain go offline. Breathing mindfully and intentionally helps to calm the amygdala, lessen anxiety and bring the problem solving and thinking parts of the brain back online. It's a way for anxious kids and teens to show their brains that they're safe so they can then shift their attention to what's important.

Encouraging kids to practise deep belly breathing in between times of high anxiety is essential. By practising, they're preparing their body to also be able to calm down using breathing when the fight or flight response is in full swing.

2. Mindfulness to bring kids into the present

Anxious kids and natural born worriers spend a great deal of time thinking and ruminating about the future. They can be perfectly safe yet their bodies can respond as if they are in danger because they are thinking about what may happen. Mindfulness is a wonderful tool to bring kids into the present and relieve them of their feelings of anxiousness. It involves bringing attention to the present by focusing on one or more of the senses of sight, smell, touch, hearing and taste. Mindfulness activities can be incorporated into regular classroom life and have many benefits such as altering classroom tone, setting the mood for quiet, contemplative learning activities and encouraging kids to relax.

3. Exercise to release feel-good endorphins

Exercise plays a huge role in anxiety management, yet children's lifestyles are increasingly sedentary. Exercise and movement help kids regulate their moods and reduce the symptoms of anxiety. Play and exercise help to ease muscle tension, regulate breathing and induce the release of 'feel-good' neurotransmitters. When kids are noticeably anxious encourage them to become active with a vigorous game or a walk, or introduce some movement into classroom activities. You can also ensure that movement is a regular feature of every student's day whether timetabled, curriculum based or through informal play.

4. Metacognition to unhelpful shift thinking

While anxiety is a physical reaction it's origin generally can be found between a child's ears. Anxious kids often get lost in thoughts of self-doubt, worry or rumination. It helps to introduce metacognition or thought-noticing to students so that they can replace unhelpful thoughts with new ways of thinking. Rather than being lost in the thoughts that are making them feel anxious, encourage them to mentally step back and see a thought for what it is ... a thought – a thought that comes and goes and is not a fact or an absolute truth.

Breathing, mindfulness, exercise and thought-noticing are wonderful tools for kids to use to regulate and manage their anxiety. They are best taught and practised when kids are not under stress so that they can call on them when they are overwhelmed by anxiousness and worry. For maximum impact we need to encourage students to incorporate these tools into their lifestyles rather than merely see them as remedial activities to be called upon from time to time.

Big Three

- 1. Anxiety that goes unmanaged in childhood will reoccur in adulthood.**
- 2. Teachers, like parents, are well placed to teach kids the tools to self-regulate their anxious states.**
- 3. Self-regulation tools can be taught individually or incorporated into regular classroom life.**