**Ironbark Ridge PS**  
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**Newsletter ‘13**  
**Term 4  Week 5  07.11.2013**  
**Be Safe, Be Responsible, Be Respectful**

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**DATES FOR THE DIARY**

**November**

- **11th Nov** – Remembrance Day, Kinder 2014 Parent Information Evening No. 2
- **13th Nov** – P & C Meeting  
  **27th Nov** – Last Scripture Lesson
- **25th, 26th, 27th, 28th, 29th Nov** – Swim Scheme (Week 1)

**December**

- **2nd, 3rd, 4th, 6th Dec** – Swim Scheme (Week 2)  
  **4th Dec** - Combined Scripture Assembly
- **5th Dec** – Presentation Day (held at Rouse Hill High School)

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**CURRENT NOTES**

- Update Medical Form
- PSSA Sports students to be at school by 8.45 on Friday mornings
- Swim Scheme (Yrs 1 turning 7 this year, 2, 3 & 4) – due 31st Oct (deposit), 20th Nov (final payment)

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**FUNDRAISING NEWS**

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**PRINCIPAL’S REPORT**

Dear Parents and Friends,

The term seems to be just disappearing. Mrs Fox and I continue to attend training sessions for our new systems, staff are working on second semester reports, planning is well underway for 2014 and our children are involved in a whole range of activities.

In 2014 we will continue to work on the same 4 major areas as this year, The staff have analysed data, have held discussions and are looking at what we need to focus on. The 4 identified areas are:

- New Australian Curriculum – Implementation of English with preparation for the implementation of Mathematics;
- Reading K-6 with the possibility of the continuation of the “Focus on Reading” Project;
- Technology and 21st Century Learning;
- Student Welfare – including Positive Behaviour for Learning; Student Leadership and Kids Matter.

We will continue to support these new projects with professional learning for staff including increased opportunities for mentoring and peer coaching amongst staff.

Congratulations to our P&C for their highly interesting trivia night. I’ve heard tales of amazing costumes and collaboration on questions, obviously a night of fun for all. The family photo shoot was also very popular and I believe the photos were absolutely stunning. Thank you to all the parents who were involved in running these events and to those who attended making them such a success.

Hopefully by the time you receive this newsletter we will have our new signage up around the school. The hall will benefit from signs showing our sporting houses, national anthem, acknowledgement of country and school crest. The entrance to the school will also be brightened by our school crest and a new honour board.
will be the highlight of our entrance foyer. We are also putting up toilet signs in Chinese reflecting our connection with China and the fact that our students learn Chinese. These signs have been jointly purchased by the school and our P&C and we thank them for their support. Next year we will be adding more signage to support our Positive Behaviour for Learning strategies within the school. This will involve the long awaited unveiling of our school mascot – to be revealed.

We have commenced the process to decide on our Student Leaders for 2014. This is a very exciting time for our current Year 5 students but also a time where they need to look hard at themselves and decide if they have the makings of a school leader. School leadership involves a range of high expectations by the school community (including both skills and commitment) and it is a great honour to become a student leader. The process the school undertakes is designed to be both fair to students but uphold our expectations. I wish all students who have nominated good luck as they work their way through the process. Leaders will be announced at our Presentation Day.

Some parents are walking through the carpark joining the preschool to our school. These areas are for vehicles only and we ask that you do not use them as shortcuts. These rules are for the safety of our children and we ask that they be respected. Also just a reminder to be considerate of our neighbours when you are parking in the morning and afternoon.

At this stage we will continue to have 22 classes possibly 23 for the beginning of 2014. A new demountable classroom is being sited at the moment to be ready for 2014.

Our new kindergarten students for 2014 are having an exciting time joining us for Orientation. I was lucky enough to welcome their parents this week and hope they will soon become part of our wonderful community. Children have enjoyed their time working at ‘big’ school and we look forward to them being a permanent part of our school.

We continue to move into the new structures within the Department. I must admit it feels quite strange being without a school bank account whilst we move to the new structure. We have worked hard to minimize the effects on our community. There will be interim procedures in place over the next months with the proper rollout in early 2014. I will be presenting some information about how our school is to be financed at the P&C meeting next week. As I find out more I will give a more detailed outline in the newsletter.

Be assured as we manage these new changes in education, we will always put your children first.

Hope you have a wonderful fortnight,

Ms Anne Forbes
Principal

Deputy Principal’s Report

Term 4 is almost half over and there’s still so much to do! Classroom Teachers are focused on finalising assessments of their students and preparing written academic progress reports to be sent home at the end of the term. Our Kinder 2014 Orientation program is in its final week and will conclude with the final Parent Information Evening next Monday night, 11th November. All Star Award winners for second semester will have been announced by the time you read this newsletter and students (and their families) with three Star Awards will be receiving invitations to the Principal’s morning tea on Thursday 21st November so they can be presented with their Award of Excellence badge.

This week we have three students from Rouse Hill High School getting some ‘work experience’ as teachers and learning support officers in our classrooms. They have already shown interest and aptitude for this difficult job and we are sure they will leave this amazing school having had a great insight into how rewarding the job of a Primary School Teacher can be.

Teacher Professional Learning

Staff at Ironbark Ridge PS have spent a large amount of time this year preparing for the introduction of the new NSW English Syllabus for next year. This new document is the NSW version of the National Curriculum. There is still plenty of work to do, however I wanted to commend our fantastic teachers for their dedication,
effort and willingness to embrace the challenge. Special mention must be made for our leaders Mrs De Jager, Mrs Johnson, Mrs Cauchi and Mr Brent. Their guidance and enthusiasm is outstanding!

**2013 Presentation Day**
Our annual awards ceremony will be held on Thursday 5th December from 9.30am in the Rouse Hill High School hall. An invitation is being sent home this week and is included electronically in this newsletter. Please join us for this important assembly.

**Calmness**
Australian author Steve Biddulph is well known for his parenting book “Raising Boys”, and he has also released a book for “Raising Girls”. On the importance of calmness in parenting he writes, **“Calmness is not a character trait, it’s simply a skill. You have to decide if it matters… then you practise it until it gradually becomes part of you. It benefits everyone around you - they feel comfortable in your presence. It’s exactly what children need in a parent. And it benefits you too - with fewer stress hormones, you will live longer and feel better. It’s well worth cultivating.”**

Michael Grose agrees: “If you want calm, less anxious kids you need to who know how to be calm and relieve your own stresses.
- **Calm** is something to practise.
- Calmness is **physiological**. Slow your breathing. Drop your shoulders. Settle your muscles.
- Calmness is also **psychological**. Focus your thinking on what you are doing. Replace panic thoughts with rational thoughts. In an emergency slow yourself to see what’s needed.

To be really effective as a parent you need to practise cognitive control. Your ability to inhibit a habitual or instinctive response and replace it with another is so important. If frantic is your default then replace it with calm, particularly when things go wrong. You and your kids will be so glad that you did. You'll respond better. You'll feel better. You'll work better too. And you'll parent better.”

**Cartooning workshops**
Artist and student wellbeing expert Joffa (aka Jeff Taylor) will be visiting the school in two weeks to conduct a series of class workshops on cartoon drawing. He will be discussing issues important to children such as making and keeping friends, being resilient in times of disappointment, making good decisions, staying safe, etc. We will also be introduced to our new school mascot that Joffa has designed for our Positive Behaviour for Learning program.

**Bushfire Appeal**
Our mufti-day fundraiser last Thursday raised an amazing $1500 for families and school students affected by the recent Blue Mountains bushfires. Woolworths Rouse Hill then matched us dollar-for-dollar, making the total contribution by our Ironbark Ridge learning community $3000! Wow! Thank you so much for all your small contributions that added together to make a big difference. Teamwork in action!

**Group photos**
This week's school group photos will be available to view, order and pay for online via the password-protected parent portal soon. I'll send out notification via the school app when everything is up and ready. Copies of the photos will also be available to view and order in the school office foyer. Ordering will close at the end of November.

**Travel to and from school**
After several negative incidents recently I have spoken to all students about ‘Safety, Respect, and Responsibility’ while walking or travelling by bus. Students from neighbouring schools have also been spoken to. Please discuss behaviours appropriate for bus travel (or while walking) with your children, especially remaining seated on the bus, speaking and acting respectfully to others, and reporting issues as soon as they occur so they can be investigated and solved. Thanks for your support in being proactive, and for enforcing the school expectations that we are all safe, responsible, respectful learners at all times in all places.

Talk to you soon,

**Nick Thomson**
Deputy Principal
Week 4

**PRINCIPAL:** SRC – for their organisation of the Halloween Disco

- **K Blinky Bill:** Ryan S, Kiarna P, Joshua C, Hanna A,
- **K Dreamtime:** Shaan P, Elise McG, Kyle V,
- **1 Blue Tongues:** James B, Anton B, Holly K, Leanne L, Summer D,
- **1 Tassie Devils:** Baylee K, Elvin S, Jayden D,
- **2 Marsupials:** Myah M, Ethan R, Oliva B, Kaitlin C
- **3 Jabiru:** Laurence E, Isabel W, Zack S, Liam G, Rhyne S, Charli N,
- **3/4 Pelicans:** Kellyanne W, River W, Kye T, Nikki C, Taryn M,
- **4 Wobbegong:** Jackson S, Nick D, Baxter S, Rachel D,
- **5/6 Kirribilli:** Suriah S, Jonathan S, Katrina H, Raina A, Elisha M.
- **5/6 Minties:** Darcy A, Zara M, Dipinpal C, Avishma L, Talia F
- **6 Daintree:** Ha Jin L, Chloe-Jean T, Jaqen A, Jeevan S, Noah C, Jacey C

**CHINESE:**

- **3/4 Pelicans:**
- **5/6 Kirribilli (missed week 2)**

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Week 5

**PRINCIPAL:** 5/6 Magpies for their work in library on their Jeopardy projects

- **K Walkabout:** Alex H, Chanel McR, Sahaj S, Lucia P
- **K Budgies:** Daniel P, Janice H, Holly A, Jorge C
- **1 Ned Kelly:** Akrisha D, Eloise M, Taylor W, Ryan B, Luke T
- **1/2 Cassowary:** Harrison McG, Connor V, Ishan G, Chloe E
- **2 Kingfisher:** Alysha N, Justin L, Samya B, Hayden C
- **2 Bilbies:** Jesse B, Summer J, Lucy F, Maya S
- **3 Surfers Paradise:** Gabriel R, Lachlan G, Holly T, Jaden C, Torbian T
- **4 Sturt:** Luke A, Hanly L, Isabella G, Shannon T, Andrew K
- **5 Herons:** Audrey W, Tanya M, Mikey L, Kevin C, Emilie T
- **5/6 Magpies:** Sufiya N, Josh S, Chloe S, Emma J, Damien C, Chloe S
- **5/6 Speedos:** Ashley B, Joanna K, Blake A, Deniel H

**CHINESE:**

- 1 Ned Kelly
2013, Semester 2 – Star Awards

Alex B KBB
Lucas V KD
Olivia C KW
Lachlan C KW
Macaya Z KB
Harrison S KD
Scarlett R KBB
Zainab S KW
Jasmine J KB
Ilona S KD
Prateek M KBB
Hannah S KW
Ava B KB
Ashleigh R KD
Katherine L KBB
Henry L KW
Liam L KBB
Khematlp S KD

Lucas T 1/2C
Cameron K 1N
Zoya N 1B
Rachel S 1T
Annaliése N 1/2C
Riley C 1N
Richard L 1B
Ella S 1T
Tegan C 1/2C
Yusuf A 1N
Carter J 1B
Chantal C 1T
Lily T 1N
Kemaliëe P 1T
Chelsea V 1T
Zara 1N

Maddy W 1/2C
Kieran D 2M
Alannah L-C 2K
Jessica W 2B
Jayden R 1/2C
William W 2M
Cassie B 2K
Tom P 2B
Hayley N 1/2C
Myah N 2M
Finn Mc 2K
William S 2B
Hiral S 2B
Marli H 2M
Khematep S 2K
Shalin D 2K
Thomas S 2B
Olivia B 2M
Ally S 2M
Sienna H 2K
Andrew Z 2B

Cooper S 3J
Amber H 3S
Alexander S 3J
Ede G 3/4P
Sophie W 3S
Liam W 3J
Ryan C 3S
Preston A 3J
Abi S 3S
Lilliana C 3J
Kodi S 3S
Matthew C 3J
Jay I 3/4P
Laura L 3/4P
Taia H 4S
Veronica F 4W
Carlo M 3/4P
Maha N 4S
Jemma C 4W
Thea H 3/4P
Damon H 4S
Sushanna L 4W
Edward K 4W
Emma B 4S
Amelia Z 4W
Khemata S 4S
Luke A 4S

Lyla E 5/6McG
Josh C 5/6K
Owen M 5H
Harrison Y 5/6McG
Pranav M 5/6K
Jacinda S 5H
Olivia L-C 5/6M
Chloe B 5H
Jackson G 5/6S
Shalini S 5H
Brianna H 5/6K
Kaveesha S 5H
Nicole P 5/6M
Emilie S 5/6K
Annalise W 5H
Samuel S 5/6McG
Dominic A 5/6S
Ha Jin L 6D
Isabella M 5/6K
Anhiti B 5/6S
Shivani M 6D
Eric W 5/6McG
Ben W 5/6M
Jennifer K 6D
Maddison M 5/6S
Chloe-Jean T 6D
Shakiah H 5/6McG
Grace Z 6D
Kavishay P 5/6K
Claire E 5/6M
Noah C 6D
Monique U 5/6S
Brodryk G 6D
Micaela M 5/6McG
Taj L 5/6S
Dawson S 5/6M
Nathan K 6D
Muir Mc 5/6M
Nicola D 5/6S
KINDY CAPERS:

Greetings to all our Kindy families. It’s great to see so many students bringing along their water bottles and wearing Summer uniforms as Spring continues to warm up. Drinking water not only has benefits in keeping young bodies and brains hydrated and ready for learning but also promotes healthy, shiny teeth. Drinking just a few cups of tap water each day is sure to make the dentist smile when you pop in for the biannual dental check-up.

With the arrival of daylight savings, increased physical activity and increasing temperatures little ones often fall into bad habits, staying up late and disrupting important routines. As silly season approaches social lives speed up and tempers are easily frayed. Please continue to ensure that Kindy learners receive 8-9 hours of sleep each night to maintain learning levels. Likewise maintain healthy lunch and snack eating habits that have been established earlier in the year by providing children with a nutritious recess and lunch.

We hope you are all enjoying our new homework format this term and having interesting discussions about the books your children are reading. Below are some strategies, questions and ideas to aid you in discussing and writing about books with your children and enhancing their comprehension. You might like to choose one or two of these items for discussion and writing each week.

Making Connections
☐ What does this remind me of in my life?
☐ What is this similar to in my life?
☐ How is this different from my life?
☐ Has something like this ever happened to me?
☐ How does this relate to my life?
☐ What were my feelings when I read this?
☐ What did I see and hear?
☐ Is the text fiction or non-fiction?
☐ What events or problems are likely to happen?
☐ Who is the intended audience?
☐ What other stories does it remind you of?
☐ How is the text similar to other things you have read or seen?
☐ What does this remind me of in the real world?
☐ How is this text similar to things that happen in the real world?
☐ How is this different from things that happen in the real world?
☐ How did that part relate to the world around me?

Predicting
☐ Good readers make educated guesses. They make inferences, not wild guesses.
☐ Good readers find evidence that may or may not support their predictions as they read.
☐ Good readers continue to make new predictions as they read. They base their new predictions on the clues that they find.

Make a prediction
e.g. “When the bear was so close that Wendy and Oliver could smell its hot breath, and see its sharp teeth, and look into its red rolling eyes, Oliver let out an ENORMOUS... “

Allen (1997) The Bear’s Lunch
Questioning
I wonder questions
- I wonder where he is going?
- I wonder if he is lost?
- I wonder if he speaks English?
- I wonder what may be in his backpack?
- I wonder if someone is waiting for him?
- I wonder where he has already been?
- I wonder if his feet hurt?

Monitoring strategies
- Re-read
- Read ahead
- Read aloud
- Make predictions
- Slow down
- Draw a picture or diagram
- Look for clues to make connections
- Stop and think
- Ask a question
- Retell what you have read in your own words
- Retell the difficulty in your own words
- Figure out unknown words
- Look for patterns in text structure
- Talk to other students and teachers

Summarising
Summarising is when you identify the most important ideas and restate them in your own words.
- Reread
- Look at the title
- Look at the first and last paragraph
- Ask yourself: what was the text about?
- Think about main ideas and key words.
- Look for text or information that is repeated.
- Identify what happens first, next, then, finally...
- Look at captions, pictures, subheadings, words in bold and words in different font.

Many thanks to all our families who sent in money for our Bushfire appeal. Wishing you all a great weekend and lots of fun reading and writing. Congratulations to Kindy Budgies on their fantastic assembly. In Week 6 (13/11/13) Kindy Dreamtime will be hosting assembly and we look forward to seeing all their Mums and Dads. To our brilliant P&C and uniform shop we extend our sincerest thanks for all your brilliant support during Kindy orientation over the last few weeks.

The Early Stage 1 Team
SRC NEWS:

S.R.C. Halloween Disco

We had plenty of scary witches and ghouls dance the night away at last week’s Halloween Disco.

A big thank you to the wonderful Mrs Critchley for all of your hard work in selling disco tickets, you did an amazing job. Thank you to Mrs Duval and Mrs Critchley for organising and running the canteen on the night, we appreciate all of your hard work.

Also, thank you to all of the students and teachers for getting into the ‘spirit’ of the disco, you all looked like you had a fabulous time. Miss Dennis and Mrs Barton were fabulous DJ's, thank you for making our disco so much fun.

We raised a fantastic $2000 from the disco and this will go towards purchasing more ipads for our students.

Well done everyone!

Mrs Walker and Mrs Nahirny
S.R.C. Organising Teachers

PSSA SPORT:

WEEK 5 08.11.2013

OZ TAG: Russell Reserve, Rouse Hill, Field 2
CRICKET: Hills Centenary Oval
TBALL/SOFTBALL: Hills Centenary Oval
AFL Wrights Reserve, Quake

WEEK 6 15.11.2013

OZ TAG: Russell Reserve, Rouse Hill, Field 3
CRICKET: Connor Greasby Park, Perfection Dr, Kellyville Ridge
TBALL/SOFTBALL: Connor Greasby Park, Perfection Dr, Kellyville Ridge
AFL Wrights Reserve, Quake

ADMINISTRATION NEWS:

ENROLMENTS FOR 2014
Applications for Non Local Kindergarten Enrolments for siblings need to be handed into the Office A.S.A.P.

Enrolments for our In Area Kindergarten Students for 2014 are now also being accepted.

STUDENT MEDICAL FORMS:
If you have not yet returned the new medical form to the office, could you please do so, as soon as possible as we need to update all our records. Thank you
HEAD LICE
We have had a number of cases of pediculosis (head lice) through the school. Please check your child’s hair to ensure they are free of lice. Should you find any evidence, you will need to treat your child’s hair with products that are available from pharmacies.

Tips for tackling kids head lice
- Use hair conditioner and a fine head lice comb.
- Apply conditioner to the hair and comb through with a wide-toothed comb to remove the tangles.
- Then use a fine metal lice comb to remove the lice and pull the nits off the hair.
- The conditioner helps slow down the louse and makes it easier to comb out.

For more information go to the "Nitbusters" website www.health.nsw.gov.au/headlice

SCHOOL BANKING DAY REMINDER:
Don’t forget that Friday is School Banking day and students should bring in their weekly deposit. For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. The first token will be received upon the first deposit at school. Once students have individually collected 10 tokens they can then be redeemed for a range of great, exclusive reward items in recognition of their continued savings behaviour.

Thank you for supporting the School Banking program.
Please join the staff and students at the Ironbark Ridge Public School

Presentation Day

We invite our school community to join in celebrating the academic, cultural and sporting effort and achievements of our students in 2013. Presentations will include class awards, major school awards and the graduation of our Year 6 students.

Rouse Hill High School Hall
Thursday, 5th December, 2013
9:30 am
P&C NEWS & FUNDRAISING

PRESIDENTS NEWS
Big thanks to all the parents who helped to make this year’s kindy orientation a big success and in making all the new families feel welcomed.

Well done and congratulations to Monica Calderwood for another successful Family Portrait fundraiser. By the feedback and pictures on Facebook I can see that all the participants were very happy with their families photographs.

I cannot go past without a congrats and a thanks to the Trivia Committee for a fun night of Trivia and dress ups. The P&C tables had very strong showings with Karen Lynch our P&C Secretary’s table winning the night, my own table coming in second and the teachers in third place … I did warn them we were good 😃 The costumes were amazing and it added to the event to see the level of effort put into many of the costumes. The night raised nearly $6000 which will go towards the many projects we have planned for 2014. Well done everyone.

Canteen Training Days
We have had feedback from some parents saying they feel nervous walking through the canteen door for the first time. They are not sure what to expect and therefore are a little nervous. So we have listened to your feedback and arranged for training days each term.

The first three Fridays of every term are canteen training days. Pop into the canteen and say hi to Mel or Lisa who will show you the ropes and let you see first hand how the canteen runs and how much fun it is. Of course you do not need to attend a training day to volunteer some time helping in the canteen, but if you want to know what goes on behind the screen door to the canteen come along and find out. No need to book, just turn up. For more information please contact Lisa ironbarkridgeps.canteen@gmail.com or Mel canteen@irpspc.com.

November P&C Meeting
The upcoming P&C meeting on Wed 13 November is our last meeting for the year. I do hope you can come along especially if it is your first one. We meet in the library at 7pm till 9pm.

Come along and have some input on some of the ideas and programs we will be presenting for 2014 as well as on a discussion raised by Mrs Forbes about acceptable excursion costs.

Leigh Kostiainen
Prez

CANTEEN
Also a big thanks to all the people who volunteered to help ensure we would be open through out the rest of this term. We did not get anyone for Monday 2 December so this will be the only day we will be closed this term.

Ice blocks are now sold recess as well as at lunch times.

RECESS SPECIALS ALL $1.00 - over the counter only.
MON - Garlic Bread
WED - Noodle Cups
FRI - Cheese Toasties
SUSHI ON MONDAYS
Sushi is very popular on Wednesday and Friday so now sushi is available every Monday. Order online through Flexischools or over the counter before school. Orders cannot be taken at recess as the supplier cannot deliver the order in time.

NEW PRODUCTS - FRUIT SLUSHIES
In addition to the new products we have introduced including the gluten free Piranha Vege Crackers, Jumpy crisps in chicken and salt & vinegar in the shape of little kangaroos, we have just had a new **SLUSHIE machine** installed in time for this hot weather we have been having. All slushies are made from 99% real fruit juice making them an amber item in the 200ml serving size. They really taste delicious and I encourage you to take one when you get the chance. They $2 per serve and are available in two yummy fruit flavours. Available every canteen day for lunch and recess.

We are also carrying the new Paddle Pop Dinoterra in conjunction with participating in the new Lick-A-Prize promotion. So kids can claim their free lick-a-prize paddle pop at the canteen.

Kids can also purchase frozen watermelon slices in addition to the already popular frozen pineapple rings. Great for the hot weather.

CANTEEN SHIFTS
If anyone can spare some time to help out in the canteen with any of the below shifts please email me at: ironbarkridgeps.canteen@gmail.com or go to [www.carebookings.com.au](http://www.carebookings.com.au) and enter the booking code YJP98 to book your shifts online.

Your help would be greatly appreciated and your kiddies will love seeing you there.

**CANTEEN SHIFT AVAILABILITY Term 4 -Week 6 to 10**

**Monday 11th Nov (week 6)**
1 person 10.45-12.45  
1 person 12.45-2.45

**WEEK 7**
**Monday 18th Nov:**
1 person 8.45-10.45  
1 person 10.45-12.45  
1 person 12.45-2.45

**Wednesday 20th Nov:**
2 people 8.45-10.45  
3 people 10.45-12.45

**WEEK 8**
**Monday 25th Nov:**
1 person 10.45-12.45
1 person 12.45-2.45

**Wednesday 27th Nov:**
1 person 8.45-10.45

**Friday 29th Nov:**
1 person 8.45-10.45

**WEEK 9-**
**Wednesday 4th Dec:**
1 person 8.45-10.45
2 people 10.45-12.45

**Friday 6th Dec:**
2 people 10.45-12.45
1 person 12.45-2.45

**WEEK 10-**
**Monday 9th Dec:**
1 person 8.45-10.45
2 people 10.45-12.45
2 people 12.45-2.45

**Friday 13th Dec:**
1 person 8.45-10.45

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**Canteen Closed Monday 2 December.**
As mentioned in my email to all parents last week we needed people to help on Mondays, so I would like to thank you for your fabulous support and for all the people who put their hand up to help. We have managed to find enough volunteers to keep almost all Mondays open.

**The only day we will be closing the canteen due to no volunteers is MONDAY 2 DECEMBER - Closed.**

The last week of term Monday 16th December and Wednesday 18th December will be over the counter only for recess and lunch. NO LUNCH ORDERS WILL BE AVAILABLE ON THESE DAYS.
Building protective factors: Suggestions for families

Things can happen in children’s lives that make the risk of developing mental health problems more likely. It is usually not possible to eliminate all the risk factors that affect your children, but there are things you can do to reduce the impact of stress and help them build strengths for effective coping. The following suggestions identify the sorts of things you can do to support children’s resilience in the face of challenging circumstances.

How you can help

Listen to children’s concerns
Having a caring adult to turn to when they are troubled, someone who will listen, understand without judging, and help them solve problems, is a critical protective factor for children’s mental health. Listening to children and understanding their concerns lets them know they are important to you. Remember, however, that children may not always be able to explain how they feel. By observing their behaviour and gently inquiring about it you can often get a clearer picture of how they are feeling.

Provide reassurance
Children often worry that the bad things they experience will happen again or get worse. For example, in a family breakup, when one parent or carer leaves the family, children often become anxious that the remaining parent or carer will also leave them. Similar worries are common when someone dies or is hospitalised. Often these kinds of fears are expressed through behaviours rather than words, such as becoming clingy, or being fearful about sleeping by themselves.

Showing you understand children’s fears and providing reassurance and support is important for helping them cope. Making sure that children know what to do and who to seek help from in case you are unavailable or unwell is also very important – particularly when chronic illness or stress may affect your capacity to provide support.

Provide security
Various kinds of stress and change can be very disruptive to family life. Maintaining regular routines, such as bedtimes and mealtimes, reduces disruptive impacts and helps to provide a sense of stability and security for children. Similarly, children are reassured by knowing that a responsible adult is taking care of them and looking after their needs.
How you can help – continued

Build children’s strengths – and allow for vulnerabilities

Providing encouragement and positive feedback for children’s developing coping skills helps them to build confidence in their ability to manage difficult situations. Acknowledging and appreciating the help and support that children provide to you during stressful times also helps to build their strengths.

At the same time, it is important to give children permission to not always have to be strong. Children who take on significant caring roles when parents or carers are struggling often hide their vulnerabilities. Their desire to avoid burdening parents and carers can cause additional hardship for these children, who need to know that support is available to them as well.

Talk to school staff

School staff can provide more effective support for children at school when they understand some of the pressures they may be facing in other parts of their lives. It is often very reassuring for children as well as for parents and carers to know that teachers or other school staff understand their difficulties and are ready to provide support. Staff at your child’s school may also be able to provide you with support and advice, or help you find support services that can assist you and your children.

Seek additional help

If your child shows signs of emotional or behavioural difficulties, it is important to seek professional help early, so that problems can be addressed before they get worse. Getting support for yourself, through family and friendship networks, your child’s school, or mental health or community services, is also very important. Getting support helps to build your own resilience so you can provide more effective care for your children.

For more, please refer to the KidsMatter Primary information sheets on recognising and getting help for children with mental health difficulties.
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OPSM

Dr. Amira Howari
B. Optom. (Hons) GradCer Oc Ther Optometrist

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Rouse Hill
NSW 2155 AUSTRALIA
Ph: (02) 8882 9399
Fax: (02) 8882 9017
UNIVERSITY OF WESTERN SYDNEY
PENRITH OBSERVATORY

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This night not only includes the multimedia presentation but also a 3D astronomy movie and viewing of the night sky through the University's 0.6 metre and 0.25 telescopes. Our program will run regardless of the weather.

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Enquiries: Phone (02) 4736 0135 or email r.mccourt@uws.edu.au

Roslyn McCourt I Administrative Officer
School of Computing, Engineering and Mathematics
Tel: 02 4736 0135
Email: r.mccourt@uws.edu.au | www.uws.edu.au/observatory
Office Hours: Mon, Wed and Thurs 8.30 am - 3.00 pm
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<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>7/10</td>
<td>8/10 Students return</td>
<td>9/10 Assembly 2pm Newsletter P&amp;C Meeting 7pm</td>
<td>10/10 School Photo Day</td>
<td>11/10 Student Banking PSSA Summer - R6</td>
</tr>
<tr>
<td>14/10</td>
<td>15/10</td>
<td>16/10 Assembly 2pm</td>
<td>17/10</td>
<td>18/10 Student Banking PSSA Summer - R7</td>
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<td>21/10</td>
<td>22/10 Kinder 2014 Orientation Day #1</td>
<td>23/10 Assembly 2pm Newsletter</td>
<td>24/10</td>
<td>25/10 Student Banking PSSA Summer - R8</td>
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<td>28/10</td>
<td>29/10</td>
<td>30/10 Kinder 2014 Orientation Day #2 Assembly 2pm SRC Halloween Disco</td>
<td>31/10</td>
<td>1/11 Student Banking PSSA Summer - R9</td>
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<td>4/11</td>
<td>5/11 Groups/Teams Photo Day</td>
<td>6/11 Assembly 2pm Newsletter</td>
<td>7/11 Kinder 2014 Orientation Day #3</td>
<td>8/11 Student Banking PSSA Summer - R10</td>
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<td>12/11 Remembrance Day Kinder 2014 Parent Information Evening #2</td>
<td>13/11 Assembly 2pm P&amp;C Meeting 7pm</td>
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<tr>
<td>18/11</td>
<td>19/11</td>
<td>20/11 Assembly 2pm Newsletter</td>
<td>21/11</td>
<td>22/11 Student Banking PSSA Summer - R12</td>
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<tr>
<td>25/11</td>
<td>26/11</td>
<td>27/11 Last Scripture lesson Assembly 2pm</td>
<td>28/11</td>
<td>29/11 Student Banking</td>
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<tr>
<td>2/12</td>
<td>3/12</td>
<td>4/12 Combined Scripture Assembly 2pm Assembly Newsletter</td>
<td>5/12 Presentation Day (No swimming today)</td>
<td>6/12 Student Banking</td>
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<tr>
<td>9/12</td>
<td>10/12</td>
<td>11/12 Kinder Fun Day P&amp;C: (To be confirmed)</td>
<td>12/12 Stage 1 Fun Day</td>
<td>13/12 Student Banking</td>
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<tr>
<td>16/12</td>
<td>17/12</td>
<td>18/12 Last day for students</td>
<td>19/12 School Development Day #1</td>
<td>20/12 School Development Day #2</td>
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**Note:** All dates on this planner are subject to change at the discretion of the school.