

The Entrance Public School

NEWSLETTER



A partner school



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Email: thentrance-p.school@det.nsw.edu.au
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DATES TO REMEMBER

Wed 1 Nov	to Fri 3 Nov -Swim School
Fri 3 Nov	P-6 Assembly 9:30am
Wed 8 Nov	Kinder 2018 Headstart 9:30am – 11am
Fri 10 Nov	Year 6 Fete
Wed 15 Nov	Stage 3 Oz Tag Gala Day Tumbi Orientation Day Year 6
Fri 17 Nov	P-6 Assembly 9:30am
Fri 1 Dec	P-6 Assembly 9:30am
Mon 4 Dec	Carols at Lakeside
Tues 5 Dec	Stage 3 Fishing Mob
Wed 6 Dec	Tumbi Gala Day – Year 6 Christmas Concert 4-5pm Santa Visit 5-6pm Concert
Wed 7	Scripture Christmas Assembly 12pm
Fri 8	K-6 Obstasplash Onward & Upward Day
Mon 11	Yrs 3-6 Presentation Day 9:30am Carols at Lakeside
Tues 12	K-2 Presentation Day Year 6 Farewell at Diggers @ The Entrance 5:30pm



Thank you to all the grandparents who were able to make our special assembly.

A special thank you to Mrs Tolman and Mrs Evans who opened up their rooms. A great time was had by all and the catering by our school canteen was super delicious.

KINDERGARTEN 2018

If you have a child or know of a child that may be starting at The Entrance Public School in 2018, could you please contact the office ASAP for enrolment and Headstart information

PRINCIPAL'S REPORT

Welcome Week 4 and this term is flying by very quickly. Congratulations to all of our students who are attending Swim School. This is a very important program that ensures that students have the basic safety knowledge in and around water.

Our "Headstart" program for the 2018 Kindergarten students is in full swing and it is amazing how confident and prepared the students are in their last year before Big School. It is not too late to join the "Headstart". If you know of any families in our area that have children that are old enough to start school next year, ask them to contact our office.

Over the next two weeks our aspiring student leaders will be preparing their speeches before the voting process begins. Good luck, and I am sure that all the nominees will represent The Entrance Public School with great pride.

Jargon explained: If your child's teacher mentions G&T in the COLA, she's actually talking about gifted and talented classes being held in the covered outdoor learning area.

More school jargon explained:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/school-jargon-busters>

Home safety: About 50 children fall out of windows or balconies in Australia each year. Spring is a good time to install a window lock to limit how far it opens.

It's this easy: <http://bit.ly/1dRpQw5>

Where's the octopus: Wow - it's videos like this that show kids how cool studying science can be. Watch it with them: <http://www.youtube.com/watch?v=aoCzZHcwKxI&feature=youtu.be>

Have a great week!

Mark Rudd
Principal



School Banking has arrived at our school with The Greater. Vicki and Aleisha from The Greater will be at school Friday mornings to help open your child's bank account with \$5. Any student who wishes to bank money can bring their bank book and money to the office on **Friday mornings**.

Ms Ally Bayfield
Organising Teacher



Would you like to receive a letter from Santa?

Place your letter to Santa including your name and address, in the Special letter box available at The Entrance Community Centre.

There are template letters available here and Santa will write back before Christmas night

*Santa's Letter Box is closing Friday
15th December 2017*

Have a Merry Christmas and a Happy New Year!

Leave a message for Natasha Harman at the office for more information regarding Santa letters.

K-6 B NEWS**K-6B**

With the hot weather approaching, please remember to send a large water bottle in with your child each day. Jackets should be clearly labelled with your child's name, as children often remove them early in the day when the weather warms up.

Library day has reverted to Wednesday. Please remember to return books weekly to be exchanged. A number of overdue notices were sent home last week, these books need to be returned to school ASAP.

Thank you to those parents who have already signed up to Seesaw. Your children love reading and hearing your comments on their work. We hope to see the rest of our parents signed up very soon. Please contact Mrs Best if you require assistance.

Term 4 is always busy, please check your child's communication book daily for notes and messages. Thank you.

HOME READING AWARDS

Ryan

Mary Best & Deb Eastment
Support Class Team

KINDERGARTEN NEWS**K**

Swim school is almost over and Mrs Quye, Ms Andrews and Mr Walker said that everyone enjoyed the experience.

Congratulations to the following students who have received their **Home Reading Awards**:

KA:

100 nights Chloe
125 nights Piper, Chloe, Hope, Tyler
150 nights Max
175 nights Hunter

KQ:

50 nights Aaron
75 nights Charlotte, Aaron
150 nights Sereaya-Lee

KW:

75 nights Phoenix, Tegan
125 nights Lucas

KD:

75 nights William
100 nights William, Michelle, Mannat
125 nights Jakob, Ilana
150 nights Evie
175 nights Kai, Rosie



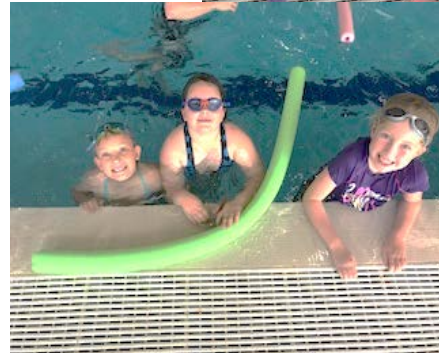
A big thumbs up to everyone who received an award at our mini assembly. Keep up the great work.

Stephanie Ainslie, Nicole Quye, Kurt Walker and Donna Andrews

STAGE 1 NEWS

1

2



Some of our Stage 1 students have been participating in the Mingara Swim School program this fortnight and have been developing the important skills of water confidence and basic skills in water safety.

Well done to those students participating enthusiastically in this wonderful program.

Year 2 students will be performing an item at our P-6 Assembly this Friday, 3rd November. Parents and family members are welcome to attend. The assembly begins at 9.30am.

No award winners as our Stage Assembly was cancelled last week due to swim school but here are our wonderful home readers:

2K:

25 & 50 nights: Chloe
150 nights: James & Miah
175 nights: Saara
200 nights: Avneet
250 nights: Gabrielle

2P:

25 nights: George
200 nights: Gabriel
225 nights: Stephanie

2L:

100 nights: Ty

1M:

50 nights: Stevie-Mae & Parneet
 100 nights: Summer
 250 nights: Toby

1K:

125 nights: Ziggy H-S, Joe, Michelle & Isabella
 175 nights: Genna

Regards,
 Stage 1 Team

STAGE 2 NEWS**3**

Week 4 already and Stage 2 students have been so busy completing their end of year formal assessment tasks. It is so rewarding for both the students and teachers to see the progression that has been made throughout the year.

4

CHRISTMAS CONCERT Rehearsing continues each Monday (Yr4) & Thursday (Yr3) afternoons of our grade dances for the Christmas concert, being held Wednesday the 6th of December – Week 9. Some minor props and costumes will be required for the concert, and you will be notified about these closer to the date.

CHRISTMAS CREATIVE ARTS ELECTIVES This week all Stage 2 students will elect 2 preferences from a variety of Christmas Creative Arts projects, that they would like to participate in, on Friday afternoons for the next 5 weeks (Weeks 5 -9) This gives the students a choice in what activities they would like to do, and also provides opportunities for them to experience different classroom environments, classmates and teaching styles.



Teachers also experience working with other students outside their normal class and provide Creative Arts activities for which they have interests and expertise in.

OZ TAG GALA DAY Good luck to our Stage 2 Oz Tag teams who are participating in a Gala Day today Wednesday 1st November at Gosford. We look forward to hearing how much you enjoyed your day. Special thanks to Ms Ambrose for organising the teams and providing these opportunities for our Stage 2 students.

**Stage 2 Teachers**

Mrs Haslam (4N), Ms Ambrose/Ms Brummell (4A), Mrs Bayfield/ Miss Cooper (4B), Mrs Canobie (3C), Mrs Kirk (3K) and Ms Wilson (3W)

STAGE 3 NEWS**5**

Hi,

I cannot believe how fast this term is going. So much is happening!

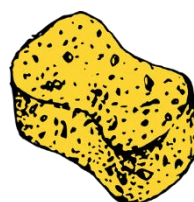
6

Stage 3 are in the process of completing all formal assessments so please ensure that your child/children are attending school every day and that they've had a good breakfast.

Next Friday (10th November 2017) is our **Year 6 Fete!** I hope your children have been helping around the house to earn some extra pocket money. The fete raises money for our Year 6 Farewell.

The Year 6 Fete is open to Preschool - Year 5. Here is a list of stalls and prices.

1	Nerf Gun Challenge	50c
2	Ice Cream/Milkshake Parlour	Assorted prices \$1-\$2
3	Soft Drink	\$2 per can
4	Hairspray	50 c = 2x streaks \$1 = half head \$2 = whole head
5	Obstacle Course	50c per attempt
6	Haunted House	\$2 per entry
7	White Elephant Stall	Assorted prices 20c-\$2
8	Cake Guessing Stall/Lolly	Assorted prices 50c-\$2 Lolly Guessing = 50c for 2 x guesses
9	Lolly bags	\$1
10	Showbags	\$6
11	Face Painting	Cheek art = \$1 Large design \$2
12	Nail Painting	\$2
13	Lucky Dip	\$1
14	Tattoos	Assorted 50c-\$1
15	100's Chart	\$1 per guess
16	Jumping Castle	\$2
17	Sponge Throw	50c for two throws
18	Sock Wrestling	50c per challenger
19	Basketball Shooting	50c
20	Target throw	50c
21	Sand Art	\$1



I'm still pretty excited over the Sponge Throw!!

Week 6 kicks off Stage 3's Sun, Surf and Sand sports program. Please ensure that your child's note is returned ASAP. Here, at The Entrance, we are surrounded by so much water, it is important for our children to be confident around it. However, **this is not a Learn to Swim program.**

Year 5 Reminder: The 2018 Year 6 school shirt notes should have come home by now. Please ensure that it is returned to the classroom teacher by the end of November. There are shirts in the office to try on for sizing.

Year 6 Shout Out: Well done to our amazing Year 6! We have been practicing our rock'n roll dancing for the past few weeks. The song we are dancing to is, Itty Bitty Pretty One. I suggest having your child (if they are in Year 6) practice with you! We're pretty excited about showcasing our awesome dance moves at the Year 6 Farewell. Speaking of the Farewell, if you have **baby photos/kindy photos** (I only need 1) of your child, please ensure to send it my way or email it to me.

Well done to all of the students who are on their way to receiving this term's Onward and Upward. I hear the end of year activity for those who have received all of them for 2017 is pretty spectacular.

Kind Regards,
Miss Martinez
cherryl.martinez2@det.nsw.edu.au
S3 Relieving Assistant Principal

TEPS VEGETABLE GARDEN

At the end of last term, a group of enthusiastic and hardworking students spent a day painting our tyre garden beds. Their first job was to completely cover the tyres in light-coloured paints to reflect light and help keep the plants cooler. Afterwards, the students put their artistic talents to great use by decorating the tyres with their own designs. Turning tyres into pink iced doughnuts was a popular choice, but there were also animals, Pokemon, watermelons, spots, swirls, shapes and zig-zags in a range of bright colours. The students had a great day and were rightly proud of their eye-catching work.

A huge thank you to **Bristol Paints, Erina** and **Killarney Vale Paints** for their generous donations of outdoor paints in a huge range of colours, which allowed our students to create such wonderful designs.



In Week 1 of this term our lunchtime gardening group, began to line the tyre beds with plastic bags and fill them with soil. The hard-working 3C and 3W dug up the large number of weeds, which unfortunately has been a downside of the extra watering that is taking place in the garden. Then it was time to plant! Lettuce, rocket, spinach, marigolds, tomatoes and cucumbers have all been planted in the tyre beds. A watering roster has been set up, involving students from kindergarten to Year 6, which will ensure the plants receive daily watering.

There is still lots of work to be done, but our garden is really starting to take shape and there is definitely no shortage of enthusiasm amongst our TEPS gardeners.

Mrs Best & Ms Wilson
On behalf TEPS Environment Team

CANTEEN NEWS

Hi Everyone,

Our Canteen has a new menu out now, copies are available from the Canteen with some new prices.

CANTEEN ROSTER

Thurs 2 nd Nov	Razaan, Judith	
Fri 3 rd	Kylie, Chloe, Sarah, Kathy	
Mon 6 th Nov	Kathy	HELP NEEDED
Tues 7 th	Sammi, Sue, Elise	
Wed 8 th	Kathy	HELP NEEDED
Thurs 9 th	Razaan, Judith, Sue	
Fri 10 th	Kylie, Sarah	HELP NEEDED
Mon 13 th	Kathy	HELP NEEDED
Tues 14 th	Sammie, Sue, Elise	
Wed 15 th	Mel, Kathy	

Cheers,
Emma Brophy
4333 5174



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Instead of that, Say this.



Simple phrases and ideas for diffusing tough situations with your child.



What were you thinking?!?!

Instead say:
I'm going to help you with this.

How many times do I have to tell you?

Instead say:
I'm going to do () so that it will be easier for you.

Stop it! You are embarrassing me!

Instead say:
Let's go to a quieter place to get this sorted out.



If you don't stop that, no Xbox for a week!

Instead say:
I can see this is tricky for you. We are going to solve this later. Let's get a drink of water.



Go to your room!

Instead say:
Come here.
I've got you.

No stars on the star chart for you!

Instead say:
Let's figure out a better way for next time.



Stop. That. Right. NOW!

Instead say:
If you need to get your mad out - then go ahead. It's okay. I've got you.



Silent eye-roll and frustrated sigh

Instead do:
Kindness in your eyes and a compassionate hair tousle

You are IMPOSSIBLE!

Instead say:
We will get this figured out. I can handle ALL of you. It's all good.



DR. VANESSA LAPOINTE

10 Powerful Ways to Calm The Angry Child

Have you got one of these children – **the one who angers easily, who flares up, and who erupts** – even unpredictably sometimes? It's helpful to see these moments as a learning moment, both for you (the parent/carer) and for the child, to see what isn't working and to gain more tools in your parenting toolbox.

Little brains are learning – so much! They're taking in massive amounts of information, they are sorting, stacking, shaping information from their internal world and from their external world. For some children, this can feel overwhelming and anger is a way to make people back away.

As adults we can talk ourselves down, step away and have a break, distract ourselves – but children often don't have those regulatory resources at hand. Learning how to manage emotional overwhelm takes a long time – and for some emotionally combustible little souls it's a long climb to emotional mastery.

#1 – Manage yourself first – step away, step out, step back. Take a breath and remind yourself that your child is still learning – and most importantly, they're learning from you. If you blow a gasket you're reinforcing their angry emotional response.

#2 – Reassure, reassure, and reassure – “You're safe, let it out, and calm down.” Anger is an all-consuming and quite frankly scary emotion for anyone to experience.

#3 – Offer suggestions – “Would you like space or a cuddle?” It's confusing being so very angry that no rational thought can penetrate. Asking and not telling gives some control back to the overwhelmed child.

#4 – Shield the child – from the eyes and attention of others. Is there somewhere safe to withdraw to where the anger can diffuse without the eyes of others. Children find it difficult to de-escalate under the watchful pressure of others – grandparents included.

#5 – Validate the feeling – “It's OK to be angry.” Usually the first meant-to-be-helpful attempt by an adult is to diffuse the anger. Often, children simply want reassurance that their big feeling has been seen and understood.

#6 – Teach a calming down skill – “Let's do some bubble breathing together.” Teaching a technique to get that oxygen flowing to the brain and all the tense muscles makes sense. Breathing like you're blowing a bubble, breathing around an imaginary square – whatever the technique, try and practise it while the child is calm so that it's an automatic go-to when they start to heat up.

#7 – Stay connected – “I love you.” 3 very powerful little words that tell the child who is absolutely our of control that you're still there and despite their behaviour you still love them.

#8 – Become a detective – “I wonder if...” Anger can be triggered by many things – hunger being one of these. For the child who is angry – it can be sometime like a tsunami and they might not even know where it comes from. “I wonder if you're hungry / tired / frustrated...” is helpful to identifying the cause of the anger – which means that next time there is a better chance of it being headed off earlier.

#9 – Be predictable – “I am going to ...” – When anger is the filter, it's helpful to know clearly what others are doing around you so that these actions aren't misinterpreted and inadvertently contribute to even more anger. “I'm going to stand over here and wait.” Or “I'll stand outside your door until you're finished screaming.” Tells your child very clearly what you're doing and why you're doing it. Try not to use too many words.

#10 – Use distractions – “Woah – have a look at...” Diverting attention from the crisis at hand is often enough to interrupt the pattern of the child. Make it exciting, use your tone of voice – and if you have to use technology. Sometimes distracting a child with a screen is enough for their little brain to calm down and reset. Make sure you make a connection with them once they are calm. Even if it's just a cuddle to begin with then you can talk about what it was that made them angry.

CHANGE OF ADDRESS AND PHONE NUMBERS ADVICE

Students Name _____ Class _____

Students Name _____ Class _____

Students Name _____ Class _____

New Address _____

Mother/Carer Name _____

(Wk) _____ (M) _____

Father/Carer Name _____

(Wk) _____ (M) _____

Emergency Contact Phone Numbers:

Name _____ Relationship to student _____

Phone Nos _____

Name _____ Relationship to student _____

Phone Nos _____

SCHOOL LEAVERS 2017

Childs Name/s:

_____ Class: _____

_____ Class: _____

_____ Class: _____

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