



MT KEMBLA PUBLIC SCHOOL

Phone 4271 2565

www.mtkembla-p.schools.nsw.edu.au

Term Three, Week Eight

Coming Events...

2/3R Assembly	Thursday 13 September
P&C Bunnings BBQ	Sunday 16 September
4/5K Assembly	Thursday 27 September
SRC PJ/Onesie Day	Friday 28 September

THINKING & COMMUNICATING WITH CLARITY AND PRECISION



Be clear!

- Fuzzy language - 'EVERYBODY thinks that this is so...' Really? Is there not ONE person who doesn't think this way?
- Being accurate when talking and writing
- Avoiding over generalising, distorting, deleting, exaggerating



Enrolments for 2019

If you have a child ready to start school next year, or know of someone else who does, please direct them to our office so we can fill in the required enrolment forms ready for 2019. Similarly, if you will be leaving our school (apart from our Yr 6 students!) also let us know so we can adjust our expected student numbers. There is plenty of space for new families so spread the word! 😊

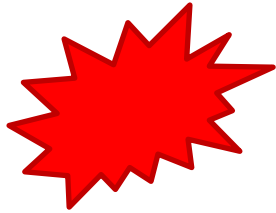
Bushfire Season

As the official bushfire season for the Illawarra was moved forward to September it is timely to remind our community of what happens should our school be evacuated during school hours due to an encroaching bushfire. Should we be informed to evacuate a bus is called and we bus our students to Figtree High School. We contact the department's media unit who will notify local media of our evacuation as well as issue an alert on Skoolbag. The location of our school within bushlands and the dangers of bushfires was actually the initial reason we looked into a form of communication such as Skoolbag, so if you are yet to have this installed on your phone then please reconsider.

On days that are classified as **catastrophic bushfire warning** our school will temporarily cease operation and will not be able to operate until the warning is downgraded.

The State Emergency Operations Centre (SEOC) notifies the Department of Education at approximately **4.30pm** each day when there are catastrophic fire danger ratings predicted for the following day. Since this is too late in the day to send home a note we will rely on Skoolbag and local media sources to inform our community. Please be vigilant in staying informed of the upcoming levels of danger ratings so you can make arrangements for your children should this occur, as obviously staff are also unable to remain present at our school if deemed too dangerous to be operational.





Bunnings Barbeque

The money from this fundraiser goes to pay half of the cost of the coding program currently being undertaken by our students, so directly benefiting every family. Without volunteers it will require to be cancelled. If you have an hour to spare on

Sunday 16 September

please call or text **Jenny Black, Ph: 0423 246 491.**

Habits of Mind

Week two of: Thinking and Communicating with Clarity and Precision. Strive for accurate communication in both written and oral form; avoiding over-generalizations, distortions, deletions and exaggerations.

Extract from <http://www.learningpersonalized.com/think-communicate-clarity-precision/>

How can you become more skillful in thinking and communicating with clarity and precision? A few strategies include:

Mental rehearsal

Inside your head, practice what you are going to say before you say it. Engage your own internal dialogue. The questions you ask and the answers you provide yourself help to clarify and direct your skills and competencies as speaker and listener.

Slow down when you are emotional

When you get angry or exasperated, your rational brain closes down and your emotional brain takes over. You are often tempted to respond impulsively when you lose your cool. Take a deep breath. Count to ten. Give yourself a chance to think before you say something.

Listen to others

Become a spectator of others' language as well as your own. Listen to the words they choose. Seek to understand. When you hear:

- **Vague nouns and pronouns such as in "they" or "students."** Press for specificity by asking, who specifically?
- **Vague verbs, such as "understand" or "improve."** Ask what these terms mean.
- **Comparators, such as "better" or "larger."** The issue is, better than what or larger than what. You must ask to get clarity.
- **Generalizations, such as "Everybody" or "All the time."** Check to see if it really is everybody (even your neighbor?) or all the time—each and every time?

Choose to be silent

Not only is it important to monitor your own thoughts and language, it is also important to know when to be silent. Do not worry that there are periods of silence in your conversation. Silence allows others and yourself to think, to reflect and to compose your thoughts and words.

As Pythagoras said: "Silence is better than unmeaning words."

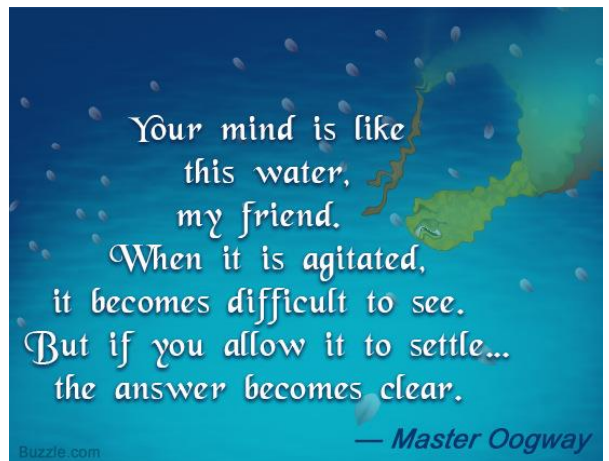
Upcoming Leave

I will be on leave for the last week of this term and the first four weeks of next term. During this time Mrs Newman will be relieving as principal, should you need any assistance. However, students be warned... she has already been given strict instructions not to install a pool!

Have a good day!

Raelene Redfern

Principal



Library News

On Wednesday 29th August we all celebrated Book Week - 'Find Your Treasure' with great enthusiasm and a wonderful sense of fun. Thank you to the staff and students for dressing up and getting into the spirit of the day. Thank you to the parents and grandparents for organising dress-up outfits for the children. Everyone looked amazing! It was great having so many members of the community at our parade too! I hope you enjoyed it!

Congratulations:

Congratulations to Nate for winning the Lolly Guessing Competition! Well done Nate!

Congratulations to the following students for winning the Borrowers' Prize Draw. I hope you enjoyed spending your vouchers at our Book Fair!

K/1 - Jordy, 1 / 2 - Ella, 2/3 - Austin, 4/5 - Dylan F, 5/6 - Luke

Book Fair

Thank you to everyone who supported our Book Fair this year. It was great to see everyone buying new books to read! All the sales will allow our Library to receive lots of new books so thank you for your support. A huge thank you to all the teachers and teachers' aides for helping to run the Book Fair during Book Week. I hope you all enjoyed it and found a book to buy!

Mrs Smith



Future Focused Learners












Year 5 and 6 are developing their leadership roles as they undertake the task of helping Kindergarten and Year 1 learn how to efficiently use technology. The first few lessons are being focused on helping K/1 develop their skills in logging on and off the computer using the correct buttons and letters on the keyboard. 5/6 thoroughly enjoyed their first few sessions with K/1 and are all looking forward to the weeks to come. Thank you, Mrs Keech, for allowing 5/6 this opportunity ☺




Too sick for school?



Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

Bronchitis	Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.	 ... until they are feeling better. Antibiotics may be needed.
Chickenpox (Varicella)	Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.	 ... for 5 days from the onset of the rash and the blisters have dried.
Conjunctivitis	The eye feels 'scratchy', is red and may water. Lids may stick together on waking.	 ... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.
Diarrhoea (no organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	 ... for at least 24 hours after diarrhoea stops.
Fever	A temperature of 38.5°C or more in older infants and children.	 ... until temperature is normal.
Gastroenteritis	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	 ... for at least 24 hours after diarrhoea and/or vomiting stops.
German measles (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	 ... for at least 4 days after the rash appears.
Glandular Fever (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	 ... unless they're feeling unwell.
Hand, Foot and Mouth Disease (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	 ... until all blisters have dried.
Hayfever (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	 ... unless they feel unwell or are taking a medication which makes them sleepy.
Head lice or nits* (Pediculosis)	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	 ... while continuing to treat head lice each night. Tell the school.

Hepatitis A	Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.	... for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.	
Hepatitis B	Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.	... if they have symptoms. Contact your doctor before returning to school.	... if they have a chronic infection (not the first outbreak) and no symptoms.
Impetigo (School sores)	Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.	... until antibiotic treatment starts. Sores should be covered with watertight dressings.	
Influenza	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	... until well.	
Measles	Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.	... for at least 4 days after the rash appears.	
Meningococcal Disease	Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.	Seek medical attention immediately. Patient will need hospital treatment. Close contacts receive antibiotics.	
Molluscum Contagiosum	Multiple small lumps (2–5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.		
Mumps	Fever, swollen and tender glands around the jaw.	... for 9 days after onset of swelling.	
Ringworm* (tinea corporis]	Small scaly patch on the skin surrounded by a pink ring.	... for 24 hours after fungal treatment has begun.	
Runny nose or common cold		... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.	
Scabies*	Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	... until 24 hours after treatment has begun.	
Shigella	Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.	... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.	
Slapped Cheek Syndrome (Parvovirus B19 infection, fifth disease, erythema infectiosum)	Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.	... as it is most infectious before the rash appears.	
Whooping Cough (Pertussis)	Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.	... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.	
Worms (Threadworms, pinworms)	The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.	... and tell the school as other parents will need to know to check their kids.	

* It is important that the rest of the family is checked for head lice, scabies and ringworm

P & C News

Next Meeting: Wednesday 7 November at 7pm in the school library

Father's Day Stall

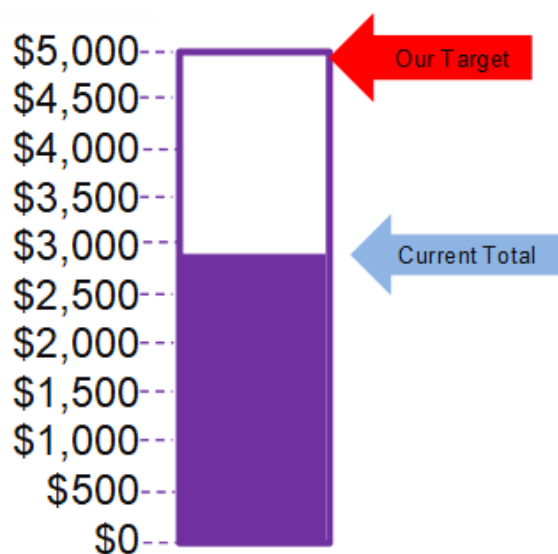
A big thank you to Sharon & Bec for the fantastic job you did organising the Father's Day gifts this year. We made \$395 profit to add to our fundraising total for the year!



Bunnings Warrawong BBQ this SUNDAY

We still need helpers for our Bunnings BBQ fundraiser on Sunday 16 September. Last year's BBQ was extremely successful and we raised \$1,800.00 which went towards the new PA system. If you are available, even for just an hour we would really appreciate your time. Please contact Jen on 0423 246 491 with your availability.

2018 Fundraising Tracker



Proud Sponsor of the First PSSA Basketball sports Program at Illawarra "Snakepit"

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NSW

bike week

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22 - 30 September 2018



Ride the Gong!

Saturday 22 September, 9am - 1pm
Lang Park, Wollongong

FREE activities for riders of all ages and abilities

Getting back on your bike or building your riding skills? Register for one of our free workshops at www.wollongong.nsw.gov.au/roadsafety or 4227 7111. BYO bike and helmet or borrow one of ours.

9.30am - 10.30am: Family cycling workshop Learn how to ride together safely as a family. Includes tips for supervising children on your rides, as well as some basic bike skills.

11am - 12pm: Bike fundamentals workshop Get some skills and tips to make your riding safer and more enjoyable! Includes braking techniques, hand signals, bike set up and helmet fit.

Free bike safety checks Check your bike and pump your tyres thanks to Simple Cycles.

Free helmet exchange Swap your old helmet for a new one with RMS (while stocks last).

Check out our coastal shared paths Bike rentals available from South Coast Bike Hire (discounted fees apply - \$10/hour or \$25/four hours).

Children's entertainment Circus and magic on the move with Tom Foolery.

Information and advice, free giveaways and prizes to be won!

Contact Wollongong City Council (Road Safety Officer) on 4227 7111 or rso@wollongong.nsw.gov.au for more information.

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For more information visit
wollongong.nsw.gov.au/roadsafety



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