



MT KEMBLA PUBLIC SCHOOL

Phone 4271 2565

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

Term Four, Week Ten

Coming Events...

Yr 6 Farewell	Monday 17 December
Talent Quest	Wednesday 19 December
Last day for Students	Wednesday 19 December
First day back for students 2019	Tuesday 29 January



Holiday Season

I hope you all enjoy a happy and safe holidays. If you're looking for something to do there may be some ideas for you at <https://www.visitnsw.com/destinations/south-coast/wollongong-and-surrounds/activities> or <https://www.familydaysout.com/kids-things-to-do-australia/wollongong/nsw>.

We will be all ready for the new school year when students return on

Tuesday 29 January.

School Picnic

To celebrate the end of the year we will be holding a picnic for our students on the last day of school,

Wednesday 19 December.

If you wish your child may bring some treats to share with a group of friends for lunch that day. Please pack normal lunch as well as we will be eating this first. As is always the case we do ask that no nut products are sent to school and we thank you for your support in regards to this request.

Care for Each Other

It is a chaotic, busy and often frustrating, time of year...please be mindful of your frustrations and how easy it can be to take your mood out on others. Rethink your words and actions if you already know you're not in the best frame of mind...I know, much more easily said!

Care for Our Neighbours...Especially When Parking














We have had a number of our neighbours be inconvenienced as people have parked across their driveways making it very difficult for them to exit or enter their homes. We realise all schools have issues with parking but please be considerate of those that live in our area and ensure your younger children are safe as residence try to negotiate their driveways when street parking may limit their range of visibility.

A local resident lost their phone over the weekend, possibly when walking through our school grounds. Should you have found an iPhone anytime from Saturday night please send it to our office.

Habits of Mind

We have looked at each of the individual Habits of Mind and will be revisiting them as needed next year. Please try and build on these habits at home, especially if you notice a particular need in your child.

Habits of Mind...How do you approach a problem?

 <p>1. Persisting <i>Stick to it!</i> Persevering in task through to completion; remaining focused. Looking for ways to reach your goal when stuck. Not giving up.</p>	 <p>2. Managing Impulsivity <i>Take your time!</i> Thinking before acting; remaining calm, thoughtful and deliberative.</p>	 <p>3. Listening with understanding and empathy <i>Understand others!</i> Devoting mental energy to another person's thoughts and ideas; Make an effort to perceive another's point of view and emotions.</p>	 <p>4. Thinking flexibly <i>Look at it another way!</i> Being able to change perspectives, generate alternatives, consider options.</p>
 <p>5. Thinking about your thinking (Metacognition) <i>Know your knowing!</i> Being aware of your own thoughts, strategies, feelings and actions and their effects on others.</p>	 <p>6. Striving for accuracy <i>Check it again!</i> Always doing your best. Setting high standards. Checking and finding ways to improve constantly.</p>	 <p>7. Questioning and problem posing <i>How do you know?</i> Having a questioning attitude; knowing what data are needed & developing questioning strategies to produce those data. Finding problems to solve.</p>	 <p>8. Applying past knowledge to new situations <i>Use what you learn!</i> Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.</p>
 <p>9. Thinking & communicating with clarity and precision <i>Be clear!</i> Strive for accurate communication in both written and oral form; avoiding over-generalizations, distortions, deletions and exaggerations.</p>	 <p>10. Gather data through all senses <i>Use your natural pathways!</i> Pay attention to the world around you. Gather data through all the senses. taste, touch, smell, hearing and sight.</p>	 <p>11. Creating, imagining, and innovating <i>Try a different way!</i> Generating new and novel ideas, fluency, originality</p>	 <p>12. Responding with wonderment and awe <i>Have fun figuring it out!</i> Finding the world awesome, mysterious and being intrigued with phenomena and beauty.</p>
 <p>13. Taking responsible risks <i>Venture out!</i> Being adventuresome; living on the edge of one's competence. Try new things constantly.</p>	 <p>14. Finding humor <i>Laugh a little!</i> Finding the whimsical, incongruous and unexpected. Being able to laugh at one's self.</p>	 <p>15. Thinking interdependently <i>Work together!</i> Being able to work in and learn from others in reciprocal situations. Team work.</p>	 <p>16. Remaining open to continuous learning <i>Learn from experiences!</i> Having humility and pride when admitting we don't know; resisting complacency.</p>

Have a Merry Christmas everyone....and a Happy New Year!

Raelene Redfern
Principal



Principal's *Tropical* Afternoon Tea



WASTE-FREE LUNCHES

A waste-free lunch has no throw-away packaging. Everything in a waste-free lunchbox can be eaten, reused or composted. It's an easy way to provide a healthy lunch with less processed food.

Children learn to **REDUCE, REUSE, RECYCLE** and **COMPOST**

REDUCE...



Reduce the amount of waste we send to landfill. The average Australian household throws away almost 16kg of garbage each week!



Save money and cut food waste by buying food in bulk e.g. seasonal fruit and veg, food in larger packs or tubs (such as low-fat yoghurt, cheese and crackers) and place into small reusable containers.



Reduce the amount the school spends on waste collection. Waste that is compostable provides food for the worm farm.



Use food that doesn't need packaging – such as an apple, a banana, a small carrot or a boiled egg.

REUSE...

- Use containers that can be washed.
- Drink bottles can be refilled with water.
- Prepare extra for dinner and pack leftovers in lunchboxes.



AVOID...

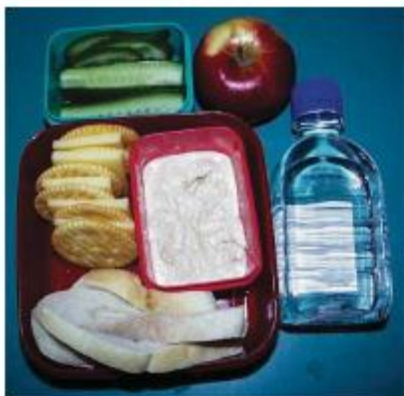
- Steer clear of plastic wrap and foil.
- Don't use disposable items like plates, knives and forks.
- Avoid individually wrapped serves of food or packaged items e.g. chips, small yoghurts.
- Write your name on containers to avoid losing them.



COMPOST...

- Tell your child to put any scraps into the green waste bin – or take it home for composting.
- Encourage your school to compost or have a worm farm.





WHAT TO PACK

1. Main lunch item
2. Nutritious snacks
3. Vegetables or fruit
4. Water
5. Crunch & Sip



ROAD SAFETY INFORMATION

YOU ARE RESPONSIBLE FOR YOUR CHILDREN'S SAFETY WHEN THEY ARE TRAVELLING TO AND FROM SCHOOL.

Ride a bicycle safely

As younger children are still developing the skills needed to ride alone, the safest place to ride bikes, scooters and skateboards is within fenced areas.

Until children are at least 10 years old they should ride away from vehicles and driveways. As they are learning to ride it is important to ride or walk alongside them and talk about how to be a safe bicycle rider.

Children between 10 years old and 12 years old should ride away from busy roads.

Children under 12 and adult riders accompanying and supervising them may ride on the footpath, unless there are signs specifically prohibiting cycling.

Teach your children to be safe bicycle riders by getting them to always:

- follow bicycle road rules including:
 - ride to the left on footpaths
 - give pedestrians right of way on footpaths
 - watch out for cars entering or leaving driveways
- wear a correctly fitted bicycle helmet – it's the law
- wear bright-coloured clothing such as a vest so other road users can see them.

For further support

Go to the department's Road Safety Education program at education.nsw.gov.au/road-safety-education or visit education.nsw.gov.au and search for road safety education.

For older children, think carefully about the following when judging their ability to ride on their own:

- How safe is the travel route?
- What are their riding skills like?
- How aware are they of their surroundings in the traffic environment?
- How well can they manage unexpected hazards?

Your school will have procedures about students bringing bikes onto school grounds. Ensure your children follow these at all times.



FOOTBALL SOUTH COAST



HOLIDAY CLINIC

21 – 24 JANUARY
9.00AM – 12.00PM

For kids aged 5–12 years
Albion Park / Balgownie / Thirroul

FOR MORE INFORMATION:

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