



MT KEMBLA PUBLIC SCHOOL

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

Term Four, Week Five

Coming Events...

Science Fair	Wednesday 21 November
Assembly - Awards	Thursday 22 November
Talent Quest Auditions	Friday 23 November
Science Fair UOW	Wednesday 28 November
Nan Tien Temple	Thursday 29 November
2019 Captains Speeches	Monday 3 December
Scripture Assembly	Thursday 6 December

Taking Responsible Risks

The only man who never makes mistakes is the man who never does anything.

Eleanor Roosevelt



Nice to be Back

Thank you to all the students and families that have welcomed me back after my extended leave. I had a lovely time away on holidays but it's always nice to come home again. After seeing the small apartment living conditions most Singaporeans call home, I hope our students appreciate the space we have here and the bush scape that is Mt Kembla. Thank you to Mrs Newman who filled in for me during my time away. She was certainly busy and we had lots to catch up on!

Kindergarten 2019

Last week we had our Kindergarten Orientation Day for the students who will be joining us next year. They were an extremely settled group of students-to-be who even coped very well with the wet weather that decided to arrive that day. There were a number of siblings so Mrs Keech, Mrs Hungerford and I had to be careful to remember the right names as some siblings look very similar.



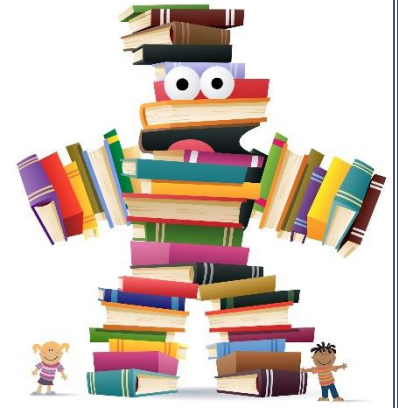
Book and Toy Drive

Don't forget the SRC are collecting new, unwrapped toys and books to assist The Smith Family Christmas Toy and Book Drive...all donations very welcome. A tree will be up in the library later this week for donations to be placed under.

Habits of Mind

Our habit continuing on this week is: Taking Responsible Risks.

Be willing to try something new and different and remember to face the fear of making mistakes or of coming up short by not letting it stop you.



Extract from <http://www.learningpersonalized.com/look-like-take-responsible-risks/>

Two Types of Risk Takers

Risk takers can be placed in two categories: those who see it as a venture and those who see it as adventure.

The **venture** part of risk taking might be described by the venture capitalist. If you, as a responsible risk taker, were approached to take the risk of investing in a new business, you would gather a lot of data first, looking at the markets, analyzing how well organized the sales are, and studying the economic projections. If you finally decide to take the risk and invest, it is a well-considered one.

The **adventure** part of risk taking might be described by the experiences of an entrepreneur. You are inclined to "go with your gut." You might take a risk based on your past experience and an intuitive feeling that it is worth the chance.

In either scenario, responsible risk takers will take the chance if they know that there is either past history that suggests that what they are doing is not going to be life threatening or if they believe that there is enough support in the group to protect them from harm. Ultimately, the research about learning from such high-risk experiences suggests that people are far more able to take actions than they previously believed.

Holding Back from Risks

When someone holds back from taking risks, they may miss many opportunities. For example, sometimes you may feel reluctant to take risks. You may be more afraid of being wrong than you are willing to take the chance of being right. You may hold back in games because you are afraid of losing. Your fear of learning by challenging yourself may outweigh the possibilities of venture or adventure.

Your mental voice says, "if you don't try it, you won't be wrong" or "if you try it and you are wrong, you will look stupid." The other voice that might say, "if you don't try it, you will never know," is trapped in fear and mistrust.

Instead, you can develop the capacity to live with some uncertainty: to be challenged by the process of finding an answer rather than by avoiding what you don't know. You can learn how to sustain a process of problem solving and finding the answer over time rather than giving up.

You can identify with being diverse, thinking differently, and going against the common grain. You can learn how to test ideas with your peers and teachers. If you learn how to take a chance, you are likely to find your creative, innovative spirit, and that will help you to solve the problems of our complex, rapidly changing world.

Have a good day!

Raelene Redfern
Principal

Lunch Boxes

WHAT TO PACK

Crunch & Sip

- Pack some veggie sticks or fruit & water for a quick refuel



Morning Tea

- Fresh fruit
- Wholemeal crackers with cheese
- Yoghurt tubs
- Homemade muffins
- Air popped corn
- Boiled egg

Lunch

- Pick & mix with veg sticks, hommus & tzatziki
- Sandwiches & wraps with lean meats & salad fillings
- Leftovers

Drink

- Always pack water
- Light milk

QUICK TIPS:

- ✓ Involve kids in packing their lunch box.
- ✓ Keep it simple and fresh.
- ✓ Use left overs.
- ✓ Plan ahead and save.
- ✓ Provide healthy afternoon tea and some time outside to play.



Health
Illawarra Shoalhaven
Local Health District

Lunch Ideas



MORE INFO:



Follow: @lookatlunches



Receive fortnightly e-newsletters by sending your name, email address and postcode to lookatlunches@gmail.com

Let's Look at Lunches is a Northern NSW Local Health District resource.



Health
Illawarra Shoalhaven
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Have FUN getting ACTIVE with your kids!

Bike rides, walks, ball games or visit a new park



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WE ALL HAVE A
PLAYROOM.
IT'S CALLED
OUTSIDE

Illawarra Shoalhaven Local Health District

kidshelpline 
Anytime | Any Reason

We're here for your kids, if they need support they can...



Call us for FREE
1800 55 1800



Email us



WebChat with us

Parents! For more information and resources,
please check out our Kids Helpline parents section

kidshelpline.com.au/parents