



## Kearsley Public School

### NEWSLETTER

*"Individuals Achieving Goals Together"*

Principal: Todd Osland

FORTNIGHTLY

Thursday 8 March 2012

Issue: 5

Phone: 49901705

Fax: 49911018

130 Caledonia St

Kearsley 2325

**Email:**

[kearsley-p.school@det.nsw.edu.au](mailto:kearsley-p.school@det.nsw.edu.au)

**Website:**

[www.kearsley-p.schools.nsw.edu.au](http://www.kearsley-p.schools.nsw.edu.au)

## From The Principals Desk

**Kearsley Public School** continues to *impress me* with the continued support and positive school community. The weather has continued to be difficult with very trying conditions for all in the school. We have started our actions to create a **drop off zone** at the side of the school, behind the library (Allandale Street). This will minimize the walking distance for students in wet weather conditions. More information will be provided as we further develop this concept with both the RTA and Cessnock Council.

Priority Schools Program (**PSP**) **surveys** have gone home and need to be returned this week in order for the school to apply for additional funding to support Literacy, Numeracy and Community Partnerships. Thank you to all families who filled them in. The \$25 Coles voucher will be drawn on Tuesday.

In the coming weeks we will see *some changes in our playground*. We are getting a 12 metre cover to go over the fixed equipment in order to utilise it in all conditions. We ask all students and parent to be aware of the fenced off areas and avoid it where possible. We have been assured of minimal disruptions. Thank you to P&C for their contributions. Also the guttering on the main cola ( were students face to line up) is to be updated to improve the amounts of water that comes off the roof. This could change where the students enter to go into Year 4 and 5/6.

The school would like to have *a community working bee* to co-create and build upon the impressive playground and features we already have. We are considering improving the Vegetable garden and front entry area, signage around the school, concrete paths, gate relocation, painting tables and general maintenance. We would like to also consider a chicken coop if we can. Any support through labour, materials and general support would be greatly appreciated. We are considering a Friday afternoon or Saturday morning to suit the majority. Please contact the school if you can support us in *making Kearsley the best it can be*. Children can attend. Your support is appreciated.

### Important Dates:

9 March	PSP Survey Forms Due Back
13 March	P&C AGM Meeting 9.15am
3 April	School Photos
5 April	Easter Hat Parade & Raffle Draw
5 April	Last Day Term 1
6 April	Good Friday
23 April	Staff Development & Training Day
24 April	Students Return Term 2

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## Class Awards

	Mrs Pitt	Ms Uhle	Mrs Alcevski	Mrs Fairlie	Ms King
<b>Week 5</b>	Seth A	Lachlan W	Leah-Maree P	Bradley R	Abbie G
	Bailey I	Jake G	Liam O	Ethan E	Jackson H
	Trenten M		Tyluh S		
	Jorja K				
<b>Student of the week: Justin P</b>					
<b>Week 6</b>	Bayley B	Justin P	Claudia H	Jade G	Tarron W
	Jye D	Oliver C	Jessica G	Ethan E	Nina R
<b>Student of the week: Ebony B</b>					

## Principal's Awards

Each week at assembly one student from each class will be presented with a Principal's Award. This award recognizes the student who has upheld our core values of Respect Responsibility and Learning. These awards will commence this Friday.

## COLES SPORTS FOR SCHOOLS

A **HUGE** thankyou to all parents, carers and community members who handed in tokens to our school for the Coles Sports for Schools drive. We received our ordered equipment last week and the students were ecstatic with our new gear. We are eagerly awaiting our next cricket match to test it out. We were lucky enough to receive the following items:

- 3 pairs of Gray Nicholls batting gloves
- 2 Gray Nicholls Cricket bats
- 1 pair Gray Nicholls keepers gloves
- 3 Gray Nicholls helmets
- 20 Padded protectors (Hectors)
- 1 wheelable kit bag
- 5 summit kicking tees
- 24 Wilson tennis rackets
- 1 airflow softball



Thankyou to Mrs Ellis and children for the massive task of counting the vouchers and her organisation. The students and staff really appreciate it.

## VOLUNTARY SCHOOL FEES

Thank you to the families who have promptly paid their school fees. Please make your payment by the end of Term 1 to go into the draw for a \$25 voucher.

- Families with 1 student  
\$30 (\$7.50 per term)
- Families with 2 students  
\$50 (12.50 per term)
- Families with 3 students or more  
\$60 (\$15.00 per term)



## P & C ANNUAL GENERAL MEETING

The Kearsley Public School P & C AGM will be held on **Tuesday 13 March 2012 at 9.15am** in the school library. All positions have been declared vacant. We would love to see some new faces as well as our hard working regulars attend this very important meeting.

## KEARSLEY COUGARS SOCCER CLUB NEEDS YOU!!!

Kearsley Cougars Soccer Club is looking for more children to join their club ASAP. If more children aren't found the club may have to disband and this would be devastating for the local community and children who have signed up so far. For further information please phone **Tina on 0411389689 OR Julianne on 49913108**. You can also pick up a flyer at the school office or ring and we will send one home with your child.

## COMMUNITY NEWS

**Parent  
Line**

**1300 1300 52**



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NEW TO THE  
**CESSNOCK CIVIC INDOOR  
SPORTS CENTRE  
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MONDAY 5<sup>TH</sup> MARCH**

Junior Class 5pm - 5.45pm (10yrs and under)

Open Class 6.00 - 7.00pm

**OPEN TO ALL AGES**

**FIRST LESSON FREE**

INSTRUCTORS: BILL YOUNG (7<sup>TH</sup> DAN),

NATALIE YOUNG (3<sup>RD</sup> DAN)

JOSEPH COX (1<sup>ST</sup> DAN) 65764364 OR 0402806701

Dear Parents,

The Staff of team "Le Krasey Krew" are holding a "100 Club". Numbers can be purchased from the office.

All proceeds go towards our fundraising efforts for The Cancer Council's Relay for Life. Your support is very much appreciated.

Thank you,

Le Krasey Krew Team

(Kearsley Teachers & Staff)



Don't forget to check  
out our new website at  
**www.kearsley-  
p.schools.nsw.edu.au**

## Kearsley Canteen Roster - Term 1 2012

March				
Mon	Tue	Wed	Thur	Fri
			1 Allison Powell Tammy Trappel	2 Kristy Callaghan Melva McLennan
5 CLOSED	6 CLOSED	7 Amanda Vine Nathan McInnes	8 <i>Help wanted</i>	9 Amanda Penfold Katrina McGill
12 CLOSED	13 Vanessa Rockley Amy Archibold	14 Katrina McGill Wes/ Tina Batey	15 Allison Powell Tammy Trappel	16 Kristy Callaghan Melva McLennan
19 CLOSED	20 Cherie Robinson Sarah Gurnhill	21 Amanda Vine Nathan McInnes	22 Faye Brodie Paul Suvaal	23 Amanda Penfold Katrina McGill
26 CLOSED	27 Julianne Duggan Jane Hayes	28 Sandy Robinson <i>Angela</i>	29 Allison Powell Tammy Trappel	30 Kristy Callaghan Melva McLennan

**PLEASE NOTE:** The above roster is out of date a new roster will go home shortly. Your canteen insurance is now due. Please pay your \$2.00 P & C/Canteen membership to the school office before you start your first shift for 2012.

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**1300 1300 52**



## **Back to School Adjustments**

Whilst the facebook photos of your friends' children may indicate otherwise, the transition back to school can involve lots of adjustments and challenges for both children and parents. Whilst change is a constant, we are all creatures of habit and adjusting to change can be quite stressful and also result in concerning behaviours, which if unaddressed, can become more problematic.

Some of the adjustment related behaviours and concerns that parents and carers have rung Parent Line for information, advice and support with, include the following:

- Distress about and/or refusal to attend school
- Sleep issues and concerns
- Increased anger and irritability
- Temper tantrums
- Homework and study issues
- Friendship and playground issues and concerns
- Behavioural concerns at school

Of course, problems are not usually confined to the children in the family and frequently the stress and anxiety involved in dealing with one unhappy family member impacts on everyone.

The following strategies have been compiled by the Parent Line Counselling team, to help families in adjusting to change and managing some of the challenges associated with difficult transition periods.

Try to attend to the basics first, like sleep, nutrition, exercise and relaxation.

Try to have realistic expectations about this period and to prepare for possible challenges associated with adjusting to change, new routines, expectations etc. This might mean cutting children a bit of slack initially as they come home from school exhausted and cranky, making sure they get time for refreshments and replenishment once home, before engaging in after-school activities etc.

- Check in regularly with your kids and keep the lines of communication open with them. Acknowledge and normalise that transitions are hard and that it takes time to get used to new routines etc. Share funny stories of your own struggles with change.
- Try to establish a school/work/home balance, with plenty of opportunities for 'down time'. For example, not taking on too many commitments and after school activities at once. One activity per child is often quite sufficient, so both children and parents may therefore have to prioritise interests.
- Implement a homework routine, have a designated time and space for homework, as well as opportunities for children to seek parental assistance and support with homework.

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Develop clear expectations about family responsibilities/chores, reward systems (e.g. pocket money) and consequences for non-completion.

- Be gentle with yourself and monitor your own stress levels. Try to take regular 'time out' even if it's a few minutes here and there for deep breathing, a cup of tea, walk etc
- Repair relationships when there are ruptures. We are only human and all parents will 'lose it' on occasion under stress. It's good modelling for children when we can take responsibility and apologise for mistakes.

Seek support and assistance with challenges. Stress can isolate us and cause us to withdraw when what we really need is to reach out.

**Parent Line counsellors are on call 24/7 to discuss any issues that relate to your family, there is also information on our website**

**[www.parentline.org.au](http://www.parentline.org.au) OR call 1300 1300 52**

# PLAY FOOTBALL



Kearsley Cougars Soccer Club

WE ARE FOOTBALL

Have fun with friends, learn new skills and stay healthy and active. REGISTER TO PLAY WITH YOUR LOCAL CLUB AT [MYFOOTBALLCLUB.COM.AU](http://MYFOOTBALLCLUB.COM.AU)

**Kearsley Cougars Soccer WANTS YOU!**


Check us out at [www.kearsleycougars.sportingpulse.net](http://www.kearsleycougars.sportingpulse.net)

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**CESSNOCK**

2.00pm Saturday – 10.00am Sunday  
17th & 18th March 2012  
Baddeley Park, Vincent Street, Cessnock  
M: 0428 253 552