PRINCIPAL'S REPORT:

Welcome to week 3 of Term 4.

The Tell Them From Me parent survey can now be accessed until 23 October (this is an additional week). You are a valued part of the school community and we would like to hear from you through this survey which has a focus on student engagement, wellbeing and effective teaching practices. It takes 15 minutes to complete and is anonymous and voluntary. The survey can be accessed through www.tellthemfromme.com

Parent user name = parent18492
Parent password = Kap3923

Please take the time to have your say. Computers will be available again in the library this afternoon and tomorrow afternoon if you wish to come to school a little earlier to pick your child up and use these for the survey.

On Monday October 26, 3/4/5/6 perform at the Civic Theatre in CHORDS at a matinee performance for other schools and an evening performance for the general public. Six students Cello, Caitlyn, Skylah, Raylene, Sebastian and Frazer are also involved in the Core Choir, committed to attending every performance for the four days CHORDS is being staged. Tickets for the evening performance went on sale in the second week of the holidays. Congratulations to Raylene who is performing a solo part in the performance.

On Wednesday 21 October, our Envirochamps, Kyah, Rylan and Kayleigh will present their project for our school, ‘Tackling Waste’, at North Wagga Public School. They weighed the rubbish from recess and lunch last Friday 16 October and 3/4/5/6 (the worst class for rubbish at the original weigh in) won with the least amount of rubbish brought to school. Well done. Thank you to all of the parents who have changed the way they send their child’s food to school.

Kayleigh, who is part of the Riverina Choir, will be performing at the Opera House on the evening Tuesday 27 October 2015. She will be travelling to Sydney by bus on 26 October and returning on Wednesday 28 October. This is a wonderful opportunity for Kayleigh and we wish her a happy experience.

Years 1, 2 and 3 will be taking a day trip to Canberra on 23 October to go to Questacon, Cockington Green and the Australian Institute of Sport. We wish them a fun-filled, learning day.

Kindergarten Orientation begins on Thursday 29 October for the next three weeks. We are looking forward to welcoming these students to our school. All of the children from the Thursday session of Kapooka Early Education Centre (KEEC) are attending an orientation session on 19 November to give them a school experience. The Tuesday KEEC session will also be coming to the library in the afternoon to listen to a story to give them exposure to a school.

Thinking of applying for a Selective High School placement for 2017. Please contact the school for an information booklet.

Key dates for this are:

- Tuesday 13 October 2015 Application website opens.
- Monday 16 November 2015 Application website closes. Late applications will not be accepted.
- Thursday 25 February 2016 Test authority letter sent by mail and email.
- Thursday 10 March 2016 Selective High School Placement Test.
- Early July 2016 Placement outcome information.

The Blue Earth program and a 4 week hockey program have begun this term on Thursdays and Fridays.

Save the date! On 5 November students from 3/4/5/6 will present persuasive arguments through creative visual text about what is good about attending small schools. These will be screened at Wagga Wagga Public School hall along with the creations from the other small schools in our network. The students are enjoying learning and creating together and would like to invite you to this premier. All of our community is welcome to attend, not just the parents of 3/4/5/6. More details will be available next week.

On Saturday 24 October our P&C is running a fundraising barbeque at Masters. Thank you to all of those who have put their name on the roster to assist on the day. If you are still able to assist, please see Mel or Jordan. Purchasing a sausage on the day from the barbeque is another way of supporting our P&C’s efforts. The money they raise in all of their fundraisers goes to support all of the students in the school through subsidising excursions and programs and purchasing resources.

Regards Lyn
**DIARY**

**Term 4 - October**
- 21 - Envirochamps at North WWPS 9.30-2.15
- 22 - P&C meeting, 9.15am
- 23 - Canberra exc - yrs 1,2,3
- 26 - CHORDS rehearsal and matinee

26-29 - CHORDS week
- 29 - Kinder Orientation day
- 30 - CANTEEN - morning tea
  - Day or Daniel - wear red and gold coin donation.

**November**
- 5 - Kinder Orientation day
  - MOVIE NIGHT @ Wagga Public Sch hall.
- 6 - ASSEMBLY 1/2. 2.30
- 12 - Kinder Orientation day
- 13 - Uniform shop CLOSED
- 19 - School Parliament 12.15
  - P&C meeting
- 20 - CANTEEN - lunch
- 27 - Uniform shop CLOSED
  - ASSEMBLY K/1, 2.30pm

**December**
- 3 - Presentation Evening
  - Reports home
  - WWHS Yr6 Orientation
- 10 - Year 6 dinner
- 11 - BLUE level reward
- 14 - GOLD level reward
- 16 - Students last day
- 17 - Staff Development day
- 18 - Staff Development day

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**School Banking** - Friday
- Uniform shop - Friday from 9:15am til 9.30am
  - NO EFTPOS available
  - only CASH or CHEQUE

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**Kapooka School APP**
- http://www.myauschools.com
- Username - community
- Password - kapookaaps

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**AWARDS:**

- **Table Champions** - 1/2 - Millicent, Mickeely, Blake, 3/4/5/6 - Olivia, Cadence, Blayne, Cooper and Ben.
- **Merit Certificates** - 3/4/5/6 - Caitlyn, Luke, Stephanie, Raelene
- **Student of the Week** - 3/4/5/6 - Blayne, Katie

*Congratulations to all the above students. Well Done!*  

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**SCHOOL NEWS:**

- **Work Book Fees.** We still have outstanding work books fees. Your children received the books that the school paid for in February, which we have passed onto you at a reduced cost. Please reimburse the school the outstanding amount for your child/children.
- **CHORDS** - tickets went on sale last week. $20 single entry or $60 family (2 adults/2children), extra child @ $10. Available from Wagga Civic Theatre
  - **Monday 26 October** - 3/4/5/6 travel to Civic Theatre for rehearsal and matinee performance. Travel by bus @ cost of $2.00. *Leave 9.15 sharp*
  - Wear your T-shirt/black pants, socks, shoes on Monday.
  - We still have students with outstanding bus fees and t-shirt costs for CHORDS. Would you please pay ASAP. New notes sent home today.
- **School Parliament** are holding a **DAY FOR DANIEL** on Friday 30th October. Please wear RED and bring along a gold coin donation.

**P & C NEWS:**

- ✦ Canteen - morning tea on Friday 30th October.
- ✦ Girls WINTER TUNICS - Please return to Mel on Uniform shop days and not the office to receive your refundable $10.00 hire fee.
- ✦ **MASTERS BBQ** - 24th October. **2hr shifts**, unless you bring children under 5 with you, then it will be a **1hr shift**. Please help on the day to lighten the load.
- ✦ **CAR BOOT SALE** - is not being run by Kapooka School, Blamey Community group are running one.

**Chocolate roster person is:**
- Charis Richardson  
  - 20th October
- Rachael Fox  
  - 27th October
- Jordon Roberts  
  - 3rd November

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**Cricket**

South Wagga Cricket Club still requires three to four players for their under 13’s team this season. If there are any year 5 or 6 boys or girls who are still looking for a game of cricket, please contact, Craig Orr on 6933 1135 or 0439 677 927 or Jill_orr@bigpond.com
Tantalising Thirteen - ten parenting tips by Michael Grose
As a mum of two teenagers, I found this article of great value!

"Thirteen is a pivotal age. It has been described as an age of rebirth where the teen takes over from the child. This age group is often very needy and respond well to confident, firm parenting. In many ways, this age mirrors the age when your child moved from being an infant to being a toddler.

It's a stage in which their body undergoes massive changes, while their brain and emotional state are undergoing a separate set of challenges.

Here are ten tips to help:

1. **Watch for the swings**
Thirteen year olds can swing between great dependency on you and great competence. These swings can be unpredictable and confusing for parents. It helps to stay out of arguments and reinforce that you are there to help and support.

2. **Be prepared for your daughter to regress.**
A thirteen year old's brain is being completely rewired, which leaves many becoming, baby-like, disorganised and cranky. It seems a little worse for girls than boys at this age. You may find she is both cuddlier and crankier than in previous years so enjoy the opportunity to be close, but stay out of pointless arguments.

3. **Stand up to your son.**
Boys can challenge their mother's authority at this age, if it hasn’t happened before. It’s a time to stand firm, take no nonsense, but at the same time to be nurturant of your young person.

4. **Be prepared to be the bad guy**
Thirteen can be an age of great risk so they need parents who they can depend on to set firm boundaries and look out for their safety. They may even blame you for not being allowed to go out, but it’s okay to take the fall to keep your young person safe.

5. **Watch your language**
Thirteen year olds are very sensitive to criticism so be careful how you frame your feedback so they take it on board. They may even have difficulty working out if your criticism is real or perceived.

6. **Reassure them that bad stuff is temporary.**
Many thirteen year olds live in the now. This propensity to live and think in the now means they may see challenges and difficulties as permanent. Rational parental reassurance can overcome catastrophizing.

7. **Be prepared to be their wingman**
Thirteen year olds have short attention spans so they need adult backup in the form of minders and reminders. If you find yourself nagging, then go visual: leave them notes, use a noticeboard and give them one instruction at a time.

8. **Encourage their maturity**
Compliment them on mature and responsible behaviour when you see it. Like a toddler they need plenty of encouragement to guide their behaviour in the right direction.

9. **Spend time together**
Make sure you create opportunities to spend time together to build your relationship. Have fun together to build your relationship and to build immunity against anxiety and uncertainty, which is common among thirteen year olds.

10. **Get your parenting mix right.**
Your thirteen year old needs a mixture of support, guidance, containment and nurturance to help them navigate through a potentially challenging phase."

Kind regards, Thérèse therese.mctavish1@det.nsw.edu.au
Family Fun Night

Kapooka Public School Families and friends are invited to attend the Kapooka Preschool ‘Family Fun Night’ at Noah’s Ark on Friday 30th October 5.30—7.30pm

ENTRY: FREE

RSVP List: Please place your families name on sheet at the sign in and out desk.

PLEASE NOTE: SOCKS are required. Parents/guardians are responsible for their own children. Please ensure your children are adequately supervised. Remind older school children to play safely and remember little ones will be around. Feel free to bring a water bottle. We hope you can join us for the committee sponsored activity. Don’t forget your drink bottles.

TEDDY BEARS PICNIC

SUNDAY 25 OCTOBER, 2015

COLLINS PARK, Forsyth St, Wagga Wagga
10am to 2pm

A Great way to celebrate
www.grandparentsday.org.au/

WAGGA WAGGA TRI SERVICE CHRISTMAS TREAT

Open to all Defence (ADF, APS & Contractors), Wagga Police and Forest Hill RFS families.

When: Friday, 20th NOV
Where: RAFF BASE WAGGA
Time: 1600-1900

Free unlimited rides (for all ages), face painting, inflatable slide (bring your logs) petting zoo & more!

$10 per child for a gift from Santa + a show bag.

ALL ATTENDEES MUST REGISTER FOR THIS EVENT (FOR CATERING & ACCESS PURPOSES)

Email victoria.watkins@defence.gov.au or register with your Unit POC

Santa gifts tickets available for $10 through your Unit POC.

Proud Sponsors:

REGISTERATION OPEN 1 SEP - 30 OCT

Proud Sponsors:

ALL PROCEEDS TO
Ronald McDonald House
WAGGA WAGGA
Incorporating 93.1
StarFM Kids Kottage.

Market stalls, entertainment and food.

FREE ENTRY TO
ALL AGES

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