Welcome to week 4 of Term 2.

Principal's Report:

We were very lucky with the weather for our Small Schools Athletics Carnival on Friday (8 May). Although it came over cold in the afternoon it did not rain. Congratulations to all of our competitors, each one gave everything to the events they were in and cheered each other on. Thank you to Ladysmith school for organising and running the day so efficiently and to Mrs Miller for being our team manager and Mrs Ray for running the long jump. Some certificates were awarded on the day and the rest have been given out today. Well done to Ceilo and Bethony who tied with two other girls for the twelve years girls’ age champion.

At the meeting to outline what is involved in our Science Club last Friday (8 May), Jade Tinney, who teaches science at The Rock Central School, outlined the Young Scientist Award and how our students and their families can become involved. The project the students will be doing will centre around each students’ interest in a topic. From there research will be done and an experiment designed and completed followed by writing about the process and results. These will be submitted to Sydney for judging. Jade will be facilitating this process through the club which will meet at 2:30pm on Fridays beginning this Friday (15 May). Parents are welcome to join their child at this time to work together. The projects will involve the family as well, as parts of it will be done at home. This opportunity is for all students K-year 6. Your child is welcome to attend on Friday, a note will be given to them on that day to bring home to confirm your commitment to assisting with the project as necessary. If your child begins the project then feels they cannot commit to it that is fine, however, we would like to send as many as possible into the competition.

NAPLAN testing is happening for years 3 and 5 this week. On Tuesday the 12th language conventions and writing will be tested, on Wednesday the 13th reading will be tested and on Thursday 14th numeracy is tested.

On Friday 15th May, all teaching staff will continue their professional learning through an online course about autism. This will occur at school for the first half of the day. Also on this day the first session of our 5 week sessions for backyard NRL will begin.

A permission note has already been sent home for our visit to the Civic Theatre to see the Sydney Symphony Orchestra perform. Please return this note as soon as possible if you have not already done so.

Assembly date has changed for this week. Assembly, run by 3/4/5/6 will now be held on Thursday 14th May at 2.30pm in the Library.

There will be no newsletter next week (Monday 18th May) as Mrs Geale will be attending a SASS (School Administration Support Staff) Conference in Albury on Monday 18th and Tuesday 19th May.

I will be on long service leave on Friday 15 May as I am competing with my singing group Murrumbidgee Magic Chorus at a Sweet Adelines Convention in Hobart over the weekend. Mrs Miller will be taking 3/4/5/6.

Regards Lyn
**DIARY**

**Term 2 - May**

- 12 to 14 - NAPLAN Yr 3 and 5
- 14 - Mobile Library, 11.30-1.00
- Assembly 3/4/5/6, 2.30
- 15 - Mrs Eacott on leave
- 18-19 - Mrs Geale at Albury Conference
- 20 - BIGGEST MORNING TEA
- 21 - Sydney Symphony Orchestra, Civic Theatre
- 22 - Canberra excursion payment due $40.00
- 25 - Wagga PSSA Cross Country
- 27 - Wagga PSSA Athletics
- 28 - Mobile Library, 11.30-1.00
- 29 - Assembly, 1/2, 2.30pm

**JUNE**

1 - School Counsellor @ sch
3 - Dance begins
4 - P & C Meeting, 9.15am
8 - Queen’s Birthday - Public Holiday
9 - Riverina PSSA Cross Country in Deniliquin
11 - Mobile Library, 11.30-1.00
15 - Work experience student
19 - Canberra excursion payment due - $40.00
- Assembly K/1, 2.30pm
24 - Reports home
25 - Mobile Library, 11.30-1.00
26 - Last day of Term 2
29 - June to 10 July School holidays.

**July**

13 - Staff Development day
14 - Students return to school

**School Banking - Friday**

- Uniform shop - Fri:9-1:15am
- NO EFTPOS available only CASH or CHEQUE

**Kapooka School APP**

http://www.myauschools.com

Username - community
Password - kapookaps

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**AWARDS:**

Table Champions: Frazer, Sebastian, Cla, Cadence, Ben, Raelene

**SCHOOL NEWS:**

- **Sydney Symphony Orchestra** - Cost is $2.00 bus and $10.00 for the concert. Those families who have paid their work book fees only need pay $2.00.
- **Work Book Fees.** There are many families still with outstanding work book fees. Cindy sent home notes to those families. We would appreciate these fees being paid ASAP. If you would like to discuss the fees in any way, please see Robyn or Lyn.
- **Biggest Morning Tea,** will be held on Wednesday 20th May at 10.55am. Items may be left in the art room on the morning of 20th May.
- **Family Fun Night, don’t forget,** Kapooka Pre school - Friday 15th May, 5.30-7.30pm. Kapooka School families are invited. Please RSVP to the pre-school if you are attending. Is a FREE night.
- **Food Allergy Week 17-23 May** - Did you know that 1 in 10 babies born in Australia will develop a food allergy? The Food Allergy Week website has lots of great information, ideas and resources to help you be more. Find out more: [http://www.foodallergyaware.com.au](http://www.foodallergyaware.com.au)

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**P & C NEWS:**

- Our next P & C meeting will be held this Thursday 14th May 9.15am. Everyone welcome.
- **MOTHER’S DAY STALL** - A very big THANK YOU to Rachael for picking out such awesome gifts for our Mother’s Day stall. The students loved choosing gifts for their special Mum’s! I would also like to thank Bethony, Stephanie and Chloe who offered their awesome gift wrapping skills on the day! Thank you very much girls. I would also like to thank Jordan and Ally for all their help also. Hope all our Mum’s enjoyed their special gifts the children chose for them and they had a lovely Mother’s day.

Chocolate roster person is: Jordon Roberts (12th May)
Charis Richardson (19th May)

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**REPORTS:**

Creative Catchment Kids Report

On Wednesday, 6th May, we went into the library and talked about the book we are making. Ladysmith, Uranquinty, Collingullie, South Wagga and Kapooka (our School) all attended this meeting. This year our topic is a pest of our choice and a person who has methods to deal/get rid of them. Our little group, consisted of Bethony, Taylah, Kyah and Kayleigh. We chose the fruit fly for our pest of choice. By Taylah

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**Chess** -

Chess was a huge success! Sadly, the team playing against Kapooka A, had forfeited, so it was only Kapooka B playing. The games were held in our school library and the four boys we were playing against were kind and fair. By Bethony

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**Small Schools’ Athletics carnival**

On Friday, 8th May, lots of kids from Kapooka competed in the PSSA Small Schools’ Athletics carnival. Kapooka students placed lots of times in lots of areas: shot put, 100m, 200m, 800m, long jump, high jump and in the relays. By Sebastian

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**NOTES - RETURN BY:**

- Sydney Symphony Orchestra - note/money due Friday 15th May.
- EnviroChamps Day - due back by Wednesday 27/5
Go Slow Childhood by Maggie Dent.

“We want our children to be able to manage living in our chaotic world and avoid becoming overwhelmed by the speediness and busyness of modern life. Maggie Dent has some top tips for calming down our children’s lives and go-slow living.

Now that we are part of the way through the year and the lazy days of summer are behind us, how is your family travelling? Are you feeling that you’re living life at a good pace, or has the year bolted from the gates and left you scrambling to keep up?

Stress is a new challenge to children’s health and social wellbeing in our modern world. The ‘hurried child’ and the over-scheduled child are modern developments. We have sped up the pace of life and living. We live in an instant world where we expect everything NOW.

Children take all of childhood to grow — to learn how to think, learn, process information, behave appropriately, manage their lives, dress themselves, find their way home and learn who they are! We cannot rush this vital development.

Consistent stress becomes distress and the brain is seriously affected. Irrational behaviour, unstable emotions, sleeplessness and defiance are potential signs that a child is stressed, and struggling. We want our children to be able to manage living in our chaotic world and avoid becoming overwhelmed by the speediness and busyness of modern life. One of the best ways to do this is by calming our children’s lives.

So perhaps now is a good time to take stock and implement some strategies in your life to slow things down a little and create a calm environment for your kids and yourself.

TOP TIPS FOR GO!SLOW LIVING

Stop rushing

Stressed parents who rush everywhere are one of the main sources of stress and anxiety in children. Always plan to leave 20 mins before you need to so when things don’t go to plan (do they ever?) you won’t be under so much pressure. Also use visual reminders (for younger children), lists and rosters (for older children) to help prompt children with things like brushing their teeth, remembering to feed the dog or packing their school bag.

Breathe

Healthy breathing has always helped to soothe our stressed psyches. There are many breathing techniques that help restore the calmness response in our bodies. A good and simple one is taking three sighs — and pausing after the third one. Or take three deep breaths with the outward breath being longer than the inward breath, count to five and do it again. This is a simple technique that you can teach children and adolescents, and it won’t do you any harm either!

Get some sleep

Consistent boundaries around sleep are important for everyone. Sleep deprivation and inconsistent bed times impact on learning, mood moderation and behaviour. The brain needs deep sleep to renew cells and grow new neurons for learning. Good sleep also contributes to better emotional stability and a more agreeable demeanour. Make sure you have family rules about phones and other devices getting switched off at a reasonable hour and kept out of bedrooms, especially for teens.

Slow it down

Try walking slower, talking slower and being more mindful or present in your day-to-day life (there are millions of books and online resources to teach mindfulness). Also ask what you can take out of your life so that you can be a calmer parent, especially in the early years — avoid wearing too many hats when your children are young. Ask the same of your children’s lives if they have a lot of activities.

Enjoy the quiet

Homes that consciously create calm and quiet times are building enormous support structures that will help children feel safe, allow them to enjoy their own quiet company and lower the stress levels within their growing bodies. Have regular times in your house where everything is switched off and everyone in the family takes time out to just ‘be’ instead of doing all the time.

Soothe more

Especially when your children are little, really focus on soothing and comforting them quickly, especially through safe touch and low soothing sounds. As they get older, reassure your children they are valued, safe, and that mistakes and accidents are normal.

Go outside

Spending time in nature has enormous benefits for us all. Make sure you and your family frequently spend time outdoors, whether it’s picnicking on the back lawn, walking on the beach or visiting a park.

In the greater scheme of life, our children are only children for such a short time. Let’s not rush it.

Have a great week,

Kind regards, Thérèse

therese.mctavish1@det.nsw.edu.au
**The simplest way to increase your vegies**

Eat vegetables throughout the day.
- It's hard to get all your vegies at dinner. Try veggie sticks with low-fat dip like guacamole or salsa, or veggie pancakes - mix creamed corn, grated zucchini or carrot into pikelet batter before cooking.

Decrease the meat in your meals and add more vegetables.
- For a family of four all you need is 400g of lean meat, fish or poultry per meal. Top up with lots of extra veg.
  - Hint: chickpeas, lentils and beans are rich in protein and will help curb big appetites!

Add vegetables to all your meals.
- Meals that are easy to add extra veg to are casseroles, stir-fries, pizzas, even the humble omelette!

For more information visit:
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at facebook.com/eatittobeatit

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**The simplest way to drink the right amount of water**

We need to consume around 2 litres of water every day.

It sounds like a lot – but remember you get water from both drinking and eating the right foods.

Here's some tips to help you and your family stay hydrated:
- Carry a water bottle with you wherever you go.
- Mix 125mL of fruit juice with sparkling water for a treat.
- Add tinned or fresh fruit pieces to ice block moulds for a snack.
- Make sure a frozen water bottle is part of your kids' lunch box every day.

Getting the right amount of water is important all year round, but vital on these hot Summer days!

For more information visit:
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at facebook.com/eatittobeatit

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**A Quick Bite ...**

Start Right with a Vegie Garden at Home!

Growing a vegetable garden at home can be very rewarding. Here are a few tips about the right spot to start. A vegetable garden should be positioned where:

- It receives maximum sunlight (roughly 6hrs) and not be shaded by trees and buildings.
- It is easy to access.
- It should have good soil and be on fairly flat ground to ensure good drainage.
- It is mostly free from weeds and other competing plants.
- It has access to a good supply of water.
- Is it going to be safe from damage i.e. strong winds and pets.

For more information visit:

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**A Quick Bite ...**

5 Top Tips for Garden Design

Once you have decided on the correct site for your garden it’s important to map out and design what you want in your garden.

1. Consider the materials you need and make a list.
2. Estimate your garden dimensions and draw a map roughly to scale.
3. Draw and label on the map where the seedlings and/or seeds will be planted and how many will be planted in each square metre.
4. Do some research on what plants thrive best when planted next to each other.
5. Calculate the quantities of seedlings/seeds you will need to purchase.

For more information visit: