Principal’s Report:

What a great night we had on Thursday (10 September) at our concert! I would like to commend all of the students once again on their performances which they did with energy and enthusiasm. The teachers should also be recognised for ensuring that all students could participate successfully in this night, and Mrs Geale and Mrs Hounsell for their support in the planning. I am sure that you will agree that the hall at Wagga Wagga Public School is an excellent venue for our concert and will be more than suitable for our Presentation Night on 3 December. Thank you to Ms Harvey and Wagga Public school for allowing us the use of their facility and Mr Wall for assisting with the technology. The dances choreographed by Mrs Judy Schutte were entertaining and for this again we thank her. Our compares, Bethany and Stephanie are to be congratulated on their clear voices and the excellent way they ran our concert.

Last week a letter came home to the parents of students in years 4, 5 and 6 about their participation in the Tell Them from Me Survey. These students completed the survey at the beginning of the year and it is now time to do it again. Parents will also be given the opportunity in the first two weeks of next term to complete the parent survey. Teaching staff will also be completing the survey. The surveys will provide us with valuable feedback from the students, community and staff about student engagement with learning. Please let me know if your child from years 4, 5 and 6 has not given you this letter.

Today, 14 September, 3/4/5/6 will be visited by Tristan from Royal Life Saving. Tristan will be talking to the class about safety around inland water ways. A report recently found that ‘rivers account for more drownings than beaches or swimming pools and that the Murrumbidgee River is one of the ten top drowning black spots around Australia, coming in at number six. With summer and our holidays coming, this is a timely reminder to keep safe around water.

On Tuesday 15 September our year 3 and 4 students have the opportunity to participate in Milo Cricket at Bolton Park and on Wednesday 16 September this same opportunity is offered to our years 5 and 6 students. We will be playing teams made up of the schools from our Wagga Small Schools network. Thursday 17 September, Year 6 students have the opportunity of attending the Riverina Environmental Education Centre for the Talented Year 6 day and on Friday 18 September, the whole school will travel to Uranquinty for a Wagga Small Schools’ Touch Day.

If you do not get permission notes when they are sent home, they are available from the office or for printing from our APP or school website (www.kapooka-p.schools.nsw.edu.au).

It is time to find the school hat again. Although we encourage students to wear their hat all year, next term we once again have ‘No hat, play in the shade’ from the first day back. This is enforced in terms 1 and 4 of the school year. If you have misplaced the hat, new ones are available from the uniform shop for $10 each.

This week Planning Literacy and Numeracy (PLAN) feedback on student progress will come home. Included in this information are activities you can do with your child to assist them to move forward in literacy and numeracy.

All of the staff join in wishing you a safe and fun filled holiday and look forward to seeing you again on Tuesday 6 October 2015.

Regards Lyn
**Diary**

**Term 3 - September**
- 15: MILO cricket, yrs 3 & 4
- 16: MILO cricket, yrs 5 & 6
- 17: Ms van Dijk on leave
- REEC Talented Yr 6
- 18: Touch Football at Uranquinty School – Last day of term 3

**Term 4 - October**
- 5: Public Holiday
- 6: School resumes
- 15: School Parliament 12.15
- 19: P&C meeting, 9.15am
- 26-29: CHORDS week
- 29: Kinder Orientation day
- 30: CANTEEN - morning tea

**November**
- 5: Kinder Orientation day
- 6: ASSEMBLY 1/2/3/4/5/6 2.30
- 7/8: CAR BOOT SALE
- 12: Kinder Orientation day
- 13: Uniform shop CLOSED
- 19: School Parliament 12.15
- 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

**School Banking**
- Friday

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

**Kapooka School APP**
http://www.myauschools.com

**Username** - community

**Password** - kapookaps

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**AWARDS:**
- **Tables Champions** - Blayne, Yr 5
- **BLUE LEVEL** - Piper, Kindergarten

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

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**School News:**
- **Work Book Fees.** Please pay your child’s work book fees
- **POSTINGS** - if you know you are leaving us, please advise the office.
- **ENROLMENTS** - we are taking kindergarten and other grade enrolments for 2016 now.
- **3/4 MILO cricket** - Tuesday 15th September. Bus pickups at 9.10 & 2.15pm
- **5/6 MILO cricket** - Wednesday 16th September. Bus pickups at 9.10 & 2.15.
- **Touch Football** day at Uranquinty School on Friday 18th September. Lunch order due by this Wednesday, 9th September.
- **Year 6 to REEC on Thursday 17th September.**
- Friday 18th September is the last school day of term 3. Have a save break.

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**P & C News:**
- **P & C Fundraiser meeting to discuss Master’s BBQ & Trash ‘n Treasure market.** Thursday 8th October, 9.15am (first week after holidays)
- **Girls WINTER TUNICS** - Please return tunics by end of term 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 - 7th or 8th November (TBC)** - Please advise your interest.

**Chocolate roster person is:**
- Brina Hopkins 15th September
- Charis Richardson 22nd September
- Rachael Fox 29th September

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**Envirochamps**

Kayleigh, Kyah and Rylan are the Envirochamps for this year and our project is to help our school to reduce waste.

On Tuesday 8th September we gave Kinder, Yr1 and Yr2 a power point on how to reduce waste in our school. We told them that there is 8 million tonnes of rubbish going into our rivers and oceans every year.

To help reduce this you can reuse zip-lock bags and bring containers instead of plastic wrap and plastic bags.

Next term, we are going to send home a brochure about how to put less rubbish in your kid’s lunch box. By doing this you are helping our school and our world.

*The Envirochamps. Kayleigh, Kyah and Rylan*
Create a memorable family brand these holidays

by Michael Grose.

"You hear a lot about branding these days. Companies work hard to establish their brands in the public consciousness. Branding is not just for the business world.............

Families too, have their own brands, which project an image about how they function. The image is usually a reflection of the prime values that parents promote and can also be a reflection of the personalities of family members.

Think of any family and you’ll more than likely be able to sum them up with a few words. I’ve heard one family described in this way. “The Smith family is loud and boisterous but they’d all give you the shirt of their backs.” The Smith family brand may be built around the values of tolerance, fun and generosity.

Take the time to reflect. During the coming holiday spend some time to reflect on your family’s brand. It will help you work out what’s important and what to let go of, in your parenting.

As a guide think about the following four main components that contribute to your family’s brand. You’ll notice they all contribute to building a super-strong family as well.

1. Family atmosphere: What’s the atmosphere like in your family? Is it serious or is it fun? Is it warm & encouraging or is toxic & critical? Is it relaxed or do people walk on egg shells? Is it open or are their secrets no one talks about? You can impact on the atmosphere by consciously adopting the mood and mindset you want. If you want an upbeat atmosphere in your family then you can set the tone by being upbeat, positive and enthusiastic yourself.

2. Shared values and attitudes: Children’s values and attitudes usually reflect parent priorities. Step back and look at what your kids have in common and that will tell you a great deal about your parenting values. If they are all independent, even your most dependent child, then it’s likely that independence is a shared value. If all your kids are tolerant of others then tolerance is shared value.

3. Parenting style: Your parenting style will influence the family frame. For instance, a permissive style, where anything goes, often produces a chaotic family style where respect for others is lacking. The preferred style that fits today is an authoritative style that is akin to a guided democracy or a benign dictatorship.

4. Family rituals and traditions: Rituals not only anchor your kids to their family but they make a statement about what you value. My family, for instance, is BIG on noisy, all-in discussion type mealtimes, which is reflective of our family as a place to speak out, but respect others at the same time. What family rituals and traditions do you hold dear? What should you set in stone as non-negotiable for your kids? In many ways, rituals are iconic representations of family-life.

So take some time to reflect on your family frame. What are the values your kids have in common? Think about the rituals and traditions you are establishing. Reflect on your parenting style and that of your partner. Think about your regular family atmosphere. Then try to distill your thoughts into 3 to 5 words that reflect your family brand. This family-self knowledge will help you to focus on what’s really important in your family-life as you begin another year in your business."

Wishing you all a safe and happy holiday! I look forward to seeing you again in term 4.

Kind regards, Thérèse

therese.mctavish1@det.nsw.edu.au
Dance Concert - Summer
SCHOOL HOLIDAY ROAD SAFETY REMINDER FOR FAMILIES

With the school holidays approaching, daily routines will soon change. Different play locations and holiday destinations means different traffic environments.

So to help keep our children safe, families are reminded about these key road safety points:

- **Stop, look, listen, think every time you cross the road.** If your child is aged 8 years or younger hold their hand when walking near or across roads. If your child is 9-10 years old always actively supervise them.

- **It’s the law that everyone wears a helmet when riding a bike in a public place.** It makes sense to wear a helmet when riding scooters and skateboards too!

- **Click clack front ‘n back every person for every trip.** Everyone in the car must be securely buckled up in the right seatbelt or child restraint.

- **Talk to your child about being a safe road user.** Reinforce safe road behaviours by being a good role model! Children learn safe road behaviours from the adults who care for them. Talk about what you are doing to be safe when near roads, in the car and when riding.

- **Point out road safety differences and dangers in new environments.** This is especially important when on holidays in different surroundings. Roads, footpaths, parks, carparks, bike tracks and bike lanes may look different in holiday areas.

The best way to keep your child safe is to actively supervise them.

Talk and teach your child about road safety every time you are out about.

Remind other adults who care for your children to do this too.

You can find out more at:

- [Safety Town](#)
- [Department of Education](#)
- [Transport for NSW](#)

Have a safe holiday break!

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**Stepping Stones Triple P Parenting Seminars Series**

**Is this you?**

Most of the time, you know you are doing a good job with parenting. But there are times when things get a little tricky. Like when your toddler won’t eat her dinner. Or your six year old won’t share his toys. If only someone could give you some ideas to make those times easier! If this sounds like you, then a Stepping Stones Triple P seminar may be right for you.

**What is a Stepping Stones Seminar?**

Stepping Stones Triple P seminars tackle the most common issues for parents of children with a disability. Seminars are for large groups of parents ~ possibly 20 or more. It’s an informal presentation, a little like a public forum. There are three seminars that each last 90 minutes and cover a different topic. We encourage parents to try to attend all three.

**When:**

- **Seminar 1 – Positive Parenting for Children with a Disability**
  - 15th September 7pm -9pm
  - 16th September 10am - 12noon

- **Seminar 2 – Helping Your Child Reach Their Potential**
  - 13th October 7pm -9pm
  - 14th October 10am-12Noon

- **Seminar 3 – Changing Problem Behaviour into Positive Behaviour**
  - 27th October 7pm -9pm
  - 28th October 10am-12Noon

**Address:**

- Kurrajong Early Childhood Intervention Service (2 Grampian Place Wagga Wagga NSW 2650)
- Cerebral palsy Alliance (38 Murray St Wagga Wagga)

**Cost:** FREE as part of a research project

**Who:** Any parent/caregiver of a child with a disability age 2-12 years

**How:** RSVP by contacting the NSW Stepping Stones Triple P project Team

Call (02) 9114 4106 or email [fhs.steppingstones@sydney.edu.au](mailto:fhs.steppingstones@sydney.edu.au)

For more information contact: Stepping Stones Triple P Project Team NSW · (02) 9114 4106 or [fhs.steppingstones@sydney.edu.au](mailto:fhs.steppingstones@sydney.edu.au)