

Tuesday 16th December 2014



# KITCHENER KITE

*"Aiming High"*

## Mr Osland's Oracle

This Kitchener Kite newsletter is the last for the year. I do WONDER to myself what a great school we have here, at Kitchener with an amazing community that are always willing to lend a helping hand.

We look forward to 2015 and all that we can build upon from this year. We will embed our school vision, strategic directions and opportunities for ALL our students. We will continue to foster learning, leadership and well-being as our core fundamentals. Thanks again for all your support, generosity, feedback and conversations throughout the year.

## AWARDS EVENING

Congratulations to all our award recipients for 2014. Once again this night showcased the talents and gifts we have in our school. It was wonderful to see the students supported by their parents, grandparents and friends. Special thank you to those who helped behind the scenes to make it all possible and run so smoothly. Thank you to our school leaders Jai, Paige, Ruby and Jesse who lead the assembly and represented the school with pride.

To all our sponsors and presenters, it would not be possible without your support; thank you.

## COMMUNICATION—CONNECTIONS

Our school App has been updated for those who have Apple mobiles (please update in your settings and ALLOW (enable) Alerts).

We have our community notice board behind our Map near the office gate; please come and check it out. A special thank you to the mums that keep it updated. We hope to continue to share and update AS MUCH AS POSSIBLE.

## SCHOOL SECURITY in the HOLIDAYS

Under **NO CIRCUMSTANCES** should any child or children be inside our school grounds **UNSUPERVISED** during the holiday break.

Please ensure we look after our school over the break and report any behaviour of concern.

## 2015 SCHOOL LEADERS

Our 2015 Captains and Vice Captains were announced at our Presentation Awards Ceremony. We proudly announce our Captains

*Tess & Liam*

and Vice Captains

*Ocean & Orlando*

We congratulate each of our 2015 school leaders and know that they will represent our school to the highest level, using our universals, Respect, Safety and, Responsibility to guide them in their roles.

We would like to congratulate our 2015 Sports House Captains elect:

**Jessica G (Heddon), Blake (Richmond) & Claudia (Stanford)**

**A SPECIAL ASSEMBLY WILL BE HELD IN WEEK 2 where ALL leaders, including Ministers, will receive their badges. All parents, in particularly those of our 2015 Year 6 students, are invited to attend.**

## WORK MAINTENANCE

Over the Christmas break, planned maintenance will occur at the school. The primary classroom building will have a new roof installed and new vinyl laid in the corridor.

We hope to continue to improve our settings within our school.

## SPECIAL THANK YOU

Over the year we have seen many parents, community members and friends of Kitchener PS support our great school. You help by positive praise, getting the kids ready for school, helping with homework, reading at night as well as the help we receive inside our school gates. **I WOULD LIKE TO SAY THANK YOU; it is GREATLY APPRECIATED.**

**We wish everyone a Merry Christmas and a happy, safe holiday break; we look forward to seeing you all in 2015.**

NSW Department of  
Education and  
Communities

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p.schools.nsw.edu.au

(Newsletters on Website)

School App- Skoolbag Kitchener

## LAST Quote of the YEAR.

**I CHOOSE....**

**to live by choice not  
by chance;  
to make changes not  
excuses;  
to be motivated not  
manipulated;  
to be useful not be  
used; to excel not to  
compete.**

**I CHOOSE self-esteem  
not pity.**

**I CHOOSE to listen to  
my inner voice not to  
the negative opinions  
from others**

**I CHOOSE to build on  
STRENGTHS than  
focus in on weakness**

**I CHOOSE to make the  
World a better place  
to be a part of.**

## IMPORTANT DATES ~ 2014

**Wednesday 17th December** Last day of School Year for Students

**NO LUNCH RUN on the LAST Wednesday 17th December**

**Thursday 18th December** Staff Development Day #1 ~ No Students

**Friday 19th December** Staff Development Day #2 ~ No Students

## IMPORTANT DATES ~ 2015

**Monday 26th January** Australia Day Public Holiday

**Tuesday 27th January** Staff Development Day ~ Staff Return

**Wednesday 28th January** **ALL STUDENTS RETURN** **NEW Kindies to Year 6**

**NO LUNCH RUN**

**First Newsletter of the Year**

**Tuesday 3rd February** **ASSEMBLY ~ Badge Presentation ALL SCHOOL LEADERS**

**Tuesday 10th February** Cessnock Small Schools' Swimming Carnival

## Good for Kids good for life

## Getting kids active

Children should get a least 60 minutes of physical activity every day, including vigorous activities that make them "huff and puff"<sup>1</sup>.

Physical activity doesn't all have to happen at the one time. It can be accumulated throughout the day by walking or riding to and from school, being active at school in PE and break times, active play at home or taking part in organised sport outside of school.

Be a good role model and have a positive attitude to being active. If your children see you enjoying physical activity and having fun, it can motivate them to join in.

Below is a home fun activity that you can enjoy with your children that will make them huff and puff by practising the dodge. Dodging is a locomotor skill that involves a high degree of balance, stability and change in direction<sup>2</sup>. It is common to many playground games and activities and is an important skill in the majority of team sports<sup>2</sup>.

### Artful Dodger<sup>2</sup>

One partner stands behind the other.

On 'go' the front person runs around changing direction regularly.

On 'stop' both players freeze. If the back person can take one step and touch the front person they become the new dodger.

### Reference:

<sup>1</sup> "Get active each day" fact sheet accessed from [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

<sup>2</sup> Q4: Family Activation Pack [http://www.healthpromotion.com.au/CIM/Family\\_Activation\\_Pack.htm](http://www.healthpromotion.com.au/CIM/Family_Activation_Pack.htm)

# PROPOSED *DRAFT* CLASSES for 2015

(Note ~ this draft is subject to change and *may* be affected  
by the arrival of new students or, the departure of current students)

K/1 - 17 Mrs Sue Firth	Year 1/2 - 18 Mrs Patricia Brunton	Year 3/4 - 20 Mrs Linda Finch	Year 5/6 - 29 Ms Judy Fradd
<b>New Kinders (12)</b> <b>(to be confirmed)</b> Maggie Koby Libby Evelyn Temperance Kodie Sean Chloe S Ethan Liam S Eleanor Corey  <b>Year 1 (5)</b> Aiden Jai Riley Abby Haylee	<b>Year 1 (6)</b> Benjamin B Charlotte Georgia Connor Seth Levi  <b>Year 2 (12)</b> Scarlett Breanna Evie Kilarney Jessica S Bethany Braiden Taylor Frayah Lilian Darcy Maverick	<b>Year 3 (12)</b> Jace Bailey Chloe H Gilby Mark Laura Beth Stevie Dylan Kaiden Will Lucas Shakiya  <b>Year 4 (8)</b> Rory Max Josie Bella Callan Tiana Grace Elke	<b>Year 5 (7)</b> Monique Sarah Jyordi Kaleb Maddison Kahlan Matthew Wr  <b>Year (22)</b> Olivia Jessica Tyler Sam Tess Karah Leila Liam O'N Jayden Mathew Wa Jennefer Ocean Orlando Allahna Matthew G Claudia Ellie Ben T Jacob Trinity Blake Mackenzie



## MORE TIPS FOR YOUR KIDS & TEENS

- **Don't respond** if someone sends you unkind or offensive messages or asks you to do something that makes you feel uncomfortable. Instead, tell your parents or another adult you can trust.
- **If you want to meet** someone you only know online, ask your parents or another trusted adult to go with you and always meet in a public place.
- **Don't open messages** from people that you don't know. These could contain viruses.
- **Tell your parents** if you are upset or worried by language, pictures or videos on the internet.
- **Don't accept** any offers that seem too good to be true—they probably are.
- **If you need help**, contact the Cybersmart Online Helpline on the Cybersmart website or call Kids Helpline direct on **1800 55 1800**.
- **If there is a threat** to your safety the police will help. In a life threatening and time critical situation, call **Triple Zero (000)**.



If you would like to talk to us in your own language, please call the Telephone Interpreter Service on 131 450.

### Italiano

Se desiderate parlare con noi in italiano, siete pregati di chiamare il servizio d'interpretariato telefonico (Telephone Interpreter Service) al numero 131 450 e loro ci contatteranno per voi.

### Vietnamese Tiếng Việt

Nếu quý vị muốn nói chuyện với chúng tôi bằng tiếng Việt, xin điện thoại đến Dịch Vụ Thông Dịch qua điện thoại (TIS) ở số 131 450 và họ sẽ giúp quý vị liên lạc với chúng tôi.

### Greek Ελληνικά

Αν θέλετε να μας μιλήσετε στη γλώσσα σας, παρακαλείστε να τηλεφωνήσετε στην Τηλεφωνική Υπηρεσία Διερχμένων στο 131 450 και να ζητήσετε να επικοινωνήσουν μαζί μας εκ μέρους σας.

### العربية العربية

إذا كنت تودّ التحدث إلينا بلغتك، فيرجى الاتصال بخدمة الترجمة الشفهية والخطية على الرقم 131 450 حيث يقوم مترجم من الخدمة بالاتصال بنا والتحدث إلينا نيابة عنك.

### Traditional Chinese 繁體中文

如果您希望用您的語言和我們傾談，請致電131 450 電話傳譯員服務 (Telephone Interpreter Service)，他們會替您和我們聯絡。

**For more information contact:**  
Australian Communications and Media Authority  
Cybersmart program  
Cybersafety Contact Centre  
Telephone: 1800 880 176  
Email: cybersafety@acma.gov.au  
www.cybersmart.gov.au

ACMA033A.1007

**WWW.CYBERSMART.GOV.AU**



**cyber(smart:)**

**GOING TO  
CYBERSMART  
SAFETY**



Australian  
Communications  
and Media Authority



# GUIDE

# TO ONLINE

# SAFETY

The internet and online technologies, like mobile phones, are incredible tools. They provide an opportunity to communicate, learn, play and be entertained by content from around the world.

For many young people, the internet and mobile phones are their social lifeline. It's where they engage with friends out-of-school hours and keep up-to-date. For some, time away from that network can threaten their sense of connectedness to their social community.

Like communicating in the real world, there are risks involved in interacting online. Cyberbullying, identity theft, scams and inappropriate content are some of the issues that can pose challenges for young people online. These challenges exist for all young people—from pre-schoolers who may be starting to use a computer to more experienced teens.

Knowing how to use online technologies safely is essential to having positive experiences online. It's important for children and young people to learn about cybersafety and know how to deal with issues. This applies as much in their own home as it does at school, on wireless applications and in public places such as the library.

As a parent, you have an important role to play in helping to educate and guide your child in their online experiences. The following tips provide some helpful points to remember.

## TIPS FOR PARENTS



- Remember that even when children seem to have good technical knowledge, their online behaviour still requires parental monitoring and guidance.

- Spend time online with your child—using the internet can be a fun family activity.

- Try to locate the computer in a shared or visible place in the home.

- Help your child use the internet as an effective research tool and teach them that information on the internet is not always reliable.

- Teach your child positive online etiquette. Encourage them to treat others online in the same way they would like to be treated.

- Set rules—make sure your child knows what information they can share by phone or post online and which websites they can visit. Discuss the amount of time they can spend online and ensure they maintain a balance.

- Teach your child that there are ways they can deal with disturbing material—encourage them not to respond to any communication that makes them feel uncomfortable or worried and to report it to a trusted adult.

- Consider using filters, labels and safe zones to help manage your child's online access.

- Reassure your child that access to the internet will not be denied if they report seeing something inappropriate.

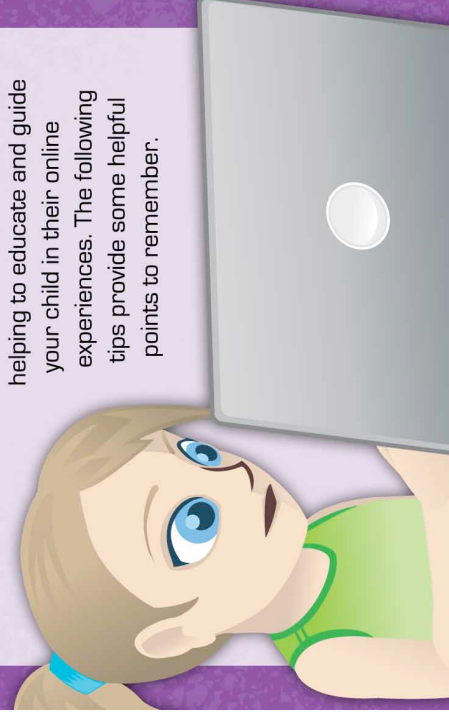
## TIPS FOR YOUR KIDS & TEENS

- Be careful when adding a new 'friend' to online or email contact lists. Making new friends can be fun, but there's a chance that they may not be who they say they are.

- Think before you post information online—once posted it's difficult to remove.

- Never share your passwords and always set your profile to 'private' so your personal information is kept secret.

- Check with your parents before you give anyone on the internet your personal details.



# Guide to Surviving Christmas

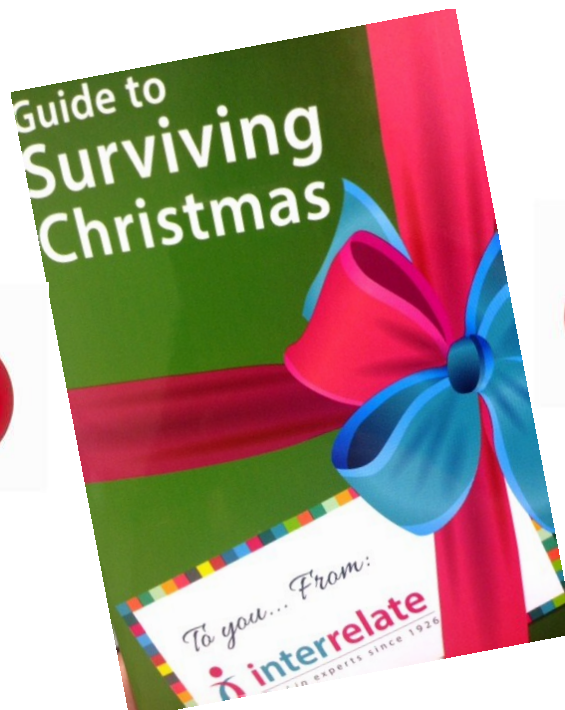


The 2014 school year is drawing to a close and the festive holiday season is about to begin. The holiday period can be a very exciting and enjoyable time just as it can also be a very stressful and sometimes lonely time.

Interrelate have recently launched a “Guide to Surviving Christmas” booklet and I have asked your child to bring one home for you. The booklet has been designed for everyone—to help keep stress at bay, emotions in check and support you to enjoy the holiday period.

I would like to take this opportunity to wish everyone a holiday season that is filled with quality time and forever lasting memorable moments. I look forward to seeing you all in 2015.

MERRY CHRISTMAS!



Cherie Gibson  
School Welfare Worker





# POOL FUN DAY



# Welcome to the Kitchener P&C NEWS

## P&C NEWS

*The P&C wishes to thank all who purchased raffle tickets at the Presentation Awards Ceremony last Wednesday (10th December).*

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**Special arrangements have been made to open the Uniform Shop prior to the start of the new school year (2015) on**

**Tuesday 20<sup>th</sup> & 27<sup>th</sup> January 10am – 12noon**

**In the community hall.**

**Note ~ There will be a \$5 price increase for uniform packs from the beginning of 2015, to cover costs.**

**Boys' packs will be \$160 and girls', \$200.**

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***The P & C Committee would like to thank all those parents & grandparents that have helped us during 2014. Your efforts have been greatly appreciated. Thank you to Mr Osland and all the staff for their assistance & support throughout the year. Wishing you all a very safe and happy Christmas.***

The last P&C meeting for 2014 was held last Thursday (11<sup>th</sup> December). **The minutes from that meeting are available on our website.**

Cheers,

P & C Committee.

## KITCHENER PUBLIC SCHOOL UNIFORM PRICE LIST

**GIRLS SUMMER DRESS \$65**

(SIZE 4, 6, 8, 10, 12, 14)

**BOYS GREY ELASTIC WAIST SHORTS \$20**

(SIZE 4, 6, 8, 10, 12, 14)

**BOYS SHORT SLEEVE SKY BLUE BUTTON UP COTTON SHIRT WITH KPS LOGO ON COLLAR \$25**

(SIZE 4, 6, 8, 10, 12, 14)

**UNISEX NAVY MICROFIBRE JACKET WITH SCHOOL CREST EMBROIDED \$35**

(SIZE 6, 8, 10, 12, 14)

**UNISEX NAVY MICROFIBRE SHORTS (SPORTS DAY) \$25 UNISEX NAVY / SKY BLUE SPORTS SHIRTS \$30**

(SIZE 6, 8, 10, 12, 14)

(SIZE 6, 8, 10, 12, 14)

**SCHOOL HAT \$12**