



# Kitchener Public School

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*Enjoy the little things.*

**Wednesday 27th October, 2021**

Hello Friends and Families,

Well, we have returned to school. How exciting! Our staff have missed all our students and are so excited that they have returned.

We have so much to fit into the next 7 weeks. Yesterday, our Year 5 and 6 students received some important notes. If you didn't receive these, please let me know. Also, I do not know yet about Presentation Day, however we will be having something. Please keep Wednesday 8th December free for that.

We have put a survey on our social apps, which we are asking parents to complete.

**Parent Survey:** <https://www.research.net/r/kitchenerparent2021>



## [2021 Parent Opinion Survey - Kitchener Public School](https://www.research.net/r/kitchenerparent2021)

Take this survey powered by [surveymonkey.com](https://www.surveymonkey.com). Create your own surveys for free.

[www.research.net](http://www.research.net)

The survey link is above; if you enter this in your search bar, the survey will become available. We would appreciate if this could be completed by *next* Tuesday (2nd November). This will assist us with our future planning.

At this point, we won't be having lunch orders however, we are in discussions with the P&C around some Toasty Days.

The P&C Pub Raffle (Khartoum Hotel, Kitchener) will begin again tomorrow (Thursday 28th October) from 5pm. We hope to see you there. We are hoping Santa Photos at School will go ahead again this year. We will be making a few tweaks to these that we know you will like. Stay tuned for that note and payment.

Please remember we are asking parents to remain outside the school fence; if you need anything, we are happy to talk "over" the fence

Other than that, welcome back. We are so happy to have our #teamkitch family back.

Cat Boorer

**Principal**

*"Vision with action can change the world"*

## **KPS Important Dates**

Presentation Day

Wednesday 8th December

Year 6 Farewell

Thursday 9th December

Fun Day

Monday 13th December

# OFFICE NEWS

## Kinder Transition

We are holding an Orientation Zoom meeting for the 2022 Kinder families on:

**Thursday 28th October**

**9.30am - 10am**

The meeting link has been sent out on Monday 25th October.

Details about transition to school visits will be shared with families as soon as we know of any changes to the current situation.



## Our very first meat raffle!!!

Thankyou to Bellbird Butchery.

## Congratulations to Blaze in Kindergarten



## SKOOL LOOP

We will be using the Skool Loop app as a means of communicating as well as Facebook.

***Please download if you haven't already done so.***

## Downloading the Skool Loop app - a step by step guide

Once you have downloaded the Skool Loop App, via either your Google Play or App store, please follow the below instructions to select your school -

- Open the Skool Loop App - you will land on a welcome page.
- Click the 'Select your schools' this will bring you to a menu you can either search your school or follow the country/region prompts.
- Once you reach your school, select it with the tick on the righthand side.
- Tap the 'select schools' button in the top right corner.
- Tap the big orange choose button. This will load your school and bring you to the settings page.
- Subscribe to the groups that are relevant to you, then click the 'go back' button on your phone, which will bring you to the main screen of your schools app.



# Welcome Back #teamkitch



# Community News



**CESSNOCK COBRAS**

**BASKETBALL SUMMER SESSIONS**  
TERM 4 TRAINING - PRE-XMAS CAMP - JANUARY CAMP

Training begins 31st Oct

**INFO & FREE TRIAL**  
cessnock.cobras@gmail.com



*'Finding time in your day, to notice how you are and what is right with yourself and your life, boosts your sense of wellbeing'.*

**De-escalation**

**Present, Centred and Grounded**

**Self Regulation**

**Mindfulness**

## Keeping Kids Active

### OUTDOOR ACTIVITIES FOR PRIMARY SCHOOL AGE CHILDREN

#### Ball games

##### TIPS

- Catch and kick.
- Piggy in the middle.
- Soccer - This can be fun on a trampoline.
- French cricket - Use a bat or racquet to hit the ball in the air for others to try to catch.

##### RESOURCES

Ball, tennis racquet



**SKILLS DEVELOPED**  
PDHPE-FMS

##### REFERENCES

<https://www.healthpromotion.com.au/q4-family-activation-pack/>

#### Cycling adventures

##### TIPS

- Add a new dimension to your cycling outings by checking out:
- Cycle maps
  - Bike scavenger hunts
  - Videos on bike care



**SKILLS DEVELOPED**  
PDHPE, Geography

##### REFERENCES

For more fun bike activities for kids, visit:  
[www.bicyclenew.org.au/5-ideas-to-entertain-your-kids-with-a-bike](http://www.bicyclenew.org.au/5-ideas-to-entertain-your-kids-with-a-bike)

#### Treasure hunt

##### TIPS

##### Mapping:

- Hide a treasure in the yard or around the home e.g. a coin, small toy, sticker etc.
- Draw a map the other person can use to find the treasure.
- Take turns to hide/draw.
- Challenge: Work out where north, south, east and west are.

##### RESOURCES

Pen, paper, little treasures.



**SKILLS DEVELOPED**  
PDHPE- Spatial awareness, Geography

##### REFERENCES

Find a Geocaching app to start finding as a family.

#### Yard yoga

##### TIPS

Try these stretches and poses outside; inspired by yoga and the outdoors:

- Be a tree- Pose by standing on one leg.
- Be a frog-Squat Pose.
- Be a seed-Child's Pose.
- Be a butterfly-Cobbler's Pose.
- Be a flower-Flower Pose from Cobbler's Pose.



**SKILLS DEVELOPED**  
PDHPE- FMS, self management, Student Wellbeing

##### REFERENCES

Search 'garden yoga for kids'.

## Further References

Active indoors: <http://www.goodforkids.nsw.gov.au/covid-19/for-families/>  
Staying healthy: <https://www.makehealthynormal.nsw.gov.au/staying-healthy-isolation>  
Nature play activities: <https://www.natureplay.org.au/coronavirus-covid19-resources>



Health  
Northern Sydney  
Local Health District