



Kitchener Public School

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There is always a reason to smile!

Wednesday 28th April, 2021

Hello Parents and Caregivers,

I do hope that you had a wonderful holiday and ate way too many chocolate eggs. I know I did, and I thoroughly enjoyed it.

Term 2 brings the start of the Winter school sports with football, netball, horse sports and athletics carnivals. We wish all our students at the Zone Cross Country tomorrow good luck. You can do this.

Thank you all so much for your support in our P&C fundraising. We raised \$1028 with our Easter Raffle, \$246 with our Toasty Day and \$328 for our Hot Cross Buns. What a wonderful achievement for our fantastic school. This money has gone towards some beautiful Mother's Day gifts. Thank you to the P&C for their hard work also.

ANZAC Day did not see our school, or any other school, march. However it did see our school Captains lay a wreath to commemorate this special day.

Week 4 marks the start of NAPLAN. Please make sure your child has a good night sleep and doesn't forget breakfast during Week 4 and 5 so that they are ready to tackle the test. We wish all Year 3 and Year 5 students the best of luck.

Finally we welcome Miss Roope who will be teaching Year 2 on Mondays while Mrs Denning is providing intervention in Years 3-6. Miss Roope will also be teaching each class PDHPE on Wednesdays. We also welcome Miss Caitlan who will be assisting with the dance group and in Year 1.

Happy Term 2.
Stay positive and keep swimming.

Cat Boorer
Principal

KPS Important Dates

Zone Cross Country	Thursday 29th April
Horse Sports	Friday 30th April
PSSA Soccer	Tuesday 4th May
Touch Footy Gala Day	Wednesday 5th May
Naplan commences	Tuesday 11th May
National walk safely to school day	Friday 14th May
Small Schools Athletics Carnival	Tuesday 25th May
<i>Queens Birthday</i>	<i>Monday 14th June</i>

OFFICE NEWS

REMINDER

Zone Cross Country

Thursday 29th April

Please be at school by 8.45am for bus



P&C Easter Hat

Parade Raffle

Winners

1st Place - Boyd Johnston

2nd Place - Josh Nitz

3rd Place - Blair Halliday



YEAR 5/2022 Opportunity Class Entry Placement Process

- **Online Applications Open**
Tues 20th April, 2021
- **Online Applications Close**
Friday 7th May, 2021
(Parents and Carers must apply
by this date)

LOWES

**2 DAY VIP EVENT – 6th & 7th MAY
ZERO & REWARDS CARD HOLDERS**

20% OFF
**SCHOOLWEAR
& EVERYTHING ELSE!**



**DON'T HAVE A CARD? APPLY IN-STORE OR
ONLINE & START ENJOYING THE BENEFITS**

* Offer available Instore & Online ends midnight (AEST) 7th May 2021. Must use Zero or Rewards card to receive discount. Excludes Gift Cards and Schoolwear lay-bys. Savings of original prices. Cannot be used in conjunction with any other offer, no rainchecks.

**VOLUNTARY
SCHOOL
CONTRIBUTION**

**Our 2021 voluntary school contributions
are now due.**

These payments cover our school resources and the opportunities that school provides on top of our regular school experiences.

The fee structure this year will be \$40 for your first child & \$20 per child thereafter.

Again this is a voluntary contribution but it allows us to bring in outside agencies to provide specialised opportunities.

Your support of this contribution is greatly appreciated.

School News

Kitchener Public School's Community Survey

Today's newsletter will include a survey that will be used to collect baseline data for our 5 Ways to Wellbeing focus. This will be starting later in term 2. More details will follow once members of our parent/carer community, students and staff have decided on our first wellbeing focus during week 6 workshops.

Surveys will be collated and discussed at a staff meeting, shared in the newsletter and at a P&C meeting. This is so that communication between school and home is strengthened across the school.

Students and staff members are also currently completing surveys so that every area of our school community is involved in our wellbeing focus area for term 2. If you are interested in attending the workshop, which will be held on Wednesday, week 6 (Wednesday 26th May) from 2:15pm to 3:15pm, please let myself or the office know.

The class with the most surveys returned by Thursday 20th May, will receive a class pizza party so please place your survey in the box in the office (no names needed).

Thank you, in advance, for taking part in our survey!

Cathy Vogt

Instructional Leader

Our School Captains done a wonderful job at the Cessnock ANZAC Day Service.

Sean and Evie laid our wreath on behalf of Kitchener PS.



Community News

Have Your Say on Before and After School Care

Does your child need before and after school care? We want to hear from you – please complete a short survey to help us understand your family's needs for out of school hours care. Your responses will shape what we do to expand before and after School Care across NSW.


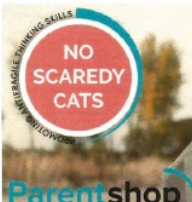
Please complete the survey via the following website link:

<https://surveys.education.nsw.gov.au/s3/OSHCParentsSurvey>

The survey will be open until Monday 24th May 2021.

The survey has been designed to be easy to use and should take no more than two minutes to complete, with a few extra minutes for those who would like to supply additional information.

If you need a paper or over-the-phone version of the survey, or require survey translation, please contact the Department of Education Before and After School Care Program team by phone on 1300 244 145 or email at: BASCReform@det.nsw.edu.au.



No Scaredy Cats

REDUCING ANXIETY & BUILDING RESILIENCE SKILLS IN 2-12 YEAR OLD CHILDREN

PARENT EDUCATION COURSE

AT Woodberry Family Centre - 11-13 Lawson Ave, Woodberry (opp Francis Greenway High)

AT 9:30am- 2:30pm ON Friday, June 18, 2021

PARENTS WILL LEARN

- An overview of how a well-honed theory of parenting (what you need to repeatedly do) can assist parents to manage children's worries.
- Coverage of how some misguided policies are making parents and children more anxious.
- The brain, including how the pre-frontal middle cortex and the amygdala operate, and where fear and anxiety originates.
- Commonly misused phrases and cognitive distortions used by children and their peers.
- A helicopter view of what risks we can allow and which require us to keep children safe.
- 'Traps and trip wires': what to do when a child's amygdala starts to play-up.
- Memorable strengthening sayings, questioning strategies and mindfulness exercises.

PARENTS RECEIVE

- A workbook to apply the concepts learnt to their families
- A certificate of completion

WHO IS RUNNING THE COURSE

The course facilitator is: **Robyn Beveridge & Bec McGregor**
who completed No Scaredy Cats practitioner training on 28/10/2019

REGISTER TODAY

Phone Maitland Family Support on 49140 444

COVID safe guidelines will be adhered to -No Childcare Available

Parents has helped over 110,000 people. Our trainers are qualified professionals who are experienced in working with children, youth and families.

JOIN OVER 12,500 PROFESSIONALS TRAINED BY US

This course is being facilitated by a Parentshop licenced practitioner

02 6680 8910 | service@parentshop.com.au | www.parentshop.com.au

Good for Kids good for life

GET ACTIVE WITH YOUR 'DISCOVER NSW' VOUCHERS!

Have you heard about the recent NSW Government "Dine and Discover NSW" initiative? Every adult in NSW is eligible to receive 2 x \$25 vouchers to spend on registered entertainment and recreation venues.

Why not consider using your vouchers to get active with your kids? Here are a few ideas:

- Indoor Rock Climbing
- Ten Pin Bowling
- Putt Putt/Mini Golf
- Ice Skating
- Lawn Bowls
- Trampoline Park
- Sport and Recreation Centre



To see a full list of registered businesses near you and to apply for your vouchers, head to the ServiceNSW website.

Get in quick – vouchers expire 30th June 2021!



HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>