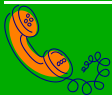


John Purchase Public School

Advance Together: Strive for Excellence



9875 3100



9875 3762



johnpurch-p.school@det.nsw.edu.au
www.johnpurch-p.schools.nsw.gov.au



THE CALENDAR

For future dates please refer to the "calendar" tab located on the school website

www.johnpurch-p.schools.nsw.gov.au

<u>THURS 6 JUNE</u> JPPS Athletics Field Events	<u>FRI 7 JUNE</u> 1S & 2D Woolworths	<u>MON 10 JUNE</u> Queen's birthday public holiday	<u>TUES 11 JUNE</u> Multicultural public speaking network finals	<u>WED 12 JUNE</u> JPPS Athletics track events
<u>THURS 13 JUNE</u> 10am Premier's Debating 2.05pm Assembly Stage 2 item	<u>FRI 14 JUNE</u> 2C & 1M Woolworths	<u>MON 17 JUNE</u> 7pm P & C meeting Band School 2B & 2N Woolworths	<u>TUES 18 JUNE</u> Band School	<u>WED 19 JUNE</u> Back up Athletics Track
<u>THURS 20 JUNE</u> Back up Athletics Field	<u>FRI 21 JUNE</u> Sydney North cross country	<u>MON 24 JUNE</u> Stage 2 excursion	<u>TUES 25 JUNE</u> Stage 2 excursion <u>WED 26 JUNE</u> Stage 2 excursion	<u>THURS 27 JUNE</u> Parent Portal opens for access to reports 2.05pm Assembly Concert Band performance

FROM THE PRINCIPAL

Road Safety

A parent has reported a dangerous situation on Purchase Rd. This is a reminder to please ensure the car fully pulls in to the Kiss and Drop zones and is completely stopped prior to students alighting from the passenger side of the car.

Tips for Parenting Anxious Children

Please refer to the article below for tips about how to support children who may be anxious.

History Club

Our history club have been hard at work planning and building prototypes of Motte and Bailey castles during their lunch time History Club meetings. After learning about the life and times of the Medieval period, students were set the task of designing a castle based on what we know of remains and replicas of castles in Europe. The skill of analysing sources of evidence, both primary and secondary, in order to make reasoned explanations of life in the past, is an important skill for historians.

The students were able to justify the various sections of their models, connecting information explored in their lunchtime history sessions with components included in their models. It was fantastic to see an inquiry approach being used so that our budding historians learn that physical remnants from the past can tell a story about how people lived in the past. Well done and thank you Miss Brennan for initiating such an inspiring lunch time interest group.



Mrs Leonie Black
Principal

parenting * ideas

insights



EMOTIONAL INTELLIGENCE



6 tips for parenting anxious kids

by Dr Jodi Richardson

If you're the parent of an anxious child you're most certainly not alone. The number of children experiencing an anxiety disorder is currently estimated at 117 million worldwide. Here in Australia, there's an average of 2 anxious kids in every classroom; and they're the ones with a diagnosis. Many more anxious kids are yet to have their anxiety identified and understood.

As much as we'd like to, we can't rid our kids of their anxiety, but we can help them to manage it in ways that enable them move it from centre stage and get on with living a vibrant, rich and meaningful life.

Here are 6 tips to support you to parent your anxious child:

1. Explain anxiety

Anxious kids can struggle to explain how they feel and can worry that no-one will understand what they're going through. That's why explaining anxiety is an important step in supporting an anxious child. The knowledge that anxiety is well understood, that other kids experience it and that it's manageable brings them immediate relief.

Teach your anxious child that the part of their brain that protects them from danger is always on high alert. Called the amygdala, it's meant to protect them from genuine danger but for anxious kids, it can be almost constantly activated.

Explain that when they feel anxious, their amygdala sends signals to their body to fight or flee from the threat, whether it's real or imagined.

Next, talk about the body changes such as increased heart rate, rapid breathing and an upset stomach that power them up to fight or flee. They might even feel dizzy, hot, sweaty and panicked. Anxiety affects thinking and behaviour too.

2. Respond with empathy

In the midst of an anxious moment it's natural to want to reassure anxious kids they've got nothing to worry about. Reassurance works in the short term but it soon wears off and they come back for more, which becomes an unhelpful pattern.

Instead, respond with empathy and validation. Use ahhh statements such as:

- "Ahhh, I see you're feeling really anxious right now, I know how hard this is for you"

parenting*ideas

- “Ahhh, I know you’re feeling really worried right now, it’s not much fun feeling like that is it?”

Anxious kids need to know you understand what they’re going through.

3. Show the amygdala they’re safe

Once the amygdala senses danger, the cascade of events that follow can’t be stopped. The body and brain will respond as if the danger is immediate. The best way to help an anxious child calm their anxious brain is to teach them to *show* their amygdala they’re safe. Deep and intentional breathing helps an anxious child to calm their amygdala and will begin to reduce their anxious symptoms. Practise intentional breathing regularly between anxious times before applying this technique in the midst of an anxious moment.

4. Practise mindfulness -the antidote to worrying

Anxiety is distress now about a possible future event, which is why worrying is common for anxious kids. When an anxious child’s mind fast-forwards to an upcoming event or expectation, their amygdala can respond as if the ‘threat’ to their safety is immediate. The antidote to worrying is mindfulness. Put simply, mindfulness is paying attention to what’s happening in the present moment. It may take time to learn, but is a powerful anxiety management strategy once it’s mastered.

5. Practice defusing sticky thoughts

Anxious thoughts can get stuck, refusing to budge no matter how much attention is paid to them. Defusion is a strategy that helps anxious kids look *at* their thoughts rather than *from* them.

Imagine your anxious child is worried about an upcoming test. They’re thinking “I’m going to fail the test”. The thought makes them feel awful. Defusion helps kids (all of us) to look *at their* thoughts by reminding them that the words in their heads are indeed just words, not reality.

Your anxious child can defuse his unhelpful thoughts by putting a statement in front of the thought such as: “I notice I’m having the thought that I’m going to fail the test.” Alternatively, he can say the thought in a character voice like Darth Vader or Peppa Pig, or sing it to the tune of happy birthday or a nursery rhyme. Defusion puts distance between anxious kids and their thoughts and is a wonderful skill to learn.

6. Get the fundamentals right

Ample sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally around the time of their alarm, reduce their sugar intake to support their gut health and to exercise regularly for optimal mental health.

These are some of the many strategies that you can share with your child to support them to recognise and manage their anxiety so they can live life in full colour.



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au

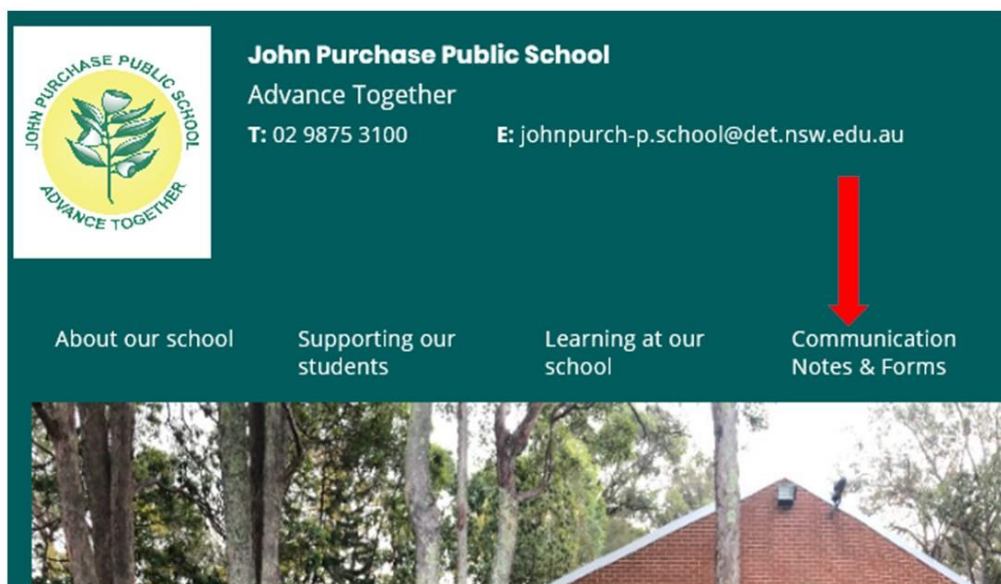
FROM THE DEPUTY PRINCIPAL

Parent Portal for Student Reports

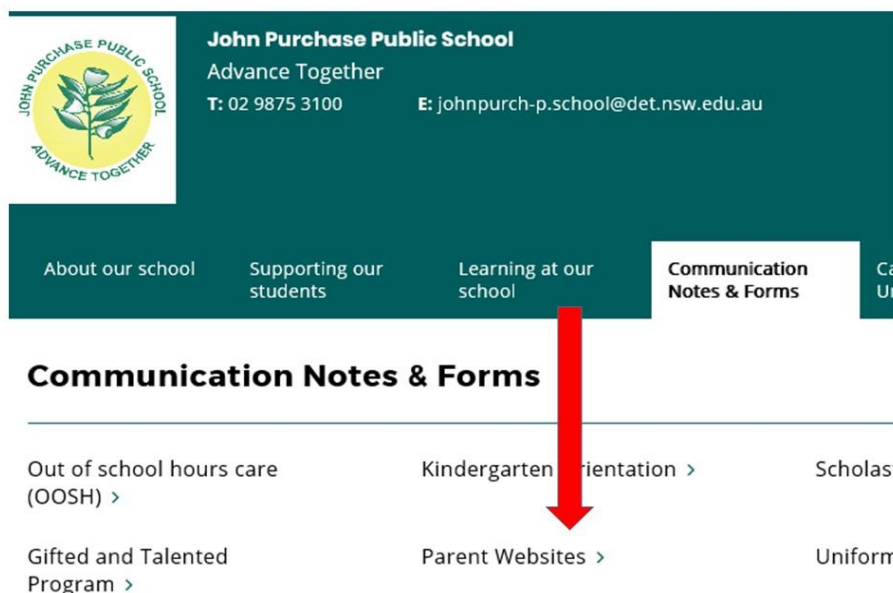
In order to assist parents, the **Parent Portal for Student Reports** may now be accessed directly from the John Purchase Public School website.

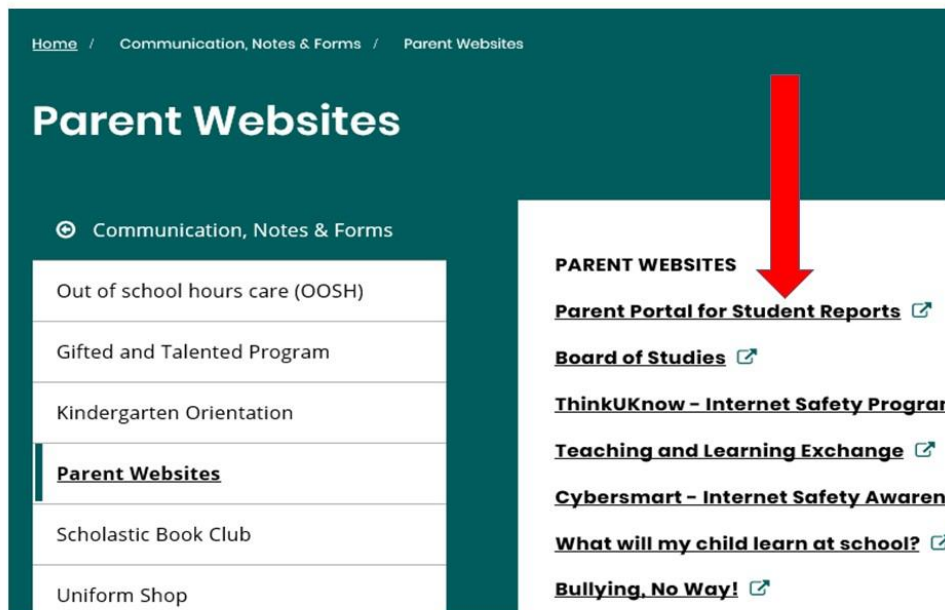
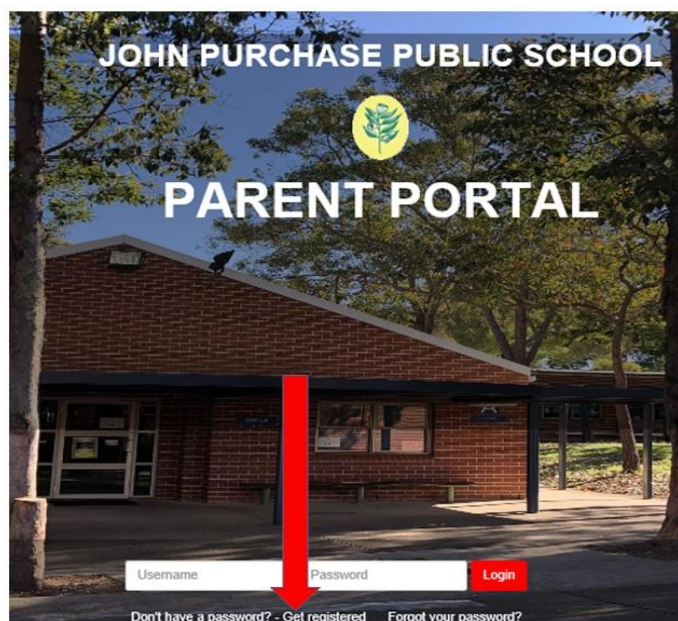
Unless you have registered correctly, parents will not be able to access their child's school report at the end of the semester. As advised, from this year, reports will only be available via this online platform. Parents may then choose to print copies of reports, after downloading files, at their own discretion. If you have not yet registered on the parent portal, please go to our school website at <https://johnpurchase.schools.nsw.gov.au/> and then follow the navigation steps pictured below:

Step 1 – Access 'Communication Notes and Forms' from the JPPS website



Step 2 – Access 'Parent Websites' from the JPPS website



Step 3 – Access ‘Parent Portal for School Reports’ from the JPPS website**Step 4 – Access ‘Get registered’ to set up your private account and password**

During the registration process, parents will receive an email from the 'Impromation' software company. Please ensure that you **check your 'spam' inbox**, to ensure this return email is not misplaced in junk mail.

As I explained at the parent information sessions last week, the **Parent Portal for School Reports**, will house student reports (including EAL/D reports) and each grade's overall achievements in statistical data. We will advise everyone, via the newsletter, when this information will be available online from the portal. At this stage, it is anticipated that this will occur at the end of Week 9, Term 2.

History Club

One of our lunch time extra-curricular clubs is history, coordinated by Miss Brennan. Last week, I learnt a great deal about motte-and-bailey castles, when I visited some of the students, to see the models they had created. A motte-and-bailey is a form of castle situated on a raised earthwork and surrounded by a ditch and protective fence. This was a common form of castle in Europe in the 11th century. Mottes were mounds, some natural, some man made, surmounted by a tower. Around them was a ditch, sometimes filled with water. The bailey was an outer enclosure, which was also defended by a fence and sometimes a ditch. I was reminded that Windsor Castle, in England, is reminiscent of this type of design. Thank you for sharing your knowledge with me, history club students!



Our School Expectations



This week's expectation is Aspire: Bounce back when things don't go your way

Congratulations to the students who have demonstrated our school expectations of **RESPECT**, **RESPONSIBILITY** or who have tried to **ASPIRE**. The latest awardees are published below:

Purchase Pride Badge (10 Purchase Prides)

Please note that these badges will be presented at the **Week 7** Monday morning assembly **next week**. Congratulations to:

Austin Y (3B), Aditi J (4/5B), Emily S (1M), Lucy K (3L), Manuela (KI), Max T (KI), Tiger (4O), Elodie D (KI), Shaurya (4/5B), Thomas W (KI), Kyle H (2D)

Bronze Awards (10 Class Awards)

Please note that these awards are presented once per term. Bronze Awardees and their parents, will receive an invitation to the Principal's Morning Tea, to be held in Week 10. Names will be published closer to this time.

Silver Awards (20 Class Awards)

Please note that this award will be presented at the **Week 7** Thursday afternoon assembly **next week**. Congratulations to:

Suhani M (4/LT)

Gold Awards (30 Class Awards)

Please note that this award will be presented at the **Week 7** Thursday afternoon assembly **next week**. Congratulations to:

Shaurya C (4/5B)

Bronze Medallion Award (40 Class Awards)

Please note that this award will be presented at the **Week 7** Thursday afternoon assembly **next week**. Congratulations to:

Lyssa B (6L), Vincent S (4/5B)

Mrs Adela King

Deputy Principal

FROM THE TEACHERS**Zone Cross Country**

On Wednesday 29th of May, 38 students participated in the Beecroft Zone Cross Country, at Fagan Park. Everybody showed great determination and enthusiasm, despite the cold winds and the rocky course. This year one of our students, Harry Y in Year 6 excelled and placed 5th in his race making it through to the Sydney North Cross Country Carnival, which is an astonishing achievement. We would like to congratulate all the participants as they completed the cross country with great sportsmanship and thank all the parents who were able to support us on the day.

Mrs Rodrigues

Sports Report

Knockout Tennis – Round 4

Last Monday our Knockout Tennis team played against Artarmon public school. The team consists of Maria G, Trish K, Harry Y and Ashton T. These students worked very hard in their singles and doubles to come away with another win. They have progressed to the next round of the competition. Thank you to Miss Green who accompanied them on the day. She would like to congratulate the students on their great sportsmanship and encouragement towards one another. Well done team!

Stage 2 PSSA Results

Soccer vs Thornleigh Public School

Girls – JPPS 0 defeated by TPS 4

Boys – JPPS 0 defeated by TPS 6

T-Ball vs Normanhurst Public School

Girls – JPPS 1 defeated by NPS 2

Boys – JPPS 2 defeated NPS 1

Stage 3 PSSA Results vs Epping Public School

Soccer

A's – JPPS 2 defeated EPS 0

B's – JPPS 2 defeated EPS 0

Netball

A's – JPPS 37 defeated EPS 0

B's – JPPS 26 defeated EPS 0



Primary Athletics Carnival Reminder

Just a reminder that the field events athletics carnival is on THIS THURSDAY 6th JUNE. Parents are invited to come and support their children in the events.

Year 5 and Year 6 - Stage 3 – 9:00am-11:30am

Year 3 and Year 4 - Stage 2 – 11:45am-2:15pm

Some Year 2 students - 11:45am - 2:15pm

The track athletics carnival is on Wednesday 12th June with the 800m at 8am at Greenway Oval.

High Jump and 1500m Trials – Thursday 13th June 8:00am – Greenway Oval

Students wishing to participate in these trials must come and see Miss McDonald for a note for this event. It will be held on Thursday 13th June at 8:00am at Greenway Oval. Students wishing to participate in the high jump trials should have prior experience in the event and be able to jump within range of these qualifying heights. Students wishing to participate in the 1500m trials must be able to run the entire length without stopping. If a student is to walk or stop during the event they will be supported off the track. This is to ensure that we can complete the event on time.



Help us collect Woolworths stickers!

Over the past few years, we have received thousands of dollars' worth of resources from the Woolworths Earn and Learn promotion.

It's easy! Just shop at Woolworths from 1st May to 25th June and you will receive 1 Earn & Learn Sticker for every \$10 you spend. Place the stickers on a Woolworths Earn & Learn Sticker Sheet or drop into the John Purchase Collection Box at Woolworths. You could also bring your stickers to school and place into the collection box in the library.

Ask your friends, neighbours and relatives to collect stickers for us too!

Watch our tally grow on the point's chart that will be placed outside the library as we collect the stickers.

What will we buy with our points this year? The more points we receive the more resources we can order for our students!

Thank you for your support,
Mrs Collier





*John Purchase Public School
Parents' & Citizens' Association*

"Participate and Communicate"

AGM Roles - an appeal to JPPS community

We need to identify 1 position that was not filled at the AGM on 11th March

This role is:

- Working With Children Officer

The Working With Children Officer

The JPPS P&C is committed to providing a safe environment and to promoting and protecting the health, safety, and wellbeing of our children. The role of the JPPS Working With Children Officer is to verify that all employees and volunteers who have face-to-face contact with children possess a valid WWCC clearance. In addition, your role is to report any reliable and reasonable concern that a child might be mistreated to the Department of Family and Community Services.

There are two positions, one male, one female. A volunteer has been nominated and voted in for the Male role, so we are seeking one of the JPPS mums to volunteer. Please ask at the office for a nomination form

FROM THE CANTEEN

FROM THE CANTEEN

Athletics Carnival Wednesday 12 June - We are looking for volunteers to help in the canteen at Greenway Oval for the athletics carnival. Even if you can only spare an hour or two that would be greatly appreciated. The canteen is open from 9.30 am - 1pm.

FROM THE COMMUNITY

Please note our school publishes events for the convenience of families but does not endorse any activity, person, product



Cherrybrook Ball

SATURDAY 29th JUNE

FEATURING THE CTHS BIG BAND

7 - 11pm CHERRYBROOK TECHNOLOGY HIGH SCHOOL MPC 3 COURSE DINNER B.Y.O. ALCOHOL
COST: \$80 PER HEAD 18+ ONLY DRESS CODE: FORMAL TICKETS: <http://cths.nsw.edu.au>



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CodeSpace Camps



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(02) 8806 3750

JULY SCHOOL HOLIDAY EVENTS



MR BAMBOOZLE'S CRAZY FUN MAGICAL GAME SHOW

Trained actor, comedian, storyteller and magician Michael Patterson (aka Mr Bamboozle) has taken the magic show and the game show and blended them into an hour-long romp of fun, challenges and baffling magic. The show explores themes around thinking vs imagination.

Berowra Library
Thursday 11 July, 2.30pm-3.30pm
Ages 6-12

Hornsby Library
Tuesday 16 July, 10.30am-11.30am
Ages 6-12

Pennant Hills Library
Tuesday 16 July, 2.30pm-3.30pm
Ages 6-12

Cost: \$10.00 per child.
Children 7 and under must be accompanied by an adult.
Bookings essential.
Book online at library@hornsby.nsw.gov.au

DRAWING MANGA WITH MATT LIN

Learn how to draw Manga characters like a pro with artist, Matt Lin. Step by step, Matt will demonstrate how to build your characters from the ground up. Whether you are a beginner or a more advanced drawer, Matt will provide you with loads of tips to take it to the next level.

Hornsby Library
Wednesday 10 July, 2.30pm-3.30pm
Ages 12-17

Cost: \$10.00 per person.
Bookings essential. Book online at hornsby.nsw.gov.au

POKÉMON DRAWING WORKSHOP WITH MATT LIN

Children will learn to draw Pokémon characters under the guidance of brilliant artist, Matt Lin. With lots of awesome tips and plenty of fun, this workshop will leave you inspired.

Hornsby Library
Thursday 18 July, 10.30am-11.30am

Pennant Hills Library
Thursday 18 July, 2.30pm-3.30pm

All ages 7 and above. Cost: \$10.00 per child.
Bookings essential. Book online at hornsby.nsw.gov.au
Children 7 and under must be accompanied by an adult.

ESCAPE ROOM

Race against the clock to solve the mystery of the Zombie Outbreak, Librarian Crime Ring, Alien Investigation, Pirate's Treasure or Scientific Discovery and follow the clues to open the chest which holds the key to your escape, but hurry, the clock is ticking!

Hornsby Library
Monday 15 July, 10.30am-11.30am
Pennant Hills Library
Monday 15 July, 2.30pm-3.30pm

Ages: 9-12 Cost: \$15 per child
Bookings essential. Book online at library@hornsby.nsw.gov.au

HOLIDAY STORYTIME

Join us for stories, songs, craft and refreshments.

Pennant Hills Library
Wednesday 10 July, 10am-11am

Hornsby Library
Thursday 11 July, 10am-11am

Berowra Library
Friday 12 July, 10.30am-11.30am

All ages. Children 7 and under must be accompanied by an adult.
Cost: \$2 per child for children 18 months and over. Payment at the door.
Free for adults accompanying children.
No bookings required.





WOULD YOU LIKE TO HELP START A JOHN PURCHASE PUBLIC SCHOOL ORGANIC VEGGIE BOX CO-OP ON THURSDAYS

PACKING OF FRUIT & VEG BOXES 2.30PM THURSDAYS
PICKUP BOXES BEFORE 6PM.



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CLASSES

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40%
LESS THAN
RETAIL BY
WORKING AS A
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* THE **CHEAPEST** WAY TO BUY
ORGANIC IS TO WORK AS A
COMMUNITY.

* GOING **ORGANIC** IS THE BEST
WAY TO REMOVE
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YOUR
FAMILY'S
DIET.

OPEN
TO PARENTS,
TEACHERS &
THE LOCAL
COMMUNITY.

SIGNUP & INFO

WWW.MYORGANICSCHOOL.COM/JOHNPURCHASE

WHAT'S IN JOHN PURCHASE PUBLIC SCHOOL'S WEEKLY ORGANIC FRUIT & VEG BOX?

FAMILY FAVOURITE STAPLES

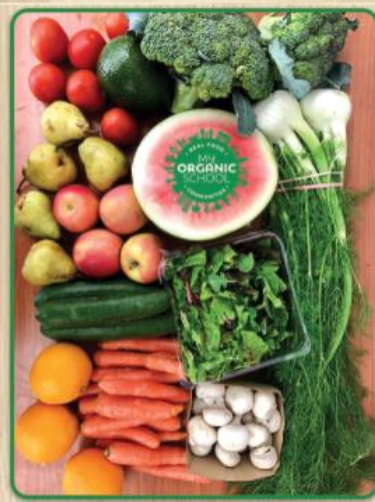
YOU'LL FIND A GOOD MIX OF STAPLES EACH WEEK: E.G LETTUCE, CARROTS, BROCCOLI, POTATOES, APPLES, ETC.

SEASONAL PRODUCE

THE CONTENTS OF THE BOX CHANGES EVERY WEEK. IT DEPENDS ON WHAT IS IN SEASON AND WHAT IS OF THE VERY BEST QUALITY. THESE 2 FACTORS USUALLY COINCIDE. SEASONALITY EQUALS ABUNDANCE OF HARVESTED PRODUCE, THINK CITRUS & CAULIFLOWER IN WINTER, MANGOES IN SUMMER.



EXAMPLES OF BOX CONTENTS FROM 2019



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