# John Purchase Public School



# **Advance Together: Strive for Excellence**





9875 3762





## THE CALENDAR

For future dates please refer to the "calendar" tab located on the school website www.johnpurch-p.schools.nsw.gov.au

MON 9 SEPT Stage 2 Excursion P & C Meeting 7pm	TUES 10 SEP Stage 2 Excursion	WED 11 SEP Stage 2 Excursion Year 6 Canberra	THURS 12 SEP Year 6 Canberra	FRID 13 SEP Year 6 Canberra Woolworths Cricket Blast
SUN 15 SEP Hills Dance Spectacular	TUES 17 SEP ICAS English Peer Support	WED 18 SEP Author visit Yrs 3-6	THURS 19 SEP ICAS Maths 2:05 Assembly Mini choir and training band	FRI 20 SEP Stage 2 History Incursion
TUES 24 SEPT\ Bronze Award morning tea	WED 25 SEPT Peer Support Bronze Medallion morning tea	THURS 26 SEPT  Make-a-Wish  Mufti day  Interschool debate	FRID 27 SEPT Last day of Term 3	MON 14 OCT Student and staff return Term 4 7pm P & C

## FROM THE PRINCIPAL

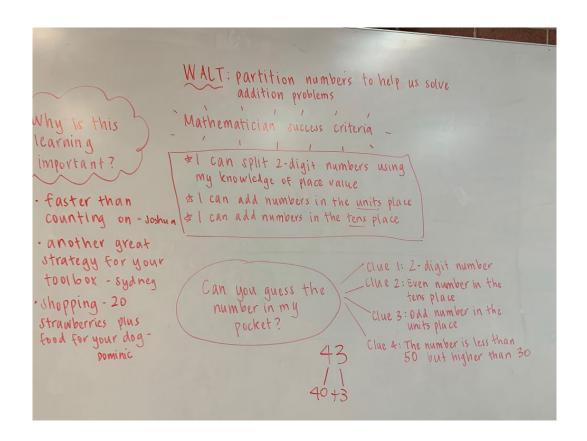
#### What are you learning? Why is that learning important?

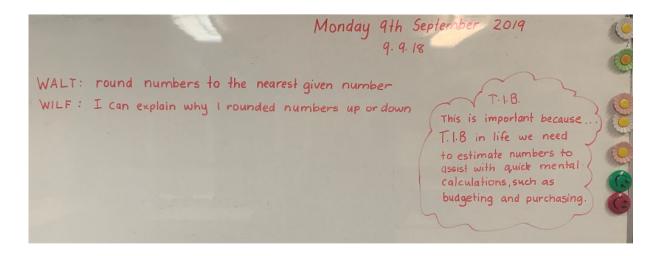
It is important to us that our students understand what they are learning in class and to reflect on why that learning is important. Having clear goals or intentions provides clear purpose for both the teacher and the students, and both can work together toward achieving these. This is important across key learning areas.

It allows for feedback to be focused on the lesson purpose and all to be working collectively to achieve that learning goal or intention. It also helps teachers and children to track how they are going with their learning and when they are ready for the next steps.

When students and the teacher understand why they are learning what they are learning, they can see where today's lesson fits into the trajectory of learning over time, what the end purpose is and they can begin to transfer that learning to other situations.

You can help us by asking the children what they have been learning at school and asking them to think about why this learning is important.





## Reading Conferences in 3/4W

A visit to the 3/4W classroom last week during their reading conferencing time demonstrated the students' love of reading and their commitment to continually developing their skills as self-regulated readers.

The students knew and could explain their own reading goals, they could explain why that reading goal was relevant to them at this point in time and what strategies they have been using to achieve the goal.

Some of the student's goals included:

- reading more expressively
- reading more accurately
- making inferences
- identifying when the author uses the technique, show don't tell

Throughout the lesson, the students were working on moving closer to their personal reading goals. Mrs Ward was conferencing with individual students. This involved listening to the students reading and talking about the book. The students were able to reflect on how they were going with their goals and Mrs Ward provided feedback and guidance.

For some students who had achieved their reading goal, this meant working with them to set new goals. For those students who continued to work on their current goal, the discussion involved further strategies that could be used.

The students were also reflecting on how they are working towards their reading goals in their reading journals.

Thank you 3/4W and Mrs Ward for sharing your learning.

Happy reading!

### **Artificial Grass Submission**

I would like to extend a big thank you to all who voted for our grant application for artificial grass in the K-2 playground. While we are disappointed we were not the successful project, we are very appreciative of the time and efforts our community put into voting for the project. Our P &

efforts our community put into voting for the project. Our P &

C is in the process of applying for a smaller \$20,000 grant and will keep you poste

## C is in the process of applying for a smaller \$20 000 grant and will keep you posted if we are successful.

## Disappointment

Disappointment is a natural part of life and we do our best in supporting children to manage the little disappointments or feelings of discomfort they may experience sometimes, whether that be at home or at school. In this newsletter I have included Michael Grose's article about, *Helping Kids Tolerate Discomfort*.







parenting \*ideas

# insights

# Helping kids tolerate discomfort

by Michael Grose



Few right-minded people want children or young people to experience hardships or difficulty. However growing up generally means that kids will experience their fair share of hardships, frustrations and challenges which lead to uncomfortable feelings.

#### **Exercising their discomfort muscles**

Tolerating discomfort is an important resilience skill. It refers to an ability to sit with an uncomfortable or emotionally painful feeling such as disappointment, apprehension, nervousness or fear. These emotions can be brought about as a result of not being picked for a team; getting lower than expected marks for an assignment; or going into new, unfamiliar situation such as school camp. These are the sorts of every day situations that can make some kids feel uncomfortable. It's helpful to think of discomfort as a 'muscle' that gets stronger with training. Each time a child or teen successfully tolerates discomfort they're reinforcing their ability to do so and cementing the knowledge that they can overcome emotional challenges.

#### Opportunities to practise tolerating discomfort

Opportunities for practice are plentiful and are found in common situations such as when a child or teen is: feeling hungry; wanting something they can't have; having to end screen time; contributing to household chores when they don't feel like it; missing out on a job interview; asking someone on a date or not receiving a party invitation.

#### It's not toughing it out

Tolerating discomfort doesn't mean toughing out an unbearable situation. It's teaching your anxious child to notice how they're feeling, naming their emotions, and practising acceptance of difficult feelings as they occur. This is done in the knowledge that what they're experiencing is temporary and that they're lovingly supported by a warm and comforting adult. Couple tolerating discomfort with social rewards (such as words of praise or shared fun activity) for coping behaviours and you're helping to build their personal resilience.



#### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including Spoonfed Generation and the best-selling Why First Borns Rule the World and Last Borns Want to Change It. His latest release Anxious Kids, was co-authored with Dr Jodi Richardson.

We're a Parenting Ideas school

parentingideas.com.au/schools

## FROM THE DEPUTY PRINCIPAL

### **Kindergarten 2020 Orientation Program**

Do you know any local families with preschool aged children about to commence school? Please let them know that we are currently preparing a wonderful orientation program for students commencing Kindergarten in 2020. We strongly encourage attendance at all 3 orientation sessions to best prepare for a positive start to school next year. Please share these session dates and times with families in our school area

:

Kindergarten 2020 Orientation Session 1 – Tuesday 22 October 9:15am – 10:30am

Kindergarten 2020 Orientation Session 2 – Tuesday 29 October 9:15am – 10:30am

Kindergarten 2020 Orientation Session 3 – Tuesday 12 November 9:15am – 10:30am

Please call the school on 9875 3100, if you require further information regarding Kindergarten enrolments.

## Cyberbullying

Cyberbullying is the use of technology to bully someone or a group, with the intent to cause harm – social, psychological or, in extreme cases, physical.

Cyberbullying can be abusive texts or emails, or hurtful messages, images or videos. Other forms of cyberbullying include excluding others online, imitating others online, or nasty online gossip.

If your child is experiencing cyberbullying, you may notice they don't want to go online or use their mobile. They may get upset when they get a text or an email. You may notice changes in their school work and friends. They may also be withdrawn or appear lonely, sad or angry, or not sleep well.

If you think your child is being cyberbullied, try not to overreact. The commissioner for eSafety has published some useful advice for parents. The online safety guide may be downloaded from the link below:

#### https://www.esafety.gov.au/parents/online-safety-guide

Additionally, to best support our students, we obtain expert advice from the police youth liaison officers from the local area command at Eastwood Police. Trained personnel will be visiting John Purchase Public School next week to address students in Year 4.

#### **Canberra Excursion**

Parents are reminded to avoid using the bus bay during departure and arrival times this week:

**Wednesday** 6.30am – 7.15am

Friday 5.00pm – 6.00pm

## **Our School Expectations**



#### This week's expectation is:

## Responsibility: Finish eating and drinking before going to the oval

**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 9** Monday morning assembly **next week**. Congratulations to:

Charlie H KH, David 1S, Taylor S 4-O, Geethika 5M, Phoebe E 4-O, Kian K 1M, Thiviru 4N, Julia D 4N, Lily F 2B, Olivia KH, Atharva 3M, Tiger 4-O, Mohit 3-L, Francis KH, Christine 1S, Lucy 3L, Aaron 3L, Haylene 4-O, Natali B 2D, Elodie D KI, Scarlett 3/4W

#### **Bronze Award (10 Class Awards)**

Please note that these awards are presented once per term. Bronze Awardees and their parents, will soon receive an invitation to the Week 10 Principal's Morning Tea, on **Tuesday 24 September**. Congratulations to these students:

Ashleigh W 3M, Kyle H 2D, Zoe C 2N, Samuel M 2B, Andy F 1M, Hannah L 2D, Mahee B 2N, Madison K 5J, Emma M 2D, Tyson G 2B, Benjamin S 6W, Hongbo W 2C, Jackson G 1M, Ayaan D 3B

### Silver Award (20 Class Awards)

Please note that these awards will be presented at the **Week 9** Thursday afternoon assembly next week. Congratulations to:

Isabelle C (2N)

## **Gold Award (30 Class Awards)**

Please note that these awards will be presented at the **Week 9** Thursday afternoon assembly next week. Congratulations to:

Yasith P (6W), Thisenya P (6L)

## **Bronze Medallion (40 Class Awards)**

Please note that these awards will be presented at the **Week 9** Thursday afternoon assembly next week. Congratulations to:

Jake D (6G)

#### **Lost Property**

Please urge your children to be responsible for their own belongings. There continues to be an enormous amount of unclaimed clothing and plastic containers. Unfortunately, many items are not labelled with owner's names. Our SRC will advertise the lost property at assemblies over coming weeks. Parents are most welcome to check the bins outside 4/5B and 1A rooms, as well.

Please be aware that items without 'named' labels may be eventually re-cycled at the uniform shop at the end of the term, or sadly, permanently discarded.

## Mrs Adela King

**Deputy Principal** 

## FROM THE TEACHERS

#### **Pacer Rebate**

Students from our school will soon be undertaking an education tour of the national capital. Students are being given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$20 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

Nicholas Johnson Assistant Principal

## Make-a-Wish upon a Star Day

Thursday 26<sup>th</sup> September will be our fund raising day for the Make-a-Wish charity. Students may come to school dressed as their favourite hero/star.

Please bring a gold coin donation if wearing mufti. Shoes need to be enclosed.

Thank you in anticipation of your support.

J. Mugridge

Coordinating Teacher

## Year 2 Gardening Fun with Brooke from Bunnings



Year week participated in a planting session with Brooke from Bunnings. Brooke and **Bunnings** supplied with gardening gloves, potting mix, sugar cane mulch and seedlings to create vegetable and herb gardens. It was a beautiful Spring day to dig, plant and water. We look forward to caring for our plants and harvesting our produce. Thank **Brooke and Bunnings for** assistance and generous donations! Year 2 Teachers and students















#### "A Fun Day with Brooke"

On the 4th of September Brooke from Bunnings came to JPPS. She helped Year 2 plant different plants such as zuccini, carrots, basil, tomatoes, lettuce and strawberries! When we were done planting she helped us water all of our plants! We had so much fun, we hope she comes back again.

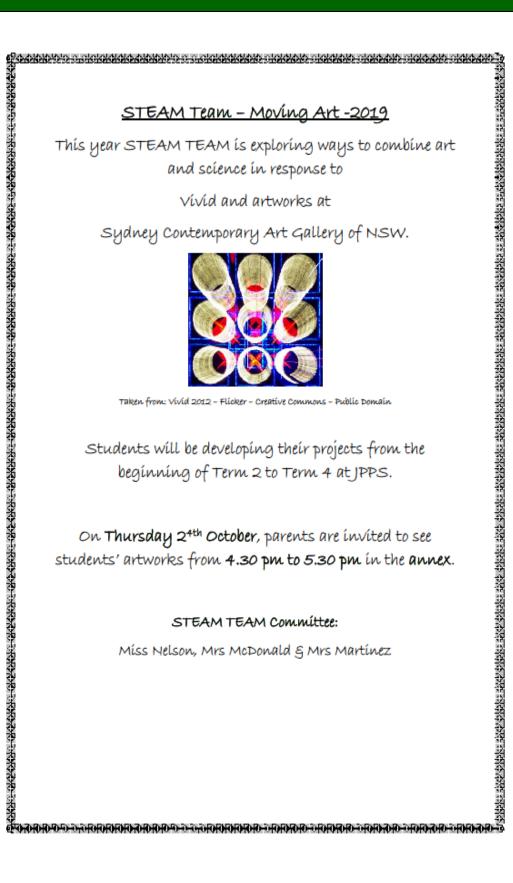
By 2B students: Ananya C, Oscar E, Mia B, Dimitry G, Alannah S, Lachlan T and Amelia Z.

On Wednesday the 4th of September, Brooke, the Bunnings lady, came over to JPPS and helped all the year twos do some gardening. Brooke helped us plant strawberries, rosemary, sage, Italian parsley, oregano, tomato, zucchini, carrots and lettuce. All the year twos had a great time gardening.

Srinika and Hannah 2D

Brooke from Bunnings came to help us garden and plant some plants. She taught us that basil helps keep the flies away from tomatoes. She showed us how to carefully take out seedlings from the pot. She said the roots get all the nutrients and secure the plants to the ground. We planted tomatoes and basil. We need to water them every day before 10am because of water restrictions and we are in drought.

Vansh, Dinuki and Arianna 2C



## **Ethics classes at John Purchase Public School**

Dear Parents and Carers,

Could you be an ethics teacher for John Purchase Public School?

We are seeking volunteers so that we can provide ethics classes for all the families who have requested it for their children.

Ethics teachers receive full training by Primary Ethics, the not-for-profit organization approved to design curriculum and training for the ethics program. Training consists of a two-day workshop and short online modules. Lesson materials are provided. Suitable volunteers have an interest in children's education and development of critical thinking skills and must be available at 11:30am or 12:00/ Tuesdays each week.

In ethics classes, children learn how to think logically, disagree respectfully and support their arguments with evidence, rather than act according to blind habit or peer pressure.

Children discuss topic such as:

- -imagining how others feel
- -how do we treat living things?
- -what is laziness?
- -how do we disagree in a respectful way?
- -fairness

If you are looking for an opportunity to make a valuable contribution to our school, please visit <a href="www.primaryethics.com.au">www.primaryethics.com.au</a> <and/or> contact Ethics Coordinator-Caroline John and carolinerjohn@gmail.com.



Dear Parents and Carers, The JPPS staff have a knitting basket in the staff room that allows us to practise relaxation techniques during recess and lunch.

We have all been contributing to create a blanket for charity. If you have any spare wool and would like to donate it, please bring it to the front office.

We are using 8mm acrylic wool, but are open to using any wool you wish to gift! From the JPPS Staff.

## FROM THE CANTEEN

#### FROM THE CANTEEN

**Recycling Bins -** our recycling bins have arrived and have been placed outside the canteen. Please encourage your children to recycle their water bottles, flavoured milk and juice bottles in these big orange bins.

**Healthy September - Tuesday 17 September** is healthy day in the canteen where we will only be selling healthy snacks at recess. Please encourage your children to come along and try some new snacks at recess. They might get to see the canteen ladies dressed up!

## FROM THE COMMUNITY



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

#### **FOOD DRIVE 2019**

Last year the Cherrybrook community raised almost 6,000 food items to help the needy of Sydney during winter. It is hoped that many will give generously again this year. Over the next few weeks there will be a collection point in the school office. Simply drop your non-perishable food items in it to help the needy this winter.

Items may include tinned soup /meat /fish /vegetables /fruits /packs of rice /noodles /pasta/ cartons of fruit juice or long life milk /tea /coffee .toiletries

The Food Drive is organised by Cherrybrook Anglican Church and Anglicare. For more information contact the Anglican Church (Ph:9481 9150) <a href="https://www.cherrybrookanglican.org.au">www.cherrybrookanglican.org.au</a>



For booking details and further information on these events and more events in your library visit **hornsby.nsw.gov.au/library** 











## BLAST OFF INTO THE WORLD OF SCIENCE

AT MACQUARIE UNIVERSITY

Join our exciting science programs for Years K-6 during the school holidays Science classes offered at Blat Wark VC Community Centre, West Lindfield. Robotics classes offered at Chettenham Girls' High School.

- Class topics include learning about dinosaurs, voicanic eruptions, DNA, how to analyse blood for diseases & why animal poop is so fascinating!
- Our courses are designed to teach scientific concepts through experiments, art, drama, physical activity, craft is other hands-on activities.



Drop off	8.30am - 9.30am	
Activities	9.30am - 4.30pm	
Pick-up	4.30pm – 5.30pm	
Cost	\$126. <sub>5</sub> 0	

Want more information? Visit our website: mq.edu.au/about/holidays



# TARA DENNIS



#### Saturday 14th September

10am - 1pm Better Homes and Gardens Tara Dennis will be in-store sharing her styling tips and D.I.Y



# KITCHEN EVENT



Saturday 14th September 10am - 2pm

Talk to the experts/ Supplier pre
 Tips and hints to D.I.Y
 Meet our In-Store consultants
 Prizes, giveeways and refreshments







WHEN: SATURDAY 12TH OCTOBER - 9AM TILL 4PM SUNDAY 13TH OCTOBER - 9AM TILL 2PM

#### WHERE: ONR SHEPHERDS & MACQUARIE DRIVE, CHERRYBROOK

MELP - We want your good stuff!! WHEN: Collection & drop off period starts 22 September to 9 October more information please ring 0468 330 66

## Colpe of 6 Sun Tues Wed Thurs Sat Sun Tues Wed Thurs Sat Sun Tues Wed Thurs Sat Sun Tues Hone Sun Tues Hone Sun Sun Sun Sun Tues Hone Sun Sun</

### WE WANT

- BRIC-A-BRAC
- . Tools CDS/DVDS/RECORDS . GOOD QUALITY SMALL BIKES/SPORTING GOODS
- HOMEWARES & MANCHESTER FURNITURE AND ANYTHING ELSE THAT IS TOO GOOD TO THROW AWAY WE RESERVE THE RIGHT TO REFUSE HEAVY, LARGE OR NON SALEABLE GOODS

Bring your Flyer to the Rotary Garage Sale and get a OUR GOLD SPONSORS free espresso coffee.

CHARITIES WE SUPPORT

Proceeds will go to Rotary Drought Relief Fund & other Rotary programs



. PLANTS & POTS

SMALL ELECTRICAL
 APPLIANCES (WORKING)







WHEN: SATURDAY 12TH OCTOBER - 9AM TILL 4PM SUNDAY 13TH OCTOBER - 9AM TILL 2PM

WHERE: ONR SHEPHERDS & MACQUARIE DRIVE, CHERRYBROOK



**VOLUNTEERS WELCOME** 

PLEASE CALL Ph: 0468 330 667 Gold coin entry mething for everyon

Drop off details over page

🏿 ROTARY CLUB OF WEST PENNANT HILLS & CHERRYBROOK Inc. Website: www.wphcrotary.org/2019-garage-sale Email: wphc.rotary.garagesale@gmail.com Facebook: www.facebook.com/WPHCRotaryclub

\* Tested for electrical safety only. Power available for buyer to test working order







