Dear Parents and Caregivers,

What an exciting and lively couple of weeks we have had here at Kentlyn Public School for both students and teachers alike.

School Swimming and Water Safety Program
Bradbury Pool - Monday 12 August until Friday 23 August

Last week was the start of swim school for 30 keen and energetic students from Kentlyn. The students have been learning essential water safety skills. From all accounts, feedback has been extremely positive. Everyone seems to be thoroughly enjoying themselves.

A huge thank you to the parents and caregivers who have kindly offered up their time to transport students to and from the pool! Without this support, the cost of the swim scheme would have been significantly higher for participating students.

Important Term 3 Dates for your Diary:

Monday 12 August - Friday 23 August - Swimming School
Wednesday 21 August - 23 August - Stage 3 Camp
Monday 26 August - Mind Marathon
Wednesday 28 August - Campbelltown Zone Athletics - Track
Thursday 29 August - Campbelltown Zone Athletics - Field
Friday 30 August - Book Week Parade
Thursday 5 September - Photo Day
Friday 6 September - GALA Day
Wednesday 11 September - Regional Athletics
Thursday 12 September - Friday 13 September - Stage 2 Camp.

Gymnastics

The gymnastics program has now been running successfully for four weeks. Each class has been attending their own individual weekly session, each ranging from 30 - 40 minutes in length. The program is run by a team of dedicated coaches delivering enjoyable and active sessions for children. All students have been participating enthusiastically whilst developing a range of new skills.
Gala Day
Friday, 9th August 2013, Kentlyn PS sent off their Gala Day teams to represent our school in AFL, Soccer and Netball. It was a beautiful day, made for sport and our teams followed through with the promising day.

All teams fought gallantly and there were some impressive results from their commitment and determination. Both the AFL Junior and Senior teams took out all their matches, being undefeated on the day. Special mention to the seniors who are, to this date, still undefeated. Also special mention to the junior team who played extremely well and are showing improvement every week!

The Soccer teams put in a brilliant effort and fought against some giant opponents. They managed to bring home one game and fought tremendously in the other matches. Congratulations to all soccer players, some great reports on behaviour and sportsmanship have been passed on!

As always, the Netball players put in a gutsy and determined effort against some strong opponents, winning one game! The report back from their Gala day was that it was a fun filled day, one in which the girls should be congratulated for their behaviour and cooperation!

School Photos
School Photos this year are to be taken on Thursday 5 September 2013.

Pre-Paid envelopes have already been sent home. Every child needs an individual envelope. You may pay for other family members in one envelope (please mark clearly on all other envelopes which envelope contains payment), however, each member of your family will still need an individual envelope. Family photo envelopes are available at the office.

PLEASE ENCLOSE THE CORRECT MONEY as no change will be given. The school does not handle the money for this event. Cheques or money orders are to be made payable to “msp photography”.

ALL STUDENTS MUST WEAR FULL SUMMER SCHOOL UNIFORM.
Children may wear a school jumper to school, but will be encouraged to take it off during the school photo session only, and then place it back on again after the photo.

On Monday 26 August, Kentlyn Public School has been invited to enter a team in the Mind Marathon Competition. The competition is designed for primary school students who are academic high achievers. In previous years only boys were able to participate but this year they have opened it up to girls as well. This year we are pleased to announce that we have entered a team of six girls.

On the day teams of six girls participate competitively in a variety of challenging, fun activities involving:

- Construction and Design
- Science
- English
Thank you to Miss Chisholm for agreeing to supervise and transport the girls to and from the venue.

**Kindergarten 2014**

We have commenced taking Kindergarten enrolments for 2014. It is important that parents intending to enrol their child in 2014 complete the necessary paperwork so that all appropriate communication regarding support or transition programs can occur prior to enrolment. Early notification of enrolments also assists the school in planning staffing and resource needs. Parents who wish to make enquiries regarding enrolment should contact the school office on 46282455.

Children born between 1st August 2008 and 31st July 2009 are eligible to enrol. Please bring with you - child’s birth certificate for proof of age, passports and visas for families born overseas and proof of residence (current council rate notice or lease agreement and 2 (two) utility bills e.g. gas or electricity account, plus mobile or landline telephone account). You will also need to bring your child’s up to date immunisation certificate.

**Stage 3 Camp**

Just this very morning, a very excited stage three group, Mr Saunders, Miss Chisholm and Ms Price headed off on their big Aussie Bush Camp adventure.

They have many exciting activities planned including:

- Archery
- Rockwall Climbing
- High Ropes
- Abseiling
- Canoeing
- Fencing
- Commando Night Challenge

I am sure that this will be a positive and rewarding experience for both students and teachers alike...one that they will remember for many years to come. I am looking forward to hearing of their many adventures on their return.

**Practicum Students**

Next week, we are very pleased to welcome two practicum teachers to Kentlyn Public School. Ms Brooke Charters and Ms Victoria Rey are from the University of Western Sydney and will commence their practicum on Monday 26 August. During their time here, they will be working very closely with 6C under the guidance of Miss Chisholm. I am sure they will enjoy their time here at Kentlyn and take away many valuable skills and strategies to help them in their future endeavours.

**ICAS Tests**

This year students from Kentlyn in Years 3-6 were invited to participate in the 2013 International Competitions and Assessment. These competitions are conducted each year by Educational Assessment Australia, an organisation of the University of NSW.

This year we had students sit exams in:

- Computer Skills
- Science
- Writing
- Spelling
- English
- Mathematics

It was pleasing to see many students from our school receiving credits, distinctions and even high distinctions!

A big thank you to Miss Chisholm for all her organisation, coordinating and implementing of the exams for our students.

**Family Contribution Fee 2013**

*Family Contribution Fees* help enhance the learning programs for all students at our school.

The *Family Contribution Fees*, although entirely voluntary, *will make a difference to our school finances*. Payment may be made in cash or by
cheque. Money collected will be used to purchase resources that all students will use this year and in some cases, for years to come.

The total cost of the Family Contribution Fee is $25.00 per family.

Money or cheques can be enclosed in an envelope with your child’s class; total amount enclosed and clearly stated that it is for “Family Contribution Fee”. Students can hand the envelope in to the office. Thank you in advance for your support in this matter.

**Book Week Parade**
This year’s Book Week theme is ‘Reading across the Universe’ and we will be celebrating it on **Friday 31st August, 2013**.

To celebrate reading and the 2013 Book Week, we have organised a fun filled morning including a whole school assembly run by the student leaders, a parade of all the wonderful costumes, a book fair and a picnic lunch. The P & C will be offering a pre-ordered sausage sizzle on the day. There will be no other hot food or regular lunch orders offered, however, the Canteen will still be open for drinks and snacks.

A pre-order form will be sent out shortly from the P & C!

The day will be as follows:

**Assembly** - 9:20am - 10:10am

**Parade** - 10:10am - 10:50am

**Picnic Lunch/ Book Fair** - 11:10am - 12:00noon

**Rotation Activity in classes** - 12:10pm - 1:10pm

We invite you and your child to dress up as a favourite character from a beloved story/book! Some examples you could dress up as are: Harry Potter, Peppa Pig, The Flash, Old Mother Hubbard, a Jedi, cat in the hat etc.

**Sydney South West Cricket Trials**
Congratulations! Leah Senkowski, Sarah Abdulwahab and Jade Pollock who went to the Sydney South West cricket Trials on Monday 19 August. All three girls were successful in making the team and will be heading to Bomaderry later this year!

**Good Sleep Habits: 12 tips**
*Getting into good sleep habits can help your child have a good night’s sleep. And if your child is sleeping well, chances are you might sleep better too. Here are some ideas to get you started.*

1. **Keep regular sleep and wake times**
   If your child is six months or older, help him go to bed and get up around the same time every day. Keep wake-up times on school days and weekends to within two hours of each other. This can help get your child’s body clock into a regular rhythm. The body clock is just developing in children younger than six months, but you can still encourage a regular bedtime and wake-up time.

2. **Avoid daytime naps for older kids**
   If your child is five years or older, avoid daytime naps. Daytime naps longer than 20 minutes can make it harder for children over five to get to sleep at night, to get into deep sleep, and to wake up in the morning.

3. **Relax before bed**
   Encourage your child to relax before bedtime. A regular bedtime routine of bath, story and bed help younger children feel ready for sleep. Older children and grown-ups might like to wind down by reading a book, listening to gentle music or practising breathing for relaxation. This helps the body get ready to catch a ‘wave’ of sleepiness when it comes.

4. **Wind down at night**
   If your child has a busy morning routine, encourage her to use some wind-down time at night to complete morning tasks, such as getting clothes ready for the next day, making lunch, or getting her school bag ready.
5. Make sure your child feels safe at night
If your child does feel scared about going to bed or being in the dark, you can praise and reward him whenever he's brave. Avoiding scary TV shows, movies, computer games or books can help too. Some children with bedtime fears feel better when they have a night light or a personal alarm under their pillows.

6. Check noise and light in your child’s bedroom
A dark, quiet, private space is important for good sleep. You can check whether your child’s bedroom is too light or noisy. It’ll probably help to turn off electronic stimulation in your child’s bedroom at least one hour before bedtime. This includes loud music, mobile phones, computer screens and TV.

7. Avoid the clock
If your child is ‘clock watching’, encourage her to turn her clock around or move it to where she can’t see it.

8. Try relaxing activities before sleep
If your child can’t get to sleep straight away, he could try doing something relaxing like listening to gentle music or reading a book under dim light. In the mornings, he should get out of bed when he wakes up, rather than trying to go back to sleep.

9. Eat the right amount at the right time
Make sure your child has a satisfying evening meal at a reasonable time. Feeling hungry or too full before bed can make the body more alert or uncomfortable. This can make it harder to get to sleep.

10. Get plenty of natural light in the day
Encourage your child to get as much natural light as possible during the day, especially in the morning. This will help her body produce melatonin at the right times in her sleep cycle. A healthy breakfast also helps to kick-start the body clock.

11. Avoid caffeine
Encourage your child to avoid caffeine – in energy drinks, coffee, tea, chocolate and cola – or avoid offering them in the late afternoon and evening.

12. Do some exercise
Physical activity and exercise help children aged 2-15 years to sleep longer. It’s not a good idea to play sport or be active late at night, though. The stimulation and increase in body temperature can make it harder to go to sleep.

School Canteen News
Our school canteen will now be open on Wednesdays, Thursdays and Fridays.

Book Week Celebrations
The P & C will be offering a pre-ordered sausage sizzle on Friday 30 August to coincide with book week celebrations. There will be no other hot food or regular lunch orders offered, however, the canteen will still be open for drinks and snacks. A pre-order form will be sent out shortly.

Next P&C Meeting:
Wednesday 21 August 2013 at 6:30pm in the staff room.
Principal's Award
Jack Griffiths 1M

Value of the Week Awards

Fairness
K-2
Lexie Saunders KG
3-6
Jo Corbet 4/5S

Respect
K-2
Lachlan King 2/3D
3-6
Brandon Harris 3/4N

Congratulations!

Trivia Night
Keep the date free.

- Halloween Theme for the night.
  (Optional dress up)
- Saturday October 26th 2013
- Ruse Community Hall
- $15 per head
- Invite your Family and friends to make up a table of up to 10
- Under 18’s not permitted