

Kendall Public School Newsletter

Term 2 Week 4 — 24th May 2019



Principal's Message

It has been another eventful fortnight at Kendall PS with NAPLAN assessments, QuEST training, PSSA tennis & netball matches and our cross country/fun run keeping everyone very busy. Although these activities do have a significant impact on our regular routines, it has been impressive to see that students have been able to adjust to the many changes and continue to focus on their learning.

I particularly congratulate our Year 3 and 5 students for their efforts in the NAPLAN assessments over the past two weeks. Completing these assessments online has meant that the testing period is much longer than in past years and has required many changes to class timetables. Mrs Budai and Mrs Smith have done a fantastic job managing this schedule and supporting our children to do their best. Student results will be made available to schools and parents later in the year.

Whilst their Year 5 classmates sat the NAPLAN assessments our Year 6 leaders completed their training for the QuEST Program with Mr Sheridan and celebrated their achievement with a sausage sizzle. Congratulations Year 6 on your positive attitudes and willingness to take on these leadership roles within our school. I know you will provide wonderful support for younger students and assist in maintaining a positive playground environment at Kendall PS.

Cross Country

What a great day we had for our cross country last Friday – perfect weather, enthusiastic participation and lots of parent support! All competitors are to be congratulated on the effort and persistence they displayed in their events. Thanks to Mrs Smith for the time she has given to coordinating our school cross country and organising our team for the Lower North Coast carnival on Monday. Best of luck to our representatives who will compete in Kempsey. We look forward to hearing of your results.

Food Allergies and Intolerances

We have several students in our school with intolerances and allergies to various foods, including nuts. For some of these students, contact with nuts results in an anaphylactic reaction which can be life-threatening. We are often asked if we are a “nut free” school. The answer is no – we cannot guarantee that no children bring food products to school which contain nuts or traces of nuts. It is impossible for us to monitor all food products at school every day. However, we do have procedures in place to reduce the risk and ensure staff are able to manage any situations where students have allergies or other health concerns. These include:

- ◆ Teachers regularly reminding children not to share their food
- ◆ Nut products not available in the school canteen
- ◆ All staff completing mandatory anaphylaxis training – online each 2 years and face-to-face annually
- ◆ Individual health care plans for students with allergies – all staff informed of these students
- ◆ Epipens - Personal provided by families and school purchased

How can you help?

- ◆ Reinforce the school message that children should not share food
- ◆ Avoid sending nuts or products with traces of nuts to school

School Photos

A reminder that the School Photographer will be at school on Wednesday 5th June. Please ensure children are looking their best on this day with clean school uniform, black shoes and tidy, brushed hair. Multi-coloured socks and large, coloured hair bows should be avoided as these impact on whole class photos.

Best wishes,

Leonie Cosgrove

Focus Value — Belonging

KidsMatter message on Belonging:

Belonging improves mental health and learning

All children need to feel that school is a safe place where people will care about them, where their needs for support, respect and friendship will be met, and where they will be able to get help to work out problems. When these needs are met, children develop a sense of belonging at school. Belonging is very important for mental health. Children who feel that they belong at school are happier, more relaxed and have fewer behaviour problems than others. They also learn better, are more motivated and more successful with schoolwork.

Research into children’s mental health has found that a sense of belonging at school helps to protect children against mental health problems and improves their learning. Making friends and having positive relationships with teachers helps children develop a sense of belonging at school. Having older “buddies” to turn to helps younger children feel that school is a place where they can get help if they need it. Looking after younger children encourages caring and helping in older children and helps to reduce conflicts and bullying. These are some of the ways that children’s sense of belonging at school can be supported.

School Focus

All students will be talking about Belonging, how they can support a culture of Belonging and why this is so important. Students will talk about friendship, kindness, being part of a group, including others and what a difference it makes to feel like you belong.

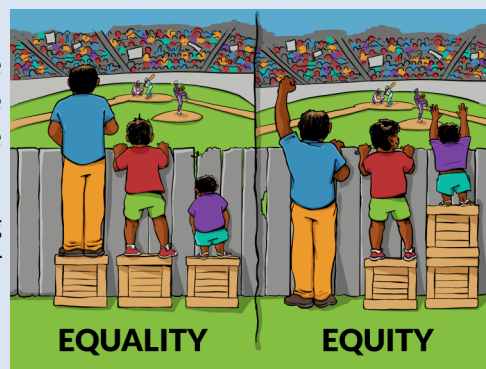
Focus Value—Equity

This focus will involve students exploring the concepts of individual needs and fairness.

In the context of our school we will work with students to develop understanding of ‘equity’ ranging from concepts and personal skills such as sharing, identifying needs and looking after the needs of others, through to the more complex issues of social justice, racism and discrimination.

Students will participate in discussions and activities that promote thinking about how we can all work together to make sure that we operate at all times with a sense of fairness and a consideration for the needs of others.

Equity is not treating everybody exactly the same, equity is recognising individual needs and circumstances and doing our best to provide for everyone in a way that promotes success for all.



CALENDAR DATES

Week	Date	Event
5	Monday 27th May	LNC Cross Country Carnival @ Kempsey
	Thursday 30th May	Playgroup
	Friday 31st May	3/4 S Assembly
6	Tuesday 4th June	GRIP Leadership @ Forster
	Wednesday 5th June	School photos
	Thursday 6th June	Library Van 3/4 S Cake Stall

Reconciliation Week

May 27th to 3rd June

National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can contribute to achieving reconciliation in Australia.

The date of Reconciliation Week commemorates two significant milestones in the reconciliation journey, the successful 1967 referendum and the High Court Mabo decision.



NATIONAL RECONCILIATION WEEK 2019 27 MAY - 3 JUNE

GROUNDED *in* **TRUTH**

WALK TOGETHER WITH COURAGE

#NRW2019 Learn more at reconciliation.org.au

School Photos

Wednesday 5th June

Please return your envelope to school with payment , either cash or online credit card payment to www.theschoolphotographer.com.au

There is an opportunity for siblings to be photographed together on the day , please collect an order form from the school office.

All students will be photographed on the day.

Cross Country Carnival

What a perfect day to be outside, having fun with your friends and being fit and healthy. Our annual cross country carnival for both our K-2 and 3-6 students was held last Friday with all kids getting in and having a go!

Well done Kendall kids keep having fun and enjoying exercise.



Lower North Coast Cross Country Carnival

Congratulations and good luck to our team of runners heading to the LNC Carnival at Warwick Park Racecourse, Kempsey on Monday 27th May.



Sophie, Ethan, Joel, Isabella, Juliet, Skyla, Eva, Liam, Halle and Will are absent from this photo.

New Sports Singlets

A student motion was put forward to the student Parliament requesting the purchase of new singlets for sporting events. This motion was carried by our students and passed through the Senate. Students will be able to borrow these singlets when they are representing the school at sporting events. They can't wait to wear them at the up coming LNC Cross Country Carnival.



PSSA Tennis

On the 16th May Ruby, Ashton H, Sophie and Deegan went to the Kendall Tennis courts to play against Narranga Public School .

We all tried our best and had lots of fun. There was a tie breaker and unfortunately we didn't win with the final score 33 to 28 .

Thank you Mrs Budai for transporting us to all the matches and making it possible for these games to happen.

By Sophie & Ruby



PSSA Netball

On the 21st of May the Stage 3 netball team went to play against Laurieton Public School. It was a tough but fun game. We really enjoyed the challenge.

Unfortunately Kendall netball team didn't make it. We tried our best. It was a close game with the score 17 to 22. Congratulations to Laurieton as they won. They will be going through

to the next round.

Thank you to Miss Brooks for your training and support on the day.

By Lexi & Taylor



Student Parliament Reports


- Year 6 finished Quest training on the 20th of May, We had a sausage sizzle for lunch. Thank you Mrs Stevens and Mr Sheridan for cooking them. *Minister of Communication.*

Quest is a program to develop leadership in Year 6 and to also help the younger students develop social skills. *Minister of Communication.*

- The Cross Country was on Friday 17th May . Good job everyone who made it through to district. Well done to everyone who had a try.
- On Sunday 19th May I recycled \$6.60 worth of bottles and so far we have raised \$20.60. This money is going to a nude food day sometime this term. I'll be organising it with Pearl, our canteen manager, and will inform everyone of the exact date. Well done on putting all your poppers in the silver bin and don't forget to put your soft or non-recyclable plastic in the school bins. *Minister of the Environment.*






Thinkuknow <https://www.thinkuknow.org.au/> is a fantastic website for parents to visit and get up to date information regarding all things Cyber.



THINK UK KNOW
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Fact sheet
INSTAGRAM
(For parents)



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What is Instagram?

Instagram is a photo-sharing app which allows users to take photos and videos, apply filters and share these with either followers or the general public. Users are able to 'like' and comment on photos as well as send these images directly to individuals through a private messaging option. Private messaging is accessed by the inbox symbol at the top right corner of the home page.

What is the age classification for Instagram?

Instagram users must be 13 years or older. This service is owned by Facebook and usually links to a Facebook account where a user's age can also be verified. There may be content on Instagram, which is confronting, graphic or not appropriate for children and younger teens.

How are young people using Instagram?

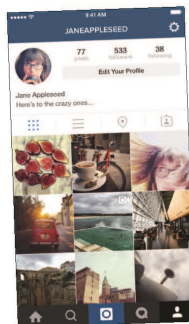
Instagram is being used by young people to share photos, occasions and situations with their friends. The ability to like and comment on photos provides a useful communication function for young people as they explore and express their personality.

Should I be worried if my child is using Instagram?

Any application when used incorrectly, has the potential to cause harm. It is important that you openly communicate with your child about how they may be using an application and the legal and ethical ramifications of inappropriate use. They also need to be aware the dangers of communicating with people they don't know via any mobile application.

Who can see my child's photos on Instagram?

An Instagram account can be made visible to the public, or to approved followers only. Account settings can be changed through the Instagram app on a mobile device



by selecting the 'Profile' option on the lower right-hand side of the screen. Click 'Options' (signified by three dots), under 'Account' ensure 'Private Account' is in the 'On' position. It is important to note that even if an account is private, content shared on Instagram can easily be posted to a linked Facebook account which means Facebook friends can also see the post.

What could be revealed through an image?

There is a lot of information which can be revealed through a photo when it is shared online, in particular your location. This is revealed through a process called 'geotagging'. Geotagging is when the GPS coordinates of where an image was taken or a post was made, are stored within that post. This means that people may be able to find out location specifics such as where your child lives, works, or goes to school.

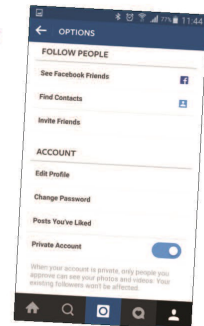
How to limit sharing location information?

It is important to turn off the location function for the camera on your child's mobile device, especially if they are using social media apps such as Instagram. For most devices, you can find where to do this in the 'Settings' menu. If you are unsure how to do this on your child's device, you can look up the device's user guide online.

It is also best to avoid using the Photo Map function on Instagram as this will pinpoint where photos have been taken on a map, potentially showing others the locations where your child spends much of their time. It is important to maintain open lines of communication between yourself and your child and discuss safe privacy settings.

What are the potential problems with Instagram?

Potential problems faced when using Instagram include the sharing of private information through photos, such as a home address or where a child goes to school. Your child may post a photo and receive negative comments



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Fact sheet

INSTAGRAM (For parents)



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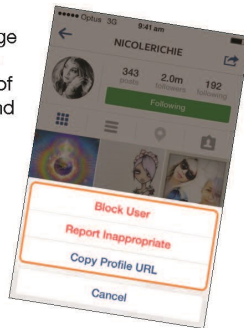
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from other users or have their images shared without their permission. They may also be exposed to photos which are rude, offensive or upsetting to them. It's important you and your child know how to block and report inappropriate users on Instagram.

You can block users via the Instagram app on your mobile device. Open the profile page of the offensive user and select the **Further Options** icon on the upper right-hand side of the screen. Select the **Block User** option and when prompted by the dialog box, select **Yes, I'm sure**.



If your child experiences cyberbullying report it to the social media platform in first instance. If it hasn't been removed in 48 hours, you can report it on the Office of the Children's e-safety Commissioner's eSafety hotline (eSafety.gov.au).

How can I delete my child's account?

If after talking with your child about the ethical use of Instagram and your family's rules around technology, you may think it's appropriate to delete the Instagram account.

To delete an Instagram account log into the account at instagram.com, click the account username in the top right and select **Edit Profile**, click **I'd like to delete my account** in the bottom right.

Note: Accounts can not be reactivated and photos may be lost.

Open and supportive discussions around technology usage are vital in ensuring your child understands their responsibilities when using technology. Simply removing the technology is not the best response as it could potentially make your child hide their usage where there are fewer opportunities for you to support them.



thinkuknow.org.au



TUK_InstFSP_2016

PLAYGROUP



WHERE:

Kendall Public School

WHEN:

Term 2 -Thursday

30th May

13th, 27th June

TIME: 9am—10:30am

COST: Free

GET IN TOUCH:

Kendall P.S Ph: 6559 0040

or Email:

kendall-p.school@det.nsw.edu.au

Come along & have fun with your child.

- Meet other local families
- Enjoy a range of activities
- Play & socialise with others
- Enjoy morning tea together

Kendall Public School is providing a space and opportunity for families with young children to meet on a regular basis.

By coming to the school regularly your babies/toddlers and pre-schoolers will become familiar with, and build a sense of, belonging to our school. This will support them in making a successful transition to “big school” when that time arrives.

As parents, getting to know other families in the community is always rewarding.

Please sign in as a visitor at the school office when you arrive (this is a WHS requirement). You will then find us in the auditorium under the school library.

Please remember children are the responsibility of parents at all times whilst on the school grounds.

We hope you can make it for a fun morning. Please feel free to bring, or inform, any friends from the area with young children.

