HUNTER REGION CREATIVE ARTS CAMP
Abbie (5/6W) attended the Hunter Region Creative Arts Camp last week at Myuna Bay. Below is a recount of her week:
On the 1st of September lots of boys and girls from all over NSW arrived at the Myuna Bay Sport & Rec camp where the Creative Arts Camp was held. For the whole week we had two sessions at our major art forms and then rotated to dance, drama, music or art. On the last day we all performed for the parents and all of the visual art students had their artworks displayed on the walls. I met lots of new friends and I had a great time.
Abbie  5/6W

Below are some of the artworks created by Abbie during the camp. Well done on a fantastic week!

BRONZE AND SILVER AWARD RECIPIENTS
It was a pleasure to present Emma (1W) with a Bronze Principal Award and Charli (2/3E) with a Silver Principal Award at Friday’s assembly. These awards recognise their efforts and excellent achievements in earning regular weekly Assembly Awards. Congratulations Emma and Charli!

STARs ON STAGE
Tickets are still on sale for the KSPS annual Stars on Stage concert. This year we have introduced an evening performance on Thursday 18 September at 6pm. In order for this performance to be a success, all KSPS students are required to be at school for this show. Tickets for all 3 performances will be sent home this Friday 12 September.

CLASS FETE STALLS
A note was sent home recently to all students regarding class stalls for the upcoming ‘Friday Funday’. Items required should be returned to class teachers at your earliest convenience. All classes will also require parent volunteers on the day to help run the class stalls. Please return the volunteer notes to your child’s teacher as soon as possible.

SUNDAY FUNDAY @ KOTARA BOWLING CLUB – DATE CHANGE
The Sunday Funday at Kotara Bowling Club has been moved to Sunday 28 September commencing at 11am. All proceeds raised are kindly being donated to the school. The day will include a jumping castle, raffles, barefoot bowls, market stalls, a disco and a BBQ. If any parents are interested in assisting with the BBQ or holding a market stall, then contact Lisa on 0407 230 708. The Sunday Funday is a great opportunity for our school. We hope to see you there on the day!

NETBALL NEWS
Congratulations to KSPS students playing in their Netball Grand Finals over the weekend. Ellie’s Kotara South u/13 team played their grand final against Souths Carbon defeating them 27-22. Charli and Emrah’s u/11 Nova Protons team also played in their grand final against Souths Chestnut. They too defeated their opposition 26-15. Both teams were undefeated leading into the semi-finals and finished off their season with a grand final win. A fabulous end to an excellent netball season. Well done girls!

WORKING BEE REMINDER
The working bee will be held this Saturday 13 September 2014 from 9.00am till 11.30am. We are working towards getting the grounds ready for the fete. It would be great if you could join us on the day! For further information please contact Penny Duncan on penny2k@live.com.au
REGIONAL SPELLING BEE
Good luck to Alex, Ethan (Stage 3), Josie and Madeline (Stage 2) who are competing in the Regional Spelling Bee on Wednesday at Hamilton Public School.

DISCO
Thank you to all the students who attended the disco last Wednesday night. Our Year 6 Welfare Ministers raised $424 for student Parliament.

STUDENT WORK
Last week, Stage 3 students were asked to write a poem about WW2 as part of their English Unit. Below is a poem written by Hudson (5/6W):

Guns are being fired, everyone is tired, more men are required, my contract has not expired.

I miss home, walking into unknown, one friend killed in action, which causes a chain reaction, fallen men all around, bombers are now inbound.

Standing at a grave, my body filled with rage, I wish no guns were fired and that no one was tired, no more men required.

My contract has now expired.

Congratulations Hudson on a wonderful effort!

ATTENTION YEAR 6 MUMS
Let’s get together for a night out before the kids head off to high school. Thursday 23rd October at 7pm at The Locale, New Lambton. Please text Clare (Luka's mum) on 0417 800 421 if you would like to come along.

CATHERINE WARD - RELIEVING PRINCIPAL

STARS ON STAGE UPDATE
Info for next Thursday night’s performance.
All children need to be in their classrooms by 5.30pm to get costumes etc organised for a 6pm start. Children must be accompanied to their classroom and picked up at the end of the performance at designated areas set out below at 7.30pm approximately.

Designated Areas—continued
Year 1 in their classrooms
Kinder in KC Room

If you are taking other children home a note concerning this needs to be given to class teacher’s prior to the performance.

MS GODDEN - STARS ON STAGE CO-ORDINATOR

ADIDAS FUN RUN COLOUR RUN CHANGE OF TIMES
There will be a change to our normal school routine this Friday due to the Fun Run. Parents are invited to join our students for lunch and participate with your child/ren. Students are asked to wear an old white t-shirt as there will be a small amount of colour paint powder (cornflour, water and food colouring). Drinks and fruit will be available for purchase. All fund raising money is due back at school before the last Friday of Term (19th September). Below is an outline of the day:

Times Timetable
11:15 am Recess
11:45 am Students return to classes
12:00 pm Students start to make way to COLA
Lunch orders will still be available.
Children who have ordered lunch are to collect from the canteen in class groups then place in their bag until they are at Lugar Park
12:15 pm Classes are to make their way down to Lugar Park under Teacher supervision
12:30 pm Commencement of Fun Run
Early Stage 1 and Stage 1
1:00 pm Lunch Break
1:40 pm Stage 2 and Stage 3
2:20 pm After Fun Run students will assemble. Parents can sign students out and remaining students will return to school with their class teacher.

MR JOHN - FUN RUN CO-ORDINATOR

1/2G & 2G READING GROUPS
Thankyou to all our wonderful mums and dads who have given up their time to help us in Reading Groups, this term. Your assistance is greatly appreciated. There will be no reading groups next week. Reading Groups will recommence in Week 2 of next term.

MS GODDEN AND MS GIBSON

ACTIVE AFTER SCHOOL NEWS
Active After School finishes for term 3 this week. Unfortunately the recent weather forced us indoors on numerous occasions. We will again be running in term 4 beginning in week 3 (October 21 and 22). If your child is interested in attending please complete the attached form and return to Mr Warren as soon as possible. I would like to inform students of their participation before the holidays.

MR WARREN - ACTIVE AFTER SCHOOL CO-ORDINATOR

I would like for my child/ren to participate in the Active After School program for term 4, 2014.

Student Names: __________________________________________________ Year __________
Parent Signature: __________________________________________________
MERIT AWARDS
Congratulations to the following students who received awards at last week’s assembly.

KC
Charlotte, Brittney, Jay

KF
Savannah, Linnea, Toby

1W
Thomas, Luke, Maddie

1G
Patrick, Lawson, Luke

1/2G
Callum, Kai, Connor

2G
Jack, Cooper, Liam

2/3E
Tilly, Thomas, Tom

3/4T
Ethan, Eden, Adelaide

4/5E
India, Finn, Campbell

5/6J
Hamish, Jasmin, Pia, Luka

5/6W
Benjamin, Lily, Olivia

HSUB
Leo

CANTEEN NEWS
Hello from the canteen for another supa week. I am in much need of HELP on the last day of term Friday 19 September. On this day I will be having a LAST DAY CRAZY SPECIAL.

This Friday’s SUPA special is:

The Fun Run Blitz Burger  $3.00
1 chicken burger with lettuce and mayo
1 pkt chips (any of your choice)
(I have not included an ice block as children are taking their lunch to Lugar Park).

Eat Fresh $1.50
1 salad wrap

NEXT WEEK - $4.00- LAST DAY CRAZY SPECIAL– WE ROCK
6 chicken chippies
1 lolly bag
Mega Blitz Milk Cup (choc milk, fresh cream with a mega crazy mix of freckles and marshmallow with choc sauce).

FIONA BEST - CANTEEN SUPERVISOR

P&C NEWS

CHOCOLATES
Thank you to all the families who have returned money or unsold chocolates. We would appreciate if any outstanding money or unsold chocolates could be returned to the office by Friday 12th September 2014.

FATHER’S DAY, DISCO AND GIFT WRAPPING NIGHT
Thank you to all our helpers for the Disco, Father’s Day wrapping and at the Father’s Day Stall. Many hands make light work. It was great to see so many people get involved and help out.

FRIDAY FUNDAY UPDATE
We have created a Facebook page "Kotara South Public School Friday Funday”. Please check it out and like us and also share with your friends.

MEGAMANIA WRISTBANDS
Please find attached to this newsletter the pre-order form for Megamania wristbands. To pre-order the bands will cost $20, with on the day sales costing $25. Megamania will provide rides from 3 to 6pm.

2ND HAND GOODS STALL
As part of the Friday Funday, the P&C will be running a Second Hand Toys / Books / White Elephant stall. We will be looking for donations of good quality items that we can sell at the stall. What a great opportunity to go through your cupboards and clean out items that you no longer need or the kids have grown out of. We would appreciate any donations, including:
- Toys, puzzles and games
- Books (children and adult)
- Clothes / Costume jewellery
- China / glassware / crockery
- Linen
- DVD’s / CD’s
- Bric-a-brac or knick knacks
- Unloved Christmas or birthday gifts!
- Plants/Pots

Please start bringing in your donations and leave them at the office.

CAKE STALL
As part of the Friday Funday we will be holding a cake stall. We will send home to all families a tray to fill with yummy treats to be sold such as cupcakes, slices, toffees, cakes and biscuits. Further details will be provided closer to the fete, but please start thinking about what you might be able to contribute. We will also be selling individual items so would love any keen bakers to provide some extras to sell.

A cupcake decorating activity will be on offer for the kids to show off their creativity (& the best part - they get to eat the result). For this we will need some un-iced cupcakes.

We will be running a cake (or cupcake) decorating competition with different age categories for children and adults. Entry will be by gold coin donation, with prizes on offer for best cakes in each category. You may choose to take your cakes home with you after the competition or donate them to the school to be sold at the fete.

So get your recipe books out ready!

FRIDAY FUNDAY MONSTER RAFFLE
As part of the Friday Funday festivities we will be holding a Monster Raffle. Tickets will be $2 each and will be sent home this week. We ask that you return any unwanted tickets please.

Our Major Prizes will be:
1st Prize: Baccarat Hard Anodised 6 piece Cookware Set valued at $1000, donated by KSPS P&C.
2nd Prize: Panasonic 32L Stainless Steel Inverter Sensor Microwave Oven valued at $329, donated by Winning Appliances.
3rd Prize: $200 Travel Vouchers donated by Sarah Smith Mobile Travel Agent
4th Prize: $200 Hair Care Pack. Prize includes a $99 style, cut & colour voucher and Moroccan Oil hair care products and Helmut finishing spray, donated by Just Liberated.
5th Prize: Your choice of Classic Party Pack valued at $239 OR Dinner Voucher to $150 at Megamania Charlestown.
These prizes are subject to change as we are constantly receiving new prizes for our raffle. All Minor prizes will be selected by the winner on the night. Our raffle will be drawn at 5.30pm on Friday 17th October 2014. Raffle tickets will be sent home soon, with tickets also available for sale on the night.

STALL HOLDERS
We still have limited spots available for stallholders, so, if you or anyone you know would be interested in holding a stall at Friday Funday please contact Leanne Smith at timeandleanne98@bigpond.com for an application.

CORPORATE SPONSORSHIPS
If you or anyone you know is interested in becoming a Corporate Sponsor or donating prizes to the school to be raffled on Friday Funday then please contact Leanne at timeandleanne98@bigpond.com.

UNIFORM SHOP
The uniform shop will be opened on Wednesday 10th and Friday 12th September 8.30am to 9.00am.

FRIDAY FUNDAY MEETING
The next meeting will be held on Wednesday 10th September at 6.15pm, before the P&C meeting.

GOLD SPONSORS

WINNING APPLIANCES

ASTUTE

REGENT STREET PHYSIOTHERAPY

TAYLOR BUILT CONSTRUCTIONS

Mobile Travel Agents

SILVER SPONSORS

HOME OR BUSINESS

SAFETY PIN DESIGN

CHRISS AND LARRY

SAFETY PIN DESIGN

WESTFIELD KOTARA

GO-KART CENTRE

BRONZE SPONSORS

P&c MEETING
The next P&C meeting will be held on Wednesday 10th September at 7.00pm in the school library.

Pfeiffer Property

Print Nova

House

SO GOOD

Hunter Valley Chicken & Game
OTHER STRATEGIES FOR HELPING ANXIOUS CHILDREN

Provide support and encouragement with minimal fuss when your child is trying to be brave;

Plan how you are going to gradually reduce the attention you give to your child's anxious behaviour because attention to anxious behaviour can reinforce it. You will need to plan how you would like to respond the next time your child is anxious because when your child comes to you distressed, it is difficult to respond as you'd like if you haven't thought it through. When your child is calm, explain to them that you will be reducing the amount of attention you give them when they are anxious. Depending on the age of your child, you could explain why you are going to do this (e.g. as a parent you know that your child does not have a reason to be scared, that nothing terrible has ever happened when they were anxious before, etc). When your child does come to you distressed, follow through on your plan. E.g. "I know you're frightened but it's going to be OK. We're not going to talk about this anymore/let's focus on something else," etc;

Be mindful of falling into the trap of making too much fuss over your child's anxiety by giving lots of reassurance and physical comfort, because this type of response can inadvertently reinforce and maintain your child's anxiety;

Limit the amount of reassurance you give. The more reassurance you give a child, the more reassurance they may seek. Giving a child excessive reassurance can also send the message that there really is something to fear. By giving a child all the reassurance they ask for, the child is not learning to cope with their anxiety themselves. If your child is seeking reassurance from you, try to gently assist them to come up with answers for themselves. Ask questions like, 'I can see you're upset, what can you do that will make you feel better?' If they are concerned about an event and are exaggerating the likely bad consequences, e.g. 'It will be awful, all the children will hate me. I won't make any friends and they'll all think I'm stupid', rather than telling them that they'll be fine, help them to challenge unrealistic ideas by asking questions like, 'How likely is that?' or 'What happened last time when you were worried or in that situation?' Remember to praise your child when they come up with constructive answer;

Children learn by observing others, so try to model non-anxious behaviour. Make an effort to learn how to cope in a positive way with your own anxiety. By doing this, you are setting a positive example for your child;

Be consistent in your response to your child when they are anxious. Try to avoid molly-coddling or becoming angry because when children are molly-coddled when they are anxious, it sends the message that there really is something to fear. Alternatively, when we become angry at the child's anxiety, this may make the child even more distressed. Instead, aim to respond with empathy but also firmly. An empathetic response could just involve telling your child that you recognise that they are distressed. Being firm means not giving your child all the reassurance they want, or rescuing them from their anxiety;

Maintain normal discipline as much as possible (you want to avoid sending the message that being anxious means they can get away with breaking rules);

Reward non-anxious behaviour and when your child has been brave whilst feeling anxious. Often the best reward for any child is praise. Ensure you tell them why you are praising them. E.g. "You slept in your room all on your own. That was very brave! Well done!"

Realistic thinking is a skill that is often lacking in children with anxiety. Children experiencing anxiety often overestimate the probability of negative consequences and underestimate their ability to cope with a given situation. Anxious children need to learn how to realistically evaluate the likelihood that their negative interpretations are true or accurate. Help anxious children to challenge unrealistic ideas. Encourage the child to firstly work out what they are worried about. The next step is to ask the child to gather as much evidence as possible about the worried thought. The best types of evidence include past experience. Questions you could ask include: What has happened before in this situation? What general things do you know about this situation? What else could happen in this situation? Based on the evidence the child has gathered, they'll be in a position to re-evaluate the worried thought, and hopefully realise that a calm thought is more likely. Remember, this exercise is about realistic thinking, not positive thinking. This means that there will be some occasions where a worried thought is actually the more likely one. This skill is aimed to calm thoughts when a child's fears are excessive and unrealistic, not in all situations; Prevent the child from avoiding their fears by encouraging risk taking in small steps;

Provide opportunities for developing independence, e.g. get them to collect the mail for you;

Teach relaxation strategies. Children who have relaxation skills can potentially use them to calm themselves down when they are feeling anxious or fearful. If you are going to successfully teach a child relaxation skills, you need to practice them often (virtually every day) and usually over a period of several weeks. Other strategies include playing relaxation CDs to help your child relax. Search the Internet to find more relaxation resources;

Talk to your child about their fears in a patient and non-judgemental way. Acknowledge that everyone gets scared at times. You may like to use their favorite cartoon characters or your own experience of a similar fear you I they had and how you I they overcame it;
Telling a child to ‘act their age’ or ‘snap out of it’ are not useful techniques, as they often lead to the child feeling incapable, embarrassed or ashamed, and may intensify their fear further;

Show confidence in your child's ability to cope with their difficulties and anxiety, because it is easier to overcome difficulties when others believe in us;

Before intervening to rescue a child from a situation that makes them anxious, ask yourself 'What's the worst that could possibly happen if I don't intervene here?'

Encourage your child to face their fear gradually (avoiding fears only makes them greater!). However, putting a child who is afraid of the dark in their room with the light off and closing the door is probably not going to be constructive either, as the child may be traumatised by the experience. Instead, encouragement to face fears gradually is often a very effective method. Encouraging your child to face their fear a step at a time, will allow them to slowly build up their confidence and show them that they can deal with their fears.

Whilst they need to experience anxiety whilst facing their fears in order to overcome it, this is more manageable if it is in small steps. You can do this by simply encouraging them to do small things they normally wouldn't e.g. buying some lollies at the shop if they are anxious about what others think of them.

**LEARN TO SURF NEWCASTLE**

Operated/owned by Miles Niddrie, Level 2 Surf Coach, since 2004. **Vegemite Surf Groms** is back again this September School Holidays.

All equipment supplied including winter wetsuits, softboards and rash shirts. Surf safety education and local beach info taught each lesson.

Age groups are 5-12yrs (max 12 kids/3coaches)

School holiday 4 x 2hr $165pp (all prices inc GST) plus registration fee for the Surf groms gift pack value $150. 13yrs-18yrs $165pp welcome too, over 18’s $175pp. Group size 13yrs to Adults are max 10 with 2 coaches.

Single 2hr lessons daily $45pp under 18yrs, $50pp over 18yrs

6 week programs at weekends and after school start 6th October. 1st lesson 2hrs, then 5 x 1.5hr lessons.

$195pp under 18, $215 over 18. Rego fee for surf groms applies.

Advanced lessons also available, SUP lessons too.

For bookings and enquiries please call 4944 9585 or 0404 83 9585.

Email at miles@learntosurfnewcastle.com or www.learntosurfnewcastle.com

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**HSF**

**Heidi’s Social Fitness**

Outdoor Group Training • 0417 456 083

**BOXING:** All over body workout, punching and kicking, great way to increase your fitness and to tone up.

**KIDS FITNESS:** From $7 a class with our business Fundamental Fitness 4 Kids more info please contact: Heidi 0417 456 083 or Kylie 0402 614 368, BOOKINGS ESSENTIAL.

**CIRCUIT:** With free weights and weight bars great session for firming muscles.

**YOGA:** With a Qualified YOGA instructor with FREE CHILD MINDING. Please text 0417 456 083 to book your spot

**HIGH ENERGY:** High impact class for those who want to increase fitness and like to sweat.

**COMBO:** Combination of everything, different each week ranging from boxing circuits with weights to bodyweight exercises with cardio, HSF Surprise class!!!

Check out photos on: [https://www.facebook.com/#!/chabb20](https://www.facebook.com/#!/chabb20)
STARS ON STAGE CONCERT
WEDNESDAY 17 SEPTEMBER 1.00PM

I wish to purchase ___________ tickets at the cost of $2-00 each.

Money enclosed $ ___________

CHILDS NAME_____________________________ CLASS_______________________

SIGNATURE________________________________

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STARS ON STAGE CONCERT
THURSDAY 18 SEPTEMBER 10.00AM

I wish to purchase ___________ tickets at the cost of $2-00 each.

Money enclosed $ ___________

CHILDS NAME_____________________________ CLASS_______________________

SIGNATURE________________________________

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STARS ON STAGE CONCERT
THURSDAY 18 SEPTEMBER 6.00PM

I wish to purchase ___________ (2 maximum) tickets at the cost of $2-00 each.

Money enclosed $ ___________

CHILDS NAME_____________________________ CLASS_______________________

SIGNATURE________________________________

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WHAT’S ON - SEPTEMBER/OCTOBER
SCHOOL HOLIDAYS
@THE LIBRARY

Holiday program now open for bookings
Julie Swane | Children’s and Young Adult Librarian

Libraries | Planning And Regulatory
The City of Newcastle
Phone: +61 2 4985 6692 |
Fax: +61 2 4974 6682
Email: jswane@ncc.nsw.gov.au
Web: www.newcastle.nsw.gov.au
Dear Parents and Caregivers,

This year’s Friday Funday is fast approaching and preparations have already begun for our 2014 extravaganza. All funds raised from this year’s Funday will go towards the infants’ area of the school. We are aiming to raise $10,000 from this year’s Funday. In order to achieve this we will provide some of the following activities and food stalls on the day:

* BBQ  
* White Elephant stall  
* Side Show Alley  
* Showbags  
* Megamania Attractions  
* Monster raffle  
* Coloured Hairspray  
* Face Painting

This year we will be PRE-SELLING wristbands to make our Funday run efficiently. The wristband will cost $20 and will include unlimited access to Megamania Attractions from 3pm to 6pm. On the day you will be able to purchase the wristbands for $25. We encourage you to pre-order them to ensure your child isn’t queuing on the day.

A Steak/Sausage Sizzle will be available on the night. Pre-orders will be taken with vouchers handed out prior to the event for you to present at a time that suits you.

Fill in the purchase slip below to pre-order your Megamania Wristbands for FRIDAY FUNDAY 2014 and return to your child’s teacher by Friday 10th October 2014.

Martin Frohlich  
Principal

Leanne Smith  
Fete Coordinator

Megamania Wristbands

Child’s name: ___________________________  Class: ___________

Please indicate the number of wristbands you would like to pre-order: ___________

Amount Enclosed: $_____________

Parent/caregiver signature: ____________________________

SUNDAY FUNDAY  
@ KOTARA BOWLING CLUB  
28TH SEPTEMBER 2014  
Come and enjoy a great family day @   
CLUB KOTARA 11AM TO 3PM  
Free Jumping Castle  
BBQ, Raffles, Bare Foot Bowls,  
Spiders  
All money raised will be donated to  
KOTARA SOUTH PUBLIC SCHOOL  
LOTS OF FUN!!!