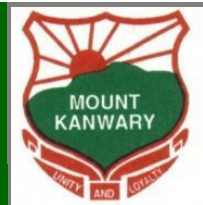


MOUNT KANWARY PUBLIC SCHOOL



Unity and Loyalty

753 Hinton Road, OSTERLEY NSW 2324

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Term 1 Week 7

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15 March 2019

Principal's Message



Another busy week has been had by all.

Teachers are busy planning activities for the upcoming Harmony Day and this was something I took some time to reflect on over the weekend.

The annual celebration continues to deliver the message of 'Everyone Belongs'. This is the 20th year of Harmony Celebrations in Australia which recognises diversity, inclusiveness, respect and belonging for all Australians.

Even in a small school such as ours – the diverse cultural backgrounds we represent are united by the core set of values 'I Matter, You Matter, We All Matter' and our school motto of Unity and Loyalty.

Despite being small we are a shining example of all that makes Australia one of the most enviable countries in the world to live.

So... regardless of whether you are black or white, Christian or non-Christian, English speaking or multilingual, able bodied or alternatively abled – we are proud to welcome and embrace you and yours into our community. May you enjoy all that Harmony Week has to offer both within the school and the broader community.

Have a wonderful week everyone ☺

Michelle Crowfoot

Change of Dates

- Please be advised that the dates set down for the school cross country has now changed. Students will now participate in this on Wednesday 20th March 2019 on the school grounds.
- Small Schools athletics carnival is to be held at the Vi Barnett Sporting fields in Raymond Terrace on Wednesday 10th April. More details to follow.

Tell Them From Me

This week students in Years 4 – 6 participated in the 'Tell Them From Me' survey. The 'Tell Them From Me' student survey provides schools with insight into student engagement, wellbeing and effective teaching practices at their school, from the perspective of students.

Tell Them From Me student surveys can provide valid and reliable evidence of strengths and areas for improvement from students' perspectives in critical aspects of school performance such as social and institutional engagement, emotional health and the quality of instruction. The surveys provide insights into students' perceptions about learning climate, student-student and student-teacher relationships and their own academic success.

Results from the survey will be shared with the school community once they have been made available.

Come and Join Us!



Parents and carers are invited to come along to share a craft afternoon with their child on Wednesday 3rd April from 2.30 – 3.30

Parents/ Carers and children will be teaming up to put together their own unique Easter Hat for the Easter Hat parade on the following Friday (12/4/19)

We would also like to ask families if they could begin sending in donations of craft supplies you may have that the children can use on the afternoon.

Maybe some of our parents might like to make their very own Easter Bonnet for the parade!! I'm definitely in – what about you!! Lol

Harmony Day



Harmony Day is a time to celebrate Australian multiculturalism, and the successful integration of migrants into our community. Parents are invited to join us in celebrating Harmony Day on Thursday 21st March from 9:30 to 11:30. Students will be involved in Harmony Day activities in the morning and then the whole school will come together for our annual Harmony Day Feast from 11:00am. Students can come dressed to school in the colours or traditional costume of a culture of their choice. Could you please send in a small share plate of food inspired from a different

culture (or some traditional "Aussie" food) that the school can share at our celebration.

TWEET AWARDS



TWEET

Congratulations to Shelby, Dylan and Rayne for achieving their 'Yellow feather'.

Well done!

Library News

Have you checked out what is on offer at Raymond Terrace Library!

Regular Children's Programs

Storytime and Craft

A weekly program providing an introduction to the magic of books and reading for children ages 2-5. The cost is \$1.50 per child which includes craft materials. Storytime and Craft commences at 10.30am and is held at Tomaree Library every Tuesday and at Raymond Terrace Library every Friday (except during the month of January).

Read and Rhyme

A weekly program providing an introduction to books, music and rhymes for carers and their babies ages 0-2. This program is free of charge and is held every Wednesday at 10.30am at Tomaree Library (except during school holidays) and Raymond Terrace Library (except during the month of January).

Stories in the Street

A free Literacy program for children 0-5 years in Raymond Terrace and Medowie. We will visit your home (excluding school holidays and rainy days), read to your children, provide craft stencils, song sheets and leave a selection of books that can be exchanged each week.

For further details or to become a literacy volunteer phone Melissa on 0427 188 755 or [email Melissa](#).

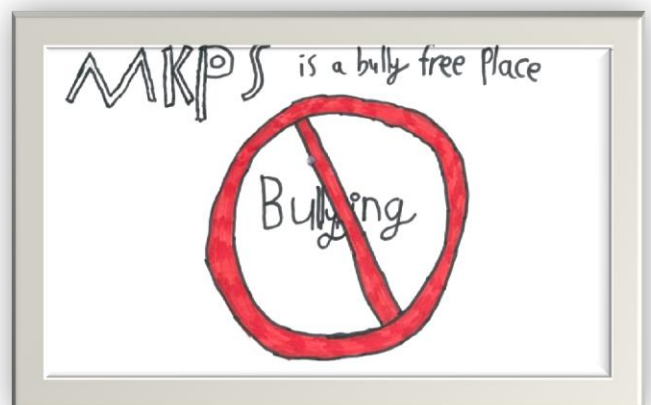
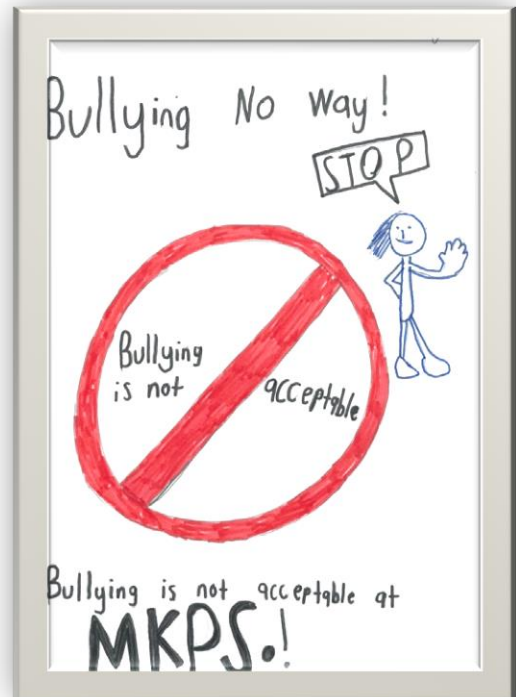
Don't forget all book club orders are due Friday 22 March.

Orders can be placed online at www.scholastic.com.au/LOOP or at the school office.

Student Banking

Reminder that student banking is every Tuesday. Please send your bank book to the office before Tuesday mornings.

Banksia's on Display!



Captains Report

This week at school we completed the 'Tell Them From Me' survey.

The trend for this week is (drumroll) LOOM BANDS! All of the students had fun making loom bands at lunch and recess.

A few people attended Mr Ellem's Thursday Bucket Drumming class as well.

This Friday we celebrated 'Bullying, No Way!'

Bullying, No Way is a program to help students understand what bullying is and how to stop it. Remember, you have the power to stop bullying.

P & C News

Easter Raffle tickets are coming home today with the newsletter. They are \$1 each and could you

please return them to the office by Tuesday 9 April. We are asking for donations from families towards the prizes for the Easter raffle. This includes chocolate eggs and Easter related items. Please drop them at the office. The Easter raffle will be drawn following the Easter Hat parade at school on Friday 12 April.

Reminder that our next P&C meeting is Wednesday 20 March. As discussed at the last meeting the meeting in the later half of each term will be at 6.30pm in the school library. Hope to see you all there. Everyone is welcome.

If you would like anything added to the Agenda to be discussed during the meeting please contact me on 0427 305 528.

Mark Tobin
P&C President

Eat It To Beat It



The simplest way

... To make Japanese veggie pancakes

Makes: 12 | Prep time: 15 min | Cook time: 10 min

Ingredients

½ small cabbage, very thinly sliced
4 medium carrots, grated
2 cups baby spinach, thinly sliced
4 spring onions, thinly sliced
½ cup wholemeal plain flour
6 large eggs, lightly beaten
Pinch of salt
Olive oil spray



Method

Place the vegies in a bowl and mix together. Toss with the flour, coating all the vegies. Stir in the eggs and pinch of salt.

Lightly spray a large non-stick fry pan with olive oil spray and heat over med-high heat. You may need to re-spray between batches. Add heaped tablespoons of the mixture to the fry pan in rounds. Gently press to flatten. Cook until golden, approx 3 minutes, and then turn to cook the other side.

For a video on how to make this recipe, visit our [website](http://healthy lunchbox.com.au).

healthy lunchbox.com.au



What is bullying?

Bullying is when someone:

- keeps picking on you again and again and tries to make you feel bad
- says or does lots of mean things that upset you
- makes fun of you a lot
- tries to stop you from joining in or make others not like you
- keeps hurting you such as hitting or punching you.

Bullying feels awful. You feel like you can't stop it.

Bullying can happen in person or online. It might be something people can see or it might be hidden.

Sometimes you might have a fight or argument with someone. If it happens once, it is not bullying even though it can be upsetting. It is also not bullying if you sometimes fight with a friend and you can sort it out.

Bullying is not OK. You have the right to feel safe.

Our action area is



**Learn skills
to respond to
bullying**

BULLYING. NO WAY!

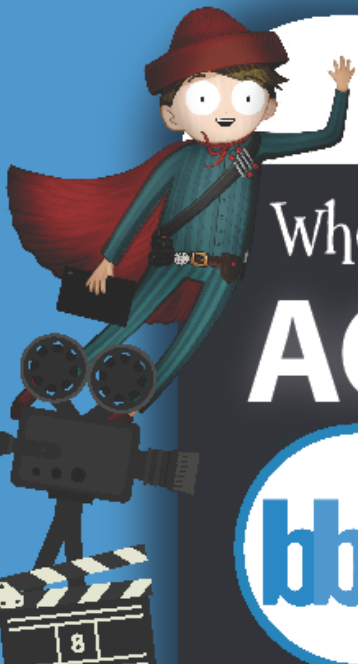
www.bullyingnoway.gov.au

Our school
community will


**TAKE ACTION
EVERY DAY**


BULLYING. NO WAY!

www.bullyingnoway.gov.au




What parents need to know about AGE RATINGS





bbfc

If you have children, it is understandable to have concerns about the films and TV shows they watch, as well as the games they play. In this guide, we take a look at the two official ways you can assess if a particular title is suitable for your child. Both the BBFC and PEGI have search facilities on their websites that can be used to look up individual titles so you can check their ratings.










PEGI

RATINGS FOR FILMS, TV & MUSIC VIDEOS

Since 1912, the BBFC (British Board of Film Classification) has informed UK residents of the age suitability of films, TV and music videos - providing parents with the information needed to assess whether or not it is appropriate for their child's age. This applies to cinema releases, DVDs and streaming video services such as Netflix.

WHAT ARE THE BBFC RATINGS?

BBFC ratings are broken down into seven age categories:

 U Universal, suitable for all ages	 PG Parental Guidance required	 12 Suitable for people aged 12 and over	 12A Suitable for people aged 12 and over; anyone younger must be accompanied by an adult
 15 Suitable for people aged 15 and over	 18 Suitable for people aged 18 and over	 R18 Adult content only available in specially licenced cinemas and specialist retailers	

WHAT ELSE CAN BBFC REVEAL?

Accompanied with the age suitability rating, BBFC also provide an additional warning regarding the content and what to expect, such as swearing, sexual content, violence and anything you may consider to be inappropriate for your child. In addition to this, the content is also rated in three levels: frequent, mild or strong.

LIMITATIONS OF BBFC RATINGS

It's important to note that there is no obligation on streaming video services to use or display BBFC ratings. Due to this, we advise that you check the rating online before your child streams the content. It may also be a good idea to watch the content first yourself or discuss it with other parents to help you decide whether or not it is suitable for your child.






RATINGS FOR GAMES

PEGI (Pan European Game Information) is a content rating system that ensures all video games are labelled with a minimum age recommendation. These age recommendations are based on the types of content featured within a game. With each game, PEGI also provide a content descriptor that indicates the potential issues and concerns, including sex, violence, bad language and drugs.









WHAT ARE THE PEGI RATINGS?

PEGI ratings are split into age restriction and content descriptors. Additional 'content descriptors' help parents and children to understand the type of content featured within a particular game, including sex, fear, bad language, discrimination, gambling, drugs, violence, and in-game purchases. In combination, the two different ratings can provide a good level of information to help make informed decisions regarding the suitability for your child.

PEGI age ratings are broken down into five categories:

 3 www.pegi.info	 7 www.pegi.info	 12 www.pegi.info	 16 www.pegi.info	 18 www.pegi.info
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PEGI content descriptors are broken down into eight categories:

							
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LIMITATIONS OF PEGI RATINGS


It's possible for young people to buy games online without a required proof of age, opening them up to age-inappropriate content without you knowing. We advise that you regularly monitor your child's gaming activities and maintain a honest and healthy dialogue with them about the online world.

PARENTAL CONTROLS

It is a good idea to put in place parental controls for all online accounts which your child may use to purchase or download online games e.g. The App Store, Google Play Store, PlayStation Store and Microsoft Xbox Store etc.

Source: www.bbfc.co.uk

Source: www.pegi.info



National Online Safety

A whole school community approach to online safety

www.nationalonlinesafety.com

Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061

