



# Governor Philip King Public School

'Our school exists for children'

Week 7 Term 2  
5 June 2012

*From the Principal...*

**Thank You** - Mrs Power, Miss Usher and Miss Sofi did an outstanding job of ensuring the school continued to run smoothly during my absence. I greatly appreciate their hard work and effort and the support given to these leaders by the staff over the last 5 weeks. It is a credit to our school and staff that we have so many outstanding teachers and leaders who are able to step into different roles and responsibilities.

**Projects happening around the school** - It was great to return yesterday to see so many projects either completed or underway. Our front office refurbishment is well underway, the concrete has been laid for our new seating to be installed in the courtyard, the new footpaths have been completed, the new netball posts have been installed and of course the demountables have finally been removed. I would like to offer my apologies in regard to the work being undertaken this morning (removing the last 3 demountables). Unfortunately we were told we would be given prior notice of this work being undertaken, however, I arrived at 7:30am to a crane at the back of the school with demountables being loaded onto trucks! This work should be completed today.

**Reports and Interviews** - Parents should have received a note yesterday in regard to interviews. I would strongly encourage all parents to book a time with your child's teacher. This is an important opportunity to discuss your child's progress and address any issues/concerns, as well as recognising the hard work and achievements of your child. Please be aware that interview notes need to be returned by this Friday (8 June).

**P&C Meeting** - Tomorrow evening is our next P&C meeting. The meeting will commence at 7pm in the staff room. All parents are welcome to attend. We look forward to seeing you there.

**National Cyber Security Awareness Week** - National Cyber Security Awareness Week runs from 12-15 June and aims to inform and empower everyone to stay safe online. The Federal Government's cyber safety website, [www.staysmartonline.gov.au](http://www.staysmartonline.gov.au), provides tips and info on how not to fall victim to online crimes such as identity theft, fraud, phishing, scams and cons. There is also a section on smart socialising online as well as separate pages full of great advice for children and teens. Also, check out School A to Z for plenty of technology info and the latest on cyber safety at: [www.schoolatoz.nsw.edu.au/technology/cybersafety](http://www.schoolatoz.nsw.edu.au/technology/cybersafety).

**Health Resources** - Some great online resources to support your child with an existing or acute medical condition can be found at two Westmead Children's Hospital websites: [www.physicalasanything.com.au](http://www.physicalasanything.com.au) and <http://kidshealth.schn.health.nsw.gov.au>.

For information sheets and updates on common childhood illnesses and current public health warnings go to the NSW Department of Health website: [www.health.nsw.gov.au/publichealth/index.asp](http://www.health.nsw.gov.au/publichealth/index.asp).

**Remember** in a life threatening emergency *always* dial 000 for an ambulance.

**Earn and Learn** - Thank you to all the students and parents who have been busy collecting these stickers. So far we have collected 141 completed cards. Please continue to collect the stickers every time you shop at Woolworths. If you need another card, you can collect one from our school office or any Woolworths store. Ask your relatives, friends and neighbours to help you collect the stickers. The more stickers we collect the more points we earn, and therefore the more equipment we will be able to get with our points. The program closes on the 1<sup>st</sup> July. All stickers and cards will need to be given to our school by Tuesday 17<sup>th</sup> July, which is the first school day of Term 3.

# Newsletter

**Office Refurbishment** - We anticipate some disruption to the Administration Office on Thursday and Friday of this week.

**Office News - New Money Slot** - The new money slot for depositing money envelopes is now located in the front office reception area **under the Honour Boards**, as indicated by the **yellow sign**. Money envelopes are no longer to be deposited in the slot on the front counter.

**Values Education** - The value for Weeks 7 and 8 is Forgiveness. Forgiveness is a process of letting go of resentments and blame. Forgiveness is an act of pardoning someone for a wrongdoing. When we forgive we accept and even love the person who hurt us, while we disagree with his/her actions. Most parents are forgiving as they love their children. Forgiveness develops emotional strength, love, inner happiness and peace of mind.

Please discuss with your children things they have learnt about forgiveness during their lessons. Mrs S Kumar. Student Engagement.

**Years 5 & 6 Canberra Excursion Reminder** - The Canberra excursion is creeping up on us quickly. A number of students have only paid the deposit.

Parents are reminded that they need to make regular payments for this excursion.

**Year 6 Public Speaking competition** - This will take place on Thursday, 7 June at 11:45a.m. in the school hall.

**Girls Winter Pinafores** - The last day for pinafore orders will be Thursday, 14 June. No orders will be taken after this date.

**Library** - Please note that there will be no PARENT BORROWING this Friday morning, 8 June as Ms Halabe will be at a meeting.

**PSSA Sport - Round 5** - This week Years 3-6 Netball play against Fairfield West and Rugby League play against Harrington Street at Endeavour Reserve. Basketball play against St Johns Park at St Johns Park. Soccer play against Fairfield Heights at Emerson Reserve.

**Healthy Sleep Habits** - When children sleep well, they'll be more settled, happy and ready for school the next day. Getting enough sleep strengthens their immune systems and could reduce the risk of infection and illness.

Experts believe primary school children require around 10-12 hours of sleep per night and up to half of all children and adolescents experience some problem with getting enough sleep. You can help your child to develop healthy sleep habits which include:

- set bedtimes and wake times - try and keep these regular
- no TV/computer games one hour before bed
- no TVs in bedrooms
- no caffeine, high sugar or high spicy food 3-4 hours before bed
- comfortable temperature, light and noise levels in the bedroom
- warm milk or chamomile tea can help induce sleep
- convincing children that it is important to sleep well - reward them for complying with bedtime rules
- visiting your doctor and asking to be referred to a sleep specialist if your child's sleep problems persist or worsen.

More info: [http://raisingchildren.net.au/articles/school\\_age\\_sleep\\_nutshell.html](http://raisingchildren.net.au/articles/school_age_sleep_nutshell.html)

### **Upcoming Events**

#### **Week 7**

6 June - P&C Meeting - 7:00 p.m. in the staffroom

7 June - P&C Mufti Day

- Year 6 Public Speaking Final - 11:45a.m. in the school hall

- Year 3 Public Speaking final.


#### **Week 8**

11 June - Queen's Birthday Public Holiday.

*Have a good week!*

Jason Corcoran  
Principal

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South Western Sydney Local Health District has 15 places on the program in your local area, completely free of charge. Places are offered on a first come, first served basis. Children need to be 7-13 years old and above their ideal weight to attend. A parent or carer must accompany each child to every session.

To find out more contact **1800 780 900** or visit [www.mendcentral.org](http://www.mendcentral.org) and click on 'Australia & NZ'.

