

**MOWBRAY**  
PUBLIC SCHOOL

# MOWBRAY NEWS

Term 2 Week 4  
22 May 2019

## PRINCIPAL'S REPORT

### Winter Uniform

It is wonderful to see all our children in the school's winter uniform.

A reminder that there is now a pant option for girls.



### Got It! – Free Parent/Carer Opportunity

The Got It! Team is working with the whole staff and a small group of students at our school in 2019. The team run programs to support the social and emotional development for all children. The staff have attended a workshop that demonstrated strategies that were beneficial to supporting our students, including some coaching techniques when children are experiencing strong emotions or difficulties handling situations.

There is a wonderful parent opportunity to attend two sessions on emotion coaching for children:

*Wednesday 29 May (Part 1) 7pm – 8:30pm in the school hall.*

*Wednesday 12 June (Part 2) 7pm – 8:30pm in the school hall.*

The night should provide our parent/carers community with understanding as well as strategies to support your child identifying feelings, supporting different parenting styles with emotion coaching techniques and helping parent/carers to know when to use emotion coaching.

Please look at School Stream or the Flyer included in this newsletter for more detail and how to RSVP for the event.

### ICAS Testing – parent opinions requested

Traditionally Mowbray and other local public schools have offered students the University NSW ICAS assessment. This has not been compulsory, parents of students from Year 2 – 6 could choose to pay for their child to sit each pen and paper test. Numerous tests have been facilitated by the school, Digital technologies, Science, Spelling, Writing, English and Mathematics.

## PRINCIPAL'S REPORT

Our school conducted these tests before school, supervised by teachers. Whilst the results of the assessments provided interesting information, we are unable to use them to inform teaching practice; and the data provided by ICAS was not directly linked to the NSW syllabus documents. Parents and students appeared to enjoy receiving the graded certificate, but it should be noted that the results/certificates have never been used as part of OC/Selective High School application process.

Last year, schools were informed by ICAS that the new testing program would be administered via an online tool, which can only be facilitated within schools. The logistics of this is highly problematic, including implementation, troubleshooting the online platform, setup of school laptops, which will mean that all students across Year 2 – 6 will not have access to laptops during the two week testing period in September.

As demonstrated during the recent online NAPLAN assessment, taking assessments from pen and paper to online can prove challenging, frustrating for students and difficult for staff to troubleshoot. *Other local schools are choosing to opt-out of the tests due to the online complexity.*

I have spoken to the ICAS team, and have received some reassurance that parents will be able to ask for refunds (\$14.50 per test) if technical difficulties occur, but this is not guaranteed. I have asked for an ICAS representative to be sent out to support the testing at Mowbray, but this was not able to be accommodated.

I appreciate that this is another way for parents to glean information about their child's academic achievement, and would appreciate your response to the survey below, before Monday 27 May. If parent support is overwhelming in favour of ICAS, we will offer two tests **English** and **Mathematics** for 2019 only.

Survey link <https://forms.gle/aFwBpuNxSTSmkbRP7>

### **Voluntary Contributions**

In the next newsletter I will place information about the next school spend of the voluntary contributions and an update on the technology focus for Term 2.

**CAROLINE ALFORD**  
**PRINCIPAL**

## PRINCIPAL'S REPORT

### TERM 2 – DATES TO REMEMBER

#### WEEK 4

Wednesday 22 May	Carisbrook House excursion – 1C, 1/2L, 2M and 2B
Thursday 23 May	Carisbrook House excursion – 2S, 2F, 1HP and 1BH
Friday 24 May	Carisbrook House excursion – 1N and 1M

#### WEEK 5

Tuesday, 28 May	K-2 Assembly – 2.30pm - presented by KC
Wednesday 29 May	Premier's Debating at Killarney Heights Public School
Thursday 30 May	SRC Fundraiser for Royal Flying Doctor Service – Bring a Gold Coin

#### WEEK 6

Tuesday, 4 June	Stage 3 – Multicultural Public Speaking at school  3-6 Assembly – 2.30pm - presented by 5/6M
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**CONGRATULATIONS** to the following students who will receive their Awards at the following Assemblies:

**Years K-2 Assembly at 2.30pm on Tuesday, 28 May (Week 5):**

#### **Gold Awards – K-2**

1C	Lachlan Z, William C
1M	Oliver F, Abigail H
1HP	Stella Z, Francesca W, Sharonna L
1/2L	Charlie D, Kaitlyn L, Sunny L, Mika L, Phoebe T, Bruce K
2F	Angelina Z, Oliver PM
2S	Isla T, Zanda T, Miranda TG
2M	Samuel M
2B	Owen B, Owen C

**Years 3-6 Assembly at 2.30pm on Tuesday, 4 June (Week 6):**

#### **Gold Awards – 3-6**

3E	Emma Y
4E	Priya M
4A	Isla T, Matthew M
5V	Peter Y, Hako A

## OFFICE NEWS

**Term Accounts** – Term accounts for term 2 will be sent out this week. Please check your emails (including your junk mail) to make sure you have received your term account. Please let the office know if you do not receive the email.

**Reminder** – when contacting the office regarding your child please include their name and class to allow us to deal with the matter promptly.

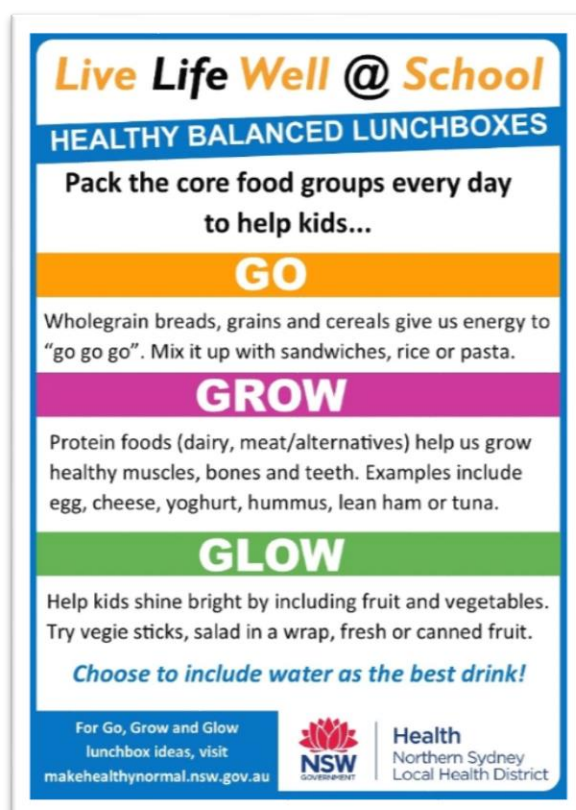
**SUE LEECE**  
**ADMIN MANAGER**

## Woolworths Earn & Learn Program



Please continue to bring your stickers to the office and deposit directly into the purple or green collection boxes or put on a special sticker sheet. We also have the sticker sheets at the office. For every \$10 you spend at Woolworths **from May 1st until June 25th 2019**, you will receive a sticker.

We are grateful for your support and look forward to counting lots of stickers!





## SCHOOL NEWS

### K-2 Cross Country Carnival

What a wonderful day we had at the K - 2 Cross Country Carnival last Monday morning. The sun was shining and the cheers of support were loud as the students ran around the school.

Well done to all students who ran and big congratulations to the winning house on the day, **Cammeraygal**. Ribbons will be handed out in Week 5 at the K -2 Assembly.



Brigette Barbara & Kate Press





## SCHOOL NEWS

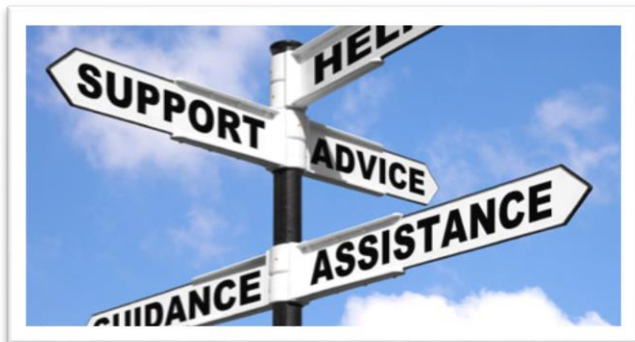
### Peer Support

In Term 2 all of Mowbray has been participating in the Peer Support Program. This year the topic is **Keeping Friends: Relationships**.

Students gather every Monday afternoon and move off with their Stage 3 leaders to participate in sessions.

So far, Stage 3 students have been doing a wonderful job and teachers have offered very encouraging feedback.

**Philippa Hartman and Belinda Bull**  
Peer Support Coordinators



### Questions & Answers

#### **What is the Peer Support Program?**

The Peer Support Program provides a fun and engaging environment for young people to address issues such as bullying, relationships, and self image. Modules are designed to equip young people with skills to deal proactively with life experiences, develop a sense of self worth and belonging, and to encourage taking responsibility for decisions and actions.

#### **How does the Peer Support Program work?**

Trained Peer leaders facilitate activities with small groups of younger students. A teacher supervises each group which includes: two Peer leaders and multi age groups of 8-10 younger students.

#### **How can I support the Peer Support Program in my child's school?**

Discuss with your child the activities, concepts and understandings they are developing each week. This helps to foster a positive connection between school and home.

## SCHOOL NEWS

### ENRICHMENT STAGE 2 - Wicking Bed Experiment

This semester Year 3 and Year 4 Enrichment students have been investigating how we can reduce our impact on water resources in our local community through sustainable gardening practices. We have enjoyed two wicking bed workshop incursions last term. The first workshop was hosted by Mowbray grandparent and gardening guru Janet Fairlie-Cuninghame. The other incursion was hosted by Ecologist Peter Rutherford from Kimbriki Education Centre.

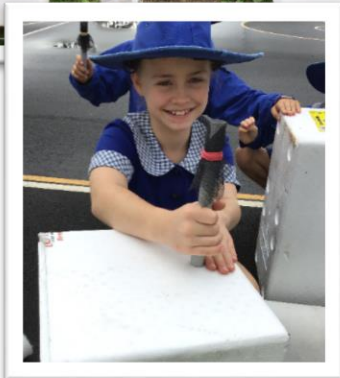
Peter showed us how to build our own wicking bed also known as a self-watering garden bed. We were put in pairs to build our wicking bed from scratch using a polystyrene broccoli box as our base. Wicking beds have a water reservoir at the base made from perlite which comes from obsidian. Water is poured through a pipe that leads down to the reservoir so the plant roots suck water from below. This is different to the traditional garden beds because they are watered from the bottom only.

Once we built the wicking bed, we planted a mixture of winter vegetables including beetroots, heirloom silverbeet, parsley and mixed salad. These were donated by Bunnings Artarmon. We measured the watering of our wicking beds each week so we could compare against the traditional garden beds for our experiment.

Our vegetables grew really well and we sold bags of mixed salad at our first market stall and we raised \$14. At our second market we sold beetroot and mixed salad bags and we raised \$39. This means we have raised \$53 so far to be used to buy wicking bed supplies.

At the moment we are writing lab reports of our experiment and we're looking forward to selling some more vegetables.

**By Sophie R, Marcus S and Jake L (Year 4)**





## SCHOOL NEWS

### ENRICHMENT STAGE 3 – Eco-Dyeing Workshop

We are the Year 5 and 6 enrichment group. You may not have noticed us as we are a small group, but with big ideas. We have been working together to produce a t-shirt, but not just any old t-shirt, a sustainable responsibly-sourced t-shirt. Many big fashion labels don't sell this type of product, but why can't we? We have the right to help our environment, so we're going to utilise that right to make a difference. Remember, sustainable looks better for our future!

By Hunter MR and Aaron O (Yr 5)

#### The Terrible T-Shirt by Hunter MR

Everyone owns a t-shirt, but have you ever wondered who makes it? The people who make your clothes are the women in poverty, garment workers who are paid 35c an hour and work up to 16 hours a day. I bet you didn't know that, which is why I'm writing this. Fashion companies need to certify their clothing through fairtrade organisations such as GOTS and the Fairtrade Mark to ensure an ethical supply chain, so we know what we're buying.

Support this cause here: <https://www.change.org/p/oxfam-living-wages-for-garment-workers-in-asia>







**Health**  
Northern Sydney  
Local Health District



**All Mowbray Public School Parents (K-6) are invited to attend:**

## **How to Support Your Child's Social and Emotional Development**

**What will be covered:**

- Importance of identifying feelings in yourself to help your children identify and manage their feelings.
- Looking at different parenting styles
- Introducing Emotion Coaching techniques
- How and when to use Emotion Coaching with children



**\*\*\*Parents are encouraged to attend both sessions\*\*\***

**The 2 sessions cover different content**

**Session Dates:**      **Wednesday 29<sup>th</sup> May 2019 - Part 1**  
                                 **Wednesday 12<sup>th</sup> June 2019 - Part 2**

**Time:**                      **7.00-8.30pm**

**Venue:**                    **Mowbray PS Hall**

**Please RSVP by 27 May to confirm numbers**

### **Parent testimonials**

*"Definitely relevant for all kids and great that I have these tools before they are teens!"* St Ives Parent

*"Invaluable for all parents, this will definitely help me connect more with my children."* St Ives Parent

*"This is great information on skills we can use in all relationships."* Allambie Heights Parent

*"I would highly recommend to other parents! Thank you."* Brookvale Parent

*"A great insight into a child's perspective of the world which helped me understand ways in which I could improve my parenting"*  
North Ryde Parent

*"A very powerful way to understand your children's emotions and your own emotions to be able to connect on a much closer level."* Allambie Heights Parent







# MOWBRAY PUBLIC SCHOOL P&C *Picks!*



e [info@mowbraypandc.org.au](mailto:info@mowbraypandc.org.au) w [www.mowbraypandc.org.au](http://www.mowbraypandc.org.au)  
Fb [www.facebook.com/groups/MPSFF](https://www.facebook.com/groups/MPSFF)



## MOTHERS DAY BREAKFAST

Thanks to Year 2 and the amazing Mothers Day Celebration Team for organising a great morning. It's a lovely Mowbray tradition we hope more of you will get to experience. - Don't forget to provide some feedback: [www.mowbraypandc.org.au/feedback/](http://www.mowbraypandc.org.au/feedback/)



## ELECTION BBQ/CAKE STALL

Exceptional SECOND Election BBQ/Cake Stall for 2019! It's always a fun event, a great way to get involved with the P&C and meet some new people. Thanks to Juliet and the Year 3 Fundraising Team and all families who contributed.

## COMING UP WEEKEND OF MUSIC

This weekend is the Ryde East Music Festival but we have our own, annual "Weekend of Music" for Strings and Band students coming up on Sat/Sun 15-16 June 2019. Kids will participate in tutorials, performances and have lots of fun, in between. More information soon.



## COLOUR EXPLOSION

It's happening again! Thursday 27 June is the date for the Colour Explosion. The kids (and parents) had lots of fun getting messy and enjoying the afternoon, last year. More information about this major Year 3 Fundraising event soon.



## 2ND HAND UNIFORM POPUP

The next 2nd Hand Uniform Popup Shop will be at the Term 3 Fathers Day event (30 August). - If you have any good, clean uniforms you no longer need, please consider donating them at the Office. It's a useful service and all sale proceeds will benefit our school. Thanks to Pauline and the Student Executive.



Next P&C meeting: Tuesday 18 June 7:30pm



MOWBRAY PUBLIC SCHOOL

# 5TH & 6TH CLASS OF 1960 REUNION

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CELEBRATING MOWBRAY FRIENDSHIPS  
IN NEWCASTLE SUNDAY 22 SEPTEMBER 2019  
CONTACT SANDRAJUNE4819@GMAIL.COM





THINKERS COVE PRESENTS

# HOW KIDS THINK

WEDNESDAY JUNE 5TH, 2019

6.45PM

KIT KIRKWOOD HALL

LANE COVE PUBLIC SCHOOL

[TRYBOOKING.COM/BCNME](http://TRYBOOKING.COM/BCNME)

Join us for an informative evening of discussion  
around creative thinkers,  
identifying/encouraging these children,  
extension opportunities through Science, and  
support for families.

Gold coin donation to cover catering  
[info@ozgifted.com](mailto:info@ozgifted.com)



# Got It!



## Flipping Your Lid

The **thinking brain** (upper brain) allows us to think rationally, make decisions, and problem solve with kindness and empathy.

The **emotional brain** (lower brain) is where our reactions, emotions, and automatic responses come from.

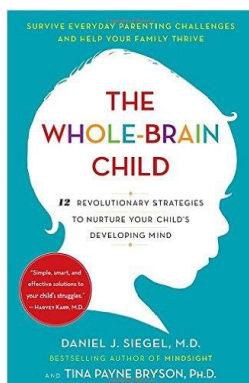
Sometimes when our emotions become too overwhelming we '**flip our lid**'. This means that our thinking brain has gone offline, leaving us with only our emotional brain in use. When this happens, we are unable to think reasonably, make good decisions, or problem solve effectively. We need to calm our big feelings to reboot our thinking brain and bring it back online.

### What this means for children:

- Children's brains aren't fully developed so they 'flip the lid' more often and need more help 'reconnecting' their thinking brain
- When children 'flip the lid' it is not a time to try and rationalise or reason with them. We need to teach and help them to calm down. You will know what works best for your individual child e.g. hugs or soothing gestures or physical activity to help them return to a calm state.
- Positive time outs can also help children (and adults) calm down. The problem will still be there to be addressed when everyone is a bit calmer.
- "Name it to tame it", verbally label the emotion (e.g. "It sounds like you were really upset when ... happened")

### Resources:

**Read:** *The Whole-Brain Child*



Dr Dan Siegel & Dr Tina Payne Bryson

### Watch:

<https://www.youtube.com/watch?v=gm9CIJ74Oxw>

<https://www.youtube.com/watch?v=3bKuoH8CkFc>

<https://www.youtube.com/watch?v=ts6ZrDRWEY>

[https://www.youtube.com/watch?v=3vBEI79\\_oQE](https://www.youtube.com/watch?v=3vBEI79_oQE)



**Health**  
Northern Sydney  
Local Health District





# Got It!



*"All feelings are ok but  
not all behaviours are ok"*

## What is 'Emotional Intelligence'?

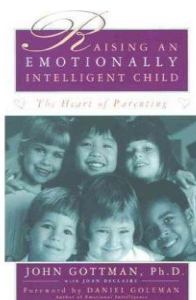
Emotional Intelligence means having the ability to understand and identify your own emotions, successfully use emotions in social interactions, use emotional awareness to guide you when solving problems, be in control of how and when you express feelings, deal with frustration and be able to get what you want, and keep distress from overwhelming your ability to think. Emotional Intelligence can be supported through using an Emotion Coaching response.

## Emotion Coaching Steps:

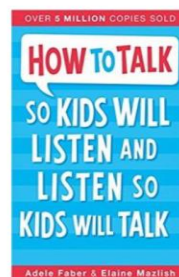
Emotion Coaching is a way of responding to a child's emotions that helps them to learn about their feelings and express them in more constructive ways. The aim is to help children recognise, name, and talk about the feelings underneath their behaviours. There are 5 steps to Emotion Coaching:

1. Be **aware** of the child's emotions, as well as your own, especially when they are at a lower intensity
2. **Recognise** the situation as an opportunity for support and teaching
3. Help the child to **verbally label** emotions
4. **Listen empathetically** and validate the child's feelings
5. **If necessary, set limits** while helping the child to **solve problems**

## Further reading for Parents:




*The Heart of  
Parenting – Raising  
an Emotionally  
Intelligent Child,*  
John Gottman  
(1997)



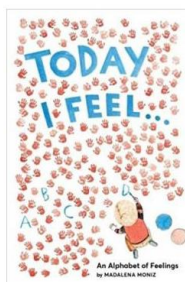
*How to Talk So Kids Will  
Listen & Listen So Kids  
Will Talk,* Adele Faber &  
Elaine Mazlish (1980 &  
2000)

### Home Activity:

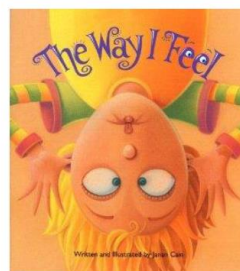
- Place the attached list of feelings on your fridge
- Encourage family conversations about how everyone is feeling
- Consider where in the body different people experience different feelings
- Talk about the different ways people might get help when they are having big feelings

Joy	Sadness
	 <p>Happy Delighted Hopeful Pleased Ecstatic Cheerful Glad Confident</p> <p>Sad Gloomy Miserable Down Unhappy Upset Lonely Hopeless</p>
Surprise	Anger
	 <p>Amazed Excited Confused Shocked Stunned Overwhelmed wonderment</p> <p>Mad Angry Annoyed Furious Irritated Rage Frustrated</p>
Disgust	Fear
	 <p>Nauseated Dislike Grossed Out Sick Outraged Repulsed Fed-Up</p> <p>Scared Spooked Nervous Afraid Worried Frightened Anxious</p>

### Books for Children:



*Today I Feel...*  
*An Alphabet of Feelings*  
By Madalena Moniz



*The Way I Feel*  
by Janan Cain





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## Zumba Classes for Adults in our Hall!!



*if you can*  
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*you can*  
**DO IT**

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Fitness classes that are fun, energetic, and make you feel amazing!!!

Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning **dance** fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

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No Booking required...Just show up with your smile and let's kick off those Fitness Goals together!!

**WE  
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\$15 per  
class only

**Join me every Monday at 7:30pm in our  
Mowbray Public School Hall**

**Only \$15 each class or Save \$\$\$ by buying a 10 class pack for \$120**

Any questions contact me on 0437819900 –[marialopezzumba@gmail.com](mailto:marialopezzumba@gmail.com)

Follow me for updates  @marialopezzumba 

*See you on the dance floor*

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- New sports, new programs, new areas.

\* Applies only to ASC Camps

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## SYDNEY NEW SOUTH WALES

Meet sports idols at our camps.  
Past stars included Kevin Sheedy,  
Justin Langer, Ange Postecoglou,  
Kim Ravaillon and Caitlin Bassett.  
See the website for more details.

### ASC 3-DAY CAMPS

#### AFL Football

**8, 9 & 10 July**  
NSW AFL Football Camp,  
Daceyville

**10, 11 & 12 July**  
NSW AFL Football Camp,  
North Parramatta

**16, 17 & 18 July**  
NSW AFL Football Camp,  
North Ryde

#### AFLW Football Girls

**16, 17 & 18 July**  
NSW AFLW Football Camp,  
North Ryde

#### Basketball

**9, 10 & 11 July**  
NSW Basketball Camp,  
Waverley

**10, 11 & 12 July**  
NSW Basketball Camp,  
North Parramatta

**16, 17 & 18 July**  
NSW Basketball Camp,  
North Ryde

#### Hockey

**8, 9 & 10 July**  
NSW Hockey Camp,  
Daceyville

#### Netball

**8, 9 & 10 July**  
NSW Netball Camp,  
Moore Park

**15, 16 & 17 July**  
NSW Netball Camp, Ryde

#### Rugby Union

**10, 11 & 12 July**  
NSW Rugby Union Camp,  
North Parramatta

**17, 18 & 19 July**  
NSW Rugby Union Camp,  
Hunters Hill

#### Soccer

**8, 9 & 10 July**  
NSW Soccer Camp,  
Daceyville

**10, 11 & 12 July**  
NSW Soccer Camp,  
North Parramatta

### ASC PARTNER PROGRAMS

ASC have teamed up with some amazing and reputable partner companies to offer a wider variety of sports in your area! Duration and pricing for these programs differ depending on the program, please visit our website for all the details and choices!

#### Rowing

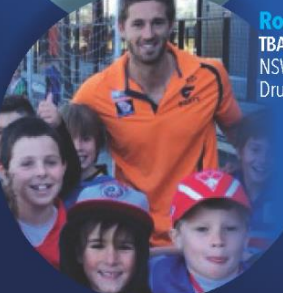
**TBA**  
NSW Rowing Program,  
Drummoyne

#### Tennis

**1, 2, 3, 4 & 5 July**  
NSW Tennis Program,  
Chatswood #1  
North Ryde #1

**8, 9, 10, 11 & 12 July**  
NSW Tennis Program,  
Chatswood #2  
North Ryde #2

**15, 16, 17, 18 & 19 July.**  
NSW Tennis Program,  
Chatswood #3  
North Ryde #3



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OPEN**

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TO BOOK WINTER CAMPS  
OR FIND INFORMATION**

**NOW  
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# Sing • Act • Dance

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BIRD**  
rate expires  
10th June

## Aladdin's Magical Lamp

### July Holiday Camps

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Pymble Public School

Castle Cove Public School

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North Sydney



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# CODESPACE

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these school holidays.**

**School Holiday Camps Now  
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- Roblox: Racecars
- Minecraft Youtuber Star
- Minecraft Modding: Superheroes



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