

MOWBRAY NEWS

Term 2 Week 8
19 June 2019

PRINCIPAL'S REPORT

Multicultural Public Speaking Competition

Last Tuesday 11 June, Hudson (4E), Owen (4F), Bryce (5T) and Eliza (5T) went to Beaumont Road PS to represent Mowbray in the Multicultural Public Speaking Competition. These students each prepared a speech based on a topic relating to multiculturalism. They were each successful at both a class and grade competition with their prepared speech as well as an impromptu topic presentation.

Mrs Ryan and I were lucky enough to watch their speeches at the next level of competition, against seven other local schools. All of our students represented MPS proudly.

A big congratulations to Owen who received a Highly Commended award on the day.



Lane Cove Primary Schools Public Speaking Competition

On Thursday 6 June Hannah (5/6M) and Eleanor (6WV) represented Mowbray in the 12th Annual Lane Cove Primary Schools Public Speaking Competition, held at the Lane Cove Council Chambers. The girls were the first and second speakers of the night, and provided a very strong start to the competition!

There were 10 competitors in total from local schools and all speakers were very impressive. After all speeches were completed, the adjudicators announced that Eleanor had won second place! Eleanor received a \$70 book voucher for herself as well as a \$300 book voucher for the school. Hannah won a \$40 book voucher. Well worth the night out!

A big congratulations to both Eleanor and Hannah!



PRINCIPAL'S REPORT

Run4Fun Colour Explosion

Our P&C are about to embark on the 2019 Colour Run at 2pm on Thursday 27 June at MPS as a fundraising event. Information has gone home in the last newsletter and on the School Stream app. Students have been invited to wear mufti (no uniform) on this day, and it would be suggested that they wear clothes that can be coloured!

A reminder that all children can participate, if your child would prefer not to be powdered (non-toxic, biodegradable, environmentally friendly consisting of 98% corn starch and 2% food colouring) there will be a no-powder lane. Options are available on the on-line consent form.

Although there will be a little complexity added to the weekly clothes wash, it should be a fun afternoon for all!

Tutti

Mowbray Public School belongs to the North Harbour Learning Community with Chatswood HS, Castle Cove PS and Chatswood PS. We participate in professional learning and some key initiatives together to support public education.

Every two years, we put on a concert at The Concourse at Chatswood. This year the concert will have a focus on musical pursuits. Three groups from each school have been invited to perform in a school performance as well as individuals who will be performing in combined items that all schools participate in.

The recent rehearsals have indicated that it should be an enjoyable and entertaining evening. If you are keen to come for a night of NSW Public School entertainment, tickets can be purchased through Ticketek, The Concourse.

Please note: Performers on the evening, DO NOT need to purchase a ticket.

CAROLINE ALFORD
PRINCIPAL

Term 2 Student Executive Initiative

Results of Waste Free Monday – Week 6

Waste free Monday went ahead this week with a lunchtime focus. Congratulations to our token winning classes **1C!**

Don't forget we are making a big effort to save our environment through the reduction of waste, with special focus on a Monday!

PRINCIPAL'S REPORT

TERM 2 – DATES TO REMEMBER

WEEK 8

Tuesday 18 June	3-6 Assembly – 2.30pm – presented by 5T P&C Meeting – 7.30pm in Library
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WEEK 9

Monday 24 June	Kindergarten Farm Excursion
Tuesday 25 June	K-2 Assembly – 2.30pm - presented by KT EAL/D Tea & Chat – 3.15pm to 4pm in EAL/D room
Thursday 27 June	Colour Run Explosion – 2pm (P&C Event)

WEEK 10

Tuesday 2 July	All School Assembly for NAIDOC Week – 2.30pm
Friday 5 July	Last day of school - End of Term 2

CONGRATULATIONS to the following students who will receive their Awards at the following Assemblies:

Years K-2 Assembly at 2.30pm on Tuesday, 25 June (Week 9):

Gold Awards – K-2

1/2L	Archer B, Nuoyi W, Ziheng W
1C	Lawson C
1HP	Benjamin DK
2B	Charlotte B, Jack L
2M	Olivia R, Collette L, Preston L

Whole School Assembly for NAIDOC Week at 2.30pm on Tuesday, 2 July (Week 10):

Banners

3B	Aisha J, Kayto Y
3H	Akina Mc
3E	Emma Y
4F	Ashill H, Sophie C
5T	Seanna D, Shane Z
5/6M	Luke M
6K	Jack B, Dylan S

OFFICE NEWS

Term Accounts – Thank you to all the families who have paid their term accounts. A reminder that term accounts are now **OVERDUE** and your prompt payment would be appreciated.

Contact Details – When contacting the office regarding your child please include their name and class to allow us to deal with the matter promptly.

Stewart House Bags have been sent home. These are due back to the office by tomorrow, **Thursday 20th June**.

Car Keys Found – a set of BMW car keys have been found and are at the office if anyone has lost them.

SUE LEECE
ADMIN MANAGER

Live Life Well @ School

ENERGIZERS AT HOME

Try this fun brain & body energizer at home!



Hit The Deck

1. Place a deck of cards in front of standing players
2. Have 1 person select a card. Players then do the corresponding activity to the chosen suit for 20 seconds:
 - Hearts:** high knees
 - Diamonds:** squats
 - Clubs:** push ups
 - Spades:** star jumps
3. Repeat with another player to pick a new card!

For more ideas, visit:
healthykids.nsw.gov.au




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Live Life Well @ School

LIMIT SCREEN TIME FOR GOOD HEALTH


We could set a 'no screen time' rule at dinner time and before school.



What could you do?

Developed by Murrumbidgee Local Health District

Search 'Switch off the Screen' for more tips at
healthykids.nsw.gov.au



Health
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Local Health District

SCHOOL NEWS

Digital Citizenship

The Digital Citizenship website has been completely updated and revamped! It's designed to help students, staff and parents understand and develop the attitude, skills, knowledge and behaviours they need to actively participate in a digital society. The website has articles for parents such as:

- Creating a safe gaming environment for children
- Healthy technology use
- Selfies and self-confidence: creating a positive identify



To view the website go to: <https://www.digitalcitizenship.nsw.edu.au/parents-articles>

WOOLWORTHS Earn & Learn

There's only 1 week to go!

We are almost at the end of this year's Woolworths Earn & Learn program, but it's not over yet!

Last year, we earned 45 000 points and purchased some great educational resources for our school, thanks to you. This year we hope to earn 50 000 points but we only have about 20 000. So keep the stickers coming!



For every \$10 you spend at Woolworths from **May 1st until June 25th 2019**, you will receive a sticker. The stickers are then collected on a special sticker sheet. Once the sheet is completed, it can be placed in the collection box in the school office or at Lane Cove Woolworths. You can ask family and friends to help you too!

You can pick up sticker sheets at the school office, your local Woolworths store, or print out your own at www.woolworths.com.au/earnandlearn.

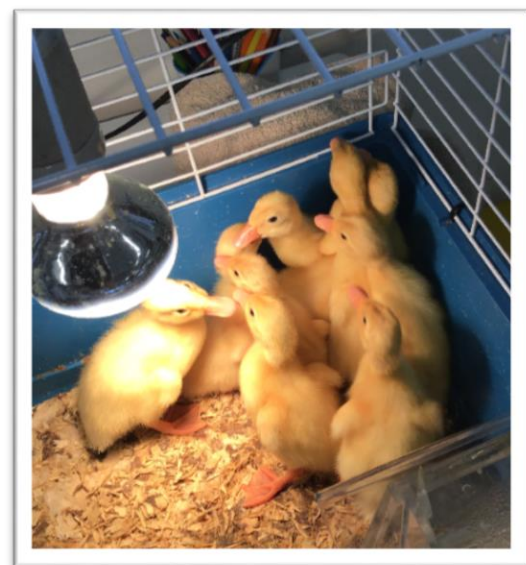
We are grateful for your support and look forward to counting lots of stickers!

SCHOOL NEWS

Visitors to Kindergarten

Kindergarten have been lucky enough to have some little visitors come to stay in our classrooms this week. We received some duckling eggs which hatched earlier this week. Some students even got to watch as the ducklings crack open their egg and hatch out of their shells!

The ducklings have had some great little helpers clean their cage, feed them and provide them with water. The ducklings have almost doubled in size over the weekend. We can't wait to continue to watch and support them as they continue grow and develop.



SCHOOL NEWS

Strings News – Camerata Eisteddfod

We are very proud that our Camerata Strings Ensemble represented Mowbray PS at the Sydney Eisteddfod Primary School String Ensemble on Monday and were placed **Highly Commended**.

Conducted by Head of Strings Anita Carmon-Crawford, Camerata performed “Supercalifragilist” and “Themes from Harry Potter” at the Chatswood Concourse Concert Hall.

Camerata are to be congratulated on their incredible effort and Highly Commended result. Also a big thank you to Miss Bull, the Strings tutors and parents, it is very much a team effort!

Strings Committee



SCHOOL NEWS

Weekend of Music – Strings & Band

Last weekend Strings and Band students participated in the annual Weekend of Music (WOM). WOM is an immersive musical experience held over two days at school. Students benefited from small intensive tutorial sessions and ensemble rehearsals which promoted rapid music progression. On Sunday afternoon the Strings and Band students showcased all their hard work with a performance in the School Hall.

It was so impressive to see the progress our young musicians made over the weekend!

A huge thank you to Izzy, Kate, Cristina, Mya, the Music Committee, our fabulous musical kids, conductors (Anita, Darcy, Alison, Robert and Gavin), Strings and Band Tutors, photographer, school teachers/staff, volunteer ex-students and, as always, our amazing Music parent community for enabling these opportunities for our kids!



LIBRARY NEWS



K-2 students have been immersed in PRC books and linked Children's Book Council of Australia (CBCA) short listed books during library sessions. Each class is over half way through the challenge of 30 books!

3-6 student participation is encouraged and it is wonderful there are so many keen students once again. These students are responsible for reading and recording the books they have read. Super effort to those Year 3 students who are showing their initiative to complete the challenge independently. Congratulations to those 3-6 students who have already completed the challenge. A reminder for 3-6 students to keep updating and recording books on the website before you forget them!

HELPERS NEEDED - PLEASE!

We *really* need some more **parent helpers** in the morning to help return and shelve books at 9.10am. No experience necessary. Pre-schoolers welcome. Come with a friend! 15-20 minutes at 9.10am, Monday – Friday. Thank-you in advance.

New Library Monitors

The following students recently completed their library monitor training and received their badge at the last assembly. Training occurs over a six week period where the trainees learn about the general mechanics of a school library system. Congratulations and welcome to our new monitors: **Clara, Caitlin and Tal.**

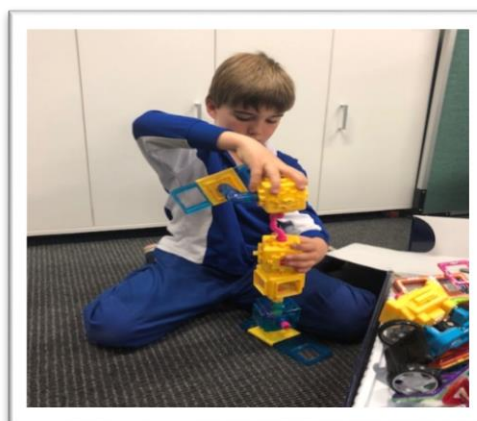


LIBRARY NEWS

MAKERSPACE

Stage 1 students recently had to complete a challenge to design and construct a ship for Pirate Pete. The design criteria included being able to float plus withstand weight being added. It was impressive to see the creativity and choice of materials that each group employed. In the end the winning ship was able to hold an extra 470gram mass! Students also enjoyed tinkering and exploring the various resources and kits available in the makerspace area.

Construction and exploration with STEM kits



Some of Pirate Pete's Ships!



Happy Reading Adventures

Mrs Dana Duveck-Steele, Mrs Shelley Kapp and Mrs Jennie Neil-Smith
Teacher Librarian Team

SCHOOL NEWS

LOST PROPERTY

The buckets are overflowing with clothes, lunchboxes and drink bottles, so please claim your items by **30 June** before the SRC kids sort the buckets! They will return any clearly labelled items to their owners but donate or throw out any unlabelled and/or yucky ones.

Clearly labelled is important, as the labels are often faded, have a previous owner's name or are just indecipherable. This makes it difficult for items to be returned.



SCHOOL NEWS

Dear Parents and Carers of EAL/D students,

你好

ようこそ



환영합니다

स्वागत



The staff of the EAL/D Department would like to invite you to an end of term afternoon tea.

It's a chance for us all to catch up.

Please note this isn't a formal parent/ teacher interview.

Location: EAL/D Classroom (Room 6)

Date/Time: Tuesday 25th June from 3:15pm

Please bring a plate of food to share.

We look forward to you joining us.

Kind regards,

Mrs D. Cunningham, Mrs Shamaon
and Mrs S. Walker

SCHOOL NEWS



COLOUR EXPLOSION

THURSDAY 27 JUNE

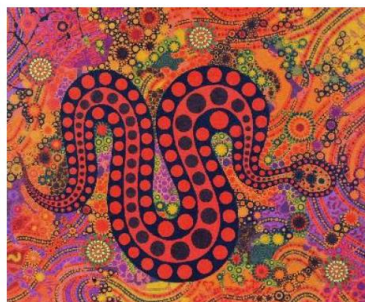
- 1) Create a profile for your child on www.myprofile.com.au and register for online fundraising.
- 2) Return permission slip via School Stream or to the class teacher by June 17.
- 3) Have fun fundraising!

Together is better
MOWBRAY PUBLIC SCHOOL
COLOUR EXPLOSION!

SCHOOL NEWS



NAIDOC Week 2019 will run nationally from **7-14 July 2019** and is an occasion for all Australians to come together to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander people.



Due to NAIDOC week occurring in the school holidays, Mowbray Public School will be holding a whole school assembly to celebrate on the **2nd of July at 2pm**. We would like to invite members of our parent community to participate in our assembly in week 10.

Week 10, K-6 Assembly, Tuesday 2nd July.

A senior member of the popular First Nation's performance and education troupe, Daramu Aboriginal Dance and Didgeridoo, will entertain us with Dreamtime Stories, interesting facts about the world's oldest living culture, show us ancient tools, weapons, bush foods and medicines still growing wild in our neighbourhood. He will play the world's oldest wind instrument, the Yidiki (or didgeridoo) and explain how it is played and made.



Mrs Shamaon & Mrs Walker

twinkl.co.uk

**Please donate any good, clean uniforms you no longer need.
Leave at the Office for the P&C Pop-Up Shop.
It's a useful service for our families plus all sale proceeds will benefit Mowbray**



**Pop-up
SHOP**

Mowbray P&C
**2ND HAND
UNIFORMS**

SALE Friday 30 August 2019
at "Fathers Day Breakfast"

*Donate any good, clean uniforms you no longer need, at the Office, for the P&C Pop-up Shop.
It's a useful service for our families plus all sale proceeds will benefit Mowbray.*

CASH ONLY Sales are final. Items are in 'as is' condition. No facilities to try items on.

**Check out our Mowbray Community Business Register –
some great deals just for Mowbray families and staff**

<http://www.mowbraypandc.org.au/MCBR>

MOWBRAY COMMUNITY BUSINESS REGISTER

www.mowbraypandc.org.au/MCBR



LIST your family business or just **USE** the register for free.
Each business has listed a deal just for us - Mowbray families and staff.

Discounts or special offers on specialty cakes, succulents, printing, electrical services, design and printing, homewares, digital marketing, kids educational toys, wine, health services and more.

New offers being added all the time!





MOWBRAY P&C

Mowbray Classifieds



BUY/SELL/TRADE

MUSICAL INSTRUMENTS/SHEET MUSIC

DANCE AND SPORTS EQUIPMENT

eg netball/cricket/football/karate/tennis/basketball etc equipment,
organised sporting team uniforms, proper dance shoes/leotards/costumes etc not toys.

You must be a member of the "Mowbray Public School
Families & Friends" Facebook Group to use this new Group

Post online www.facebook.com/groups/MPSClassifieds

Got It!



What is 'co-regulation'?

Children are born with many emotions but without the language or ability to understand and manage them. We teach them how to be calm by doing it with them: rocking, patting, hugging, and quiet talking.



Children have good days and bad days when managing their feelings - just like the rest of us. They are sensitive to stress, lack of sleep, noise, arguments, etc. This can make paying attention to teachers and parents very difficult at times.

When a calm adult helps a child to stay calm and provides support for the child's emotional experiences, they become 'in tune' with each other. Being 'in tune' is important because children need to learn to co-regulate their emotions (manage their emotions with their parents help) before they can self-regulate (manage their emotions without help).

Activity: Feelings Chart

Print out the attached feelings chart and use the template to brainstorm with your child:

- What signs they show on the outside to reflect how they feel on the inside?
- What activity or strategy they could use to help them to feel calmer?
- What activity or strategy could others use to help them to feel calmer?

Tip: Keep it on your fridge to use as a daily reference for how to manage big feelings

Apps



Breathe, Think, Do with Sesame Street (free app).

This app provides breathing and problem solving practice for children.



Settle Your Glitter by Momentous Institute (free app).

This app guides children through deep breathing exercises that allow them to regain control of emotions.



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FEELINGS CHART



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	RATING		Looks Like/Sounds Like/Feels Like	What I can do...	What others can do...
	5	ANGRY MAD FURIOUS			
	4	UPSET			
	3	FRUSTRATED DISAPPOINTED			
	2	SCARED NERVOUS ANXIOUS			
	1	FEELING GOOD HAPPY			

Got It!



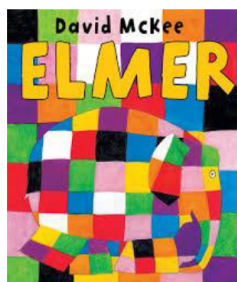
Talking with our children about their strengths and what they do well helps to develop their confidence and self-esteem.

Strengths

Everyone has strengths and often we have strengths that we are unaware of that other people notice about us. Talking to children about their strengths increases confidence and self-esteem because they are able to understand the positive ways they are perceived by others. Every so often when you notice a strength in your child, take the time to verbally acknowledge this to your child.



Book



This is a book you might like to read with your child. This book celebrates diversity and individuality. We all have different strengths and each person is unique. This book encourages us to think about celebrating and appreciating our differences.

Descriptive Praise

When parents use praise it builds up a child's 'emotional bank account'.

Descriptive praise is being specific in our language so children understand what they have done well. Instead of 'good boy' or 'good girl' you can make your praise more effective by describing what you liked about what your child did, 'I really like the way you have put all your toys away'. This builds a child's confidence as they learn that they can do things well.



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Spread the word: Two \$100 Active Kids vouchers available from 1 July

Parents can now double their child's play time with [two \\$100 Active Kids vouchers](#). From 1 July 2019, all school-enrolled children will be eligible for two \$100 vouchers annually. Voucher one is valid January to December and voucher two is valid July to December, meaning kids can get active year round.

All NSW school-enrolled children are eligible for two \$100 Active Kids vouchers. The vouchers can be used with any approved Active Kids provider, to help cover costs towards registration or membership fees for sport and active recreation. Voucher one is valid January to December and voucher two is valid July to December. After 1 July 2019, the second voucher can be claimed immediately after the first voucher.

Find a provider by visiting our website: sport.nsw.gov.au/activekids

Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number

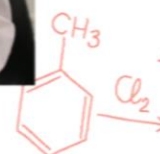


Junior
SCIENCE ACADEMY

BLAST OFF INTO THE WORLD OF SCIENCE AT MACQUARIE UNIVERSITY

Join our exciting science programs for Years K-6 during the school holidays
With more than 50 classes available in July 2019, you're bound to find a class you will love!
Now includes Robocamps (Years 1-4): Legobots, Space Robots and Medieval Mayhem.

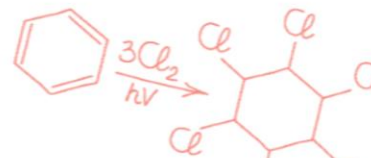
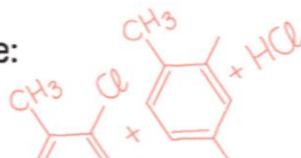
- Class topics include learning about dinosaurs, volcanic eruptions, DNA, how to analyse blood for diseases & why animal poop is so fascinating!
- Our courses are designed to teach scientific concepts through experiments, art, drama, physical activity, craft & other hands-on activities.
- New courses are always added & all-time favourites are rotated each school holidays.



Creative Kids vouchers (value \$100) can be claimed for any robotics class. Apply through ServiceNSW for your child's voucher.

Drop off	8.30am - 9.30am
Activities	9.30am - 4.30pm
Pick-up	4.30pm - 5.30pm
Cost	\$126.50

Want more information? Visit our website:
mq.edu.au/about/holidays





**EARLY BIRD
DISCOUNT**
EXPIRES JUN 21

JULY '19

SCHOOL HOLIDAY CAMP

Mon Jul 8th - Wed Jul 10th | 9am - 1pm

ELS Hall Synthetic Field 109A Kent Rd, North Ryde

BOYS & GIRLS 4-14 YEARS \$230^{EX GST} | New players will receive a complimentary training jersey
Register at justfootballacademy.com.au/register | Enquiries can be made on 1300 724 189

WINTER SCHOOL HOLIDAY PROGRAM 8-19 JULY

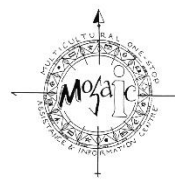
**Craft
Collage
Drawing
Painting
Pottery
Print
Textiles**



www.gallerylanecove.com.au 02 9428 4898



MOSAIC MULTICULTURAL CENTRE



Winter School Holiday Program

Happy Multicultural Playtime

Wed 17 July, 10am-11.15am at MOSAIC

Sing-along, storytelling & craft activity for pre-schoolers. Morning tea provided. Bookings essential. Free of charge.



All children are to be accompanied by their parents/carers at all school holiday activities held at the MOSAIC Multicultural Centre.

Geometry Challenge

Wed 10 July, 10am-11am
Kindergarten to Year 6, \$5



3D Koala Card

Thurs 11 July, 10am-11am
Kindergarten to Year 6, \$5



Bright Future Lantern

Fri 12 July, 10am-11am
Kindergarten to Year 6, \$5



Aboriginal Games & Stories

Fri 19 July, 10am-12pm
Kindergarten to Year 6, \$5



FOR INFORMATION AND REGISTRATION
MOSAIC Multicultural Centre, 12 Brown Street Chatswood
9777 7952 | mosaic@willoughby.nsw.gov.au
www.willoughby.nsw.gov.au