



July 2019

Term 2 Week 10

Newsletter

Important Dates

Friday
5th July 2019
NAIDOC Day

Wednesday
7th August 2019
Book Week Parade and
Pluto Pup Meal Deal

Tuesday
17th September 2019
Whole School Performance

Saturday
21st September 2019
Koombahla Aged Care Fete
8am until 1pm
Join us at our fairy floss stall

Friday
27th September 2019
Colour Run

Monday
22nd July 2019
Students return to school for
Term 3

Monday
19th August 2019
Staff Development Day
No students.

Principals Message -

What a great term it has been! Students that stood up in front of the whole school on Tuesday to deliver their speech are to be commended for their courage and humour. Congratulations to every student who stood before their peers and shared some great ideas, funny ideas and clever insights.

I would like to acknowledge the incredible work of Mr Hopson in organising our special days that celebrate the school values. The canteen do a great job to support these days too and make for some terrific fun for everyone.

It was an interesting day here on Wednesday when all these geriatric entered the school gates with grey hair, wrinkles, walking frames and short stature. Wait a minute! They weren't geriatrics they were Kindergarten and Year 1 dressed up! Thank you to all our parents that aged up their kids. It was the funniest of days.

Please have a safe and happy holiday and we will see you **DAY 1 of next term. Don't forget to send your child to school on the first day.**

STAFF DEVELOPMENT DAYS

**Parents and Carers are reminded that on these days
students do not attend school**

READ ME

No Staff

will be at school on
Monday 19th August 2019
due to

Staff Training
Students Return for Term 3
Monday 22 July 2019

READ ME

READ ME



READ ME

Year Six Gift 2019

It was great to read the thank you from Mrs Bax in our last newsletter. This week I wanted to tell you how year six managed to leave such a special gift to Plattsburg as we start to think about leaving the school that has help shape us into the people we are.

The first thing we had to organise was a way to make some money to pay for our gift. We are so lucky to have Bunnings at Wallsend to support us and allow us to host one of their weekend BBQ's. We put a call out for year six students and parents to come along and help out. While some students had sporting commitments it was great to see so many families come and help. These fantastic people gave up their time and by hosting the bbq we were able to raise enough money to purchase a gift.

Raising the money seemed the easy part , the hardest being what to purchase. We wanted something to be proud of, something with meaning. While a lot of ideas were suggested we settled on a map of the world. We are lucky to have such amazing students from all around the world with us at Plattsburg and we thought it would be great if they could point out to their friends which countries they were from. Also for their friends to see how far away their families were from Australia.

I'm sure you will all agree that this new mural brightens up the school and will do so for many years to come. Thank you to everyone involved including Les and Joseph who gave their time to hang the mural.

I am proud to be a student of Plattsburg but even more proud to know the year six of 2019 have managed to leave such a wonderful parting gift.

Charlotte Turner
School Captain 2019



Staff Development Day Term 3

Just another reminder for all of our families that our Staff Development Day for Term 3 will not take place on the first day of next term. It will however, take place on Monday the 19th of August. This is due to the scheduling of a professional learning event for all of our teachers. Students return to school for Term 3 on Monday 22nd July 2019.

Woolworths Earn and Learn

Thank you for donating your Earn and Learn stickers to our school. The stickers are no longer being handed out at Woolworths, however we can still accept any stickers you have collected. If you have any stickers at home, please bring them in as soon as possible. Drop off boxes are provided in the front office.

Sickness

Just a friendly reminder that we are heading into the 'season of sickness' where illness seems to become a little more prevalent as the colder weather sets upon us. We would like to remind parents that if your child is presenting with signs of illness that we would encourage you to provide care for them at home until they are well enough to return to school. We thank you in advance for your understanding and support in this matter. Please visit the NSW Department of Education Health page for more information regarding children being too sick to attend school. <https://education.nsw.gov.au/public-schools/practical-help-for-parents-and-carers/family-wellbeing/health/too-sick-to-go-to-school>

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 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.

Bus Timetable Changes

Information on Trip Planner and other transport planning apps are now available, to align with Transport for NSW's Trip Planning service. Parents and students can easily check their timetable by following these three simple steps:

1. Visit <https://newcastletransport.info/plan-yourtrip/school-services>
2. Type your school name into the search field
3. Select your school bus route to download the PDF timetable that will be effective from 1 July.

Anti-Bullying

This week, as part of the ongoing anti-bullying focus, A video, developed by the Department of Education that reflects the message, follow your heart and not the herd, from the perspective of 5 year old students. The link for this video is:

<https://antibullying.nsw.gov.au/forstudents/upstanding-videos> It is just one in a series of videos developed to highlight that the most effective anti-bullying approaches promote positive bystander behaviour, or upstander behaviour.

Respecting Others

One of our school values is respect. Whilst students are able to talk about showing respect by listening to the teacher, respect is significantly more complex. Respect includes listening to the opinions of others and responding calmly to express opinions that are different. It means accepting that people around you might be different to you and experience events differently to you. Learning how to empathise is an important skill to develop so that you can respect others. You can help your child at home to develop these skills by talking about how other people might be feeling or experience events. Talking about the actions and feelings of characters in story books can help children develop empathy too.

NAIDOC 2019

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.



Respect Day

On Friday 28th June Plattsburg Public School celebrated RESPECT Day. Students wore yellow to represent the colour of our Respect Crow.

Thank you to Mr D. and the group of students who acted in our scenarios for the whole school. The feedback was positive from staff and students. Congratulations to all prize winners for the Poetry Competition and Drawing Competition. The winning entries are included at the end of this newsletter.



Chess Tournament

On Thursday 20th June the Plattsburg Chess Team travelled to Merewether Public School to verse their team. Merewether were victorious 7-4. All our students played well against a top team.

I would like to congratulate the Plattsburg Team on their great effort and sportsmanship.

The students were treated to a presentation after the tournament and some after match refreshments and nibblys.

I would like to make special mention to Sheridan Uhrig, Jacqueline Michel and Jodi Robertson who helped with transport to and from the Chess Tournament. Their lifts were greatly appreciated by the Chess Team. Term 3 will see the return leg of the Tournament at Plattsburg Public School.

Chess runs at Plattsburg every Tuesday at lunch time. New players are always welcome.



Resilience

The school years can present children with countless challenges, setbacks, failures and general difficulties. When things go wrong, resilience is what helps children cope and get through the hard times. Children need to be able to handle uncertainty, adversity of failure and bounce back. Sometimes it can make them even stronger than before.

Children need to learn resilience to succeed at school, socially and be able to deal with the challenges in life. It is important for mental health.

Here is how you can help:

- Don't over protect - Over protecting children fuels their anxiety. Talking catastrophically also feeds anxiety. "If I can't see you, you might get stolen."
- Eliminating all risks robs children of learning resilience. Children need to take on age-appropriate freedoms in order to learn their own limits. Allow age-appropriate risk and teach children the essential skills required.
- Teach them to problem-solve. Help your child to figure out how they can handle challenges. Don't provide all the answers. Give them the opportunity to figure out how they can handle challenges. Build a sense of competence.
- Let your children make mistakes. Failure is not the end of the world. Letting children mess up is tough and painful for parents but it can help children make better choices next time. Starting with small situations when they are young helps prepare them for bigger problems later.
- Help them manage their emotion. Teach children that emotions are ok but the response to the emotion must be kept within acceptable boundaries. Emotional management is key to resilience.
- Nurture optimism. Help them to have a positive view of their situation and of the world. Teach them how to reframe challenges in a way which looks at the opportunities gained rather than what is lost.
- Model resilience. Children learn from observing their parents' behaviours. Be calm and consistent.

Resilient children become resilient adults, able to survive and thrive in the face of life's unavoidable stresses.



On Thursday 20th June Year 5/6 students from Plattsburg competed in a Wallsend High School Transition Soccer Gala Day. The students competed against other schools including Wallsend, Glendore, Minmi and Maryland. Students played 7 games with 1 Plattsburg team coming runner up on the day to Glendore. The students had an enjoyable day playing soccer. Caleb Williams, Jayarni Townsend, Chase Tuenissen and Abdoulaye Diaw were awarded best and fairest for their respective teams. Special mention to Jayarni Townsend receiving female MVP for the whole day.



Public Speaking

Yesterday at assembly we heard our students present their speeches in the annual Public Speaking Competition. We heard a range of topics from Mr Henderson being an alien to what it will be like going to high school. I'm sure you will agree that it is not easy to stand up and speak in front of a crowd and the students representing their classes should be very proud of themselves.



Book Week Celebrations

Join us for our annual Book Week Celebrations. This year's theme is "Reading is My Secret Power". At Plattsburg, we will have a day of celebrations with our Book Week Parade, Book Fair, P&C Meal Deal and announcement of the Junk Sculpture/Upcycling champions. All friends and family are welcome.

Annual Junk Sculpture Competition

(Years K-2)

It is that time of year again - time to collect all your recyclable goods and turn them into a sculpture of a super hero or a super heroes side kick. Students are encouraged to collect and reuse household items such as boxes, tins, plastic bottles and egg cartons etc. Your sculpture needs to be completed and brought to school on Friday 2nd August. Sculptures are to be taken directly to the school library between 8:30am - 9:00am on this day. Please note sculptures will not be accepted before this date. Please do not place your child's name on the sculpture to ensure objective judging.

Recycled Model Ship

(Years 3-6)

This year we are changing it up for Years 3-6. With a focus on the shortlisted book Waves by Donna Rawlins and a 3-6 Term 2 focus on immigration.

The Challenge

Use different types of recycled materials that you have at home and create a model of a ship. Be creative and be detailed (hint: ships have sails).

Your ship needs to be completed and brought to school on Friday 2nd August.

Ships are to be taken directly to the school library between 8:30am - 9:00am on this day. Please note ships will not be accepted before this date. Please do not place your child's name on the sculpture this ensures objective judging.

Prizes: There will be a prize for the best infants and primary sculptures. Winners will be announced during Education/Book Week celebrations the following week.

YWCA Vacation Care
 School holiday fun
 for children aged 5-12 years
 Games - Theme Days - Excursions - Movies - Cooking
 Enquiries: 4929 2954 - yncl@bigpond.com
 (Child Care Benefit Available)

Monday, 8 July	Tuesday, 9 July	Wednesday, 10 July	Thursday, 11 July	Friday, 12 July
HOLIDAY ROCKSTARS INCURSION	One day in RUSSIA IN-HOUSE	Dr. Seuss's The Cat in the Hat LIVE ON STAGE! EXCURSION	SUPER ROBOTIX INCURSION	TOY STORY 4 EXCURSION
Monday, 15 July	Tuesday, 16 July	Wednesday, 17 July	Thursday, 18 July	Friday, 19 July
NAIDOC DAY EXCURSION	Pets 2 EXCURSION	HAPPY WORLD EMOJI DAY IN-HOUSE	CRAZY PJ JAWA DAY IN-HOUSE	mcgumano 5-8 YEARS INDOOR PLAY CENTRE PULSE CLIMBING 9-12 YEARS INDOOR ROCK CLIMBING EXCURSION



Venue: YWCA Hunter Region Inc, 24 Dawson Street, Cooks Hill 2300

Opening Hours: 7.30am-6.00pm

Ph: 4929 2954 Email: yncl@bigpond.com

Cost: \$50 per day (plus additional excursion/incursion costs)

Child Care Subsidy available to eligible families.

PLACES ARE LIMITED, DON'T MISS OUT!

To book visit www.ywcahunterregion.org.au/vacation-care



DEFIBRILLATOR and FIRST AID TRAINING



WHEN: 28th August
WHERE: Plattsburg PS Library
TIME: 9am to 1pm
COST: \$85 per person

Defibrillator and First Aid Training

Plattsburg P&C recently purchased a Defibrillator for the school and will be hosting a training seminar to our school community. The seminar will be conducted in two parts and there a limited numbers available. If you are interested please let us know at the office or email: PlattsburgPandC@gmail.com



Nutrition Snippet

The simplest way

... to add variety to the lunch box

Does your child get bored with their lunchbox?

Making a few small changes can keep it interesting. Try these quick tips to add variety



- **Mix up the breads** - instead of sandwich bread try: rolls, wraps or pita pockets.
- **Fruit** provides endless possibilities for variety, pack: different coloured, fresh, whole, diced, sliced, canned or dried fruit.
- Use our [interactive lunch box builder](#) and get your children to choose what they would like packed in the lunch box.
- Try some new [sandwich filling ideas](#) - visit our website for quick, easy and tasty filling combinations.
- Check out our website for new [healthy snack ideas](#).
- Cook extra for dinner and pack leftovers for lunch.

For more tips, recipes and ideas visit our [website](#).

healthylunchbox.com.au



Nutrition Snippet

The simplest way

... to make vegies easy to eat.

Eating 5 serves of vegetables and 2 serves of fruit each day doesn't need to be a chore. It's easy to reach these targets if you **spread your fruit and veg out throughout the day.**



Breakfast: Start your vegie intake in the morning with avocado or baked beans or tomato on toast

Morning tea: try some [zucchini slice](#) or wholegrain crackers and hummus.

Lunch: Include some salad with lunch. Try our tasty [salad recipes](#).

Afternoon tea: have your favorite piece of fruit.

Dinner: Try our delicious vegie filled [recipes](#).

Dessert: Berries and yoghurt or [healthy apple crumble](#).

healthylunchbox.com.au

Volunteer Code of Conduct

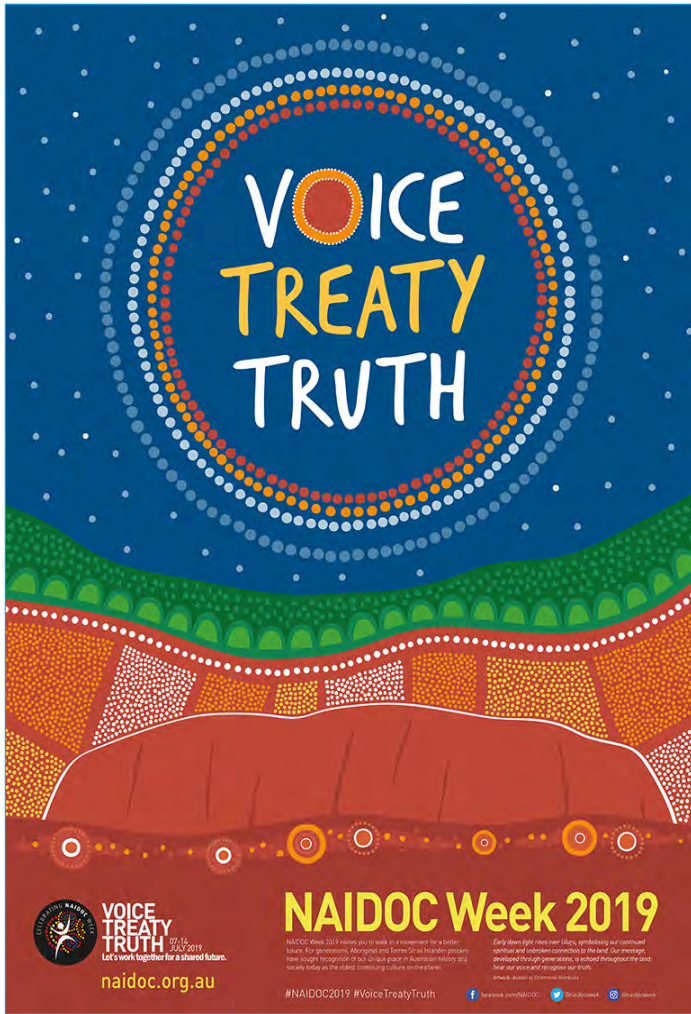
We appreciate all our volunteers and ask if you are volunteering at Plattsburg Ppblc School whether it be in classrooms, canteen, breakfast club, excursions or sporting events that you read and acknowledge our Volunteer Code of Conduct Policy. The policy can be found on our school website by clicking on "about our school" and the sub-menu "rules and policies". To acknowledge the policy, go to our Skoolbag app either on your device or the school's website and you will find the acknowledgement under the folder "volunteer Information".

Breakfast Club Roster

Monday	Tuesday	Wednesday	Thursday	Friday
1/7/2019 Michelle Baurer Kayla K	2/7/2019 Allison (Bread Collector) Michelle Baurer Nabeel Tawfia Kayla K	3/7/2019 Nabeel Tawfia HELP BREAD CUTTER	4/7/2019 Kylie Evans	5/7/2019 Carly Ackerman Melanie
8/7/2019 School Holiday	9/7/2019 Michelle Baurer (Bread Collector) School Holiday	10/7/2019 School Holiday	11/7/2019 School Holiday	12/7/2019 School Holiday
15/7/2019 School Holiday	16/7/2019 Lucas Walter (Bread Collector) School Holiday	17/7/2019 School Holiday	18/7/2019 School Holiday	19/7/2019 School Holiday
22/7/2019 Kayla K	23/7/2019 Allison (Bread Collector) Michelle Baurer Nabeel Tawfia Kayla K	24/7/2019 Nabeel Tawfia HELP BREAD CUTTER	25/7/2019 Kylie Evans	26/7/2019 Carly Ackerman Melanie

Canteen Roster

Monday Sandra Moriarty
Tuesday Sandra Moriarty
Wednesday Bernadette Jopp Kylie Evans Clare Woodrow
Thursday Sandra Moriarty
Friday Amanda Walker 28/6 Sandra Moriarty Odette Radburn
Order online at www.quickcliq.com.au



VOICE TREATY TRUTH

NAIDOC Week 2019

NAIDOC Week 2019 invites you to walk in a movement for a better future. Our governments, Aboriginal and Torres Strait Islander peoples have sought recognition of our unique place in Australian history and society today as the oldest continuing culture on the planet.

Early dawn light rises over Uluru, symbolising our continued nation and connection to the land. Our movement developed through generations, is echoed throughout life and time and will continue to inspire and guide us.

Check details to Community Services

Let's work together for a shared future.

naidoc.org.au

#NAIDOC2019 #VoiceTreatyTruth

Facebook: www.facebook.com/NAIDOC Twitter: [NAIDOC](https://twitter.com/NAIDOC) Instagram: [NAIDOC](https://www.instagram.com/NAIDOC)



Aboriginal Go4Fun®

10 week healthy lifestyle program for Aboriginal children and their families

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Help your family to get healthy, active and happy with Go4Fun®

Go4Fun® is a ten week healthy lifestyle program for kids aged 7-13 who are above a healthy weight.


A parent or carer is required to attend each session.

TO REGISTER: FREE CALL 1800 780 900

sms 0409 745 645 for a call back

Powered by **betterhealthcompany**

NSW GOVERNMENT



Swap your old helmet and get fitted for a FREE Aboriginal designed one

Date: Thursday 11th July

Time: 10.30 am to 2.30pm

Place: NAIDOC Even hosted by Mindaribba LALC Maitland Park, Maitland

For more information contact:

Coralie Lifu,
Roads and Maritime Services on
0411 430 590

NSW GOVERNMENT



Newcastle Community Yarn Up!!

Newcastle City Police District invites YOU to participate in a Community conversation about family, kinship, culture and healing:

WHEN: Friday 26 July 2019

11:00am - 2:00pm

WHERE: PCYC Newcastle, Cnr Melbourne & Young Rds, Broadmeadow

Come along, have a Yarn and let's look at how WE can improve OUR Community

~ Communication ~ Honesty ~ Truth ~ Healing ~

Everyone is welcome!!

*** BBQ LUNCH * INFORMATION STALLS ***

*** Family & Community Services * Health Services ***
*** Education * Newcastle City Council * Department of Justice * Attorney General's Department ***
*** Domestic and Family Violence Support Agencies * Disability Care, Youth and Mental Health Services ***

*** ACTIVITIES FOR THE KIDS ***
*** POLICE CARS, FIRE TRUCK & AMBULANCE ***
*** PRIZES TO BE WON ***

PCYC NEWCASTLE

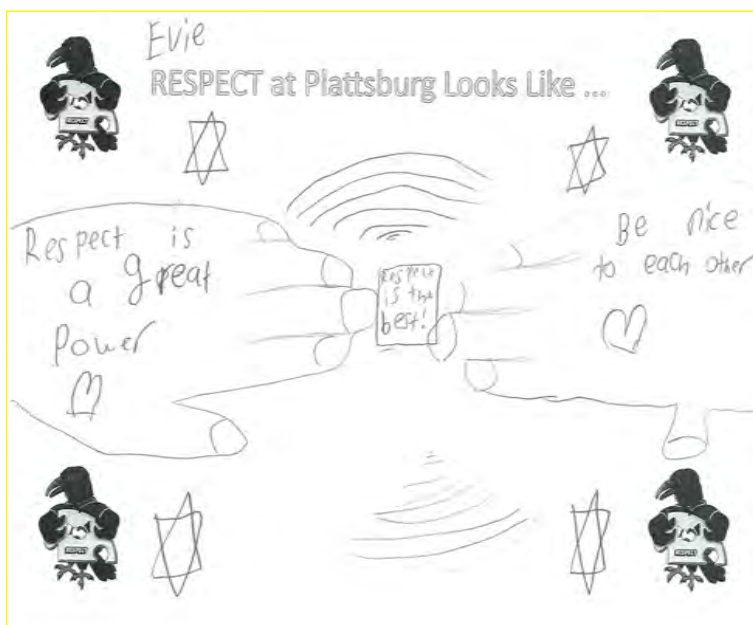
Behaviour Management

Behaviour management is becoming more and more complex as time goes on. Studies have proven that early intervention is best, coupled by affective strategies and strong relationships. Below are some tips for parents and teachers when dealing with misbehaviour.

Anger - what can you do?

- Anger is a normal emotion that all of us (adults and children) experience at some time. The resulting behaviour is what can cause issues for the child and lead to family conflict/school suspension etc. It is important to remember that it is the behaviour that must be addressed, NOT the emotion.
- Encourage children/students to recognise the physical changes in their body when they get angry as well. Such as, a pounding heart, explosive feeling, desire to hit/punch something, etc.
- It is important to not try and reason with them while they are experiencing an angry outburst. Just like adults, they will not see reason in the 'heat of the moment', and trying to make them, will only escalate the situation.
- Teachers all need to be aware of students who annoy others to 'get a rise', and avoid them working together.
- Avoiding a trigger will hopefully avoid the behaviour.
- It is important that parents and teachers keep their own emotions in control. It is your role to model the appropriate ways to deal with anger. If you yell/ scream, then the child behaviour is reinforced, rather than reduced.
- Ensure the child is safe during an outburst and wait for them to calm down. Then talk about the behaviour and any consequences. Ask them why they were angry? What did they do? What could they do next time? Discuss any future strategies and praise any strategy they tried to use.
- Teachers can also prevent classwork related triggers through preparation, e.g. a child who reacts when they have to start an assignment, perhaps needs more guidance getting started. By allowing time for this when work is given out may prevent unwanted behaviour.
- Avoid building the punishment up during the outburst. Just as a child will not see reason, they are not thinking logically about the consequences, and as the consequences increase, so will the behaviour.

Excerpt from LDC Newsletter article. References: "Angry Child Outbursts" The 10 Rules of Dealing with an Angry Child" by C Banks www.empoweringparents.com, "Emotional Control Strategies for ADHD Kids, by ADDitude Editors www.additudemag.com, "Dr Hallowell's 10 Tips for Managing Anger in Children, by Dr N Hallowell www.drhallowell.com



Respect Day 2019

Respect is good
Each other
Support
People
Encouraging
Caring
Together

Name: mohammad

Respect Day 2019

Respect is really important
Everyone should give respect so they can have respect
See how rude mean or bullying and and start being respectful
People would love to have respect but firstly they have to give respect
Everyone respect, independence and respecting is important rules in PLATTSBURG school
Cool is one of the words to describe respect
Take a look to respect colour it is yellow like the sun when it shines in the sky

Name: Louisa

Respect Day 2019

Radiates from everyone
Exceeding at being nice
Saying nice things
Politeness
Empathy
Connecting
Treating people nicely

Name: Nade

Respect Day 2019

Respect others
Empathy
Show good behaviour
Play nicely
Enjoy being kind
Connect with others
Try be friends

Name: Madiha

Respect Day 2019

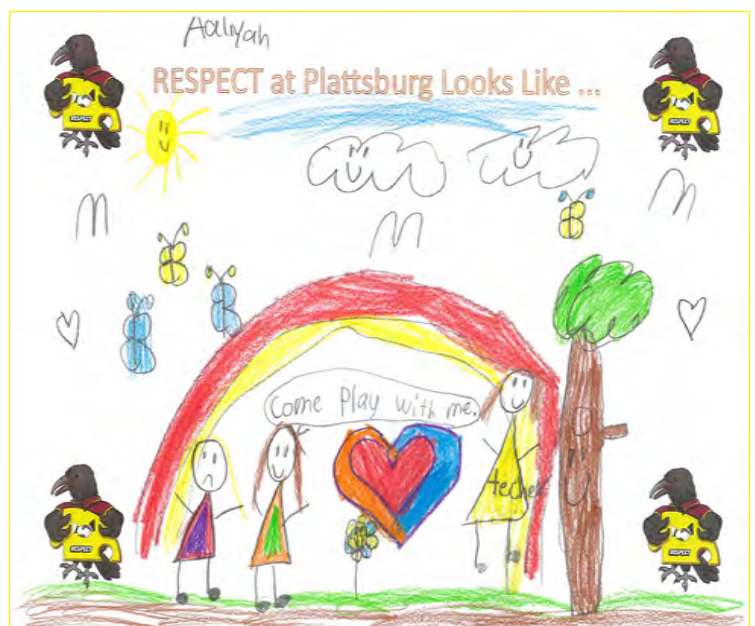
Respect
Every body
Everyone is important
Saving people
Saying nice things = Connecting
Putting things away = Empathy
Everyone is respectful
Everyone does respect
Keeping people safe
Caring for people
The city is safe

Name: Yusra

Respect Day 2019

Respect is cleaning
Everybody letting others
Saying pls
People helping others
Everyone taking turns
Cleaning up
Taking care of each other

Name: Elvie





Junior Taggers

SCHOOL HOLIDAY CLINIC

\$40
EARLY BIRD DISCOUNT
REGISTER BEFORE 1ST JUNE

BALLINA / NORTHERN NSW
Tuesday July 9th

COFFS HARBOUR
Wednesday July 10th

PORT MACQUARIE
Thursday July 11th

PORT STEPHENS / NELSON BAY
Tuesday July 16th

NEWCASTLE
Wednesday July 17th

More Info: luke@oztag.com.au
Register: www.oztagequipmentsupplies.com



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SCHOOL HOLIDAY CLINIC 2019

TUESDAY JULY 16
10AM-12PM, MAITLAND NO.1 SPORTS GROUND

APPEARANCE BY KNIGHTS
CAPTAIN MITCHELL PEARCE
AND LACHLAN FITZGIBBON

\$50 EACH INCL. T-SHIRT & NRL STARTER PACK (VALUED AT \$100)

REGISTER ONLINE AT bit.ly/KnightsSchoolHolidayClinic19

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URBAN ARTS

Workshop

JULY SCHOOL HOLIDAYS

Art + Dance + Music = AWESOME

MONDAY 8TH JULY GRAFFITI Design your own Graffiti stencil T-shirt	MONDAY 15TH JULY Little Artist's DAY Recycled art, Craft, Games, drawing and a little Dance Time!
TUESDAY 9TH JULY DANCE up a STORM learn NEW moves + Cool dance routines + FUN Dance Competition	TUESDAY 16TH JULY Feel The Rhythm Learn how to catch the beat, Play the drums and feel the rhythm.
WEDNESDAY 10TH JULY ART + DANCE + MUSIC The Mix Up +Fun and games with Movement and music.	WEDNESDAY 17TH JULY WOOPWOOP day Dance Party, Party Lights, Prizes, Treasure hunt, +the CHOCOLATE game.

BOOK NOW 0450 773 838
UAWORKSHOP@OUTLOOK.COM

:TIME: 9am drop off / 3pm pick up
:LOCATION: Pivot Dance Studio
22 Newcomen st, Newcastle NSW 2300

:COST:
\$60 Per Child/
Per DAY
Multi-Discount
Book 3 DAYS for \$150
***Family discount
available!

www.facebook.com/urbanartsworkshop

Rainbow Bricks Presents

NEWCASTLE BRICKFEST

A LEGO Fan Event



Saturday 13th 2pm-5pm
Sunday 14th July 9.30am - 5pm

Great family Fun!
Supporting Newcastle Schools & Charities
Book online: www.trybooking.com/BBHJK

VENUE: Newcastle Jockey Club

Follow us at Newcastle Brickfest
www.rainbowbricks.com.au

