

# news @ the heights

## Peakhurst South Public School

'Strive to Excel' in an inclusive and caring learning environment



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28 March 2019

TERM 1

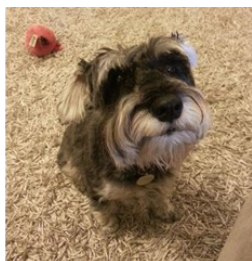
WEEK 9

**THOUGHT FOR THE WEEK:** "The best way to treat obstacles is to use them as stepping-stones. Laugh at them, tread on them, and let them lead you to something better." **Enid Blyton**

### Principal's Message

Dear Parents/Carers

Even the principal is unable to avoid the dreaded gastro virus circulating at the moment. I write this week's newsletter at home, making my dog Milly happy at the very least. She spends the day laying next to me or following my every move.



#### Growth Mindset

On Tuesday evening the entire Peakhurst South teaching staff joined our neighbouring PEAK Community of Practice schools at GRC Peakhurst. We were led through a session on Growth Mindset with Dan Hassler. We learnt about the difference between having a Fixed Mindset and a Growth Mindset. We also learnt how early on boys and girls start to develop a fixed mindset through comparing themselves to others and identifying stereotypes. We learnt that our choices on how we praise children makes a difference. We learnt that praise should feature on efforts rather than naming a child, such as smart.



It got me thinking about my own beliefs and those of my peers. How I feel when faced with challenges and setbacks. I think it is something we can all reflect on within ourselves.

### CALENDAR DATES

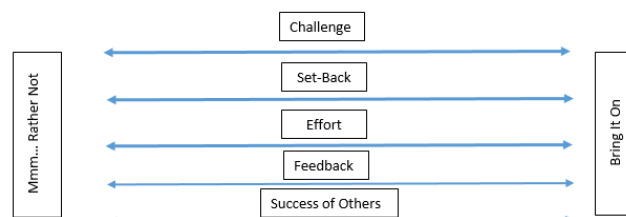
#### WEEK 10

Mon 1 Apr	NAPLAN Practice Test - Years 3 & 5 <b>3.20pm - 4.20pm: Uniform Shop</b>
Tue 2 Apr	<b>Nude Food Day</b> Code Camp: Years 3 - 6 Ice Cream Day
Wed 3 Apr	8.45am - 9.15am: } Staff meetings 3.30pm - 4.30pm }
Thur 4 Apr	<b>School Banking</b> Peer Support <b>3.00pm - 4.00pm: Lego Robotics</b>
Fri 5 Apr	<b>PSSA Season 1 Round 7</b>

### UPCOMING DATES

Mon 8 Apr	<b>Cross Country Carnival</b>
Thurs 11 Apr	<b>K-2 Easter Hat Parade</b>
Friday 12 Apr	ANZAC Day Assembly <b>Last Day Term 1</b>
Tues 30 Apr	Students return for Term 2 3-6 Got Game

Think about your own mindset. Imagine where you sit on the continuum when faced with a challenge. Do you tend to face the challenge, shy away or say you can't do it? Do you rise above set-backs? Are you okay at having to put effort into things to improve or get better, or do you give up? Do you have the capacity to take on constructive feedback or does that stop you from feeling that you can continue? Are you fine with seeing others succeed?



Research suggests that students with a Growth Mindset perform better at school as they are more likely to persevere.

A research study was conducted with two groups of students randomly selected. Both groups were given an easy test and students in both control groups performed well. One group, the students were told they did well because they were smart. The other group were told they did well because they work hard.

Following this both groups of students were offered another test, an easy test or a hard test.

This is what happened:

<b>You're Really Smart Group</b>	<b>You Work Hard Group</b>
70% of students chose the easier test	90% of students chose the harder test
Students became frustrated Gave up Did not take work home	Worked for longer and enjoyed the challenge Took the work home
Marks dropped	Marks increased

We want to see students develop a Growth Mindset at Peakhurst South. It takes a combined effort from home and school to succeed. We need to encourage students to defy their personal beliefs, take risks and challenge themselves. When children say they can't do something, we need to challenge this thinking and explain that with effort and perseverance you can do it! We want to develop students that demonstrate a Growth Mindset by:

- Seeking out and embracing challenges
- Persist in the face of setbacks
- Revel in the struggles
- Learn from feedback and critique
- Be inspired by the success of others

What we don't want is a Fixed Mindset

- Avoid challenges
- Give up easily
- Dislike the need for effort
- Ignore useful feedback/critique
- Feel threatened by the success of others

I am sure that we have all presented a Fixed Mindset at times. I am sure that we have all made statements; including; "I can't play an instrument," "I can't play that sport," "That job would be too hard for me." Anything is possible when prepared to embrace challenges, persist, learn and grow.

### Parent-Teacher Interviews

This is just a reminder that Parent-Teacher Interviews are on next week. The online booking system will close tomorrow at 3:30pm. The Parent-Teacher Interviews are a valuable opportunity for you to discuss your child's strengths and areas for development over the course of the year. Our school has a strong belief in a partnership between home and school to ensure each student reaches their highest potential. I encourage parents to take on advice from your child's teacher and apply the

strategies at home. When we work together, your child is most likely to succeed at school.

### State Election

Thank you to the P&C, the parents/carers and students that came in on Saturday to serve at the Cake Stall, cook and serve bacon and egg rolls, tea and coffee as well as set-up and pack-up. Thank you also to the many parents that baked delicious goods to be served on the day. It all looked delicious!



*Natasha Eaton*

Ms Natasha Eaton  
Principal

## Enrichment Group News

The Stage 3 Environmental Enrichment Group would like to thank Mr Knox of Evolve Demolition for supplying them with the dirt to complete their 'build a berm' project. Mr Knox was meticulous in ensuring that the dirt provided would be safe for the students to work with and to be in a school environment. He spent his own time discussing and determining the best soil for our project and generously donated the 12 tonne of soil required. Without this amazing support we would not be able to complete our project as cost effectively and successfully as we have.

Thanks a tonne.

**Mrs Buchly and the Stage 3 Enrichment Group**



## Friday Assembly

### WEEKLY HOUSE GROUPS TALLY

Term 1 Week 8	Ruby	Topaz	Emerald
Total Points	6660 - 2nd	7920 - 1st	6507 - 3rd

### CLASS ASSEMBLY AWARD

Term 1 Week 8	2R
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### SPORT RESULTS – Round 5 Date: 22 March 2019 Touch Football - Wash Out

	PSPS	Oatley
Round 6 - 29/3	PSPS v Oatley @ Peakhurst Park	
	PSPS	Lugarno
Round 6 - 29/3	PSPS v Lugarno @ Evatt Park	
	PSPS	Peakhurst
Round 6 - 29/3	PSPS v Peakhurst @ Olds Park	

## Nude Food Tuesday

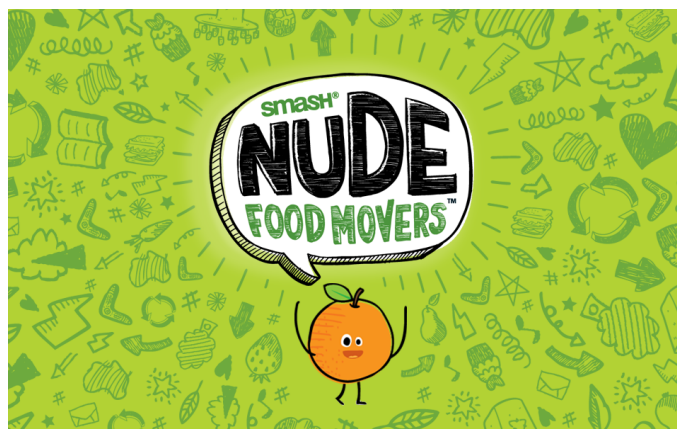
Special congratulations to 5/6C, 5/6P and 1/2M who have had a large increase in the number of students bringing in nude food.

Every Tuesday students are asked to bring nude food to school. At the end of the term the class with the highest cumulative total will receive a prize. This week's results:

Class	Week 9 Percentage	Total
KW	90%	32
KT	88%	33.3
KDS	79%	32.8
1R	70%	26.4
1JB	50%	24
1/2M	80%	23
2R	47%	23.6
2B	80%	29.7
3M	59%	22.1
3/4M	57%	25.6
4/5T	71%	23.1
5/6C	80%	25
5/6P	77%	22

## Payments Due

Grade	Event	Payment Amount	Date Due
Yr 3 - 6	Swimming Carnival	\$11.00	OVERDUE
Kinder	School Fees	\$150.00	OVERDUE
Yr 1 & 2	School Fees	\$160.00	OVERDUE
	Textbooks	+ \$13.00	
Yr 3 & 4	School Fees	\$147.50	OVERDUE
	Textbooks	+ \$25.00	
Yr 5 & 6	School Fees	\$136.50	OVERDUE
	Textbooks	+ \$25.00	
Yr 3 - 6	PSSA Sport	\$55.00	OVERDUE
Yr 5 & 6	Canberra & Snow Deposit	\$80.00	12/04/2019
Yr 3 - 6	Got Game	\$40.00	12/04/2019



Congratulations to **KW** who had the highest percentage again this week with 90% of students bringing nude food. **KT** is still in the lead overall.



## Stewart House Clothing Appeal

Each student will bring home a bag for the Stewart House Clothing Appeal. If you need extra bags, spares may be available at the school office, otherwise please use an ordinary garbage bag of the same size.

**All bags must be returned to under C Block (near the yellow lost property cupboard) for collection by Tuesday 30 April 2019.**



## Stewart House Donation Drive

A reminder that envelopes for the Stewart House 2019 Donation Drive have been sent home with students.



Donate at least \$2.00 for a chance to win a \$4,000 FAMILY HOLIDAY.

**Envelopes must be returned by Wednesday 22 May 2019.**

## School Uniform

### Black Shoes

**Parents/carers please ensure your children wear the correct school footwear when coming to school.**

Our school's pledge states "I will wear my uniform with pride." This includes the correct school footwear. Students are expected to wear black shoes unless it is sports day. This is the requirement under our school uniform policy that was agreed on by the school community. We are happy for students to wear black joggers (as long as they are entirely black). It shows pride in Peakhurst South Public School when all of our students wear the correct school uniform. Can you please support the school in ensuring that your child/ren wear the full school uniform, including black school shoes. **Orange, pink, yellow and purple shoes etc. are not part of our school uniform.**

*Examples of acceptable footwear as part of our school uniform.*



## Kindergarten 2020

Kindergarten Enrolment Packs are now available from the school office.

If you have a child starting **Kindergarten in 2020** it is now time to lodge their application for enrolment.

If you know of any children who will be starting Kindergarten in 2020 let them know they can organise an appointment with the Principal and pick up an Enrolment Pack from the office.



## KNIVES & FORKS

Please only send biodegradable knives and forks with your child's lunch.



## Facebook

<https://www.facebook.com/PeakhurstSouthPublicSchool/>

## Instagram

<https://www.instagram.com/peakhurstsouth/?hl=en>

## Twitter

<https://twitter.com/PeakhurstSouth>



# P&C News and Information

## Canteen

### Term 1 Weeks 9 & 10

Canteen Roster	
Friday 29/3	9.30am: Gina T 11.00am: Elene <b>11.00am: Vacant</b>
Monday 1/4	10.30am: Linda 11.00am: Hoda
Wednesday 3/4	10.00am: Sophie P 12noon: Tara B
Friday 5/4	9.30am: Carol B 11.00am: Natasha V <b>11.00am: Vacant</b>
Monday 8/4	Cross Country Carnival <b>NO CANTEEN</b>
Wednesday 10/4	<b>11.00am: Vacant</b> <b>11.00am: Vacant</b>
Friday 12/4	Last Day Term 1 <b>NO CANTEEN</b>
MON: Half Day (HD) 11.30am – 2.30pm WED: All Day (AD) 9.30am – 2.30pm FRI: All Day (AD) 9.30am – 2.30pm	

Always looking for volunteers, so if you have a spare few hours please come down and lend a hand.

Please write your name and contact number and drop it in the lunch order box and I'll be in contact.

Idy Washbourn  
**Canteen Manager**

## Uniform Shop

The Uniform Shop will be open every second Monday afternoon from 3.20pm - 4.20pm.

The next opening day will be:

- **Monday 1 April**

You can also place your order online which is available 24/7 via the Myschoolconnect app at:

<http://www.myschoolconnect.com.au/pspsuniform>

All orders will be delivered to your child's classroom teacher each Friday.

Please send any enquiries by email to,  
[stephanie.cook29@det.nsw.edu.au](mailto:stephanie.cook29@det.nsw.edu.au)

**The Uniform Shop will no longer provide plastic bags. Remember to bring your own bag along to the Uniform Shop.**

For online orders you can leave a bag clearly labelled with your child's name in a box in the yellow lost property cupboard.

### Lost Property

The Lost Property Cupboard is filling up again with jackets, containers and drink bottles. Please label all items so they can be returned to their owners.



Stephanie Cook  
**Uniform Shop Coordinator**

## P&C

### Election Day BBQ

A heartfelt thank you to all the volunteers who made the Election Day BBQ and cake stall a success. With over \$700 raised it was a fantastic success. So if you came out and made a bacon and egg roll, slaved in your kitchen making cakes, served our community on the day with a smile we SALUTE YOU!

A special mention to Cath James who co-ordinated the whole day from rallying volunteers, setting rosters, setting up, packing down, and counting money. You did it all with a smile and we are grateful to you for serving our school community.



### P&C Meeting

The P&C meeting was held on Wed 27th thank you to all those who attended. The P&C is an open forum available to ALL parents. If you are keen to find out about fundraising projects or have a great idea for our school, please come along to our next meeting or find me or another member of the executive in the playground for a chat.

Warm wishes  
Mardi Haworth  
**P&C President**

# PS: Advertising

*The inclusion of any advertising does not constitute or imply endorsement, sponsorship or recommendation thereof by Peakhurst South Public School.*



## Parents not Partners

**This is a six-session program for separated parents in conflict over their children. It is designed to improve emotional and developmental outcomes for children in separated families by:**

- raising parents' awareness of the impact on their children of the ongoing conflict in their family
- providing them with knowledge, tips and strategies to be able to focus on their children rather than on their issues or conflicts with the other parent

**Parents will learn:**

- ways to better regulate their emotions and to self-care
- ways to help their children manage their emotions
- to recognise the effects of ongoing, mismanaged conflict on children
- skills to better manage conflict with the other parent
- to reorient interactions with their child's other parent to be respectful and cooperative
- to recognise and differentiate between their own and their children's individual needs
- skills to communicate effectively with the other parent
- to reflect on their behaviour and make changes where needed

**Mondays, 6:30pm – 9:00pm**

**29 April | 6 May | 13 May**

**20 May | 27 May | 3 June 2019**

**Cost: \$150**

**Family Relationship Centre**

**383 Port Hacking Road South, Caringbah 2229**

**Bookings Essential – Phone 8522 4450**



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## Seasons for Growth

**This is an eight-week program for children aged 6 to 12 years that have experienced grief and loss in their lives due to a significant change such as death, separation of parents or a natural disaster.**

**Children will learn:**

- to understand and talk about the normal range of emotions experienced during major change, grief and loss
- how to build positive relationships with family and friends
- how they can participate in a caring and confidential network of peers and adults
- about resiliency
- how to plan for a realistic and hope-filled future

**Mondays, 4:00pm – 5:00pm**

**6 May | 13 May | 20 May | 27 May**

**3 June | 17 June | 24 June | 1 July 2019**

**Cost: \$50 per child**

**Venue: Caringbah Interrelate**

**Address: 383-385 Port Hacking Rd., Caringbah**

**Bookings Essential – Phone 8522 4408**

Note: This program is developed by Good Grief and facilitated by Interrelate

