



## From The Principal...

### An Inspiring Vision - Change Leaders

Jeff Bezos, the CEO of Amazon, was recently asked, "What is going to change in the next 10 years?" Bezos replied that the interviewer was actually asking the wrong question. He suggested that the right question was actually, "What is *not* going to change in the next 10 years?"

Current research overwhelmingly suggests that KAS students will complete their schooling and move into a world which is infinitely more complex than the world that their parents faced upon leaving school. In fact, amongst the uncertainty of life, one thing we can be certain of is that our students will be entering communities and workplaces which will become infinitely more complicated and complex with each passing year.

Research also indicates that our school should be preparing students for:

*An innovation and creativity-driven economy: They will enter a job market that rewards creativity, flexible thinking, on-the-job learning and comfort with technology.*

*A more globally-connected world: Their classmates and co-workers may live in the same zip code or across the globe.*

*Information overflow: We get dizzying amounts of information every day. It can be hard to figure out what is reliable and how to use it.*

*An expanded civic life: citizens are active in physical communities, online and through social media, getting involved in local politics as well as global initiatives. <http://www.p21.org/our-work/citizenship/a-parents-guide>*

KAS is committed to taking the ongoing journey of change to position our school to deliver a nurturing and supportive learning program that successfully delivers the BIG 4 of 21<sup>st</sup> century learning – Critical Thinking, Communication, Collaboration and Creativity. This journey of change will be ongoing, with our school seeking to lead change, not simply respond to it.

For this reason, our school's successful funding application to build a project-based learning (PBL) and STEM facility, now due to open in 2017, will help to ensure that while much will change over the next 10 years, KAS students will have the opportunity to become change leaders with skill sets that match the needs of our globally connected world - an inspiring vision for both our school and its students and community.

## PRIMARY SCHOOL ANNOUNCEMENTS

### STEM CHALLENGE FOR TERM 4

In week 9, all of the primary students will be involved in a 'cardboard challenge'. Please could you start collecting cardboard at home, especially large sheets and boxes to donate to your child's class. If you can't store the cardboard at home, feel free to bring it into my classroom and I will find a space for it.

Thank you, Mrs Bennett.

### YEAR 1

This term we are learning about families and cultures from all around the world. To celebrate and enrich their learning, students are invited to come to school dressed in national or cultural costumes from another country where they will participate in Year One's Multicultural Parade to be held at 9am on **Tuesday 20<sup>th</sup> of October**. Please let Miss Baxter and Mrs Hackett know if you are planning to attend by returning the note that was given to your child.

### THRASS PARENT INFORMATION EVENING

KAS will be holding an information evening for parents. Please feel free to come along. It will be held in the Learning Enrichment room on Wednesday 21st October from 5:30pm to 6:30pm. The aim of the session is to:

- Answer questions parents may have about THRASS.
- How parents can use THRASS at home to further support students phonics and literacy

What THRASS resources/activities can be used at home to familiarise students with the THRASS chart

### SCIENCE FAIR 2015 - WINNERS ANNOUNCED!

Please note that the winners of the Science Fair for Year 5 and 6 will be announced this Friday 16th October in 3-6 Chapel (9:55-10:55am). We would love it if any parents could come along to help KAS celebrate the winners' achievements.



Like us on  
**Facebook**

*Got some old uniforms to sell? Just go to Kempsey Adventist School Secondhand Uniforms on Facebook and post them there! We are also happy to put them in the newsletter for you.*



**KEMPSEY  
ADVENTIST SCHOOL**

Nurture for today • Learning for tomorrow • Character for eternity

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F (02) 6562 3657

E [info@kas.nsw.edu.au](mailto:info@kas.nsw.edu.au)

[www.kas.nsw.edu.au](http://www.kas.nsw.edu.au)

## SECONDARY SCHOOL ANNOUNCEMENTS

### FRIDAY FUN CLUBS

Fun Friday Clubs will commence again **this** Friday, 16th October, and will run for the next 4 weeks. The club the children choose will be the one they stay in for the whole 4 weeks.

We need volunteers who have completed the Volunteers session and paperwork to come and help in gardening, cooking and craft clubs.

If you can assist please contact the following teachers. They will let you know if you are needed. Thank you.

Mrs Sleeman (Upper primary cooking) [nsleeman@kas.nsw.edu.au](mailto:nsleeman@kas.nsw.edu.au)  
Miss Bull (Lower primary cooking) [kbull@kas.nsw.edu.au](mailto:kbull@kas.nsw.edu.au)  
Mrs Rosendahl (Craft) [mrosendahl@kas.nsw.edu.au](mailto:mrosendahl@kas.nsw.edu.au)  
Mrs Mainey (Gardening) [kmainey@kas.nsw.edu.au](mailto:kmainey@kas.nsw.edu.au)

### MATHLETICS TRIAL

In Weeks 1 and 2, primary students are taking part in a free trial of Mathletics online maths resources. They will bring home a login and password so that they can try it out rigorously at home and school before the free trial ends. If you have any questions or comments about this, please contact me on [rbennett@kas.nsw.edu.au](mailto:rbennett@kas.nsw.edu.au). Thanks.

### SWIMMING TERM FOUR

During Weeks 7 and 8, the primary students (Kindergarten to Year 6) will be attending swimming lessons for two consecutive weeks (Monday to Thursday) at Crescent Head Swimming pool. Please

### YR 11 (2015) PARENT TEACHER STUDENT INTERVIEWS

The Yr 11 Parent Teacher Student interviews will be held on Monday 19th October in the Learning Information Centre (LIC) from 5PM - 6PM. In order to book your interviews, go to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and use the code V29JA.

### PLACEMENTS FOR YR 10 STUDENTS FOR WORK EXPERIENCE

KAS is seeking to find work placements for students in Year 10 for Monday 23rd- Friday 27th November. If you work in a business that is willing to have a student placed with them for a week, would you mind contacting Leanne Lesic on [llesic@kas.nsw.edu.au](mailto:llesic@kas.nsw.edu.au) or call the front office and leave a message for Leanne.

### CAREERS - SAVE THE DATE - 20 October 2015

Southern Cross University will be holding a Senior Schools Day at the Coffs Harbour campus which all Year 11's are invited to attend. It will give students an opportunity to explore what their courses of interest involve and potential career outcomes. Sessions will cover courses available at Southern Cross University's three campuses, university life, the Star Entry Scheme, costs and scholarship opportunities.





## *Building parent-school partnerships*

WORDS Michael Grose

# Developing your child's social media scripts

It's important to start conversations with children about using social media at a young age to prepare them to be savvy users when we're not around.

"If a job's worth doing, it's worth doing well."

This mantra always pops into mind whenever I'm about to cut some corners or do a rushed job in any endeavour. As a result I double-check every article I write for mistakes. I over prepare every talk I give. And I continually edit and re-edit my books. This message keeps me at the top of my game.

I can thank, or blame, my mother for inserting this mantra in my mind as she repeated it whenever I did a rushed job as a youngster making my bed, doing homework or cleaning up my bathroom mess.

Parents of every generation have always found ways to frame messages of safety and success for their children to remember. Parents of past generations who only had to contend with the offline or real world intuitively knew that they needed to teach child important lessons about safety and manners rather than assume they'll be understood.

The same maxim holds true for the world of social media that children now inhabit from an increasingly young age. Even though our children are growing up with technology as a part of their every day lives, they will still make plenty of mistakes while using it. This means we need to have direct conversations with our kids about the comments and posts that are okay to make using social media of all forms.

As parents we teach our kids to talk politely and clearly so that they know how to speak to others when we're not around. In effect, we give our kids social scripts to fall back on when they talk to friends, teachers and relatives. There's no guarantee they'll look an adult in the eye when they speak to them, but our discussions, reminders and lessons about manners will hopefully hold up when we're not around.

The same applies to social media. Our conversations and lessons will prepare them to be savvy users when we're not

around. Here are some ideas to get you started:

### 1 "Is this worth posting?"

The relatively impersonal nature of social media means that we can post information and pictures with relative immunity. Also its immediacy means that we can do so without much thought. This means that kids need to be very critical about what they see online. 'Is this accurate?' and 'Is this worth posting?' are two valid questions children can ask when they read posts placed by others.

### 2 "Have you taken a big breath?"

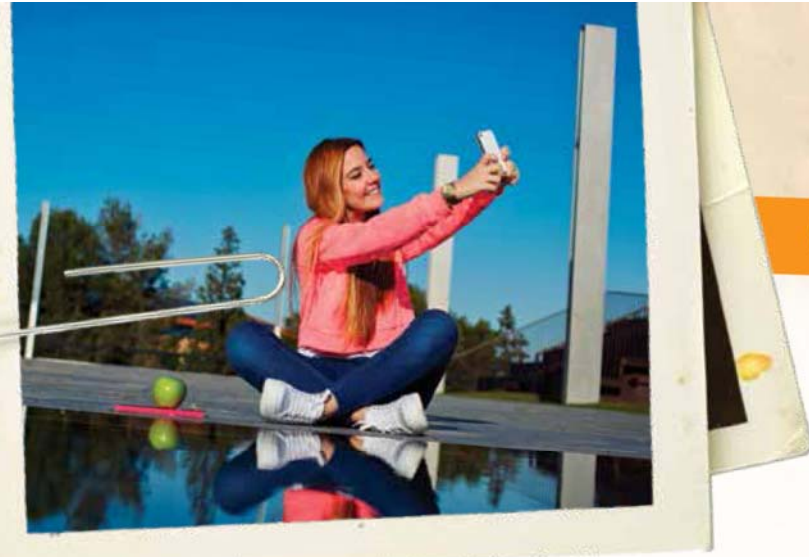
A child who blurts out everything that comes into his mind without thinking is sure to put plenty of people offside. 'Think before you speak' is the type of message that every child should have in mind.

more on page 2 >>>



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.





### ... Developing your child's social media scripts ...

The same applies to social media. Just because they think something doesn't mean they post it. 'Take a big breath' may just about be the most important message to give your kids about social media.

#### 3 "Do you want the principal to see this?!"

An invitation to a teenage birthday party posted on social media is one way to get more attendees than you bargained for! The viral nature of social media means that kids should only post messages and photos that they want to be spread and read by a large audience.

#### 4 "How does this post make you feel?"

We need to teach kids that not every post needs to be commented upon and not every thought needs to be shared, particularly when they are angry. Teaching them to walk away and then to step back in when they've calmed down is perhaps the most important communication lesson of all. It is very relevant to social media as emotions are often the last thing on many people's minds when they haphazardly post a message.

#### 5 "How will you fix this?"

Social media just like any social space requires kids to behave ethically and with kindness. When kids overstep the mark and post hurtful things then it's fair that they fix their mistakes, and apologise. It's reasonable that we teach our children to act with tolerance and with empathy online, and if mean things are posted then they should be expected to try to repair relationships through social media, just as they should offline.

I agree with *Galit Breen* author of *Kindness Wins* who says that parents should have conversations with children around social media before they reach the teenage years. Starting these conversations when they are younger means that they are more open to our parenting opinions, as well as being a little more amenable to the messages of tolerance, kindness and empathy that we need to encourage.

Michael Grose



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.



## STUDENT SERVICES ANNOUNCEMENTS

### WHOOPIING COUGH INFORMATION FOR SCHOOLS

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.

Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website <http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/Information-for-childcare-and-schools.aspx>

### IMMUNISATIONS

Please find following the schedule for the School Immunisation Clinic for Wednesday 21 October 2015:-

#### Year 7

HPV – dose 3 all students – catch-up dose 1 and 2 for students that missed the clinics in Term 1 and 2

Varicella (chicken pox) – students that missed the clinic in Term 2

Boostrix – students that missed the clinic in Term 1

#### Year 8 catch-ups – HPV vaccine only if HPV course started in year 7 (2014)

#### Year 11 & 12

MMR – 1 dose if required

### JEWELLERY

We have noticed some of our secondary school students are having their noses pierced and wearing them to school. They are then being asked to remove them. Please find the following extract from the KAS Uniform Policy stating that body piercings other earrings, being either a small silver or gold stud or sleeper, are unacceptable:

*'The wearing of jewellery is discouraged for health and safety reasons. Students are permitted to wear a wrist watch. Earrings must be limited to a maximum of one small, discreet, plain gold or silver ear stud or sleeper in a single lobe, or alternatively one in each lobe. No visible body piercings, such as, but not limited to, nose, lip, tongue, or eyebrow are permitted. This includes all clear plastic piercings. Students are not permitted to cover such piercing with band-aids, medical plaster or any such other material.'*

## COMMUNITY ANNOUNCEMENTS

### ROVERS CRICKET CLUB

Rovers Cricket Club is currently seeking players from 6 - 8 years of age to Play into Cricket for the upcoming cricket season. Into Cricket is a program that teaches young kids the fundamentals of the game, which includes batting, bowling fielding and catching.

**It will be held on Wednesday afternoons from 4pm until 5pm**

Danny Powick (Secretary) - 0427 257 733 ,  
[dk.powick@bigpond.com.au](mailto:dk.powick@bigpond.com.au)

### KEMPSEY MUSIC STUDIOS

Individual and group keyboard, guitar, singing, violin, flute, piano, bass or drums lessons at Kempsey and South West Rocks. Contact 6567 2157.

### OCCUPATIONAL THERAPY

Sensory Smart OT services in Port Macquarie are running a range of workshops for students and parents including social skills groups; parenting workshops; handwriting clubs and the Alert Programme for self regulation. If you are interested, please ask Mrs Bennett for a brochure or see their website for details ([www.sensorysmartot.com.au](http://www.sensorysmartot.com.au)).

### FREE SOUP AND BUNS MEAL

Any KAS families/singles are welcome to come along and enjoy a simple meal of soup & buns on a Tuesday night. Come, eat, relax & enjoy good conversation.

Where: Church Hall

When: 5.30pm Tuesdays (except 1st Tuesday of each month)

### PROPHECY DISCUSSION

Interested in knowing what the Bible has to say about past, current and future events?

Where: Seminar room (room to the left of the church)

When: Tuesdays 6.30pm

### LEARN TO PLAY GOLF

Frederickton Golf Club invites all boys and girls to come and learn to play golf and receive free guidance from experienced golders. For only \$25.00 annual membership you receive the use of the club facilities and unlimited golf. Contact the club for more details. 6566 8261.

### KEMPSEY BASKETBALL

Kempsey Basketball is starting it's learn to play season. Children are invited to attend Junior basketball on Monday afternoons at 5 pm at the Melville High School Hall for an hour of Primary school age basketball. Instruction and a game is only \$3 per session. This is a great active team sport. For further information call Ev Jacobs on 041 846 3278.

### MACLEAY VALLEY BASEBALL ASSOCIATION

Opportunities to play Aussie T-ball under 6, T-ball under 10, Little league under 13, Little league under 15 and seniors. Training on Fridays at Kemp St baseball fields. Contact Rachel for more details on 0422 085 919.

### APPLYING FOR A TAX FILE NUMBER

Students are no longer apply to apply for a TFN through the school. The fastest and most convenient way for you to now do it is to apply online and present the POI documents at a post office. For more information, go to [ato.gov.au](http://ato.gov.au) and search for 'QC27248'.



## Sport and Recreation's Swim and Survive lessons

Australian summers usually involve plenty of fun in and around the water, but no parent should forget how important it is to make sure children stay safe.

Sport and Recreation's Swim and Survive classes for preschoolers and school-aged children help youngsters learn important ways to be safe and enjoy our pools, rivers, beaches and lakes.

The intensive nine-day programs provide wonderful results, and are great fun as well. Plus, family discounts make our program affordable for all the children in the family.

Sport and Recreation runs Swim and Survive classes in pools throughout regional NSW.

Our instructors are nationally qualified and screened for their suitability to work with children.

Prices for nine lessons are \$69 for school-aged children and \$49 for preschoolers (prices exclude pool entry fee).

For more information or to make a booking, visit [sportandrecreation.nsw.gov.au/swimandsurvive](http://sportandrecreation.nsw.gov.au/swimandsurvive) or phone 13 13 02



Bringing Up Great Kids is a program with 6 sessions that focus on the messages of parenting



Messages from the Past ...looking at messages to pass on to your children and which ones to forget.

The message centre—Brains and how they develop so you can better understand your children's behaviour

Giving and Receiving Messages .. children who don't feel heard, can't hear you

The messages of Behaviour ...seeing your child's behaviour as a way to tap into their needs and feelings

Messages about Me ... recognising that each child is a unique person and so will behave differently.

Passing on Messages ... thinking about your parenting, so you can make your relationships with your children even better



Become the parent you want to be

At **Kempsey Family Support**, we run

**Bringing Up Great Kids** parenting program to help.

And it's FREE!!

Contact  
Ph. 65631588



come and learn how the principles of **Bringing Up Great Kids** can help with your parenting

**'Bringing Up Great Kids'**

6 week Program begins at

21 Verge St Kempsey

On Wednesdays

from

28th Oct 2015

10am to 12.30

phone 65631588 to

reserve your place

# ANNOUNCEMENTS

## UNIFORM SHOP

The uniform shop is open on Tuesdays and Thursdays before and after school. If you wish to sell any secondhand uniform please email your details or drop them into the office and we will publish it in the newsletter.

All advertisements are deleted at the end of each term.

## UNIFORM FOR SALE

Jacket size M - good condition  
Jumpers size 14 - good condition  
Phone 0439 364 016

## FOR SALE

1998 Mitsubishi Station Wagon  
Manual, 2 new tyres, very economic to run, 189000 km on clock  
\$2500 ono with three months rego  
Phone Donna - 0423 942 481

## Calendar

19 Oct	Yr 11 (2015) Interviews 5-6PM
19-23 Oct	Multicultural Week
20 Oct	Yr 1 Multicultural Parade
21 Oct	Immunisations
	THRASS Parent Info Evening
23 Oct	Multicultural Week Picnic (Primary)
26-30 Oct	WOW Primary and Secondary
29 Oct	Kindy (2016) Orientation Day
2-3 Nov	Yr 5 Goldrush Camp
3 Nov	NCIS Basketball (Coffs Harbour)
4 Nov	Yr 7 (2016) Orientation Day
6 Nov	Last day HSC Exams

## CANTEEN HELPERS

Thurs, 15 Oct	Margaret S	Help Needed
Fri, 16 Oct	Julie	Leonie
Tues, 20 Oct	Lyn	
Wed, 21 Oct	Sandy	Help Needed
Thurs, 22 Oct	Melinda	Help Needed
Fri, 23 Oct	Chyral	Suzanne

## SPORT & LIBRARY TIMETABLE

CLASS	SPORT	LIBRARY
PreKindy		Wednesday
Kindy B	Mon & Wed	Fri
Kindy Y	Mon & Thurs	Thurs
Year 1B	Mon & Wed	Fri
Year 1Y	Tues & Thurs	Fri
Year 2B	Wed & Fri	Mon
Year 2Y	Tues & Thurs	Tues
Year 3B	Tues & Wed	Fri
Year 3Y	Tues & Thurs	Wed
Year 4B	Mon & Thurs	Thurs
Year 5Y	Tues & Fri	Thurs
Year 5/6B	Wed & Fri	Mon
Year 6Y	Mon Fri (Yr6 shirt)	Tues
Yr 7	Fri	
Yr 8	Fri	
Yr 9	Wed & Thurs Wk 2	
Yr 10	Thurs Wk 1	
Yr 11	SLR students Thurs Wk 2	

## FIRST TIME LODGING YOUR TAX RETURN?

The easiest and fastest way to lodge your return is online.

### Follow these simple steps

- 1 Make sure you have your tax file number (TFN) handy and one of the following documents:  
Your birth certificate, passport or citizenship certificate.
- 2 Create a myGov account  
(See my.gov.au for more info)
- 3 Call the ATO on 13 28 61 and press 5 at the prompt to get your unique linking code to verify your account
- 4 In myGov, go to the Services page and link to the ATO.  
Select 'I have a linking code' and enter your linking code when prompted.
- 5 From 1 July, lodge your tax return online.  
(See ato.gov.au/lodgeonline)

When are tax returns due?  
You have from 1 July to 31 October to lodge.

Keep track of your tax and super by downloading the free ATO App

