

# Newsletter 1

# KAS

Term One

3 February 2011

## Welcome

KAS is an exciting place as 2011 begins. We would like to welcome our new students and their families, our new staff members and the returning students, families and staff members. We now have around 360 students in our school, as well as around 30 prekindies. It is our hope that each child and their family experiences throughout the year what makes our school special. Enjoy these photos of some of our students in the Infants area of the school.



### HAT POLICY

All students at KAS from PreKindy to Year 12 are expected to have a broad-brimmed hat. Primary students have one week's grace to make sure they have a school hat and secondary students two weeks grace. All hats are available currently in the Uniform Shop. Parents, we ask for your support as we seek to help your children take some responsibility for looking after their skin.





## From the Principal...

### Welcome to 2011!

Welcome to the 2011 school year at KAS. For those families who are returning to KAS again in 2011, welcome back. To all those new families who will be experiencing KAS for the first time, welcome also. We trust that as a part of our school community your child's educational needs, together with their spiritual, emotional and physical well-being, can be well catered for over the course of 2011.

The 2011 school year is full of opportunities at KAS as we welcome many new staff, students and families into the community which is Kempsey Adventist School. Once again, our school has a fresh feel at the start of the new year, with 12 new staff commencing on 17 January. They have been busy preparing a quality teaching program for the two weeks prior to our students returning. The addition of these new team members brings our total staff number at KAS in 2011 to a total of 50, a far cry from our humble beginnings on this campus back in 2003 when we started with just one teacher!

For some of our younger students this has meant tears have been shed as they adjusted to new routines, for others, many laughs as they shared the highlights of their holiday break, and of course for some families, a chance to catch their breath after the busyness that always occurs for families over the holiday period.

The fresh feel at KAS is born out of a sense of new opportunities, and as our school continues to grow this year, your child, regardless of the year level they are enrolled in, will have a range of educational opportunities which have not existed at KAS in the past. New Science and Technology facilities will enrich the learning opportunities for students in both the Primary and Secondary schools.

2011 promises to provide each member of our school community with opportunities for growth and achievement. Thank you for your continued support as we seek to provide an enriching environment educational for your child.

Kind Regards

*Rohan Deanshaw*  
KAS Principal

### Adjusting to the first weeks of school

Back-to-school can be a very emotional time for children. For first-time students, being away from parents, adjusting to a new environment with new people, and adapting to a new routine can be overwhelming. You can help by talking about the positive aspects of school. Tell stories about your happy, funny and enjoyable experiences at school. Talk to older siblings about the ways they can help so they don't tell scary stories. Establish regular bedtime and wake-up routines. Children, including teenagers, need plenty of sleep. They may be more tired than usual and need time to relax. You may find that rather than becoming more grown up, young children might regress or become more difficult or defiant, in response to the stress of the new routines.

Celebrate the start of school with a special meal or outing. Make the experience as happy and positive as you can.

Children normally shed a few tears when they part from their parents. Try not to extend your stay because it can prolong and intensify the child's reaction. This behaviour may last a few days or weeks. Teachers are prepared to handle the situation and if alerted that a child may react badly to separation, they can give the student a special job or a partner in the class to help with the adjustment period. Even if children have been to school previously, they might still find their initial weeks a period of change and stress.

#### Talking to your child

Your child may be anxious about what to expect at school. If so, one way of helping them is to talk through their fears:

- Explain where they'll be going, what they'll be doing, and for how long.
- Set aside time to talk about school and take an interest in what they have been doing.
- Listen carefully to any worries your child might have but build on their positive experiences.
- Find out about what happens at school during the day so you have a realistic picture.
- Keep a regular routine at home to keep stress to a minimum.
- Use school newsletters and information to make sure your child knows what is happening and is informed and prepared about any changes to their routine.
- Encourage your children to build friendships with children in their class.
- Keep positive as most problems will resolve themselves as your child adapts to a new way of life.

#### Helping your child

- Even little children get the blues. If your child doesn't seem happy or is acting differently, try to find out what is upsetting them. If nothing seems to work, check with the school.
- School-aged children can be demanding and irritable. Be patient and reassure them that they can make a success of the year.
- Help your children get the best out of school. If they seem low or don't want to go to school, try to find out why and, if necessary, contact the school.
- Set some ground rules with your teenagers but be prepared to give and take on what they can and can't do. Avoid excessive penalties and try to keep things in balance.
- If your family is going through change, allow yourself and others in the family to have mixed feelings. Different members of the family may feel differently about the same event. Try to let everyone express how they feel.
- Some children like to have other trusted adults they can talk to like a grandparent, aunt or uncle, a teacher, youth worker or family friend. Encourage them to reach out to someone else if you are finding it hard to get through. Often they just need a sympathetic ear as they talk out their anxieties.
- Trust your own judgement. If you feel your child is in need of help talk to the teacher.

#### Getting organised

Busy families need organisation so parents and children can keep their lives together running smoothly and happily.

**Fill in the household calendar together as a family.** Write the times when family members have commitments and when after-school activities end. Write down who is responsible for picking up the children or whether they will bus or walk home on a given day. Complete as far ahead as possible and keep up with changes.

**Use technology.** Make sure children's phones have your numbers and emergency contacts. Update the family phones with contact information.

**Plan menus for the week.** Make a grocery list and shop for fresh, healthy items for children to have for quick, nutritious breakfasts, to bring to school for lunches and to eat at home for after-school snacks. Expect the family to be together for the evening meal.

**Anticipate scheduling conflicts.** Coordinate the times when family members use the shower, the laundry, the computer, or the TV to keep the peace during busy evening and morning hours.

**Decide about the appropriate use of technology.** Rather than defaulting to the 'electronic babysitter' when you are busy doing household chores or planning for the next day, decide on family rules about appropriately using media and technology.

**Use your networks.** Family members and friends are often willing to help by giving children a ride home or a place to study and play after school, so make use of these options. Take turns with household chores and sharing the workload.

From Principal's Digests Vol 16 No 5

## Year 7 & 8 Mandatory Technology

Year Seven and Eight began the year with a mass of newspaper, aluminium foil, masking tape and two metres of string. As part of their Technology class, they were able to choose from two design briefs which were making a free standing stool using the above materials or creating a uniform for a member of the staff. Investigation, design, production and evaluation are important elements of the technology cycle. The noise, paper and finished products showed the creativity used by each of the groups. Some of the uniforms showed the promise of some budding designers! Several of the stools were able to take the weight of a student, even though they were made out of paper.

This year the students had the opportunity to choose from a Master Chef class(Food Technology), Hot Shot Plastics (Environmental Design), Sell the School (Promotional Design), What's in a Name (Digital Media) or My Dream Home (Architectual Design). Students listened to each teacher talk about what they will be doing in their group and listed their preferences. They will be able to try four out of five projects throughout the year.



# THE Shack IS BACK



This Friday the 4<sup>th</sup> of February

Summer BBQ: 6:30pm

Iron & Clay Concert: 7:30-9pm

Everyone Welcome!

LOVE GOD ♡ LOVE OTHERS ♡ LOVE YOURSELF

# Announcements

## Dedication Chapels this Friday

A special program is planned for chapels this week as we dedicate our students, teachers and school to God at the beginning of the year. Parents you are most welcome to attend the chapel program. Primary chapel starts at 9:05AM and Secondary chapel at 12:55PM.

## Primary (K-6) Information Evening

You should have received an Information Sheet about this annual event **next** Monday, 14 February. Parents and students will meet in the chapel at 6PM for general information. Then class teachers will be holding two sessions in their classrooms to inform parents of class practices. These will be at 6:30PM and 7PM to enable you to visit two classrooms if you have more than one child in the primary school.

## Year 7 Information Evening

All parents and carers of Year 7 students are invited to attend an Information Evening this Monday 7 February from 6:30-7:45pm in the school chapel. We would love you to come along and meet the teachers of your child while also hearing about what they will be learning about in secondary school. Parents/carers will be invited to meet with the teachers over refreshments at the close of the Information session.

## Year 3-6 Swimming Lessons

You should have received an Information Sheet about swimming lessons. If not, please contact your child's teacher.

## Year 7 Camp

The parents/carers of all Year 7 students are reminded that an information sheet was sent out on Tuesday 1 February regarding the upcoming camp. Please take the time to read the information sheet, fill out the attached slip and return it to school no later than Monday 7 February. This will be an excellent opportunity for students to bond with their class mates and practice skills of independence and teamwork outside of the classroom.

## Primary Book Supplies

These have been sent home during the week for covering. We would ask you to please return them by Monday.

## Head Lice Check

We check primary students' hair weekly for head lice. These checks occur on Thursdays. If your child is found to have lice, they will be removed from the classroom and you will be required to collect them from school. Please help us keep head lice out of our school by regularly checking your child's hair at home and treating it if necessary.



## Triple P Parenting Course

**FREE** parenting course  
for families with children aged 3 - 8 years

Parenting can be tough. Now internationally acclaimed parenting course Triple P (Positive Parenting Program) is coming to Kempsey in Term 1 2011.

Sign up today to find practical answers to your everyday parenting concerns, and learn how to raise happy, healthy children.

Triple P is available free to all families with children aged 3-8 years.

**Date:** Tuesdays 8<sup>th</sup> February to 5<sup>th</sup> April 2011  
**Time:** 10:00 am to 12:30 pm  
**Location:** Kempsey Family Support Service  
**Cost:** Free

BOOKINGS ESSENTIAL – phone Heath or Donna on 65 63 1588



## Music Lessons 2011

Come and have fun learning music during school hours:

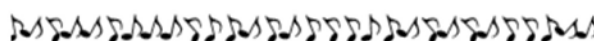
Flute	Recorder
Piano	Keyboard
Theory	Composition

Lesson times are:  
30 minutes, 45 minutes, or 60 minutes  
15 minute lessons are available for younger children



Jenny Fink is an experienced performer, composer, teacher and accompanist. Jenny studied at the Sydney Conservatorium of Music and the University of Sydney, graduating with honours. She has performed in Japan and the U.S.A.

All enquires phone Jenny on 65667683 or leave your name and phone number at the front office.



## Secondhand Uniform

At KAS we are unable to sell your secondhand uniform for you but are able to offer you space in the newsletter to sell your items. Please email the items, sizes, state (eg. Good, excellent, etc) and price to Ideanshaw@kas.nsw.edu.au and it will be inserted into the newsletter. Please notify also when it is sold. Items will be taken out of the newsletter at the commencement of each term, however, you should email again if you still have items to sell. If you would like to donate your secondhand uniform that is still in good condition, please leave it at the school office.

1. Sec boys shirts sz 16 x3 Good condition \$15 each  
Sec boys shorts sz 72 x3 Good condition \$20 each  
Contact Robyn on 6562 8898
2. Pm boys shirts sz 6 x4 \$15 each  
Pm boys shorts sz 10 x 4 \$10 each  
Or buy all four sets for \$100  
Contact Evonne on 0413136565
3. Sec boys shirts sz 16 x2 \$15 each  
Sports shirt sz S \$15  
Sports shorts sz M \$15  
All good condition.  
Contact Stephanie on 6566 5332 or 0438 456 293

## Other Announcements

**The Christian Surfers** would like to remind students that the Christian Surfers Clubroom is open on Saturday night from 6-9PM for hanging out, playing games and watching surf movies on the big screen. The clubroom is located on the beach access road, just before the caravan park office.

**Kempsey Basketball** will hold a junior muster from 4-6PM on Thursday, Feb 3 and Feb 10 for the Thursday afternoon juniors comp. This is inclusive of all age groups from 8-18. All juniors wishing to play Northern Junior League need to contact Mrs Jacobs this week. Seniors will start next Tuesday with a session running from 5:30-7PM. Cost is \$4 per session for both juniors and seniors. For further information contact Ruth Waite at the Library or Ev Jacobs at Melville High or phone 0418 463 278.

## UNIFORM SHOP HOURS

The Uniform Shop is open every Tuesday and Thursday at the following times:

8:30AM-9:00AM

11:30AM-12:30AM

3:00PM-3:30PM

### Grandparent's Group

(For grandparents who are permanent carers for their grandchildren).  
Hi everyone, It's time to meet for our first morning tea together for the year on Tuesday the 8th of February at 9.00am to 10.30am at the school. Please sign in at the school office and you will be directed to where we are. Look forward to seeing you!  
*Shonel Jackson*

## Calendar

4 Feb	Dedication Chapels
4 Feb	The Shack (Secondary students)
7 Feb	Yr 7 Information Evening 7PM
8 Feb	Grandparent Carers Group
14 Feb	Primary Information Evening 6PM
14-17 Feb	Yr 7 Camp
17 Feb	Primary Swimming Carnival
20-25 Feb	Yr 6 Canberra Trip
21 Feb	Yr 10 & 11 Info Night
24 Feb	Secondary Swimming Carnival

## School Drop Off and Pickup Procedures

If you are picking your child up from school in the afternoon we would encourage you to wait until 3:20-3:30PM and then proceed around the roundabout. Your child will be escorted safely to your car by a teacher. If you would rather pick you child up personally, please park in the driveway or on the eastern side of the grass in front of the church and walk up on the footpath to the school gate. A reminder that school playground supervision does not commence until 8:30PM. Students are not to be dropped off before this time unless an arrangement has been made with Mrs Walsh or Mrs Lesic.

## SPORT & LIBRARY TIMETABLE

CLASS	SUBJECT	DAY
PreKindy (Mrs Humphries)	Library	Friday
Kindergarten (Mrs Hardy)	Sport Library	Monday
Kindergarten (Mrs Hodgekiss)	Sport Library	Monday
Year 1 (Mrs Dixon)	Sport Library	Tuesday
Year 2 (Mrs Hosea)	Sport Library	Tuesday
Year 3 (Miss Salt)	Sport Library	Wednesday
Year 4 (Mrs Smythe)	Sport Library Music	Tuesday
Year 5 (Miss Hasan)	Sport Library Music	Tuesday
Year 6 (Mr Humphries)	Sport Library Music	Tues + Thurs Tuesday
Year 7 & 8	PDHPE Sport	Thursday
Year 9 & 10	PDHPE Sport	Thursday
Year 11	PDHPE	
Year 12	PDHPE Sport	Thursday