

# NEWSLETTER



9 Williams Road KULNURA 2250



02 4376 1264



02 4376 1109 kulnura-p.school@det.nsw.edu.au



**WEEK 7 TERM 3**

**2 September 2010**

## DIARY DATES



### **Friday 3 September**

- Father' Day Breakfast 7.30am to 9am.
- Whole school assembly commences at 2.30pm. For awards to be presented please see page 3.

### **Wednesday 8 September**

- School Photographs.

### **Saturday 11 September**

- Kulnura Public School Cow in the Paddock Bush Dance.

## PRINCIPAL'S MESSAGE

### **Father's Day Breakfast – Friday 3 September:**



Kulnura Public School will celebrate Father's Day this Friday 3 September. Breakfast will be served from 7.30am to 9.00am. On the menu will be sausages, bacon, eggs, fruit and muffins. Coffee and tea will be provided for adults and juice will be served for students. It will be

a wonderful opportunity for our students to have their dad, grandfather, uncle or that special male role model at school. With parental permission, students can bring in their remote control cars for a spin under the COLA. I have heard that there will be a small display of model aeroplanes. We welcome any dads, grandfathers or uncles who have a motorbike or digger that they would like to bring to school and put on display. It will provide a great talking point for all and an opportunity for students to write about back in their classrooms.



A special thank you; to Debbie Baumer and Chantelle Towell who have gone about their quiet ways as usual to help organise food for breakfast.

Being a dad is a great experience and at times very demanding. It is often difficult to achieve a sensible balance between family and work. For me, I always remind myself that I am a dad first and a principal second. Today more and more fathers are taking an active role in raising their children. Fathers are developing a warm and close relationship with their children through playing, guiding, teaching, and daily care giving. It is great seeing many dads and grandfathers in the afternoon pick up their children from school and have a yak. It tells our children that we value education and appreciate that we are lucky to have such a great school at Kulnura.

Below are some interesting facts that provide plenty of thought for us all.

Children with involved male role models are:

- more confident;
- better able to deal with frustration;
- better able to gain independence and their own identity;
- more likely to mature into compassionate adults;
- more likely to have a high self esteem;
- more sociable;
- more secure as infants;
- less likely to show signs of depression;
- more empathetic, boys have been shown to be less aggressive; and
- more likely to enjoy school and engage in extra curricula activities.

I hope all male role models enjoy Father's Day with their families on Sunday.

### **School Photographs:**

Just a reminder that all students are asked to wear their winter uniform to ensure there is consistency in each class photograph. Envelopes have been handed out to students today and family photograph envelopes are available upon request at the office.

### **Parking:**

Thank you to all parents and families who have cooperated and made a commitment to ensuring that all vehicles are parked safely in the various parking zones. I am waiting for feedback from Gosford City Council with regards to signage.

### **Assembly:**

There will be a general assembly this Friday. There have been a number of disruptions due to carnivals, camps and extra curricula activities. For awards to be presented please see page 3. I hope to see you there!

### **Kooka Awards:**

Students are no doubt taking an interest in the new positive welfare program known as the Kooka scheme. Children are all working towards the first level known as the 'Bronze Kooka'. To achieve this level, students need to collect 15 kooka tokens. This system rewards students who display excellence in the classroom, playground and in their own personal learning. A special assembly will be held in the last week to recognise students who achieve the bronze level. Parents will be invited to assist with the presentation of this reward to their children.

### **Life Education:**

As mentioned in last weeks' newsletter, the Life Education Van will be at Kulnura PS on Tuesday 21 September and Wednesday 22 September. Cost for the visit will be \$7.00 per student. Please return the enclosed permission note/money by **Friday 17 September 2010.**

### **Working and Thinking Mathematically:**

Congratulations to Leilani and Sydney Healey who investigated last week's number question. They both came up with a number of answers to their questions. Remember, there will often be more than one answer!

#### ***Week 7 Question:***

- **K-2:** *What do you know and what can you find out about  $\frac{1}{4}$ ? Record your ideas onto paper.*
- **3/4:** *How many different designs can you make that are  $\frac{3}{4}$  red and  $\frac{1}{4}$  yellow?*
- **5/6:** *The answer is  $\frac{3}{7}$ . What might the question be?*

Have fun and enjoy working mathematically!

**Paul Carpenter**  
**PRINCIPAL**

## ASSEMBLY AWARDS

The following awards will be presented at tomorrow's assembly at 2.30pm.

### K/1 Merit Awards

- ✓ Jonathon Gregg
- ✓ Paige Monachino

### 1/2 Merit Awards

- ✓ Soleil Jackson
- ✓ Sharna-Lea Thomas

### 3/4 Merit Awards

- ✓ Tori Elder
- ✓ Joshua Morrow

### 5/6 Merit Awards

- ✓ Jayme-Lea Bertens
- ✓ Sydney Healey

### Library Awards

- ✓ Ewan Butler K/1
- ✓ Leilani Healey 1/2
- ✓ Lauren Nest 3/4
- ✓ Blake Leccas 5/6

### Additional Awards

- ✓ Deanna Toleafoa-Petersen K/1
- ✓ Wilson Draper 1/2
- ✓ Eythan Giusti 3/4
- ✓ Angus Walker 5/6

### Principal's Awards

- ✓ Brenden Bertens 3/4
- ✓ Lachlan Baumer 3/4

## BRISBANE WATER & REGIONAL ATHLETIC CARNIVALS

Congratulations to the students who represented the Small Schools at the Brisbane Water Athletic Carnival. I have heard many reports that you gave 100% in your races and events, and represented the Small Schools and Kulnura with pride. Not only was the level of competition difficult, but many of our competitors competed over two days. I'm sure there were some sore (sleepy) children last weekend.

We would also like to congratulate **Jak Knowles** on progressing to the regional carnival in high jump. We will be cheering for you loud and proud!

**Andy Podmore**  
3/4 Teacher

## FRUIT 'N' VEG MONTH 2010

### FRUIT AND VEG: HOW MUCH IS ENOUGH?

Eating **2 serves of fruit and 5 serves of vegetables** is a good rule of thumb for the family in general. Take a moment to look at the table below to find out how many serves each member of your family needs to eat. We will look at how much a "serve" is in the next newsletter.



AGE (years)	VEGETABLES (serves)	FRUIT (serves)
4 – 7	2 - 4	1 – 2
8 – 11	3 - 5	1 – 2
Adults	5	2

You will notice that the amount that children need to eat changes based on their age, appetite and levels of activity. Pregnant and breastfeeding women and adolescents need to eat more again – if this applies to your family, log onto [www.gofor2and5.com.au](http://www.gofor2and5.com.au) for more information.

Unfortunately most families in NSW do not eat enough fruit and veg. In fact, 90% of adults don't eat enough veg and 50% don't eat enough fruit. For children in NSW, 85% do not eat enough vegetables and 30% do not eat enough fruit.

**Andy Podmore**  
3/4 Teacher

## FAX MACHINE



FREE to good home – 1 Panasonic fax machine.

Anyone interested? Please contact Cathy Jager at the school office.

## BUSH DANCE – 11 SEP 2010

Yes, it is just over a week until the P&C Bush Dance!

We need your assistance on the day to help with setting up, to sell glow products and to prepare/serve food.

Please return the slip below to school or ring the school office with offers of help. We don't expect our wonderful volunteers to spend all evening helping out, just an hour of your time will be of great assistance and very much appreciated.

Thank you for your support.



### BUSH DANCE ROSTER 2010

I would be able to help at the Bush Dance (please mark the appropriate space).

Hall decorating ( )

Saturday set up

Morning ( )

Afternoon ( )

Entry & glow sales 4.00 – 5.30 ( )  
5.30 – 7.00 ( )

Food Prep/Serve 5.00 – 6.00 ( )  
6.00 – 7.00 ( )  
7.00 – 8.00 ( )

Sunday clean-up from 10.00am ( )

Name: .....

Phone: .....

Child's Name: .....

Child's Class: .....



We are looking forward to seeing you all at the Bush Dance.

## WIN \$250 CASH



As part of our "Cow in the Paddock Bush Dance" on 11/9/10, you have the chance to WIN \$250 for guessing the square that the cow leaves it's 'deposit' in.

That's right folks... for only \$5 per square you can pick your lucky numbers and hope that the cow 'shines on you' for your chance to win!

Year 6 will be selling tickets at the Fathers Day breakfast and Chantelle Towell will be at school this Friday from 3pm, so bring in your \$5 or send in an envelope with your child.

**Don't miss your chance to WIN \$250!!!**

**P&C**

## COMMUNITY ANNOUNCEMENTS



Thank you to all those families who supported Operation Christmas Child this week.

The items being collected next week will be *Something Special* - packets of stickers, coloured pencils or textas.

Thank you for supporting this worthwhile cause.

**Mary Luci**  
**Co-ordinator**