

Dobroyd Point Newsletter

Dobroyd Point Public School

Waratah Street Haberfield 2045
Phone 9797 8249 Fax 9716 8009
Home Page www.dobroydpt-p.schools.nsw.edu.au
Email dobroydpt-p.school@det.nsw.edu.au



Term 1 - Week 4

Thursday, 16 February 2012

Dear Parents and Carers

NEWS FLASH!

Welcome Back BBQ 2012

Friday 24th February 6.00pm

Dobroyd Point PS P&C would like to invite all parents and pupils to come and celebrate the start of a new school year and give new families the chance to meet the rest of the school community.

Sausage on a roll, ice creams and drinks will be available.
Bring your picnic blanket, nibbles, bottle of wine and join us.
We look forward to seeing you there.

The P&C is a volunteer run organisation and the welcome BBQ relies on the help of parents.
Please email johnskrbinek@me.com or phone: 0416 123 011, if you can help out with

- set up,
- during the event, or
- pack up.

Thanks for your help.
Dobroyd Point Public School P&C.

P & C Meeting

**Wednesday 22nd February
7.30pm in the library**

I encourage you to join the Parents and Citizens Committee. It is a great way to get to know how the school works. We are fortunate to have had a really strong P&C for a number of years and would welcome new parents to keep up the commitment. Come along, tell us where you think Dobroyd Point should be headed and get involved.
See you there.

Christina Cleaver
christina@cluecommunication.com

STAGE INFORMATION SESSIONS AND PARENT-TEACHER "REVERSE" INTERVIEWS

Information sessions

We will be conducting informal half-hour information sessions for parents on Tuesday 21st February. These sessions will give you a chance to hear from the teachers involved with your child, outlining what to expect for your child during the coming year.

Tuesday 21st February

5:30 – 6:00 pm	Kindergarten (in the library)	Years 3 and 4 (in the hall)
6:10 – 6:40 pm	Years 1 and 2 (in the hall)	Years 5 and 6 (in the library)

We look forward to seeing you.

Reverse Interviews

Is there something which might affect your child's learning and you feel your child's teacher needs to know?

If so, please make an appointment to speak to your child's teacher.

These appointments can be made in person or through the school office, or you might like to send a note to your child's teacher.

Anti-bullying education

Our students have kicked off the year with a strong focus on anti-bullying education. Over the first few weeks the teachers have been introducing the students to strategies for handling bullying situations. There have been a range of lessons including, role-plays as a participant and a bystander and using literature to support this teaching.

The Protectors

In week 3, on Monday and Tuesday, all of DPPS attended an anti-bullying performance by Brainstorm Productions called The Protectors. This fun show, full of song, dance and drama, taught our students some very effective strategies in dealing with bullying situations in their life - particularly in the playground and in cyberspace. It was a fantastic show for all.



Playground peer mediators

Last Wednesday Year 5 spent the morning and afternoon sessions doing peer mediation training with Miss Toohey in the hall. We practised drills, watched videos and performed a scenario on stage. We even got to have a quick look at some old scripts that some of Dobroyd's past mediators created. We learned that mediators don't solve your problems but help you solve your problems.

To be a peer mediator you devote half your lunch time to help other kids. We all enjoyed the mediation training and we are looking forward to being Dobroyd Point's peer mediators for 2012. By Zoe C & Siena B
(Many students have volunteered to be on a lunchtime peer mediator roster.)

Friendship Disco and Harmony Day

On Wednesday, March 21, the school will be holding a *Friendship Disco*, during *Action Against Violence And Bullying* week. The disco will be held in the school hall during school hours.

Wear orange mufti for the disco.

Students across the school will also be acknowledging Harmony Day with an art display.

Stay tuned for more info...

Cybersmart Parent Information Session

Australian Communications and Media Authority

Wednesday 2 May, school library 7 pm – 8:30 pm

A parent information session about cyber safety has been organised for Week 2, of next term on Wednesday 2nd May.

This cyber smart information session will be run by the Australian Communications and Media Authority, and cover a range of cyber safety issues including cyber bullying. The parent session will be held in the school library from 7 pm – 8:30 pm. All welcome!

Students in Years 3, 4, 5 and 6 will be participating in the cyber smart presentation on that afternoon. All staff will also be participating in a training session at our school.

Music Information Session

Tuesday 28th Feb. at 3.40pm in the school hall

There will be a music information session for parents on Tuesday 28th Feb. at 3.40pm in the school hall. If your child is interested in joining the school band, trying out an instrument, or you just want to know what ensembles the school has to offer and meet the music staff and instrument tutors, please come along with your child(ren).

Ms Jen McLachlan and Mrs Jody Readett

DPPS Swimming Carnival,

Ashfield Pool, Wednesday, February 29 - 10.00am start.

(For 8years and older in 2012)

School Photos

Thursday 1 March 2012



It is important to note in your diary our school photos are scheduled for 1 March 2012. We will be starting with the Kindergarten classes at 9.30, working through to Years 5 and 6 photos around midday.

Selective high schools placement test

15 March 2012

The selective high schools test is held annually for Year 6 students wishing to enter a selective government high school. For key dates, online applications and more information for parents, see www.schools.nsw.edu.au/learning/k-6assessments/shsplacement/index.php

Food allergies and anaphylaxis

Attached to this week's newsletter is an information sheet about food allergies and anaphylaxis - with some frequently asked questions.

We have a number of students at the school likely to experience anaphylactic reactions and this week all staff participated in training about food allergies and anaphylaxis.

At DPPS we ask families and the wider school community to not bring nuts or nut products to the school site or to school activities. We also ask parents to encourage their child to avoid sharing or trading food and eating utensils.

Encouraging your child to wash their hands after eating may also be helpful to avoid mild allergy symptoms such as a skin rash. It is also helpful to tell children to get help from a teacher or other adult if another child looks unwell, even if they do not know what is wrong with them.

Older children, can be taught about food allergies and anaphylaxis at appropriate times and of ways they can support their peers to avoid risk foods and to be safe.

School Banking

Dobroyd Point Public School.



The Commonwealth Bank School Banking program is back for 2012!

The School Banking program includes an exciting Rewards Program designed to encourage children to get into the habit of making regular saving. Every time your child makes a deposit at school they receive a silver coloured Dollarmites token. The first token will be received upon the first deposit at school. Once your child has individually saved 10 tokens they can redeem them for an exclusive Dollarmites reward item. Students will have lots of fun saving their tokens for these cool rewards items.

School Banking is also a great fundraiser for our school. The school receives \$5 when children make their first deposit at school and a commission on every deposit made through the School Banking program.

Taking part in School Banking is easy.

If your child has an existing Commonwealth Bank Youthsaver account they can start banking straight away. They just need to bring their deposit in every Tuesday using their Dollarmites deposit wallet. If your child has misplaced their Dollarmites deposit book or deposit wallet, they can request a new one from either the local branch or contact the School Banking Co-ordinator ie the hardworking ladies in the School Office.

If your child does not have a Youthsaver account, you can open one at any Commonwealth Bank branch, no forms to fill in! Alternatively, if you are an existing Commonwealth Bank customer with access to NetBank you can apply online. Another option is to download a paper-based application form from commbank.com.au/schoolbanking. Please note this option may take up to 2 weeks before a Dollarmites wallet and deposit book is sent to your home address to start banking at school.

Chess Lessons

At Dobroyd Point Public School 2012

Come and play in your school chess club on **Monday mornings!** Term 1 classes began this week from **8:00am – 9:00am**. So, come along!

Students will be guided through the fascinating world of chess strategy by an experienced coach from the Sydney Academy of Chess. Using structured lessons and chess puzzles, students will have the opportunity to develop their logical and creative thinking skills to solve problems, enhance their level of concentration, and improve their self-confidence through mastering a new skill. With continued practice, the skills that children learn become especially useful in their future and studies have shown that learning to play chess can often improve the academic performance of students over time.

Chess can be a highly effective motivational tool as well, providing children with a stimulating social environment in which to learn. We believe the most remarkable aspect of chess is not only what children learn, but how they learn. We often see that kids can have so much fun playing with their friends, they don't even realise they are developing those valuable skills.

If you are interested in your child joining your school chess club, or for further information about the chess classes, please contact the Sydney Academy of Chess on (02) 97451170 and visit our website

at <http://www.sydneycollegeofchess.com.au/> For a copy of the enrolment form, please email neil@sydneycollegeofchess.com.au



SYDNEY SECONDARY COLLEGE, LEICHHARDT CAMPUS PROSPECTIVE STUDENTS OPEN NIGHT 2012 Leichhardt Campus is a Centre for Excellence.

Prospective students and their parents are invited to visit our Leichhardt Campus. As a 7 to 10 school Leichhardt focuses on "Middle Schooling" in order to address the learning needs of young adolescents.

The school has an academically selective stream, comprehensive stream and enrichment programs, featuring performing arts, sport and

leadership. Leichhardt has been identified as a Centre for Excellence.

Sydney Secondary College students are expected to be responsible, respectful learners.

Students are guaranteed access to the Blackwattle Bay campus in Years 11 and 12 where they will have the widest range of courses available in a young adult learning environment.

LEICHHARDT CAMPUS

Balmain Rd, Leichhardt
Wednesday March 7, 5 pm – 7 pm
Formal presentation at 6.30pm
Enquiries: 9560 2565

www.leichhardt-h.schools.nsw.edu.au

Flourish

Dr Martin Seligman is regarded as the founder of Positive Psychology, and he coined the term "flourishing" to describe someone who has optimized their levels of wellbeing. They experience positive emotions, enjoy healthy relationships and have high levels of engagement, meaning and purpose.

The Five Ingredients Necessary for Flourishing

The five components of well-being are summarised in the acronym PERMA. By helping young people to achieve these components we can assist them to flourish!

1. **Positive Emotion:** the experience of positive emotions such as happiness, satisfaction and joy and other good feelings and ways in which we can access those feelings
2. **Engagement:** Also known as flow or "being in the zone." It is the experience of being fully immersed in an activity to the point where we lose sense of the passage of time, feel energised and seem to function better despite the extra effort.
3. **Relationships:** Positive relationships not only increase happiness but also buffer against stress. Skills to create, build and maintain positive relationships are essential
4. **Meaning and Purpose:** Doing things that have a higher purpose or altruistic rationale can give meaning and purpose to daily life.
5. **Accomplishment:** There is much satisfaction to be gained from even small accomplishments. So a certain amount of goal oriented, task oriented activity allows that satisfaction to grow.

For more... you may be interested in reading Dr Martin Seligman's book *Flourish*.

Beat the heat

Australia has the highest rate of skin cancer in the world. Remind your child to protect themselves from sun and heat exposure while at school by:

- wearing the school uniform broad-brimmed hat in the playground to protect the face, neck and ears
- playing in shaded areas, particularly during peak times of UV levels
- drinking plenty of water
- reducing their exposure to the sun, wherever possible
- using 30+ broad-spectrum, water-resistant sunscreen.

Time to get fit

It's still summer, so encourage your child to get outdoors and get moving. The five top ways to maintain a healthy body and reduce the chance of lifestyle induced health problems are to:

1. Get active every day
 2. Choose water as a drink
 3. Eat more fruit and vegetables
 4. Switch off the screen and get active
 5. Eat fewer snacks and select healthier alternatives
- Better still, set a good example yourself. For more tips and ways to improve your family's health and fitness go to:

www.healthykids.nsw.gov.au/kids-teens.aspx

Gateway to sport

There are many benefits to participation in sport, from improved fitness and reduced risk of obesity, cardiovascular disease and diabetes, to improved mental health and self-confidence.

If your child is looking to get fit and active, there is now a quick and easy way to access information about sporting activities and clubs. 'Gateway to Sport' offers a one-stop-shop for information on more than 70 popular sports in NSW – from rugby league to swimming. See www.dsr.nsw.gov.au/gatewaytosport.

Lunch box safety

Tips to reduce the risk of food poisoning

- Use insulated lunch boxes or cooler bags.
- Keep a frozen drink or freezer brick inside the lunch box or bag.
- If you're making lunches the night before, store them in the fridge until leaving for school.
- It is particularly important to keep meat or chicken sandwiches cool.

Update your details

Have you moved, got a new email address or changed phone numbers? Please inform the front office with any changes in your living situation so we can contact you if the need arises.

DPPS: Dates for your diary.

Term 1

Week 5

Tuesday, February 21	Parent Information Sessions
Wednesday, February 22	P&C Meeting 7.30pm
Friday, February 24	P&C Welcome BBQ

Week 6

Tuesday, February 28	Music Information Session 3.40pm
Wednesday, February 29	Swimming Carnival, Ashfield Pool 10.00am start. (For 8yrs and older in 2012)
Thursday, March 1	School Photos
Friday, March 2	School Clean-up Day

Week 8

Wednesday, March 14	Stage 1 School Museum Excursion
Thursday, March 15	Selective High School Tests

Week 9

Wednesday, March 21	Harmony Day – wear orange mufti for disco, in school hours
---------------------	--

Week 10

Wednesday, March 28	Stage 3 School Museum Excursion
Thursday, March 29	Stage 2 School Museum Excursion
Friday, March 30	Hat Parade K-6

Week 11

Thursday, April 5	Last day of term for students
-------------------	-------------------------------

Term 2

Week 1

Monday, April 23	School development day
Tuesday, April 24	First day for students

Week 2

Wednesday, May 2	<i>Cybersmart</i> Parent Information Session, library 7:00 pm – 8:30 pm
------------------	---

Week 4

Tuesday, May 14	NAPLAN - Yr 3 & 5; Language conventions & Writing
Wednesday, May 15	NAPLAN - Yr 3 & 5; Reading
Thursday, May 16	NAPLAN - Yr 3 & 5; Numeracy

Term 3

Week 1

Monday, July 16	School development day
Tuesday, July 17	First day for students

Week 3

Education Week

Thursday, August 2	Open Day
--------------------	----------

Week 4

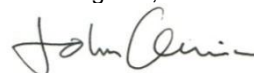
Sunday, August 5	BayRun
------------------	--------

Term 4

Week 1

Monday, October 8	First day for students
-------------------	------------------------

Warm regards,



John Quinn,
Principal

INNER WEST PHYSIE & DANCE

www.physieanddance.com.au



Inner West Physie and Dance incorporates our original physie club of Homebush/Canada Bay (est. 1997) and our new Earlwood Club.

We provide classes in both locations for 4 years to adults. Our team of dedicated and inspirational teachers create a fun and supportive environment where you will learn a syllabus incorporating dance, ballet and lyrical routines, supported by stretch and strengthening exercises.



Our teachers will help you learn at your own pace, whilst motivating you to achieve your goals both individually and within a team.

www.innerwestphysieanddance.yolasite.com

For information on class times visit our website or contact:

Diane Schuman - 0409 049 620

Kerry Sims - 0412 355 335

Renee Berry - 0412 508 001

Proudly a member of Australian Physie and Dance Association, a professional association offering a new vision for physie and dance.



West's Juniors Rugby Union 2012 Season



UNDER 6 to UNDER 17
SATURDAY AND SUNDAY COMPETITIONS



U6-U9s (MINIS)
PLAY
LOCALLY

NO
EXPERIENCE
NEEDED

have fun
make friends
get fit



TRY RUGBY
For 4-7 year olds!

A fun, NON-TACKLE, 4 week Friday night program - starts 2 March 2011

LIMITED PLACES AVAILABLE

✓ Focus on participation and enjoyment
✓ Coaches SmartRugby Qualified ✓ Junior Rugby Pathways

REGISTERING NOW!

Reg Dates: Saturday 11 & Saturday 18 February 2012

Time: 1.00pm - 4.00pm

Where: Concord Oval, Loftus Street, Concord

Ph: 1300 WESTS1 – 1300 937 871
www.wjru.com.au

play AFL with
WESTS AFL JUNIORS
Croydon Park, Sydney

ow...register now...register now...register no

- ✓ low registration fees
- ✓ socks & shorts included
- ✓ playing jerseys provided
- ✓ qualified coaches
- ✓ age-appropriate rules for fun and fairness
- ✓ family atmosphere at games
- ✓ canteen & BBQ at both Wests grounds
- ✓ licensed club & restaurant



go to www.westsjuniorsafl.com.au to register your child today!