Parent Meetings this Wednesday Night

We invite parents and caregivers to take the opportunity to attend class meetings this Wednesday night. These meetings give the class teacher the opportunity to inform parents and caregivers about how their child’s class will operate this year. Items such as Homework, Literacy & Numeracy groups, class volunteers, expectations etc. are discussed. Because of the short time for each meeting, individual interviews cannot take place, but these can be arranged for another time if necessary. The meetings will occur as follows:

- Kinder - Year 2 will be between 5pm - 6pm in the individual classrooms.
- Year 3 - Year 6 will be from 6:30pm - 7:30pm in the individual classrooms.

A P & C BBQ will operate from 5:30pm - 6:30pm where sausage sandwiches can be purchased. There will be a limited number of “Veggie” sausages available as well.

We remind parents that with teachers involved in meetings there will be no organised supervision for any children that might attend, so we ask parents to keep an eye on them.

STAR 104.5FM To Visit On Friday 8th March

Local radio station STARFM will broadcast live from Point Clare PS between 5:30am and 9am on Friday 8th March. To mark the occasion, we will be doing fundraising for the "World's Greatest Shave" for the Leukaemia Foundation. We will be cooking a breakfast at school from 6:30am located down under the Hall COLA. Breakfast can be purchased for a Gold Coin donation. Parents are welcome to attend and join in the morning. Mr Harris, Mr Booth and Mr McNeill have volunteered to get their hair shaved if the school can raise $1000 (that’s just $2 per student) to help raise money and people can make donations on the morning or by leaving it at the Office. Children can pay $2 to have their hair sprayed as well. If there are any parents who wish to have their hair sprayed or shaved then please let the office know asap.

School Photos

Just a reminder that School Photographs will be taken this Thursday 28th February. Full summer uniform should be worn.

David Harris
Principal

Worlds Greatest Shave is On!

Important Dates

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<td>Week 5</td>
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<td>K-2 Classes 5pm – 6pm</td>
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<td>P &amp; C BBQ 5.30pm – 6.30pm</td>
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<td>Years 3-6 6.30pm – 7.30pm</td>
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<td>Thursday 28th</td>
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<td>Full school uniform to be worn.</td>
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<td>Week 6</td>
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<td>Movie Night</td>
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Parent Information Evening – Henry Kendall High School
Henry Kendall High School is holding a parent information evening for parents of children in years 4, 5 and 6 on Thursday 28th February. The evening begins at 6.00 pm in the school Library with a tour of the school, followed by a presentation in the Library at 7.00 pm. All parents are very welcome. The evening will conclude at approx. 8.30 pm.
Jenny Ricketts

School Clean – Up Day
To coincide with Clean-Up Australia Day this Sunday, our school will be participating in School’s Clean-Up Day this Friday 1st March. Each stage will be assigned an area of the school to clean in order to make our school environment free of plastics, paper and other litter. Children are encouraged to participate in this worthwhile event and we request that children bring gloves to school on the day.
Steve Rayner

Roll up! Roll up!
5/6 MOVIE NIGHT FUNDRAISER
One night only!!!!
Thursday, 7th March - $5.00 entry at door
Snuggle up and enjoy the luxury of an exciting movie in our own school hall!
“Madagascar 3” Europe’s Most Wanted
Wear your Pyjamas, or dress up as an animal character, slip on some slippers and we’ll provide the snacks!
K-2: 5.00 - 6.45pm
3-6: 6.45 – 8.30pm
A BBQ will be available for children (and adults) to purchase sausage sandwiches from 6.00 – 7.00pm
(an additional cost of $3.00 per sandwich)

Voluntary School Contributions
Contributions for 2013 have been set and remain the same as 2012. There has not been an increase since 2010. This year they are: $35 per student or $50 per family for two or more children. School contributions are voluntary and payment is a matter for decision by parents. They help provide additional educational resources for the benefit of students. In 2012, voluntary contributions assisted the school in purchasing new readers for students for example.
Please find enclosed voluntary contribution of $ __________
Student/s Name: ______________________ Class _______
Student/s Name: ______________________ Class _______
Student/s Name: ______________________ Class _______

Reading volunteers - Please!
Would you or anyone else you know, be interested in volunteering to help with our Learning Assistance programs at Point Clare?
If you can spare 1-2 hours per week to help tutor our children on a one to one basis, please complete the form below and return it to the school Office. Anyone can do it, we will train you!
I will contact you as soon as possible to discuss times and programs. Many thanks
Jill Reid – LAST (Learning Assistance Support Teacher)
Name: _____________________________
Phone No. ___________________________
Days Available: _______________ Times: __________
Child contact at school (if applicable) __________

You Can Do It!
Our new YOU CAN DO IT rewards have started and we are very pleased to announce our first winners. Congratulations to every child who received YOU CAN DO IT tokens last week.
Last week’s winners in the “You Can Do It” draw are:

Infants
Maddy Cusack (2FN) - Golden ticket for persistence
Iceblock winners
Callum 2FN- Organisation
Kory- 1R Confidence
Alice 2A- Confidence

Primary
Briah Catton (3LA)- Golden ticket for persistence
Iceblock winners
Rose 2/3T- Organisation
Isabella 5/6W- Organisation
Katie 3/4R- Organisation

Congratulations to all the winners!

Sick Bay Roster – Can you help?
If you are able to help the school by being on the sick bay roster for a few weeks of the year please complete the following slip and return it to the office as soon as possible. This mainly involves occasionally washing the linen from the sick bay. Thank you.
Rose Clark – Co-ordinator

Sick Bay Roster
Name: _____________________________
Phone number: ___________________________
Child’s Name ___________________________Class: _______
Gymnastics – Week 5
Just a reminder that gymnastics this week has been cancelled due to the school photos being taken. A make up week for gymnastics will be held in week 11.

Community News...

Kariong Wanderers Rugby Club
Season 2013
TRAINING has begun and will continue every Monday and Wednesday throughout March. We are still taking REGISTRATIONS so why not come along and see what our Club can offer you and your family. PLUS We have a Come and Try Rugby evening on Friday 1st March at Village Green No 2, Parklands Rd, Mt Penang from 5:30pm.
A great introduction to RUGBY for new players and those wishing to refine their skills.
Bring your friends and enjoy a sausage sizzle.

Please contact Craig Parker on 0451 411 425 or Ivan Gage on 0419 699 533 for more information.

See you all there!

Woy Woy Rugby Union is still taking new players.
U5’s - U7’s $25.00
U8’s - U11’s $80.00
U12’s - U17’s $90.00
Includes club short, socks, insurance & all ref fees for the season.

Contact Cathy - 0448 946 917

The Hunter/Central Coast Junior Squash Association
is into its 14th year of providing junior squash for all levels (including Novice) with a series of one day events throughout the year. (approximately 8-10)
The lack of squash courts has made it difficult to increase junior involvement in the sport but it is still a fun and active sport to be involved in. We currently hold circuits at Raymond Terrace, Wyong, Gloucester, Forster and Old Bar

Our first junior circuit for this year. The details are as follows:

DATE: Sunday 3rd March
START TIME: 9am
VENUE: Raymond Terrace Squash Centre
104 Port Stephens Rd
Raymond Terrace 2324
Phone 0249 831350
COST: $20 per player – minimum 3 matches and lunch supplied on the day
MORE INFO: Contact Adrian Barwick 0400303618

Southern & Ettalong United Football Club
Looking for players in all grades from Under 5 through to Under 16. All new members as well as returning players are welcome to join our family friendly club.

For all enquiries and registrations please contact our registrar, Christine Bonnici via email at registrar@southernettalongfc.com or contact any of our committee listed on www.southernettalongfc.com.

Alternatively go directly to www.myfootballclub.com.au to register online.
The school run: can it be active and safe?
by Jenny Pogson

With many kids not getting enough physical activity, is it time to rethink the morning drop-off?

Published 31/01/2013

Did you ride your bike to school when you were a kid? A generation ago most kids rode, walked or caught the bus to school; very few of us were dropped off by our parents at the school gate.

These days most of us have experienced the daily traffic jams around schools at drop-off and pick-up times, as parents drive their children to the school gate.

While there is no national data on the number of children who walk or ride to school, a recent Victorian survey found nearly half of all children are driven to school every day.

Parents choose to drop their kids at school for a number of reasons – mostly to do with safety and convenience. But experts say chauffeuring your kids to school every day could mean they’re missing out on much-needed exercise and other life skills.

Health benefits of 'active commuting'
Research suggests at least a third of Australian children aged 9-16 years aren't getting the amount of daily physical activity recommended in national guidelines. But this isn't because children's participation in leisure or sporting activities has dropped off, says Dr Jan Garrard, senior lecturer at Deakon University's school of health and social development.

Participation in these activities hasn't altered much over the years, Garrard says but what has changed is the level of incidental activity children do. "When you look at countries where children are just active as part of everyday life, they don't have to be sporty, all they have do is get around the way the community gets around by walking and cycling, and they get enough physical activity," she says.

UK studies have found young adolescent girls are around seven times more likely to meet physical activity guidelines if they travel actively to school.

"Whereas in countries like Australia they are population groups that tend to miss out because they don't deliberately take up physical activity."

Continued over
Learning life skills
But physical activity isn't the only benefit of walking or riding to school. Adolescent psychologist Dr Michael Carr-Gregg says allowing children to get to school by themselves also helps them learn to be independent and responsible.

"Our job as a parent isn't to protect our child from every potential threat in the world, no matter how remote, it's to teach our children how to live in the world by themselves. By being a snow plough parent – removing all obstacles – all you're doing is giving themselves a false sense of the illusion of control, which teaches our children nothing but to live in fear of everything," he says.

Also encouraging an active commute gets kids to spend time outside on a regular basis. Carr-Gregg says research suggests people who spend time outside in parks, gardens and green spaces tend to be healthier, better adjusted and better at coping with stress.

Perceptions of risk
Despite the benefits, many parents still struggle with the decision to let their children walk or ride to school and safety is one of the major concerns.

There is no specific data on the risk of injury for children who walk or cycle to school, however, Garrard says most parents make their decisions based on the perceived risk of letting their child ride and cycle alone.

Evidence does show injury rates are lower for children walking and cycling when compared with those who are car passengers. But this is because exposure is lower, that is more children spend more time travelling in cars.

However, the relative risk of injury is higher for pedestrians and cyclists compared with car passengers per kilometre travelled.

"This is where risk perceptions come in. We tend to base our risk perceptions on relative risk rather than absolute risk. We don't let kids walk or cycle to school because it is 'risky'," she says.

"But driving them long distances is not perceived as risky even though the absolute risk of walking or cycling short distances and driving longer distances might be the same, or greater for driving depending on distance," Garrard says.

It's also worth noting our perception of risk is also influenced by what people around us are doing. If most people allow their children to travel to school independently, then it isn't perceived as risky behaviour. Conversely, when only a few children walk or cycle to school, parents view it as more risky and feel they are being irresponsible by allowing it.

"You tend to take your risk perceptions from what other people are doing," says Garrard.

Another factor that contributes to parents' decision-making is how our society is geared towards convenient motor vehicle travel.

"We've become increasingly car-oriented in our transport. So many of our [government] policies cater for motor vehicle transport and as a result motor vehicle travel has become comfortable, convenient and reasonably fast. Only recently we've discovered those benefits also come with some [disadvantages]," she says.

Continued over
The school run: can it be active and safe? (cont’d)

Is 10 the magic age?
There's no hard and fast rule about when your child will be ready to walk or cycle to school by themselves, says psychologist Warren Cann, CEO of the Parenting Research Centre and member of the Raising Children Network.

VicRoads recommends children be at least 10 years old before they independently walk to school. This is because experts say children younger than this aren't cognitively ready.

"Younger kids are impulsive, so if the conditions are right they may be able to handle something but if anything changes, like they drop something and it rolls onto the road, they are not always good at controlling impulses," Cann says.

Cann says parents also need to be aware of their child's own developmental status because kids develop very differently.

"There may be some 10 year olds that are ready, and there may be some 10 year olds that are not. There may in fact be some 12 year olds that are not ready," Cann says.

You should also take into account how far your child has to travel to school, the nature of traffic conditions and whether there is strong community support, such as crossing guards at pedestrian crossings and traffic lights.

"It's hard to be very prescriptive. The 10 year old age range is a good guide, but parents need to think of the child's maturity and also the traffic conditions," Cann says.

Teaching kids how to commute safely
But there are some things parents can do in order to help their children to be safe and active commuters:

• Talk with other parents about letting their children walk to school if you aren’t comfortable with your child walking alone.

• Organise a walking school bus with other parents who live in your area.

• Slowly build up to independent travel by walking or cycling with your children all the way to school, then halfway, then staying home when you feel they are able to handle themselves.

• Cycle or walk the route to school together so you can coach them in road safety.

• Set a good example to your children by obeying road rules, such as always crossing the road at pedestrian crossings.

• Start teaching road safety early by verbalising everything you do when walking around the streets and crossing roads with your children.

• Watch how your children negotiate walking around the streets and crossing roads.

• Ask your child to verbalise what road safety actions they are taking when you walk around the streets.
The planting team planted sunflower seeds in pots. Come and see how you can help!
New volunteer members are cordially invited to visit or join Friday Eco Club. We meet at the P&C Shed at 8.30am every Friday; Children arrive at 9:00 and return to class at 10:00. Volunteers assist the children with practical garden tasks and environmental education. Between 10:00 and 11:00 volunteers share observations and plan next week as well as completing the gardening tasks of the day.

Environment Sub-Committee