

Tacking Point PS Newsletter

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Week 2, Term 2 2019

9 May 2019

APPROACHING CALENDAR EVENTS

2019	
Monday 13 May	LNC Touch Football – Wauchope
Tuesday 14 – Fri 24 May	Year 3 and 5: NAPLAN Online
Wednesday 22 – Fri 24 May	Year 5 Camp: Collaroy Centre
Friday 17 May	K-2 General Assembly – 9.15am. ** Stage 2 General Assembly, 2.15pm **
Friday 24 May	K-2 General Assembly, 9.15am ** Stage 3 General Assembly, 2.15pm **
Monday 27 May	LNC Cross Country – Kempsey
Wednesday 29 – Fri 31 May	Year 4 Camp: Point Wolstoncroft
Friday 31 May	K-2 Assembly – 9.15am ** Stage 2 General Assembly, 2.15pm **
Monday 3 – Fri 7 June	Year 6 Camp: Canberra
Monday 3 June	Year 2: Excursion to Sea Acres
Friday 7 June	K-2 General Assembly, 9.15am ** Stage 3 General Assembly, 2.15pm **
Monday 10 June	Queen's Birthday Public Holiday
Tuesday 11 June	NC Touch Football – Grafton
Wednesday 12 June	K-1: Responsible Pet visit
Friday 14 June	Year 2: Responsible Pet visit
Monday 17 – Tues 18 June	Dance Festival
Monday 24 June	Year 3-6: Athletics Carnival
Thursday 27 June	Stage 2 & 3: Public Speaking Finals Kindy 2020 Teddy Bears Picnic
Friday 28 June	Reports sent home

** All assemblies will be on the basketball for the duration of Term 2 and will be subject to weather. During this time the duration of assemblies will be shortened and will be reduced to awards presentations.

From the Desk of Mr Harris

Dear Parent and Caregivers,

Welcome back to Term 2. Another busy term with major excursions planned and assessment and reporting being our major focus.

Holidays are always a time to rest up and start the new term focussed, organised and ready to meet our personal goals. We ask parents to ensure that children have their belongings labelled and that children have the necessary school equipment. It just makes life in the classroom so much easier!




A big request to all our community about informing the office of any changes in address, phone numbers and emergency contacts. Each week there is always a situation when we find out the information we have is inaccurate. Your support with this is appreciated and in case of an emergency, you would want to be contacted as soon as possible.

With Year 4, 5 and 6 having major excursions this term, we are asking that all **information, medical notes and payments are met by the due date**. As you can imagine, these excursions take an enormous amount of time to organise and your support with this is appreciated. We do have some parents who have requested a payment plan and again, we ask these to be honoured and avoid chase up calls for final payment.

The Library and Administration Buildings have just been recarpeted and our school hall is now having an upgrade. Our hall will have 2 more additional pull up doors added and the hall will be out of use for the remainder of the term. Band, choir, assemblies etc will all need to be moved in the meantime. This will require flexibility and no doubt a little patience!

Our 'Film By The Breakwall' premiered on Wednesday evening and it was just wonderful to be a part of this. Special mention to Mrs Lina Jackson and Ms Cass Tonkin for their leadership with this initiative and ensuring it was a success. As this was the first year being involved with this, we had 2J, 2T and some children from 3/4M submit movies.

It has come to our attention that there are a number of issues again, relating to social media with our senior children. A reminder that the recommended age for social media is 13 years of age. Please refer to the table from the Office of the Children's eSafety Commissioner. Please also take the time to review your child's social media use, to ensure that our students are working safely online.

<div>  <div>Office of the Children's eSafety Commissioner</div> </div>				
<div>  <div>Is there an age limit for kids on social media?</div> </div>				
<div> <div>  <div>Most social media services and apps require users to be 13 years old to join.</div> </div> <div> <div>WHAT ABOUT APPS?</div> <div>App stores set their own age ratings based on the app's content.</div> </div> </div>				
<div> <div>WHY 13?</div> <div>This is usually to comply with the Children's Online Privacy Protection Act of 1998 (COPPA)—a US law preventing the collection and storage of personal information from a child under 13.</div> </div>				
<div> <div>Age Guide to Social Media</div> <div> <div>SOCIAL MEDIA</div> <div>TERMS OF USE - MINIMUM AGE REQUIREMENTS</div> <div>APP STORE RATING</div> <div>GOOGLE PLAY RATING</div> </div> </div>				
ASK.fm	ASK.fm	13+	12+	12+
CLUB PENGUIN	Club Penguin	All ages (Directed at 6-14 year olds)	4+	G-General
EA	EA (Electronic Arts)	18+ (With parental permission up to 17yrs)	n/a	G-General
f	Facebook	13+	4+	12+
m	Facebook Messenger	13+	4+	3+
o	Flickr	13+	12+	12+
✓	Foursquare	13+	4+	12+
G+	Google+	13+	17+	12+
i	Instagram	13+	12+	12+
keek	Keek	13+ (With parental permission up to 17yrs)	12+	12+
k.	Kik	13+ (With parental permission up to 17yrs)	12+	12+
in	Linkedin	14+	4+	3+
M	Minecraft	All ages (Parental permission required to create mojang account if user is under 13)	n/a	M-Mature (Pocket Edition)
Moshi Monsters	Moshi Monsters	All ages (Directed at 6-12 year olds. If user is under 13, parent's email is required)	4+	G-General
p	Pinterest	13+	12+	12+
S	Skype	18+ (With parental permission up to 17yrs)	4+	3+
s	Snapchat	13+	12+	12+
S	SpotaFriend	13-19 yrs only	17+	16+
🦋	Steam	13+	17+	12+
🔥	Tinder	18+ (Facebook account required to register)	17+	18+
t	Tumblr	13+	17+	12+
🐦	Twitter	13+	4+	12+
v	Vimeo	13+ (With parental permission up to 17yrs)	17+	12+
V	Vine	13+	17+	12+
📞	WhatsApp	16+	4+	3+
y	Yellow	13+ (With parental permission up to 17yrs)	12+	12+
📺	YouTube	13+	17+	12+
<div> <div>* Age guide based on published Terms of Use and app store ratings as at April 2016.</div> <div>www.esafety.gov.au</div> </div>				

A reminder for parents to ensure they are on Skoolbag to receive all notifications. Our Facebook page receives many compliments and is also a great way of communicating and celebrating our successes

We have been joined by some new families this term and we welcome you to our school community.

We also thank Mr Tim Inman who was elected as our new P&C President last Monday. Congratulations and we all look forward to working with you.

Mrs Jordan returns in Week 4.

Phil Harris

From the Deputy Principals

Good parents let their children fail often

Maggie Dent

It is perfectly natural for parents to want to protect their beloved children and keep them safe – it's a deep biological drive. Over time the social norms and expectations around children have softened and together with fear-based 24/7 news cycles and the fear of litigation parents have become increasingly vigilant.

One of the shifts that has occurred is the need to protect kids from failing. We seem less inclined to allow kids to explore and navigate their world without close supervision because they will make poor choices and possibly a mess!

Young children especially are wired to explore, question and discover through their senses the wonder of life and often that may be perceived as a 'mistake'.

From explorer to failure

However, something happens as our toddlers head towards the test-driven schooling system. Their attempts get labelled as mistakes. This term – which may have come from early archery meaning a 'miss take' where an arrow misses its target – becomes more sinister. So often children making mistakes and failing seems to become a reflection on one's parents rather than a normal part of childhood.

Kids are kids, prone to making poor choices – dropping things, drawing on the wrong things with permanent marker, being selfish and struggling to share, having meltdowns, falling over, and having bumps and bruises while playing freely.

This is totally normal and every moment can help build your child's capacity to overcome small mistakes and setbacks.

The gift of resilience

This helps build the important gift of resilience – something that has declined in recent times. When children are protected from failing or being disappointed – regardless if this comes from a place of love – it will come at a cost later in life when a moment of challenge or setback arrives (and it will).

I often pinpoint the moment that the rules to pass-the-parcel changed as being a huge turn in the wrong direction to overprotecting kids from setbacks. Suddenly, instead of having only one winner in this party game, it became "everyone gets a prize!" This well-intentioned action, aimed at protecting kids from being disappointed, has meant many children have seldom experienced disappointment.

Learning what it feels like to lose or not get what you want is a part of becoming emotionally competent.

To become emotionally buoyant we need to experience emotionally challenging moments, especially when we are younger before the limbic brain grows to be more influential.

Returning pass the parcel back to its rightful position in early childhood – in a fun party environment – gives our kids a chance to know that whilst disappointing – it is something we can learn to navigate with experience.

Learning about losing and being disappointed when you sit for your first NAPLAN test has seen many students struggling with unnecessary stress and anxiety –some returning to bedwetting, having nightmares, vomiting or even pulling eyelashes out.

The only way to learn this incredibly important skill is by experiencing failure and learning that it's not a sign we are defective, broken or wrong – we just made a poor choice or were unlucky. Sadly no app will give our child this valuable learning.

Learning to lose well

The only way we can learn it is by losing and failing – over and over. Professor Carol Dweck in her book, *Mindset*, explores the difference between flexible and fixed mindsets and she encourages teaching our children that making mistakes and meeting the challenge of addressing failure are important.

Kids need to play lots of games with others to learn about losing and winning – well. No-one ever enjoys losing or failing, however we can learn to manage it better.

It is important that we validate the big ugly feelings that can come with feeling disappointed – and also encourage ways to soothe it.

Simple card games and board games are a great starting point. As kids get older there's always hide and seek, beach cricket, tag, chasey and even good old noughts and crosses! Even experiences like flying kites can have valuable learning experiences because kites are notoriously badly behaved.

Finally, nothing helps kids build resilience around failing better than playing often in Mother Nature – the unpredictability of nature lends itself to many moments of failure.

Learning about the art of taking risks and recovering is not only exciting, it helps build confidence and courage.

So please let your kids fail – it may be one of the most important parenting decisions you ever make.

(from Maggie Dent: author, educator and parenting and resilience specialist)

Trevor Thompson and Dayna Moritz

NAPLAN Online

Students in Years 3 and 5 will participate in NAPLAN Online from Tuesday 14th to Friday 24th May.

At school, we have participated in practice tests to ensure that every student is familiar with the NAPLAN online format. Every student has had the opportunity to trial the types of test questions, and understand the interactive test format and specific NAPLAN Online tools. Students who wish to revise this at home can visit ACARA's [public demonstration site](#). Students are encouraged to complete appropriate tests for their year level.

Please note that Year 3 will complete the Writing test in a paper and pencil format, not online.

There will be NAPLAN make up days on Monday 20 May and Tuesday 21 May for Year 5 and Thursday 23 May and Friday 24 May for Year 3.

Trevor Thompson
NAPLAN Coordinator

From the Library Information and Resource Centre

Congratulations to the children and their families who have completed their Read Aloud Bookmarks this week Term 1 Week 11 and Term 2 Weeks 1 and 2:

K/1W Isa Balkin, Isaac Chapman, Florence Lutz, Hamish Pope, Zac Richardson, Georgia Robinson **KO** Maisy Chetwynd, Chloe Hall **1K** Scarlett Brook, Lolani Collyer, Willow Giddins, Kaleb Hayter, Sam Pomroy, Amelia Ryan, Momiji Ryan **1R** Flynn Apthorpe, Jayden Ashley, Grace Finney, Evan Norberry **1V** Harriet Houghton, Hendrix Jaeger, Harlow Warren **2I** Alex Boath, Charlie Byrne **2J** Adler Robinson, Anneliese de Braun **2S** Mikayla Fonyodi, Fraser Lutz **3/4B** Emelia Begg, Toren Crepaz **3/4M** Mikayla Campbell, Luca Giddins, Lillie Merrell **3D** Zayden Keedle **3H** Jonah Barnes, Lily Castiglioni, Tahlia Hall, Grace Morris **3J** Lila Duncan, Annie Randall, Jakob Schmidt, Maxine Smith **4B** Lucas Boath, Elijah Schmidt **5/6N** Erin Rapley **5B** Joseph Gratton, Anastasia Griffiths, Jack Martin, Ume Ryan **6S** Indies Collyer **6T** Kelli Williams

Ms Lea Horan - Teacher Librarian

Premier's Reading Challenge 2019

The Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read more.

The Premier's Reading Challenge has already started and finishes on Friday 30th August. Student's Reading Records can be completed on-line at

<https://online.det.nsw.edu.au/prc/studentExperience.html#/>

Kindergarten has already registered for the challenge and is reading lots of books in class. If you have any questions or need assistance please contact me.

Mrs Ostler

Scripture, Ethics and Meaningful Activities

This week saw the commencement of the whole-school Scripture, Ethics and Meaningful Activities programs. This is the first time that our school has run this model from K-6 and it proved to be a positive experience for our students.

Upon enrolment in a NSW public school, parents are given the option of whether they wish for their children to participate in non-demoninational religious education (Special Religious Education, or SRE). Recently, we have introduced the option of Special Education in Ethics (SEE).

Students who do not participate in either Scripture or Ethics have now been placed into Meaningful Activities groups with classroom teachers. They will be participating in a variety of learning activities during this time.

Parents are encouraged to have a discussion with their children about the lessons that they are attending. We also ask that you make sure class teachers are aware of your wishes regarding your child's placement in a group. You can request a change, if required, by sending a note to the classroom teacher. Please note that there is a waiting list for Ethics classes, as we are governed by the number of Ethics teachers and learning spaces available. As the program develops, it is hoped that there will be more places made available in these groups.

Dayna Moritz
Deputy Principal (Relieving)

Canberra Excursion 2019

Students from Year 6 will soon be undertaking an educational tour of the national capital. Our children will be given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. The Australian Government has assisted families in meeting the cost of the excursion by contributing funding under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion and has been factored into the overall cost of this excursion.

Year 6 Teachers

Film by the Breakwall Premiere



High School Information

Year 7 2020 Open Night

HASTINGS
SECONDARY COLLEGE



AN INVITATION
Come and explore the
21st Century learning
opportunities offered
at Hastings Secondary
College

Join our staff and
students in meeting
other families for a
BBQ and refreshments



Port
Macquarie
Campus

Tuesday 14 May, 6pm

School Hall, Port Macquarie Campus
Owen Street, Port Macquarie
(02) 6583 1844

Westport
Campus

Wednesday 15 May, 6pm

School Hall, Westport Campus
Findlay Avenue, Port Macquarie
(02) 6583 6400

Canteen

The Canteen is looking for volunteers, one day per month 10am until 2pm. Please contact the canteen if you can help!

CANTEEN ROSTER

You can place lunch orders via the P&C's site <http://www.flexischools.com.au>

Mon 13/5	D. Gleave	Help Please	
Tues 14/5	C. Baker	Help Please	
Wed 15/5	V. Wilson	H. Ryan	
Thurs 16/5	J. Moye	R. Brennan	
Fri 17/5	L. Wiggins	D. Tinnock	R. Brennan
Mon 20/5	D. Gleave	L. Speedy	
Tues 21/5	C. Chatler	Help Please	
Wed 22/5	K. Williams	N. Varga	
Thurs 23/5	Help Please	Help Please	
Fri 24/5	M. Brumby	H. Ryan	

In accordance with WH&S regulations, it would be appreciated if volunteers could please wear enclosed footwear and have long hair tied back. Thanks Leanne and Sandy.

UNIFORM SHOP

Open Mondays & Wednesdays 8.30 – 9.00am

Location: Assembly Hall

Uniforms can be viewed and purchased via the P&C's site <http://www.flexischools.com.au>

Volunteers Needed

The canteen is doing a fantastic job of providing and promoting healthy food choices for all of our students.

As in previous years the whole school is participating in the Big Vegie Crunch to be held on 4 April at 10am. To make this a success we need volunteers to come into the canteen for 1 hour from 8am – 9am.

If you wish volunteer your time, please contact Sandy or Leanne in the canteen. Alternatively email the canteen at canteen@tackingpointpandc.org.au.

IMPORTANT NOTE! For those wanting to play T Ball, Junior or Senior Baseball. You haven't missed out. The season started Sunday 5th May at Blackbutt Park, Peppermint Crescent Wauchope. Tball for 5 to 10 year olds. Junior Baseball 11 to 15. Seniors 15 years & older. You can come on the 5th & register to play. Tball/ Juniors start with warm up at 8am, game starts at 8.30am. Seniors games start at 11.30am. For more information email info@hastingsbaseball.com.au or Ring Rose 0418279954



PORT MACQUARIE FOOTBALL CLUB - 2019 SEASON FINAL REGISTRATION DAY 23rd FEBRUARY


Port Macquarie Football Club has been providing families the opportunity to play football (soccer) in the local community since 1974.

The club provides teams in Juniors, **Girls only** teams for 5-11year olds, all age ladies and mens. New players and volunteers are always welcome.

To join the Port Macquarie FC team sign-up online via playfootball.com.au or visit us at our registration/information day on





- Saturday 23rd February:** Macquarie Park, Gordon Street, 9-11am

Our friendly and fun atmosphere along with our community spirit makes Port Macquarie FC a great club to be a part of. For more information on Port Macquarie FC visit our website at www.portmacquariefc.com or ring Cath Cornish on 0419 478 308.




SCHOOL SAFETY NOTICE TO DRIVERS

In the interest of CHILD SAFETY there is NO EXCUSE for disobeying traffic control signs and Road Rules in the vicinity of a school. Please read and understand the following traffic controls around your school;

	<p>NO STOPPING</p> <p>Under no circumstances are you permitted to stop on a length of road to which a NO STOPPING sign applies.</p>	<p>Penalty: \$337.00 + 2 demerit points each time you disobey a NO STOPPING sign (school zone)</p>
	<p>NO PARKING</p> <p>You are permitted to stop in a NO PARKING zone only while you are engaged in dropping off or picking up passengers.</p> <p>You must not stop for more than two minutes. You must stay within three metres of your vehicle.</p>	<p>Penalty: \$187.00 + 2 demerit points each time you disobey a NO PARKING SIGN (school zone).</p>
	<p>BUS ZONE</p> <p>You are not permitted to stop in a BUS ZONE unless you are driving a bus.</p>	<p>(Penalty: \$337.00 + 2 demerit points) each time you stop in a BUS ZONE (school zone).</p>
	<p>CHILDREN'S CROSSING</p> <p>You are not permitted to stop within 20 metres before the crossing and 10 metres after the crossing.</p>	<p>Penalty: \$448.00 + 2 demerit points each time you stop on/ near a children's crossing (school zone).</p>
	<p>DOUBLE PARKING</p> <p>A driver must not stop on a road between the centre of the road and another vehicle that is parked at the side of the road.</p>	<p>Penalty: \$337.00 + 2 demerit points each time you double park (school zone).</p>


THE COST OF TAKING YOUR CHILDREN TO SCHOOL DEPENDS ENTIRELY ON YOU



The simplest way

... to ensure your child gets the nutrients they need at school

Simply pack something from each of the 5 food groups plus water. Try this great example lunch box:



Wholegrain Breads & Cereals: Bread Sushi

Vegetables and salads: Corn cob

Meat & Alternatives: Baked bean muffin

Dairy: Yoghurt tub

Fruit: Strawberries

Water: Always pack a bottle of water

For these recipes and more examples of healthy lunch boxes visit our [website](http://healthylunchbox.com.au).

healthylunchbox.com.au

Circle of Security



What is CoS?

Learn how to better understand the emotional needs of your child.

CoS is a visually-based approach to help you see how to develop a secure attachment with your child.

Our six **free** sessions will help you to:

- Understand the importance of attachment
- Gain knowledge about relationships in which feelings can be shared
- Reflect on your own parenting experiences
- Learn about the CoS concept & how it occurs within the lives of children & adults

Where:
Uniting Burnside
7 Sherwood Road
Port Macquarie

When:
Thursdays
2nd May - 6th June 2019

Time:
10:00am to 12:00pm

Get in Touch:
6581 6600

Morning tea provided

uniting.org



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Managing Challenging Behaviour in Young Children

The Incredible Years Program

A program which supports families of young children to manage challenging behaviour in a positive way

For families with children aged 3-8 years

Our **Free** sessions will help you learn how to:

- better understand child development
- set appropriate behaviour expectations
- improve positive parenting communication skills
- set up routines & monitor children's behaviour
- improve discipline techniques using positive strategies

Where:
Uniting Burnside
7 Sherwood Road
Port Macquarie

When:
Tuesdays
14th May - 13th August 2019

Time:
10:00am - 12:00pm

Get in Touch:
6581 6600

Morning tea provided

uniting.org

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Small changes, big differences.



Positive Parenting Program

Triple P is one of the world's most successful parenting programs.

Learn to manage common problems by registering for this popular course.

Learn simple and practical ways to:

- Build a strong, healthy family
- Raise happy and confident children
- Manage your children's behaviour
- Prevent common pitfalls.

Triple P is free to families with children aged from 0-12 years

No child care available for this course.

Where:
Uniting Burnside
7 Sherwood Road
Port Macquarie

When:
Thursdays
13th June - 4th July 2019

Time:
10:00am - 12:00pm

Get in Touch:
6581 6600

Morning tea provided

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WELCOME A SLICE OF THE WORLD INTO YOUR HOME!



MARLENE S
15 from Germany

Ever since I learnt about Australia, I have fallen in love with it! My older brother has been on exchange and my family has hosted, therefore I know how wonderful it is to create a 'second family' on the other side of the world!



EMMA D
17 from Italy

With an easygoing and sensible nature, I care about people around me and I stand up for my values. Although I can be a little bit shy at the start, I'm kind, cheerful and open up when I get to know someone better!

Not-for-profit organisation, **WEP Australia**, is seeking volunteer host families for high school exchange students arriving this July!
Can you help?

Need to know:

- You choose your student
- Hosting is voluntary
- Students attend high school
- You'll make memories for life!



MARCELLO C
16 from Italy

I am bubbly, enthusiastic and always very happy! I aspire to become an actor. I participate in acting classes and I love singing and dancing. I can't wait to meet your amazing family and to make some Australian friends!

"If you're thinking about hosting, do it! It's the most rewarding experience for your family. Our daughter has a sister now, someone to talk to other than mum or dad." Nicole, three-time host mum.



✉ INFO@WEP.ORG.AU
☎ 1300 884 733
🌐 WEP.ORG.AU/HOST