School Dates for Diary

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>Friday</td>
<td>1st March</td>
<td>Kinder Welcome BBQ</td>
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<tr>
<td>Monday</td>
<td>11th March</td>
<td>PSSA Zone Swimming Carnival</td>
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<tr>
<td>Tuesday</td>
<td>12th March</td>
<td>SFG Info 5pm</td>
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<td>Sunday</td>
<td>17th March</td>
<td>Kariong Community Fun Festival 9am – 3pm</td>
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<td>Monday</td>
<td>18th March</td>
<td>P &amp; C AGM</td>
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<td>Wednesday</td>
<td>20th March</td>
<td>Interrelate Family Program</td>
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<td>Monday</td>
<td>25th March</td>
<td>Young Leaders Day</td>
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<td>Friday</td>
<td>29th March</td>
<td>Good Friday</td>
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<td>Monday</td>
<td>1st April</td>
<td>Easter Monday</td>
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<tr>
<td>Tuesday</td>
<td>14th May</td>
<td>NAPLAN Testing</td>
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For copies of these school notes, go online to: http://www.kariong-p.schools.nsw.edu.au/notes1

Social Networking

I have written several times in the past about the dangers posed by inappropriate or uninformed use of social media. This has mostly been aimed at students (even though, of course, no-one under the age of 13 should have a Facebook account!). However, children aren’t responsible for every issue we have in this area. This year there have been instances where misuse of social media by adults has had a direct impact on the school.

Despite their undeniable potential for good, sites such as Facebook can be used to send inappropriate material or to air negative opinions about others, often sent ‘off the cuff’ in the unrealistic belief that the comments will be read only by a small group of known people. This is a dangerous practice. ‘Private’ content can quickly become very public indeed regardless of the privacy settings used. Material is easily printed or forwarded, either deliberately or accidentally.

In the cases we have had so far this year, concerned members of the public, uncomfortable with the content they have come across, have alerted the school and given us copies of the offending (in both senses of the word) material. This can be embarrassing for all parties, and in some cases might even leave the writer open to legal action.

All users of social networking sites should bear in mind that anything they type on the spur of the moment even to a narrow audience can end up having a very wide distribution. What we do in the online world may have very unfortunate consequences in the real world.

Sports Dates For 2013

Correction: The PSSA Zone Swimming Carnival is:

Monday 11th March
Schoolkids Bonus

The Schoolkids Bonus is a cash payment to help eligible families and students with the costs of primary and secondary school studies. If you receive a family or income support payment, including Family Tax Benefit Part A, you could be eligible to receive $410 a year for each primary student (and $820 a year for each secondary student), with half paid in January and half paid in July.

Check your eligibility by visiting www.australia.gov.au/schoolkidsbonus and if you think you might have missed out on the January payment, contact Centrelink – either in person at the Centrelink Office (9 Watt Street, Gosford) or by calling 132 468.

John Barwick

Congratulations

Mr. and Mrs. McCredie welcomed to the world little Zoe last Tuesday night. We wish the family all the best and hope they do not have too many sleepless nights.

School Photographs

Yesterday we sent back the proofs of the school photographs, which were taken a few weeks ago. If you have any enquiries regarding photographs including if you forgot to return the envelope, please contact Master School Portraits direct on 4966 8292.

Citizen of the Month

Today it was my honour to announce those students who were recognized by their peers as being co-operative and fair class members. Mr. Barwick and I are looking forward to you joining us for the celebration morning tea on 12th March. These fine citizens are now wearing their badge with pride, have their photo displayed in the front foyer and have taken their certificate home. Congratulations to Cassidy Q, Rachael W, Ella Y, Tahlia L, Zainab A, Noah W, Mikayla O, Tylah H, Zack R, Ivanna M, Stephanie M, Jordan P, Gemma-Lee B, Amy K, Gemma S, Jacinta J, James H, Charlotte H, Michelle M, Charlee P, Jemma M-P, Rhiannon R, Zoe G, Jasmine C, Daniel A.

Fairness

Our new value for the month of March is Fairness. All people, regardless of their differences deserve to be treated equally and have access to the same opportunities. At Kariong PS we have high expectations for all students and our school rules promote honesty and justice and oppose prejudice.

Head Lice

There have been some cases of head lice in the school and we would like you to take the precaution of examining your child’s hair.

Should you discover nits (eggs) or lice in his / her hair, you need to treat the hair with an anti-lice solution. Such preparations will kill the lice and most probably the nits but they will not remove the nits from the hair. A metal fine tooth comb should be used for this purpose. The nits will come away from the hair more readily if they are dabbed with warm vinegar before combing. When treatment is completed, and all head lice and eggs have been removed, please continue to check the hair weekly for any further head lice infestation.

Remember the P & C are conducting a nitbusters program on 15th March. Please return your child’s permission note and do consider volunteering on the day as many hands do make it a lot easier for all.

Volunteering

We really appreciate the fact that so many people volunteer at our school. This is a reminder that it is essential that you first sign the register, kept at the front office, indicating your arrival and departure times. This documentation is vital especially if there is an emergency or accident whilst you are on school grounds. If you have not volunteered previously a Child Protection Form needs to be completed. These are available from the office and are kept on file.
Medication

If your child requires medication at school, please fill in a Medical Consent form at the Office. This form must be completed prior to any medication being administered by our staff. A note to the class teacher is also necessary to inform them of the medications and the times to be given. Please do not send medication to school in your child’s bag. All medication needs to be in a labeled, sealable container (e.g. daily pill box) AND KEPT IN THE SICK BAY. Please have an adult take the medication to the office in the morning so it can be stored safely and correctly.

Afternoon Collection Arrangements

If your child’s home arrangements need to be changed, please ensure to put them in writing to your child’s class teacher. Verbal messages by children often end up confused and this can cause them distress. If you do have to change arrangements during the day please give plenty of time for the message to be received by the class teacher.

Easter Raffle

The P & C are once again holding an Easter Egg Raffle and are asking for donations of Easter Goodies (eggs, baskets, gift bags, cellophane) which your child takes to their classroom and deposits in the Easter box.

Amanda Taylor

Ticks

✓ A tick to the parent who handed in a mobile phone found in Langford Drive Wednesday afternoon. The owner was very grateful!
✓ A big tick for all the students who display wonderful manners when attending the office. Thankyou!
✓ A tick to all the families who donated clothing to our sickbay – the response was fantastic!

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<th>Early Stage 1 Week 5 Assembly Merit Awards</th>
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<th>Stage 3 Assembly Merit Awards</th>
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This Weeks School Banking Winners
Ryan R. from 4S and Heidi D. from KG

Easter raffle tickets coming home next week. Please remember to send your donations to school!
Dear Parents and Caregivers.

Change and loss are issues all of us face at some stage in our lives. At Kariong Public School we recognise that when changes occur in families through death, separation, divorce or related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education program called Seasons for Growth. This program is facilitated in small groups and is based on research that highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem solving, decision-making, effective communication and support networks.

Seasons for Growth runs for eight weeks and each weekly session is 40-50 minutes. The program concludes with a ‘celebration’ session. Later in the year each group will have the opportunity to meet for two further sessions to build on their earlier learning.

An information session for parents and carers will be held on Tuesday 12th March at 5pm in 6G’s classroom (directly above the school office). This session will give you an insight into the program, and the opportunity to ask any questions you may have.

Seasons for Growth will commence midway through term 2. A permission slip for attendance will appear in the newsletter later this term. Kariong Public School is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved.

Sue Gasper
Seasons for Growth Site Coordinator

ROAD SAFETY FACT SHEET
Parking Rules & Penalties

This NSW Roads & Maritime Services (formerly the RTA) fact Sheet provides an overview of some of the penalties that apply to illegal parking on all roads in School Zones - from 1 July 2012

If you stop in a ‘No Stopping’ area
- Fine from $298 + 2 demerit points
You must not stop your vehicle on a length of road or in an area in which a No Stopping sign applies. No Stopping includes when the vehicle is not moving but the engine is still running.

If you stop in a ‘Bus Zone’
- Fine from $298 + 2 demerit points
You must not stop or park your vehicle in a bus zone for any reason. This includes when the vehicle is not moving but the engine is still running.

If you disobey a ‘No Parking’ sign
- Fine from $165 + 2 demerit points
You are allowed to stop your vehicle only to set down or pick up passengers, or goods. Your vehicle must not stop for more than 2 minutes. The driver must not be more than 3 metres from the vehicle.

When you obey the parking rules, it makes it easier to see what pedestrians (mostly the children from our school), are doing.
Car Boot Sale Narara

Narara Valley Baptist Church is hosting a community Car Boot Sale on Saturday 16th March from 8.00 am – 1.00 pm.

Spaces are still available - contact Fiona 4328 4369, or come along to 127 Narara Valley Drive to find some bargains.

KARIONG WANDERERS RUGBY CLUB

Season 2013

TRAINING began on Wednesday 20th February for Kariong Rugby Juniors, 5pm at Mt Penang Village Green. It 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 1 more Come and Try Rugby evenings (Today and Friday 1st March) at Village Green No 2, Parklands Rd, Mt Penang from 530pm.

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.

Kariong Netball Club needs players turning 8 or 9 this year to fill a netta team. New players are welcome. Please contact the club via www.kariongnetballclub.com if you know of anyone interested

Found

A Pandora bracelet, a friendship necklace, a Nokia phone and a ring have been handed in to the school office. Please contact the office staff with a description if you have recently lost any of these items.

Kariong Towing
0433 225 382

- General Towing
- Accident Towing & Salvage
- Break Downs
- Jump Starts
- Tyre Changes
- Emergency Fuel Delivery

If you have an accident or break Down, call your local towing company
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Dr Trevor Day,
Dr Tari Thomson,
Dr Gerard Thiruvaran,
Dr Smita Naidu,
Dr Antonio Luska,
Dr Andrew Lancaster,
Dr Sue Freng,
Dr Amir Esmayedi,
Dr Lucia Moadle
Dr Donna Bolla,
Dr Diana Trece
Registrars - Dr Rohan White
Dr Azz Boyas

Surgery Hours
Monday – Friday 8am to 6pm
Saturday 8am to 1pm
Sundays and Public Holidays Closed

NEW Weight loss program for 2013
New 12 week weight loss clinic starting February 2013, please contact the centre to register your interest. Supported by our friendly nurses and an online interactive website.

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- Musical Theatre
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Friday, 1 March 2013
Issue 5 - Term 1 - Week 5