Student Sporting Achievements

Our Kariong Public School students have achieved some outstanding sporting results this term! I was privileged to attend the school’s Athletics Carnival presentation ceremony on Monday and I was very impressed with the carnival results and the number of existing records that were broken. I was also extremely impressed with the efficient manner in which the House Captains and Vice Captains conducted the presentation ceremony. A big thank you to Mrs Priest for ensuring this ceremony ran smoothly. Despite the ongoing inclement weather the BWPSSA Athletics carnival took place on Tuesday and a number of students received certificates and commendations for their outstanding athletic performances on the day. We wish the very best of luck to the 13 students who have been selected to represent our zone at the Sydney North Carnival next week. Thanks to Mrs Berge and Mrs Ryan for managing the BWPSSA team.

NAPLAN

All children in Years 3 and 5 received their NAPLAN results today. Please check your child’s bag for their personal NAPLAN report and praise them for their efforts.

Fathers’ Day Stall

Our hard working P&C have again excelled in providing our students with an enticing array of Fathers’ Day gifts to purchase for some very lucky dads this Sunday! Jodie Williams, Danielle Beckman and Bernadette Grace would like to thank Lee Foreman and Bronwyn Lewis for their support manning the Fathers’ Day Stall on Thursday morning and they would also like to thank the following students for their assistance with setup: Aaron B, James B, Eloise B, Trent W, Khai M, Lachlan D. and Hayden S.

End of Term Treat!

Congratulations to all of our Kariong PS students who have continued to demonstrate excellent behaviour and have stayed on Level 1 for the duration of Term 3. The Term 3 end of term treat is fun visit to Peppermint Park during Week 10 at the following times:

<table>
<thead>
<tr>
<th>EARLY STAGE 1</th>
<th>STAGE 1</th>
<th>STAGE 2</th>
<th>STAGE 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten</td>
<td>Year 1 and Year 2</td>
<td>Year 3 and Year 4</td>
<td>Year 5</td>
</tr>
<tr>
<td>Friday 19 September 10am – 10.55am</td>
<td>Thursday 18 Sept 1.35pm - 2.55pm</td>
<td>Wednesday 17 September 11.35am – 12.15pm</td>
<td>Thurs 18 Sept 1.35pm - 2.55pm</td>
</tr>
</tbody>
</table>

Justine Abell
Fluoro Fitness-Athon is ON!

This year our fundraising Athon will be highlighting the PD/H/PE and Sports component of the curriculum. We invite you to come and be part of the Kariong Fluoro Fitness Athon in Term 4 on Friday, 24th October. Be sure to pencil it in your diary and wear your favourite fluoro or bright coloured clothes for a day of fun filled fluoro madness! The students will be receiving their sponsorship card and letter detailing the requirements of the Athon in week 10 of this term. This will allow them to collect some sponsors over the school holidays. Hope to see you there!

Brisbane Water District Athletics Carnival Results

On Tuesday 2 September, 34 children represented Kariong Public School at the BWPSSA Athletics Carnival at Mingara. All students did a great job with many making the finals in their events. They all did KPS very proud!

CONGRATULATIONS to the following students who participated:

<table>
<thead>
<tr>
<th>Jamie B</th>
<th>Joshua F</th>
<th>Jordan H</th>
<th>Laura S</th>
<th>Chris L</th>
<th>Hayden S</th>
<th>Jordan M</th>
<th>Aidan M</th>
<th>Danika F</th>
<th>Mitchell H</th>
<th>Georgia S</th>
<th>Nikeisha B-T</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caitlin H</td>
<td>Zakery B</td>
<td>Noah L</td>
<td>Grace S</td>
<td>Riley B</td>
<td>Zac C</td>
<td>Cody G</td>
<td>Allyn S</td>
<td>Elliot B</td>
<td>Daniel H</td>
<td>Joanne H</td>
<td>Molly W</td>
</tr>
</tbody>
</table>

A BIG thankyou to Ms Robinson, Mrs Holmlund and Mr Signorio who volunteered on behalf of KPS at the barbeque.

Congratulations and good luck to Chis, Jordan, Daniel, Jamie, Riley, Zac, Isabellah, Lailani, Benji, Ella C, Joshua F, Erica C and Jemma A who will now compete at the Sydney North Carnival on Monday 8 September!

Michelle Ryan and Bianca Berge
Nitbusters Program Returns – Parent Helpers Wanted!

Nitbusters is on again next Tuesday 9 September from 9am to 1pm and **we need parent helpers**! If you can help (even for a few classes) please meet at the Hall on the day or call Brooke Harvey (Nitbuster Co-ordinator) on 0400 310 140 for further information.

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**School Canteen Licence**

**Location – Karingion NSW**

Tenders are called for the licence of the Karingion Public School Canteen commencing in Term 4 2014 and for a term of approximately 3 years. Annual school enrolments will be approximately 600.

General enquiries and requests for a Tender Information Package should be referred to the Principal (02 4340 1885). Tenders must be submitted in a sealed envelope marked “Confidential – School Canteen Tender” and sent to: The Principal Karingion Public School 52 Langford Drive Karingion NSW 2250.

Tenders close at 3pm Thursday 9/10/2014. A Tender visit and briefing session is planned to be held in the near future. All applicants must make themselves familiar with clause 2 of the tender offer.

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**Dealing with Anxieties**

Most children have fears or worries of some kind and in nearly all cases, anxiety and fears in childhood are fairly transient and short lived. However some children will keep having trouble with anxiety unless they get professional help. Severe anxiety can greatly impact on a child’s health and happiness.

Anxiety is infectious and worries and fears can pass easily from parent to child and from child to parent. If you are too worried about too many things, your children are likely to be more anxious. It is important to take a child’s fears seriously and help them manage and overcome anxiety and stress. Examples include:

- **Social anxiety** – is a fear or worry where children have to interact with other people or be the focus of attention.
- **Separation Anxiety** – is experienced when children can’t be with their parent or guardians and will protest, cry, struggle or complain of feeling sick when separated.
- **General Anxiety** – is when children tend to worry about a variety of things such as health, schoolwork, world events, money or they feel the need to get everything perfect, seek constant reassurance and may be afraid of new or unfamiliar situations.

- acknowledge your child’s fear- don’t dismiss or ignore it
- gently encourage your child to do things they are anxious about
- praise your child for doing something they are anxious about
- avoid labelling your child as shy or anxious.

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**Week 8 Assembly Award Winners!**

<table>
<thead>
<tr>
<th>KC</th>
<th>Cadence D.</th>
<th>Zoe D.</th>
<th>2C</th>
<th>Cooper H.</th>
<th>Daniel S.</th>
</tr>
</thead>
<tbody>
<tr>
<td>KG</td>
<td>Kian S.</td>
<td>Joshua H.</td>
<td>2P</td>
<td>Bill D.</td>
<td>Jacob W.</td>
</tr>
<tr>
<td>KH</td>
<td>Juliette Mc.</td>
<td>Mischa H.</td>
<td>2TJ</td>
<td>Aaliyah P.</td>
<td>Charlie C-D.</td>
</tr>
<tr>
<td>KK</td>
<td>Fetineni A.</td>
<td>Keanu S.</td>
<td>5G</td>
<td>Bailey B.</td>
<td>Blake McD.</td>
</tr>
<tr>
<td>KQ</td>
<td>Tristan G.</td>
<td>Laura K.</td>
<td>5J</td>
<td>Alana J.</td>
<td>Montana G.</td>
</tr>
<tr>
<td>1E</td>
<td>Aston H.</td>
<td>Ella Y.</td>
<td>5N</td>
<td>Charlotte H.</td>
<td>Chris L.</td>
</tr>
<tr>
<td>1G</td>
<td>Chelsea H.</td>
<td>Kiara G.</td>
<td>5N</td>
<td>Hannah F.</td>
<td>Kaitlyn T.</td>
</tr>
<tr>
<td>1H</td>
<td>Odin H.</td>
<td>Bailey R.</td>
<td>6B</td>
<td>Ewen H.</td>
<td>Trent W.</td>
</tr>
<tr>
<td>1M</td>
<td>Atavia A.</td>
<td>Cooper F.</td>
<td>6C</td>
<td>Jazlyn Webb</td>
<td>Jordan H.</td>
</tr>
<tr>
<td>2B</td>
<td>Taliah H.</td>
<td>Jessica R.</td>
<td>6R</td>
<td>Tarren W.</td>
<td>Michelle M.</td>
</tr>
</tbody>
</table>

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**Amy Cash Fitness**

**Kid’s holiday fitness**

Looking for something different for your kids these holidays....

Come along and join in 1,2,3,4 or all 5 of our fun fitness sessions programmed for kids!!!

Spaces are limited!!!!

All children are required to wear a hat, runners and t-shirt. Sunscreen will be available on the day.

Please contact Amy Cash on 0434 390011 for all bookings and enquiries.

or contact via our Facebook group- Amy Cash Fitness "KIDS"

This week’s Student School Banking winners are Hunter B. from KQ & Chloe W. from 3L!