



# Newsletter

## Principal's Message

Term 1 Week 7  
Thursday, 10th March, 2016

### Hazelhurst Gallery

I heard some fantastic reports from Stage 2 classes who visited Hazelhurst Art Gallery this week. The students had a tour of the art gallery and also participated in workshops where they made clay sculptures. Stage 3 is heading to Hazelhurst next week. I can't wait to see the sculptures when they are all finished!

### Sporting Schools Funding

Thank you to Miss Cole for her time and effort in applying for 'Sporting Schools' grants over the past year. Sporting Schools is an Australian Government initiative to get children committed to a lifelong love of sport. All primary schools can apply for a grant each term for up to three terms a year, to deliver Sporting Schools activity before, during or after school hours. Last year it was run as an additional after school program, however this year staff decided to use the funding to provide specialist coaches during School Sport sessions on Friday morning. It has been great to see the children enjoying these sessions and developing soccer skills on Friday mornings while PSSA teams are away competing.

### Professional Learning

Teachers are lifelong learners who are committed to professional learning. There is clear research that there is a strong link between the professional qualities of individual teachers and the learning outcomes of students. Staff at our school regularly engage in professional learning sessions. This term we have been focusing on our school's strategic directions and incorporating team teaching to improve student learning. This week I have been at a conference in Wollongong that has focused on resilience, wellbeing and positive thinking for staff and students. I have learnt about some great techniques and strategies about increasing mental health that I look forward to sharing with staff to help reduce anxiety and stress in our students. One of the presenters was Andrew Fuller who is very passionate about wellbeing in children and teens. I have included an excerpt from Andrew's newsletters about Cyber Safety which you may find very useful. Check out his website for more information.

### Sports Achievements

Congratulations to Ben I, Ben S and Callum S who have now progressed to the Regional Swimming Carnival next week at Homebush. We wish them all the best. Congratulations also to Emily C who was selected as a member of the Georges River PSSA District Netball Team.

Please don't hesitate to contact me at any time if you have any questions or concerns. Have a great week.

Tanya Sarafoski



#### Week 7

Thurs 10 Mar Hazelhurst St 2

Fri 11 Mar PSSA Rnd 4

#### Week 8

Mon 14 Mar Intensive Swim Prog

Hazelhurst St 3

Tues 15 Mar Hot Dog Day

Wed 16 Mar Hazelhurst St 3

Fri 18 Mar PSSA Rnd 5

#### Week 9

Mon 21 Mar Intensive Swim Prog

Tues 22 Mar Yr 6 Gala Day –  
Peakhurst HS

Wed 29 Mar Easter Hat Parade

Fri 25 Mar Good Friday

#### Week 10

Mon 28 Mar Easter Monday

Wed 30 Mar Combined Easter  
Scripture

Fri 1 April PSSA Rd 6

#### Week 11

Mon 4 April P & C meeting

# Sport Cavalcade



Week 6 T1	Juniors	Seniors
Girls	V Hannans Rd	V Hannans Rd
Basketball	Won 10-8	Won 25-14
Girls	V Mortdale	V Mortdale
Cricket	Lost 12-58	Lost 13-55
Boys	V Penshurst	V Penshurst
Oztag	Lost 2-3	Won 6-2
Boys	Lugarno	Lugarno
Softball	Won 11-7	Won 13-2

Week 7 T1	Juniors	Seniors
Girls	V Penshurst West	V Penshurst West
Basketball	Won 12-6	Lost 13-56
Girls	V Lugarno	V Lugarno
Cricket	Lost 27-48	Lost 53-40
Boys	V Peakhurst	V Peakhurst
Oztag	Lost 12-58	Lost 12-58
Boys	V Kingsgrove	V Kingsgrove
Softball	Lost 3-11	Won 4-3

# Pennant Winner

Congratulations to the pennant winners for this fortnight!

Ben Steinhardt, Heath Stewart and Stephanie Paino..

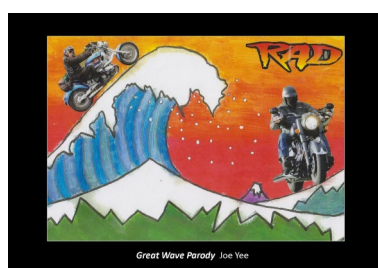
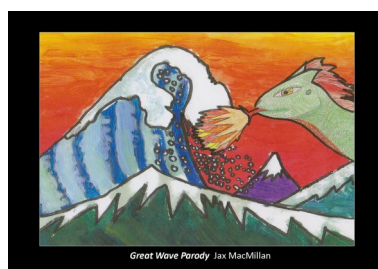
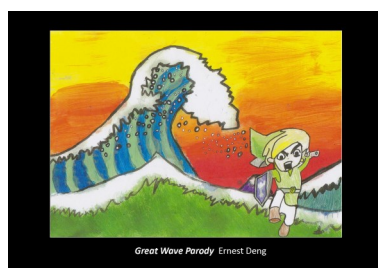
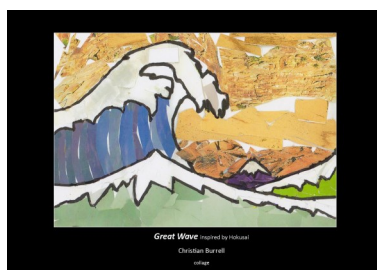
Keep up the great work!



## What have 5/6B been up to?

Year 5-6B have been focussed on their HSIE Topic of Japan this term. In Visual Arts we have been examining **Hokusai's** famous print, *The Great Wave off Kanagawa*. We have sketched, painted and used the image to create collages and parodies. We have also used the technique of ink blowing to create Sakura blossoms (cherry blossom). Our writing has been to create persuasive brochures, postcards and poems and we visited our Buddy Class (**2S**) to make basic origami animals. We are looking forward to our workshop excursion to the **Hazelhurst Art Gallery**, next week.

### Collages



### Parodies



### Sakura

Delicate, lovely

Blooming, plummeting,  
showing-off

Sweet ostentation

Grace

by Jesse



5-6

五 六 B

Jolee





## P&C News

On Monday night, we held our Annual General Meeting where elections were held to elect the following P&C members to their roles:

President: Peter McWaters

Vice President: George Burrell

Treasurer: Christine Burrell

Secretary: Leanne Shepherd

Thank you to the out-going members of the P&C for all your support in the governance of the school. A great deal has been achieved during your time in office. Welcome to those newly elected to positions.

A special thank you and farewell goes to Mark Bancroft for his commitment and dedication to PWPS, not only as a parent but as a leader of the School Council and P&C over the past 16 years. The whole school community appreciates the involvement and effort that Mark has contributed during these years.

THANK YOU!

## Stage Two @ Hazelhurst Regional Art Gallery Workshop



*Clay modelling, multi media painting and tour of Art Express Exhibition*



## K-6 Club Cake Stall

Our cake stall was a HUGE success! Not only did we have a great amount and variety of cakes but we also had lots of parent volunteers who helped by sending cakes in or by selling cakes on the day. No matter what your contribution was, we appreciate it! Approximately \$650 was raised—a great effort on all counts!





# Cyber Smarts-Using social media wisely

## Andrew Fuller

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You have access to the world's largest museum, art gallery, library and social group ever created. You also have access to ways to expand your intelligence and your influence that your past generations could have never imagined.

To gain these massive benefits you need to have your wits about you and know how to use technology and social media wisely.

### Accountability

Being completely anonymous online is a thing of the past. Anything that you share on social media, publicly or privately, can be tracked back to you and you may be held accountable for sharing it.

### Always use the "Nana" rule

If you wouldn't want your nana, parents, teachers, or future employer to see something, don't share it on social media.

### Illegal Content

There are some things that are entirely illegal to share on social media. Threatening posts and messages or "sexting" a nude photo of an underage person-- even if that person is *you*-- can lead to legal action and police involvement.

### Privacy Settings

#### Know Your Audience

Know exactly who can see a post, picture or tweet before you share it. If total strangers can see all of your information, pictures, and everything you post, they can use this information to track you or to hack your profile.

### Public versus Private

Privacy settings allow you to share appropriate content with friends and family while making sure that strangers can't access your information. Carefully choose what information you want people that you don't know to see when they view your social media profiles.

### Private Isn't "Secret"

Just because you have a piece of information, a photo, or a post set to "private" doesn't mean that it can't be shared with others. While privacy settings make it more difficult for others to see things you don't want them to see, people inside your private network can still share photos and screenshots outside of the network.

### Strangers & Online Friends

#### Know the Site

Some sites, like Twitter and Tumblr, are known for allowing people to connect and discuss art, music, politics and ideas with people from all over the world. Other social media applications, like Facebook and Snapchat, are almost always used exclusively for friends and family.

Understand the culture of the social network before you join-- it will help you make smart decisions about who to connect with.

### Who to Friend

Strangers will occasionally send you friend requests on Facebook. Sometimes, they might even be from halfway around the world! No matter who they are or what they say, don't accept friend requests on Facebook from individuals that you don't know. Most people have a lot of personal information available on Facebook, and these strangers are looking for that information-- not a new friend.



### **Don't trust everyone**

Online friends can be valuable members of your social network-- if they really are who they say they are. The Internet can be a great place to make friends with similar interests and from all over the world, but it is also full of people who are looking to take advantage of you.

### **Verify identity**

Take action to make sure that anyone you interact with online is really who they say they are. Google's "reverse image search" can be used to check if a photo is really of that person, or if they stole it from an online source. Real people usually have fleshed-out profiles, visible interactions with friends and family members and lots of available photos.

### **Security**

#### **Secure passwords**

Create a secure password keeps your identity secure, your personal information safe, and your accounts from being hacked. Choose a password that only you could think of, using information that isn't readily available on your online profiles. Every password should include both uppercase and lowercase letters, numbers and special symbols (!@#%&\*).

#### **Choose your security questions wisely**

Sites often use security questions to help you reset a forgotten password. Hackers can use information on your social media profiles to easily answer these questions and gain access to your accounts. Choose security questions with answers that cannot be discovered by a quick scroll through your Facebook profile.

#### **Location Tracking:**

Any time you upload a photo online, there's a chance that your location can be tracked through it. Most phones and cameras have GPS installed, and the information of your location can be found in the data of pictures taken on these devices.

Websites can also track your location via your IP address.

### **Hackers**

Most hackers use clues on your social media to discover your passwords and account details-- or they may pretend to be someone that they're not to convince you to tell them your information directly.

### **If You Think You've Been Hacked**

Change your passwords immediately; delete any posts that anyone else may have published on your account, and let your social network friends know not to any suspicious messages from you.

### **Feeling Safe**

#### **Cyber bullying**

Harassing threatening or intimidating someone else online is known as cyber bullying and it's illegal.

#### **If You're Being Cyber bullied**

Don't respond to any messages or posts that make you feel unsafe-- use your computer's screenshot function to take a picture of the message and show it to an adult that you trust.

### **Blocking Features**

Most social networking sites have a block feature that can prevent another user from contacting you any further. Learn to use the block feature to stop a cyber bully in their tracks.

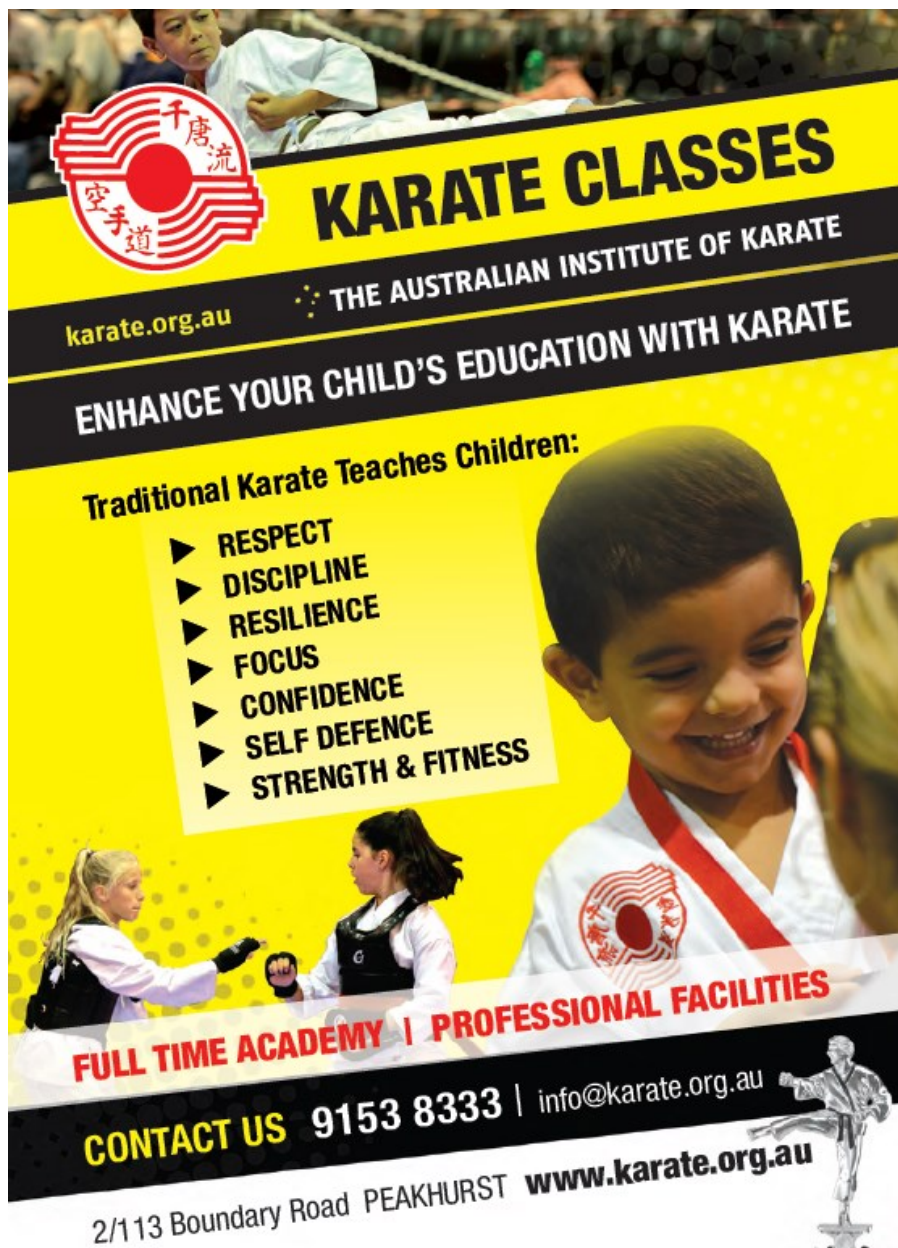
### **Reporting Harassment**

Many websites allow their users to report other users who are sending harassing messages. Doing so may lead to the cyber bully's account being disabled.

### **When to talk to an adult**

Any time someone has made you feel unsafe online, it's a good idea to talk to an adult about how to handle it.





**KARATE CLASSES**

karate.org.au THE AUSTRALIAN INSTITUTE OF KARATE

**ENHANCE YOUR CHILD'S EDUCATION WITH KARATE**

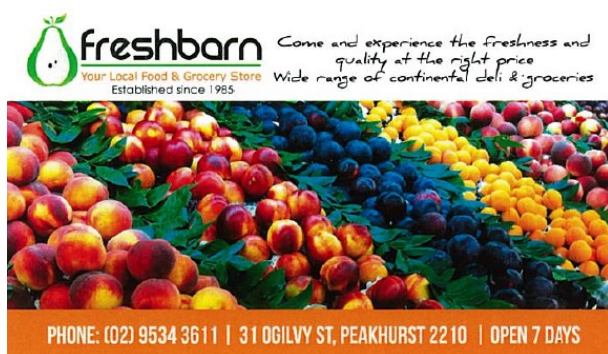
Traditional Karate Teaches Children:

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## Sydney Swans Family Night Penshurst RSL Panthers



Dear Parents and Kids,

We invite you to Try AFL with the Sydney Swans players at Olds Park, Penshurst. Enjoy Coaching sessions, autograph signing and photo opportunities.

The club will be providing a free BBQ and fun activities for all the kids.

**Bring a Non-Playing AFL Friend Along!**

**Invite: Sydney Swans Family Night**

**When:** Thursday the 17<sup>th</sup> of March 5-6pm Primary, 5.30-6.30pm High School

**Where:** Olds Park, 624 Forest Road Penshurst

**What:** Autographs, Photos, Free BBQ and show bags to first timers.

**Contact:** Harry- 0407 532 072 [harry.sleigh@aflnswact.com.au](mailto:harry.sleigh@aflnswact.com.au)



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FREE



## Building Bridges

When parents separate, they often live in two homes and kids need to find a way to build their own bridge between their parents' homes.

**Building Bridges** is a free two-hour workshop for children to discuss how bridges connect families that are living in two separate places.

**Children will learn:**

- to understand feelings about parental separation and conflict
- about changes in families following separation
- how to feel safe in the family
- to become emotionally stronger and more resilient

For Children aged between 8 and 12 years

Venue: Caringbah Interrelate or  
we will come to your venue.

**\$15 per child but negotiable**

Address: 383-385 Port Hacking Rd Caringbah

Bookings Essential – Phone 8522 4408



## Parents Not Partners

This six-session program is for separated parents in conflict over their children – where they should live, how much time they should spend with each parent, what school they should attend, or anything else concerning the children.

**Parents who are separated will learn:**

- about the effects on children of the ongoing parental conflict
- how to shift focus from the conflict with the other parent to child's needs
- skills to reduce conflict
- about parenting after separation
- how to transform the relationship with the other parent into a business-like partnership
- to better understand the emotional needs of each child in the family

**Mondays, 6:30pm to 9:00pm**

**23 May | 30 May | 6 Jun | Tues 14 Jun**

**| 20 Jun | 27 Jun**

**Cost: \$150**

Venue: Caringbah Interrelate

Address: 383-385 Port Hacking Road  
Caringbah

Bookings Essential – Phone 8522 4408



## Relating as Stepfamilies

**This three-session program assists couples to manage the demands of life as a stepfamily.**

It will assist parents to:

- examine the challenges and positives of stepfamilies
- examine personal beliefs and the effects of holding onto these
- highlight the losses stepfamilies have suffered
- recognise the importance of developing stepfamily rituals
- compare different communication styles

**Monday, 6:30 pm to 9:00pm**

**23 May | 30 May | 6 June**

**Cost: \$75 per couple**

Venue: Caringbah Interrelate

Address: 383 – 385 Port Hacking Rd, Caringbah

Bookings Essential – Phone 8522 4408

## Seasons for Growth

**This is an eight-week program for children aged 6 to 12 years that have experienced grief and loss in their lives due to a significant change such as death, separation of parents or a natural disaster.**

**Children will learn:**

- to understand and talk about the normal range of emotions experienced during major change, grief and loss
- how to build positive relationships with family and friends
- how they can participate in a caring and confidential network of peers and adults
- about resiliency
- how to plan for a realistic and hope-filled future

**Monday, 4:00pm – 5:00pm**

**2 May | 9 May | 16 May | 23 May | 30 May  
6 Jun | Public Holiday | 20 Jun | 27 Jun 2016**

**Cost: \$50 per child**

Venue: Caringbah Interrelate

Address: 383-385 Port Hacking Rd  
Caringbah

Bookings Essential – Phone 8522 4408

Note: This program is developed by Good Grief and facilitated by Interrelate

