**Student Semester One Reports: Friday 20 June**

We are thrilled to share your child's educational progress with our Semester One Report. This is the first time NSW teachers are reporting on the new English curriculum. The major reporting difference is that students receive one English overall result or ranking. There are no longer separate areas for the previous curriculum's three strands of Talking/Listening, Reading and Writing. I am very proud of our teaching team and their commitment to producing detailed and informative reports.

I encourage parents to share reading and discussing the student report with your children. Parents are most welcome to contact their child's class teacher to organise an interview as required.

Happy reading!

**Invitation to Term 2 Celebration of Achievement Assembly: Friday 27th June, 10:00am**

Parents and their guests are cordially invited to attend our assembly on the last day of Term 2. The assembly will be conducted by 5/6S. The assembly will acknowledge our students achievements and progress. It is also an opportunity to share the talents of our school musical ensembles. I hope you can join us.

**Stage 2 NRL 7 Legends Team: Thursday 19 June at Campbelltown Stadium**

We wish our students the best of luck tomorrow at Campbelltown Stadium. This is our second visit this year! Mr Freeman will be attending and will encourage our students with our parents.

**Police Support Enforcing Road Rules**

Our local police are patrolling school zones, speed limits and parking restrictions to maximise safety within our schools. This is a timely reminder to take care and continue to respect the safety and well being of our community.

**Too sick for school?**

As the cold weather hits, so do the winter bugs. It’s often hard to know whether to send your child to school or let them stay home to recover, especially when that means an adult cancelling work. For safety's sake, if your child seems unwell you should always keep them home from school and seek medical advice.

School A to Z and the NSW Health have created an at-a-glance chart to help answer your questions about common childhood illness and how long sick kids need to miss school. Find it by typing this link into your web browser [www.bit.ly/1hytn2E](http://www.bit.ly/1hytn2E)

**Mental maths strategies**

We teach children a range of different strategies to add and subtract numbers. By showing them several methods for solving maths questions, we’re helping them to look for patterns. All this builds a good sense of "number” which means they understand the relationships between different numbers and why different ways to add and subtract work well. The goal is that your child will understand many ways to approach a maths problem and will be able to choose a way that makes the most sense to them. School A to Z has a lot of resources, including help sheets on mental maths strategies, here: [www.bit.ly/JkiUsY](http://www.bit.ly/JkiUsY)

**Thinking about getting into shape?**

Physical activity can set you on the road to improving your health. Health authorities recommend that you should exercise for at least 30 minutes daily in one session, or bouts of 10-15 minute sessions. Exercising regularly benefits your whole body – physically and emotionally. It can:

- Make you feel good - stimulating brain cells that can leave you feeling happier and more relaxed
- Keeps the balance - between the food you eat providing fuel for your body and minimising any excess being stored as fat
The remaining events have now been run for the athletics carnival, our team for the district carnival finalised, and notes handed out. Look for our District Team printed elsewhere in the newsletter. If your name is on the and you didn't get a note, please see Mr Berry as soon as possible.

Our 7 a side legends rugby league team plays 3 games this Thursday at Campbelltown Stadium. Good luck team!

We were very lucky yesterday to have an expert running coach, Sean Williams, visit us from Sydney to give some of our runners some tips and training advice. Mr Williams coaches some of the Australian runners competing in this years Commonwealth Games. He was also visiting to encourage students to join the school running team for the Southern Highlands Challenge at Wingello State Forest on Sunday 31st August. He told the students that everyone who enters will receive a medal when they finish, and that the school with the biggest team will receive $400.00 worth of sporting equipment. You can choose to run 1km or 6 km's.

Here's how to join Mr Berry, Ms Grady and the Colo Vale School Running team: Go to this link – https://www.registernow.com.au/secure/Register.aspx?E=11773 (or just google Southern Highlands Challenge).

- click I'm a participant
- part of a school – yes
- continue
- type Colo and then search
- Join then join
- fill out details etc

Jenny Quist
PRINCIPAL
Colo Vale Public School

Due to staff professional development commitments two classes have had to change their Library day.
1G Library day is now TUESDAY
2P Library day is now THURSDAY
I would encourage all parents/carers to read to their children regularly, especially dads as it is very important to promote the importance of reading to all our children. Remember the Premier’s Reading challenge finishes on 22nd August.

In the words of Dr Seuss
“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.”
— Dr. Seuss, I Can Read With My Eyes Shut!

Anne Wood
Teacher/Librarian

End of Term 2: Friday 27 June
As our nine week term draws to a close, I would like to remind everyone about our the Staff Development Day on the first Monday back. Staff Development is designed to provide targeted training to support teaching and learning. Next term we will commence learning about the new Maths Curriculum, in preparation for the formal introduction in all NSW Schools in 2015.

Students return to school on Tuesday 15th July. This is also the first P&C Meeting of Term 3. Our P&C Meeting is at 7:30 in our staffroom. All welcome!

Improve flexibility - taking a big stretch in the morning can reduce that feeling of tightness
Promote sleep - a good night’s sleep can lead to improved productivity and concentration
Make your heart happy - assisting with the circulation of blood through the heart and blood vessels.

From the Sports desk

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**STUDENT INITIATIVES**

Coinciding with National Buddying Together Against Bullying day (we ran our novelty activities at lunchtime on Thursday for the Better Buddies Program & the Alannah & Madeline Foundation- keeping children safe from violence). The children who participated had lots of fun with the races & relays, which was the aim- to be inclusive & enjoy the exercise program. I have included the following excerpt from the “KidsMatter” website continuing with the anti-bullying theme.

Cyberbullying is particularly insidious because it is often done in secret, shared with a lot of people and difficult to remove. Research shows up to 17 per cent of children report being cyberbullied and, importantly, most children turn to their parents first with concerns about online safety.

KidsMatter psychologist Dr Lyn O'Grady says parents are best placed to educate their children about cyberbullying – which causes distress and can lead to loneliness, anxiety and depression – but warns that communication is just as important as setting boundaries.

“We know that technology is becoming an increasingly important part of children’s everyday lives. And while our instinct might be to protect them from it, and even take away their access to avoid problems, this approach won’t really equip kids in the long term,” said Dr O'Grady.

“Communication is one of the best ways to help children be safe online, now and into the future. It’s really important they feel that they can tell someone if they feel uncomfortable or are worried about things like cyberbullying, rather than staying quiet for fear their devices will be removed.

“The strategy that will work best for us as parents includes having an awareness of the issues, finding ways to talk regularly with children, listening to what they think, and working with them to get a balance between safe technology use and other things like spending time outdoors.”

To help prevent cyberbullying, KidsMatter encourages parents to:

- Communicate with your children. Communication continues to be the key to a successful relationship. It helps you learn about what’s happening in your children’s lives and address any concerns such as cyberbullying.

- Talk to your kids about what they’re doing online. Children benefit from assertive parents who actively monitor their technology use. Just like in the face-to-face world, the younger the child, the more supervision they require in the digital world.

- Reinforce your values. Think about the digital world as an extension of the face-to-face world and encourage your children to match their offline values with their online behaviour.

- Keep up-to-date with current programs and apps. Choose programs and apps that look good and use them with your children. Talk to your child’s school and other parents about what they are doing.

For more about cybersafety, see the latest enewsletter for families. media@kidsmatter.edu.au.

Netty Dubokovich-Student Welfare Worker ..... “SpeakLife”

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**Canteen**

**Roster**

20/6  Lisbeth H, Nicole S, Laura Corfield
25/6  Kylie Wyeth, Vanessa Eccleston

A big THANK YOU to all the families who have donated items to the canteen.

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**Uniform Shop**

**Roster**

20/6  Jane Wiltshire
23/6  Vanessa Eccleston
24/6  Kylie Wyeth

**Reminder** Uniform shop is open EVERY Tuesday afternoon 2:15-3:00pm and Friday mornings from 8:30 -9:00am

Also we are open EVERY THIRD Monday and the LAST THREE MONDAYS of the term from 8:30—9:00

Also Winter stock has arrived....Beanies, scarves and gloves.

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**LEGO**

Mittagong Library has a great collection of LEGO. Families are invited to visit the library on the 2nd Friday of each month from 4:00—4:30 and show your building skills. A photo of each creation is taken at the end of each session which can be uploaded and accessed via the library’s webpage. **It’s a great way to get children to visit the library !!!!**
## Track

### Boys
- **100m**
  - 8yrs: Riley Simpson
  - 9yrs: Joseph Eccleston
  - 10yrs: Tiko Ameria
  - 11yrs: Mathew Simpson
  - 12yrs: Aidan Finlan
  - 200m: Joseph Eccleston
  - 800m: Joshuah Thorne
  - 4x100m Relay: Joseph Eccleston

### Girls
- **100m**
  - 8yrs: Kelsie Carruthers
  - 9yrs: Brydee Martin
  - 10yrs: Jasmine Shakeshaft
  - 11yrs: Sebastian Hernandez
  - 12yrs: Mollee Chalker
  - 200m: Jasmine Shakeshaft
  - 800m: Brydee Martin
  - 4x100m Relay: Jasmine Shakeshaft

## Field

### Boys
- **High Jump**
  - Juniors: Joshua Thorne
  - 11yrs: Sebastian Hernandez
  - 12yrs: Mathew Simpson
  - Seniors: Aidan Finlan

### Girls
- **High Jump**
  - Juniors: Maya Bos-Woods
  - 11yrs: Lara Todd
  - 12yrs: Abby Miller

## Long Jump

### Boys
- Juniors: Blake Tickner
- 11yrs: Mathew Simpson
- 12yrs: Mathew Simpson
- Seniors: Aidan Finlan

### Girls
- Juniors: Maya Bos-Woods
- 11yrs: Indiana Hernandez
- 12yrs: Jade Alexander
- Seniors: Chloe Brown

## Shot Put

### Boys
- Juniors: Floyd Linsley
- 11yrs: Mathew Simpson
- 12yrs: Mathew Simpson
- Seniors: Aidan Finlan

### Girls
- Juniors: Aprille Freeman
- 11yrs: Tiana Cook
- 12yrs: Elise Balla
- Seniors: Abby Miller

## Discus

### Boys
- Juniors: Thomas Sargood
- 11yrs: Mathew Simpson
- 12yrs: Mathew Simpson
- Seniors: Mathew Ford

### Girls
- Juniors: Bianca Wyeth
- 11yrs: Elise Balla
- 12yrs: Elise Balla
- Seniors: Abbey Banhidi

## 4x100m Relay

### Boys
- Juniors: Joseph Eccleston
- 11yrs: Mathew Simpson
- 12yrs: Joseph Eccleston
- Seniors: Mathew Ford

### Girls
- Juniors: Jasmine Shakeshaft
- 11yrs: Jasmine Shakeshaft
- 12yrs: Maya Bos-Woods
- Seniors: Lara Todd
### Term 2

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<td>5</td>
<td>P&amp;C 7:30</td>
<td>6 Regional B&amp;G Hockey</td>
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<td>23 Reg Union Trials, Walk Safely to school day</td>
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<td>26 Author Talk Burwood RSL</td>
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<td>9</td>
<td>Queens Birthday Holiday</td>
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<td>12 Recorder Cluster Rehearsal Bowral PS Buddy Day</td>
<td>13 KH&amp;KZ Science excursion</td>
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<td>16</td>
<td>International Day of the African child</td>
<td>17 Wingello Trail Run coach 11-12</td>
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<td>19 Taster Day Bowral HS Yr5/6 Senior NRL Campbelltown Stadium</td>
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<td>25 Gold Day Yr 5-6</td>
<td>26 Mimosa Opera House Recorders</td>
<td>27 End of term assembly. Last day of Term 2</td>
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### Notes and Money due

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<td>Mimosa notes including restaurant information</td>
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<td>Bowral High School Taster Day</td>
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