

Dates for your Diary

Thursday 30/08

Colour Run

Friday 31/08

PSSA—BYE

P&C Fathers' Day Breakfast

Premier Reading Challenge Closes

Monday 03/09

School Photos

Tuesday 04/09

School Photos

Wednesday 05/09

Our Spectacular Choir Rehearsal

Burra Group Literacy Excursion
(Opera House)

Friday 07/09

PSSA

Monday 10/09

Our Spectacular Performance
2018

Wednesday 12/09

P&C Crazy Hair Day

Thursday 13/09

Great Science Show - Incursion
(Whole School)

Hills Speaking Competition Finals

Friday 14/09

P&C Colouring Competition Closes

Thursday 18/10

P&C Mufti Day

Saturday 27/10

School Fete

Bus Timetable Changes From



From the Principal's Desk

Dear Parents and Carers,

I would like to highlight a number of wonderful achievements the boys and girls at Ringrose have attained lately.

Our congratulations to:

- The Zone Athletics Team who performed admirably at the Zone Carnival in both field and track events. Their behaviour and sportsmanship were first class. A special congratulations to Vaivalo (1st Place 100m) and Molly (1st Place Shotput) who now represent our zone at the Regional Carnival!
- All the boys and girls who participated in the Public Speaking Competition recently. The level of quality was very high! A special congratulations to Keiralee, Taylah, Niyati, Sebastian, Jasmine and Natalia who now compete in the Hills District Public Speaking Competition.



- Congratulations to our Tournament of The Minds (TOM) team who represented our school brilliantly over the weekend at the tournament. These boys and girls have been working tirelessly in their preparation for this event over the past two months.

Thank you also to Mrs Ozturk and Miss Russell for providing this opportunity for them.

This next two weeks is going to be a busy time for our school and we'd like to highlight the details of the events again for you:

- 2019 Kindergarten Enrolments – we are now accepting enrolments for 2019 Kindergarten. If you have children of the correct age group or have family and friends who are considering coming to our school, we'd like to invite you all the meeting. Please advise them to see the office for more information and the Enrolment form.
- Father's Day Events:
 - o Father's Day Stall – Wednesday 29 August – students should bring their money with them on this day as the stall will be open to classes.
 - o Father's Day Breakfast – Friday 31 August – After parent feedback, this year we will have a menu that should cater for all food needs. This includes croissants

Ashley	4/5O
Joshua	2R
Grace	2R

Silver Awards

Deema	KB
Modasir	KW
Isaac	KW
Tyson	KW
Anthony	KW
Anthony	KP
Saxan	1A
Charbel	1A
Lara	1/2H
Elina	1R
Austin	1R
Aarni	1R
Korben	1R
Izzy	2C
Hesham	2C
Madison	2R
Riley	2/3S
Keeley	2/3S
Aiden	2/3S

- year gift to the school.
- This Friday 31 August, I will be accompanying our School Captains and Vice Captains as we attend the Memorial Unveiling for the late George Cartwright who was a Victorian Cross recipient. This important event will be held at the beautiful Charles Mance Reserve and will be an important milestone in our community.
 - School Photos:
 - o Monday 3 September and Tuesday 4 September, 2018.
 - o For class photos, we are asking all students to be in the Winter School Uniform.

Lastly, we hope you have been enjoying our Facebook posts that have gone up in the past two weeks about school achievements, celebrations and successes. If you haven't yet returned the Permission to Publish Note or you would like to update the permission, copies of this note are available in the school office.

Yours sincerely
Mr Loughhead
(Principal)

Tournament of the Minds

On Sunday the 26th of August our Tournament of Minds (TOM) team represented Ringrose Public School at the Sydney West Regional Finals. The students attended Western Sydney University at Kingswood to present their long-term challenge they have been working very hard on this term to the panel of judges and the audience. They did a magnificent performance and everyone was so proud of what the team was able to achieve. The team had to create their own pitch of a book they wanted to make into the film as their challenge. Their performance required a script, acting, dancing and props the students all had to create by themselves. They worked together as a team and were able to create an amazing ensemble.

After the team finished their long term challenge they had to prepare for their spontaneous challenge. Still excited from their previous performance they walked into the challenge with confidence and big smiles. Unfortunately the teachers and family members couldn't watch the children's performance but based on their reactions once they finished showed us they worked as a team and did their best creative thinking and improvisation.

Mrs Ozturk and Miss Russell wanted to thank the TOM team for their dedication this term. The students have been committed and have given up their mornings and lunch times to work on the challenges as a team. We would also like to thank the families for their support throughout this time.



Peter	3O
Taleirah	3O
Lana	3H
Latifa	3H
Rixon	3H
Sienna	3H
Taliyah	4M
Kharliah	4M
Isaiah	4M
Shylar	4M
John-Paul	4M
Marwa	4/5O
Joe	4/5O
Matthew	4/5O
Sarah	5G
Tommy	6C
Brayden	6C
Tahlia	6C
Alper	6M

It has been extremely busy in 4G! 4G have had fun celebrating Science week by completing several STEM activities. 4G first had to build a chair that could support the weight of a teddy bear using only foil, masking tape and newspaper. Their next challenge was to build a boat that could float on water and can move when blown using a straw. The students of 4G were only given 15 minutes to build their boat and they were very creative. Most groups were able to get their boats to float on water. 4G all had lots of fun and the day ended with a science lesson about built environments.

Also in 4G this week students have been learning about the compensation strategy to mentally add two digit numbers. They have been using concrete materials such as cards and dice to assist creating their own numbers.

I have had lots of fun in 4G and I can't wait to visit again!



Our Spectacular 2018

Our Spectacular 2018 will be held on the **Monday, 10th of September** showcasing the talents of Ringrose Choir and Dance Groups.

Tickets are still available for sale.

Public Speaking

Congratulation to all of our students who took part in our Public Speaking Competition!

Keiralee, Taylah, Sebastian, Niyati, Jasmine and Natalia will now represent our school at the Hills Public Speaking Competition



August. Everyone is welcome.

Fete News

The School Fete will be held on Saturday 27th October, 2018. We are looking for a reliable volunteer (who loves plants) to run the Plant Stall on the day with other volunteers. If you can spare your time on Saturday 27/10/18, please If you have any off-cuts please start planting them.

Contact Mrs Brett on 0411 143 609.

We are seeking donations of pre-loved clothing in good wearable conditions—no holes or stains.

Men's, Women's and Children's/babies clothing all accepted. Bags and Belts Welcome.

We are also seeking donations of clothes hangers or coat hangers.

Donations can be handed in to our Volunteers under

sleeve.

A reminder too that in accordance with the Department of Education's updated uniform policy, we are looking at adding in some new options to the girls uniform. See the note sent out by Mr Loughhead for full details. A P & C member will be available after morning assemblies with samples of the options for you to have a look at. Feedback is welcome through the Skoolbag app, or the P & C suggestions box in the office.



DID YOU KNOW our school receives benefits from the school banking program? Our school gets \$5 for every CommBank account opened under the program as well as 5% of every deposit made at school (a maximum \$10 commission applies per deposit). Not only does school banking educate our kids about saving, but it raises funds for our school to buy essential resources.

Canteen News

Don't forget that we have **Sushi Wednesdays** for **\$4.00 per roll** or **2 rolls for \$6.00**. Orders need to be placed by TUESDAY for Wednesday lunch.

- * Tofu, carrot and cucumber roll (Vegetarian)
- * Chicken teriyaki with cucumber roll
- * Chicken schnitzel with cucumber roll
- * Cooked tuna with cucumber roll
- * Cooked salmon with avocado and cucumber roll

Mrs Brett (Canteen Coordinator)



Canteen Roster - Term 3

Gerard Bauer in particular.

Issue 6 of Book Club arrived this week and has been handed out. Orders are due in by the 12th September. Please use LOOP/credit card, if you are unsure how this works, please see me and I will step you through it. We have received the reorders from the Book Fair. They will be distributed to children shortly

Mrs Kranenburg

Teacher Lbraian



Kindergarten Excursion

“Moooooooooooo, welcome to the farm,” said Delilah the cow as Kindergarten entered the gates of Calmsley Hill City Farm. “You’re in for a fantastic day, the sun is shining and the animals can’t wait to meet you.”

Delilah was definitely right! Kindergarten had an amazing day at the farm on Tuesday 21st August. It all started with an exciting trip on the bus out to Abbotsbury. The students walked in taking all of the sight, sounds and smells in. The colourful birds at the entry, the peacock and ducks roaming the grounds.

Highlights included the bumpy tractor ride where the students showed just how loud they could scream as they went down the big hill. Milking Custard the cow was another favourite, although it felt a little strange according to Isabella. Miss Twarloh even had a go at cracking the whip!

The excitement at the petting farm was fantastic, we got to pat baby sheep, goats and bunnies. The students learned to look after the animals and make sure they were gentle and careful when patting them.

The day ended with us watching Beau the working dog round up the sheep. He followed the farmers instructions and did a great job at the rounding them up. Then we got to see Barbara the sheep get a haircut.

It was an exciting but tiring day! A few of us even had a little nap on the bus ride back to school.



School Photos

CUMBERLAND COUNCIL
SCHOOL HOLIDAY PROGRAM CALENDAR
OCTOBER 2018



Education and care services offering catering for children starting of 13 years.

Exciting activities, theme days and recreational and educational programs. Kindly educators provide a safe and fun environment for school aged children.

To book, please visit our website and complete the online booking form cumberland.nsw.gov.au/shp

Bookings Close: Friday 21 September 2018, 4.30pm
(A late booking fee of \$36 applies after this date per child, per centre).

Prices: Single Digits: \$51
Double Digits: \$56 per day

Monday 1 October	Tuesday 2 October	Wednesday 3 October	Thursday 4 October	Friday 5 October
Public Holiday	Crazy Science Day	Movies	Tie Dye T-shirt Day	Dress Up Disco
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Public Holiday	DIY Herb Garden Workshop	Calmsley Hill Farm	My Dance Crew Workshop	Auburn Botanic Garden
Monday 8 October	Tuesday 9 October	Wednesday 10 October	Thursday 11 October	Friday 12 October
Laser Tag Warriors	Multicultural Lunch Day	Ultimate Family Entertainment Centre	Muffin Makin' Station	Calmsley Hill Farm
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Music Art Workshop	King Pin	9D Cinema	Colour Run	Movies

Double Digits	in Centre days
57 Auburn Street, Parramatta West 50 Princes Street, Guildford West 18 - 36 Ringrose Avenue, Greystanes 50 Bruce Street, Merrylands	Workshops Excursions

7am - 6pm
7am - 6pm
7am - 6pm
7am - 6pm

For more information please contact Cumberland Council's Children's Services Team

P 8757 9000 E info.schoolholidays@cumberland.nsw.gov.au

W cumberland.nsw.gov.au F Cumberland Council Children's Services

say cheese

School Photo Day is Monday 3 & Tuesday September 2018

Have your child's school memories captured

Please take time to read the relevant information on the payment envelopes and remember these helpful points:

- Don't seal envelopes inside each other. You can place children in one envelope however each child needs their own envelope on photo day
- Family envelopes are available at the school office
- If paying by cash please enclose correct money as is given on photo day. NO CHEQUES ACCEPTED
- Credit card payments can be made online (please see instructions on envelope) or by calling our Office on photo day. Your child will still need to take their envelopes with them on the day.
- Sport/Specialty Photo Orders will be organized after photo day on a separate form.



Stuff happens

Looking after three children on her own has not been easy for Denise**, a loving and caring mother. Sometimes the pressure gets to her and she feels like she can't cope at all. She doesn't know how she would manage without her 11-year-old daughter Alison. Every morning Alison makes the lunches and gets the younger children to school. She makes the dinner when Denise is not feeling well, and makes sure the washing up gets done. Recently Denise got sick and had to give up her part-time job. Then they had to move house. Alison helped to organise things and looked after her little brother and sister too. Just lately, though, something seems to be troubling Alison. She hasn't been as patient with the younger children as usual. The other day she lost her temper with Denise. "Why can't you look after us like other mothers do?" she said. Denise was very upset. She wondered whether she had been relying too much on Alison. She worried that Alison might be having trouble coping too.

Life can be challenging

Families and children may experience pressures for reasons that they can't control. In the story above, Alison's family has had to face lots of challenges. Her Mum has been struggling with her health and her finances, while trying to bring up three children on her own. Alison has been her main support, but now it seems the responsibility may be wearing Alison down. Is Alison likely to develop difficulties as her mother fears? Perhaps. It depends a lot on what else is going on for Alison, at school, with her friends, and with other important people in her life. Every child will perceive their situation uniquely and react differently to their own pressures.

Mental health risk factors

The sorts of things that make it more likely that children will experience mental health difficulties are known as mental health risk factors. Risk factors are things that put stress on the child or family and make it harder for them to cope.

- o experience of trauma or abuse
- o having a parent with mental health problems
- o family financial problems.

Things that protect mental health

Just because one or more risk factors are present for an individual child it doesn't mean that the child will necessarily develop a mental health difficulty. When protective factors are present they help to balance out the risk of developing mental health difficulties.

Examples of protective factors include:

- o having a supportive parent, carer and/or teacher
- o doing well at school
- o having a positive coping style
- o getting help with worries early
- o having support from wider family, friends and community members.

How parents and carers can help

When children are exposed to mental health risk factors it is helpful to try to build up protective factors to support their mental health. Some of the ways you can do this include:

- o Spend time listening to your child and help her or him to feel understood and loved.
- o Take time out to have fun when you can – play games, go to the park, watch a movie together as a family.
- o Set up a support network with people you trust (ie family and close friends). Talk through with them how they can best support you and your children during times when you have trouble. If you don't have a support network, there are many support services that can help
- o Teach your children what to do and who to contact when they need support.
- o Help children learn coping skills for understanding and managing feelings. Explore information on [social and emotional learning](#) for further ideas.
- o Ensure your child's class teacher knows about any difficulties that may impact on your child's attitudes and behaviour at school.

The teacher or the school may be able to provide some or all of the following:

- o extra support from teaching staff
- o special programs or referrals to a counsellor aimed at boosting children's coping skills
- o information that can help your child realise that they are not the only ones dealing with 'family stuff'
- o information about where to get further support for your child and your family.

Stuff happens

- o Life is full of challenges. Some families face greater challenges than others.