

KOROWAL SCHOOL Newsletter



CALENDAR 2011

When	Where	What
Sunday 24th - Friday 29th July	"The Crossing", Bermagui	Year 9 Outdoor Education camp.
Monday 1st August		School photos, families and high school.
Tuesday 2nd August		School photos, primary.
Wed 3rd August 6.30 pm		KSC meeting
Thursday 4th August		Australian Mathematics Competition for all high school students.
Sunday 7th August 10 am - 3 pm		Working Bee
Fri 12th August		No classes for primary.
Sat 13th August		Open Day
Wed 31st August		Korowal Survey closes
Fri 23rd Sep		Last day term 3
Mon 10th October		Term 4 begins
Thurs 20th and Fri 21st October		No high school classes High school staff development
Thurs 8th Dec		Last day term 4
Fri 9th Dec		Staff development day

OPEN DAY Saturday August 13th, 10 am - 3 pm.

This term we have Open Day, which is particularly exciting as we are able to display all the beautiful work that the students have produced so far this year. We value this opportunity to celebrate with you the children's achievements and hope that you will be able to bring lots of friends and relations with you. We also encourage you to tour the school from Kindergarten through to the Pathways classrooms to see the progression of the children's work. (Nancy)

Can you help to put up Open Day posters?

Open Day is also a great opportunity for families who are interested in finding out about Korowal to visit when the school is looking its best, to meet our teachers and to see our student's work. We have printed 150 posters that we would like displayed anywhere in the Mountains or Penrith, or in your car window.

We would also like to place posters in every Mountains pre-school. You can collect them from the office - please write on the sheet where you intend to distribute them. If you can't get to school but would like to help, contact me on 0431352022 or acarment@bigpond.net.au and I will send them home with your child/ren. (Annie)

Can you help with food for Open Day?

We will need help to set up the cafe on Friday 12th, to make and prepare food, and to serve in the cafe on Saturday 13th. If you can help please contact me on 47829946 or fwacy@yahoo.com.au (Tracy)

Working Bee before Open Day

There will be a working bee at school from 10 am - 3 pm on Sunday 7th August, to make the school look beautiful. Any time that you can spare would be much appreciated. The job list includes gardening, painting prep, undercoating, general cleaning and tidy up, and spreading mulch under play

CANTEEN

We are still in need of volunteers to enable us to keep the canteen open. Please contact the school office if you can help.

You should have received an email about the changes to the running of the canteen.

Please remember that the canteen is closed on Fridays.

SCHOOL PHOTOS

High school and family photos will be taken on Monday 1st August.

Primary school photos will be taken on Tuesday 2nd August.

Please note that there was an error on the tear off section of the information about school photos that, hopefully, you have just received.

Correct pricing is as follows:

Pack 1 is \$25, Pack 2 (options A or B) is \$35.

Primary School News

Welcome back everyone. What an eventful 3 weeks we had with the storms and loss of power. I am relieved that none of our families (to my knowledge) were affected too severely. It is perhaps good for us to be reminded, from time to time, of just how comfortable and convenient our lives are here in the beautiful Blue Mountains.

This term we extend a special welcome to Indigo Ryan, who has joined us in year 5. Indigo's sister, Jasmine, is in Class 6. We also welcome Laura Trangye who is undertaking a 9 week internship as part of her Masters of Teaching degree at the University of Sydney. Laura will be based with K, 1, 2 but will be visiting other classes too.

Our students are able to have their gymnastics classes in our new school hall and I hear that they are thoroughly enjoying being in this new space. I'm sure Paula and Denise are particularly appreciative, as in previous years they had to abandon their space to gym mats and balance beams for this 5 week program.

We look forward to seeing you all at Open Day.
(Nancy)

High School News

Sport this term is African Dancing for Year 7, Gymnastics for Year 8, Martial Arts (Aikido) or Yoga for Years 9 and 10.

Year 10 attended a **Careers Market** at University of Western Sydney on Friday 22.07.11

Year 9 are going on **Outdoor Education camp** to The Crossing at Bermagui in week 2, from Sunday 24.07.11 until Friday 29.07.11 They will be accompanied by Kath and Joachim.

Our French teacher Maria begins her maternity leave shortly, and we wish her well. Maria's classes will be taken in her absence by Greg (in addition to his HSIE classes).

All High School students have been entered for the **Australian Mathematics Competition** again this year, following established tradition, and this will be conducted on Thursday 4th August. This is valuable practice and useful opportunity to gauge skills against a national cohort. The competition is also structured to be accessible, interesting and even fun!

Interviews will commence shortly, with Year 10 students and Parents/Carers, to help choose subjects for next year's Pathways (Year 11). Now is the time to start quizzing your Year 10 on what their interests are, what strengths they may wish to take advantage of, and what potential career interests might guide their subject choices.

(Steve)

Cabaret

Term two ended magnificently with our biennial Cabaret. Those of you who attended or were involved will know what what a fabulous success it was. Many many thanks to everyone who contributed: performers, directors, stage managers, technicians, teachers, organisers, waiters, backstage helpers, photographers, ticket sellers, cake makers, cleaners and dish washers. The Cabaret encapsulates the best of Korowal - creativity, co-operation, community and courage!



Staff Development Day

One of the significant impacts of our new location is the lessened opportunity for staff to meet together, even informally. At the Leura site, we had a larger staff room and the staff studies (work spaces for teachers not on class) were directly off the staff room. This lay out made it possible for many teachers to sit together at recess and lunch times and discuss issues that arise on an almost daily basis. Our current staff room is not big enough for everyone to be in at the same time and the staff studies are smaller spaces, away from the staffroom.

Korowal places great importance upon the quality of relationships and to this end we felt that a day spent to strengthen/renew/build teacher relationships, was important, especially as this year we have 6 new members of staff. Since relocating, this is the first opportunity we have had to spend together in this particular way.

The day began with a welcome back talk from Mark, including important updates. Cairo then led a "games session" for half an hour.

Following this we had 3 activities to choose from:

- removing the statues from outside the G 5/hall area and back filling the holes created. (They were a safety hazard, some were broken and they needed to be removed. Those that are still in good condition will be relocated.)
- making clay tiles for a mural to be mounted on the wall of the new school hall that will be a 2D representation of the statues removed.
- Working on one of the two mosaics that will be placed in the art room/canteen courtyard over the blocked out windows.

Lunch was followed by a presentation about the use of technology and its place in our school. This discussion will be continued throughout the term. We ran out of time to talk about playground duties, but held that discussion on Wednesday afternoon. The article below relates to part of that discussion. Staff benefitted enormously from Monday's activities and appreciate having had this opportunity.

Hats

We have a duty of care for all students which includes implementing policies and procedures that will help prevent skin damage from UV radiation. At our staff meeting teachers agreed that introducing a system which links the wearing of hats to the predicted UV radiation level could be both educative and effective.

We will check the predicted UV level each day and publish this in prominent places. If the UV level is predicted to be 3 or more, hats with brims or flaps that protect nose, ears and necks, need to be worn. We will be talking to our students about this new system at assemblies and as part of our personal development lessons.

As it is expected that this level will be reached on the majority of school days, it is important that every student has a suitable hat at school every day.

We ask that you support us in the implementation of this procedure by checking that your child has a suitable hat.

The information below has been taken from the following site:

<http://www.cancer.org.au/cancersmartlifestyle/SunSmart/VitaminD.htm>

Vitamin D

The sun's ultraviolet (UV) radiation is both the major cause of skin cancer and the best source of vitamin D. In Australia, we need to balance the risk of skin cancer from too much sun exposure with maintaining adequate vitamin D levels. Sensible sun protection does not put people at risk of vitamin D deficiency.

What is vitamin D?

Vitamin D forms in the skin when it is exposed to UV from sunlight. It can also be obtained from some foods. We need vitamin D to maintain good health and to keep bones and muscles strong and healthy.

How much sun do we need for healthy bones?

The best source of vitamin D is UV-B radiation from the sun. UV radiation levels vary depending on location, time of year, time of day, cloud coverage and the environment.

For most people, adequate vitamin D levels are reached through regular daily activity and incidental exposure to the sun. During summer, the majority of people can maintain adequate vitamin D levels from a few minutes of exposure to

sunlight on their face, arms and hands or the equivalent area of skin on either side of the peak UV periods (10am to 3pm) on most days of the week.

In winter in the southern parts of Australia, where UV radiation levels are less intense, people may need about two to three hours of sunlight to the face, arms and hands, or equivalent area of skin, spread over a week to maintain adequate vitamin D levels. In winter in northern parts of Australia, people will continue to maintain adequate vitamin D levels going about their day-to-day activities, so it is not necessary to deliberately seek UV radiation exposure.

When do I need sun protection?

Most Australians need sun protection when the UV Index is 3 or above. UV radiation levels in northern states are higher than southern states, so in some parts of Australia, sun protection is needed all year around at certain times of the day. In these areas, it is safe to go outside without sun protection in the early morning and late afternoon when the UV Index is below 3.

However in southern states, there are times of the year when sun protection may not be necessary. People in southern states may not need sun protection from May to August when the UV Index is likely to be below 3. The only exception is if they are at high altitudes or near highly reflective surfaces like snow or water.

Parent members of Korowal School Council

At our Annual General Meeting in May, the following parents were elected to your School Council.

Rosemary Dillon (chair)

Rosemary has been involved with the Korowal school community over the last 13 years as a parent of two children and more particularly over the last 4 -5 years as member of the Korowal School Council. Both of her children attended Korowal since Kindergarten, with the eldest completing Year 12 last year and the youngest currently in Year 9. As the current Chair of the Korowal School Council she brings a range of skills and experiences not the least a passion for making the school sustainable - socially, environmentally and financially. She has formal qualifications in Urban and Regional Planning and Human Geography, over 10 years strategic community and corporate planning skills and over 20 years experience in budgeting and financial planning working in a variety of local government roles. She is currently working at Blue Mountains City Council as manager of Integrated Planning and Finance and has been responsible for leading the development and implementation of the Sustainable Blue Mountains 2025 City Strategy.

Mick Barrett

Mick has been on the Korowal School Council since 2007.

His three children have been at Korowal since primary school: Elly (Pathways); Emma (Year 10); Jack (Year 8). "I am inspired by the personal growth his kids have experienced through their school. It is heartening to see them grow in their interest in learning, their community and the world. The culture of this school supports them to care."

His career has included over 13 years working with children and young people, before turning to community development work over the past 15 years. He currently manages the Mid Mountains Neighbourhood Centre. Skills He has skills and interest in the areas of governance, community based management, policy development, project management, community development, personnel management, and mediation.

"Please talk to me about ways I may better represent the interests of the school community in my governance role."

Vittorio Cintio

Vittorio was previously a member of the School Council (and Council chair) from 2000 to 2010. He has been a Korowal parent since 1988. His four oldest children have graduated, and his son Johnson is in class 5.

He has a degree in social work and postgraduate qualifications in both social work and management. He was a director of the Sydney West Area Health Service from 2004 to 2008

He is currently Vice President and director of the Australian Association of Social Workers, and the President and Director of Allied Health Professions Australia.

He is currently the Department Head, Social Work, Blue Mountains/ Nepean Local Health District, including clinical governance and financial management of the service.

He has expertise in professional ethical practice, risk management and strategic planning.

Greg Lucas [B.Com.](#), MBA, (Distinction), CFP.

Greg is the father of Madeleine in year 2 and Cameron in year 1.

For over 20 years, Greg has been working in and studying the banking and finance industry. Greg graduated from Bond University in 1992 with a Bachelor of Commerce, specialising in Marketing and Real Estate Development. On completion of his MBA at Griffith University, he was admitted to the Director's List in recognition of outstanding academic achievement. In 1997 he founded Acumen Advisers, a financial planning practice that provides financial advice to individuals. He subsequently graduated as a Certified Financial Planner from Deakin University/FPA.

Greg continues in his work as a Financial Adviser with Acumen Advisers and is a regular lecturer in Financial Planning for Community Colleges throughout the Blue Mountains and Sydney, and for a number of public and private companies. He can be heard every fortnight as the guest presenter on the 'Financial Express' segment of Monday's Middy Show on BLU FM (89.1).

Debra Keenahan.

Further information next newsletter.

Annual reports presented at this year's AGM by the **school co-ordinator and the chair** will be published in our next newsletter. You can also read them online at <http://www.korowal.nsw.edu.au/Governance/Reportspoliciesandprocedures/tabid/488/Default.aspx>

The Korowal Newsletter

is assembled and edited by Annie Carment, who can be contacted at acarment@bigpond.net.au or on 0431352022. It is published every fortnight during term time.

CONNECTIONS

I apologise that it is often not possible to print images from files that are sent to me. (Annie)

Leura Springs Family Day Care

Hi, I'm a Korowal Mum and am starting family day care in Leura, situated off Craigend Street.

A lovely environment for pre-schoolers.

Please contact Lindsay on 0416 186699

The Korowal Families' Survey - last chance!

Thank you to everyone who has already completed our survey. The information that we are collecting is invaluable for our marketing and future planning. However, we would like more responses so that the information collected is as representative as possible. **The survey will close at the end of August**, so if you have not already completed it, we urge you to find the time. It will take less than five minutes and is completely anonymous.

Click this link to open the survey.

<https://www.surveymonkey.com/s/KOROWAL>

Thank you,
Mark Thomas
(on behalf of the School Council and the Marketing Committee)

'Yoga Tails' (Preschool Yoga 3-5yrs)

Exploring relationships between ourselves, each other and the environment through stories, movement, song, and of course, Yoga!

MMNC Lawson, 10-11am, Thursdays, from July 21st

(come casually or enrol for the term)

Contact Kate on 0403 114 393 or check out the website for details

www.awakenedheartyyoga.com.au

COME AND PLAY WITH BLUE MOUNTAINS SOFTBALL AND BASEBALL CLUB

The 2011/2012 season begins on 10 September 2011. All games are played at the one venue - Surveyor's Creek, Glenmore Park at the same time each Saturday. Training sessions are at Lomatia Park, Springwood. A competition will be run for all ages, girls and boys born 2007 (4 year olds) onwards, men and women.

Registrations will take place on **17 and 24 July 2011** from 10:00am to 1:00pm at Lomatia Park, Springwood

For more information contact Barbara Povic 0417 269089

MOKSHA CHILDREN

Brings you:

Child-Parent-Relationship (C-P-R) Training

Give your children what they need most: You

When children have problems, sometimes they don't have the words to talk about them. Play gives children a way to communicate feelings they don't understand or can't express any other way.

Play therapy has been shown to be an effective intervention with children for a variety of behavioral and emotional difficulties. Research has shown that motivated parents can be trained to be as effective as play therapists using play therapy skills with their own children, with as little as 20 hours of

Child-Parent-Relationship (C-P-R) Training.

Research studies have shown that Child-Parent-Relationship (C-P-R) Training can:

Reduce or eliminate behavior problems

Enhance the parent-child relationship

Develop responsibility and self-control in children

Increase children's self-esteem and self-confidence

Increase parents' feelings of warmth for their children

Child-Parent-Relationship (C-P-R) Training is conducted in 10 weekly, 2-hour sessions. The atmosphere is friendly and accepting and the training interactive, making it enjoyable and interesting. The therapy works best for children between 3-10 years

Some of the things you will learn include:

How to help your child open up to you

Therapeutic limit -setting

Recognizing emotional needs and building self-esteem

Fostering creativity, self-control, and self-responsibility

Call Vinity Gill (Provisional Psychologist) at 0420973363/0247592547 to enroll for the first group beginning 2nd August 2011 between 12:30-2:30pm at Lawson Community Center

Blue Mountains Events and Living Hands present

Life Assistance and Development Skills ... for Boys and Men

What LADS is about....

A project to assist and support young men between the ages of 12 to 15 in their journey to manhood through a network of male mentors in their community.

Behind the scenes...

Maggie Mulham and Vicky Puig are friends, mums and business women whose vision is to support young people in their journey to adulthood. With that in mind, they've decided to put a set of programs together (starting with young boys) which are community oriented and based in the Blue Mountains.

Calendar of Events – Term 3-2011

We are running 2 programs in Term 3:

My Rhythm: A day of drumming, dancing, vocalizing and story-telling
Saturday 20th of August 2011
Senior Facilitator: John May

Hanging out: Rope circuit, abseiling and rock climbing
Saturday 24th of September 2011
Senior Facilitator: Gaia Sigel

For more information about Lads and our programs and for bookings and enquiries call or email Vicky:

4759 3615 – 0427 160 961