

Kandos  
Public School



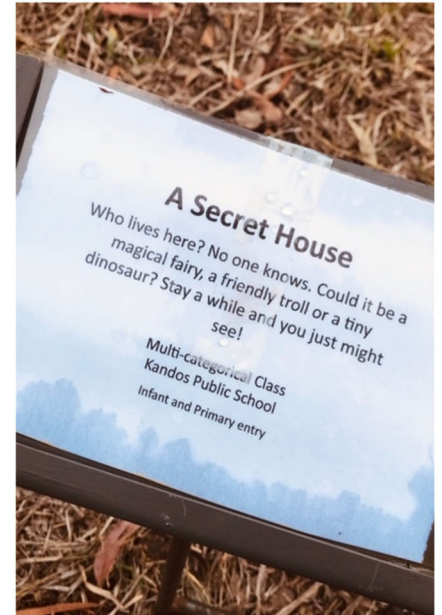
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Respectful



On Task



Term 4, Week 1 – 16th October, 2019

## NEWSLETTER



### Inside this edition:

- **Principal's Report** - Term 4 events, Welcome Simone Norbat & Julie Lewis - Phillips to Canteen, Pink Up Day, Assembly, Sculptures in the Garden, Glen Willow Sports Day, Sydney Excursion, Early Start recommences, Breakfast Club
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- **Griffith University Study - Childhood Anxiety**
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Anything is  
possible with  
**sunshine** and a  
little **pink**.

Lilly Pulitzer



Pink Up Day & P&C Pink Cake  
Stall - Tuesday, 22nd October



## Principal's Report

### Term 4 Commences

Term 4 has commenced. Welcome back everyone!

Highlights of Term 4 at Kandos Public School include Early Start, Pink Up Day, the Years 5 and 6 Sydney Excursion, the P&C's Scary Hair Day, Remembrance Day, an excursion to the Matinee of the School Spectacular, Cultural Study, Learn to Swim lessons, Speeches and Voting for the 2020 School and House Captains, Presentation Day, Semester 2 Student Reports, the Year 6 Farewell and the annual SRC Talent Quest.

### New Management - Canteen

A warm and hearty welcome from all staff and students of Kandos Public School to Mrs Simone Norbat and Mrs Julie Lewis - Phillips as they commence this week in their new roles as Canteen Managers.

Simone and Julie will be at the canteen, Monday to Friday, from 7.30am to 3.20pm. The new phone number for the Canteen is 0474 247 364. A Term 4 Canteen Price List will soon be sent home to parents.

### Pink Up Day - 22/10

Next Tuesday, 22nd October is **PINK UP Day** at Kandos Public School.

Our Pink Up Day will be raising money for breast cancer research at the Garvan Institute. Staff and students are invited to come to school on Tuesday dressed in **PINK** and are asked to bring along a gold coin donation.

The P&C will also be holding a **Pink Cake Stall** at recess. Remember to bring along some money to buy a pink treat to eat.



### **Assembly - 22/10**

Our first assembly for Term 4 will take place next Tuesday, 22nd October, on our **Pink Up** day. The Assembly be led by our Captains and will take place at 12.30pm in the COLA area, due to the HSC exams being held in the hall.

### **Sculptures in the Garden**

Kandos Public School's was well represented at Rosby's Sculptures in the Garden at Mudgee over the weekend. The theme was Garden Wonderland - things you would find at the bottom of the garden. Congratulations and well done to all our budding artists.

### **Multi Sports Clinic - 18/10**

This Friday, 18th October, students from Years 2 to 6 will be travelling to Mudgee to participate in the Macquarie Sports - Multi Sports Clinic. All participants will be provided with a sporting gift and a barbecue lunch.

Students who are attending are reminded to wear school uniform (not sports uniform) and to bring their school hat. Students are also asked to bring their recess, drink bottle and lunch (if they don't want a sausage sandwich). The bus will depart at approximately 9.15am, with the aim of returning by the end of school. If this is not possible, a message will be sent out on the Skoolbag app.

### **Sydney Excursion - 23/10 to 25/10**

Next Wednesday, 23rd October, 23 of our Year 5 and 6 students, along with Mrs Kennedy, Miss Tarran, Ms MacDonald Webster, Mrs Murphy and myself will set out on the much anticipated three day excursion to Sydney. Places to visit include Taronga Zoo, the Sydney Aquarium, the Museum of Contemporary Art, the Justice and Police Museum, Homebush Olympic Park and the Maritime Museum. Students are required to be at the school by 5.30am for a 6.00am departure.

### **Early Start Recommences - 23/10**

Early Start will recommence for our 2020 Kindergarten enrolments next Wednesday, 23rd October.

### **Breakfast Club**

Breakfast Club has been given a boost thanks to the generous donation from the P&C. Staff and parent helpers will continue providing healthy and nutritious breakfasts to every student - every day! We will be serving up fresh fruits, yoghurts, cereals, spaghetti on toast, smoothies and much more! It's fun, it's free and it's for everyone! Thank you to the parents who have offered their time to help out with Breakfast Club.

### **Tod Morley**

### **Principal**

### **BOOK CLUB**

Issue 7 Book Club brochures were sent home with students this week. Book Club orders (and money) are due back at school by Monday, 28th October.

### **THE GARVAN INSTITUTE**

Garvan is home to one of the largest breast cancer research groups in Australia conducting leading-edge research on the progression of breast cancer and the development of new treatments. Research includes defining the genetic characteristics of breast cancer; developing biomarkers of prognosis and responsiveness to treatment; and understanding how cancers become resistant to treatment and identifying ways to overcome this. The Kinghorn Cancer Centre brings together clinicians and researchers from St Vincent's Hospital and Garvan to provide state-of-the-art breast cancer services and to give patients access to a suite of clinical trials.



### **HAT REMINDER**

*Students are reminded to wear their school hat. Students are required to wear a school hat to protect themselves from the sun while they are outdoors and in the playground. Children without a hat will be directed to the shade of the COLA areas and will not be able to go to the Oval to play.*

*Please remember to label your child's hat.*



# Mark Your Calendar

>> UPCOMING EVENTS

DATE	EVENT
<b>WEEK 1</b>	
Thursday, 17th October	-
Friday, 18th October	Multi Sport Clinic, Glen Willow, Mudgee (Years 2 - 6)



Seth Weatherall & Chayse Weekes - BMEC Excursion

DATE	EVENT
<b>Week 2</b>	
Monday, 21st October	-
Tuesday, 22nd October	 <b>PINK UP Day</b> (Pink Mufti) Gold coin donation   <b>P&amp;C</b> <b>Pink Cake Stall</b> Bring along some money to buy a cake   <b>Assembly, 12.30pm, COLA</b>
Wednesday, 23rd October	<b>EARLY START</b>   Years 5 & 6 Sydney Excursion (Day 1)  <b>Student Banking</b>
Thursday, 24th October	 Years 5 & 6 Sydney Excursion (Day 2)
Friday, 25th October	 Years 5 & 6 Sydney Excursion (Day 3)  <b>SRE</b>

Photos on front page

Sculpture by Class Emus



**2019/2020 Season**  
**Club Race 1**  
**Sunday 20th October**

**Long Course - 8.00am**  
**Little Devils - 9.30am**  
**Big Devils - 9.45am**  
**Super Sprint - 10am**

For full details or to renew your  
membership visit our website  
[www.mudgeetriclub.hwy.com.au](http://www.mudgeetriclub.hwy.com.au)





## Australian Childhood Anxiety TREATMENT STUDY

### Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

#### About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

#### About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

#### Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:



(07) 3735 3351



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[griffith.edu.au/childhood-anxiety-treatment-study](http://griffith.edu.au/childhood-anxiety-treatment-study)



Australian Government  
National Health and  
Medical Research Council

 **Griffith**  
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