



**Respect, Responsibility, Personal Best**

## SCHOOL SWIMMING SCHEME

### Coming Events

#### TERM 4

#### WEEK 8

**Tuesday 4th December**

Swim School  
High School Orientation

**Wednesday 5th December**

Swim School  
NVHS Band Performance

**Thursday 6th December**

Swim School  
Personal Development Stg 3

**Friday 7th December**

Swim School  
Whole School Assembly  
Community Carols

#### WEEK 9

**Monday 10th December**

Chamberlain Gardens Visit  
Stage 3 Trivia Day

**Tuesday 11th December**

P&C Meeting

**Friday 14th December**

Presentation Day

#### WEEK 10

**Monday 17th December**

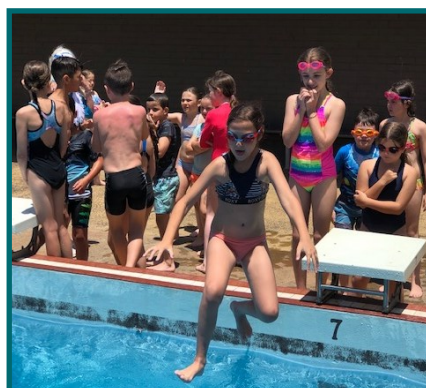
Year 6 Graduation Assembly  
Year 6 Farewell

**Wednesday 18th December**

PBL Rewards Day

**Thursday 19th December**

Talent Quest  
Canteen Meal Deal  
Last day of Term



## PRINCIPAL'S MESSAGE

**"Dreams and dedication are a powerful combination."**

### Carols Night.....Friday, 7th December

Come along to our Christmas Carols evening at Valley View Public School this **Friday, 7th December**. There will be a BBQ, fun activities for the children and Christmas concert items. We look forward to seeing you there to join in the Christmas spirit and watch our talented children perform. Many thanks to the P&C and to all the Valley View staff who have volunteered their time to make this event a success.

### Healthy Canteen Award

The Valley View Public School Canteen has been recognised as a Healthy Canteen and we received our award on Tuesday, 27th November at the Mingara Recreation Centre. Congratulations to our canteen manager Rebecca Van Drempt and the many volunteers who have worked tirelessly to ensure our school is fully compliant with the new Healthy Canteen requirements. Well done, Valley View!

### Volunteers' Morning Tea

Last week, we held our annual volunteers' morning tea to celebrate the partnership between the school, parents and wider community. It was wonderful to say thank you to all our parents and volunteers who have helped out in so many ways across the school this year. I know the staff enjoyed sharing a cuppa with all of our wonderful parent helpers and personally saying thank you.

### Presentation Day Assembly – Friday, 14th December

Our students will be recognised for their achievements in the arts, on the sporting field and in the academics at our School Presentation Day. A warm welcome is extended to all of our community to join us for the end of year presentation awards to be held on **Friday, 14th December** in the school hall. The assembly will begin at **9:15am** for a **9:30am** start.

### Semester 2 Reports

Semester 2 Reports will be sent home with students on **Monday, 17th December**.

### School Travel

You can update your student details (and apply for a new card) online at <https://apps.transport.nsw.gov.au/ssts/>.

### Return to School in 2019

Teachers return to school on **Tuesday, 29th January 2019**. Students in **Years 1 to 6** return to school on **Wednesday, 30th January 2019**. **New students to Valley View begin on Thursday, 31st January 2019**. Kindergarten students are involved in Best Start assessments at the beginning of the year and parents are notified by mail regarding starting date and time.

Yours in Education  
Mary Hunt  
Principal

## VOLUNTEERS MORNING TEA





## PBL NEWS – STUDENT WELLBEING

### Mindfulness

Over the last decade, mindfulness has been slowly rising in popularity with many individuals practising it on a regular basis. Evidence based research has found that there are many benefits to mindfulness. Mindfulness can be described as attention training for your brain, enabling you to focus on something without judgement and to stimulate curiosity. Mindfulness can be practised in a number of ways and is something that can be done by everyone- no matter what your age! It has been practised by many cultures around the world, but it is not exclusively affiliated to any particular philosophy or religion. Mindfulness helps improve memory, engagement and performance. Its positive effect on the brain can improve immunity, mental wellbeing, learning ability, emotional health and even time management. It is especially important in this era of information overload as our attention is constantly being pulled in many directions making us more distracted.

### How do we begin to cultivate being mindful?

#### It begins by:

#### Being non-judging

- ◆ Becoming more aware of the habit of categorising people and events as good, bad, or indifferent and avoiding these labels.

#### Developing Patience

- ◆ Gaining the wisdom to know and accept the fact that some things must unfold in their own time.

#### Fostering a beginner's mind that is open to life's experiences

- ◆ Seeing things as if they were happening for the first time, allowing ourselves to be receptive to all possibilities.

#### Extending Trust

- ◆ Trusting in ourselves and our own wisdom as well as enabling trust within others.

#### Becoming non-striving

- ◆ The ability to deeply experience the present without the tension or goal to achieve.. to simply “be.”

#### Demonstrating acceptance

- ◆ Receiving things as they actually are rather than how we wish them to be.

#### Letting go, allowing yourself to not become attached

- ◆ Allowing thoughts, feelings, and experiences to come and go without getting entangled within them.

As you go through your day, allow yourself time to reflect on these characteristics and the events of your day. Remember not to label experiences as good or bad, but rather accept them just as they are. You'll begin to see new possibilities within each moment as well as grace for yourself and others.

## THIS WEEK IN PBL

Respect means being polite, caring for others and taking care of property. In class we can show respect by listening to others and looking after our things, other peoples things and school property.

### TRY THIS!

- ◆ Discuss, brainstorm and create a class chart of what respect looks like in the classroom.

### GIVE IT A GO!

- ◆ **Practise** putting up your hand when answering/asking questions. Working with others ensuring students can share. Practise asking a peer if you can use an item that they own, use manners and ask before using.





## Christmas Carols Friday 7<sup>th</sup> December

Time: 4.00 – 8.00pm

Please note: Only the main front  
gate and side gate will be open.

Hope to see you there!



## ERINA FAIR CHRISTMAS TREE

You won't miss it! Valley View PS have a Christmas Tree at Erina Fair! Make sure you vote for us when you are Christmas shopping.

Don't forget to tell your family and friends. Congratulations to all of the students for your hard work to create such an impressive tree!

*Miss Davies*

## CHESS CHAMPION FOR 2018 – MAKENNA M

It has been a very competitive environment in our Chess Club this year with more than double our usual attendance and it is with great pleasure that we announce this year's Chess Champion to be Makenna M.

The year started off with a Swiss Tournament and 24 participants. They completed many games and earned points to secure a top 10 place on our leader board. Makenna managed to take second place in this group stage and earned a spot in Valley View's School Representative Team which would go on to compete at Wyong High School in the Central Coast Primary Schools Chess Tournament.

Our finals were both exciting and stressful with Makenna being knocked into the lower bracket early on; however, she managed to win all remaining games and claw her way back into the grand final. This game took place as a best of 3, and her opponent Baxter certainly put up a tremendous fight; however, in the third and last game Makenna managed a tournament winning victory. It was fantastic to see both the improved level of play and the great sportsmanship showed throughout the entire tournament.



Congratulations Makenna on becoming our Valley View Public School Chess Champion for 2018!

## UNIFORM SHOP

I would like to introduce myself, my name is Shannon and I have recently taken over the role of Uniform Shop Coordinator from Marina Zammit. Marina has done an amazing job in the role over the last three and a half years. On behalf of the P&C I'd like to say a huge thank you to Marina for all of her hard work during this time and a personal thanks from me for all her assistance during this period of transition. I'd also like to thank Karen, Kristy, Bec, Emma, Amy, Lenore, Andy, Fleur and the entire Valley View Public School office staff for the big parts they have played during this shift.

We have a lot of lost property throughout the school. Bec, Linda and Lisa have done an awesome job trying to find the owners of all the labelled property with the indispensable assistance of Mrs Murch. I would like to re-inforce how important it is to clearly label every item your child brings to school, clothing in particular.

The uniform shop is currently open Friday mornings 8:30am till 9:30am. In the New Year, we will be looking to expand our opening hours to include an afternoon session.

The ability of the P & C to run the Uniform Shop depends on volunteers and we are always looking to welcome more members to our volunteering ranks. We would love to meet you during the shop opening hours. Feel free to come down to the Cottage and say hello whilst having a look at our new store layout.

Email orders are welcome. Please download the form from the school website and once completed send them through to [uniformvvpc1@hotmail.com](mailto:uniformvvpc1@hotmail.com).

**Shannon Osmond**  
**Uniform Shop Coordinator**

## UNIFORM SHOP

Email: [uniformvvpc1@hotmail.com](mailto:uniformvvpc1@hotmail.com)

### Uniform Shop Opening Hours

Friday— 8:30am—9:30am

Just a reminder if you are unable to get to the shop on Friday mornings, you can email the shop anytime with queries.

When placing credit card orders the CSV on the back of the card is not necessary to process your order.





## SKOOLBAG APP

We have been informed by our current App supplier that they will be shutting down the App earlier than expected. We will now need to have our new App up and running by the end of November. Please follow these instructions to download the App. We will not be able to bring across old notes, however, you will be able to download current notes and newsletters.

### Stay informed with the SkoolBag App



The SkoolBag app is the easiest way to stay up-to-date with school events, last minutes notices, newsletters and all school communications.

**1**

**Download the app**

Search for the free SkoolBag app in the Apple App or Google Play Store

**2**

**Create an account**

Sign up in seconds with your email address

**3**

**Add your school**

Search for your school and add your subscription groups



**SkoolBag**

### Download Instructions

#### For Apple Users

1. From your iPhone/iPad, open the Apple App Store and search for "SkoolBag" or follow this [link](#)
2. Download the free SkoolBag app
3. Opening the app, and add your school and you're ready to go!

#### For Google Android Users

1. From your Android device, ensure you have an account in the Google Play Store
2. Open the Google Play Store and search for "SkoolBag" or follow this [link](#)
3. Download the free SkoolBag app
4. Open the app, add your school(s) and you're ready to go!

## RESOURCE PACKS 2019

We have again bulk purchased resource packs for 2019. Parents will not need to purchase any other stationery items in 2019.

We have spent a considerable amount of time again this year ensuring that the items in the packs are appropriate for each stage and will last your child throughout the year.

### Resource Pack Prices for each Stage are as follows:

♦ Early Stage 1 (Kindergarten)	\$30.00
♦ Stage 1 (Years 1 & 2)	\$50.00
♦ Stage 2 (Years 3 & 4)	\$50.00
♦ Stage 3 (Years 5 & 6)	\$50.00
♦ Multi Cat Class (Support)	\$50.00

Resource packs will be on sale from Wednesday 30<sup>th</sup> January 2019 (first day of school).

If you would like to know the pack contents, lists are available from the front office. All students are expected to have purchased a book pack by Week 5 Term 1. If you would like to pay for the book packs before the end of the year, you can pay online or in cash.

## P&C NEWS

Thanks to everyone that sent in donations for our mufti day last Wednesday. We received lots of great items and the gold coin donations received were used to purchase 4 hams to be used as raffle prizes!!

### CAROLS

**The Annual Carols evening is being held this Friday 7<sup>th</sup> December from 4-8pm.** The P&C will be running games and activities for the children (these activities will have a small cost) and there will also be a visit from Santa! This is a community event so please invite your friends.

We are also looking for volunteers at the Carols, to help set up, run activities or pack up and the end. If are available, please contact us by email [presidentvvp2@hotmail.com](mailto:presidentvvp2@hotmail.com) or message the P&C Facebook page.

**Please note:** all P&C stalls, BBQ and activities are **CASH ONLY** so please bring money with you! There will lots of activities that cost \$1 or \$2 so bring all your gold coins and help raise money for the school while the kids have some fun!!

### BAKE STALL

We are looking for donations of cakes, slices, cupcakes etc to sell at the bake stall at the carols. A flyer came home last week with details. You can drop items to the P&C in the COLA on Friday morning – near the hall or drop at the stall when you arrive in the evening. Please include a list of ingredients. Thanks!

### CHRISTMAS RAFFLE TICKETS and DONATIONS

Please send in all donations for the raffle and raffle tickets (sold or unsold) to the classroom teacher by Wednesday 5<sup>th</sup> December. Tickets are \$2 or 3 for \$5, a whole book of 12 tickets cost \$20. More tickets are available from the front office. You do not have to be at the carols to win a raffle prize, please make sure your contact details are on the ticket.

### SCHOOL BANKING

**Last day of school banking will be in Week 9! All banking rewards have been ordered however there has been a delay with the bank sending them. Hopefully they will all arrive by Week 9!**

### BREAKFAST CLUB

Breakfast club is now open Monday – Friday, thanks to the wonderful new volunteers!! We would like to thank Bakers Delight Wyoming for their ongoing support through donations of bread for Breakfast Club.

### DATES FOR THE DIARY

Community Carols – Friday 7<sup>th</sup> December

School banking – last day week 9 (Tuesday 11<sup>th</sup> December)

*Thank you  
Karen Gaiser  
P&C President*

[presidentvvp2@hotmail.com](mailto:presidentvvp2@hotmail.com)

## SCHOOL GATES

Parents are reminded that there is no parking on school grounds. If you have to pick up a sick child and need to use the driveways, please remember that our school gates are kept shut for safety reasons. If you come through the gates the rule of thumb is—leave them as you find them. The safety of our children is paramount.

Thank you for understanding.





## Valley View Public School P&C Christmas Raffle



The P&C would like to thank the school community for your support so far throughout the year, it's been amazing and our events would not have been so successful without the generosity of the families at Valley View.

We know Christmas is a busy and expensive time of the year. However, if you can donate any of the following items for our Christmas hampers, we would be most grateful.

- Baskets for the raffle
- Any Christmas items such as bonbons, tea towels, decorations, serviettes, kids items etc
- Packaged biscuits, shortbread, chocolates, nuts etc
- Items suitable for prizes in the kid's games at the Carols (small, brand new toys, lollies etc)
- Or any other suitable items!

**All items to be given to class teachers so that we can make sure they are counted and included in the class tally. Please put items in a bag labelled with your child's class.** The winning class will be given a reward!

Raffle tickets will be sold prior to and at the Carols and drawn on the night.

*Thank  
You*

## Valley View Public School P&C

# Bake Sale



Friday, 7th December  
As part of the Carols  
we're having an old-fashioned Bake Sale!

Donations of baked goods, such as toffees, scones, cakes, cupcakes, slices would be gratefully appreciated.

Please drop them off at the Cola the morning of, or to the cake stall on the night.

Please include a list of ingredients

Thank you!

VALLEY VIEW PUBLIC SCHOOL'S

# TALENT SHOW

2018

WEDNESDAY  
19TH  
DECEMBER



AUDITION FORMS FROM  
MISS DAVIES OR OFFICE.

AUDITION APPLICATIONS  
CLOSE END OF WEEK 5.

AUDITIONS WEEK 6 & 7

## Valley View Public School Christmas Carols

7th December  
4.00-8.00 pm  
On the school oval  
BYO picnic rug

BBQ, cake stall and lolly stall  
Kids activities (cost \$1- \$2)  
Jumping castle (\$3)  
Christmas raffle  
Plus a visit from Santa!

Come along for a wonderful evening  
of performances by your children.



## CANTEEN NEWS

Canteen days are Wednesday, Thursday and Friday.

Hours are 8.30am to 1:50pm.

Orders can be placed at the canteen from 8:30am to 9:00am.



Our canteen menu is on the School Website and App. Jump online to check it out.

On Tuesday 27<sup>th</sup> November we had the pleasure to go to the Golden Apple Awards at Mingara Recreation Centre and **Valley View Public School** was awarded a **Central Coast Healthy Canteen Award**. We are very pleased to be recognised as a Healthy Canteen and I would like to thank all my volunteers and school community for supporting us.



### MENU UPDATE

On Wednesday 19<sup>th</sup> December, we will be selling items until they are sold out in preparation for the holidays. We thank you for all your support and will have updates on 'sold out' items on the canteen counter.

Please keep an eye out for the Week 10 meal deal. – This is available on the last day of school. Drop your order into the canteen.

**Bec van Drempt**  
Canteen Supervisor

## MAJOR DATES 2018

Presentation Day—Friday 14th December

Year 6 Farewell Assembly—Monday 17th December

Year 6 Farewell Gosford Golf Club—Monday 17th December

Last day for students—Wednesday 19th December



## Safety learning program

### Safe Cycling

Central Coast Council would like to remind parents about safe cycling.

Is your child planning to ride their bicycle?

Before they start, here are some simple tips to help you keep them safe.

Talk to your children about the following:

- Making sure the following are checked:
  - ABC before every ride - Air, Brakes and Chain
  - bell or horn
  - reflectors and lights
  - appropriately fitted helmet.
- Wearing bright coloured clothing to be easily seen.
- Obeying all road rules including road signs and traffic lights.
- Using hand signals when changing lanes and turning left or right.
- Being aware of parked cars and opening doors.
- Always travelling at a speed that is safe for you and any pedestrians in the area.
- Always being in control of your bicycle. It is an offence to ride with both hands off the handlebars, feet off the pedals or to carry anything that prevents having control.
- Taking extra care if riding in an area where motorists may find it difficult to see cyclists.
- Riding in a predictable manner so that other road users do not have to react suddenly to your movements.
- When on a shared pathway:
  - giving way to pedestrians
  - keeping to the left
  - using your bell to let others know you're nearby or passing.

#### FOOTPATHS

Since 23 July 2018, children under 16 years of age are allowed to ride on a footpath (increased from children under 12 years of age). Allowing children under the age of 16 on the footpath will help keep them safe until they have the skills, decision making and knowledge of the rules to ride safely on the road.

An adult rider who is supervising a bicycle rider under 16 years of age may ride with the young rider on the footpath. Children aged 16 or 17 years can ride on the footpath, when accompanied by a child under 16 years and a supervising adult.

When riding on a footpath, riders must keep left and give way to pedestrians.

Visit [roadsafety.transport.nsw.gov.au/stayingsafe/bicycle-riders/laws](https://roadsafety.transport.nsw.gov.au/stayingsafe/bicycle-riders/laws) for further information.



## Safety learning program

### Parking Restrictions Outside Schools

KIDS LOOK TO US TO KEEP THEM SAFE – PLEASE PARK LEGALLY IN SCHOOL ZONES

Central Coast Council would like to remind parents and carers of parking restrictions outside schools. Please pay close attention to the signs outside your child's school and be aware of speed when travelling through school zones.

#### NO STOPPING ZONE

Stopping is NOT permitted at any time.

#### BUS ZONE

Stopping is not permitted during the times shown on the sign.

#### DOUBLE PARKING

You are not permitted to stop OR park alongside another vehicle already parked parallel to the kerb. This means not forming a queue in the middle of the traffic lane if you are waiting.

#### NO PARKING ZONE

Drivers may drop off and pick up children during the times shown on the sign BUT note:

- Maximum stopping time is 2 MINUTES – your child must exit and enter the car within this time.
- Driver must remain within 3 METRES of the vehicle – you may get out to assist with bags etc.
- Stop as close as possible to the top of the zone to allow access for vehicles following behind.

Parking illegally can create serious risks as it may limit the vision of other drivers.

#### SAFETY DOOR

The Safety Door is the rear door, closest to the kerb, footpath or gutter and away from the road. Always let your children out of the vehicle on the FOOTPATH SIDE OF THE ROAD.

Please consider the school's neighbours by leaving space at their driveways to allow safe exit and entry to the roadway.

#### Road Rules 2014

269 Opening doors and getting out of a vehicle etc.

(3) A person must not cause a hazard to any person or vehicle by opening a door of a vehicle, leaving a door of a vehicle open, or getting off, or out of, a vehicle.

This offence attracts a level 5 penalty notice, which is currently set at \$337.

[https://legislation.nsw.gov.au/#/view/regulation/2014/758/part16-rule\\_269](https://legislation.nsw.gov.au/#/view/regulation/2014/758/part16-rule_269)

Stopping ON or ACROSS a driveway or other access point to and from a property is not permitted under any circumstances.

Travelling more than 40 km/hour through school zones may inhibit a car from stopping in time to avoid hitting a pedestrian.

It only takes a split second for a crash to occur and only one car to present a danger to an unknowing child.

Please be aware of the restrictions and park safely outside your child's school.



**Bakers Delight**  
We're for real.  
**Wyoming**



To register and make bookings, visit [www.campastralia.com.au](http://www.campastralia.com.au) or Customer Care Team on 1300 105 343. The team are available 24 hours a day, 7 days a week (except National Public Holidays).

Camp Australia – Valley View Public School service phone number: **0411 298 277**

Before Care Times: 6:30am-9:00am

After Care Times: 3:00pm-6:30pm

**We look forward to caring for your children**

### Notes issued this week:

Stage 3 Trivia Day—Stage 3  
December Meal Deal—Whole School  
Year 6 Graduation and Farewell Update—Year 6

All notes are now on the school website at [valleyview-schools.nsw.edu.au](http://valleyview-schools.nsw.edu.au) and on the App