



# PREP PEEK

The weekly newsletter of Shore Preparatory School, Sydney, NSW

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Prep Peek available Fri pm <http://www.shore.nsw.edu.au> and follow the prompts

Friday, 12 February 2016

Volume 39 Issue 3

Monday 15 Feb	Tuesday 16 Feb	Wednesday 17 Feb	Thursday 18 Feb	Friday 19 Feb	Sat 20/ Sun 21
OT Screening at NS		K-2 Assembly - 1M		ELC & K-2 Cocktail Party Scots Invitational Swimming Carnival (12-2.30pm)	Summer Sport Round 3 Prep Family Service (9am Sunday)
Monday 22 Feb	Tuesday 23 Feb	Wednesday 24 Feb	Thursday 25 Feb	Friday 26 Feb	Sat 27/ Sun 28
		K- 2 Assembly - 2M			Summer Sport Round 4 Scholarship Exam

## Better Parenting

There are many parenting programmes in the marketplace that provide effective strategies for managing children's challenging moments. They usually involve attending meetings weekly over several weeks which can be hard to sustain for many families, and often only one parent can attend. The well-established Australian Triple P programme (Positive Parenting Programme) has recently launched an online series of modules. The programme offers well researched and proven strategies that help parents and carers become more confident to deal with challenging behaviours and emotional meltdowns, to adopt a calmer and more methodical approach to discipline, to promote positive behaviours and foster a better relationship with their children.

The convenience of online delivery with the option of virtual support from a qualified coach makes this new version of Triple P a flexible and more accessible way for parents to improve their parenting skills. Head for the Triple P website which is [www.triplep.net](http://www.triplep.net) and you will find a link to the online programme.

There is another evidence based online programme which is offered free by the University of Queensland and Beyond Blue. This assists parents of children with anxiety. It is called BRAVE and has modules for parents and children – primary aged and adolescents. It can be found through this link - <https://brave4you.psy.uq.edu.au/>

Mary Woods  
Preparatory School Counsellor

At the recent Parent Information Evenings at Northbridge and North Sydney, Miss Natasha Mitchell and I mentioned the importance of having a strong link between the home and the School. When parents and the School work together towards the common purpose of educating the children, the children feel more secure and happy in their school life and their learning. At the School, the Shore Association plays an important role in fostering this important partnership.

Research suggests that when a parent is actively and positively involved in their child's school, children:

- Achieve more at school regardless of background;
- Develop better self-esteem and self-discipline;
- Show higher aspirations and motivation toward school.

Benefits for you as a parent also include:

- An improved relationship with your child because you are more aware of what is going on at School;

- Being more confident in parenting and decision-making skills;
- Increasing your understanding of teachers, the School and its policies;
- Feeling valued and connected to the wider school community.

There are many events and activities to be involved in at the Preparatory School. Your Shore Association Year Rep is always a great place to start, if you are looking for ways to become involved. A full list of year Representatives details can be found on the Shore website:

<http://www.shore.nsw.edu.au/community/the-shore-association/year-reps>

If you are interested in learning more, please contact your year rep or visit the Shore Association pages of the School website:

<http://www.shore.nsw.edu.au/community/the-shore-association/sa-general-information>

## Term date reminders

There are a couple of term dates to note this year, as they do not follow the usual pattern.

Term 1 finishes on a Friday this year, due to the Easter break falling in term time. The last day for Term 1 is **Friday 8 April**. The ELC remains open through the April school holidays, closing only for the ANZAC Day holiday on Monday 25 April.

Term 2 begins after the ANZAC Day long weekend on **Tuesday 26 April**. Term 2 this year finishes on **Wednesday 22 June**, a day earlier than usual. This is to allow staff at the School from ELC right through Year 12 to attend a professional development conference. These conferences are biennial events. Please note that the ELC will be closed on **Thursday 23 and Friday 24 June**. The ELC will reopen on **Monday 27 June**.

Term 3 for the Preparatory School K - 6 will start on **Tuesday 19 July**. Please note that the Term 3 start date is different in the Senior School which will start Term 3 on Monday 18 July. The ELC will, of course, continue operation over the winter holiday break, and will remain open on Monday 18 July.

Nick Saunders  
Head of Shore Preparatory School

# North Sydney News, Years 3 to 6

## Learning to Fail

Epic fail is a quintessential catch phrase for the millennial generation. They use it broadly and regularly to describe moments of utter failure and embarrassment. The language of failure is therefore very familiar for our boys and is something that we need to embrace as we encourage them to grow as learners. Failure and learning go hand in hand and are part of the development process. I spoke with the boys at Monday's Assembly about many examples where they continue to persevere after consistent failure. Video games are one of those domains where players constantly fail in order to get further in the game. Nobody wants a game they can finish the first time they play and nobody throws the game in the bin if they don't finish it straight away. We want all our boys to take risks with their learning, to embrace failure as part of the process and to see the temporary setback as part of the journey. *"The only real mistake (failure) is the one from which we learn nothing."* Henry Ford

## Parent Information Evening

It was wonderful to meet many parents at the Information Evening earlier this week. I know that teachers greatly valued the opportunity to provide information about their classrooms and vision for learning. Parents will have appreciated the preparation and planning that the teachers have undertaken to ensure that all boys have a successful year. Should you have any further questions, please contact your son's teacher via his diary or the Office.

## Pick-Up and Drop-Off

Thank you to all parents who have been thoughtfully and co-operatively negotiating the difficult circumstances of Edward Street as well as the Union Street pick-up for our older boys. Your care and patience has been greatly appreciated in ensuring our students arrive and leave the school safely. Now that the year is well underway and students have settled, it would be pleasing to see more students utilising the abundant public transport facilities available. I encourage those yet to do so to give it a go!

## School Office – Phone Messages

All of the boys are now settling into the regular routines of travel, clubs, After School Care and other activities. It should be noted that phone messages for students concerning afternoon arrangements should be kept to a minimum. I am sure that parents will appreciate the impracticality of conveying phone messages on a regular basis or for a large number of boys, especially just before the end of the school day. The best strategy is to ensure that your son understands clearly how he is getting home *before he leaves in the morning*. Of course, when unexpected changes occur, staff will do their best to get a message to the affected student/s.

## Occupational Therapy

Part of the process of getting to know our new students and tracking the development of those who have been at the School for a number of years is an OT screening. Next week, all students in Years 3 and 5 and new students in Years 4 and 6 will be screened by an Occupational Therapist who will discuss her observations with class teachers. Parents will receive an individual report of this assessment and be contacted if on-going assistance is recommended.

## Lost Property

Parents are reminded of the importance of clearly labeling all their son's clothing. Many of you would be amazed, as I am, at the amount of property that is picked up around the School that is unnamed or the name is un-

readable! Whilst we encourage the boys to develop responsibility in this area, it is inevitable that enthusiastic boys who are regularly required to move around the school and change for PE, Dance, Drama and Sport activities will eventually leave something behind. Lost items have a greater chance of being returned to their owner if they are clearly labeled. All lost property is located near the 5D and 6H classroom and if named, property is regularly distributed.

## Year 6 Duties

Each week the Year 6 students provide an invaluable service by accepting responsibility for a number of daily tasks around the School. Boys might look after lunch orders or gate duty, raising and lowering of the school flag, delivering messages, or handing out lost property, just to name a few. On their own, these tasks may be quite small, but the collective effort holds great significance for the smooth running of the Prep. We are indebted to Year 6 for the way they complete these tasks with a minimum of fuss and very few reminders. Thank you to the boys in Baker House who have ably assisted in our first week of official duties.

## Preparatory School Family Service – Years 5-6

Our annual Family Service will be held on Sunday 21 February, commencing at 9am (please note that the Choir will be assembling at 8am). All boys in Years 5 and 6 are expected to attend, wearing summer uniform (no caps or coats). Families and other students are warmly invited to join together when we gather as a community to hear a Christian message from Mr Saunders.

*Adam Larby*

*Deputy Head of Shore Preparatory School - North Sydney*

## Library

2016 promises to be another busy year in the library. All boys will be encouraged to select books for borrowing during their timetabled Library lessons. We have a wonderful collection of books to start the new year. Boys are able to have their books for two weeks, when they need to be returned for other boys to borrow. The Library is open at lunchtime for further borrowing and returning of books. Quiet activities such as reading, drawing and playing board games are also available at lunchtime.

*Margo Pickworth, Teacher Librarian*

## Music

On Tuesday 9 February boys from Years 3 and 4 attended an instrumental demonstration in the MAC. The boys got to see and hear a large cross-section of instruments, all of which can be learnt through Shore's peripatetic program. Many thanks to Ms Mandy King for organising this event.

The Preparatory School has a thriving music program and an important part of that program is the teaching of individual instruments by our visiting music teachers. Much has been written about the cognitive benefits of learning a musical instrument, the so-called "Mozart Effect", but the primary reason for learning an instrument at school is to have fun!

I am always happy to advise boys on what instrument they should play and, of course, there are a number of ensembles for the boys to join once they have achieved a certain proficiency. The school also operates an extremely reasonable rental scheme for most instruments. I can be contacted on 9956-1188.

*David Jensen*

*Prep Music Co-Ordinator*

# Shore Preparatory School K, 1, 2 – Northbridge

K,1,2 Phone: 8966 5300 K,1,2 Fax: 8966 5390

## Northbridge News, K, 1, 2

### Punctuality

Over the past week, I have been very concerned with the number of children arriving late to school. It is important for the children to be on time in the mornings as it can be very unsettling for the day if, when they arrive, everybody else has started the day. Children need time to adjust to school in the mornings. It is important to instil a sense of punctuality in our children. I would ask parents to assist with this vital life lesson.

### Birthdays at School

We love celebrating birthdays at K,1,2. If you are planning to send in some celebratory fare, I would ask that you only send in one small thing for each child. People have, in the past, sent in cupcakes, ice-blocks, packets of chips, lolly bags etc. Just one of these things is sufficient for each child. We certainly do not want to overload the children. Just a reminder that party invitations should be posted or emailed and not given out at school.

### Northbridge Cocktail Party

The Northbridge Cocktail Party will be held next Friday, 19 February. This is a lovely time where parents from the ELC, Kindergarten, Year 1 and Year 2 can join with staff for an enjoyable social evening. I look forward to seeing many of you there. Tickets are still available via [www.trybooking.com/JTON](http://www.trybooking.com/JTON).

### Playground Responsibility

At school, we encourage the children to take responsibility for looking after their own belongings as well as those that belong to the school. The children are fortunate to have the use of a variety of equipment in the playground at recess and lunch each day. While it is the responsibility of every child to put away whatever they were using each play period, each term one House will be on duty to monitor that everything is tidied up at the end of recess and lunch. For Term 1, the children in Baker House in Year 2 will have this task. Thank you to these children for helping to keep our school looking good.

### Emailing Staff

As per the School Policy, may I remind parents not to email staff directly. Teachers are more than happy to speak with you about your child. Please call the office to leave a message and the staff member will return your call. Alternatively, you may email the school at [k12office@shore.nsw.edu.au](mailto:k12office@shore.nsw.edu.au) and your email will be forwarded to the appropriate staff member.

### Pedestrian Safety

Some children have been seen crossing the pedestrian crossing outside the school by themselves. If you park your car on the other side of the road, please walk your child across the crossing to the school gate. This is especially important as we do not have a 'lollipop person'. Thank you for helping to keep our children safe.

### Assemblies

Well done to **2C** for your assembly on Wednesday. What an excellent way to start our Class Assemblies for the year. We loved your enthusiasm and your movie. Next week, **Year 1M** will present our Wednesday assembly. Parents of students in Year 1M are welcome to visit the classroom following the assembly. Well done to **1T** for being the first class to receive the **Chapel Money Champions Certificate** for the year. Congratulations to **2M** on receiving the **Quality Class of the Week Award** for this week. Great team work, girls and boys!

### Other information to note:

**Friday, 19 February** – Northbridge Parents' Cocktail Party

**Friday, 26 February** – Kindergarten Excursion to North Sydney

Friday, 4 March – Shore Icebreaker

*Natasha Mitchell*

*Deputy Head of Shore Preparatory School - Northbridge*

# Early Learning Centre – Northbridge

ELC Phone: 8966 5350 ELC Fax: 8966 5391

## ELC News

### Children's Sign in Table

The children's sign in area in the foyer is once again up and running and it was great to see children eager to sign in this week! This experience is a great way for children to start their day as well as a chance to practise writing their name with 1:1 support from an adult.

### Introducing Mrs Woods and Prep Learning Support Team

One of the many benefits of having an Early Learning Centre as part of a school environment is that we have access to the teaching staff and school facilities. This is advantageous for both the children and educators where we can draw on the expertise of others as well as utilise resources such as the library, playground and so on. Some regular visitors to the ELC in 2016 will be Mrs Woods, who is the Preparatory School Counsellor and Mrs Valenti, Mrs Anderson and Miss Grassi who are part of the learning support team at Northbridge.

### Blue 'Smelly Bags'

Last year, as part of our ongoing commitment to sustainability, we introduced a *Smelly Bag* system for children's wet clothing. The bags are a specifically designed product that is water proof and can be washed and reused. If your child brings home a *Smelly Bag* can you please wash the bag as per the care instructions and return it to us as soon as possible. As we are still trialling the bags we only have a small number, so in some instances plastic bags will still be used. We would love to hear your feedback on this system of dealing with wet clothing.

### Siblings

It is important to both the educators and children that siblings who come into the ELC show respect for their brother or sisters learning space. Older children are invited to wait quietly with a book on the ottoman in the foyer, or sit on the wooden bench seat outside the front door. We ask that older children who choose to accompany parents/carers through the Centre stay with you and respect their siblings learning space. Activities in the Centre are intended for children who are enrolled in the Early Learning Centre only. Children under 3 should be closely supervised at all times, as many of the resources present choking hazards to young children.

### Northbridge Cocktail Party

Next Friday 19 February, I am looking forward to attending the Northbridge Cocktail Party in the K 1 2 Hall. This event is for all parents and staff from the Early Learning Centre, Kindergarten, Year 1 and Year 2. If you would like to attend this event and still need to purchase a ticket please log on to [www.trybooking.com/JTON](http://www.trybooking.com/JTON) Tickets will be on sale until Saturday 13 February.

### Important Dates

Friday 19 February – Northbridge Cocktail Party

Friday 4 March – Shore Icebreaker

Friday 25 March – ELC closed Good Friday

Monday 28 March – ELC closed Easter Monday

Wednesday 6 April – Incursion Peter Morgan presents Kapakapa Manawa

Thursday 7 April – Incursion Peter Morgan presents Kapakapa Manawa

Rebecca Schollum  
Director - ELC



**UNIFORM SHOP**  
Open  
Mondays, Tuesdays  
and Thursdays  
9.30 to 4.30pm  
(02) 9900 4704

# Games

**Wet weather information**  
Please refer to the  
Shore website on  
Saturday morning  
[www.Shore.nsw.edu.au](http://www.Shore.nsw.edu.au)  
(Quick Links/Prep Sporting  
Fixtures/ Prep  
Weekly Fixtures)

## Sport

Congratulations to all swimmers who competed in the Shore Swimming Carnival last Friday. Special mention to Mr and Mrs Brandon-Cooper and staff for their help and support in the running of the event. All the boys tried very hard which made for some very close and competitive races. Well done boys!

### SWIMMING AGE CHAMPIONS 2016

	Runner Up	CHAMPION
Under 8	Lachlan Balding	Fraser Pandit
Under 9	Max Brownie	Anderton Stock
Under 10	Isaac Edwards	Jamieson Lyne
Under 11	Sam Wensley	James Kase
OPENS	Luke Guildea	Toby Brandon-Cooper

Swimming training will be held for Prep boys at the Shore School pool on the following dates. The sessions will start at 7.30am and be conducted by Mr Morrison and Mr Knight.

Tuesday 16 February

Thursday 18 February

Tuesday 23 February

Thursday 25 February

Tuesday 1 March

### Carnival dates

The Scots College Invitational – Friday 19 February

The King's School Invitational - Friday 26 February

IPSHA Swimming Carnival - Wednesday 2 March

Please note your son may be involved in one or all of the carnivals. Each carnival has an individual order of events and the number of athletes each school sends will change due to this. A letter of congratulations and a programme for each carnival will be given to your son if he has made the Swimming Team.

### Cross Country

This year we will be conducting training sessions for all boys interested in improving their fitness leading up to the School's Cross Country carnival on Wednesday 23 March.

There will be two sessions per week supervised by Mr Harrington and Mr Mancey. These sessions will be held on Tuesday and Thursday afternoons, from 3pm-3:30pm. Attendance is voluntary and boys can choose to attend none, some or all of the sessions.

The training squad will meet on the steps overlooking the Prep basketball court after school and boys should change quickly into their PE uniform.

If your son is being picked up by car, please do so at the Edward St turning circle. Please be punctual. If catching public transport, he will need to change into school uniform.

If your son is involved in any other groups on these afternoons then he is expected to honour that commitment. Those unable to attend are encouraged to commit to their own training in the weeks leading up to the School Cross Country. Under 8, 9 & 10 will run 2km and Under 11 & 12 will run 3km at the IPSHA Cross Country carnival.

We look forward to seeing many boys at training.

*Scott Mancey*  
Sportsmaster

### Results — Round 1

1st XI Cricket	Mr Bayliss	Barker	W	81 vs 9-82
2nd XI Cricket	Mr Harrington	Barker	L	102-107
Yr 6 Super 8 Blue	Miss Dickson	Tudor House	L	40-64
Yr 5 A Cricket	Mr Martin	St Patrick's	L	6/86 V 122
Yr 5 B Cricket	Mr Philips	St Patrick's	L	43-50
Yr 5 Super 8 Blue	Miss Kleinig	Trinity	L	32-56
Yr 4 A Cricket	Mr Mancey	Knox	L	59-66
Yr 4 Super 8 Blue	Miss Polis	Scots	L	58-131
Yr 4 Super 8 White	Mr Grainger	Scots	L	63-81
Tennis (A & B)	Miss Mitchell	Knox	W W	A: 26-8 B: 23-6
Basketball Snr A	Mrs Crerar	St Aloysius	L	13-32
Basketball Snr B	Mr Morrison	St Aloysius	L	5-18
Basketball Snr C	Mr Knight	St Aloysius	L	12-25
Basketball Snr D	Ms Brand Mr Knight	St Aloysius	L	6-14
Basketball Snr E	Miss Robertson	St Aloysius		N/A
Basketball Snr F	Miss Schlunke	St Aloysius		N/A
Basketball Snr G	Mr Tooker Mrs Woods	St Pius	L	4-30
Basketball Snr H	Ms Wood Mrs Covey	St Pius	L	10-21
Basketball Jnr A	Mr Larby	Mosman	L	11-17
Basketball Jnr B	Mrs Curnow	Mosman	L	0-38



UNIFORM SHOP

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9.30 to 4.30pm  
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# Games

Wet weather information  
Please refer to the  
Shore website on  
Saturday morning  
[www.Shore.nsw.edu.au](http://www.Shore.nsw.edu.au)  
(Quick Links/Prep Sporting  
Fixtures/ Prep  
Weekly Fixtures)

## Round 2 : 13 February

1st XI Cricket	Mr Bayliss	Trinity Bressington # 1	8.00am
2nd XI Cricket	Mr Harrington	Trinity Bressington # 2	8.00am
Yr 6 Super 8 Blue	Miss Dickson	St Patrick's Black Phillips Park	8.00am
Yr 5 A Cricket	Mr Martin	Riverview School Field Nth Syd	8.00am
Yr 5 B Cricket	Mr Phillips	Riverview SIC # 2A	8.00am
Yr 5 Super 8 Blue	Miss Kleinig	St Patrick's Rudd Park	8.00am
Yr 4 A Cricket	Mr Mancey	King's Price # 1	8.00am
Yr 4 Super 8 Blue	Miss Polis	King's Northbridge E	9.30am
Yr 4 Super 8 White	Mr Grainger	King's Northbridge E	8.00am
Tennis (A & B)	Miss Mitchell	St Aloysius River Rd Courts	8.00am
Basketball Snr A	Mrs Crerar	Trinity Strathfield NSBH	10.15am
Basketball Snr B	Mr Morrison	Trinity Strathfield NSBH	9.30am
Basketball Snr C	Mr Knight	Trinity Strathfield NSBH	8.45am
Basketball Snr D	Ms Brand Mr Knight	Trinity Strathfield NSBH	8.00am
Basketball Snr E	Miss Robertson	Trinity Strathfield TGS Indoor Gym	10.15am
Basketball Snr F	Miss Schlunke	Trinity Strathfield TGS Indoor Gym	9.30am
Basketball Snr G	Mr Tooker Mrs Woods	Trinity Strathfield TGS Indoor Gym	8.45am
Basketball Snr H	Ms Wood Mrs Covey	Trinity Strathfield TGS Indoor Gym	8.00am
Basketball Jnr A	Mr Larby	Trinity Summer Hill TGS Outside court	8.45am
Basketball Jnr B	Mrs Curnow	Trinity Summer Hill TGS Outside court	8.00am

## Venues:

### SHORE

School Field - Edward St., North Sydney.  
Northbridge - (SCEGS War Memorial Playing Fields and Courts) 55 Sailor's Bay Rd, Northbridge  
NSBH - North Sydney Boys' High, Falcon St, North Sydney  
River Road Tennis Courts - River Road, Lane Cove

### TRINITY

- Bressington Park, Underwood Road, Homebush
- Prep School Gym and outside crts - 115 The Boulevard, Strathfield

### KING'S

Price # 1 - 87-129 Pennant Hills Road, Parramatta

### RIVERVIEW

SIC # 2A - Senior School near Main Oval; Riverview St, off Tambourine Bay Rd, Lane Cove

### ST PATRICK'S

Rudd Park - Cnr Clarence & Varidel Sts, Belfield  
Phillips Park - Nicholas Street, Auburn

# Shore Association

## Shore Icebreaker



All Shore Parents are invited to Icebreaker to celebrate the start of the School year.

Icebreaker provides a great opportunity to catch up with old friends and make new ones in a relaxed, social atmosphere.

- Date: Friday 4th March
- Venue: Chapel Lawn, North Sydney
- Time: 6pm - 9pm
- Cost: \$55 per person
- Dress: Smart Casual
- RSVP: Monday 29th February (no bookings will be taken after this day)

BOOK NOW at [www.trybooking.com/CXK](http://www.trybooking.com/CXK)

For further information contact the Foundation office on 9900 4755 or email the Foundation at [foundation@shore.nsw.edu.au](mailto:foundation@shore.nsw.edu.au)

This is a Shore community event involving Northbridge, Preparatory School and Senior School.

**ADULT ONLY EVENT**