



# PREP PEEK

The weekly newsletter of Shore Preparatory School, Sydney, NSW

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

Friday, 20 May 2016

Volume 39 Issue 15

Monday 23 May	Tuesday 24 May	Wednesday 25 May	Thursday 26 May	Friday 27 May	Sat 28 May/Sun 29 May
		K-2 Assembly - KC	K-2 & ELC Open Morning		Winter Sport Round 5
Monday 30 May	Tuesday 31 May	Wednesday 1 June	Thursday 2 June	Friday 3 June	Sat 4 June/Sun 5 June
Y6 Billeting/Games v. Canberra Grammar	ICAS Science Competition - Year 6	K-2 Assembly - General Buddies			Winter Sport Round 6

## What are you grateful for today?

Over the past two weeks at Years 3 – 6 Assembly on Monday, Mr Larby and I have spoken to the students about the importance of gratitude. It is very easy to walk through life without being aware of all the wonderful things we are blessed by, particularly in a country and a school such as ours. Yet we have so much to be grateful for and carrying an attitude of gratitude through your day can have a positive impact not only on the wellbeing of those around you, but also on your own wellbeing. In the assembly we reflected upon the saying:

*It is not happy people who are thankful,  
It is thankful people who are happy.*

It is good manners to be grateful to someone when they have done something for you, or given you a gift. But I wonder if we can step back and have an attitude of gratitude on an ordinary day when nothing particularly special has happened? The truth is that even on an ordinary day we have much to be grateful for and I encouraged the boys to reflect upon the wonderful things that are part of every day, such as:

- A safe and happy home and school;
- Friends, family and others, such as teachers, who care about us;
- Abundant food, clothing, toys and possessions;
- A heavenly Father who loves us.

The strange thing is that if we can learn to be thankful each day, even if we don't particularly feel like it, we find that our entire outlook can change. Things that seem hard or unfair become less burdensome; relationships that are difficult become less onerous; what appears to be an uninteresting activity becomes an opportunity to make a positive contribution. I encourage all of us to consider each day:

*What can I be grateful for today?*

## Too much screen time?

Many professionals in the area of childhood development express concerns about the amount of screen time children are experiencing each day. As a rule of thumb, many recommend no more than one hour per day for children aged two to five and two hours per day for five to 18 year-olds, outside of school time. But in a recent on-line technology poll conducted by the ABC's Behind the News programme, it was reported that three-in-five children exceeded the recommended amounts of screen time. While parents and educators are rightly concerned about the content that children are exposed to while on screens, recent studies have suggested as well that excessive time on screens can also have negative cognitive effects, including structural and functional changes in brain regions that involve emotional processing, executive attention, decision making and

cognitive control (*The Educator*, 'Are young children at risk of screen time addiction?', 5 May 2016).

Technology provides wonderful opportunities for young people to learn, to engage with each other and to engage with the wider world. But it also provides new challenges for parents that would not have been faced by previous generations. Many parents and educators feel concerned about both the quantity and quality of technology consumed by younger people, yet they do not feel confident with how to help young people navigate their way through some of the dangers. In previous Prep Peeks, I have included the article by Mr John Burns, Shore School Counsellor, *Ten Tips for Taming Technology*, which offers some valuable insights into how parents can help their children in this area through the setting of effective boundaries.

With these things in mind, as advertised in recent Prep Peeks, The Shore Association is hosting two special parent events on raising children in a digital world. Dr Kristy Goodwin, the Director of *Every Chance to Learn* and an expert in the field of digital learning, is presenting her ideas about raising children in a digital world. The seminars will cover topics such as how to understand and monitor your child's online habits, how to encourage online safety and how to locate and evaluate educationally sound websites. They should be highly informative and please, bring your smartphone, iPad or tablet with you. There will be food and refreshments from 6:30pm, with the presentations starting at 7:00pm. For catering purposes, please book for these free events via the Trybooking Websites:

**Wednesday, 25 May (Yrs 3 to 12) at North Sydney:**  
<http://www.trybooking.com/KVUS>

**Wednesday 8 June (ELC to Yr 2) at Northbridge:**  
<http://www.trybooking.com/LCCN>

Please see the attached flyers for specific details on the topics to be discussed.

*Nick Saunders*  
Head of Shore Preparatory School

# North Sydney News, Years 3 to 6

## Respecting and Celebrating Diversity

At our Assembly on Monday I showed the boys some images of the mighty sequoia tree. The sequoia is one of the largest known species of tree and yet it is has a very shallow root system. Their strength and stability is the result of the trees growing together and their roots intertwining. The trees literally hold each other up. I strongly encouraged the boys to make sure that they were being people who were sticking together and holding each other up. I exhorted them to do this when it is hard and despite the differences of their classmates. Amongst other things, our hope is that the Prep is a place where the boys can celebrate and respect the differences of others, where they can learn to accept and understand those who are not necessarily like them and where they can embrace the things that make them who they are.

## Canberra Grammar Games & Billets

Thank you for the many generous offers of billeting for our visiting Canberra Grammar students in Week 6. Families who are hosting billets will receive their names and contact information on Tuesday. All of Year 6 will be attending the rugby and football games which will be played on the afternoon of Monday 30 May. Parents are welcome to attend the games and the brief after-match presentation at 2.45pm. All of Year 6 and billets will need to be picked up from Northbridge on that afternoon.

## Danceathon

Our Danceathon starts on Monday! Only 3 more sleeps! The song requests have been piling up and Miss Dickson has almost finalised the tracks for the four Danceathon sessions. Year 6 will dance on Monday, Year 5 will dance on Tuesday, Year 4 will dance on Thursday and Year 3 will dance on Friday. Boys are encouraged to bring their gold coin donations on the day their year group is dancing. The 'Stars of the North – Dance for Cancer' event on June 4 is rapidly approaching and Miss Dickson has been training hard to get ready for the event. If you would like to support Miss Dickson, donations can be made at <https://starsofthenorth2016.everydayhero.com/au/clair-dickson-1>

## Pick up and Drop off

We have been experiencing congestion during drop off and pick up at the Edward St turning circle. Part of the congestion has been caused by cars turning left from Mount St into Edward St and blocking the northbound traffic. Please avoid blocking the traffic as you wait in the car line. If possible can I please encourage you to come down Edward St instead of turning left from Mount St. I believe that this will assist with traffic flow and the speed at which we can complete drop offs and pick up. Thank you for your assistance with this matter.

## Buddies

We have two more Buddies sessions this term in Weeks 6 and 8. The boys are reminded that they are not to wear their studded boots in the K12 playground as it damages the astroturf and softfall. On these Wednesdays boys are encouraged to bring a pair of sneakers to wear during Buddies sessions. They can then change into their boots before training begins.

## Quality Class Award

Well done to 6H who have started the term with consistent effort to be declared the top performing class last week. Congratulations also to the boys in Baker house who were our House Points winners. Keep up the great work, boys!

## Asthma medication

Now that the cooler weather is upon us, may we remind parents of students who are prone to Asthma attacks to provide "puffer medication" such as Ventolin to the office with an Asthma Action Plan. Students in Years 4-6 who require Asthma puffers should also have a puffer in their Sports bag to take to Northbridge and should keep these with them during training. Please contact the office should you require further clarification.

*Adam Larby*

*Deputy Head of Shore Preparatory School - North Sydney*

## Visual Arts

The IPSHA Travelling Art Show will be displayed in the Prep library until Friday, 27 May. Congratulations to these boys, whose vibrant artworks have been submitted to this fantastic exhibition:

Joshua Powell (3P), Byron Bottomley (3B), Henry Bloore (4M), James Wong (4G), Jasper Krawchuk (5K), Milo Hogarth-Scott (5D), Angus Brewer (5P), Baxter Howard (6T), James De Kock (6R) and Jack Foster (6H).

*Kate Schlunke*

*Visual Arts Teacher*

## Music

Well done to the String Ensemble on their performance during Monday's Assembly. The boys played 'Be Sharp But Stay Natural' by the Australian composer Loreta Fin. The String Ensemble practises every Tuesday morning and is conducted by Ms Alex Wentzel.

A reminder to the boys in the Brass Ensemble that you will be performing during next week's Assembly. Please remember to bring your instrument and music to school on Monday 23 May.

A further reminder that the Chapel Choir's performance of Evensong at St James' King Street, to be held on the 25 May, has had to be rescheduled. The Chapel Choir will now perform Evensong at St James' King Street during Term 3, on 10 August at 6.15 pm.

*David Jensen*

*Music Coordinator*

## Garden News

The garden grew two large pumpkins which were harvested before the end of Term 1. The larger pumpkin turned into around one hundred pumpkin scones, polished off for morning tea by the boys on the first day back this term. The second pumpkin became quite a celebrity and held its own "Guess My Weight" competition, with the prize naturally being the pumpkin to take home. Aidan Lord from 3P and Lachie Peet from 6H both correctly guessed 2.9 kilograms and took home half a pumpkin each on Tuesday this week. A small group of Year 3 students have worked extremely hard in the garden this week, weeding during recess and lunch to help get ready for new crops. Thank you, boys!

*Mrs Heather Bunting*

*Science Teacher*

# Shore Preparatory School K, 1, 2 – Northbridge

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

## Northbridge News, K, 1, 2

### Empowering Children

From time to time, being a child can be very difficult. It is a time where we learn social skills and the difference between right and wrong. Often children say that others have 'teased' them. Sometimes children can perceive others' behaviour as unkind or teasing. Children can 'tease' others for a variety of reasons and the motives behind the teasing are both positive and negative. It is important to arm the children with strategies that empower them. At school, if a child does not like what another child is doing to them, such as chasing them or saying mean things, they are encouraged to say "Stop it, I don't like it". The child performing the 'behaviour' is taught to listen and comply when someone says 'stop it'. This does take practice and sometimes the teachers have to become involved. We do need to give the children a chance to sort it out first. We would be grateful if you could encourage this at home.

### Loaned Clothing

Mrs Lockyer is missing some clothing from her reserve of uniform items. She is particularly desperate for the return of underwear, shorts and socks that many children have had to borrow over the last couple of weeks. Could you please return borrowed items at your earliest convenience.

### The Northbridge Disco

On Friday, 17 June, the children from ELC, K, 1 and 2 are invited to attend the Northbridge Disco. It will be held in the K,1,2 Assembly Hall from 4:00pm - 6:00pm. Please note that as this is a parent run event, school staff will not be present to supervise children. Each child must be accompanied by an adult. The Trybooking link to purchase tickets is <http://www.trybooking.com/LMYC>. Please see the link or the attached flyer for further information.

### Dr Kristy Goodwin

Do you experience tantrums when you ask for the iPad to be put down? Are you unsure of the best apps that your child should be using? Well you will be very interested in this event. On Wednesday night, **8 June**, Dr Kristy Goodwin will be attending Shore, Northbridge to present to parents on the topic *Raising Your Child in a Digital World - What Parents Really Need to Know*. Dr Kristy will make this presentation particularly relevant to parents of 3-8 year olds. It will be held in the K,1,2 Assembly Hall from 6:30pm for a 7:00pm start. The Shore Association have graciously accommodated the parents of the Northbridge students by running this extra session for us. Please book using the link <http://www.trybooking.com/LCCN>. I hope to see many parents at this very relevant session.

### Assemblies

Thank you to **Year 2C** for your assembly this week. You have certainly learnt a great deal about Aboriginal history in our local area. Next week we look forward to **KC's** assembly. Parents and friends of KC children are welcome back to the classroom following the assembly. Well done to **Year 1T** as our Chapel Money Champions for this week. Keep up the wonderful work, **1T**. Congratulations to **KC** for receiving this week's Quality Class of the Week Award. Two weeks in a row is very impressive!

### Other Information:

**Wednesday, 25 May** – National Simultaneous Storytime (11:00am) - remember a hat!

**Wednesday, 8 June** – Parent Seminar – see above

**Thursday, 9 June** – Kindergarten Excursion to the Botanic Gardens

**Monday, 13 June** – Queen's Birthday Public Holiday

**Friday, 17 June** – Northbridge Disco

*Natasha Mitchell*  
Deputy Head of Shore Preparatory School - Northbridge

# Early Learning Centre – Northbridge

ELC Phone: 8966 5350 ELC Fax: 8966 5391

## ELC News

### National Simultaneous Storytime

Next week on Wednesday 25 May at 11:00am we are looking forward to joining the children from K 1 2 to hear Mrs Reynolds read the book *I Got This Hat* by Jol and Kate Temple and illustrated by Jon Foye. This Northbridge event is in support of the National Simultaneous Storytime that is held annually by the Australian Library and Information Association. At the same time that we are all enjoying this book, children all over Australia will be doing the same thing in schools, bookshops, libraries, homes and many other places around the country! In keeping with the theme of the story, we invite all of the boys and girls (and teachers) to wear their favourite hat to the ELC; these can be as sensible or as silly as you like. This is a great way to have a little bit of fun together and of course support children's love of reading.

### Torchbearer

This week the 2015 Torchbearer has been distributed to families who attended the ELC last year. If you do not wish to keep your copy, or have received additional copies of this publication, please return them to Miss Penny.

### Dr Kristy Goodwin

Have you had a chance to secure your spot to hear Dr Kristy Goodwin speak on *Raising Your Child in a Digital World - What Parents Really Need to Know?* So that you don't miss out please book ASAP using the link; <http://www.trybooking.com/LCCN>

### Shore Beanies

Despite the warm days, the mornings are starting to get a little chillier. The Shore uniform shop has some great 100% wool beanies for sale to keep those ears from getting cold. If you are interested in these, we have one on display in the foyer area and they are only \$24.00.

### The Northbridge Disco

On Friday 17 June the children from ELC, K, 1 and 2 are invited to attend the Northbridge Disco. It will be held in the K,1,2 Assembly Hall from 4:00 - 6:00pm. Please note that as this is a parent run event; school staff will not be present to supervise children. Each child must be accompanied by an adult. The Trybooking link is <http://www.trybooking.com/LMYC> Please see the link or the attached flyer for further information.

### Important Dates

Thursday 26 May – Northbridge Campus Open Morning at 8:30am

Wednesday 8 June – Dr Kristy Goodwin at Northbridge at 6:30pm

Monday 13 June – ELC closed for Queen's Birthday

Wednesday 15 & Thursday 16 June – Incursion Peta Strachan 'Jannawi' With Me With You

Friday 17 June – The Northbridge Disco

Thursday 23 June – ELC closed for Professional Development

Friday 24 June – ELC closed for Professional Development

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

### NSW CIS Hockey Gala day

Well done to Adam Watson who competed at the NSW CIS Hockey gala day during the week. As a new sport for boys to NSW CIS there is no NSW PSSA Hockey competition, but a NSW CIS team was announced after the gala day. We would like to congratulate Adam on being chosen for this team. It is a terrific achievement after years of playing both club and rep hockey.

*Scott Mancey  
Sportsmaster*

### Round 4 : 21 May 2016

1st XV Rugby	Mr Mancey	Cranbrook Northbridge G	10.15am
2nd XV Rugby	Mr Martin	Cranbrook Northbridge G	9.30am
11A Rugby	Mr Bayliss	Knox Lower Gillespie	8.45am
11B Rugby	Mrs Herron	Knox Lower Gillespie	8.00am
10A Rugby	Mr Harrington	Cranbrook Northbridge G	8.45am
10B Rugby	Mr Jensen	Cranbrook Northbridge G	8.00am
1st XI Football	Mr Larby in Mr Philip's absence	Trinity Summer Hill Northbridge F	8.00am
2nd XI Football	Mrs Pickworth	Trinity Summer Hill Northbridge F	8.45am
3rd XI Football	Miss Dickson	Trinity Summer Hill Northbridge F	9.30am
11A Football	Mr Case	Trinity Summer Hill Bressington # 1	8.00am
11B Football	Miss Janssen	Trinity Summer Hill Bressington # 1	8.45am
11C Football	Mr Knight	Trinity Summer Hill Bressington # 1	9.30am
10s Blue	Miss Polis	Arden Northbridge E	8.00am
10s White	Mr Grainger	Arden Northbridge E	8.00am

### Results : Round 3

1st XV Rugby	Mr Mancey	Barker	W	14-12
2nd XV Rugby	Mr Martin	Barker	W	68-0
11A Rugby	Mr Bayliss	Barker	W	28-12
11B Rugby	Mrs Herron	Barker	L	7-55
10A Rugby	Mr Harrington	King's	W	35-31
10B Rugby	Mr Jensen	King's	L	20-20
1st XI Football	Mr Philips	Redlands	L	1-3
2nd XI Football	Mrs Pickworth	Redlands	W	3-0
3rd XI Football	Miss Dickson	Redlands	W	2-1
11A Football	Mr Case	Sydney Grammar St Ives	W	3-1
11B Football	Miss Janssen	Sydney Grammar St Ives	W	4-3
11C Football	Mr Knight	Sydney Grammar St Ives	L	0-3
10s Blue	Miss Polis	Newington Lindfield	W	3-1
10s White	Mr Grainger	Newington Lindfield	L	2-5

### Venues - Round 4:

#### SHORE:

Northbridge (SCEGS War Memorial Playing Fields)  
55 Sailor's Bay Rd, Northbridge  
School Field: Edward Street, North Sydney

#### KNOX:

Lower Gillespie Fields - Young Street, Wahroonga

#### TRINITY SUMMER HILL:

Bressington Park - Underwood Road, Homebush

# Shore Association

## Shore Year 6 Social Evening

### **SAVE THE DATE**

- Wednesday 15<sup>th</sup> June
- From 6.30pm
- Greenwood Hotel, Blue Street, North Sydney
- Details on how to book coming shortly!

## Shore Hoopla Tennis Day

Thursday, 28 July 2016

Shore Northbridge Pavilion & Tennis Complex  
Corner of Alpha & Sailors Bay Roads, Northbridge 2063

**9.00am – 2.00pm (for a 9.15 am start)**

Please join us for a fun day of tennis, morning tea, lunch, prizes and a fabulous raffle of gourmet items. Organise your own court of 10 or we can we can allocate you a court.

**Cost \$50 per person incl. morning tea & lunch**  
(Option to include raffle tickets - 3 for an additional \$10)

<http://www.trybooking.com/LOOZ>

Kate Cadwallader: [katecadwallader71@gmail.com](mailto:katecadwallader71@gmail.com) 0410 520 771  
Julie Duthie: [ajduthie@bigpond.net.au](mailto:ajduthie@bigpond.net.au) 0438 683 596

**Bookings close - 25 July 2016**