



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

Thursday, 22 September 2016

Volume 39 Issue 32

Monday 10 Oct	Tuesday 11 Oct	Wednesday 12 Oct	Thursday 13 Oct	Friday 14 Oct	Sat 15/Sun 16 Oct
Term 4 commences	Life Education at NS	K-2 General Assembly Life Education at NS	Life Education at NS	K-2 Orientation Morning at NB (9am) Life Education at NS	Summer sport - Round 7

Junior Prep Proms

Congratulations to all boys who performed in the *Prep Proms* this week. As you are aware this was a very special evening for the boys in Years 3 and 4. The enthusiasm, talent and energy of all performers were inspiring. I would like to thank all the Preparatory School staff for their support of this event. The Prep Proms takes all year to prepare. Mr Jensen, Ms Janssen, Miss Wentzel, Ms Robertson and the music staff should be very pleased with the performances. Well done to all performers! We are now looking forward to the Years 5 & 6 Proms next term.

Start of Term 4

A reminder that Term 4 commences on **Monday 10 October**, rather than a Tuesday start. Please also note that the children will change into their *summer uniform* for the first day of Term 4.

The RAW Project

The Centre for Emotional Health at Macquarie University, supported by the Australian Research Council, is about to begin an exciting new longitudinal study (the RAW project) to understand the ways that young people develop emotional competence and problems across the teenage years. The School believes that this is an important study and would encourage parents of current Year 6 students, or Year 5 students (for next year) to consider taking part. Below are some details about the project, from the project leader and a flyer has also been included in this week's Prep Peek email.

Why is this study important?

Adolescence is a period of dramatic change that has important implications for future wellbeing. During adolescence we have to negotiate powerful peer pressures, begin to date, start to separate from our parents, deal with wild hormonal storms, and start to contemplate our future. Not surprisingly, the adolescent period is the time when the vast majority of mental health problems first emerge. Adolescence is also the time when leaders are born; when future doctors, lawyers, and scientists start their journeys; and when some of our strongest friendships are formed. This project aims to understand what psychological, social and behavioural factors influence the development of emotional wellbeing in adolescents.

We will be following a large group of young people, every year, starting from Year 6, to look at how they change and develop emotionally over time. *This will be one of the most detailed studies of its kind in the world and will teach us a lot about the things that are important for healthy adolescent development.*

What do we need to do?

Firstly, you will need to contact the RAW Project team to discuss the study further. If you and your child wish to participate, we will send you online consent forms and questionnaires and book you in for the phone interviews and the lab session.

The full assessment for this year will involve three parts –

- (1) Online questionnaires (around 1 hour, for parents and children)
- (2) Interviews over the telephone (45 minutes to 1 hour, for parents and children)
- (3) Lab session at Macquarie University (approx. 2 hours, for children)

We will contact you again **every year, for the next four years** and possibly beyond. But at any time, if you decide you no longer want to take part in this study, you can tell us and we will stop contacting you. We think most children will find this an enjoyable and educational experience. They will be part of a club, they will get to take part in competitions and activities online with other kids their age, and the assessments will mostly be very interesting. This is your and your child's chance to help science, to help the teenagers of the future, and to get paid for doing it. If you and your child would like to be involved or if you would like more information, please call the RAW Project office on **(02) 9850 4080** or email rawproject@mq.edu.au. You can also visit our webpage www.rawproject.com.au.

*Professor Ron Rapee and the RAW Project Team
Centre for Emotional Health
Macquarie University*

*Nick Saunders
Head of Shore Preparatory School*

North Sydney News, Years 3 to 6

Junior Proms

What an evening it was! The Smith Auditorium crowd was treated to a number of sublime performances from our Prep boys. The members of the Concert Band, String Ensemble, Jazz Band and String Quartet showed us the fruit of their hard work by performing outstanding renditions of a number of familiar pieces. The boys in Years 3 and 4 wowed the audience in the second half of the show with their energy and timing. Of course, a night of this magnitude isn't possible without the assistance of many people; I'd particularly like to thank Stephanie Janssen, David Jensen, Alex Wentzel and Sandy Robertson for their dedication and professionalism in preparing the boys for the evening.

Commencement of Term 4 – Summer Uniform

Term 4 begins for students on Monday 10 October.

Parents are asked to take whatever steps necessary to ensure that your son returns to school **on the first day** next term with immaculate appearance which is then maintained throughout the term. This includes an appropriate haircut and shoes that are shined, repaired if necessary and properly laced. I remind boys and parents that boys are expected to be dressed in their **summer uniform** for the duration of Term 4.

Thank You

Thank you to all parents who have assisted in various programmes at the school this term. Whether it be in coaching sport, refereeing, taking reading groups, covering books in the library or working on an American Tea stall we are most appreciative of the immense support of our parent body.

Medallions of Excellence

Congratulations to the following boys who were awarded their Medallion of Excellence at Monday's assembly, Josh Banks, Will Barton, Kwan Berner, Robert Davie, Darcy Davies, Josh Easton, Campbell Finlay, James Hopkins, Andrew Keegan, Myles Kinchington, Thomas Marshall, Henry Oxenham, Charlie Richardson, Nicholas Sarmiento, Harry Scambler, Jaidyn Tam, Bijaan Utteridge, Henry Walker, Charlie L Wilson. The presentation of medallions at Assembly are to acknowledge and recognise their hard work, service and consistency over their time at the Prep school. Well done boys! We will have our final batch of medallions presented at our end of year Assembly on November 14. Year 6 boys who are eligible must hand in their certificates to Mr Larby by Friday 4 November.

After School Clubs – Term 4

Many application forms for Term 4 After School Clubs have been returned. Clubs will commence in the second week of term. If you are yet to do so, please return your form in the first days of next term.

Quality Class Award and House Points Champions

Congratulations to 4M who won the Quality Class Award on a count back. Well done to all the boys for their consistent hard work and exemplary behaviour. Well done to the boys in Davies who finished first in our weekly House Points competition.

I wish all children and families of the Preparatory School a restful and refreshing holiday.

Adam Larby
Deputy Head of Shore Preparatory School – North Sydney

Shore Preparatory School K, 1, 2 – Northbridge

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

Northbridge News, K, 1, 2

Swimming School

Next term, the K,1,2 children will be attending their annual 10-day intensive swimming school programme. This will be held at Willoughby Leisure Centre. The programme will commence on Monday, 31 October and conclude on Friday, 11 November. Sessions will be conducted by swimming instructors from Willoughby Leisure Centre and class teachers will attend for supervision of the children. Further details will be sent home at the beginning of next term.

Life Education

This week we enjoyed hearing about some healthy lifestyle tips from Healthy Harold. The girls and boys had a great time visiting the mobile learning centre. Please ask your child what he/she learnt at Healthy Harold this week.

Labelling Uniform

The holidays are a great time to check your child's Summer uniform to ensure it is labelled with the correct name. Hats, jackets and jumpers often go home with a different child during term and the owner can be left without it for some time. Please take a moment to ensure that all items of uniform are clearly labelled, especially with the swimming programme coming up next term. Please also take a moment to check you do not have any uniform labelled as *Shore Spare* at home that has been loaned by Mrs Lockyer.

Term 4 Assemblies

Thank you **Year 2C** for presenting your assembly for us this week. There will be no assembly on the first Wednesday of next term. The dates of the final assemblies for next term will be published in the community calendar. Congratulations to the girls and boys in **Year KH** for receiving the final **Quality Class of the Week Award** for Term 3! Well done also to **Year KC** for being crowned our Chapel Money Champions for this week. What a great way to finish the term!

Thank You

On behalf of the staff I would like to thank all families for their support during a very busy yet productive Term 3. To complement the dynamic learning that has taken place in the classrooms, we have seen the children actively engage in excursions, assemblies, performances and sports events. May I take this opportunity to wish you all an enjoyable and relaxing break, and trust you are able to have an especially rewarding time with your children.

Natasha Mitchell
Deputy Head of Shore Preparatory School - Northbridge

Early Learning Centre – Northbridge

ELC Phone: 8966 5350 ELC Fax: 8966 5391

ELC News

Healthy Harold

What fun it was to have the Life Education van back at Northbridge this week. Healthy Harold never fails to impress with his sense of humour and cool caravan! Children should now be experts on making great choices with their nutrition and taking care of themselves. Children were all provided with a take home booklet that you can use to continue these conversations at home, or perhaps you might like to download the 'Healthy Harold, Healthy Me' App. See you next year Harold!

Kindergarten Visit the ELC

This week we commenced the Kindergarten Transition Program with visits from KC and KH. It was such a pleasure to see so many familiar faces amongst our visitors and meet some new children also. Prior to the visit Miss Mel worked with a group of children to find out what sort of information they would like from KC and KH, and they had some great questions!

What do you have to bring in your bags? - Archer K

Where can you get a drink?- Anna

Do you have toys?- Henry

What do your shoes look like? – Lily M

Are the teachers different? – Sam

We look forward to seeing the Kindergarten, Year 1 and Year 2 children in Term 4 when we start the lessons and lunch component of the transition.

Summer Program

From the beginning of the school holidays, we will begin the 'summer program' where children will go outside to the garden after the morning group time and then return indoors around 11.00am. This change helps us to avoid the times of the day when the UV index is at its highest. The sunscreen station has now been repositioned in the multipurpose room so that children can apply their sunscreen as soon as they arrive in the mornings. If you are interested in receiving up to date information about UV index, Cancer Council have an excellent SunSmart App available to download.

Happy Holidays

This week marks the end of a very busy Term 3 for the Early Learning Centre and we are looking forward to a change of pace over the upcoming school holidays. Please be reminded that our co-curricular experiences of Music and Movement, Library and Chapel do not take place during the holidays and will resume Term 4, Week 1. The ELC will remain open throughout the holidays with the exception of Monday 3 October when we will be closed for Labour Day. For those enjoying some time away from the ELC we hope you have a very safe and happy holiday.

Important Dates

Monday 3 October – ELC closed Labour Day

Wednesday 12 October – Individual and Group photographs

Thursday 13 October – Individual and Group photographs

Wednesday 26 October – Living Safely with Dogs

Thursday 27 October – Living Safely with Dogs

*Rebecca Schollum
Director ELC*

UNIFORM SHOP

Open

Mondays, Tuesdays
and Thursdays

9.30am to 4.30pm

(02) 9900 4704

Games

Wet weather information

Please refer to the
Shore website on
Saturday morning
www.Shore.nsw.edu.au
(Quick Links/Prep Sporting
Fixtures/ Prep
Weekly Fixtures)

NSW CIS Cricket

Angus Gill, Henry Oxenham and Jasper Hogarth-Scott all trialled for the NSW CIS cricket team earlier in the week. Out of 130 boys the three of them made it to the 24 boys who were asked back the next day for the centre wicket session. The boys played extremely well and I am proud to announce that Angus and Jasper were selected for the NSW CIS Cricket team. An outstanding effort!

PE Classes – Term 4

In Term 4, all boys 3-6 will be doing a swimming unit as part of the PD/H/PE Program.

During PE lessons the boys will walk to the Senior School swimming pool. There they will get changed into the following;
Dress Code – School swimmers, Shore wet shirts, towel and sunscreen are compulsory. Goggles and cap recommended.

Shore wet shirts available from the Uniform Shop.

*Scott Mancey
Sportsmaster/PDHPE*