

PREP PEEK

The Weekly newsletter of Shore Preparatory School



SHORE

Friday, 17 March 2017

Phone 8am – 4pm: 9956 1183 Fax: 9956 1199
PO Box 1221 North Sydney New South Wales 2059

Volume 37 Issue 7

Monday 20 March	Tuesday 21 March	Wednesday 22 March	Thursday 23 March	Friday 24 March	Sat 25 /Sun 26 March
3-6 Assembly - Smith Auditorium	Y1 Excursion to Kimbriki	K, 1, 2 Assembly - KH Y3-6 Cross Country Carnival Campus Photos plus outstanding sport photos			
Monday 27 March	Tuesday 28 March	Wednesday 29 March	Thursday 30 March	Friday 31 March	Sat 1 /Sun 2 April
3-6 Assembly - MAC	ELC Incursion - Peter Morgan Snow sports info evening - 6.30pm	K,1,2 Assembly - KC Walkathon Winter Sport Trials # 1	ELC Incursion - Peter Morgan	K - 2 Fundraiser - Pyjama Day	IPSHA Cross Country at King's

It pays to be kind

As was mentioned in the Prep Peek a couple of weeks ago, in North Sydney Christian Studies lessons we have begun a series looking at the principles of good character and the character virtues that a good person displays. We began this series by examining the importance of being kind and during the week an article from a local magazine, *Northside Living (March Edition)*, entitled 'Why it pays to be kind', was brought to my attention. I thought it would be worth discussing the key points.

The article discussed some of the recent scientific research that indicates how being kind can have positive health effects on the person being kind, including slowing the ageing process, lowering blood pressure, boosting social bonds and reducing feelings of social isolation. The key to the process is the activation of the pleasure and reward centre in the brain (nucleus accumbens), when we do something nice for someone else. This begins a chain reaction, releasing dopamine which not only gives us a pleasurable feeling, but then encourages the release of oxytocin which lowers blood pressure and then serotonin which is a natural anti-depressant. These chemicals also reduce free radicals and inflammation in our bodies therefore having the side effect of slowing the ageing process. A similar reaction occurs in people when they are prepared to willingly receive the kindness of others.

As part of our lessons, we looked at a youtube clip called *The Kindness Boomerang*. This clip captured the idea that if we are helpful to someone else who is able to willingly receive that act of kindness, they will then be inspired to act kindly to someone else, creating virtuous chain reaction in the community around us that may in the end come back to bless us. This is certainly our hope in getting the students to think about ways they can be kind. We hope to create a community where kindness is not just a rare event, but is the normal way we transact in all of our relationships.

Independent Primary School Heads Association (IPSHA)

Last week, the Shore Prep swimming team competed in the IPSHA Swimming carnival out at Sydney Olympic Park Aquatic Centre. Congratulations to Oliver Harvey, Fraser Pandit, Ander-

ton Stock and Jack Pollitt who were selected to compete at the next level of competition, the CIS Carnival next week. With many boys taking part in events like the IPSHA Swimming Carnival and Saturday school sport, I would like to draw parents' attention to the role that IPSHA, the Independent Primary School Heads Association, plays in the life of an independent school like Shore. IPSHA's role includes:

- ⇒ Organising the Saturday morning sport competitions that all the boys in Years 4 – 6 participate in;
- ⇒ Organising and convening the various sporting carnivals that serve as selection trials for higher representative competitions; in particular, the IPSHA Swimming, Athletics and Cross-Country carnivals;
- ⇒ Convening professional development forums and conferences for primary teachers and principals;
- ⇒ Advocating for the interests of independent primary schools on various state and national committees, such as APPA (Australian Primary Schools Principals Association) and Principals Australia.

IPSHA plays an important role in the life of independent primary schools throughout Australia, providing behind-the-scenes support for principals and teachers in schools such as Shore Preparatory School.

Nick Saunders
Head of Shore Preparatory School

Uniform Shop

Reminder: Please organise your child's winter uniform now before the rush at the end of term. Thank you.

Anne Sutton
Uniform Shop Co-ordinator

North Sydney News - Yrs 3 - 6

Phone: 9956-1183 Fax: 9956-1199 email: secnsp@shore.nsw.edu.au

A Place of Opportunities

In the past week I have been meeting during morning tea with the boys new to Shore in 2017 to get a sense of how they are settling in and to do an audit of the Prep. Our new boys provided wonderful insights into things we do well, things they miss from their old school and some of the things they've enjoyed most since starting at Shore. One of the common observations from our new boys was the opportunities that a school like Shore offers its students. Opportunities in the classroom, co-curricular, sport, relationships, spiritual development, after school clubs and much more. I spoke to the boys at Assembly about making the most of the opportunities that exist at the school and saying yes if a chance to do something new arises.

Cocktail Party

The Cocktail Party commences at 7pm in the courtyard outside the MAC. If it rains we will be in the MAC. We are looking forward to a great night with almost 180 members of the North Sydney Prep community gathering to enjoy food, drinks and one another's company. Parking will be available in Bishopsgate (under the tennis courts) and in the surrounding streets. Our thanks go to and Justine Morton and Kelly Wyborn for organising this wonderful evening.

Student Illnesses

Please keep your son at home if he is unwell. It is imperative that boys stay at home and only return once they are fully recovered. The school understands it can be very difficult to make changes to work routines when your son is sick, but it is the responsibility of parents to limit the spread of infection. Thank you for your cooperation with this matter.

Summer Sport

Good luck to those boys lucky enough to have games in the final round of summer sport tomorrow. Despite the challenges the weather has thrown us, our thanks go to all parents who have transported, encouraged and supported the boys during the first half of our summer sport season. Special thanks to those parents who assisted in scoring, umpiring, coaching and warming up the boys. I also thank Mr Mancey and the staff whose commitment to coaching the boys has helped make this part of our season most enjoyable.

Photos - Summer Sport

As this weekend is the last weekend of Summer sport prior to the planned Sports Dinner in Term 3, it would be greatly appreciated if you were able to take some photos of your son's team this Saturday for the planned DVD keepsake on the night. At least basketball will be well presented! It would help significantly if the photos were taken with a high resolution camera to ensure the image quality is superior. All photos can be emailed to Rachel Fennessy at: rachelfennessy@gmail.com. Eventually we would like a broad representation of all sports and activities (including Debating and Elective Dance) and most children. Close up action shots and shots with multiple students are ideal for the DVD. Thank you for your assistance with this matter.

Year 3 Father & Son Camp

Congratulations to our little boys and big boys (Dads) who enjoyed outstanding weather, activities and bonding at our

annual Year 3 Father and Son Camp with Mr Saunders, Mr Harrington Mr Bayliss, Mr Larby and Rev Dudley. It was a truly special time for everyone involved.

Flag Rugby

An extra session for our Years 3 and 4 Flag Rugby club will happen on Wednesday 22 March after the Cross Country. This is a makeup session and will be the final session for the term. The session will run from 3-4pm and will begin immediately after the boys are dismissed from the Cross Country Carnival. The boys are to meet Ben and Christian at the main grandstand. Boys need to be picked up at 4pm from the Northbridge Turning Circle.

Winter Sport Update

Winter sport trials will begin on Wednesday 29 March after the Walkathon. All students in Years 4 to 6 will participate in two winter sport trials. The second session will be on Wednesday 5 April. Boys will be notified of the team selections at the beginning of Term 2. Boys playing Football are expected to wear the new jersey that was introduced in 2016. Boys are allowed to wear the old jersey to training on Wednesdays, but must wear the new jersey for the Saturday games.

Whole School Photo and Cross Country

On Wednesday 22 March, all students including Year 3 will travel on the bus to Northbridge for our campus photo and our annual Cross Country events. All students will need to be collected from Northbridge. Year 3 will conclude at 2.55pm. All other grades will be dismissed at the usual time of 3.10pm. After School Care will operate as usual at Northbridge on the day.

Student Absence

If a student is absent from school, parents are required to notify the School by contacting the Office before 9am. This allows us to maintain accurate records and ensure that all of our students who have left home have arrived at school safely. Absences need to be promptly followed-up with a note of explanation upon the student's return to school. Cooperation with these procedures is greatly appreciated.

Quality Class Award and House Points Winner

Congratulations to 4R who were declared winners of the Quality Class Award for Week 6 with two other classes close on their heels. It has been great to see so many boys practicing terrific manners, cooperation and work habits. Congratulations to Linton house for winning the weekly house points competition. Linton holds a small lead as we head into the final weeks of the term.

School Photos available via Melba Studios

Reminder: digital copies of individual portraits and class photographs are available via the Melba Studios website. Letters with class passwords were distributed last week.

Adam Larby

Deputy Head of the Preparatory School - North Sydney



Northbridge News - K,1,2

K,1,2 Phone: 8966 5300 Fax: 8966 5390 email: K12office@shore.nsw.edu

Northbridge – a place for learning

On Monday, I asked the children what they had learnt on the weekend. Responses ranged from “I learnt that a T-Rex had a stronger bite than crocodile” to “I learnt not to jump out of a tree because it hurts your leg”. This week, along with the children learning, the Northbridge campus has seen lots of adults learning too. On Tuesday morning, the Kindergarten parents were taught all about our new literacy programme. On Tuesday afternoon, we hosted the IP-SHA Early Childhood Teachers’ meeting with a focus on Aboriginality in the classroom. Today we hosted the IP-SHA Deputies and Curriculum Co-Ordinators meeting with a focus on wellbeing. What a busy week at Northbridge.

Sleep – Is your child having enough?

A 5-10 year old child needs an average of between 10 and 12 hours sleep each night (*kidshhealth.com.au*). The first term of each school year is particularly taxing on many children. The heat, new routines, learning and growing all use a great deal of energy. Weekends and after school activities should be kept to a minimum especially for our Kindergarten children. Their bodies need to recover for a big week of learning ahead. How much sleep and rest does your child have?

American Tea

We are in need of one or two people to shadow our Northbridge American Tea Co-Ordinator this year with the view to taking on the role for 2018-2019. Kate Hills, our current American Tea Co-ordinator, is extremely well organised and has many systems in place to ensure a smooth transition. If you would be interested in taking on this role please let advise Natasha Mitchell, Deputy Head of Shore Preparatory School at Northbridge. The American Tea is a great way of serving our community.

Notes for Absences

By law, all absences from school must be accounted for by parents. To this end, please advise the school in advance of all absences including such things as Year 3 interviews (girls), medical appointments and the like. Also retrospective notes on the child’s first day back if they have been off sick are required. Please check your child’s diary for details of any absence notes that may be outstanding.

After School Care

We are very patiently awaiting our Assessment and Ratings Inspection in After School Care. This is conducted by DECS and will take place before the end of the term. Mrs Posener and the other educators work very hard to ensure After School Care is a place full of play, love and learning. Thank you to all our After School Care staff for the wonderful work they do.

Assemblies

This week, we had a General Assembly focusing on our

charity for this term, the Sydney Story Factory. Next week, we will have **KH’s** Assembly and we welcome all the KH parents and visitors back to the classroom following the assembly. Well done to the children of **Year 1J** who were awarded the **Quality Class of the Week Award**. Great job, 1J! Excellent work also to **Year KC** on being our **Chapel Money Champions of the Week**.

Roseville College Year 3 Information Morning

Parents of girls at Northbridge have been invited to a Year 3 Information Morning at Roseville College Junior School this coming Thursday 23 March 2017 at 8.30am. If you are interested in attending please contact the Roseville College Registrar, Mrs Tracey Donkin on 9884 1109 or registrar@roseville.nsw.edu.au.

Other information to note:

Tuesday 17 March – Year 1 to Kimbriki

Friday 31 March – Pyjama Day

Natasha Mitchell

Deputy Head of the Preparatory School – Northbridge



Teaching and Learning - Years K to 6

K,1,2 Dance and Drama

The Kindergarten children have been studying the unit *Paddock to Plate* in class, so I have taken this opportunity to integrate this unit of work into their Dance and Drama classes. The children have been role playing planting seeds, looking after their seedling and watching their plants grow. We discussed what a plant needs to grow and what we need to do to look after it. Some children grew remarkable plants that included pizza trees and chocolate flowers!

We have also been learning the *Watermelon* Dance, which features many fresh and delicious fruits.

Year 1 have enjoyed using our dancing wands to help them stretch and remember directions of movement. They are now able to identify what are axial and locomotor movements and the wands help them distinguish between their left and right side.

We also completed an activity called *Draw your dance and dance your drawing*, where the students listened to four contrasting pieces of music including classical, rock, house dance and jazz. During this activity, the students respond to what they hear by drawing patterns, then they bring their drawings to life by dancing the patterns they have formed. It is wonderful to see the creative interpretations of music and movement, dynamics and rhythm.

Year 2 have embarked on a unit of work based around Aboriginal and Torres Strait Islander studies. We have been looking specifically at four areas of culture – Corroboree, Body/Totem Painting, Hunting and Gathering. We have viewed many videos of traditional dance and begun to create our own interpretation of this ancient dance form.

Allison Simons - Dance and Drama Teacher



Early Learning Centre - Northbridge

ELC Phone: 8966 5350 Fax: 8966 5391 email: elc@shore.nsw.edu

ELC News

Statewide Eyesight Preschooler Screening (StEPS)

Each year all 4 year old children in New South Wales are invited to take part in the StEPS programme for a free vision screening assessment. This programme is an initiative of the NSW Ministry of Health and will take place in most education and care settings throughout the State. The screening is designed to identify childhood vision problems which cannot be detected by observation, behaviour, family history or vision surveillance.

StEPS will take place at Shore ELC on Wednesday 26 April and Thursday 27 April from 9.30am. All children who turn 4yrs before 6 June 2017 are invited to participate. If you would like your child to participate, please complete and return your consent form to Miss Penny by the end of Term 1, Friday 7 April.

Sydney's Child Magazine

Each month we receive a delivery of Sydney's Child magazine which is a valuable resource for families with young children. The publication includes great feature articles, information regarding 'what's on' in Sydney as well as other relevant information about activities for young children, specialist services and so on. If you would like a copy of the Sydney's Child magazine please help yourself to a copy from the ELC foyer.

Wet Weather Fun

"There's no such thing as bad weather, only inappropriate clothing." - Sir Ranulph Fiennes

It feels as though we have moved straight to winter weather following those extreme temperatures, however there was no way we were going to let the wet weather hold us back! This week we decided to embrace the rain and grab any umbrellas, raincoats and gumboots that we could find and head outside. It was so much fun splashing in the wet!

We would like to encourage you to leave your child's wet weather gear such as raincoat, umbrella or gumboots on the hanging rack outside your child's room as we hope to visit the outdoors throughout the year whatever the weather!

Peter Morgan update

Please note the change of dates from Wednesday 29 March to Tuesday 28 March for the upcoming visit from Peter Morgan. This incursion will commence around 10:30 am. Peter has been a regular visitor to the ELC over the last decade and we are very much looking forward to welcoming him back.

Important Dates

Tuesday 28 March - Incursion Peter Morgan Presents Kapakapa Manawa

Thursday 30 March - Incursion Peter Morgan Presents Kapakapa Manawa

Friday 14 April - ELC closed Good Friday

Monday 17 April - ELC closed Easter Monday

Tuesday 25 April - ELC closed ANZAC day

Wednesday 26 April - StEPS screening

Thursday 27 April - StEPS screening

Rebecca Schollum
Director Early Learning Centre



UNIFORM SHOP

Open : Monday, Tuesday, Thursday
9:30am to 4:30pm
Ph: 9900-4704

SPORT

Wet weather information

Please refer to the Shore website on
Saturday morning
Www.Shore.nsw.edu.au

Round 5 Results

1st XI Cricket	Mr Bayliss	Tudor House	W	4/75 V 3-73
Yr 6 Super 8	Miss Kleinig	Coogee Prep		-
Yr 5 A Cricket	Mr Harrington	St Aloysius	W	3-140 vs 41
Yr 5 Super 8 Blue	Miss Polis	Riverview	W	86-62
Yr 5 Super 8 White	Mrs Bunting	Waverley	W	70-21
Yr 4 A Cricket	Mr Philips	Barker	W	96-42
Yr 4 Super 8	Mr Grainger	Mosman Prep	W	112-104
Tennis (A & B)	Miss Mitchell	Scots	W	A: 25-9 B: 19-15
1sts Basketball	Mrs Crerar	Trinity	D	34-34
2nds Basketball	Mr Larby	Trinity	L	20-29
Basketball Snr C	Mrs Geersen Mr Knight	Trinity	W	22-9
Basketball Snr D	Miss Schlunke Mr Knight	Trinity	W	25-11
Basketball Snr E	Miss Robertson Mrs Herron	Trinity	L	10-28
Basketball Snr F	Miss Johnson Mrs Woods	Trinity	L	13-26
Basketball Snr G	Mr Tooker	Trinity	L	12-21
Basketball Snr H	Ms Wood Mrs Covey	Trinity	L	2-34
Basketball Jnr A	Mrs Anderson	Newington Wyvern	W	34-22
Basketball Jnr B	Mrs Curnow	Newington Wyvern	D	20-20
Basketball Jnr C	Mr Morrison	King's	W	20-0

IPSHA Football trials

Joshua Abrahamian, Marcel Ewan, Charlie Farrell, Ryan McHugh, Oscar Muhlbauer and Matthew Simpson had a great day at the IPSHA football trials last Monday. Competing against 100 boys for selection into the IPSHA team to compete at the NSW CIS Football Championships. The boys played well displaying great skill with the ball and some fancy footwork. Unfortunately they didn't make the squad of 14 but we are looking forward to a competitive season from our 1st XI football.

Winter Sport

Winter Sport trials for Rugby and Football will take place on Wednesday 29 March and Wednesday 5 April. All sessions are in school sport time.

Round 1 starts in Term 2 on Saturday 29 April.

Shore Prep Sport Dress Code.

Correct sports uniform and protective gear must be worn. If any of the correct protective gear is not worn, a boy will not be able to participate in the trials.

Football players – Football boots, shin pads (**compulsory**), school jersey and mouthguard (optional).

Rugby players – Rugby boots, head gear (**compulsory**) & mouthguard (**compulsory**), school jersey.

All players – please bring school jersey and coloured jersey for trials (with your name clearly printed on them).

RUGBY BOOTS - Safety Standards (IPSHA Guidelines)

- Many schools have a strong preference for **good quality** rubber studs.
- These must conform to the 'British Standard BS 6366 1983'.
- Plastic and Nylon studs are **not** acceptable. Aluminium studs conform but require careful and regular monitoring by coaches and parents if they are used.
- ii. Studs should be constructed from Rubber or Aluminium.
- **NO PART** of any stud can be made of nylon or plastic.

Rugby Referees

Calling for Rugby Referees.

Each year our Rugby games would not go ahead without the commitment of the referee. Any parents who have a Rugby Referee's badge and an updated Smart Rugby qualification, **WE NEED YOU!**

You can enrol for a Level One Course or a pathways course aimed Kid's Refereeing Under 8 – 12 year olds.

Please contact me if you can make yourself available on Saturday mornings. School Office: 9956 1183.

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UNIFORM SHOP

Open : Monday, Tuesday, Thursday
 9:30am to 4:30pm
 Ph: 9900-4704

SPORT

Wet weather information

Please refer to the Shore website on
 Saturday morning
 Www.Shore.nsw.edu.au

Round 6 - 18 March

1st XI Cricket	Mr Bayliss	CANCELLED	
Year 6 Super 8	Miss Kleinig	CANCELLED	
Yr 5 A Cricket	Mr Harrington	CANCELLED	
Yr 5 Super 8 Blue	Miss Polis	CANCELLED	
Yr 5 Super 8 White	Mrs Bunting	CANCELLED	
Year 4A Cricket	Mr Philips	CANCELLED	
Yr 4 Super 8	Mr Grainger	CANCELLED	
Tennis (A & B)	Miss Mitchell	CANCELLED	
1sts Basketball	Mrs Crerar	Grammar St Ives Shore Senior School Gym	10.15am
2nds Basketball	Mr Larby	Grammar St Ives Shore Senior School Gym	9.30am
Basketball Snr C	Mrs Geersen Mr Knight	Grammar St Ives Shore Senior School Gym	8.45am
Basketball Snr D	Miss Schlunke Mr Knight	Grammar St Ives Shore Senior School Gym	8.00am
Basketball Snr E	Miss Robertson Mrs Herron	Grammar St Ives St Ives Campus	10.30am
Basketball Snr F	Miss Johnson Mrs Woods	Grammar St Ives St Ives Campus	9.45am
Basketball Snr G	Mr Tooker	Grammar St Ives St Ives Campus	9.00am
Basketball Snr H	Ms Wood Mrs Covey	Grammar St Ives St Ives Campus	8.15am
Basketball Jnr A	Mrs Anderson	Mosman Prep MISC	8.15am
Basketball Jnr B	Mrs Curnow	Mosman Prep MISC	7.30am
Basketball Jnr C	Mr Morrison	CANCELLED	

Shore Cross Country

The School Cross Country Carnival will be held at Northbridge Playing Fields on Wednesday 22 March. Boys in Year 3 – 6 will travel by bus to Northbridge at lunch time and be dismissed from Northbridge at 3.10pm. Year 3 will be dismissed at 3.00pm to ease the traffic.

Boys are asked to bring their PE uniform or the Shore athletics uniform to compete in.

The Under 8 & 9 race will start at approximately 1.40pm. This race will be followed by the Under 10, Under 11 and Under 12 races.

Boys in Years 3 – 6 will race to win a place in the Shore Preparatory School Cross Country team. The following is a breakdown of entrants per age for the IPSHA Carnival on the Saturday 1 April at The King's School, Parramatta. At this event the boys will run 2km if they are under 8, 9, or 10 and 3km if they are under 11 or 12.

Under 8 & 9 – 10 places

Under 10 – 10 places

Under 11 – 10 places

Under 12 – 10 places.

Scott Mancey – Sportsmaster

Please Note:

**** ALL CRICKET CANCELLED ****

**** TENNIS CANCELLED ****

**** JUNIOR C BASKETBALL CANCELLED ****

1sts, 2nds, C's and D's Basketball - now playing at **Shore Senior School Gym** NOT NSBH as previously indicated

Senior E - H Basketball - times have slightly changed

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

Tambourine Bay Rd, Lane Cove

SYDNEY GRAMMAR ST IVES

Mona Vale & Ayres Road, St Ives - Parking also available in Mawson Street

MOSMAN PREP

MISC - Mosman Indoor Centre. Marie Bashir Mosman Sports Centre. Cross Street, off Bradley's Head Road, Mosman

Shore Association

Join the new Northbridge Canteen Committee - 3 Coordinators required

The Shore Association is looking for 3 Canteen Coordinators to join a team of 5, from Term 4, 2017. Join the team with Gaby Hunter (Year 8) and Kate Stevenson (Year 9/11).

The Canteen Coordinators are responsible for the coordination and operation of The Northbridge canteen on Saturdays and at various sports carnivals throughout the year.

Judy Mussett has done a fabulous job in transforming the Canteen to what it is today - she will be stepping down at the end of Term 3.

This is a great opportunity to get involved with the School community and have some fun.

If you are keen, please contact Electra Wiggs - ewiggs@bigpond.net.au

American Tea Stallholder Volunteers

We are looking for parents in the Preparatory or Senior School to volunteer as Stallholders for the American Tea!

Sign up to run a stall at our fete and have fun whilst raising funds for our school.

We have spots available in the Coconut Shy, Soft drinks and Spiders Stall, Showbags Stand and Fairly Floss Factory among others. The previous stall holders will train you and help you along the way.

If you would like to help out in this capacity or in a smaller role for the American Tea, please contact :

Felix Henchman for more information. Mob: 0435 803 101 or fhenchman@gmail.com

WE LOOK FORWARD TO HEARING FROM YOU

