

# PREP PEEK

The Weekly newsletter of Shore Preparatory School



# SHORE

Friday, 19 May 2017

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Volume 37 Issue 14

Monday 22 May	Tuesday 23 May	Wednesday 24 May	Thursday 25 May	Friday 26 May	Sat 27/ Sun 28
ELC - Blue Room Interview Week >>		K,1,2 Assembly - 1T Buddies Evensong @ St James' - Prep 3-6 Choir	K-2 & ELC Open Morning		Winter Sport Rnd 5
Monday 29 May	Tuesday 30 May	Wednesday 31 May	Thursday 1 June	Friday 2 June	Sat 3/ Sun 4 June
Y6 Billeting/Games V. Canberra Grammar 3-6 Assembly in MAC	Year 2 Excursion to Flat Rock Gully	K,- 2 General Assembly	Kindy excursion to Botanic Gardens		Winter Sport Rnd 6

### What are you grateful for today?

In line with our ongoing discussion about virtues of character in Years 3 – 6, this week, I encouraged the boys to consider gratitude in the context of Mother’s Day. I am hoping all the children of the Preparatory School had the opportunity to show gratitude to their mums last Sunday and to reflect upon all of the ways that mums bless us every day.

It is very easy to walk through life without being aware of all of the wonderful things we are blessed by, particularly the ways those around us, like mums, look to our needs and selflessly serve us. When we express gratitude to others for the ways they care for us, or even when we simply carry around an attitude of gratitude through the day, this can have a positive impact not only on the wellbeing of those around us, but also on our own wellbeing:

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

It is perhaps easier to be grateful on a special day such as Mother’s Day, when the entire community turns its attention to recognising the service of another. 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, even on an ordinary day, we have much to be grateful for and I encourage all children 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 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?*

### The Importance of Sleep

The amount of sleep and the quality of sleep children and teenagers experience is increasingly seen by medical and educational experts as being a crucial factor in child and adolescent development. For this reason, the Shore Association is sponsoring a free seminar for parents next week, on **Wednesday 24 May** beginning at **7pm in the Smith Auditorium**. The presenter is Lisa Maltman from The Sleep Connection, who collaborates with key Australian sleep specialists from the Woolcock Paediatric and Adolescent Sleep Clinic and SleepShack. More information can be found attached to this Prep Peek, but I thought I would include excerpts from an article that appeared in last year’s Prep Peek, by the Preparatory School Counsellor, Mary Woods, that sets out some of the findings of specialists from the Woolcock Paediatric and Adolescent Sleep Clinic. These points will be explored in greater detail next Wednesday night.

*How much sleep is enough sleep for your child? How does a lack of sleep affect your child? According to Dr Chris Seton, a paediatrician who specialises in sleep disorders, sleep deprivation causes much more than sleepiness. In a recent address to primary school teachers, Dr Seton listed a range of physical and psychological functions that can be adversely affected by sleep deprivation – intellectual functioning, attention and focus, memory functioning, the immune system, emotional control, stress management, moral judgement, decision making, pain sensitivity. Even poor eating habits can result. It would be thought that sleep deprivation would lead to sleepy children who are docile and slow. In fact the opposite is true. Sleep deprivation in young children paradoxically results in hyperactive behaviour and irritability.*

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# North Sydney News - Yrs 3 - 6

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*Dr Seton reported that Australian children are among the sleepest in the world. Nine to ten year olds are the fifth sleepest while adolescents are the third sleepest alongside young people from the USA. A country's position in the sleepiness stakes is closely related to its speed of uptake of new electronic technology. This observation would likely strike a chord with parents who have been resisting their children's desire to have their devices at their bedsides each night. Dr Seton encouraged the maintenance of strict boundaries around the use of technology in children's bedrooms and suggested that parents enforce a rule of no devices after a certain time and the overnight parking of the devices in a supervised common area in the home away from bedrooms.*

Nick Saunders  
Head of Shore Preparatory School

## **Year 6 Immigration Forum**

Thank you to everyone who participated in our Year 6 Immigration Forum this morning. The Library was buzzing as the Year 6 boys heard autobiographical accounts from a number of people associated with our school community who have immigrated to Australia. The forum was a wonderful opportunity for real world experiences and authentic learning about an issue that has shaped Australian history and will continue to do so for years to come. The boys asked some deep and insightful questions for our panel and demonstrated the sophisticated level of thinking they are doing as part of this fascinating teaching programme.

## **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 **today**. All of Year 6 will be attending the rugby and football games which will be played on the afternoon of Monday 29 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.

## **Uniform Expectations**

Most of the boys have made a concerted effort with their uniforms this term. The change to winter uniform in Term 2 requires the boys to add jumpers and blazers to their list of things to remember. All boys are expected to wear their blazer and cap to and from school. I encourage the boys to do up at least one button on their blazers as well. A number of boys are in need of garters to hold up their socks. Garters can be purchased from the uniform shop for \$5.50 a pair. Some boys are also in need of a haircut, fringes should not be below the eyebrows and hair should be off the collar at the back. In some cases a brush would also be useful. Please continue to encourage your son to take pride in his appearance and responsibility for his presentation and belongings.

## **Prep Prefects**

It was wonderful to have our Prep Prefects, Ben and Jack Muston, join us at the Preparatory School this week. Ben and Jack spent time with the boys during their lunch break. They were inundated with questions and even had time for a few games of handball. We thank them for their continued involvement in supporting the Preparatory School.

## **Buddies**

We had our first Buddies session for the year on Wednesday. Each of the Year 5 and 6 classes was paired up with a class from our Northbridge campus. The boys and girls were involved in some icebreaker activities and introductory games. We have two more Buddies sessions this term in Weeks 5 and 8. The boys are reminded they are not to wear their studded boots in the K,1,2 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 4R who have started the term with consistent effort to be declared the top performing class last week. Congratulations also to the boys in Davies and Linton who were our House Points winners. Keep up the great work, boys!

Adam Larby  
Deputy Head of the Preparatory School – North Sydney

## **SDA Debating**

Last week, on Friday 12 May, the B team travelled to Cranbrook school to take part in the first round of the 'Octo's'. The Shore team was arguing in the affirmative against Riverview on the topic 'We should buy Australian made'. Many relevant points were presented, such as future food security and supporting local industry. While the Riverview team parried with their own interesting arguments, Shore was awarded the debate. This means the team will now progress to the quarter finals. Once again, congratulations go to the B team as well as their very able coach, Jack Stinson, who provides such a positive role model for the boys. I would also like to give a special thank you to Mrs Lindsay Holliday who kindly volunteered to transport the team to Cranbrook, making the logistics so much easier.

Miss Di Johnson  
Debating Co-ordinator



# Northbridge News - K,1,2

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

## Empowering Children

From time to time, being a child can be very difficult. It is a time when 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 can be simple or complex. 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, eg 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 practise and sometimes the teachers have to become involved. Although, this is always the safe 'fall back' position for children of this age, 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 this term and in Term 1. Could you please return borrowed items at your earliest convenience?

## The Northbridge Disco

On Friday, 17 June, the children from ELC and K,1,2 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 is [www.trybooking.com/PZQR](http://www.trybooking.com/PZQR). Further information is available via the link.

## Crazy Sock and Crazy Hair Day

On Friday, 26 May, we will be having a special fundraising day in aid of Ponsonby Hospital in Papua New Guinea. For several years, Shore Preparatory School has raised money for St James' School in the same community. Now the focus is on raising money to help purchase new medical equipment and resources for the hospital. The K,1,2 children are encouraged to come to school next Friday wearing crazy socks and crazy hair. A letter with more information was sent home with your child today.

## Assemblies

Thank you to **Year 2M** for your assembly this week. You certainly are great learners and leaders in our school. Next week, we look forward to **Year 1T**'s assembly. Parents and friends of 1T children are welcome back to the classroom following the assembly. Well done to **Year 2M** as our Chapel Money Champions for this week. Keep up the wonderful work, **2M**. Congratulations to **KH** on receiving this week's Quality Class of the Week Award.

## Other Information:

**Friday, 26 May** – Crazy Sock and Crazy Hair Day

**Tuesday, 30 May** – Year 2 Excursion - Flat Rock Gully

**Thursday, 1 June** – Kindergarten Excursion to the Botanic Gardens

**Monday, 12 June** – Queen's Birthday Public Holiday

**Friday, 16 June** – Northbridge Disco

Miss Natasha Mitchell

Deputy Head—Shore Preparatory School, Northbridge

Thank you so much to all the mums who attended my Mother's Day classes last week. I know it is not easy for a lot of you to get away from work to dance with your sons and daughters, but seeing the sheer look of delight on their faces reinforces why I am a teacher!

I have had wonderful, positive feedback and I really appreciate your support. We will be holding Father's Day dance classes too on 30, 31 August and 1 September. Please save the date.

Mrs Allison Simons  
K-2 Dance Teacher

# Teaching and Learning - Years K to 6

## Christian Education at K,1,2

Our Christian Education focus at K,1,2 is to ensure that the children know that God loves them and that he sent His son, Jesus to die for them. We do this through telling Bible stories, singing songs of praise and praying.

This term, Kindergarten is focusing on the stories of Noah and Joseph. This builds on their knowledge from last term where we concentrated on the story of creation. The story of Noah is supported by one of Kindergarten's favourite songs "The Rainbow". I'm sure they will all be able to sing it for you at home. We told the story using the felt-board. The children were amazed at God's power. They also thought that the ark would have to be pretty big to fit in all the animals.

This term in Year 1 we are continuing our Old Testament studies, looking at the stories of King Saul and David. The children have learnt that people often look at external features but God looks at peoples' hearts. We brainstormed what the Israelites would want in an earthly king. These traits included physical strength, bravery, a good speaker, power and wealth. We then saw how these things don't last and ultimately led to King Saul's downfall.

Trusting God is Year 2's topic for the term. Here we look at Bible heroes who trust and love God. This term we will focus on Gideon, Ruth, Elisha, Isaiah and Jonah. The children are already beginning to understand that in the Bible God uses ordinary people to carry out His work. The children in Year 2 have so many questions. Currently many are pondering how God can be there before the beginning!

In Chapel this term, we are looking at the New Testament specifically, "Parables Jesus told". So far, we have looked at the Parable of the Wedding Banquet, the Good Samaritan and the Lost Sheep. Later in the term we will focus on the Precious Pearl, the Rich Fool and the Sower. It is wonderful to be able to use the lessons of these parables in everyday life. Next week we look forward to Rev Simon Flinders (St Mark's Anglican Church, Northbridge) coming to speak to the girls and boys on the Parable of the Two Sons.

The girls and boys have a real thirst for learning about Jesus and it is a privilege to be able to present Him to them.

**Miss Natasha Mitchell**  
**Deputy Head— Northbridge**



# Early Learning Centre - Northbridge

ELC Phone: 8966 5350 Fax: 8966 5391 email: [elc@shore.nsw.edu](mailto:elc@shore.nsw.edu)

## ELC News

### Excursion to Woolworths

Last week on Friday 12 May, a small group of children from Blue Room went on an excursion to Woolworths, Northbridge Plaza. They looked at the different bird seed products available and purchased items they felt were appropriate for the bird feeder they have made. The birdfeeder can be seen through the side window of the Blue Room and the children are hoping they will be able to see various birdlife throughout the day.

### Play Pass

Over the last few weeks we have introduced 'play passes' to the children in both Blue and Green Rooms. When children are given the play pass it allows them to swap rooms for a period of time. The main goal with the play pass is to promote and facilitate positive friendships across our program. It also provides opportunities for children to engage in different play and learning experiences.

Harry P: "I played in the block area with Hudson, we put the pipes together."

Tommy M: "I really want to go into Blue Room because I like all the things in Blue Room."

Michalis K: "I love the play pass. I just love them so I can go into the dentist in the Green Room."

Isabelle P: "I just want to go into Blue Room with Tyson. I like the other friends and toys."

Allegra: "I think the play passes are just for the kids. I like Blue Room. It's so nice in there. Taylor and Coco are in there and they are my friends. We can do puzzles, also painting and also playing in the café."

### Parent Teacher Meetings

Just a reminder to families that the Online Booking System is available until Friday 19 May to schedule Blue Room Parent Teacher Meetings for children in their second year. I am looking forward to speaking with those of you who have already booked in appointments for next week.

### Northbridge Disco

Get your best dancing shoes on and 'Bop till you Drop' for the ELC, Kindergarten, Year 1 and Year 2 Northbridge American Tea Fundraiser Disco! The Disco will take place on Friday 16 June between 4.00pm and 6.00pm in the Northbridge Assembly Hall. The entry fee is \$20.00 per child and includes a glow bracelet, piece of pizza, drink and a lolly bag. To book tickets to this great fun community event log on to <http://www.trybooking.com/PZQR>. And we'll see you there!

### Important Dates

Thursday 25 May – Northbridge Open Morning

Monday 12 June – ELC closed Queens Birthday

Friday 16 June – Northbridge Disco

Melanie Upfold  
Assistant Director - ELC



**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](http://www.Shore.nsw.edu.au)

## Round 3 Results - 13 May

<b>1st XV Rugby</b>	Mr Mancey	Scots	L	7-26
<b>2nd XV Rugby</b>	Mr Knight & Miss Perry	Scots	L	10-29
<b>11A Rugby</b>	Mr Bayliss	Riverview	W	24-21
<b>11B Rugby</b>	Mr Tait	Riverview	L	14-31
<b>11C Rugby</b>	Mr Morrison	Riverview	L	17-85
<b>10A Rugby</b>	Mr Harrington	King's	W	60-0
<b>1st XI Football</b>	Mr Philips	Newington Wyvern	L	2-6
<b>2nd XI Football</b>	Miss Dickson	Newington Wyvern	D	2-2
<b>3rd XI Football</b>	Mrs Pickworth	Newington Wyvern	L	3-4
<b>11A Football</b>	Mr Case	Trinity	W	5-1
<b>11B Football</b>	Miss Janssen	Trinity	W	6-0
<b>11C Football</b>	Miss L Johnson	Trinity	L	0-4
<b>10 A&amp;B</b>	Miss Polis & Mr Grainger	Newington	W	A : 3-0 B : 5-0
<b>10s Blue &amp; White</b>	Mr Jensen & Miss Tootell	Newington	W	7-2

**NSW CIS Hockey**

Congratulations to Adam Watson who has been selected in the NSW CIS Hockey team. Adam is thrilled to have been selected this year because for the first time the CIS team will compete in the NSW PSSA Hockey Championships in Wyong, whereas in previous years a team was announced but no competition was held for the boys. Well done, Adam, we wish you well.

Scott Mancey  
 Sportsmaster



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 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

Please check the Shore website in the morning to confirm whether your game has been cancelled due to wet weather.

## Round 4 - 20 May

1st XV Rugby	Mr Mancey	Knox Lower Gillespie	8.45am
2nd XV Rugby	Mr Knight & Miss Perry	Knox Lower Gillespie	8.00am
11A Rugby	Mr Bayliss	Waverley Queen's Park # 7	9.30am
11B Rugby	Mr Tait	Waverley Queen's Park # 7	8.45am
11C Rugby	Mr Morrison	Waverley Queen's Park # 7	8.00am
10A Rugby	Mr Harrington	King's Blue School Field, Nth Syd	8.00am
1st XI Football	Mr Phillips	Central Coast CCGS Field	10.30am
2nd XI Football	Miss Dickson	Central Coast CCGS Field	10.30am
3rd XI Football	Mrs Pickworth	BYE	
11A Football	Mr Case	Cranbrook Dangar # 1	11.00am
11B Football	Miss Janssen	Cranbrook Dangar # 1	10.15am
11C Football	Miss L Johnson	Cranbrook Dangar # 1	9.30am
10 A & B	Miss Polis & Mr Grainger	Barker Northbridge E	8.45am
10s Blue & White	Mr Jensen & Miss Tootell	Barker Northbridge E	8.00am

### Venues:

#### SHORE

School Field - Edward St., North Sydney.

Northbridge - (SCEGS War Memorial Playing Fields and Courts)  
 55 Sailor's Bay Rd, Northbridge

#### KNOX

Gillespie Fields - Young Street, Wahroonga

#### WAVERLEY

Queen's Park # 7 - Darley Road, Waverley

#### CENTRAL COAST GRAMMAR SCHOOL (CCGS)

Arundel Road, Erina Heights

#### CRANBROOK

Dangar # 1 - Iluka Street, Rose Bay

### Winter School Holiday Flag Rugby Camp

This June, don't miss out on the 2 day flag rugby camp utilising the professional facilities at SHORE. Dash down the field, side-step defenders, dart through gaps and work with your team-mates to reach the try line. This exciting sport, curriculum and program, will involve lots of fun tagging, evasion and team-invasion games while learning all the basic fundamentals. Absolutely no rugby experience is required – you will learn everything from Christian Mayo ([www.playrugbyaustralia.com.au](http://www.playrugbyaustralia.com.au)) and other Shore rugby coaches.

**When:** June 26th and 27th (Mon/Tues)

**Open To:** Years 1 through 4 (students must attend Shore Preparatory School)

**Where:** SHORE Senior School Upper Gym, North Sydney (drop off at Blue St Gate)

**Time:** 8:30am to 3.00pm

**Cost:** \$225.00

Register: <https://www.trybooking.com/QFHY>

**Other:** Wear athletic attire, bring morning tea, packed lunch and a water bottle

\* Depending on demand, an aftercare service will be made available till 4:30pm (\$25 per child per day)

For more information/questions, contact :

Christian Mayo: [playrugbyaustralia@gmail.com](mailto:playrugbyaustralia@gmail.com) or  
 (m) 0452 133 653

### \*\* PLEASE NOTE THE FOLLOWING CHANGES\*\*

10A Rugby - Now playing at School Field, North Sydney at 8.00am

3rd XI Football - Now have a BYE