



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, 8 March, 2013

Volume 36 Issue 6

Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Sat 16 / Sun 17
Yr 6 Try Rugby	Yr 5 Try Rugby	K,1,2 Assembly Buddies Commence	Yr 4 Try Rugby Girls Club		Summer Sport Round 6 Y3 Father & Son Camp
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Sat 23 / Sun 24
Yr 6 Try Rugby	Yr 5 Try Rugby	K,1,2 Assembly Whole School Photo Cross Country	Yr 4 Try Rugby	K-2 Fundraiser: Pyjama NS Cocktail Party	

The Northbridge Centenary – 100 Years Old in 2013

No, not the Shore ELC and K12 campus, which is 10 years old this year (more about that in future Prep Peeks), but the Northbridge suburb which celebrates its 100 year anniversary this year. The Centenary marks 100 years since the naming of the Northbridge suburb in 1913. There are celebrations around Northbridge this year, but particularly the Northbridge Centenary Games which take place over the weekend of 22 – 24 March.

As part of the Northbridge Centenary Games, there will be a number of activities taking place on Shore's playing fields on Sunday 24 March, including a Fun Run, a celebrity cricket match and touch footy competition, plus lots of other fun activities to include the whole family. To coincide with this occasion, the ELC and K12 classrooms will also be open to the public from 10:30am – 12pm.

More details about the Centenary can be found on the Northbridge Progress Association website:

www.northbridgepa.com.au

Details about the Northbridge Centenary Games can also be found at: www.northbridgegames.com



Fundraising for the Australian Mitochondrial Disease Foundation

Later this term, the Preparatory School will be engaged in a number of activities to raise money to support research into mitochondrial disease. On Friday 22 March, the K, 1, 2 campus will be having a pyjama day, both K12 and North Sydney will hold an Ice Cream Day on Thursday 28 March, there will be Easter Egg guessing competitions from next week, the ELC will be having mufti days on 20 and 21 March, and the boys in Years 3 – 6 will hold their annual Scooter Competition during the last few weeks of term.

In past years, through such events, Preparatory School children have raised a large amount of money, but have also begun to learn more about this debilitating disease that affects one of our own students, Tom Martin. Mitochondrial disease affects the mitochondria within a person's cells, which provide the energy that keep the cells functioning properly. Eventually, these mitochondria die out, causing the cells to stop functioning altogether, which can lead to tiredness, loss of sight, diabetes, heart disease, seizures, strokes, brain difficulties, plus many other conditions.

More information about each of these events will appear in later Prep Peeks, so I encourage all families to get behind these efforts.

Preparatory School Prefects

Congratulations to William Gillespie and Thomas Hawkins who have been appointed the Preparatory School Prefects for 2013. Will and Tom who are in their final school year (Year 12) were Preparatory School students and have made significant contributions to the Senior School. On behalf of the Preparatory School I wish these boys every success throughout this year.

Lunchtime Parent Seminar – Tuesday 19 March – “Raising Children, a Positive Spin”

Sometimes as parents, it feels like all our time is spent putting out spot fires. All we do is rush from one thing to the next, juggling pick-ups, drop-offs, nagging about homework, making meals, finding lost uniforms and breaking up kids' fights. And yet we know that parenting should be more than that. How can parents seize the advantage to build optimism, strength and resilience in their children in a way that genuinely prepares them to take their place in the world as responsible and independent adults? Using the work of Martin Seligman, Carol Dweck and their colleagues, the school counselling team offers some tips to battle-weary parents.

In its first Lunchtime Parent Seminar for the year, Mary Woods from the Shore counselling team will lead a workshop entitled “Raising Children – A Positive Spin”. **It will be held in the Emery Room at Northbridge at 1pm on Tuesday 19 March.**

*Nick Saunders
Head of Shore Preparatory School*

North Sydney News, Years 3 to 6

Safe Travel

The great majority of our students who use public transport do so safely and responsibly. However, at this age and in the very busy streets of North Sydney, it is worth constantly reminding students of safe travel habits. This is done regularly at school as I am sure it is also in many homes. Students need to particularly have their wits about them when arriving on a bus in the morning as in many cases this necessitates crossing the Pacific Highway. Students are asked only to cross by obeying the lights, use pedestrian crossings and wait well back from the edge of the road, particularly when waiting on a traffic island between crossings. I would be grateful if parents could reinforce this message at home.

Safe Pick-Up & Drop-off by Car

For a number of reasons related to student safety, the School insists that primary-aged students who are being picked up from or dropped off at school are done so at the designated turning circles at North Sydney and Northbridge. Students are only permitted to leave the Prep School grounds if they are walking directly home, to a parents' workplace or are utilising public transport. Please do not ask your son to meet you at another location such as another school gate, a street corner or a nearby shop. The motive for doing so is usually traffic-related but be aware that asking your son to do something that he knows is against school rules can be confusing, unhelpful and places him in a very awkward situation.

Learning Support

Learning Support programmes seek to give our students with individual needs the focused attention and skills they need at school to experience success. For some students, support may only be required for a brief period of time but for many others, additional support can be a necessary and ongoing feature of the education they receive. Mrs Tong is in the process of communicating to all parents of boys targeted for Learning Support this year. In most cases, Mrs Tong will also advise how the skills taught at school can be reinforced at home as a consistent approach almost always improves student outcomes. Thank you for working with us to support your son and please contact Mrs Tong or your son's class teacher if you have any queries about how you can be assisting with his programme.

Charities – AMDF & Scooter Races

Our charity for this term is the Australian Mitochondrial Disease Foundation (AMDF) to assist with research to find a cure. The students have been supporting this cause through their weekly Chapel offering and will also raise money through our annual and popular Prep Scooter Challenge over the final few weeks of term. There will also be an ice-cream day and Easter Egg guessing competition being run by the charity monitors. More information will follow and be communicated to boys at Assembly and in class.

Jumpers and Wet Weather Protection

We have reached that time of year where there is great variety in the temperature throughout the day – hot and humid days can follow brisk and breezy mornings. It is a good idea for boys to bring their jumpers and wet weather protection (rain coats, umbrellas) each day in order to be prepared for any changes in the weather.

Cocktail Party

The Years 3-6 Cocktail Party will be held on Friday 22 March in the Prep. Parents are encouraged to set the date aside and join with other parents and staff for an enjoyable social evening. Tickets can be booked at:

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

Quality Class Award & Manners Points

Congratulations to 3K on their win in the Quality Class Award for Week 5 and the other classes who also achieved their learning goals. Mega Manners Month is off to a flying start with many manners points awarded across the classes. Who will be in front come Monday's Assembly?

Mark Dunn

Deputy Head – North Sydney

ISDA Debating

With each week, our debaters grow in skills as well as confidence and it was evident, last Friday, that all of the boys had learnt valuable lessons from the previous week and applied them to their new challenge. Friday, 1 March, was Round 2 of the ISDA debating and we were fortunate to be the host school for the second consecutive week. The topic was 'That Australia should have a new anthem'. Our two Shore Prep teams put forward some cogent, thought-provoking ideas in the affirmative but Kambala's teams were awarded a win for the negative by stressing the importance of tradition and maintaining the status quo. While the Shore teams presented some clever argument to support a new anthem, a perfect opportunity to challenge the relevance, in the twenty first century, of a word like 'girt' was sadly missed.

I look forward to seeing our teams continue to develop their debating skills as the weeks progress.

Di Johnson

Prep Debating Co-ordinator

Music

The boys attending Monday's assembly were treated to some excellent piano playing by Riley Salter who gave a sensitive performance of 'Hedwig's Theme' by the American composer John Williams. I look forward with interest to future performances.

David Jensen

Prep Music Co-ordinator

Library News

Final Reminder about Premier's Reading Challenge

Any boys who would like to complete the NSW Premier's Reading Challenge for 2013 need to come and sign in at the Library. After they have signed in, their details will be entered by Mrs Pickworth, which will then generate a user name and password. Boys will be given these details so they can then log their reading at home. It's an exciting way to keep track of reading throughout the year. If your son has completed the Challenge in the past the same user name and password should be used.

Any enquiries please ring Mrs Pickworth 99561187

Margo Pickworth
Teacher Librarian

Shore Preparatory School K, 1, 2 – Northbridge

Northbridge News, K, 1, 2

Parent Teacher Interviews

By now all the student's portfolios should have been returned to your child's class teacher. I have received many comments thanking the teachers for giving up their time to meet with parents. As school and families are in partnership in developing children, I would like to thank both the teachers and you for making time to discuss ways in which we can help the children grow in all areas.

Car-park

As you are no doubt aware, our car-park is a very busy place. With both K,1,2 and ELC parents coming and going all day for a variety of reasons, spaces become quite limited. Please do not park your car in the car-park and leave it for the day. Also, please also do not park your car and then do your grocery shopping. The senior school starts to use the grounds at this time of the year and spaces become even more limited.

The Magic Flute

On Tuesday afternoon, the girls and boys were wowed by Oz Opera's "The Magic Flute". Here are some comments from the children:

"I liked the part where they got the crowns. They were shiny and new. It was magnificent!" - Will Bailey, KWhite,

"My favourite part was when the boy kissed the girl" – John Perdikaris, 1H

"I loved it when the prince met the girl" – Penny Wheeler, 1M

Mega Manners Month

The Mega Manners blitz is well underway. The children are being rewarded with lots of house points and praise when they are 'caught' using lovely manners. Well done, girls and boys on your fantastic manners (and great work mums and dads).

Assemblies

This week in Assembly, we heard all about the Australian Mitochondrial Disease Foundation (AMDF). AMDF is the charity we are focussing on this term culminating with Pyjama Day on 22 March and Ice-Cream Day on 28 March. Thank you to Mrs Heron and to the children in Year 1H for preparing and presenting the assembly. Next week we will have **1M** present their assembly. All parents are most welcome to join us. Well done to the girls and boys of **Year 2T** who were awarded the **Quality Class of the Week Award**. Great job, 2T!

Other information to note:

Thursday, 14 March – Year 2 Excursion – Bi-Centennial Park

Thursday, 14 March – K,1,2 Girls Club

Tuesday, 19 March – Shore Foundation Breakfast

Tuesday, 19 March – Lunchtime Parent Seminar

Thursday, 21 March – Year 1 Excursion – IMAX

Friday, 22 March – Pyjama Day (details to follow)

Thursday, 28 March – Ice-Cream Day (details to follow)

Wednesday, 27 March – Easter Assembly. All parents are welcome to stay afterwards for tea, coffee and hot cross buns.

Natasha Mitchell
Deputy Head of Shore Preparatory School - Northbridge

Early Learning Centre – Northbridge

ELC Phone: 8966 5350 ELC Fax: 8966 5391

ELC News

Peter Morgan presents 'Kapakapa Manawa'

On Wednesday and Thursday of this week, we were absolutely delighted to welcome Peter Morgan back to the Early Learning Centre to share his Kapakapa Manawa 'heartbeat' experience with us. Peter specialises in percussion, rhythm and song and he weaves his Maori heritage throughout his performance.

To start the show, Peter signalled to the children that he was ready for us by using his conch shell as a horn. The shell made a mesmerising sound which drew us into the space where Peter waited for us. We later learnt that the shell is used by Maori to call the tribe together at important times.

"Kia ora," he said as we arrived and settled down to see what would happen next. We all practised saying Kia ora back.

Peter introduced a variety of instruments to the boys and girls including the conga drum and jumba drum from Africa, the wok shaped Ngara drum from India, the bongo drums from South America, the tambourine from Greece, Aboriginal tap sticks, and Putte from the Pacific Islands. Children were given the opportunity to play the instruments while Peter selected children to be dancers from the audience to perform a hula.

After the drumming we were told a story of great waka or canoes that Maori carve out of large trees that are sometimes large enough to carry 100 warriors! Waka are used as a form of water transport and were used by Maori ancestors through the islands of the South Pacific.

Next we experienced the legend of the Taniwha, a dragon like creature that is said to live in rivers, caves, the ocean or lakes. We were very fortunate to meet Peter's new Taniwha! She was a lot bigger than the one that usually comes to visit and was so beautiful! The Taniwha is familiar to the children from the Early Learning Centre, as I have often shared a favourite book from New Zealand *Taniwha* by Robyn Kahukiwa, as well as the favourite children's taniwha song that is well known in New Zealand. If you would like to sing the Taniwha song with your children the words are included below and it is sung to the tune of 'you are my sunshine'.

*One day a taniwha
Went swimming in the moana
He softly whispered in my taringa
"Won't you come along with me
There's such a lot to see
Underneath the deep blue sea."
I said "Oh, no, no, no!
I have to go, go, go,
Although I hope we'll still be friends
My Mother is waiting for me
Underneath the kowhai tree
Taniwha, haere ra! Taniwha, haere ra!"*

Last, but certainly not least, the children learnt how to perform the haka. I was impressed with the very serious and scary warrior faces the children came up with! When Peter added the 'pukana', where the children stared widely with their eyes and poked out their tongues they certainly looked like great warriors prepared for any challenge.

Throughout the performance as I watched the children's faces I could tell that it was a fabulous experience by the way the children listened to Peter's every word and by the smiles on their faces. You can see additional photographs of this experience in the Blue and Green Room weekly reflections and on the display in the digital photo frame in the foyer.

*Rebecca Schollum
Director - ELC*



UNIFORM SHOP

Open

Mondays, Tuesdays
and Thursdays
9.30 to 4.30pm
(02) 9900 4704

Games

Wet weather information
(recorded message)
9956 1185
Wednesdays from 2:00pm
& early Saturday morning

SHORE SWIMMING - IPSHA Swimming Carnival

Congratulations to the Shore Swimming team who competed very well at the IPSHA Swimming Carnival on Wednesday. Special mention to Ben Hondros, Thomas Munns, Lachlan Smith and Jonathan Woodcock, all members of the Junior Relay team who have been selected to compete at the NSW CIS Swimming Carnival. Jonathan Woodcock had a very successful carnival, also being selected for the NSW CIS Under 10s 50m backstroke. Well done team!

Cross Country

The School Cross Country Carnival will be held at Northbridge Playing Fields on Wednesday 20 March. Boys in Years 3 – 6 will travel by bus to Northbridge at lunch time and be dismissed from Northbridge at 3.00pm. Year 3 will be dismissed at 2.55pm 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 6 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 - 3 places Under 9 - 7 places Under 10 - 10 places
Under 11 - 10 places Under 12 - 10 places

Results 2 March

1 st Cricket	Kings	Cancelled
Yr 6 Blues	St Aloysius	Cancelled
Snr Whites	St Aloysius	Cancelled
5A Cricket	Scots	Cancelled
5B Cricket	Scots	Cancelled
Yr 5 Blues	St Patrick's	Cancelled
4A Cricket	Knox	Cancelled
4B Cricket	Knox	Cancelled
Yr 4 Blues	Knox	Cancelled
Snr A Basketball	Mosman Prep	20-25
Snr B Basketball	Mosman Prep	23-31
Snr C Basketball	Mosman Prep	32-14
Snr D Basketball	Mosman Prep	24-32
Snr E Basketball	Mosman Prep	10-21
Snr F Basketball	Mosman Prep	12-6
Snr G Basketball	Mosman Prep	32-12
Snr H Basketball	Mosman Prep	9-0
Jnr A Basketball	Arden	9-10
Jnr B Basketball	Arden	8-4
Tennis A	St Aloysius	Cancelled
Tennis B	St Aloysius	Cancelled

Armidale Rugby Carnival

All boys in Year 6 are invited to trial for the Rugby squad to play at the Armidale Rugby Carnival on the weekend of 12,13 & 14 April. The trial will take place on Wednesday 20 March at Northbridge Playing Fields. Boys will be asked to stay behind for an hour trial session after the School's Cross Country Carnival. Boys will need to be ready for pick up at 4pm at Northbridge. We will be selecting a squad of 20 boys for the tour. A touch football session will be held on Wednesday 13 March, 3.00pm – 4.00pm at Northbridge after sports training.

Scott Mancey
Sports Master

**** Please note**– The 1st XI Cricket will be played on Northbridge A and Year 4B will be played on Northbridge B.**

	COACH	Rd 5 - 9/3	Time
1 st Cricket	A Bayliss	Sydney Grammar, Edgecliffe Northbridge A	8.00am
Yr 6 Super 8 Blues	S Grainger	Redlands Northbridge E	9.30am
Snr Super 8 Whites	H Bunting	Sydney Grammar, St Ives Cowper # 2	9.30am
Yr 5 As Cricket	S Rae	Tudor House Northbridge G	8.30am
Yr 5 Bs Cricket	S Martin	Tudor House Westfield # 2	9.00am
Yr 5 Super 8 Blues	K Polis	St Patrick's Northbridge E	8.00am
Yr 4 As Cricket	A Phillips	Cranbrook Northbridge F	8.00am
Yr 4 Bs Cricket	M Dunn	Cranbrook Northbridge B	8.00am
Yr 4 Super 8 Blues	E Kleinig	Cranbrook Little Hordern	7.30am
Tennis	L Reynolds / P Harrington	Kings River Road	8.00am
Basketball Snr A	P Knight	Sydney Grammar NSBH	11.00am
Basketball Snr B	M Crerar	Sydney Grammar NSBH	10.15am
Basketball Snr C	K Tootell	Sydney Grammar NSBH	9.30am
Basketball Snr D	N Mitchell	Sydney Grammar NSBH	8.45am
Basketball Snr E	S Curnow	Sydney Grammar Weigall Courts	10.15am
Basketball Snr F	C Gagliano	Sydney Grammar Weigall Courts	9.30am
Basketball Snr G	L Tooker	Sydney Grammar Weigall Courts	8.45am
Basketball Snr H	A Geersen / V Covey	Sydney Grammar Weigall Courts.	8.00am
Basketball Jnr A & B	J Anderson	Internal NSBH	8.00am



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Venues

SHORE

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

TUDOR HOUSE

Illawarra Highway, Moss Vale.

CRANBROOK

Little Hordern Field - New South Head Rd, Rose Bay.

SYDNEY GRAMMAR EDGECLIFF

Weigall - Neild Ave, Rushcutters Bay.
Enter from Alma St & through White City carpark, along laneway between Weigall & White City to carpark at Northern end of Weigall.



Custom Fitted Sports Mouthguards

Dr Tessa Green BDS (Syd Uni) (Shore parent)

Dental impression taken at school,

Mouthguard delivered in 7 days in a sturdy case.

Name and phone number embedded into guard.

Various different colours

\$165 each, (\$175 with Shore emblem)

Health fund rebate

Contact ph:0412 422 567

Shore Association

Events coming up

Shore ELC K-2 Welcome
Cocktail Party

Friday 8th March

[Trybooking link here](#)



Shore Prep Nth Sydney Cocktail
Party

Friday 22nd March

[Trybooking Link here](#)



Parent Lunchtime Seminar

"Raising Children – A Positive Spin"

SAVE THE DATE - Tuesday March 19th Details
to follow next week

Sometimes as parents, it feels like all our time is spent putting out spot fires. All we do is rush from one thing to the next, juggling pick-ups, drop-offs, nagging about homework, making meals, finding lost uniforms and breaking up kids' fights. And yet we know that parenting should be more than that. How can parents seize the advantage to build optimism, strength and resilience in their children in a way that genuinely prepares them to take their place in the world as responsible and independent adults? Using the work of Martin Seligman, Carol Dweck and their colleagues, the school counselling team offers some tips to battle weary parents.

American Tea Notices

Save the Date

6th September 2013

Needed - Convenors and
Volunteers

If you would like to help out on
the day at one of the many stalls
please contact

our American Tea Co-ordinators

Lizzie Windsor m 0448 057 193

familywindsor@bigpond.com

Emma Scambler m 0418 132 448

scambler@bigpond.net.au