



Brooklyn Public School

The term is racing by as we near the end of the year and, as usual, Brooklyn is a hive of activity.

**School Concert:** The students and teachers have been busy preparing for our concert this Thursday evening. I have loved seeing the students so engaged in the Creative Arts to prepare and practise their items to present to you. I won't give anything away, other than to say that I'm sure you are going to be 'transported to another world' and will surely enjoy the show - you are in for a real treat.

**CAP Concert:** More Creative Arts will be showcased by students involved in the CAP Program's Bands on Tuesday 11<sup>th</sup> Dec in the school's library starting at 6pm. This is an opportunity for students to 'show off' their skills and progress they have gained this year.

**Student Leaders 2019:** At last week's assembly, the school heard from the Year 5 students who are interested in a position on the Student Leadership team next year. All who presented spoke very well (including an excellent ad-libbed speech!) and the other students were a respectful audience. Students and teachers have cast their votes and the results will be announced at the End of Year Assembly next Thursday 13<sup>th</sup> December!

**School Prayer Change:** I would like to announce that as a result of the students raising a 'motion' in School Parliament several weeks ago, the students have been involved in some serious discussions and reflection. The issue of our School Prayer was raised and the suggestion to remove this tradition was carefully considered. Students were encouraged to think about the purpose/intention of the prayer and its relevance for today. I was very proud to witness such mature and respectful discussion on the topic and I am confident that the decision is appropriate for our school. It was agreed that the religious references be removed and that it will now be known as the 'School Creed'. It was comforting to see that the students really valued the message within the creed which upholds Brooklyn's values and shows a commitment by the students and teachers to be grateful for what we have while striving to be compassionate citizens.

**Uni Students:** Each class has been lucky to have had a 3<sup>rd</sup> Year University student working them over the last four weeks. Brownyn Dormer was with KC, Isabella Gay with 1/2T, Casey Tanton with 3/4K and Rachael Burr with 5/6I. All have all done a wonderful job and will make great teachers in the near future. We thank them for their effort and dedication to Brooklyn PS students and wish them well in their future studies and teaching careers.

**Library News:** This week is the last week for borrowing books from the library and all resources are due back from next week. I will send home notices soon so that you know what to look for. We will start Stocktake next week.

**Playground Supervision:** We will participate in the "Share the Space" holiday program again this holidays which is a great opportunity for the wider community to enjoy our beautiful school grounds. I would like to remind everyone that the school's fixed play equipment is for use under adult supervision only. If you happen to be on the school grounds out of school hours, you are reminded to check the level of bark-mulch softfall at the possible fall points prior to allowing your children to use the equipment. The levels are marked on the posts and indicated by a black line and arrow. You are to take responsibility for the supervision of your child while they are on school grounds out of school hours. Also, a friendly reminder that dogs are not permitted on any school grounds. If it is unavoidable, please make sure they are on-leash and you remove any waste. Most importantly, please, enjoy our space!

**Parent Survey:** As I have mentioned before, schools are busy places of progress and change and Term 4 brings opportunities for reflection and planning. I would encourage everyone to take the opportunity to answer the parent survey which you will receive soon and have your say on our school's planning.

**Staffing 2019:** Speaking of future school planning, I would like to share with you some of the staff changes planned for 2019. As the families of 3/4K are already aware, Mrs Michelle Kabalan has decided to return to her school closer to home. We thank her for her dedication to Brooklyn over the last few years and in particular for her consideration and commitment to cater for the individual needs of her students. Mrs Bec Connolly will also be leaving us next year as she has accepted a position at a school closer to home. We support her in her decision and know her family is looking forward to spending more time with her. We thank her for her commitment to the students and her organisation of fun events and fundraisers. Mr Joel Iles will be taking leave in first term next year to focus on his family and help settle his daughter into kindergarten next year before returning to Brooklyn in Term 2. For those of you who knew Mrs Jennifer Sistrom and Mrs Margaret Bull, I congratulate them on their retirement from the Department of Education and their separation from Brooklyn Public School. We received numerous applications from some excellent teachers and while we are still finalising some of the organisation, I would like to announce that Mrs Dionne Mitchell eagerly accepted the offer to join the Brooklyn school community next year. Dionne is an experienced and talented teacher, who has expertise with teaching the early grades, and is very excited to be meeting everyone and starting her time with us.

**Principal Position 2019:** I would like to take this opportunity to say how much I have appreciated being part of the Brooklyn School community this Term. I have thoroughly enjoyed meeting the wonderful students and families and the hardworking teachers, staff and P&C members. The school has such a beautiful atmosphere and I just love how everyone looks out for each other and how so many of you give up your time and energy to make the school such a great place to be! I have been lucky to have been part of many events and learning opportunities, such as the Remembrance Day commemoration, Band performances, Colour Run, Disco and Family BBQ to name just a few. I have witnessed change brought about by student voice and democracy and I look forward to enjoying our end of year concerts and celebrations. Sadly, I will be leaving Brooklyn at the end of this year, as Ms Diana Aitken will be returning to her position in 2019. I'm sure Ms Aitken will be looking forward to getting back to this beautiful place and will return refreshed and ready for a new year.

Thank you for your warm acceptance of me as your principal for this time. I am genuinely grateful to have been be part of this amazing school.

Kind regards

Greta Hughes





- |               |   |
|---------------|---|
| <b>Dec 6</b>  | <b><i>EOY Concert 5.30pm</i></b>                      |
| <b>Dec 10</b> | <b><i>Year 6 Farewell Dinner 6pm</i></b>              |
| <b>Dec 13</b> | <b><i>Presentation Assembly 9.30am</i></b>            |
| <b>Dec 19</b> | <b><i>Picnic Fun Day &amp; Talent Quest &amp;</i></b> |

## ***LAST DAY OF SCHOOL***



**SCHOOLS OUT FOR SUMMER**

## **2019**

- |               |   |
|---------------|---|
| <b>Jan 28</b> | <b><i>Teachers Return</i></b>             |
| <b>Jan 29</b> | <b><i>Yrs 1 - 6 Return</i></b>            |
| <b>Jan 31</b> | <b><i>Kindergarten 2019 First Day</i></b> |
| <b>Feb 1</b>  | <b><i>Swimming Carnival - Gosford</i></b> |

## Why emotional intelligence matters

If you're like me, you live in a very cognitive world. If someone asks me a question such as what I think about the current state of play of parenting I'd probably respond on a cognitive level. *"I think that it's trickier raising kids today because of the massive rate of change, and the personal nature of communication technology makes relationship-building harder...."* And away I'll go. I don't often answer on emotional level such as *"It saddens me that many parents don't experience the same freedom to parent that past generation did."*

### Emotions are information

As a parent your emotions as well as your child's emotions give you information that directs your parenting behaviour. Your annoyance about a child's behaviour provides important information about the nature and purpose of the behaviour. Your child's feelings displayed either physically (*slumped shoulders due to disappointment or jumping up and down with excitement*) or verbally (*"I'm annoyed that my sister won't play with me."*) provide cues about how you should handle a situation. It's easy to take your cues from kids' behaviour or language, and at the same time ignore their emotional response. Emotionally intelligent parenting means we consciously take in the emotional cues that children provide, as well as the cognitive and behaviour cues.

### Emotions have influence

Emotions have enormous influence personally and socially. In particular, emotions impact on children in these ways:

**Retention, memory and learning:** A child doesn't learn in a vacuum, free from their feelings and moods. You'll know from first-hand experience that a child who is happy and content is more likely to learn than one who is agitated, anxious or depressed. When children are overwhelmed by emotion it's difficult to think straight; memory and other cognitive functions usually head south when emotions, whether pleasant or unpleasant run high.

**Decision-making and judgement:** Ever sent off an email in a fit of rage, only to regret it later? If so, you've experienced how poor our judgement can be when our emotions get the better of us. Reflection and thinking through options goes out the window when we are under emotional duress. Similarly, children make bad decisions when they are under stress, or experiencing the extremes of emotions. Being able to reign in and regulate how they feel means children are able to make better, more thoughtful decisions.

**The quality of personal relationships:** Friendships, family and partner relationships thrive on predictability. We need to be able to predict how others react, and when people act on extreme emotion, or they can't regulate their emotions, relationships become tricky. It's not just unpredictability that makes relationships challenging. Anyone who has lived with a continuously angry, anxious or sad person will know that relationships operate on shaky ground. The ability to bring balance to your emotional life will invariably result in more positive relationships.

**Physical and mental health:** If anger is your constant companion then it's hard to stay healthy. Your blood pressure is affected; your mental state is impacted negatively and your well-being will be poor. Quite simply, the state of your emotions impacts on your total health. But it's in the area of anxiety management that emotional intelligence is vital. A child needs to be able to recognise his moods before he can attempt to manage, regulate or change them.



**Overall effectiveness:** I'm amazed how more productive I am when I pay heed to my emotional state. For instance, as a presenter I welcome the nervous tension I feel before a talk. If it's not there, then I know that I won't perform to my best. Emotional readiness holds true for children and teens. Before they are to perform any task – whether at school, in sport or in the arts – the ability to manage their moods, their nerves and even their enthusiasm will increase their overall effectiveness.

Emotional intelligence benefits kids in so many ways, yet we've been slow to develop it in children and young people. I suspect that most parents intuitively know that emotional smarts is beneficial but they are unsure how to introduce it into their parenting.

Start by tuning into your own emotional life and gradually turn your attention to that of your children. You'll be amazed how even this small step will have a huge impact on you, your parenting and your kids' overall happiness and well-being.

Find out more about emotional intelligence with our webinar [Developing Emotional Intelligence in Children](#)

**Michael Grose**, founder of *Parenting Ideas*, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*

<https://www.parentingideas.com.au/blog/why-emotional-intelligence-matters/>



## ***STOP PRESS!!***

**\* PLEASE CHECK YOUR CHILDS HAIR**

***Lice have re-emerged for the last time (hopefully) this year.***

**\* BE AWARE**

***There has been a confirmed case of Inpetigo (School Sores) in the community.***



***Brooklyn Public School has made connection with Bellata Public School in western NSW in order to support their community through the hardship of the drought in the lead up to Christmas.***

*Through consultation with their Principal, Mrs Vivianne Fouracre, our donations, which now total over \$600 will be used by Bellata PS to help subsidise end of year excursion costs for the children in their community. This way, Bellata families will be able to spend their money in other ways, hopefully making the financial strain of Christmas just that little easier.*

*Mrs Fouracre and the whole Bellata school community wish to pass on their gratitude to the Brooklyn Community for their support and well wishes during this tough time.*

*Whilst we haven't been able to yet, we hope to connect with Bellata students via video conference before the end of the year, to hear their stories and let them know they have our support through this tough time.*

*Once again, I would like to thank all families, friends, community and staff who have helped to make our Farmer's Day fundraising a huge success!*

*Mr Iles*



# Carols under the Star

Presented by the combined churches of Berowra



Raising funds for



Food Stalls  
Market Stalls  
Glow Candles

Donkey Rides  
Kids Activities  
Live Music



All Welcome



**Warrina Street Oval, Berowra**  
**Thursday 20th December**

**Pre-Show: 5.30pm**  
**Carols: 7.30pm**

***From Dec 1st Hawkesbury River Childcare  
is collecting food for families in need.***

Community members can bring canned food, pantry items, laundry products, bathroom supplies and other non perishable items to the centre and we will be taking all donations to 'Coast Shelter' who are a not for profit organisation who work with the local homeless community and families in need.

As we don't have the space for items that require refrigeration we are just collecting pantry items to hopefully fill a few pantries for the holiday season of families in need.

We will start collecting items from December 1st through to December 20th.

Thankyou

Karina

## **BRIDGE TO BRIDGE BBQ**

Special thanks to Nicolle VS and family for organising another very successful fundraiser. Others who endured the "Very Long Morning - with lots of laughs", were Jane Jaggs, Alan Barrett and John O'Hehir.

**The bacon & egg rolls and sausage sandwiches were the talk of the race!!**





# Live Life Well @ School

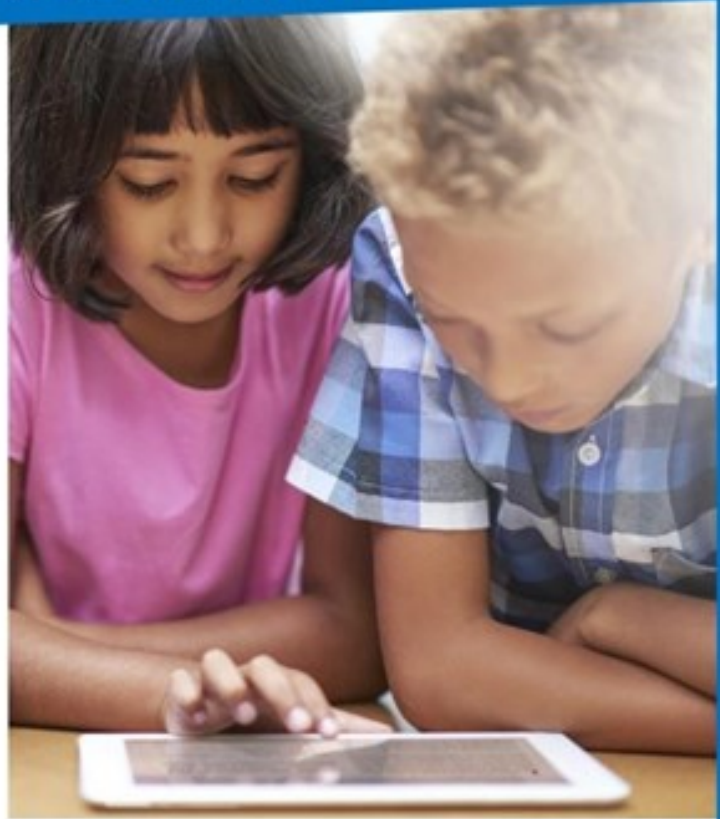
## STAY SAFE ONLINE

Your home may practice cyber safety but your child can still see inappropriate material on someone else's device.

***Cyber safety is everyone's business!***

### ***For online safety:***

- Use an internet filter
- Activate the parental control function on devices
- Supervise internet use
- Let children know that they should tell you if they have any problems online, see something that they know is wrong, or anything that upsets them



**For more information:**  
[esafety.gov.au/iparent](http://esafety.gov.au/iparent)



**Health**  
Northern Sydney  
Local Health District





### \$100 VOUCHER FOR CHILDREN'S SPORT AND FITNESS FEES

Parents in NSW can claim \$100 towards extra-curricular sport and other physical activity fees thanks to the NSW Government's Active Kids program. This program will provide a \$100 voucher for parents to put towards sporting fees and registration costs for each school-aged child in NSW.

Families can use the voucher for registration and membership costs, as well as fees for activities such as swimming and dance. The annual voucher will not be means tested because the NSW Government wants every child from every family to get active and involved in community sport and fitness.

The health of our children is a priority for the NSW Government, and it is hoped that this makes a difference in enabling you to enrol your child in the sport or physical activity of your choice.

More details about the program and how to download your voucher is available at [sport.nsw.gov.au/activekids](http://sport.nsw.gov.au/activekids) or by phoning Service NSW on 13 77 88.

## RECREATIONAL HOLIDAY GYMNASTICS



### Hornsby RSL Youth Club Gymnastics

1 Ashley Lane Hornsby NSW 2077  
Phone: 9476 6689

Email: [info@hornsbyrslgymnastics.com.au](mailto:info@hornsbyrslgymnastics.com.au)  
Website: [www.hornsbyrslgymnastics.com.au](http://www.hornsbyrslgymnastics.com.au)

**BOOK  
NOW**

### JANUARY 2019 PROGRAM

Our popular recreational holiday gymnastics program will be running again throughout the January school holidays for all children aged 5 – 12 years (no experience necessary). The days are fun filled, fast moving and include use of all the gymnastics apparatus. Children have the opportunity to learn new gymnastics skills, participate in games, circuits, group activities, mini competitions and much, much more!! Classes are run by fully accredited Gymnastics Coaches, holding Senior First Aid Certificates. Bookings are essential and must be made via our website.

Class numbers are limited, so hurry and get your friends together so you don't miss out!

#### PROGRAM DETAILS:

Time:	9am – 3pm each day	
Dates:	Wednesday 9 <sup>th</sup> January	Theme: <b>Under the Sea</b>
	Friday 11 <sup>th</sup> January	Theme: <b>Summertime Fun</b>
	Monday 14 <sup>th</sup> January	Theme: <b>The Detectives</b>
	Wednesday 16 <sup>th</sup> January	Theme: <b>Wacky Wednesday</b>
	Friday 18 <sup>th</sup> January	Theme: <b>Fluro Mania</b>
	Monday 21 <sup>st</sup> January	Theme: <b>Hawaiian Party</b>
	Wednesday 23 <sup>rd</sup> January	Theme: <b>Super Hero's</b>
	Friday 25 <sup>th</sup> January	Theme: <b>Australia Day Fun</b>
Cost:	Members Price* = \$45 per day    Non Members Price* = \$50 per day * A member is a person who is registered for term time gymnastics classes in 2019	
What to bring:	Morning tea, lunch, water, sunscreen and a hat. No nuts permitted.	
What to wear:	Dress to suit the theme for the day!! Please ensure clothing is suitable for gymnastics or the dress up items can be removed for the activities!!	
Cancellations:	Please note that refunds or credits are not permitted.	

#### VISIT OUR WEBSITE FOR MORE GREAT HOLIDAY GYM OPPORTUNITIES:

- ✓ Tumble, Tricks and Flips sessions (8 Years plus)
- ✓ Advanced Gym Sessions
- ✓ Senior Gym sessions (high school students)

**BOOK ONLINE NOW:** [www.hornsbyrslgymnastics.com.au](http://www.hornsbyrslgymnastics.com.au)

## Returning Kids TV Show Looking for Kids & Their Pets Now!

Northern Pictures are looking for **kids aged 8-12** and their **pets** to feature in the second series of an animal focussed, hilariously funny kids' TV series!



We are looking for **every kind of pet** – from bunnies to birds, frogs to ferrets, snakes to snails, horses to hogs – we'd love to meet them and give them their 5 minutes of fame!

Our hosts and camera crew would love to visit **you** – and find out exactly how well behaved (or not!) your pet is! So, don't delay – get in touch!

**DATES:** The first 3 weeks of the summer school holidays - 7<sup>th</sup> – 25<sup>th</sup> January 2019.

**LOCATIONS:** Your animals' natural habitat – in your backyard, home or property!

**NOTES:** We're looking for a wide variety of animals – No pet is too great or too small!

#### HOW TO APPLY:

Send the following details to [kids@northernpictures.com.au](mailto:kids@northernpictures.com.au)  
Full Name, Address, Contact Number, Email, Child's Name & Age, Pet Species/Breed and Name. The more information you can provide about your pet the better!



**NORTHERN**  
PICTURES



# DO YOU NEED HELP THIS CHRISTMAS?

IF YOU NEED ASSISTANCE WITH  
TOYS OR A HAMPER FOR YOUR  
FAMILY THIS CHRISTMAS

PLEASE CALL

**HORNSBY SALVATION ARMY**

ON **02 9477 1133**

OR CALL IN AND SEE US AT  
29 BURDETT STREET

TO ARRANGE AN APPOINTMENT







# 1300 HOME GP AFTER HOURS GP SERVICES



**SYDNEY NORTH**  
Primary Health Network

## AFTER HOURS SERVICES 1300HOME GP or 87246300

**PROVIDING AFTER HOURS SERVICES TO THE COWAN,  
BROOKLYN, AND WISEMAN'S FERRY AREA.**

### **COWAN AND BROOKLYN RESIDENTS**

Sydney Medical Services  
Cooperative LTD will be providing  
home visits between the hours:

**Monday to Friday:** 6pm-12am

**Saturday:** 12pm-12am

**Sunday:** 8am-12am

### **WISEMAN'S FERRY RESIDENTS**

Provide call centre advice and if  
medically necessary, access to a  
GP phone consultation.

**Monday to Friday:** 6pm-12am

**Saturday-** 12pm-12am

**Sunday -** 8am-12am

**<http://bit.ly/afterhourcare>**





# Work at the biggest event in NSW

## NSW State election 23 March 2019

---

Get paid to help deliver  
democracy.

We offer a variety of  
roles based on your  
interests and experience.

You must be on the  
electoral roll to work at  
the election.

Apply now at  
[elections.nsw.gov.au](https://elections.nsw.gov.au)

