

Thursday, 4 April 2019

Term 1, Week 10

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Email: curlcurln-p.school@det.nsw.edu.au

Website: www.curlcurln-p.schools.nsw.edu.au



The feel of the country in the heart of the city



Donna Blatchford

Principal (Term 1 Acting)



Year 6
Dancesport Challenge



"Mrs Blatchford what do you think about the rubbish in our playground?"



Elisabeth and Giselle explain the benefits of Bamboo as a fibre

This precious Land that we call home and where we gather to learn and grow is traditionally Aboriginal Land. We thank the Guringai people for allowing us to share their home and also thank them for taking care of the Land that we can now cherish

We want to pay our respects to the Elders and acknowledge the memories, history and culture of the Aboriginal people

We promise that we will give this Land a rich future and that the Aboriginal connection with the Land will never be forgotten.

Class 3T's Acknowledgement of Country 2018

Thank you staff and parent community

Following the letter emailed to our staff and parent community from Mrs Julie Kennedy (Director Educational Leadership) I wanted to thank everyone who has emailed and congratulated me on the successful appointment as your substantive principal, although still in the process with the appeal period to close. I have felt overwhelmed in the positive response from our school community and it tells me that we are on track in leading greatness in student learning here at Curl! I am incredibly excited to continue leading Curl Curl North Public School in all aspects of high quality teaching and learning and in continuing to work with you as we support student learning in a time of transformational change.

Student programs that shine!

This fortnight in understanding the programs that support student engagement and evidence of learning I proudly attended the Year 5 and Year 6 Dancesport Challenge evenings. You might be misled in thinking that this is a dance program focused on skill. In fact it is so much more. An eight week program providing 40 minute lessons each week this program is designed to deliver confidence and social skills through the art of dancing together. This week parents who attended saw students stand proudly and demonstrate their respect and understanding around working with a partner. All students have worked with a peer who they may not necessarily have worked with before on a skill that was new to them both. Thank you to the parents and staff who supported this fabulous community event where our students cha-chaed and TANGOed with style, skill and spirit. During a playground walk I was approached by three confident year 4 students. Midway through creating a video on sustainable school practices, I was asked if they could interview me as an addition to the script. I was not only impressed with the confidence of these students to take an opportunity as it arose but also in how they discussed the best place to insert my interview for maximum audience impact. Keep an eye out for some of these videos as we look at updating our website.

I was able to pop in and speak with our students who are involved in the Monday Enrichment program about their individual project and the benefit of having a research program under the teaching expertise of Mrs Campbell. I look forward to watching many of the other students present to a larger group as their project next week and early next term.

Parent Teacher Interviews

Parent teacher interviews have provided an opportunity for parents and teachers to discuss the most relevant aspects of a students' learning at the beginning of the year. As I mentioned at our P&C, I am grateful that our teachers were able to accommodate these meetings which enhance communication and strengthen partnerships with parents taking an active roll in their child's education. I am also grateful to our parents for prioritising this meeting and working respectfully and collaboratively with us.

Harmony Week

Although not present on the day I felt part of this celebration as teachers messaged through photos of the student interactions that celebrated Australian multiculturalism, and the successful integration of migrants into our community. We came together to celebrate our diversity with students and staff wearing orange, a colour which signifies social communication and meaningful conversations through playing games from around the world.



How full is your bucket?

I wish our school community a safe, healthy and happy holiday and look forward to more wondrous adventures when school resumes on Tuesday 30 April.

Mrs Donna Blatchford



School News

Attendance

Regular attendance at school is essential if students are to achieve their potential. Please see Parent brochure at the end of this newsletter explaining your responsibilities as parents.

In the case of late arrival or early departure, a slip must be obtained from the office, **this must be done by a parent or guardian**. Please do not drop your child at the gate to walk in alone. This procedure aligns with NSW Department of Education procedures.

HAVE YOU REGISTERED FOR OUR SENTRAL PARENT PORTAL

If not please log on to the Internet and register for access here:

<https://ccnps.sentral.com.au/portal/register>

You will need an access key to see information from our school and to link to your enrolled children. Please contact the school to obtain this.

We want to encourage all parents to use the portal as this is our main means of communication. It has all current and relevant information with key features including the school calendar, the news bulletin and access to attendance.

ARE YOU HAVING DIFFICULTIES GETTING THE APP TO WORK?

Please ensure you have taken the first step and registered through the Portal by logging on to the internet and setting up access. Only once you have done this can you successfully link to the APP.

Head lice in schools

Please remember to check your children's hair regularly for head lice. Please report a case of head lice to your children's teachers or the office. Notes will then be sent home for all children in that class to be checked and treated if necessary. If one of your children receive a note please check the whole family.

Remember that you can help to reduce transmission of head lice by tying hair back or braiding and by checking your children's hair regularly.

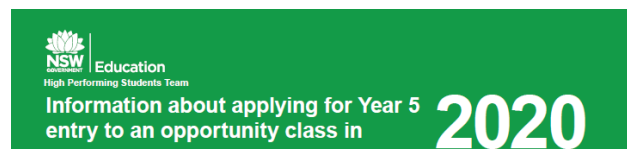
There is no preventative treatment available for head lice. Treating the whole family with chemical treatment as a precaution contributes to head lice becoming resistant to the products used.

Holidays are coming up, which is a great time to check for nits and treat if necessary. If everyone does this then term 2 can be a nit free term.

For more information please visit this website:

NSW Health

<http://www.health.nsw.gov.au/environment/headlice/Pages/treatment.aspx>



Are you interested in applying for opportunity class for your child in 2020?

Follow this link to see how to apply online by **Friday 17 May**.

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

A note will be coming home with your year 4 child soon to indicate your intention to apply. The school must carry out a series of off levelling tests to rank the students. This information is required by the unit to support their application.

MUFTI DAY NEXT WEDNESDAY

Curly kids get dancing to raise funds for Cancer research! On Wednesday 10 April, Curl Curl North will have a mufti day to raise money for cancer research. An outdoor disco will run on the astro turf as part of this event. Children are asked to bring a gold coin on the day.

Funds raised will go towards Cancer Council research as part of the Stars of the Beaches - dance for cancer event being held on May 24.

Thank you for supporting this research which will make a difference to many peoples' lives.

Sporting News

District Swimming Carnival

On Monday 12 March, 41 students represented Curl Curl North at the Manly District Swimming Carnival at Manly Pool. The sun was shining for a fantastic day of swimming, personal bests and good sportsmanship. All students who made up our Curl Curl North swim team represented our school with pride and had a fun day

competing against the other schools and cheering on their team mates. Overall, Curl Curl North came 2nd in the District Carnival. Fantastic effort, Curl Curl swimmers!

Special mention to the following swimmers who placed in their events:

Finn B- 1st 9 year boys 50m freestyle

Sophie C- 2nd 9 year girls 50m freestyle

Aria F- 2nd junior girls IM, 2nd 10 years girls 50m freestyle, 1st junior girls breaststroke, 2nd junior girls backstroke, 3rd junior girls butterfly

Mate E- 3rd 11 years boys 50m freestyle

Jack S- 3rd 11 year boys backstroke

Sonny C- 3rd 11 year boys breaststroke

Riley A- 1st 11years girls 50m freestyle, 1st 11 years girls breaststroke, 1st 11 years girls backstroke, 2nd 11 years girls butterfly

Eryn R- 3rd 11 years girls butterfly

Marin F- 3rd senior boys breaststroke

Braith H- 2nd senior boys IM, 1st 12 years boys 50m freestyle, 1st senior boys backstroke, 2nd senior boys butterfly, 1st boys open 100m freestyle

Alexi F- 1st senior girls IM, 1st 12 years girls 50m freestyle, 1st senior girls breaststroke, 1st senior girls backstroke, 1st senior girls butterfly, 1st girls open 100m freestyle

Junior girls relay- 3rd Sophie C, Aria F, Ruby N, Blake O

Senior boys relay - 1st Ryan C, Mate E, Braith H, Kai T

Senior girls relay - 1st Riley A, Alexi F, Louella M, Eryn R

During the Carnival, 9 District records were broken, 2 by Curl Curl students. Congratulations to Alexi F who broke the District swimming record and now holds the 12 year girls 50m butterfly record. Another congratulations to the senior girls relay team of Riley A, Alexi F, Louella M and Eryn R, who also broke the District record. Well done, girls!

Alexi was also awarded the 12 year old girl swimming champion for the District. A fantastic achievement, Alexi!



The following swimmers represented Manly PSSA at the regional swimming carnival held at Homebush Aquatic centre on Thursday 28 March!

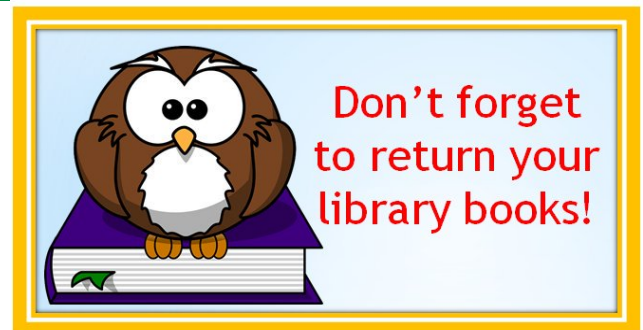
Riley A, Finn B, Sophie C, Mate E, Alexi F, Aria F, and Braith H.

Senior girls relay team- Riley A, Alexi F, Louella M and Eryn R.

Senior boys relay team- Ryan C, Mate E, Braith H and Kai T.

Mrs Boyle and Miss Moore

Library News



As we approach the end of term 1 it is time to start looking for those library books that have been mislaid. Overdue notices have been sent home this week. You will find this notice in your child's school bag. Please help your child to look for the book and return it to the library before the end of term. This is not an invoice to pay for the lost book, we simply would like the book found and returned so that other children may borrow and enjoy it.

Northern Beaches Council Library: What's on in the Holidays!

[Bookmark Design Competition](#)

Entries close 28 Apr

Ages 4 - 18

Back by popular demand. Show off your artistic skills by designing a bookmark for a chance to have your design printed and given out in our libraries. Prizes will be awarded in age categories.

Entry forms available to download or pick up from your local library from 8 April.

Easter Craft

Mon 15 Apr, 10 - 11am, Manly Library

Tue 16 Apr, 2 - 3pm, Glen Street Library

Mon 15 Apr, 2 - 3pm, Mona Vale Library

Wed 17 Apr, 10 - 11am, Warringah Mall Library

It's almost time for the Easter Bunny to arrive. Do you have your Easter basket ready to go? Get hopping, come along to the library and make one.

Ages + 5 years

\$7

Chemistry Show

Tue 23 Apr, 2.30 - 3.30pm

Forestville Library

See some amazing chemistry experiments including bubbling dry ice, growing crystals, elephants' toothpaste, stringy slimes, different coloured flames and more!

Ages +7 years

\$7

Tick, Tick, Boom!

Tue 23 Apr, 10.30 - 11.30am Warringah Mall Library

Celebrate the school holidays with a bang! Get noisy in the library as we explore the science behind explosions including hydrogen bang, balloon dog pop and the hovercraft.

Ages +10 years

\$7

For some of these events bookings are essential, so please contact your local library or book online.

<https://www.northernbeaches.nsw.gov.au/library>

*Mrs Lisa Turner and Mrs Vicki O'Brien,
Teacher Librarians*

Dates for Your Diary

Please refer to the Events tabs on our new Curl Curl North Public School website for details of what's happening.

<https://curlcurln-p.schools.nsw.gov.au/events.html>

A comprehensive calendar can be viewed on the parent portal. Please email the school if you are having any technical issue with the portal or app.



ADOLESCENT SCOLIOSIS SPINAL CURVATURE

The National Self-Detection Program for Scoliosis

A HEALTH PROMOTION PROGRAM RECOMMENDED BY THE SPINE SOCIETY OF AUSTRALIA. THE PROGRAM IS ENDORSED BY THE PAEDIATRICS AND CHILD HEALTH DIVISION OF THE ROYAL AUSTRALASIAN COLLEGE OF PHYSICIANS.

How to detect Scoliosis.

Helpful information for schoolgirls in years 5 and 7 and their parents.

What is scoliosis?

Scoliosis is a lateral or sideways curve of the spine. The spine also rotates on its long axis as it curves. It usually develops during early adolescence (age 10-13 years) when growth is most rapid.

What is the cause of scoliosis?

The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents. This is called idiopathic (cause unknown) scoliosis.

We know that scoliosis is NOT contagious and NOT caused by bad posture, a soft mattress, carrying a heavy school bag or eating junk food.

Why is early detection important?

While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. Three girls per 1,000 will require treatment during the growth phase.

If treatment is required, the earlier it is undertaken, the better the long-term result. This is the basis for screening since in the early stages scoliosis produces no symptoms. The way to detect scoliosis is to look for it!

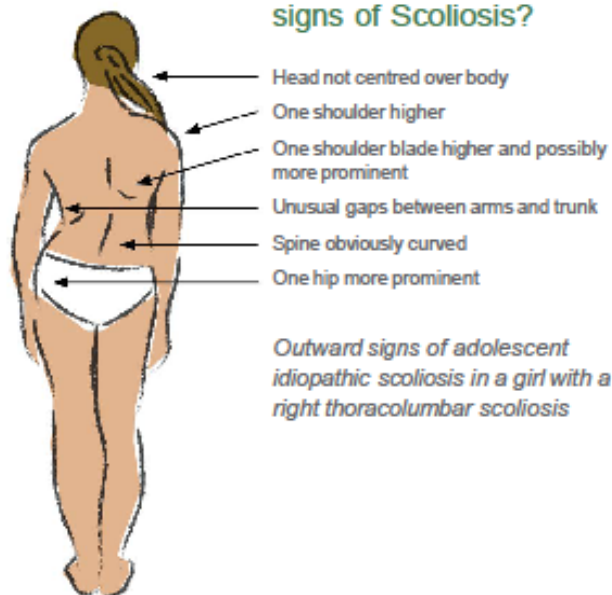
The National Self-Detection Program for Scoliosis

This information is designed to make parents of schoolgirls aware of the outward signs of scoliosis.

Each year, all government and non-government girls' schools will be asked and by a direct approach to school principals, to download the Self-Detection Fact Sheet from www.scoliosis-australia.org and distribute it to girls in Years 5 and 7 (10 and 12 years of age in most states and territories).

This is the age range when scoliosis first appears. If after reading the Fact Sheet you or your parents think you may have this condition, please consult your family doctor.

What are the outward signs of Scoliosis?



Outward signs of adolescent idiopathic scoliosis in a girl with a right thoracolumbar scoliosis



How Scoliosis is detected.

Apart from the outward signs with a teenager standing as illustrated, the reliable Forward Bend Test is used in the diagnosis of scoliosis.

This simple visual examination requires the teenager to stand with the feet together and parallel and bending forward as far as she can go with the hands, palms facing each other, pointed between the two big toes.

In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1cm higher than the other. The prominence is most often on the right side in the thoracic region.

If the difference between the two sides is less than 1cm, it is highly unlikely that a significant curvature is present and the difference is simply due to asymmetrical growth of the two sides of the body.

This is called torso asymmetry and is of no significance.

What about brothers and sisters?

Scoliosis tends to run in families. When a curve is detected in one member of the family, other children should also be examined by the family doctor. If there is a history of a blood relative, especially a female cousin, having been treated for scoliosis by brace wearing or surgery, then this strengthens the case for spinal examination as a regular health check between 10 and 13 years of age.

Scoliosis which requires treatment is far less common in boys than in girls. The ratio of boys to girls requiring treatment is about 1 to 10.

Is treatment successful?

Yes, modern methods produce excellent results when a curve is detected early. In most cases an inconspicuous spinal brace is worn. Surgery is needed in only one out of three cases which require treatment.

There is no scientific evidence that physical therapy (exercise programs) and spinal manipulation (chiropractic adjustments) will either correct a scoliosis or halt its progression.

What will happen if Scoliosis is not treated?

The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life.

Some curves may increase with pregnancy. Severe pain, physical deformity and wear and tear arthritis may occur during middle life. Early detection is important for a healthy future.

How do you detect Scoliosis?

Simply look for it! It only takes 30 seconds.



Scoliosis Australia

Scoliosis Australia is a project of the Spine Society of Australia



The Scoliosis Australia website is supported by a donation from Evolution Surgical



Visit our website www.scoliosis-australia.org



Are you 5,6 or 7?

Why not try **Joey Scouts** and join in the **Fun Fun Fun**?

Both **girls** and **boys** aged 5-8 years.

We have adventures and learn to care for ourselves, our family & friends, others in the community and the environment.



Harbord

Wed 5:30-6:30

Contact: Justin O'Hare

0404 856 371

justin.ohare@gmail.com



Live Life Well @ School

R-E-D-U-C-E RECREATIONAL SCREEN TIME!

And increase
outdoor green
time!



‘Research shows that time spent outdoors, especially interacting with nature, can lower stress and anxiety, improve mood, increase perceived wellbeing, and improve concentration and attention.

Search ‘Outdoor Play’ at
www.mindmatters.edu.au



Health
Northern Sydney
Local Health District

Autumn School Holiday Activities



Check out our school holiday activities for primary school students

Get an interactive presentation on the new \$50 banknote and discover banknote security features.

Explore the Museum with a treasure map and learn about the history of Australia.

Autumn Session Times

Sessions for Kindergarten – Year 2

Monday, 15 April, 10.00 am – 11.30 am

Wednesday, 17 April, 10.00 am – 11.30 am

Sessions for Year 3 – Year 6

Monday, 15 April, 1.00 pm – 2.30 pm

Wednesday, 17 April, 1.00 pm – 2.30 pm



Cost: FREE (bookings essential)
Bookings can be made online
via the Museum Website
www.museum.rba.gov.au/events

For more information or assistance with online bookings please contact the Reserve Bank of Australia Museum.

Email: museum@rba.gov.au
Phone: (02) 9551 9743
Ground Floor, 65 Martin Place
Sydney NSW 2000



RESERVE BANK OF AUSTRALIA



Compulsory School Attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

The Importance of arriving on time

Arriving at school and class on time

- ensures that students do not miss out on important learning activities scheduled early in the day
- helps students learn the importance of punctuality and routine
- gives students time to greet their friends before class
- reduces classroom disruption.

Lateness is recorded as a partial absence and must be explained by parents.

What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance e.g. attending a funeral.

Following an absence from school you must ensure that within **7** days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within **2** days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.





If a student misses as little as 8 days in a school term, by the end of primary school they'll have missed over a year of school.

My child won't go to school. What should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

What might happen if my child continues to have unacceptable absences?

It is important to understand that the Department of Education and may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

- **Compulsory Schooling Conferences**
You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.
- **Application to the Children's Court - Compulsory Schooling Order**

If your child's attendance at school remains unsatisfactory the Department may apply to the Children's Court for a *Compulsory Schooling Order*.

The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

- **Prosecution in the Local Court**
School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

What age can my child leave school?

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to complete their schooling.

Working in Partnership

The Department of Education recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life opportunities.

Further information regarding school attendance can be obtained from the following websites

Policy, information and brochures

<http://www.schools.nsw.edu.au/studentsupport/programs/attendance.php>

The school leaving age

<http://www.schools.nsw.edu.au/leavingschool/index.php>

For further advice contact

Educational services
T 131 536
Learning and Engagement
Student Engagement and Interagency Partnerships
T 9244 5356
www.dec.nsw.gov.au

Do you need an interpreter?

If you need help with English and would like further information please call the Telephone Interpreter Service on **131 450** and ask for an interpreter in your language. The operator will get an interpreter on the line to assist you with your conversation. You will not be charged for this service.

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NSW Department of Education



**Northern Beaches Secondary College
CROMER CAMPUS**



**CREATIVE ARTS ENRICHMENT PROGRAM YEAR 7 2020:
MUSIC VISUAL ARTS DANCE DRAMA**

Office use only
Date received: _____
Payment: _____

Dear Parent and Carers,

Thank you for your expression of interest in the Cromer Campus Creative Arts Enrichment Program for 2020.

The closing date for application is Friday May 17th 2019, by 4pm. A \$30.00 fee applies for each Creative Arts Enrichment Program and must accompany the application form. A Remittance Advice is provided to help facilitate this.

Please read through the information below. Once you have applied and paid for the application, you will be advised by mail if your child has been short listed. All short listed students will be required to attend an audition for Music, Dance and Drama or an interview for Visual Arts to determine final selection.

Students should demonstrate commitment to academic studies in addition to their creative arts talent. Copies of primary reports for the last two years and Year 5 Naplan results must be included with your application or it may not be processed.

Commitment to participate in school ensembles for Music, Dance and Drama applicants is essential.

Offers for the Cromer Campus Creative Arts Enrichment Program will be made by end of Term 2.

We look forward to welcoming you and your child to NBSC Cromer Campus.

Yours sincerely,

Justin Hong
Principal



**Northern Beaches Secondary College
CROMER CAMPUS**



**CREATIVE ARTS ENRICHMENT PROGRAM YEAR 7 2020:
MUSIC VISUAL ARTS DANCE DRAMA**

APPLICATION FORM

Student: _____
(First name) (Last name)

Student's Date of Birth: _____
(Day) (Month) (Year)

Parent/s or Caregiver/s:

Mother's Name: _____
(Title) (First name) (Last name)

Father's Name: _____
(Title) (First name) (Last name)

Address: _____

*Please provide a mobile number and email address
to ensure prompt communication regarding this application*

Mother's Contact:	(Home Phone)	(Mobile)
	(Email address)	
Father's Contact:	(Home Phone)	(Mobile)
	(Email address)	

Current Primary School: _____

Do you currently have any children at NBSC Cromer Campus? Yes / No

If yes, please list their name/s: _____

Please circle your child's chosen subject/s:

MUSIC VISUAL ARTS DRAMA DANCE



April School Holidays 2 day event

April 23 & 24, 2019, 9-3

John Fisher Park, Curl Curl

Great chance for you and your team-mates to sharpen your skills and get some matchplay so you "sparkle" when you hit the court in 2019 !!!!!

- * Basic skills *specialist sessions * Courtwork *matchplay
 - * Chance to work with some of Netball's top players & coaches
- Featuring former Australian Captain & current Australian Diamonds Selector, Anne Sargeant....

Also....

- * Certificate of Achievement for every participant
 - * Highly Commended Awards
 - * Trophy for Excellence, * Team person awards
 - * Trophy Outstanding Effort
- **opportunity to receive an ASNC Chemist Warehouse Scholarship
PLUS.....
- * ASNC Gift Shop
- * Chemist Warehouse gift bag, including our ASNC magazine
- * loads of fun & fitness**

Recommended ages : 7 - 14 years

***** Register and pay on line at ****

www.annesargeant.com.au/Anne_Sargeant_Netball_Clinics_/ASNC_2019/April_23&_24