





Donna Blatchford
Principal

Professional Learning
Staff Development Day
'Stepping Into The Future'



We acknowledge the Guringai people and respect their traditional customs as the custodians of this rich and beautiful Land. We thank them for sharing this land in which our school is on today. They have provided an environment that will be cherished and loved for many more generations to come. We are very thankful and stand on this beloved ground proudly.

Class 6S's Acknowledgement of Country 2018

United Vision

Thank you for your recognition that as of this term I am the substantive principal here at Curl Curl North Public School. I am incredibly proud to continue to lead a school where learning is valued, parents are supportive and our school culture is continuing to strengthen and thrive. We all want the best for our students, your children and although each of us have different roles and responsibilities our vision remains the same and I am committed to continuing to work with you on ensuring our school vision statement.

'To provide a supportive, safe and positive learning environment that enables students to achieve their personal best'

Teaching & Learning in the 21st Century

This term our full day of interactive professional learning at Staff Development Day focused on 'Stepping Into The Future: Dispositions & Co-Teaching'. The day involved a 'Celebrating Inspired Passionate Teachers Showcase' where every grade set up a table highlighting any tips, tricks and programs that they wanted to share. It was incredibly powerful for the teachers to have time to view, explore and discuss the programs that were making an impact in grades across the school.

Mrs Boyle presented a session on 'Stepping out of our comfort zone – My teacher dispositions' which united the team who are embarking on a change in pedagogy. A whole group activity that explored the different views of each teacher followed with teachers getting to know more about each others teaching practices 'What gets another teachers goat?' by agreeing, maintaining a neutral position or disagreeing with day-to-day statements/questions that teachers individualise e.g. "I am a teacher who organises my day before the bell." A collaborative 'Questions for my Co-teacher' session followed with teachers recording those initial questions that need to be answered before they co-teach. This has resulted in a scaffold that will support teachers to ensure that the 'how we go about it' will be answered and supported. The expectation for this term is that every teacher will chose another teacher to co-teach with twice. The following session 'Stepping Into Co-Planning' provided time for the teachers to co-plan lessons to support learning in their classrooms.

The afternoon session featured three concurrent sessions on 'Putting technology into the hands of our learners'. Teachers explored digital technologies such as STEMShare Virtual Reality Kit which CCNPS have this term and Green Screen which has been purchased by the school. The third session was a professional learning video where Michael McQueen delivered his first session of 'Teaching For Tomorrow' titled 'The 5 MEGATRENDS that will dominate the coming decades'. The day was interactive, engaging and fun!

Staff update

This term I would like to officially congratulate Mrs Rebecca Boyle as the successful applicant for the Assistant Principal position that went to advertisement last term. Mrs Boyle is an outstanding educator and leader and our school executive and teaching team has been strengthened with her substantive appointment.

Mrs Ellis, classroom teacher on 3E has taken leave for the remainder of this school year. I would like to welcome Mr Suters who is joining our team. Mr Suters has been actively involved in collaborative planning and professional learning with year 3 and at a whole school level and has been warmly welcomed by our teaching team.

Community Engagement

Already this term we have celebrated and recognised significant events that sit in our Curly calendar each year. Thank you to our 3-6 team Miss Jones, Miss Moore, Miss Portlock, Mrs Wye and Mr Hyde and K-2 team Mrs Honour, Miss Shelley, Mrs Hyett, Mrs Carlyon and Miss Clare-Nazar for your organisation prior to cross country and then your 7am to 6pm commitment to ensuring this event ran smoothly on the day. I would also to thank our parent volunteers who joined us in supervising students on the track so they could participate in this event throughout our beautiful Curl Curl Lagoon area.

What memorable ANZAC Assemblies for our students with a focus on ANZAC Ted in K-2 and a special guest speaker from Mackellar Girls in our 3-6 assembly. Thank you Mrs Gourley, our student leaders, teachers and students in such a respectful remembrance event. Mrs Crawford has again spent daily lunchtimes supporting students to enter the Northern Beaches Eisteddfod. You can read more about our student achievements in this newsletter. Thank you Mrs Crawford for attending this event on Saturday enabling our students to shine!



Following the year 1 excursion to the NSW Schoolhouse Museum, IC were thrilled to show me how "in the olden days this is how you had to line up. Hands behind back, chins UP" :)



Dear Teachers, each of you are exceptional educators and as you all start to embark on co-planning, co-teaching and co-assessing this message is most important.



School News

Flinders Captains (As of term 2, 2019)

Captain - Michelle N

Vice-Captain - Emilia W

Naplan

Year 3 and Year 5 students will be sitting Naplan tests on Tuesday 14 May, Wednesday 15 May and Thursday 16 May.

Multicultural Perspectives Public Speaking Competition

For 24 years now the Multicultural Perspectives Public Speaking Competition has been encouraging primary school students to explore ideas of multiculturalism in Australia, as well as giving them a place to practice their public speaking skills and improve their confidence.

This year Curl Curl North will be holding their grade Multicultural Perspectives Public Speaking Competitions at designated lunch times for interested students. Two speakers from stage 2 (grades 3 & 4) and stage 3 (grades 5 & 6) will then be selected to represent our school at the next stage of the competition at Brookvale PS on 19 June.

If your child would like to be in the running to represent the school in this event, please collect an entry form from the office. I will work with these students during lunch times to prepare them for the competition.

Karen Crawford, Deputy Principal

Northern Beaches Eisteddfod

On 4 May a large number of Curly students from years 1-6 performed at the Northern Beaches Eisteddfod in the Speech and Drama Section.

These students had been rehearsing a poem or prose piece of their choice with me at lunch time for several weeks and were up against students who sit their AMEB speech exams outside of school. All students performed their memorised piece with confidence and poise on stage for an adjudicator and we had some fantastic results against some very tough competition!

The following students gained places in their age categories:

- Isla W – 1st Place (Nursery Rhyme), 3rd Place (Open Verse)
- Eva S – 1st Place (Open Verse)
- Abi J – 3rd Place (Open Verse)

Flynn J – Highly Commended
 Harry E – Highly Commended
 Ruby P – Highly Commended
 Aaron R – Highly Commended
 Morris M – Highly Commended
 Jenna V – Highly Commended
 Mathilde E – Highly Commended
 Violet C – Highly Commended X 2
 Mei Y – Highly Commended
 Terciera S – Highly Commended
 Phoebe S – Highly Commended X 2
 Elissa M – Highly Commended
 Jack M – Highly Commended
 Zara W – Highly Commended
 Eva S – Highly Commended
 Ash J – Highly Commended

I was so happy with the improvement in the confidence, expression and voice clarity of our Curl Curl students. They should all be congratulated on their achievements. Well Done!

Karen Crawford, Deputy Principal



These boots were made for walking...

On Friday 17 May, we are encouraging our Curly students to participate in the 'Walk to School Safely' campaign. Woolworths at Warringah Mall are generously donating 4 boxes of



apples and bananas which will be distributed when students walk through the school entrances. We also have 'Walk to School' stickers!



Let's get our students moving, smiling and eating healthily!

Thank you to the 'Fresh Food People' at Woolworths Warringah Mall for your support!



'Let's Dance for Cancer!' Day

Dancing is a way of expressing oneself and it is also so much fun, especially when it is done with all your friends at school! The Curly students embraced the fundraising initiative to raise funds for cancer research during the 'Let's Dance for Cancer!' day. Our generous students donated a gold coin, dressed in mufti and were led by NIDA graduate, Ms Romy Watson, in a 'dance off' during first half lunch. The K-6 students, teachers and Mrs Blatchford displayed all the fresh moves in support of those who would really benefit from finding a cure for cancer. Over \$1000 was raised!



Kindergarten News

Understanding and appreciating the many different qualities we all have was never more evident than when the kindergarten students were visited by Mr Alistair Lee and his seeing eye dog, King, at the end of last term. Mr Lee is a gifted pianist, a voice over artist and he is blind. He played music as the students entered the hall, accompanied us as we sang 'The Sunshine Song' and then led us in many other tunes. Throughout this, King sat dutifully by his side ready to assist him when necessary. King guided Mr Lee on and off the stage so carefully and our students were mesmerised.

Mr Lee encouraged the children to experience his world by asking them to close their eyes and 'see' what he sees. He also enabled them to understand that his life, though different in some ways, is just as normal as theirs. A question posed from a young kindy student was, 'How do you eat?' Mr Lee replied that he uses a knife and fork just like they do, eats all the foods that they do...but that chasing peas around a plate can be a little tricky! What an incredible opportunity for our Curly students. Thank you Mr Lee and King!



Sporting News

PSSA News

A reminder to all PSSA parents to please ensure that your child has the correct equipment (mouthguards, shin pads, boots, headgear, etc.) and uniform. PSSA games will start every week at 1:00pm for junior teams and 1:35pm for senior teams.

The draw will be available on the Parent Portal/App and fortnightly in the Curly Communications Newsletter before Community Notices.

Please note that PSSA training will commence tomorrow, 10 May before school (weather permitting). Times and locations for training can be found below.

Girls Soccer – 8:00am (John Fisher Park)

Boys Soccer – 8:00am (Abbott Road playing fields closest to the beach)

Soccer Academy – 8:15am (Astro Turf at school)

Rugby League – 8:10am (Reub Hudson Oval)

Netball & Nettas – 8:15am (Netball Courts opposite the school)

Thank you to all teachers who are coaching a team and good luck to the PSSA representatives throughout the season.

PSSA Canteen Lunch Orders

Please ensure that you select the early lunch process under your child’s order summary. Select “**process early PSSA sport**”. This will enable the canteen staff to ensure orders are delivered on time.

Neil Jensen, PSSA Co-ordinator

K-2 Cross Country Carnival

The cross country event is a long held school tradition and many of us can still relate to that same moment of anticipation: your heart pounding as you anticipate the starter calling "ready-set-go!" and racing off with the cheers of the school community in the background; a day that will probably always remain etched in your memory.

We hope that everyone enjoyed this year's event and we would like to thank everyone who was involved. Thank you to the teachers who gave up their time to organise and support the day; thank you to the parents and friends who showed their support by attending the event and cheering us on. But thank you especially to all the children who participated- it makes us so proud to see such fine examples of good sportsmanship. We saw everybody 'having a go', cheering on one another, celebrating the achievements of others and taking pride in doing one's personal best. Congratulations to Flinders, who were the overall winning house for the K-2 Cross Country! This was closely followed by Cook, then Phillip and Bass. We loved seeing you all push yourself to make it across that finish line which seemed so, so far away. We are very proud of you all.

Renata Honour, KH Classroom Teacher

Yr 2 Boys Cross Country				
Place	Name	Class	House	Time
1	Zac O	2R	P	
2	Toby L	2V	B	
3	Nathan K	2R	F	
4	Nevo D	2S	P	
5	Finley B	2R	C	
6	Baylen R	2S	F	

Yr 2 Girls Cross Country				
Place	Name	Class	House	Time
1	Liv C	2S	B	
2	Hayley P	2S	F	
3	Emma F	2C	C	
4	Zara F	2V	B	
5	Darcy B	2S	P	
6	Jenna V	2J	C	

Yr 1 Boys Cross Country				
Place	Name	Class	House	Time
1	Lukas R	1G	F	
2	Tyson O	1C	P	
3	Juan M	1G	C	
4	Charlie M	1L	C	
5	Taylor J	1E	B	
6=	Xander L	1G	P	
6=	Thomas L	1S	C	

Yr 1 Girls Cross Country				
Place	Name	Class	House	Time
1	Bianca S	1S	C	
2	Kyah R	1G	P	
3	Vivienne O	1G	C	
4	Harriet B	1G	B	
5	Orla F	1C	C	
6	Matisse HB	1E	C	

Kindergarten Boys Cross Country				
Place	Name	Class	House	Time
1	Bodhi R	KH	C	
2	Jimmy P	KH	F	
3	Luke P	KG	C	
4	Thomas M	KL	C	
5	Ben H	KJ	F	
6	Hunter F	KL	F	

Kindergarten Girls Cross Country				
Place	Name	Class	House	Time
1	Kira H	KL	F	
2	Chloe K	KH	F	
3	Peyton T	KJ	P	
4	India S	KH	B	
5	Zoe S	KP	B	
6	Paytn S	KL	F	

3-6 Cross Country Carnival

With the sun shining, a great day was had by all at the 2019 Cross Country Carnival! Congratulations to all of the students who participated and tried their best by running, jogging or walking our 2km and 3km courses. We are sure you had a fun day. A huge congratulations to Marin F who broke the 12 year old boys cross country record. This record was previously held by Casey B at a time of 10.28.71. Marin now holds the new record of 10.26.83! Great work Marin! Well done to **Phillip** who were the winning House for the 3-6 Carnival.

Congratulations to the following students who all placed in their age groups. The first six runners in each of the 3-6 races will represent our school at the District Cross Carnival on Wednesday 5 June. We wish the district cross country team all the best of luck at the zone carnival.

12/13 Yrs Boys Cross Country				
Place	Name	Class	House	Time
1	Marin F		B	10.26.83
2	Joe L		P	11.02.60
3	Fin T		P	
4	Jamie B		P	
5	Kayan S		P	
6	Jake L		C	11.14.10
7	Maxi S		P	
8	Ryan C		C	

Record
10.28.71



12/13 Yrs Girls Cross Country				
Place	Name	Class	House	Time
1	Alexi F		C	11.57.99
2	Jodie E		C	13.41.24
3	Sienna O		P	
4	Elissa M		B	
5	Abigail J		B	
6	Fleur R		P	14.56.31
7	Lily T		P	
8	Zara L		B	



11 Yrs Boys Cross Country				
Place	Name	Class	House	Time
1	Ollie A		B	11.21.09
2	Zane R		P	11.30.95
3	Josh C		C	
4	Oli S		F	
5	Oliver H		F	
6	Sonny C		C	12.15.44
7	Ike N		B	
8	Findlay B		P	



11 Yrs Girls Cross Country				
Place	Name	Class	House	Time
1	Louella M		P	12.25.77
2	Sacha C		P	12.36.29
3	Riley A		C	
4	Baelei R		C	
5	Chloe L		C	
6	Angelica G		P	13.58.40
7	Emily DB		B	
8	Jade A		B	



10 Yrs Girls Cross Country				
Place	Name	Class	House	Time
1	Aria F		C	8.21.14
2	Ruby K		F	8.37.18
3	Avalon C		B	
4	Lulu H		B	
5	Blake O		P	
6	Chloe O		F	9.30.90
7	Geneva H		C	
8	Indiana S		F	



10 Yrs Boys Cross Country				
Place	Name	Class	House	Time
1	Dylan M		C	7.19.25
2	Henry P		F	7.45.59
3	Billy A		P	
4	Jackson W		P	
5	Liam R		B	
6	Koby S		C	8.07.07
7	Ed S		F	
8	Nixon F		B	



8/9 Yrs Boys Cross Country				
Place	Name	Class	House	Time
1	Finn B		C	7.54.82
2	Andrew G		F	7.57.42
3	Harrison F		C	
4	Josh M		C	
5	Josh R		P	
6	Hudson T		C	8.17.16
7	Toby G		C	
8	Atze D		P	



8/9 Yrs Girls Cross Country				
Place	Name	Class	House	Time
1	Jessica P		F	9.10.39
2	Anais B		P	9.12.98
3	Carly T		P	
4	Eva S		F	
5	Martha H		C	
6	Ivy I		P	9.49.73
7	Ash J		B	
8	Marley V		C	



A day like our Cross Country Carnival could not go ahead without the help and assistance of teachers, students and parents. A huge thank you to the following people who helped our carnival run so smoothly:

- To Mr Gabbott for all of his help with equipment before, during and after our carnival
- To the teachers who were at John Fisher Park from 7am helping to mark the course and set up the tents
- To our parent helpers, Rebecca Eddington, Blythe Rowe, Mardi Hall, Elisha Stewart, Chris Mitchell, Alana Sedevic and Andrew Whitaker, for acting as a course marshals for the day to ensure the safety of our runners
- To the senior students who helped pack up the equipment from the 3-6 carnival and to those who helped set up the equipment for the K-2 carnival
- To the parents who helped pack up all the tents and pack the truck at the end of the day

Jarrod Hyde, Alyce Portlock, Taylor Wye, Kim Jones and Laurissa Moore
3-6 Cross Country Carnival Organisers

Years 5 and 6 DanceSport Challenge Gala Nights

At the end of last term, years 5 and 6 each held a DanceSport Challenge Gala Night to showcase the skills they had learnt during their ballroom dancing lessons in term 1. After only eight, 40 minute lessons the students all improved so much, not only with their dancing skills but also their co-operation, respect for one another and interpersonal skills. We were so pleased to see so many parents and family members enjoy the night and there was not a free seat in the Youth Club Hall!

The year 6 students performed three dances, the salsa, the waltz and the paso doble. The year 5 students also performed three dances, the tango, cha cha cha and the jive. Semi-finals and then finals were then held for each style of dance with first, second and third placed couples awarded for each dance. We ended the night with a students and parents dance to 'Love is in the air'. A great night was had by all!

Congratulations to the following couples who were finalists in each competition:

Year 6

Placing	Salsa	Waltz	Paso Doble
1st	Marin F and Riley T	Jarred B and Amail H	Iggy B-J and Jacinta C
2nd	Maxi S and Claudia D	Dean L and India H	Mark F and Zara L
3rd	Seb J and Stella B	Zane C and Lily T	Elissa M and Joe L
Finalists	Poppy C and Marko J Alif I and Jaisa E Sienna O'C and Spencer R Teo P and Fleur R Zack E and Yangchen T Arkie S and Carmen K Mason K and Alexi F	Jamie B and Tilly T Madison D and Jesse J Gideon VV and Stella T Aiden L and Coby C George P and Myrthe K Jeremy S and Jasmine G	Josh L and Louella M Jed B and Jolie L Braiden B and Tiara V Finn T and Chloe B Kai T and Chloe H Luke J and Sydney BC

Year 5

Placing	Cha Cha Cha	Tango	Jive
1 st	Will D and Jazz S	Emily DB and Noah S	Blake O and Ben W
2 nd	Joleena W and Oli H	Frank F and Lizzy P	Alyssa T and Archie B
3 rd	Sari N and James P	Summer W and Joel W	Michaela K and Josh
Finalists	Eva F and Justin S Liv L and Samson B Adriana K and JoeB Flynn B and Harmony B Fin D and Marli S Leon S and Natasha C Zane R and Eleni H	Aidah M and Leo M Aria F and Fletcher I Giselle B and Aaron R Sophia A and Ike N Fin B and Gabi W Ed S and Sacha C Tom C and Chloe L	Zoe C and Will N Ruby N and Thanwa N Liam T and Sasha O'F Bruno A and Amelie S Chloe L and Ollie S Grace H and Will R Seb H and Jess B

Congratulations also to the following couples who won the most improved or best teamwork award for each class:

Year 6

Class	Most Improved	Best Teamwork
6BT	Kayan S and Emily T Sarah F and Charlie R	Abigail J and Harrison B James P and Michelle N
6J	Emilia W, Amalia P, Otis O/N, Elliot D	Luke I, Georgia Y, James K and Willow S
6M	Ryan C, Koby P, Mariah T and Emily N	Igor V, Bill M, Amy FS and Ruby H
6S	Christopher C, Summer T, Balie C and Evie CH	Will J, Tom M, Jemima L and Angie G

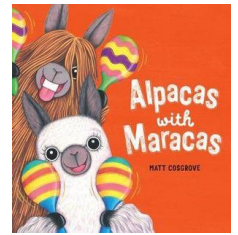
Year 5

Class	Most Improved	Best Teamwork
5H	Jack P and Hayley E	Dion S and Anneleise S
5JM	Geneva H and Liam R	Michelle W and Leo L
5M/T	Tia S and Sonny C	Tess G and Boston D
5P	Jaxon W and Montana O	Megan M and Ollie A
5W	Max S and Jahnvi C	Hunter S and Rosie S

Library News

National Simultaneous Storytime (NSS) 2019

On Wednesday 22nd May the children at our school will be participating in National Simultaneous Storytime (NSS). At 11.00 am on this day, everyone will stop what they are doing and listen to *Alpacas with Maracas*, by Matt Cosgrove. We will be joining hundreds of thousands of children around Australia reading the same book at the same time. This is a vibrant and fun event that aims to promote the value of reading and literacy.



Harry Hartog Bookseller at Warringah Mall has storytime for preschoolers on Wednesdays at 11.00 am and on Wednesday the 22nd May, the story will be *Alpacas with Maracas*. Parents at home with preschoolers on this day are welcome to take their preschoolers along to Harry Hartog to participate in NSS.



HARRY HARTOG BOOKSELLER

Library Bags

It can be hard to get back into routines after a holiday period but most children have done well and are remembering their library bags. However, some children are yet to discover them again after the break. Please can you give your child a hand to find their library bag.



National Family Reading Month

May is Scholastic National Family Reading Month so remember to read more in May. This is a great opportunity to set aside family reading time a few times a week and really get involved in your child's reading. Most children at school are about half way through the Premier's Reading Challenge and Family Reading Month will give them the extra bit of motivation they need to keep persevering and conquer the challenge.



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

Band News

Band Camp 2-4 June

Band Camp is fast approaching, final details will be sent home shortly.

Thank you to everyone who has volunteered to help out so far. There are still a few spots left, so if you haven't put your hand up yet, please go to the following link to assign your availability <http://signup.com/go/BbPbshF>.

Please note that the concert for the parents this year will be on Tuesday 4 June at 1.30pm and not 2pm as has been the case in previous years. Please aim to arrive no later than 1.15pm as parking will be very busy.

Stage Band Big Band Blast 31 May – 2 June

Many thanks to Hugo's mum, Maruska who has been sharing the details of the Big Band Blast weekend with all the parents. If you are unsure of anything at this stage, please contact myself or Maruska as soon as possible.

Dates for your Diary

- **Fundraiser**

We will be holding a sausage sizzle and cake stall fundraiser on Saturday 15th June at Bunnings in Balgowlah.

More information will be sent home nearer the time. Please keep this date free as we will need parents rostered on in 2 hour shifts to help from 7am-5pm.

We will also need a group of band parents to form a committee to run this fundraiser.

- **Performances**

All four bands will take part in The Northern Beaches Instrumental Festival in June. This Festival takes place at Pittwater High from 12-23 June.

As soon as we have confirmation of the time and date of all performances we will let you know.

Lisa James, Band Administrator

P&C News

BBQ and Cake Stall Fundraiser on 18 May

With the Federal Election Day fast approaching, Curl Curl North Public School P&C will be taking the opportunity to run another fundraising BBQ and Cake Stall on Saturday 18 May 2019. Please see flyer in Community Notices for more information.

Uniform Shop

Girls Winter Dress (ordered last year) can now be picked up from the Uniform Shop.

Shop hours are:

Wednesday 2.30-4pm

Friday 8.30-10am

Spare Year 6 shirts are available for sale (\$30 each).

Second hand uniform donations are welcome to be left at Uniform Shop. Could all donations please be washed before dropping off. Only school Uniform please, no Curl Curl Soccer, Rugby or Nippers required.

Administration

Parking

Northern Beaches Council has recently marked certain areas of the roads around the school with yellow lines. Please click on the link to their website for more information.

<https://www.northernbeaches.nsw.gov.au/council/news/refresher-on-top-6-parking-rules>

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 and App. Please email the school if you are having any technical issue with the portal or app.

Curl Curl North Public School
PSSA sport details (years 3 - 6)

Round 2 - Friday 10 May 2019

Soccer-Girls - teachers : Mr Hyde and Mrs Travers			approx. start	approx. finish	travel
Junior A	John Fisher 3	Abbott Rd, North Curl Curl	1.00pm	1.35pm	walking
Junior B	Frank Gray 2	Holloway Pl, (off Bennett St) North Curl Curl	1.00pm	1.35pm	walking
Senior A	John Fisher 3	Abbott Rd, North Curl Curl	1.35pm	2.20pm	walking
Senior B	Frank Gray 2	Holloway Pl, (off Bennett St) North Curl Curl	1.35pm	2.20pm	walking

Soccer-Boys - teachers : Ms Sayers , Mrs Boyle , Ms Stone & Mrs McCarthy			approx. start	approx. finish	travel
Junior A	Millers 2	Campbell Parade, Manly Vale	1.00pm	1.35pm	on bus 12.30pm
Junior B1	Millers 1	Campbell Parade, Manly Vale	1.00pm	1.35pm	on bus 12.30pm
Junior B2	Millers 3	Campbell Parade, Manly Vale	1.00pm	1.35pm	on bus 12.30pm
Senior A	Millers 2	Campbell Parade, Manly Vale	1.35pm	2.20pm	on bus 12.30pm
Senior B1	Millers 1	Campbell Parade, Manly Vale	1.35pm	2.20pm	on bus 12.30pm
Senior B2	Millers 3	Campbell Parade, Manly Vale	1.35pm	2.20pm	on bus 12.30pm
Year 3	David Thomas	Sloane Crescent, Manly Vale	1.00pm	2.20pm	on bus 12.30pm

Rugby league - teachers : Mrs Murray and and Mr Jensen			approx. start	approx. finish	travel
Junior A	Nolans Reserve	Pittwater Rd, North Manly	1.00pm	1.35pm	on bus 12.30pm
Junior B	Nolans Reserve	Pittwater Rd, North Manly	1.00pm	1.35pm	on bus 12.30pm
Senior A	Nolans Reserve	Pittwater Rd, North Manly	1.35pm	2.20pm	on bus 12.30pm
Senior B	Nolans Reserve	Pittwater Rd, North Manly	1.35pm	2.20pm	on bus 12.30pm

Nelball - teachers : Miss Jones, Miss Moore, Miss Porlock, Mrs Watson			approx. start	approx. finish	travel
Junior A	John Fisher Park netball courts	opposite school, North Curl Curl	1.00pm	1.35pm	walking
Junior B	John Fisher Park netball courts	opposite school, North Curl Curl	1.45pm	2.25pm	walking
Junior C	John Fisher Park netball courts	opposite school, North Curl Curl	1.00pm	1.35pm	walking
Senior A	John Fisher Park netball courts	opposite school, North Curl Curl	1.00pm	1.35pm	walking
Senior B	John Fisher Park netball courts	opposite school, North Curl Curl	1.45pm	2.25pm	walking
Senior C	John Fisher Park netball courts	opposite school, North Curl Curl	1.00pm	1.35pm	walking
Nettas	John Fisher Park netball courts	opposite school, North Curl Curl	1.45pm	2.25pm	walking

Curl Curl North Public School
PSSA sport details (years 3 - 6)

Round 3 - Friday 17 May 2019

Soccer-Girls - teachers : Mr Hyde and Mrs Travers			approx. start	approx. finish	travel
Junior A	John Fisher 3	Abbott Rd, North Curl Curl	1.00pm	1.35pm	walking
Junior B	Frank Gray 1	Holloway Pl, (off Bennett St) North Curl Curl	1.00pm	1.35pm	walking
Senior A	John Fisher 3	Abbott Rd, North Curl Curl	1.35pm	2.20pm	walking
Senior B	Frank Gray 1	Holloway Pl, (off Bennett St) North Curl Curl	1.35pm	2.20pm	walking

Soccer-Boys - teachers : Ms Sayers , Mrs Boyle , Ms Stone & Mrs McCarthy			approx. start	approx. finish	travel
Junior A	Dee Why 1	Lismore Ave, Dee Why	1.00pm	1.35pm	on bus 12.30pm
Junior B1	Dee Why 2	Lismore Ave, Dee Why	1.00pm	1.35pm	on bus 12.30pm
Junior B2	BYE				
Senior A	Dee Why 1	Lismore Ave, Dee Why	1.35pm	2.20pm	on bus 12.30pm
Senior B1	Dee Why 2	Lismore Ave, Dee Why	1.35pm	2.20pm	on bus 12.30pm
Senior B2	BYE				
Year 3	David Thomas	Sloane Crescent, Manly Vale	1.00pm	2.20pm	on bus 12.30pm

Rugby league - teachers : Mrs Murray and and Mr Jensen			approx. start	approx. finish	travel
Junior A	Nolans Reserve	Pittwater Rd, North Manly	1.00pm	1.35pm	on bus 12.30pm
Junior B	Nolans Reserve	Pittwater Rd, North Manly	1.00pm	1.35pm	on bus 12.30pm
Senior A	Nolans Reserve	Pittwater Rd, North Manly	1.35pm	2.20pm	on bus 12.30pm
Senior B	Nolans Reserve	Pittwater Rd, North Manly	1.35pm	2.20pm	on bus 12.30pm

Nelball - teachers : Miss Jones, Miss Moore, Miss Porlock, Mrs Watson			approx. start	approx. finish	travel
Junior A	John Fisher Park netball courts	opposite school, North Curl Curl	1.00pm	1.35pm	walking
Junior B	John Fisher Park netball courts	opposite school, North Curl Curl	1.45pm	2.25pm	walking
Junior C	John Fisher Park netball courts	opposite school, North Curl Curl	1.00pm	1.35pm	walking
Senior A	John Fisher Park netball courts	opposite school, North Curl Curl	1.00pm	1.35pm	walking
Senior B	John Fisher Park netball courts	opposite school, North Curl Curl	1.45pm	2.25pm	walking
Senior C	John Fisher Park netball courts	opposite school, North Curl Curl	1.00pm	1.35pm	walking
Nettas	John Fisher Park netball courts	opposite school, North Curl Curl	1.45pm	2.25pm	walking

Community Notices

CURL CURL NORTH PUBLIC SCHOOL BBQ AND CAKE STALL FUNDRAISER SATURDAY 18th MAY

Dear Curl Curl North Parents,

With the Federal Election Day fast approaching, Curl Curl North Public School P&C will be taking the opportunity to run another **fundraising BBQ and Cake Stall on Saturday 18 May 2019**. Everyone loves a sausage sizzle and a cake on Election Day!

Volunteers Needed!

As always, we need our fabulous Curly parents to volunteer to help make the day a success by making cakes and baked goods and helping out with shifts on the BBQ and Cake Stall.

Stall Shift Times

All Stall shifts will start at 7.30am for set up by 8am. Last shifts will start at 3pm and include pack up of the stalls. If you can lend a hand on the day by covering a **shift please go to the following link to sign up:**

Volunteer for BBQ or Cake Stall - <http://signup.com/go/JsyXGMp>

Cakes Needed - Years K-6

We are asking for volunteers across all years K-6 to bake cakes (cupcakes, bars and whole cakes), muffins, slices, chocolate crackles, fudges, brownies, jelly cups, toffees, meringues and flavoured breads (banana, date etc) for the cake stall. **Please go to the Sign-up link above**

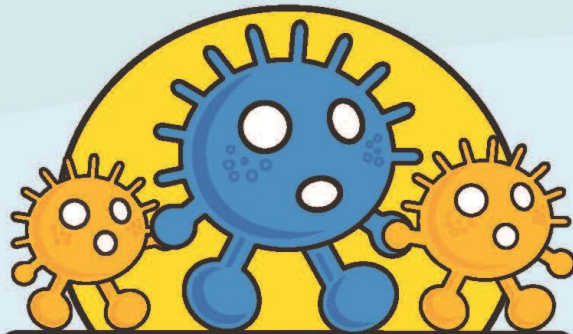
Cake Stall Volunteers - If you'd like to sign up for a shift on the cake stall please use the link above.

Timing for Drop Off of Baked Goods - Baked goods will need to be delivered to the school either **after 2.30pm at the Canteen on Friday 17 May or preferably on the morning of the cake stall Saturday 18 May by no later than 10am**. *Please clearly label cake containers with your child's name and class so that containers can be returned the following week.*

BBQ Volunteers - We are asking for parent volunteers to help assist on the BBQ by cooking snags, bacon and eggs, making up sandwiches and rolls, serving. See the link above to sign up for a shift!

Many thanks,
Curl Curl North Public School P&C

ACTIVE KIDS ARE SMARTER KIDS



**WALK SAFELY
TO SCHOOL DAY**

FRIDAY 17 MAY 2019



Until they're ten, children must always hold an adult's hand when crossing the road

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@nationalwalksafelytoschoolday



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Tuesday 3.15pm – 4.15pm
Term 2 : 07/05/19 - 25/06/19
Class KH

FRENCH CLUB

Tuesday 8-9am
Term 2: 07/05/06/19
Class KH



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Or Email nathalie.roy@lcfclubs.com.au - Visit our website: www.lcfclubs.com.au

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**CURL CURL YOUTH &
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Buy online at www.trybooking.com/BCKAN or at the door on the night.

*Skate Hire available or bring your own.

*Food and drinks available to purchase on the night

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GIANT BOOK FAIR

Brookvale

St Augustine's College – Sydney
Federal Parade

May 24-26

Friday 4-9

Saturday 9-5

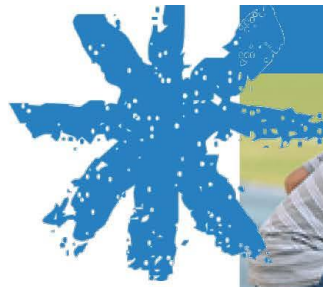
Sunday 9-2

parenting * ideas

insights

Helping kids feel good by doing good

by Dr. Justin Coulson



POSITIVE PARENTING



We all want our kids to feel good. Ice cream, days at the beach and play dates may bring kids joy, but once they're finished the good feeling often disappears.

These feel-good activities give kids a rush of euphoria, but leave them craving for more. This can lead to an addictive cycle known as 'the hedonic treadmill' where one cookie isn't enough. They'll need two. Maybe the next week, they'll need three.

Good deeds

Doing good, however, is the key to living a more meaningful and happier existence. The ancient Greek philosophers [Plato and Aristotle](#) knew it was true, and modern [research](#) bears out the fact altruistic behaviours are associated with better wellbeing, health and longevity. In short, we feel good when we do good.

Kind Kids

Every parent wants happy kids. The easiest way to help kids attain happiness is to encourage them to be kind.

Many studies show that our kids want to be kind. They know it makes them happy! [Research](#) shows that children from as young as fourteen months want to help others achieve individual goals and cooperate with others to achieve shared goals. This desire to help is something they're born with – even that child of yours who doesn't seem to want to help anyone!

A [recent landmark study](#) showed even very young kids find helpful and kind acts to be intrinsically rewarding. Two year olds showed greater happiness when they gave treats to others, compared to when they received treats themselves.

Teaching Our Kids to Do Good

If kids want to help because it helps them feel great, it's our job to help fulfill this natural inclination by guiding them to age-appropriate opportunities to do so.

Here are 5 ways to do just that:

1. **Role model helpfulness and kindness.** Children and teenagers learn to be helpful and kind by copying the significant adults in their lives.
2. **Encourage them to perform small acts of kindness.** Being kind, giving a compliment, helping to tidy

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up- these small acts are just as powerful and effective as larger tasks such as mowing the lawn for a neighbour.

3. **Make helping a family project.** Get your kids involved when you take a meal to a family who have just had a new baby, or visit a sick friend in the hospital.
4. **Be a good neighbour.** Help your kids learn to keep an eye on others, whether it is a neighbour, or a boy on their sports team. Teaching your kids to notice what's going on in the lives of people in their community promotes awareness and empathy.
5. **Be grateful.** Expressing **gratitude** is one of the best ways to do good. In fact, nothing can improve your life (and the life of others) like gratitude.

Doing good deeds is what makes us human. It lifts burdens from others, and lifts us by activating the joyful part of our brains. Teaching your kids to do good is the best way to help them have lasting 'feel good' feelings. Of course, they should eat cake too. Even better, share it with a friend for a lasting feel-good effect.



Dr. Justin Coulson

Dr Justin Coulson earned his PhD in Positive Psychology. He holds an Honorary Fellowship at the University of Melbourne's Graduate School of Education in the Centre for Positive Psychology, and he is a Senior Associate at the Positive Psychology Institute. Dr Coulson is the author of the new book '10 Things Every Parent Needs to Know' and the bestselling '9 Ways to a Resilient Child' and '21 Days to a Happier Family'. www.justincoulson.com