K-2 CHRISTMAS CONCERT
As you may have already heard, next Tuesday 9 December we will be having a K-2 Christmas Concert. Mrs Jackson has been working with the children in Music, Dance and Drama, teaching the various parts of the concert. The children are all very excited. An invitation to all our parents and friends is extended to attend the K-2 Christmas Concert. The concert will commence at 12.00 midday, in the school hall.

PERSONALISED LEARNING PLAN – SHARING AFTERNOON
Personalised Learning Plan, sharing and afternoon tea will be held on Tuesday 9 December from 2.00-3.00pm at the Hall.

LIBRARY NEWS
Well done to every student who borrowed from the Library this term! Especially to those who borrowed every week. These students received a Good Work card for their efforts and their name will be in the draw for a fabulous book prize to be drawn on Monday.
There will be many new books available for borrowing from the start of next year, so make sure you return any overdue books before the holidays. Overdue notes are being sent home in Weeks 9 and 10.
Finally, a huge congratulation, to Class 4/5A who were the winners of the Term 4 Borrowing Competition! This lucky class received a free sausage sizzle lunch last Wednesday. Equal Second place went to KT and 5P. Special mention goes to 3/4W who showed a huge improvement in their borrowing this term. Well done everyone!
CANTEEN NEWS
Just a reminder that the school canteen is now closed for the remainder. Children will need to bring their lunch and recess from home each day for the rest of the school year.

HOT WEATHER
During the hot weather it is important for everyone to make sure that they drink plenty of fluids, particularly water, to keep hydrated. All children are encouraged to bring water bottles to school to keep with them at all times. The children are allowed to keep their water bottles on their desk in the classroom during the school day and are encouraged by teachers to keep drinking. Please be aware that during the extreme hot days the children do not go outside to play at break times. They stay inside in the air conditioned classrooms.

READY FOR HIGH SCHOOL
Can you recall what you were most apprehensive about when you started high school? This video of Year 7 students explain why teens shouldn’t be worried about starting high school, and how they can get off to a great start in the first few days.
Watch the videos:

TEACH YOUR KIDS TO BE WATERPROOF
As temperatures rise, the risk of drowning increases too. Review these water-safety tips to help keep your family safe this summer.
Find out more:

ROAD SAFETY REMINDER FOR PARENTS AND CARERS THESE HOLIDAYS
Remember when walking near roads, on footpaths, near driveways and in car parks always: hold your child’s hand, talk to your child about road safety and point out road safety dangers and differences in new environments. The best way to keep your child safe on or near the road is to hold their hand. Talk with your child daily about road safety. For further information visit:
CHOOSING SCHOOL SHOES
Are expensive school shoes the best option for happy feet? Let’s face it. School shoes have never been at the cutting edge of fashion. In fact if you look at what your parents were wearing, the humble school shoe really hasn’t evolved much at all.

PLAYGROUND AWARDS – Week 9
Be friendly towards others

<table>
<thead>
<tr>
<th>KB</th>
<th>Peyton Hemi</th>
<th>2/3A</th>
<th>Bailey Taverner</th>
</tr>
</thead>
<tbody>
<tr>
<td>KH</td>
<td>Cody Martin</td>
<td>3P</td>
<td>Connor Nagle</td>
</tr>
<tr>
<td>KJ</td>
<td>Isabella Graham</td>
<td>3R</td>
<td>Hayleigh Hathaway</td>
</tr>
<tr>
<td>KT</td>
<td>Timana Pine</td>
<td>3/4W</td>
<td>Kimani Tautolo</td>
</tr>
<tr>
<td>1C</td>
<td>Lindsay Carr</td>
<td>4D</td>
<td>Brock Alderton</td>
</tr>
<tr>
<td>1R</td>
<td>Mariota Patiole</td>
<td>4/5A</td>
<td>Mitchell Donald</td>
</tr>
<tr>
<td>1S</td>
<td>Penny Canning</td>
<td>5P</td>
<td>June Atua</td>
</tr>
<tr>
<td>2B</td>
<td>Alana Elphick</td>
<td>6B</td>
<td>Ethan Niven</td>
</tr>
<tr>
<td>2V</td>
<td>Trent Patrikis</td>
<td>6R</td>
<td>Riley Alderton</td>
</tr>
</tbody>
</table>

KIDS MATTER

VALUE AWARDS - Week 9
Friendliness and Inclusion

<table>
<thead>
<tr>
<th>KB</th>
<th>Joshua Baillache</th>
<th>2/3A</th>
<th>Shania Simmons</th>
</tr>
</thead>
<tbody>
<tr>
<td>KH</td>
<td>Tyler Bater</td>
<td>3P</td>
<td>Mikayla Gillett</td>
</tr>
<tr>
<td>KJ</td>
<td>Bailey Thompson</td>
<td>3R</td>
<td>Nenase Latu</td>
</tr>
<tr>
<td>KT</td>
<td>Lucas McAlister</td>
<td>3/4W</td>
<td>Maddison Kuiper</td>
</tr>
<tr>
<td>1C</td>
<td>Noah Keighran</td>
<td>4D</td>
<td>Justice Reynolds</td>
</tr>
<tr>
<td>1R</td>
<td>Jeremias Peniamina</td>
<td>4/5A</td>
<td>Jayden Farr Robinson</td>
</tr>
<tr>
<td>1S</td>
<td>Michaela Armadoros</td>
<td>5P</td>
<td>Rebekah Spears</td>
</tr>
<tr>
<td>2B</td>
<td>Chelsea Koprovic</td>
<td>6B</td>
<td>Tyrone Cook</td>
</tr>
<tr>
<td>2V</td>
<td>Charleise Thode</td>
<td>6R</td>
<td>James Henshaw</td>
</tr>
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Principal's Awards
Kayleigh Collins

FINAL NEWSLETTER
We would like to advise the next newsletter will be our final one for the year. As we will be including items from our end of year activities and celebrations, it will not be going out until Monday 15 December rather than the usual Friday.
Yesterday we had an amazing time at St Marys North’s Got Talent. Thank you to everyone who performed. You should be very proud of yourselves.

A special congratulations to the Ahh-mazing Singers, Kryzjhynn and Rebekah, the Star Dancers, Isabelle, Tamsyn, Brooke and Nour, Isabella and Seth for the Most Entertaining Performance and Scarlett and Jaydaleah for their gorgeous costumes.
A special thank you to our judges, Mr Campey, Mr Tangye and Mrs Rymills and our year six helpers, Byron, Lau. Ronald, Trinity, Jordyn, Kyesha and Ben.
COOL KIDS FLYER

This is a group program that may be very supportive of some of the students attending North St Marys. If you would like a flyer or more information you can contact the office.

2015

COOL KIDS
FREE GROUP PROGRAM FOR
CHILDREN WITH ANXIETY ISSUES

Primary school years 3 - 6

The Cool Kids group is for boys and girls in primary school years 3 to 6, who have significant difficulties with issues relating to anxiety. This may include children with:

- Separation, self-consciousness or social anxiety/excessive shyness
- General fears or specific phobias
- Self esteem & confidence issues
- Poor social skills
- Worries, avoidance, reassurance seeking
- School refusal and anxiety related arguments/temper outbursts
- Perfectionism, complains of headaches, tummy pains or sore legs
- Sleeping problems (falling asleep) or sleeping in parents' bed

Cool Kids is an evidence-based treatment program for children with anxiety issues. Both children and their parents participate in a free 8 week program that will help children overcome and manage their anxiety at home and school, and give parents practical strategies to support their children.

Groups are running during school terms 1 and 2 in your local area. Please note that all families must attend an assessment to determine suitability for the group before attending.

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How can I be referred?:

Talk to your GP about a Cool Kids referral
OR
Phone the Community Health Intake on 1800 222 608

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For further information please see the attached timetable for contact details.

These groups are run in partnership with the Hawkesbury District Health Service Community Health Child and Adolescent Counselling Team, the Nepean Blue Mountains Local Health District Community Health Child and Family Counselling Team, the Child & Youth Mental Health Services and the Nepean-Blue Mountains Medicare Local (ATAPS program).
The following group will run in Term 1, 2015:

<table>
<thead>
<tr>
<th>Area</th>
<th>Details</th>
<th>Further Information</th>
</tr>
</thead>
</table>
| Penrith-Cranebrook | Referrals close: Friday 9th January  
Group start date: Wednesday 4th February  
Time: 5.00pm – 6.30pm  
Location: Cranebrook Community Health Centre, Corner Laycock St and Borrowdale Way, Cranebrook | Community Health  
4730 5100  
NBMML  
4708 8158 |

The following groups will run in Term 2, 2015:

<table>
<thead>
<tr>
<th>Area</th>
<th>Details</th>
<th>NBMML Contact</th>
</tr>
</thead>
</table>
| Penrith       | Referrals close: Friday 3rd April  
Group start date: Tuesday 28th April  
Time: 5.00pm – 6.30pm  
Location: Penrith Community Health Centre, Soper Place, Penrith | Community Health  
4732 9400  
NBMML  
4708 8158 |
| Hawkesbury Windsor | TO BE CONFIRMED                                                       | NBMML  
4708 8158 |
| Upper Blue Mountains | Referrals close: Friday 3rd April  
Group start date: Thursday 30th April  
Time: 4.00pm – 5.30pm  
Location: To be confirmed | NBMML  
4708 8158 |
| Springwood    | Referrals close: Friday 3rd April  
Group start date: Tuesday 28th April  
Time: 4.00pm – 5.30pm  
Location: Springwood Community Health Centre, 288-292 Macquarie Road, Springwood | Community Health  
4751 0100  
NBMML  
4708 8158 |
| Lithgow       | Referrals close: Friday 3rd April  
Group start date: Tuesday 28th April  
Time: 4.30pm – 6.00pm  
Location: Lithgow Information and Neighbourhood Centre, 1 Padley Street, Lithgow | Community Health  
6350 2750  
NBMML  
4708 8158 |

The following group will run when sufficient numbers are obtained:

<table>
<thead>
<tr>
<th>Area</th>
<th>Cool Kids for children on autism spectrum</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Blue Mountains | The Child & Adolescent Development Unit (CADU) at Blue Mountains Hospital plans to run a Cool Kids anxiety group for children on the autism spectrum in early (Term 1, or Term 2) 2015 if they get enough people interested. | Jane Meiklejohn  
at CADU  
4784 6671 |
SUN SAFETY
This spring has seen temperatures soar. A new information pack with the latest advice on sun safety is available for schools and parents. Find out more: http://www.schools.nsw.edu.au/studentsupport/studenthealth/sun-safety/index.php

NSW PUBLIC SCHOOL TERMS AND HOLIDAYS

PLEASURES OF FREE PLAY
Allowing free time for children to play on their own, making up games and activities, can help kids to be comfortable in their own company, teach them how to cope with boredom and, importantly, foster their imagination. Under scheduling your child:

SCHOOL HOLIDAY ACTIVITIES
@ Penrith City Library
The Summer Reading Club will run from Monday 15 December to Saturday 31 January

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 14 January</td>
<td>Mime &amp; Magic Show (Family Show)</td>
<td>10.30 – 11.30am</td>
</tr>
<tr>
<td>Thursday 15 January</td>
<td>Digging Dinosaurs Workshop (7-12yr)</td>
<td>10.30 – 11.30am</td>
</tr>
<tr>
<td>Tuesday 20 January</td>
<td>Magical Genies Workshop (5-12 yrs)</td>
<td>10.30 – 12.00pm</td>
</tr>
<tr>
<td>Wednesday 21 January</td>
<td>Arms, Legs, Wings &amp; Things Show (Family Show)</td>
<td>10.30 – 11.30am</td>
</tr>
<tr>
<td>Thursday 22 January</td>
<td>Creepy Lab &amp; Wicked Wounds Teen Workshop (12-16yrs)</td>
<td>10.30 – 11.30am</td>
</tr>
<tr>
<td>Saturday 17 January</td>
<td>African Drumming Workshop <em>(Family Show)</em></td>
<td></td>
</tr>
</tbody>
</table>

Activity at St Clair Library

For further details and ticket purchase, contact Penrith Library – 4732 7891