Dear Parents and Caregivers,

Next week is shaping up to be one of the biggest weeks of the year at our school. In fact, it all starts this Saturday 6 September with our third Narrabeen Lakes Market from 9am-3pm – we’re looking forward to seeing you there and also hoping the weather is kind to us.

125 Anniversary Open Day
On Wednesday, 10 September we will be celebrating our 125th Anniversary with an Open Day from 9.30am -12.30pm. All students, families and carers past and present are welcome to attend. It promises to be an exciting morning with speeches from our Public Speaking Competition winners, music from the Performance Band, and the opportunity to participate in old school games around the playground.

The 125 Anniversary Art Show will be open from 9.00am – 12.30pm displaying the works of all students in the school who have studied artists from the last 125 years. Entry is by gold coin donation. The full program of events is available later in this newsletter.

125 Anniversary Art Show Evening
Tickets have been selling rapidly for our special 125 Anniversary Art Show evening on Thursday 11 September. The $5 ticket entitles you to a glass of champagne on arrival, the opportunity to vote for the People’s Choice Award, and the chance to buy your child’s masterpiece for $10. The children’s work is amazing so please don’t miss out on this very special occasion. All proceeds will go to purchasing new art supplies for all classes in the school.

We will also be celebrating the installation of the new blinds around the COLA that turn this outdoor area into a very effective learning space (see below for more information).

Wet weather
Please note – the Open Day will be cancelled in the event of wet weather but the Art Show will remain open at the specified times. The 125 Anniversary Art Show Evening will also continue regardless of the weather.

Special anniversary souvenir
The school has ordered 125 of our limited edition anniversary mugs. They are on sale now in the office for $12. Any remaining stock will be on sale at the Open Day and at the Art Show evening. Be quick because once they’re gone, they’re gone!

Time Capsule
Next Wednesday afternoon, the students will be burying a 125th anniversary time capsule containing

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Dates for Your Diary

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>4 Sep 2014</td>
<td>Yr 5/6 Narramarkets</td>
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<tr>
<td>6 Sep 2014</td>
<td>P &amp; C Market Day</td>
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<tr>
<td>9 Sep 2014</td>
<td>Stage 2, Seymour Centre</td>
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<tr>
<td>10 Sep 2014</td>
<td>Open Day for 125th</td>
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<tr>
<td>11 Sep 2014</td>
<td>Evening Art Show 125th Celebration</td>
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<td>11 Sep 2014</td>
<td>Kindy to Gruffalo</td>
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<tr>
<td>11-17 Sep</td>
<td>Life Education</td>
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<tr>
<td>16 Sep 2014</td>
<td>School Tour</td>
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<tr>
<td>19 Sep 2014</td>
<td>Last Day Term 3</td>
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<tr>
<td>07 Oct 2014</td>
<td>First Day Term 4</td>
</tr>
</tbody>
</table>

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writings and pictures from every student in the school. Following the burial, students and staff will celebrate with a very special birthday cake. I’m feeling peckish already! You may have noticed the diggings around the monument at the front of the school. Mr Chapman (1H teacher) organized for a small mechanical digger to help us search for the ‘lost’ 100th anniversary time capsule. Unfortunately, despite extensive searching, the whereabouts of the old capsule are still uncertain. 

Parent Surveys
On Thursday 4 September, parents and carers should receive an email link to the first of three surveys seeking your feedback on Narrabeen Lakes School. The first survey asks your opinion on what you value in the education of students at our school and the services that the school offers.

In the coming weeks, you will also receive surveys on ‘Communication to and from the school’ and ‘Homework’. These surveys are short and should only take a few minutes to complete.

The data will be used to inform school planning for the next three years and beyond, so we really appreciate parents and carers taking the time to submit their answers.

If you do not have internet access and would like a paper copy of the survey, please contact the office.

Academic success in comprehension
Last year, Narrabeen Lakes teachers set themselves a target for improvement in reading comprehension that 75% of ALL students would improve by two clusters or more on the Literacy Continuum within 12 months. Effectively, we were aiming for an improvement in reading comprehension of almost two years in a one year period. ‘We aimed for the stars and we reached the moon’ with 64% of students making the target. I am immensely proud of the teachers and students who have worked so hard to make these gains, as well as the parents and carers who have supported our work on the Super 6 comprehension strategies underlying this growth over the year – congratulations to everyone on this achievement.

NAPLAN
National Assessment of Literacy and Numeracy (NAPLAN) results were sent home with students in Years 3 and 5 this Wednesday 3 September. The data becomes available for schools to look at next week and teachers will spend time analysing the results in the last week of term. I will report back to you soon on our progress. If you have any questions about your child’s results, please make a time to speak to their teacher.

Cyber Safety
The safety of our children while using the internet and mobile technology is of paramount importance to us as a school. Parents too need to remain vigilant and aware of the activities of their children, but it is sometimes hard to monitor their activities and harder still to sort out useful websites and apps from the harmful ones.

We have attached two flyers in this edition on cyber safety. The first is a repeat presentation by Leonie Smith that was given at Narrabeen Lakes only a few weeks ago. I strongly recommend you attend her talk in Narrraweena if you are available. The second is a flyer from cyber [smart:] answering your questions about children using social media such as Facebook, Twitter and Kik. Their website is an excellent source of up to date information and advice that all parents need to be aware of: http://www.cybersmart.gov.au/

New COLA blinds
Next Monday 8 September, the blinds around the COLA (covered outdoor learning area) adjacent to the hall will be installed. This will give us an additional all weather learning space and has been generously funded by the P&C.

The COLA will be closed all day during the installation and children are reminded to stay away from the area. Mr Zappia is making alternative arrangements for the students’ seating at lunchtime.

Fathers Day Stall
Today, Wednesday 3 September, the Parent Club held their annual Father’s Day stall and sold a range of items to K-6 students. By recess, they were almost completely sold out of stock! Thanks to our volunteers (some of whom are pictured in this newsletter) and particularly to Alison Crawford for organising the event.

Year One Fundraiser
The Year One Parents fundraiser has been a huge success and raised $600 that will be used to buy additional Maths Box resources like those pictured in this edition. Congratulations to Jane Sym who won the raffle this morning and thanks to Year One parents for their initiative and efforts in this fundraiser.

Student Achievements
Grover B (1K), Lana P (KL), Jacob N (1K)—10 Red
Julia S (2AJ) and Jacob N (1K) — 10 Blue

House Points
Dolphins  18
Sharks   19
Stingrays 18

A happy Father’s Day to all dads this weekend—lets hope we are all spoiled! To everyone, have a lovely first week of spring and hope see you at the Narrabeen Lakes Market this weekend.

CHOCOLATE DONATIONS
We would appreciate chocolate donations for the chocolate wheel for Market Day on the 6th September

Thankyou
Pub to Pub School Fundraising Team

For the first time, Narrabeen Lakes entered a school team to run in the Pub to Pub Fun Run. Due to a change in the course, we actually ran 14.5km from Dee Why to Newport in lovely conditions.

We, as a school, raised over $1500 for the Sydney Children's Hospital. I'd like to thank Brooke, Nina, Summer, Kylie, Josh and Tibo for participating in a great day. Special thanks to Mr McMahon, Bryce and Ayako for running with the team and a big mention to Skye and Justine for walking part of the course for support too!

Many thanks for all your generosity in raising money for a worthy cause. We would love to form another team for next year!

If you still wish to donate, please visit:

Year One have had a big and busy term. Recently we went on an exciting excursion to Field of Mars to explore the environment and learn about the need for shelter. We even got to construct shelters for native wildlife.

With the art show fast approaching, we have been learning about different art movements over the last 125 years. It has been lots of fun learning about famous artists such as Jackson Pollock and making artworks like theirs.

In Year One we are digital natives! We know how to use technology for learning. One of the exciting parts of the week is when we use iPads. Have a look at some of the posters that we have made using Pic Collage.

We are learning to stretch our sentences with lots of lovely adjectives. We have been learning all about the amazing Australian environment as a way of helping our writing.

Finally, we want to say a big ‘Thank you’ to Miss Bull. She has been an excellent student teacher and all of Year One have loved having her here at Narrabeen Lakes.
Narrabeen Lakes Public School

125th Birthday Open Day

Wednesday 10 September, 2014

PROGRAM

9:30  School Captains’ Welcome
     Band performance

9:45  Public Speakers - Grade Champions from
     Year 6, Year 2 and Kindergarten

9:55  Old Fashioned games in the playground.
     Parents/visitors welcome to join in games.

11:05 Recess - parents and visitors can join
       their children for recess.

11:45 Public Speakers – Grade champions from
       Year 1, Year 3, Year 4 and Year 5

12:00 Students return to class.
       Art show open until 12:30 for visitors to attend.

Devonshire tea available at the canteen, $3.
Art show is open to visitors. Gold coin entry.

In the event of wet weather, the Open Day events will be cancelled.
Rain or shine, the Art Show will be open from 9:00am to 12:30pm.
Life Education Lessons

Narrabeen Lakes students are looking forward to the visit from Healthy Harold and the Life Education van next week. Lessons will take place for all students from Thursday 11th September to Wednesday 17th September. Please ensure that the $10 payment has been made so that all students can attend this important lesson, which is a part of the Personal Development, Health and Physical Education area of the curriculum.

Katrina Jeffrey

125Th Anniversary Celebration Commemorative Mug

A limited edition 125th Anniversary mug is now on sale at the office for $12.

Only 125 are available - once they are gone, they are gone!!
A great memento for you to have.

Narrabeen Nippers

Register now for Summer 2014-15

Hey Kids want to join a club where you get to have fun every week?
Then come and join Narrabeen Nippers this season.
Our focus is on having fun in a family friendly atmosphere.
Get your friends and come and sign up.

Registration Dates:
Sunday 14th Sept and 21st Sept 9.30 till 11.30am
Where: Narrabeen Beach SLSC - Ocean St, Narrabeen
For more details visit our website: http://www.narrabeach.org.au

e-mail: nippers@narrabeach.org.au
Hi All,

Our Performance Band will be joining in with the School’s 125th birthday celebrations by playing a tune or two. If your child is in the Performance Band please make sure they bring their instruments to school on WEDNESDAY 10 SEPTEMBER. Most of the performance band has rehearsal on Mondays and they may not be used to bringing their instruments with them. Please make a note for a little reminder for them.

We also ask you to make sure your child (for all bands) has a plastic A4 sleeve book to keep their music sheets in. Rachel regularly gives out new music; this will help to ensure they have all of their music all of the time. Have it clearly labelled with their name and keep it with their instrument so it comes to all lessons & performances.

This week’s BAND MEMBER AWARD goes to SHAYE HAMMOND for “Nailing the Sax Solo”. Rachel is very proud and impressed by her effort. WELL DONE, SHAYE - she will be given a Blue award.

If I can help with any information about the band or if you can volunteer some time please call me – Tracy : 0434 395 460 or for tutoring/music information Rachel Rule : 0404 385 218.
125TH ANNIVERSARY
OPEN DAY

WED 10TH SEPT 9:30 - 12:30PM

VIEW THE 125TH ANNIVERSARY ART SHOW 9:00AM - 4:00PM
PLAY OLD SCHOOL GAMES
RE-UNITE WITH OLD FRIENDS
VISIT OUR MINI MUSEUM
DEVONSHIRE TEAS

PAST AND PRESENT FAMILIES, STAFF AND STUDENTS WELCOME

ENQUIRIES: CALL NARRABEEN LAKES SCHOOL 9913 7077

Respect Responsibility Have a Go!
Are they old enough?

Get the answers to the questions you’re asking

Is my child old enough for social networking sites like Facebook, Instagram, Youtube, Tumblr, Twitter, Kik etc?

Most high profile social networking sites ask users to set up a profile with photos and information about themselves. 13 is the minimum user age required by Facebook, Instagram, Youtube, Tumblr and Twitter. Kik recommends that users are 17 years or older. If your child is 13+ you should still consider the following before agreeing to unsupervised access:

Is your child able to withstand taunts from others?

If you think your child will become very upset (more than other kids) if they have a negative experience online, your child may need you to guide them through the use of social platforms. Look through their profiles and public feeds together. Talk about how some people behave differently online and teach them how to filter abusive comments, block and report people.

Does your child understand what is safe to put online?

If they might put their name, address, school, sports club or information that allows people to identify and locate them (even after you have talked through the dangers) they may need your help with using social networking sites. Talk about the risks of ‘checking in’, posting sexy pictures, meeting online friends in person, making offensive comments, and what is and isn’t acceptable.

Does your child know how to report abuse and offensive or pornographic content?

If not you need to visit the site’s Safety Centre with them to ensure they know how to block and report people.

Are you worried your child will be left out if they aren’t on the same social networks as their peer group but also worried they aren’t ready?

As a compromise you may choose to let them have social networking accounts if they follow strict rules – including only using social sites when you supervise them or you control their login. In return, and to keep them engaged with you, you can promise not to embarrass them by commenting publicly on their profile or posts. Teens tell us this is humiliating and it is their private world.

Are you going to supervise or ‘friend’ your child on social sites?

If this is the case, be prepared to learn more than you might like about their friends. Try to withhold comment unless you are worried about safety. It is better to talk to your child in person if you have concerns than post comments publicly. If you publicly embarrass them, you will break your child’s trust and they may simply communicate with friends on a different program – or open a separate profile without your knowledge.

How do I talk to my child about my concerns?

Be honest with them. Express your love and concern about what might happen online. Ask if they have experienced bullying or sexual advances. Banning seldom works and children will find other ways to get online and may stop talking to you about issues to avoid getting in trouble. Keep the communication open. If they won’t talk to you about things, recruit a trusted family friend or family member to keep the communication going.

When should I be worried about my child?

If your child’s behaviour changes at home and/or at school you should talk to them. Examples of changed behaviour could include disinterest in things they used to like, seeming very unhappy and/or their sleep and eating is being impacted. Seek professional advice if necessary from a school counsellor, your GP or a psychologist. If your child has particular vulnerabilities, be vigilant about their contacts offline and online. Help them join groups out of school where they can find friends and support. Talk to the school and make sure they are supported.

NARRABEEN LAKES SCHOOL MARKET

LOTS OF FABULOUS STALLS WITH ORGANIC, HAND-CRAFTED, AUST MADE, FAIR TRADE AND INDIGENOUS PRODUCTS. GREAT FOOD. LIVE ENTERTAINMENT. MAKE A DAY OF IT.

SATURDAY 6TH SEPT

9 AM - 3 PM

BY THE LAKE, NEXT TO THE SEA
1299 Pittwater Rd, Narrabeen
(OPPOSITE THE FIRE STATION)
OUR MARKET IS COMING FOR SPRING!
SATURDAY 6 SEPTEMBER, 9.00 – 3.00

We’re hoping our Spring Market will be huge. Warmer weather is always great for markets, so put the date in your diary and read on!

THE LEMONADE STAND RETURNS!

Hannah Daish (0419 177 714, hannahdaish@gmail.com) has offered to fire up her famous Lemonade Stand for our September Market. She’d love it if you could help. It’s easy!

- Buy some lemons and squeeze them
- Freeze the juice in 250ml / 1Cup amounts in individual cliplock bags
- Text or email Hannah to let her know how much you have ready
- Offer to give her a hand on the stall for an hour on the day

At Spring Fair 13 our lovely Handmade Lemonade was so popular we ran out! Does anyone have an electric juicer?

AND CAKES, OF COURSE

Georgia, our Cake Stall Queen is working on Saturdays now, so we need someone to take her place. No experience required! Easy & fun.

Bake a Cake! Bring it to the Canteen on Friday 5 September (or on Saturday). Last time we had a fabulous selection from the Baking Team but we’d love more. Our Cake Stall alone raised over $800 in June – it would be fantastic to break the $1,000 barrier!

FLOWERS!

To celebrate Spring, Michelle Liston (0410 156 165, michelle@kinderart.com.au) has volunteered to leave home at 4.30am to stock up on beautiful fresh flowers at the Flemington Flower Market for our Market.

If you’ve always wanted to be a florist, to sell flowers for an hour, or if you’ve been looking for an opportunity to show off your best floral frilly apron, get in contact with Michelle and join in the fun!

THE BBQ IS BACK

We need a few BBQ chefs to do an hour or so on the tongs - if you can spare one hour between 7.00am and 3.30pm please let Jennifer know (0412 428 760 or jhuchen@oceanholdings.com).
BANNER HANGER?

Our signature aqua Market Banners make an appearance all around the Northern Beaches three weeks or so before each Market. This time around we’d love to hang one in Mactier Street to catch the traffic heading up to the Plateau. If you live there and have a well-placed fence, or know someone who does, please get in touch!

SATURDAY 6TH SEPT

IT’S A DATE!

Well it will be if you are able to lend a hand in changing the dates on our fabulous aqua Market Banners. We only need to change ‘7 June’ to ‘6 September’ so a bit of white paint and a few letters and our Banners are ready to be hung up on the weekend. This time around we’d like to get clever and use a Velcro patch for our regular date changes. All paint (and Velcro) provided so if you have an hour you can use to carry out this vital job for our Market please contact Jennifer (0412 428 760 or jsheehan@oceanholdings.com).

Help spread the word about how fabulous our Markets are!

Pick up an A4 poster from the office and paste it up at your hairdressers, the gym, your butcher, where you get your car serviced – anywhere on your regular route where there are potential customers for our range of stalls which offer fabulous products – Australian made, hand-crafted, organic, indigenous, fair trade – all the real deal!

Collect some A5 flyers from the office and letterbox drop any of your neighbours who might like our Market.

Email or Facebook all of your friends plus all of your groups - football team, dance group, karate, bookclub or mothers’ group.

AND... like us on Facebook!
www.facebook.com/NarrabeenLakesSchoolMarket

If you can do one thing, great!
If you can do more - even better!
Help support our School
RAISING RESPONSIBLE DIGITAL CITIZENS
With Leonie Smith the Cyber Safety Lady

Leonie Smith is one of Australia’s leading cyber safety educators and a mother of four.
Learn how to keep your kids safe online:
- Screen time balance
- Safe social media
- Cyber bullying
- Smart phone safety
- Avoiding adult content

**Wed 17 Sept**
6.30 - 8.30pm
St John the Apostle Primary School
186 Alfred St, Narrabeena
FREE but bookings essential on youthbookings@warringah.nsw.gov.au
For more information call 9942 2081.

How to: Bake a cake

1) Find a cake
2) Bake it

This is how to do birthdays.

It’s on again!

NARRABEEN LAKE SCHOOLS MARKET

Bake a cake for
Saturday 6th September

Our market cake stall has been such a success thanks to all our wonderful bakers, and we hope to do it again (and again) with your help.

Drop your cake (or biscuits or sweets) at the school canteen on the morning or afternoon of Friday 5th September, or bring to the stall on the day.

Thank you! Your help helps Narrabeen Lakes help our kids.

Info: Georgie O’Neill
0425 357 441; georgia@bindi.com
Note: Please label any containers for return, or use a disposable plate/container.
Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN SEP - COURSES/WORKSHOPS FOR PARENTS/CAREERS

Tuning in to Kids Course (10-wk)
Help your child develop emotional intelligence, manage emotions and deal with conflict
Chatwood Tuesdays 7.30-9.30am (13/8 - 17/9; 7.30-9.30pm)

Triple P (Positive Parenting Program) Course (3-9yrs)
Strategies to encourage desirable behaviour and manage persistent misbehaviour.
Chatwood Tuesdays: 6 group & 2 telephone sessions (28/7 - 8/9; 7.30 - 9.30pm)

Communicating with Kids Workshop (based on PIP) (4-12 yrs)
Communication skills for building effective long term relationships with your children & family.
Chatwood 4/5, 7.00-9.30pm

Tuning in to Teens Course
Emotional Intelligence & communication skills to understand your adolescent needs & behaviour.
Chatwood Tuesdays 7.30-9.30pm

Toddler Workshops (6-3yrs)
Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Language.
Chatwood Tuesdays 7/8, 14/8 & 21/8 (3 wks/2hrs each, 7.00-9.30pm)

Resilient Kids Workshop
Strategies to develop coping strategies, develop optimism, thinking & coping skills.
Chatwood 17/9; 7.00-9.30pm

Dealing with Teen's Backchat Workshop
Learn new ways to reduce a child's resistance to discipline.
Chatwood 5/4; 7.00-9.30am

Enquiries: Child & Adolescent Parenting 9887 5830

New, free program for NSW parents
The University of Sydney has launched a new project which offers two years of free parenting support to parents and caregivers of children with disabilities aged 2-12. The Stepping Stones Triple P (ESTTP) project aims to significantly reduce emotional and behavioural problems in children with disability by providing evidence-based parenting help.

The first step: a statewide survey
The project's first step is to survey parents and professionals across NSW to benchmark child emotional and behavioural problems and parent wellbeing. Parents of children with a disability aged 2 to 12 are invited to take part in the survey to assist in tailoring the program.

Can you help the NSW project launch the My Say survey by visiting our Facebook page? We also have flyers and brochures which can be emailed to parents and professionals to help spread the word. These will be attached to the update.

Survey open to professionals
All NSW professionals who work with children with disabilities can complete the survey and register their interest in free Stepping Stones training and resources by going to www.mysay.org.au

Parenting under pressure
A 2007 study found 71% of parents with developmental disabilities showed substantial behaviour improvement after their parents completed a Stepping Stones program. This is good news for parents of children with special needs, who have three to four times more emotional and behavioural problems than typically developing children.

For more information please email info.stepp@sydney.edu.au or call (02) 9351 9854.