Welcome everyone to another edition of the Kitchener Kite. We continue to strive towards our goals within the school so that everyone can reach their potential.

We are always grateful for any offers of help from our school community; your support with time and effort is greatly appreciated.

**HORSE SPORTS**

Congratulations, and well done Jessica S, Taylor and Trinity, and their families, who were involved in the recent Horse Sports Day at Merriwa. (see next page for pictures)

Our students represented Kitchener PS with pride, wearing our new school team uniform. *They looked great!* Our three students were very successful on the day and look forward to more competitions later in the year.

Special thanks to Kacey (Taylor’s mum) for being our school team manager. Any students who may be interested in becoming involved, please contact the school for additional information.

**COMMUNITY HALL & UNIFORM SHOP**

The P&C has placed the first order of our new school uniforms. Special thanks to the parents who assisted in this process by returning the pre-order forms.

After considerations, we will be utilising the COMMUNITY HALL as a location for our uniform shop.

We hope to utilise our community hall more than we currently do. In order to do this, we will be having a working bee to bring the community hall in line with the rest of the school. Discussions will be held later this term as to the best date for this. We will need help from our school community to do this. Many hands make light work.

**TREES /LOGS IN THE SCHOOL**

We have been approached by a number of parents regarding the logs behind the tennis/basketball courts from the lopped trees. We hope to support our community with fire wood, once all work is completed.

**UPCOMING EVENTS for the CALENDAR**

These dates are updated on our Website and School APP:

- **Kullaburra Aboriginal Awards**  
  - Today (Wed 20th Aug) - 4.15pm  
  - Kurri Kurri High School

- **Hunter Regional Athletics, Glendale**  
  - Friday 29th August (4 students)

- **School Planning Day**  
  - Friday 12th September - 10am –12n

**SCHOOL ILLNESS & CHANGES IN ROUTINES**

We wish to advise all parents that there is quite a nasty flu in the wider Hunter area. This may take on the form of headaches, blocked sinuses, sore throat, extreme coughing, fever, and general tiredness. Please discuss with your child how they can minimise the spread of germs—washing their hands, covering mouth when coughing and, blowing their nose. Also, if your child is unwell and absent for the day, please contact the school as verbal absences over the phone are accepted. This also lets teachers know of situations with their students.

Teachers too, are not immune from this flu or other illnesses, sometimes resulting in teachers *also* being on sick leave. Your understanding is appreciated if routines are disrupted or, we need casual teachers.

**KINDERGARTEN ENROLMENTS 2015.**

If you know of a little one who may be ready to start school next year, please advise the parents to contact the school to add their child’s name to our list.

Our Kinder Orientation is **Wednesday 22nd October** at 10am. Enrolment forms will be included in the package given to parents on that day; these are to be returned to the school office by **Wednesday 29th October, their second visit**. There will be 5 classroom visits in all, to help with transition to Kinder.

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**Quote of the Fortnight**

*The littlest steps can be the hardest ones to take. If we are going to hope for more in our lives we have to challenge ourselves and take the hardest steps, knowing that there are always people that can help.*

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**“OLIVER!” SCHOOL PERFORMANCE**

Students are busily practicing lines, dances and songs in preparation for our WHOLE SCHOOL musical production, “Oliver!”. There will be a daytime performance (Wednesday 17th September) and, night performance (Thursday 18th September). Please lock these dates into your calendars.
Horse Sports Day

Trinity (Yr 5/6), Taylor (K/1) and Jessica S (K/1)
Merriwa Horse Sports Day
Monday 11th August
PARENTS’ WALKING CLUB

Morning everyone!

I’m always trying to find positive ways to engage with our community; I’ve talked to Todd (Osland, Principal) regarding starting a walking group for parents, “Walk and Talk”.

At some time in the future, we may include jogging/running for those wanting/able to. We will start with a walk group, and progress to jogging/running in later sessions, continuing the walk sessions for those interested.

I’m thinking Monday and Friday mornings from 9.15am, after drop off, around the Kitchener Poppet Head dam to start, then onto further routes.

The “Walk and Talk” group is open for all mums and dads and grandparents of our school. With spring and summer coming on, there will be an ever-changing scenery to enjoy.

Just meet at the school front gate, wearing comfortable walking shoes, with a drink bottle, hat, sunnies and, we’re off!!

The group walks will commence next Monday (25th August) and Friday (29th August). Looking forward to catching up with you all.

Virginia Webb (mum of Elke & Ruby)

Permission to Publish

The Department of Education and Communities have provided a more detailed Permission to Publish information letter for parents to read, consider and complete. A “General Permission to Publish” form has been given to each child (1 per child, not 1 per family).

A form must be completed for each child indicating either “Yes” or “No” and returned to the school office.

Full details are contained in this departmental letter.

New enrolment forms, which are to be used by schools, have been printed ready for our new Kindy intake of enrolments for next year (2015) and onwards. These new enrolment forms reflect this updated information for General Permission to Publish.
Good for Kids good for life

Healthy Drinks

Did you know that a 250ml glass of apple juice or cola contains not one but 6 teaspoons of sugar?

Water has no added flavours, colours, sugar or energy so it’s the best way for kids to quench their thirst.

Drinking water instead of sweetened drinks may also prevent dental problems, while the fluoride found in tap water can help strengthen teeth and bones.

Tips to help children drink more water:

- Offer water when children are thirsty
- Have a jug of water on the table at mealtimes
- Keep water in the fridge so it’s cold
- Freeze half a water bottle the night before and fill the remainder with cold water before packing the lunchbox
- Send a water bottle to school for Crunch&Sip®

Milk is also a nutritious drink that children should consume, as it’s important for strong bones and teeth.

Reference:
Adapted from Healthy Kids: “Choose water as a drink” fact sheet accessed from www.healthykids.nsw.gov.au

Come and join us every Tuesday during school terms at 9:45am - 11:45 $3.00 per family (excl. membership*) Please supply your children's own morning tea. Tea and coffee and biscuits supplied for parents.
Check out Kitchener Playgroup Contact Heather on 0400425739

Contact Heather on 0400425739 *http://
Welcome to the Kitchener P&C news.

P&C NEWS...

P&C EXECUTIVE COMMITTEE Our new Kitchener Public School P&C Executive Committee are ~
President ~ Tamara Phillips; 
Vice President ~ Debra Burgess;
Secretary ~ Sonya O’Neil; 
Treasurer ~ Dannielle Ellis.

MONTHLY P&C MEETINGS

Our next P&C Meeting will be held on Friday 5th September. Ideas or Suggestions? Do you have fundraising ideas or just a general suggestion that can strengthen our school but don't have the time to attend P&C meetings? You can send an email kitchener-p.school@det.nsw.edu.au via the school.

The P&C fundraising BBQ at the Play Group Car Boot Sale went well and we would like send out a special thank you to Paul Swinton who kindly offered to cook the BBQ for us, very much appreciated thank you Paul!! Also Deb’s mum Marilyn who is always such a great help, thank you. Thanks to all that donated cakes on the day and supporting our fundraiser.

The Father's Day stall this year will be held on the morning of Friday 5th September, in the SPR. The P&C will be purchasing gifts for the students to buy, but, donations are also most welcome, and, would be greatly appreciated. (only new items, please)

We are currently making arrangements for a School Fete, to be held in November. Helpers are required particularly to help with organising each class to operate a stall at the Fete. We would appreciate suggestions & ideas so please see one of the P & C ladies to discuss.

If you would like to read the minutes of the latest P & C meeting held on 8th August it is on the School website.

Our next P&C Meeting will be held on Friday 5th September— time to be advised.

All are welcome, and encouraged, to attend.

Helpers PLEASE ~ Upcoming Fete

We need organising helpers for OUR UPCOMING Fete to be a success in November (date to be confirmed)... ideas and suggestions plus class organisers to help with the class stalls would be great. Come along to our P&C meeting if you're interested in helping to raise money for the School or speak to one of the P & C Ladies. The fete will only be a success if everyone works together!

New Uniform ~ Our new uniform looks fantastic, good quality and very smart. We're hoping to have the uniform shop up and running by the start of Term 4.

NEW SCHOOL UNIFORMS

Uniform Order Forms were sent home last week; if you still need to complete these, please return them to the school office as soon as possible so that the P&C have a general idea of the quantity of each size to order from the supplier.
Merit Awards ~ Tuesday 19th August, 2014

K/1
Haylee, Connor

Yr 1/2/3
Tiana, Josie

Yr 4/5
Maddison, Matthew Wr

PBL Awards
Georgia, Billy, Callan, Jyordi, Tess

Sports Awards
Kaiden, Will, Jessica G, Amelia

Birthday Awards
Dakota, Leila, Jesse, Tess, Karah

Principal Awards
Elke, Tess, Amelia, Adam, Orlando

Stars of the Fortnight
Max, Billy

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CALENDAR OF EVENTS

**Term 3 2014**

**Week 7**

**Wednesday 27th August**
Newcastle Permanent Maths Competition ~ Years 5 & 6

**Friday 29th August**
Hunter Regional Athletics Carnival, Glendale (4 students)

**Week 8**

**Monday 2nd—Friday 5th Sept**
School Administrative and Support Staff (SASS) Recognition Week

**Friday 5th September**
Fathers’ Day Stall ~ SPR from 9.30am—10.30am

**Sunday 7th September**
Fathers’ Day ~ Happy Fathers’ Day to all our Dads and Grandads

**Week 9**

**Tuesday 9th September**
Last Tuesday AASC of Term 3

**Wednesday 10th September**
Last Wednesday Learning Centre for Term 3

**Thursday 11th September**
Last Thursday AASC of Term 3

**Week 10**

**Wednesday 17th September**
Matinee Performance “Oliver!” 12.30pm—2pm (approx.) SPR

**Thursday 18th September**
Evening Performance “Oliver!” 6pm—7.30pm (approx.) SPR

**Friday 19th September**
Last day of Term 3

**Week 1**

**Monday 6th October**
Labour Day Public Holiday ~ NO School

**Tuesday 7th October**
ALL students, teachers and staff return for Term 4

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**Term 4 2014**

**Week 1**

**Monday 6th October**
Labour Day Public Holiday ~ NO School

**Tuesday 7th October**
ALL students, teachers and staff return for Term 4
Managing Anger

Anger is always produced by other emotions

The most effective way of controlling anger is to understand and appropriately manage the underlying emotions that are fuelling the anger e.g. fear. It is not uncommon for someone who is feeling fear to act in an angry way in order to protect themselves - it is like trying to push the fear outside of us onto someone else.

We need to help children learn that it is a better solution to manage our own fears rather than inflict them on another

Expressing anger safely is also a key. Being able to talk through without losing control is an important skill combined with knowing when to stop and take time out to cool down.

Cherie Gibson
School Welfare Worker
Kitchener Public School Presents

Wednesday 17th September  12.30pm – 2.00pm (approx.)

Thursday 18th September  6.00pm – 7.30pm (approx.)

In our SPR

Tickets will be on sale at the office soon.

Admit 1 ~ $5.00  (all tickets)    All Welcome

All proceeds go to the Creative Arts program.