Dear Parents,

A very warm welcome to all our families at the commencement of the 2014 school year. I hope the holiday time was rich with rest and connection with family and friends.

I would especially like to welcome the 31 new students (Kindergarten-Year 6) who have joined Kincoppal-Rose Bay Junior School for the first time. Our School Community is one of our greatest strengths and I trust your time here is filled with many strong and lasting friendships.

We also welcome the following teachers who have joined the Junior School staff this year: Ms Caroline Anderson (Kindergarten Blue class teacher), Ms Caroline Solomon, (Year 1 White class teacher) and Ms Kylie Latham (Year 6 White class teacher). We also welcome back Mrs Joanna Savage (Year 2 Blue teacher) who has returned from Maternity Leave.

Congratulations to Ms Tess McLean (Year 3 Red class teacher) and Ms Vanessa Sheppard (Kindergarten White class teacher) who were married in the school holidays.

The Junior School Leadership Team includes:

Mrs Maryanne Carrick  
Head of Junior School

Mrs Adriana Karlocci  
Junior School Administration Co-Ordinator & Year 4 Red class teacher

Mrs Belinda Connolly  
Religious Education Co-Ordinator & Year 2 White class teacher

Ms Nicole Johnson  
Joigny Co-Ordinator & ELC Red class teacher

Ms Kirsten Leo  
Stage 1 Co-Ordinator & Year 1 Red class teacher

Mr David Thompson  
Stage 2 Co-Ordinator & Year 3 White class teacher

Mrs Aronna Serhon  
Stage 3 Co-Ordinator & Year 6 Red class teacher

All members of the Junior School Leadership Team are very happy to assist parents in any way. Parents with a concern or question should speak to their child's class teacher in the first instance. At times it may be necessary to seek further advice on a matter and in many cases parents should speak with the relevant Stage Co-Ordinator. Stage Co-Ordinators are only too happy to assist parents in matters concerning their child's educational needs. Matters may also be referred to the Head of Junior School where appropriate.

During the next few weeks there will be opportunities for all parents to hear about the learning programmes in each of the classes and meet their child/ren’s class teacher/s. Dates and times for these sessions are included in today's newsletter.

The Welcome Mass for parents celebrated on Wednesday morning in the School Chapel was a very fitting way to begin the school year. During the Mass we not only reflected on the focus goal for 2014, Personal Growth in an Atmosphere of Wise Freedom, but also that 2014 is the Year of Janet Erskine Stuart Centenary. It is one hundred years since her death and Janet Erskine Stuart rscj continues to profoundly influence and articulate the aspirations of contemporary Sacred Heart education. Many of the prayers and readings in the Mass were drawn from her writings and reflections.

Throughout the year a number of celebrations are planned to mark the centenary of her death.

Junior School Information Bulletin
Thursday, 30 January, 2014

Kincoppal-Rose Bay Junior School is a “nut-aware” zone

Homework Centre - Week 2

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<tr>
<th>Day</th>
<th>Supervisor</th>
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<tr>
<td>Monday</td>
<td>Senior School Supervisor</td>
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<td>Tuesday</td>
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<td>Wednesday</td>
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<tr>
<td>Thursday</td>
<td>Senior School Supervisor</td>
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A few reminders as we begin the school year:

The school day begins at 8.25am and all children are expected to be at school by 8.25am ready to commence their learning programs immediately. If individual children are consistently late they miss important learning time. We understand that on some occasions family matters or traffic may cause children to be late to school. On these days, please ensure your child is signed in by a parent/guardian at Junior School Reception.

The school day for Kindergarten-Year 6 children finishes at 3.00pm. All parents are asked to wait outside classrooms until this time as teachers are finalizing lessons or giving instructions to the children. The children can become distressed if parents come into the classroom earlier than 3.00pm and children can miss important information.

Email Communication

Emails are often a very direct way for parents to communicate with teachers and all parents are able to access teachers’ email addresses. Please be mindful when sending emails that teachers are not able to give an immediate response as they are teaching during the day. All teachers will endeavour to reply within a 24-hour period and certainly for more serious matters this time frame will be less.

Could I ask all parents sending emails to the class teacher or phoning Junior School Reception outlining a change in pick-up arrangements for that day, to do so by 12.00pm, so that messages can be communicated to the relevant teachers in time. Teachers often do not read emails after lunch as they are teaching and away from their computer or classroom and late messages regarding pick-up arrangements can inadvertently be missed.

We do understand that occasionally an emergency arises and parents need to contact the School much closer to pick-up time. On these occasions we will endeavour to ensure messages are delivered. Your support in this matter is appreciated.

Congratulations to Mr Ray and Mrs Cassandra Mallos who have welcomed a baby boy, Timothy, born 30 December, 2013 – brother to Mitchell (Year 1 White) and Audrey.

Maryanne Carrick (Mrs)
Head of Junior School

Beating Back to School Stress

Transitioning your children back into the school routine can be a stressful time for parents. The following tips from Parent Line, a telephone counselling service for parents run by CatholicCare may be timely reminders for us all as we begin the new school year.

Acknowledge that transitions are hard and it takes time to get used to new routines. You may find sharing stories about your own struggles with your children will lighten the moment and normalise the process.

Attend to the basics first: sleep, nutrition, exercise and relaxation. Then establish a regular routine involving school, work and home balance.

Implement a routine around homework. Create a designated time and space for homework, as well as opportunities for your children to seek your help at a particular time.

Share the load. Develop clear expectations about family responsibilities and a system for children doing chores.

Finally, have realistic expectations. Change is always associated with challenges, so be prepared that things may not always go according to plan.

Parent Information Evenings for 2014 - Week 3

Please note the following dates in your diary:

<table>
<thead>
<tr>
<th>Date</th>
<th>Stage(s)</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday, 10 February</td>
<td>Stage 3: Years 5 &amp; 6</td>
<td>6.00-7.30pm</td>
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<tr>
<td>Wednesday, 12 February</td>
<td>Stage 2: Years 3 &amp; 4</td>
<td>6.00-7.30pm</td>
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<td></td>
<td>Early Stage 1: Kindergarten</td>
<td>6.00-7.30pm</td>
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<tr>
<td>Thursday, 13 February</td>
<td>Stage 1: Years 1 &amp; 2</td>
<td>6.00-7.30pm</td>
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Mrs Adriana Karloci
Junior School Administration Co-Ordinator
Anaphylactic Students

KRB Junior School is “Nut-Aware” and we must ensure that no food products containing sesame seeds, or any other nuts, are included in your child’s lunchbox. We have a number of Anaphylactic children in the Junior School and we need to be mindful of this.

Please consider the bread and rolls you use for sandwiches as many of these contain sesame seeds. Sesame seeds are also included in a variety of snack foods so it is advisable to read all the labels. Your support in ensuring a safe environment for all our students with peanut/other nut and sesame seed allergies is appreciated. The School Policy can be found on the KRB website.

Computerised Attendance Procedures

Student absences are logged daily on a database. This electronic form of recording absences allows us to more effectively monitor and track patterns of student absences. For this information to be accurate, we rely on good parent communication with the School.

- Please telephone Junior School Reception (9388 6080) before 9.30am and notify reason for absence on the morning that your child is away from school (message can be left on voicemail prior to 8am) or you can email juniorschool@krb.nsw.edu.au.
- Please provide a written note or email to the class teacher confirming the absence and reason on the first day your child returns to school.
- Children arriving late to school or being collected early for appointments, etc. must be signed in/out by a parent/guardian in the register at the Junior School Office.

REQUESTS FOR LEAVE

- Parents are advised well in advance of the dates of school holidays and are asked to adhere strictly to these dates. Requests for special leave are to be put in writing to the Head of Junior School. New government regulations require parents to apply for a Certificate of Exemption for extended leave during school terms. If permission from the Principal is granted for absence from classes (K-6) during school terms, teachers are not expected to provide a special program of class work.

Traffic Management

Please note:

No parking is available on School grounds. The disabled parking bays are to be kept free at all times.

- Please do not use mobile phones when driving on School premises. Drivers need to be alert and listening for instructions from the Staff on duty
- Please have your name card on display for afternoon pick-up and keep it on the dashboard until you have collected your child/ren

Please park outside the School if parents wish to walk in with their child/ren or speak with School Staff (appointments are best – these can be made directly with the teachers or with the office). I would strongly recommend that parents of older children consider using public transport on days where possible. This is particularly convenient for local children and it is safe and efficient. Staff walk children up to the bus stop opposite the Senior School entrance gates and wait with them until they catch their bus. This may work very well for children on the days when they don’t have after-class commitments.

Pick up and Drop off Procedures:

Drop-off/Pick-Up of students is only in the turning circle or the MTC – NEVER at the front gate.

Arrangements regarding pick-up location for siblings are as follows: Parents with children in BOTH younger grades (ELC-Year 2) and older grades (Years 3-6) will collect all their children from the Junior School roundabout area. Only children in Years 3-6 with no younger siblings will be walking over to the MTC for afternoon pick-up. The same procedures will apply for morning drop-off. Parents with both younger and older children will always defer to the Junior School roundabout.

Parents/carers will need to ensure that the sign indicating their surname is prominently displayed on the dashboard to assist in the process of getting children into cars quickly and efficiently.

Supervision: There will be teachers rostered to accompany the children walking to the MTC in the afternoon for pick-up. Teachers will remain with the children until they are all collected. There will also be teachers rostered in the morning to ensure the children leave cars safely and walk directly to the Junior School via the tunnel under Vaucluse Road.

No child will be crossing Vaucluse Road. All walking access to the MTC will be via the tunnel.

Afternoon Collection of Students

A reminder to all parents and carers that children must be collected from the MTC carpark by 3.25pm or from the Junior School roundabout by 3.30pm. After 3.30pm children will be taken to After School Care and parents/carers will need to collect them from there and pay the daily fee rate. I understand that on occasions parents/carers are held up in traffic. Please phone Junior School Reception if this is the case so alternative arrangements can be made. After 3.30pm the staff are regularly required for planning meetings and are unable to continue the supervision of children at the roundabout hence the need to ensure children’s safety by signing them into After School Care.
Junior Choir

The Junior Choir is open to students from Years 3-6 who enjoy singing. Entry to the choir is by an audition and supplements choral work done by year groups at school. It allows for more demanding repertoire and part singing. Students who were members of the choir last year are welcome to return and are encouraged to do so. A further audition is not required. Auditions for potential new members will take place in the coming fortnight following timetabled Choir lessons for year groups.

Normal Monday practices will commence next Monday, 3 February at 7.45am. I am looking forward to welcoming both new members and those returning for another year of singing and music making together.

Please email any enquiries to me at stubleym@krb.nsw.edu.au

Mr Mark Stubley
Choral Director

Homework Centre & Extended Day Program – Years 5 & 6 (Monday-Thursday)

Years 5 & 6 are able to attend the after school Homework Centre and Extended Day Programs in the Senior School Library.

- The Homework Centre finishes at 5.30pm and parents need to collect their child at or before this time and sign them out of the Senior Library.
- For parents wishing their child to stay beyond 5.30pm they will need to be booked into the Extended Day Program with a cost of $15.00 which includes afternoon tea and dinner. Parents using this service are required to book at Junior School Reception (9388 6080) by 10am.

The Homework Centre staff do understand that on occasions parents may be running late due to an unavoidable delay. On these rare occasions, please phone the Senior School Library on 9388 6162.

What is Crunch&Sip®?

Crunch&Sip® is a set break for students to eat fruit (or salad vegetables) and drink water in the classroom. Students ‘re-fuel’ with fruit or vegetables during the morning or afternoon - assisting physical and mental performance and concentration. For more information: www.crunchandsip.com.au.

What do I need? A water bottle and a small reusable plastic container

Drinks:
- Only plain water is allowed
- Water bottle needs to be taken home, washed and refilled for the next day

What can be packed into the small plastic, reusable container?

Fruit:
- All fresh fruit (eg whole small fruits, chopped melon etc.)
- Fruit canned in water, juice or ‘no added sugar’ (eg peach slices)
- Dried fruit - please limit as it contains concentrated sugar and tends to cling to teeth, increasing risk of tooth decay

Vegetables:
- All fresh vegetables (eg celery, carrot sticks, broccoli bits etc.)

Munch Monitor Information

Our school tuckshop has teamed up with MunchMonitor to offer a convenient and easy to use online service. You can order from the tuckshop online or choose to allow your child to purchase items at the tuckshop with a pre-paid card linked to your online account.

Convenient & easy to use!
- no more searching for lunch money in the morning
- top-up the account using VISA/MasterCard (or cash at the tuckshop)
- obtain reports on spending online

It only takes a few minutes to set up an account online and you are ready to go!

Go to www.munchmonitor.com
Enter Username: kincoppal, Password: munch2029 then click “login”.
Click “Sign Up” and follow the simple steps to get started.

To allow your child a pre-paid card, select “Allow Snack Money” in the Student Profile and set a daily or weekly spend limit. Pre-paid cards linked to this account can be collected from the tuckshop. For more information send an email to help@munchmonitor.com or call 1300 796 190.
**Dance Accomplishment @ KRB**

All Dance classes start as of Monday, 10 February. For enquiries/enrolments/timetable please contact Dale.

Ms Dale Pope - Choreographer  
**Dance by Dale Pope**  
m: 0410 320 299  
p: PO Box 3032, Bellevue Hill, Sydney NSW 2023  
e: dale@dalepope.com.au  
w: www.dalepope.com.au

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**Tennis Accomplishment**

Tennis Accomplishment is recommencing on Monday, 10 February. Spaces are filling up fast so please enrol as soon as possible so classes can be finalised for all students.

**Ladies Tennis classes** will also be running from Monday, 10 February as follows:

- **Monday 8.45 - 10.15am** Mums and Bubs Tennis (Beginners to Intermediate)  
- **Tuesday 8.45 - 10.15am** Match play Clinic (45 mins of coaching & 45 mins of Tennis matches) Int/Advanced levels.  
- **Wednesday 9.00 - 10.00am and 10.00 - 11.00am** CARDIO TENNIS (Tennis and fitness workouts)  
- **Friday 8.45 - 10.15am** Ladies Coaching Clinic - suitable for all standards.

Please contact Jed Gould for any bookings on gouldj@krb.nsw.edu.au or phone 0411 775 945.

Mr Jed Gould  
**Director of Tennis**

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**Art Accomplishment**

Art Accomplishment classes will commence in Week 2 – Wed, 5th February or Thursday, 6th February respectively from 3:00pm-4:30pm. Pick-up is at 4.30pm from the Junior School roundabout.

**Please note:** Your ART Accomplishment fee will be adjusted to $330 for Semester One - for 12 ART lessons rather than the usual 16.

I am taking Long Service Leave in Term 2, so the majority of lessons will be in Term 1. I hope this doesn’t cause too much inconvenience. I will recommence again in Term 3 as usual.

We will do Tie Dying in Week4, so please send 1-2 white cotton garments to school with child’s name as soon as possible.

I recommend children wear an OLD change of clothes to ALL art classes to keep uniforms safe - art smocks are not always effective and they are hot as we are located above Junior school library - great view but the area faces west. Please pack a snack and drink for afternoon tea. I will collect the children from their classrooms

Mrs Charisse Devine  
**Art Accomplishment Teacher** (devinec@krb.nsw.edu.au) 0408 768 248

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**Speech/Communication Skills, Group Drama and Acting in Pairs**

Welcome back to school everyone.

We currently have places available in all classes although at this stage please email me first to ensure a space is available before submitting an enrolment form. Places are strictly limited. Lessons will be held in the Music room.

**LESSONS START MONDAY, 10 FEBRUARY**

**Monday**

- Lunchtime  K-2 Drama  
- 2:50-3:30pm  Speech/Communication Skills  
- 3:30-4:30pm  Years 3-6 Group Drama  
- 4:30-5:30pm  Acting in Pairs TBC

If you have any further questions, please let me know.

Ms Sandra Price  
**Speech/Communication Skills and Drama Accomplishment Teacher** (prices@krb.nsw.edu.au)

Please take the time to read these handbooks and keep them in a safe place so you can refer to them throughout the year. These handbooks include all of the necessary information for Sport including nomination forms, trainings schedules, uniforms, costs, policies, venue addresses etc. Please ensure you complete and return the relevant semester / sport specific nomination forms by the due date to the Junior School Office. Many of these forms for students in Years 3-6 for Semester 1 Sport were due late last year for Term 1 Sport.

2014 Sports Training Schedule - Term 1

Junior School Sports training will commence from Tuesday, 4 February. All Junior School after school sports training sessions will conclude at **4.05pm sharp**. Parents MUST collect their children by no later than 4.15pm. Any student/s not collected by 4.25pm will be escorted and signed into the After School Care Centre – fees/charges will apply.

We will make every effort to keep training days the same throughout the whole year, however, they may be subject to changes due to availability of coaches, training space, venue hire, etc. Parents/guardians will be notified of any change with due notice where possible.

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<tr>
<th>DAY</th>
<th>SPORT</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>Years 3-6 Boys Sport <em>(Basketball &amp; Cricket)</em> (<em>Boys &amp; Girls Soccer Years 3 – 6 Term 2 &amp; 3)</em></td>
<td>3.00 - 4.05pm</td>
</tr>
<tr>
<td></td>
<td>Year 3 Girls Sport</td>
<td>3.00 - 4.05pm</td>
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<tr>
<td>Wednesday</td>
<td>Cross Country Training <em>(Term 1)</em> <strong>Commences Wednesday, 19th February</strong></td>
<td>7.00 - 8.00am</td>
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<td></td>
<td>Year 4 Girls Sport</td>
<td>3.00 - 4.05pm</td>
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<tr>
<td></td>
<td>Years 1 &amp; 2 Boys &amp; Girls ESFA Soccer *(Terms 1, 2 &amp; 3) <strong>Commences Wednesday, 26th February</strong></td>
<td>3.00 - 4.05pm</td>
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<tr>
<td>Thursday</td>
<td>Kindergarten Boys &amp; Girls Soccer *(Terms 1, 2 &amp; 3) <strong>Commences Wednesday, 27th February</strong></td>
<td>3.00 - 4.05pm</td>
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<td></td>
<td>Year 5 Girls Sport</td>
<td>3.00 - 4.05pm</td>
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<tr>
<td>Friday</td>
<td>Year 6 Girls Sport</td>
<td>7.00 - 8.00am</td>
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<tr>
<td></td>
<td>Years 3-6 Boys Rugby *(Term 1, 2 &amp; 3) <strong>Middle of Term 1 – date TBC</strong></td>
<td>7.00 - 8.00am</td>
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All Saturday Sport matches will commence on Saturday, 8 February, except for Years 3-6 boys Basketball starting on Saturday, 1 February. Please refer to each individual sporting draw for fixture details etc. Draws will be distributed next week. **Please ensure all students have correct uniform requirements on their sports training day, including a hat and sunscreen.** All after school sports training will conclude at 4:05pm.

Swimming

**Years 3-6 Swimming in Physical Education classes**

As of Week 1 of Term 1: Thursday, 30 January, all Years 3-6 classes will be swimming in Physical Education lessons in preparation for the Years 3-6 Swimming Carnival on Friday, 14 February at KRB. All students must wear their KRB swimming costume under their sports uniform on the days they have PE. Clothing and equipment required: KRB swimming costume, swimming cap, goggles, towel and thongs.

**Years 5 & 6 Surf Awareness**

Years 5 & 6 will attend the Surf Awareness course at Manly Beach on Wednesday, 26 February. An information letter and permission outlining the course will be distributed to all students in Years 5&6 next week. Please complete and return the permission note to your child’s class teacher by the due date.
K-2 ESFA Soccer
If your son or daughter is interested in playing soccer for the School in the ESFA competition please complete and return the ESFA soccer nomination to the Junior School Office by Friday, 14 February. These forms are in the 2014 K-2 Sports Handbook and the handbook can be downloaded from the school website. Further information regarding ESFA registration forms, etc to follow.

Kindergarten - Year 2 Swimming
K-2 will be involved in a Swimming Program commencing in Week 7. Information regarding this program will be sent out closer to the time.

If you have any queries regarding your child's sporting activity in Term 1, please contact the relevant PDHPE teachers below:

Mrs Kim Toomey:    Years 4-6 Soccer    toomeyk@krb.nsw.edu.au
Mr Saxon Moseley:  Years 3-6 Cross Country moseleys@krb.nsw.edu.au
Mr Craig Millard:   K-2 Soccer & 3-6 Boys' Sport millardc@krb.nsw.edu.au

All important sports information will appear in the weekly Junior school bulletin.

Accomplishment Tennis, Gymnastics, Dance, Martial Arts and Yoga will commence shortly. If you have any queries regarding these classes, please contact the Teacher of the classes on the email address below:

Tennis:    Jed Gould  gouldj@krb.nsw.edu.au
Gymnastics:  Karina Jones gymnastics@krb.nsw.edu.au
Dance:     Dale Pope  dale@dalepope.com.au
Martial Arts:  Michael D'Arcy arjuku@gmail.com
Yoga:      Kate Agnew kategnw@gmail.com

I wish all students the very best for 2014 in all areas of Sport.

Mary-Kate Churcher
Head of Sport P-12

Double Dutch Skipping
This is part of the Accomplishment Program and is in its 4th year at KRB. It is program for beginner to elite skippers and the students are graded at the end of each term based on their level of attainment: White, Bronze, Silver, Gold, Platinum, Diamond and Hall of Fame. Two students from KRB have reached their ‘Hall of Fame’ status – Ella Hannon and Arabella St John. We restart the program on Wednesday, 12 February held during lunchtime at the MTC. Any interested students should complete an enrolment form (as per other Accomplishment activities) or come for a trial session to see if you like it.

Mr Mark Saunders
Double Dutch Skipping Teacher

After School Care
Bookings and cancellations can now be accessed online.
Register online at www.campaustralia.com.au. Once you have been registered you can change, make or cancel any booking, anytime, anywhere!

Kitty Sun (After School Care Coordinator, Camp Australia)

Sudanese Shoe Collection
This is just a reminder for you to bring in all your good quality school shoes that are outgrown. My sister Isabella and I started the Sudanese Shoe Sale in 2010 and every year we have collected more - this year an amazing 130 pairs!

After collecting the shoes, my sister Isabella and I sorted all the shoes into pairs and this year my mother and I took them out to St. Joachim’s Primary School at Lidcombe where a lot of Sudanese refugees attend. We set up the stall and after a while all the Sudanese mothers started arriving and we helped fit the children. Some of these families have had a very tough life in Sudan and by donating our shoes we are really helping them. It is always interesting to hear their stories and spend time with the children.

The collection is on again this year so please bring in your good quality shoes (No running shoes) and place in the collection box outside the Junior School Office. If you could pair and polish the school shoes it would really help. By all working together to donate our school shoes we are really helping the Sudanese Community which is what Cor Unum spirit is all about.

Daniel Monardo (Year 6 - 2013)