New BBQ’s
A big thank you to the P&C who have replaced the school’s very old and wobbly BBQ’s with brand spanking new, easy to clean models.
A big thank you to Suellen for her wheeling and dealing efforts.

Project Penguin

Our Year 5 students have commenced the first stage of Project Penguin with a visit to Taronga Zoo. Project Penguin is a Conservation Education Program delivered by Taronga Zoo’s Learning Centre in partnership with the Northern Beaches Learning Alliance (NBLA).

For six weeks, school students learn everything about the Little Penguins that live in the local area, becoming youth ambassadors for the locally threatened species. This year the program has over 750 students from 10 schools in the Northern Peninsula region. Public Schools include: Manly Village, Manly Vale, Manly West, Curl Curl North, Harbord and Beacon Hill. Their high school mentors are from: Manly Selective, Balgowlah Boys, Mackellar Girls and Cromer.

Stewart House
This Friday 12 of our Senior students have graciously volunteered to act as guides for the Stewart House Presentation Day. The students had an opportunity to visit Stewart House this week to have a close look at how this very unique school operates. They discovered that Stewart House is a school staffed by teachers from the Department of Education and Communities. They also discovered that almost 2000 children attend Stewart House in a year and that it costs about $1800 dollars for each child that - is close to $2.9million dollars that has to be found through fundraising. Our students saw that the funds that they raised directly for Stewart House go to helping make a difference in the life of someone just like them.

Flashing Lights
The school has just received notification that the school zone on Oliver Street at Harbord Public School has been included in the next batch of school zone sites to receive flashing 40 Km lights. The flashing lights are to alert motorists to the speed restrictions around schools. While the Roads and Maritime Services can’t give an exact date, work is due to commence sometime towards the end of this month with the view to installation by the end of June.

Mothers’ Day
Wishing all our mum’s a Happy Mothers’ Day from all the staff at Harbord Public School.
From the Deputy Principal

Opportunity Class Placement 2014
Opportunity classes are one strategy used by the Department of Education to cater for the learning needs of gifted and talented students. Year 4 students have the opportunity to apply for opportunity class placement in year 5 in 2014. Placement tests will be conducted at designated local high school venues. Applications can be completed on line or by requesting an application package from school. On line or paper applications need to be completed by Friday 17th May. Paper applications are to be returned to the child’s class teacher.

The school is required to provide an assessment in Mathematics and English for each applicant. Year 4 teachers have issued expression of interest forms to their students. Parents wishing to have their child undertake the test are asked to return the tear off slip to their child’s class teacher.

The OC placement program is a very competitive process designed to cater for the most able students with a history of academic success. Please note that online applications are accessible from Monday 29th Apr at www.schools.nsw.edu.au/ocplacement
Information sheets are also available from the school office.

Representative Sport Trials
Congratulations to the following students on their selection in Metropolitan North teams following recent trials. Selection at this level requires participants to display excellent skills and attitude.
Rugby League – Guiseppe Plati
Soccer – Kailey Harlen
Hockey – Gabrielle Palme, Bodhi Spijker

PSSA Winter Sport
Winter PSSA competition commences Friday 10th May. Harbord has entered junior and senior teams in Rugby League, Soccer – boys and girls, Netball and Netta.
Congratulations to students who were successful at these trials and well done to all the students who tried out for teams. Students in Winter PSSA teams will bring home information this week giving specific details of the PSSA program.
A big thank you to our coaches who give of their time and expertise to provide additional opportunities for our more talented athletes in the PSSA competitions.

Sport In Schools Program
Students in years 3-6 not involved in Winter PSSA will participate in the Sport in Schools Program throughout term 2. The program will be held each Friday at Harbord Park commencing Friday 10th May. Year 3, 4 students use specialised equipment to develop strength, balance and coordination. Year 5, 6 students will participate in major games skills development and major game competition.
The program is run by qualified PE teachers and additional supervision is provided by grade staff.

University of New South Wales Competitions and Assessments
Students in years 3-6 will have the opportunity to sit for Mathematics and English competitions conducted by the University of New South Wales. Participation is not compulsory. Information sheets will be distributed to all year 3-6 classes. The cost for each competition is $8.80. Permission note and payment is to be returned to class teachers. These tests provide a useful guide to teachers and parents on the strengths and weaknesses of individual students. All participants receive certificates of participation and graded certificates ranging from credit to high distinction. The English competition is being conducted on the 31st July and the Mathematics competition on the 13th August. Tests will be conducted at school on a grade basis.

Photographs
Order forms are available from the school office for students wishing to order Summer PSSA team photographs taken in term 1. The team photographs are on display in an album located in the school office. The cost per photograph is $18.00. Orders need to be finalised by Friday 24th May.

Stewart House
Harbord PS is a strong supporter of Stewart House. The current envelope drive has so far raised $700. Students are asked to place a gold coin in the envelope and return it to school. Funds raised will go to financing the excellent programs conducted by Stewart House for disadvantaged students from all over NSW. The theme is Kids Helping Kids and we are hoping to raise $1000 for Stewart House. I’m sure we will achieve our goal. Envelopes are to be returned to school by Friday 17th May. Spare envelopes are available from the school office.

Cross Country Carnival
Good luck to all our students in years 3-6 participating in the school cross country carnival at John Fisher Park on Monday 13th May. Students are reminded to wear their sport uniform for the carnival. Students placing in the top 6 in their respective age groups will represent Harbord in the zone cross country on the 22nd May at the same venue.
Spellathon Update

One of our school’s targets for 2013 is to improve the Spelling outcomes of all students so this year, all children K-6, will be participating in a SPELLATHON! This is one of our major fundraising events for the year. We will be learning lists of words to raise money for our school to purchase ipads.

- The lists of words for Years 1 – 6 have been given out this week. We want the Spellathon to be achievable for all so some children may have a modified list / number of words to learn.
- Children have the next four weeks to learn their words
- Words will also be practised during class time through written activities, games and drills
- **The date for the ‘Spell-Off’ is Friday 31st May 2013.**
  Children in Years 1 – 6 will be tested on the words they were expected to learn. Kindergarten will complete their word blending activity. All children will receive an iceblock, paid for by our sponsors Bendigo Bank, when they complete the Spellathon.
- Sponsorship forms and money are due back to school on **Friday 7th June 2013** and should be placed in the K-6 box at the office.

Please note:

- Additional sponsorship forms can be collected from the school office or from your class teacher
- For safety measures, we ask that amounts over $30 be paid by cheque made out to Harbord P&C or by credit card. A receipt will be issued if requested.

Suellen Dennehy
K-6 Fundraisers

Lisa McKenzie
Deputy Principal (Rel)
Courageous Kids

Do you know a child aged 6 - 8 who...

- Is often overcome with fear and worry, even in familiar situations?
- Struggles with change?
- Has low self esteem?
- Experiences levels of stress that prevent the enjoyment of everyday activities?

Anxiety is Australia’s most common form of psychological disorder, affecting up to 20% of children and teenagers. If a child’s anxiety is not addressed, it can significantly interfere with development and learning. It can also lead to serious problems in later life, such as social isolation, underachievement and depression.

COURAGEOUS KIDS is an early intervention and anxiety prevention program that helps children and their families build effective strategies to deal with worry, stress and change.

In Term 2, 2013 COURAGEOUS KIDS will support kids aged 6 -8 who need practical help to develop better self-esteem, problem solving, self-expression and relationships with peers and adults.

In fun weekly sessions, small groups of children are guided toward a more confident future by a qualified and experienced Child Psychologist. COURAGEOUS KIDS is a health service and children who participate may be eligible for private health insurance or Medicare rebates.

'I feel much braver now. I have learned that I don’t have to let my worries get me down. There are lots of things I can do to relax and feel better about myself. My teacher says I am doing much better at school and I feel good.'

Sarah, age 8

Courageous Kids, 2012

COURAGEOUS KIDS at Kids First Children’s Services
Bookings open now for Term 2, 2013

Facilitator – Robyn Fallshaw - Child Psychologist

Parents must attend a preliminary session with the psychologist prior to the start of Courageous Kids to ensure that this program is the appropriate clinical option for their child

For more information or to book a place
call Kids First Children’s Services on 9938 5419 or visit www.kids-first.com.au
Volunteer Roster:

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<tr>
<th>Mon 13th May</th>
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<td>Monique Douglas</td>
<td>Emma Joyce</td>
<td>Deborah Gilbert</td>
<td>Leanne Raymond</td>
<td>Lindsay Hendry</td>
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<td>Margurette Crowley</td>
<td>Katie Golden</td>
<td>Gill Campbell</td>
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<td>Vanessa Kendall</td>
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<td>Sandra Toole</td>
<td>Ceciel Cruikshank</td>
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<td>Nynke Van Oosterhout (1/2 day)</td>
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**PSSA Orders:** Please note that winter PSSA will begin THIS FRIDAY. Please make sure you select the PSSA option when ordering on Friday if your child is involved in PSSA sport. This ensures that their lunch is ready for the early PSSA pick up time. If PSSA isn’t selected I am unable to find these orders in the large volume of orders that I have on a Friday. So if you forget to select this option your child’s lunch will be kept in the canteen for pick up on return from PSSA.

**HAPPY ½ HOUR FRIDAYS....**

The canteen will be open on Friday afternoons till 3.15pm for drinks, ice blocks & slushies. GREAT way to start the weekend!!!!! We have been really busy so thanks for your support.

**GARDEN GURUS:** The vegetable and herb gardens are looking superb. Students involved spent a couple of lunch times making gorgeous fresh bruschetta with capsicum, cucumber, celery, parsley, chives, basil from their garden. There is still plenty more that needs to be harvested so they will have a GARDEN GURU stall in the Kindy/Yr 1 window during Happy ½ Hour Fridays. Please come and buy your fresh herbs for the weekend. Money raised helps to buy new gardening supplies for the project.

*Jan Baldwin Canteen Manager*
## Parenting Programs

### Child & Adolescent Parenting

**WHAT'S ON IN TERM 2 - COURSES/WORKSHOPS FOR PARENTS/CARERS**

**Tuning in to Kids Course** (3-10yrs)
Help your child develop emotional intelligence, manage emotions & deal with conflict.  
Chatswood 5wks/2.5hrs (28/5-25/6, 7.00-9.30pm)

**Triple P (Positive Parenting Program) Course** (3-8yrs)
Strategies to encourage desirable behaviour and manage persistent misbehaviour.  
Chatswood 7sessions over 8 wks - 5 group & 2 telephone (8/5-26/6)

**Communicating with Kids Course** (based on PET) (4-12 yrs)
Communication skills for building effective long term relationships with your children & family.  
Chatswood 6 wks/2.5hrs (23/5 - 27/6, 7.00-9.30pm)

**Communicating with Teens Course**
Aims to increase your understanding of your adolescent’s needs & behaviour with skills to relate to them.  
Chatswood 5 wks/2.5hrs (20/5 -24/6, 7.00-9.30pm)

**Toddlers Workshops** (1-3yrs)
Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep  
Cremorne 16/5-30/5 & Chatswood 5/6-19/6 (3 wks/2.5hrs (7.00-9.30pm)

**Resilient Kids Workshop**
Strategies to accept & express feelings, develop optimistic thinking & coping skills  
Chatswood (21/5, 7.00-9.30pm)

**Dealing with Teen’s Backchat Workshop**
Learn how to restore a respectful & positive relationship between you & your teenager  
Chatswood (21/5, 7.00-9.30pm)

**WORKSHOPS ON REQUEST – PHONE 9887 5830** (2-2.5 hours)

| ★ Understanding Your Toddler/Discipline & Tantrums | ★ Transition to School |
| ★ Tucker without Tantrums/Toilet Training | ★ Transition to High School |
| ★ Speech & Language Development/Sleep | ★ Triple P (PPP) Seminar Series |
| ★ Older Sibling – New Baby | 1-12 years & Teens |
| ★ Bully Busting | ★ Dealing with Teen’s Back Chat |
| ★ Resilient Kids | NEW ★ Grand Parenting |

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**Enquiries: Child & Adolescent Parenting  9887 5830**  

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**Health Northern Sydney Local Health District**
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Harbord-Waves (23 Oliver St)
Fri 4.00-5.00pm
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(Nearest Police)

Tues 4.00-7.00pm
Thurs 7.00-8.00pm
Sat 1.00-2.00pm

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SPORTS FUNDAMENTALS

Multi Sport Term programs run Monday, Wednesday and Friday at the Harbord Diggers Club
ages 3-7yrs

Multi Sports Holiday Camps run every school holidays at the Harbord Diggers Club – ages 3-8yrs
AFL Holiday Camps run during the April and July Holidays – ages 4-12yrs
Sports Fun Parties, a Healthy Party Alternative!
Contact 0430 327 557 nbe@sportsfun.com.au

www.sportsfun.com.au

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