The importance of sleep

Each year at the Prep School we survey our students from Year 3 – 6 on various elements of well-being. This survey provides us with helpful data to track various areas such as relationships, quality and quantity of academic work, safety at school, bullying, exercise, diet and sleep. The information gained helps us at school to follow up matters of concern that might be highlighted and gives children a “voice” about concerns with which they are wrestling.

The data from last year was very helpful in identifying the locker room as a trouble spot for conflict. This led to the rearrangement of locker spaces and the movement of Year 3 & 4 to new areas. New protocols have been enacted that limit a student’s time in the locker room and improve supervision of this area. This year’s survey has indicated a significant decrease in conflict within this area as a result of these initiatives.

One area of concern that the survey highlighted this year was the recognition from a number of students of their failure to get the required sleep each night for healthy living. Children from the ages of 4-6 should be averaging 11 hours of sleep each night. Children from 7 – 12 should be receiving 10 -11 hours of sleep each night.

The National Sleep Foundation has advised a number of strategies that assist with healthy sleep patterns. These are listed below:

- Maintain a regular and consistent sleep schedule
- Have a relaxing bedtime routine that ends in the room where the child sleeps (reading is an ideal activity)
- Children should sleep in the same sleeping environment every night; In a room that is cool, quiet, and dark
- TVs and computers should be left out of the bedroom

I encourage parents to examine the sleep arrangements of their boys to ensure that each boy is receiving the amount of sleep that will enable them to function productively at school each day.

James Pattinson joins the Prep Staff

I am pleased to announce the appointment of James Pattinson to the position of permanent part time woodwork teacher in the Prep School. James has been working in a temporary role until this point and has done an excellent job in reorganising and developing the layout of the woodwork room, reviewing programme elements and establishing sound relationships with the students. After moving through the interview process it was clear that James was the best candidate for the role and we are delighted that he is joining the Prep team.
Prep Pavilion – Get your son’s name featured in the Prep School Walk - Closing date 30 June 2015

Parents will be aware from communication via a brochure and email of the exciting news that the new Prep Pavilion is due to start construction on 1 September. Included in that correspondence was a reminder to act before the closing date of 30 June, to enjoy a tax deduction this financial year. Parents have a chance to support the building of this important Prep School building as well as having their son’s time at the Prep School permanently remembered with his name carved onto a paving brick which will feature in the School’s Prep School Walk. This remembrance pathway will wind its way from the current boardwalk around to the new Pavilion.

Parents should be aware that the pavers on the Prep School Walk will be laid on the side edges of pathway, oriented in a way that will allow the names to be read from either direction, to or from the Pavilion. The major section for pedestrian traffic will be the concrete pathway in the middle. Therefore, any parents who were concerned for a religious reason about pedestrian traffic over the named bricks, needn’t be worried.

Parents can purchase a brick for their son/s by following this link:

www.kings.edu.au/preppavilion

New Prep School Report Form

The Prep School academic report had existed in a very similar format for a number of years. With the transition to a new school database, it was timely that this report form was reviewed and redesigned.

We will be holding an Information Evening in Horrocks Hall for parents on Wednesday 10 June at 6pm to provide detail on the new report form.

Art Show 2015 – Friday August 28 – Sunday August 30

This year’s Art Show and Spring Festival is shaping up to be another wonderful event for the King’s community and the broader community. The Gala Opening Night is a stylish, special event that will launch a weekend of fun to follow. Information about ‘early bird’ ticket prices will be coming out in the next couple of weeks.

I encourage all parents to set aside their Art Show weekend in the calendar to assist the Prep community in hosting this significant event which draws over 30,000 visitors to our school. There will be a number of ways that people can support the Show as a helper in setting up for the event, managing a role over the course of the weekend, attending with family and friends and assisting with the pack up of the Show.

Before the end of term, a link will be sent home to families to indicate the roles and shifts requiring volunteers. I ask that parents please make this a priority to register your availability before the holiday period.
Harrison House – Biggest Morning Tea

Every little bit counts....

Last week Harrison House held its annual fund raiser for Cancer Research, “The Biggest Morning Tea.” Over $1,800 was raised to support this important charity that seeks to find an answer to this terrible disease that touches so many families.

During the last House Meeting all the primary boys were able to share their thoughts and concerns about the disease. The boys were heartened by the advancement that medical research into the disease has already made. They realised that this research was greatly assisted through donations from the public.

It was wonderful to see the boys reminding their friends to contribute to the Biggest Morning Tea. The Year Six boys got a “real buzz” by assisting with the delivery of the cupcakes and drinks to each class. The morning tea was a great success. Over 400 cup cakes, with a variety of icing and decorations on top were donated by the Harrison boys. The fruit drinks were also donated by a Harrison family and were received very well by all the boys.

There was a feeling of community spirit and thoughtfulness shared by all throughout the morning. A special thank you is passed to Mrs Bittar, Mrs Keepkie and Mrs Singleton for giving their time and assisting on the morning. Mrs Powell also assisted by baking the special diet cupcakes and Mrs Sachdev organised the provision of the drinks for the boys.

A memorable event for all; especially Harrison House boys!

Chris Xegas
Harrison Housemaster
DEPUTY HEAD

Prep Fathers’ Association Trivia Night – 13th June 2015

As you are aware, the Preparatory School Fathers’ Association Trivia Night is being held on Saturday 13th June. We have had a wonderful response with our ticket sales to date, with only a very limited number of tickets still available. Tickets may be purchased by using this Trybooking link: http://www.trybooking.com/134488

The Fathers’ Association, with the assistance of many of our parents, has also been able to organise over 50 items for the Silent Auction. Part of the auction each year includes Year Baskets. It is possible for all Prep community members to bid on items in the Silent Auction, even if they are not at the night. Follow this link and start bidding!
https://galabid.com/auction/kings

Each Year group collects items for a Year Basket that will be auctioned on the night and each family is asked to donate an item to contribute to the basket. The Year Basket that earns the highest bid on the night, will win for all the boys in that year, a morning tea (in the classroom) sponsored by the Fathers’ Association. Listed below are the Year Basket themes for each Year group. Be creative!!

- Pre-Kindergarten - FOR THE BAR / CELLAR
- Kindergarten - FOR THE KITCHEN & COOK
- Year 1 - GARDEN & HOME
- Year 2 - FOR DADS
- Year 3 - PAMPER A MUM
- Year 4 - FOR THE KIDS
- Year 5 - SPORTS & GAMES
- Year 6 - CDs, MOVIES & BOOKS

Unfortunately, we have been underwhelmed with donations for the Year Baskets so far this year. I would encourage all families to be involved, by donating something for their Year Basket.

All donations need to be delivered to your son’s class teacher by Tuesday 9th June to allow the Class Mums time to compile the baskets.

End of Term Arrangements

Earlier this week I emailed a letter outlining arrangements for the end of this term. I have repeated the information here to ensure all parents have the correct details.

The final day of Term Two is Friday 19th June 2015. This is a half day at school owing to the Senior School Corps Passing Out Parade, occurring on the White Oval, commencing at 10:45 am on Friday morning.

Boys will need to be collected by parents, or a responsible adult. If your son will travel home with people other than you, please communicate this clearly to your son and to his class teacher by email or letter!

Please note that due to the modest take-up rate of the After School Care service in the past, we will be unable to offer an after school care service on this day. We apologise if this arrangement causes you any inconvenience.

Please note that the Shorelink bus, the Baxter buses and the King’s buses will depart at approximately 12:45 pm from the Prep Turning Circle.

To ease congestion in the turning circle on Friday 19th June, the following arrangements will be in place:

- Kindergarten, Year 1, Year 2, Year 5 and Year 6 will have a staggered pickup procedure:
  - Kindergarten - 11:45 am
  - Year 1 - 11:55 am
  - Year 2 - 12:05 pm
  - Year 5 - 12:15 pm
  - Year 6 - 12:20 pm
Parents of boys in Pre-Kindergarten, Years 3 & 4, will need to park their cars in the Gatehouse Drive and walk to the classrooms to collect their sons at 12:10 pm.

All Prep boys need to be collected on this day by 12:30 pm.

Extra caution and patience will be required in the turning circle with so many students leaving within this pickup period.

Any boy wishing to stay and attend the Passing Out Parade with his parents, may only do so if his teacher has received a note prior to Friday 19th June. In the case that approval has been given, parents will need to come and collect their son from the teacher, when the Prep boys come across to view the parade at the White Oval. For safety reasons, boys will not be released to find their parents amongst the crowd.

Turning Circle

Each term, I find it necessary to remind parents about the expectations of the use of the Prep Turning Circle. This is an extremely busy area in the mornings and at the end of each school day. Our main consideration is always the safety of our boys. With this in mind, may I please remind parents that the Turning Circle is only used for pick-up or drop off and parents are not to park in this area.

The protocol is that parents drive into the Turning Circle and come as far forward in the Circle as possible to allow more cars to use the Circle at any one time. Parents should remain in their car and staff will assist the boys with their movement to or from the car. We also request that parents do not overtake or reverse within the Turning Circle as this has the potential for accidents.

Boys are to enter and exit the car on the kerbside only, and in the mornings, boys should already have their jackets on to ensure a quick exit from the car.

Parents are not allowed to park in the car spaces provided in this area between 7:00 am and 5:30 pm, as these are for staff only. This ensures there are a minimum number of cars reversing out of these spaces during school hours.

Unfortunately, these protocols are not always being followed. This term, I have witnessed: cars overtaking which has led to me witnessing my first viewing of an accident in the Turning Circle (luckily, no one was hurt); many parents stopping at the K-2 end of the circle or right in front of the steps, rather than moving as far forward as possible; numerous parents getting out of their car to assist their sons getting their jackets on and/or to say goodbye; parents parking in the Turning Circle.

Parents who don’t follow these protocols cause delays in the Turning Circle and add to the time it takes for parents to drop-off or pick-up their sons. This extra time can be quite frustrating for other parents who are following the protocols correctly.

These guidelines are in place to ensure the safety of the boys and parents, and to make the process of collecting boys as smooth as possible. I appreciate everyone’s cooperation in this most important matter.

iLearn

iLearn is being used by all teaching staff in the Prep School and is updated regularly. The weekly Music newsletter and Sport details, including team sheets, are updated weekly. All parents should have received their login details much earlier in the year. You are able to change your login details, security questions and password, by following the instructions at this site: https://password.kings.edu.au/. The same link will also assist if you have forgotten your Username and/or Password.

Reconciliation Week

Each year, the School acknowledges Reconciliation Week and has a special assembly. This year, we were privileged to again have Chris Tobin come and present to the boys. Chris spoke at three different sessions and spoke about what it must have been like for those first aboriginal people seeing
the First Fleet arriving on their shores. He then spoke about what Reconciliation Week was about. At our Assembly that afternoon, the School Captain and House Captains reminded us of the meanings of the different symbols used in the Aboriginal and Torres Strait Islander flags. They also spoke about the importance of Reconciliation Week.

**Term Three Commencement**  
Term Three commences for all boys on Tuesday 14th July 2015. Winter sport after school training will recommence on this day.

Greg Blackman  
Deputy Head

### Upcoming Events

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<tr>
<th>Week 8</th>
<th>Date</th>
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<tr>
<td></td>
<td>Monday, 8 June 2015</td>
<td>Queen’s Birthday Public Holiday</td>
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<td>Tuesday, 9 June 2015</td>
<td>Prep School Tour (9:30 am)</td>
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<td>Year 3 Artist in Residence - Lorna Murray - during art lessons</td>
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<td>Year 5 Experience King’s Senior School Day 1</td>
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<td></td>
<td>Wednesday, 10 June 2015</td>
<td>Maths Olympiad</td>
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<td>Year 5 Experience King’s Senior School Day 2</td>
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<td>Year One Bushwalk (8:25-10:25 am)</td>
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<td>Kindergarten Literacy Seminar (3:30-5:00 pm)</td>
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<td>Report Information Evening (6:00-7:00 pm)</td>
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<td>ANZAC Musical Rehearsals (3:30 pm)</td>
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<td>Thursday, 11 June 2015</td>
<td>CIS Cross Country Carnival - Eastern Creek</td>
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<td>Band and Wind Ensemble Night - Horrocks Hall (6:00 pm)</td>
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<td>Friday, 12 June 2015</td>
<td>IPSHA Debating</td>
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<td>Year 4 Open Afternoon (3:00-4:00 pm)</td>
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<td>Year 5 Experience King’s Senior School Day 3</td>
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<td>Saturday, 13 June 2015</td>
<td>Winter Sport - Round 6</td>
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<td>Prep Fathers’ Association Trivia Night (6:30 pm) – Horrocks Hall</td>
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<td>Sunday, 14 June 2015</td>
<td>King’s Sevens Football Carnival</td>
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<td>Monday, 15 June 2015</td>
<td>Year 1 Reading Challenge (8:45-10:00 am)</td>
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<td>Tuesday, 16 June 2015</td>
<td>Year 3-6 House Meetings (12:20 pm)</td>
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<td>Year 5 Mini Exhibition (6:00-7:30 pm)</td>
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<td>Wednesday, 17 June 2015</td>
<td>ANZAC Musical Rehearsals (3:30 pm)</td>
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<td>Chamber Choir and Community Choir Concert - Horrocks Hall (6:00 pm)</td>
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<td>Art Show Meeting (7:30 pm)</td>
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<td></td>
<td>Thursday, 18 June 2015</td>
<td>Athletics Trials for Years 3-6 (8:30 am – 3:00 pm)</td>
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<td>Friday, 19 June 2015</td>
<td>Passing Out Parade (10:45 am)</td>
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<td>Term Two Concludes (Staggered times from 11:45 am to 12:30 pm – see above)</td>
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Focus on Science

Welcome to another day where too much Science is barely enough!

It is that time of year where I swap my test tubes for words, to give you all a little insight into why we do what we do. Can I say a special thank you to the parents who have approached me to express their appreciation for what the King’s School provides their boys by way of a Science education? This encourages me enormously. We are very intentional in our goal to make the teaching of Science more about the learner and less about the content, and the emphasis is unashamedly on fun! The information is out there, but boys need to learn how to ask better questions, to find better answers. But this is just the starting point. It is one thing to possess information, but quite another to know what to do with that knowledge. Knowledge is power, and like all power, needs to be handled carefully.

The PYP helps us clarify the characteristics that will describe our boys, particularly in terms of their Science skills and attitudes. What do students look like? They will be...

Inquirers
Students will exhibit curiosity in how things work at a scientific level, investigating safely, for scientific explanation. Students will develop and employ critical-thinking skills through appropriate research and experimentation.

Knowledgeable
Students will demonstrate an ability to express thoughts and ideas about using correct scientific terminology and concepts, to transfer math and language skills to appropriate use in science, and to connect foundational knowledge to answer unfamiliar situations.

Thinkers
Students will use their knowledge to provide plausible solutions to problems and create possible solutions, to the process of problem solving/reasoning, and to making ethical decisions.

Communicators
Students will use various communication modes appropriately: sharing/communicating ideas/research through publication to further science, documenting sources correctly, and expressing ideas thoughtfully and effectively when collaborating and listening and considering ideas of others.

Principled
Students will act with honesty and integrity when researching, experimenting, and reporting findings. Students will take responsibility for their own actions. Students will consider ethics and morals in all scientific endeavours. Students must also defend points of view ethically.

Open-minded
Students will listen to and consider the views of others and consider a range of possibilities before making an assessment. Students should also exhibit an ability to create solutions that are unconventional.

Caring
Students will consider how science can solve local/global problems or issues. Students should be committed to practicing science with morals and ethics in mind, respecting the concerns of others, cooperating with peers, and by fulfilling a valuable role in any collaborative effort.

Risk-takers
Students should embrace challenges and new ideas. Students will learn to use new strategies, not being afraid to try something new or different. Students must also be unafraid to find unexpected conclusions.

Balanced
Students should enjoy a variety of activities including practical work, experiments, and modelling. Students must learn to manage time well; organize thoughts, and plan before beginning a task.
Reflective
Students will consider how learning experiences have impacted their development. In their science curriculum, they will evaluate methods, processes, and contributions, considering what worked and what did not. Students should also identify a plan for growth.

It remains my privilege, honour and utter delight – most days (!) - to serve my God, your sons and the King’s School community. I am humbled to have taken my place amongst the supremely talented and dedicated academic, executive and support staff for the last sixteen years.

Yours scientifically, mostly,
Mr Ollis

The Premier’s Reading Challenge continues and I would like to encourage all boys and their families to be involved. It’s not too late!!

The Challenge aims to encourage in students a love of reading, for leisure and pleasure. It is not a competition but a challenge for each student, to read beyond their typical reading routines.

You are able to complete your son’s Reading Log online, until the closing date on the 21 August, 2015. There have been some difficulties logging on, but the PRC team have resolved these. If you continue to experience problems please email me so that I can contact the team on your behalf.

All details relevant to the PRC are located on the ILC iLearn page. Jump online and check it out.

Happy reading everyone.

Shelley McMorran
Teacher-Librarian
Reporting at The Prep School
Information Session on Wednesday, 10 June

As outlined in my newsletter in Week 5, we will be holding an information evening to help parents gain an understanding of our new written report format on Wednesday, 10 June at 6:00 pm. Please RSVP for this event by filling in the slip at the beginning of the newsletter following Mr Allison’s article.

As a PYP school, we must follow the Programme standards and practices set out by the International Baccalaureate. This document provides a set of criteria against which both the School and the IB can evaluate success in the implementation of the Primary Years Programme (PYP). The standards are general requisites established for schools to implement any IB program. Practices are further definitions of the standards. These standards and practices are necessary for the successful implementation of the PYP.

Below are a number of standards and practices that are applicable to this information evening.

**Standard A**
The school's educational beliefs and values reflect IB philosophy.

A.3 The school community demonstrates an understanding of, and commitment to, the programme.

**Standard C4: Assessment**
Assessment at the school reflects IB assessment philosophy.

C4.2 The school communicates its assessment philosophy, policy and procedures to the school community.

C4.5 The school has systems for reporting student progress aligned with the assessment philosophy of the programme(s).

We look forward to seeing you on Wednesday, 10 June at 6:00 pm.

Rachel Johnston
Director of Learning/PYP Coordinator
rcj@kings.edu.au

Source: Primary Years Programme Programme standards and practices (January 2014)
Kindy Genius Hour

This term Kindy have started ‘Genius Hour’ using the principles of PYP and the IB learner profile to explore our Unit of Inquiry - ‘How we organise ourselves’. The boys are in eight different groups, and are given an activity to work on and then present to the grade. This is a student-centred task and allows the boys to inquire and create in whichever form or medium they would like. Below are some of the boys’ thoughts and reflections on Genius Hour:

Willoughby – “Our group brainstorms and thinks and we become more knowledgeable.”

Aryan – “We become more knowledgeable in our learning.”

Jean – “I like being knowledgeable in Genius Hour when we brainstorm. We learn from each other and we share our ideas.”

Neil – “We are risk-takers in Genius Hour when we try lots of new things.”

Jai – “We are principled when we work in Genius Hour.”

William A. – “I love thinking in my group and making stuff.”

We are very proud of the wonderful learners we have in Kindy! Annie and Michelle
Da Vinci Decathlon

On Thursday 28th May, sixteen boys from Years 5 and 6 took part in the da Vinci Decathlon. This is an academic competition designed to challenge and stimulate the minds of students. Students compete in teams of eight across ten disciplines including Engineering, Mathematics, Code Breaking, Art and Poetry, Science and English. The Decathlon competition places a particular emphasis on higher order thinking skills, problem solving and creativity.

The da Vinci Decathlon began in 2005 and has grown enormously over the years. This year, in the Years 5 and 6 competition, over 100 teams competed for places in each discipline.

The following boys represented King’s:

**Year 5**
Oliver Binsted, Liam Hamill-Mamo, Rohan Srivastava, Lawrence Wei, Mukundan Murugabalaji, Sam Baker, Robert Napoli and James Kirkpatrick.

**Year 6**
William Xia, Chris Bae, Nicholas Horne, Justin Hua, Kade Cochran, Austin Wallace, Oliver Lennox and Oliver Morris.

The boys worked together as strong teams and received some excellent results. Year 5 received second place in the Philosophy challenge and second place in the Engineering challenge and Year 6 received first place in the Engineering challenge. Well done boys!

Mrs Sonia Weston
2015 Annual Corporate Rowing Competition

As teachers, we are constantly encouraging our boys to be safe risk takers and always be prepared to make the most of the opportunities that they have here at The King's School. So, when the opportunity arose recently, some of our staff jumped at the chance to row for their country, oh I mean their school! Rowing on the famous Olympic Rowing course at Penrith was going to be a dream come true for many...something they thought they would never get the opportunity to do.

I said to them, “it would be fun, you’ll love it, we could get fit together and we may even win a medal!”

Before I knew it, we had three crews of enthusiastic, keen and naturally talented athletes, ready for the challenge. There was talk of standing on the podium, the necessary practice involved to sing the Australian National anthem and of course the concern of social media commitments affecting our school report deadlines. We had to focus!

After a month of 5am starts down at The King's boatshed twice a week and a session in the school gym each week, these fine athletes were ready to row their hearts out. (not to mention, complete the race without catching any crabs or falling in!)

Sponsored by Denlo Subaru, Parramatta, all rowers wore their rowing uniforms with pride and tried their hardest...blisters and all.

All three crews excelled on the day. Particular mention must go to the women's 1st VII crew, who won a silver medal in the D Final...The crowds went wild! The mixed crew were in fact the 4th fastest on the day and the men's 2nd VIII crew came in 12th fastest on the day.

It will be a day that we will all never forget. We had laughed, cheered, encouraged and worked hard together. Friendships and a new respect for each other had been created and it will be a memory that we will all never forget. How great it is to be involved in a school where even the staff are 'forced' to have fun.

A big thank you to Mr Tyree and his wonderful coxes and coaches for all their hard work, organisation and patience. Watch out Rio!

Jo Grinham
At Football Development Australia (FDA), we strive to bring you the best coaching expertise and nurture your passion for the game.

We look forward to welcoming you to the FDA Football Camps during the upcoming school holidays.

The FDA Football Camp school holiday programs are open to boys and girls aged 6-14. Our experienced team of coaches will help you improve your technique, teamwork and tactical awareness in a fun and safe environment. You will develop your football skills and use these in various game scenarios.

Get ready for dynamic and fun football training.

**Each FDA Camp Participant Receives:**
- Unique coaching program
- Adidas football kit – jersey, shorts and socks.
- Drinks (Gatorade and water)
- FDA Football Camp certificate
- Football experience of a lifetime!

All camps are being held at The King’s School, North Parramatta.

For dates, times and to register for the programs visit:

Places are strictly limited.
**Book Early to Avoid Disappointment**