



**Carinya** Coleborne Avenue Mortdale.

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## Office News

### A message from the principal's desk:

2013 has been an exciting year at Carinya. We received donations and funds to install an Interactive Whiteboard in Class 1 (Hurstville Rotary) and to also replace the doors on all our classrooms. Recently we had another class established, making a total of 8 classes. We now have 3 Assistant Principals and 8 classroom teachers. The names of our new staff will be in our first newsletter for Term 1 2014.

I would also like to take the opportunity to thank the parents and carers for their continued support. A huge thank you to all the hardworking teachers, SLSOs and SASS staff, who make working at Carinya School a pleasure. I look forward to working with everyone again in 2014.

Janelle Radke

2013 has been a very positive year. Thank you to all the students who take time to come and say good morning, give a wave or a just a little smile. We love hearing about your day and your visits showing your work and we especially love sampling your wonderful cooking each week.

Thank you to all of our SASS staff, without you and all the EXTRA things you do each and every day, your generosity and that extra mile makes a huge difference to our students and our school, so again A BIG THANK YOU.

Just a little reminder to parents, a new year is coming, it is very important to advise the school of any changes regarding your child's medication, contact details or if your child is absent.

I would like to wish all of our wonderful parents, students and staff a very Merry Christmas, Happy Holidays and a Healthy Happy New Year. See you in 2014.

Karen & Ainsley



## SCHOOL COUNSELLOR FAREWELL

Sadly I will be leaving Carinya School after 6 years as the school counsellor. I feel like Carinya is a big part of my life and it will be really hard to say goodbye to everyone. I have learnt so much from the teachers, support teachers, families, carers and especially the students. At Carinya there is a special feeling of BELONGING. The students and families I have worked with share this feeling and know their child is receiving individual care each day.

Over the last 6 years I have encouraged students to 'self-refer' to the counsellor. At other times teachers, carers or parents have referred students directly. I have been inspired by the challenges many students face and their ability to cope with day to day life. The same can be said for the families and other special support people in the student's lives - never underestimate what you do each and every day. Thank you for working with me and placing your trust in me - it has been an absolute pleasure to support you and your child.

Carinya's new school counsellor for 2014 is Lisa Blake. I wish Lisa all the best at Carinya and I know she will offer valuable counsellor support to everyone at Carinya.

And lastly, to the wonderful students at Carinya I say a HUGE thank you! You have changed my life for the better and I will have many happy memories of working with you. Always remember just how brave, strong and special YOU ARE!

**Good Bye and Thank-you everyone!**

**Leanne Roth**

**Carinya School Counsellor  
2008 - 2013**



### Seasons For Growth

An eight week program for Children aged 6 to 12 years that have experienced grief and loss in their lives due to a significant change - such as death, separation of parents or a natural disaster.

**When:** Monday afternoons 10<sup>th</sup> February to 7<sup>th</sup> of April

**Time:** 4pm to 5pm

**Venue:** Interrelate Family Centre  
383 Port Hacking Road south Caringbah

**Cost:** \$50 per child

*The program is held in small groups and assists young people to:*

- Understand and talk about the normal range of emotions experienced during major change, grief and loss.
- Build positive relationships with family and friends.
- Participate in a caring and confidential network of peers and adults.
- Explore the skills needed for resiliency.
- Revise current beliefs and plan for a realistic and hope-filled future.

**For more information or to book please contact  
Interrelate Family Centre**



**8522 4450**

[www.interrelate.org.au](http://www.interrelate.org.au)  
1300 736 966

## Positive Behaviour

As 2014 draws to an end, it is time to reflect on all the wonderful achievements of our students and the positive choices they have been making regarding their behaviour and learning. We have continued to focus on aspects of the 5 school rules across the year (as we will again in 2014) and know that students have learnt valuable skills in Taming Anger during our lessons in Term 4. Remember to Stay Cool in the holidays everyone!

Our weekly taxi awards are highly sought after and congratulations to all students who have earned 50 bonus points for winning the taxi award for their taxi or for travelling well independently. And also a big congratulations to all taxis who have won taxi of the week-a huge achievement that is rewarded with ice blocks for all (when Mel remembers!). It is important to be safe and respectful when travelling to and from school.

Recess and lunch can be a challenging time for our students, and it has been wonderful to see so many people earning playground raffle tickets (for following the school rules) or the Playground Award at Friday's assembly. Dylan, Brandon, Matt, Moustapha, Latisha, J.P., Joshua, Megan, Tyler and Jason have all enjoyed a free lunch from the canteen this term. Well done!

Have a happy and safe holiday everyone and we look forward to seeing more positive behaviours next year!

The PBS Team

## Sport



### Sport report

This term some students have enjoyed bowling for school sport (which we understand can be quite competitive!). This has also been an opportunity to practice our social skills and we would like to thank those students who have made good choices when representing Carinya in the community.

Other students have had fun playing indoor hockey, basketball, bocce, giant connect four, volleyball, cricket and using our games room. It is great to see all students participating in morning fitness activities, as we believe this is a healthy way to start the day.

Next term selected students will be attending fun activities for school sport and notes will come home early next year. Have a fun holiday and stay active everyone!

The Sports Committee.





### Class 6 2013

Having survived surf school, sailing and a steam train, Class 6 have shown they are super studiers and spectacular sports stars as well. The class has changed considerably this year with students coming or clearing out, usually cooperatively, but sometimes crying. Whether to clowns or canaries, Class 6 cares for others with compassion and compliments causing comfort and chilled out choices.

Visitors have been varied; vivacious or vital, venting or vulnerable, after visiting, vengeance vamoose! Fun, food and friendship have all featured frequently with funky games, feature films as well as fruit and vegetable tasting all contributing to the festivities. Besides these bountiful blessings we have also bought blended milk and board-games at the shops, bowled heavy balls, bounced bocce balls and broken a few ball-point biros (by accident).

Proudly we have painted and penned, printed and plotted, pattered and potted, pretended and produced to prepare ourselves for the potential prospects that we predict are to come. Peace out people, we have proven ourselves!

Have a safe holiday  
David and Wendy



Each Friday students engage in an activities program which interests them and have a choice between Landcare, International Cooking, Mosaic, School of Rock or Craft and Construction.

These groups offer students the chance to show their natural creative talents.

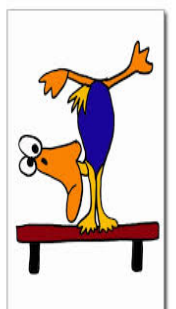
2013 has seen the students engage in all of the above programs with outstanding results.



### PDHPE

As part of the PDHPE curriculum, gymnastics was re-introduced this year to our sports program and by all accounts it was a great success.

Students have the opportunity to work with qualified coaches enjoying a non-competitive fun and educational half hour of physical activity that includes upper body strengthening, core strengthening, balancing, bouncing, rhythmic gymnastics and essential motor skills.



## Visual Arts

2013 has been a highly creative year for our Visual Arts students.

Congratulations to the many students whose artworks have been exhibited at the Hazelhurst and Seaview Galleries.

Our Administration block proudly boasts an extensive collection of student's paintings and drawings for all to admire and enjoy.

The Christmas trees that the St. George Men's Shed so generously handcrafted and that have now been so beautifully and carefully painted by all students will be heading home as a celebration of this special time of the year.

Best Wishes for a safe and happy New Year.

Kathreen Wilson



## Food technology

Many thanks to all students of Carinya for their hardwork in Food Technology this year. Our Food Technology room has been a hive of activity - preparing, presenting and sampling the many creative culinary delights.

As the year draws to an end and our kitchen doors close until next year, a big round of applause, a pat on the back and congratulations to all students for their efforts.

If any kitchen 'Rules' it's the one at Carinya.

Merry Christmas

Kathreen Wilson





## Christmas Crackles



2 Cups of Rice Bubbles

50gms of butter

1 cup of white marshmallows

30gms white choc melts

20 Jaffas

Place rice bubbles in a large bowl. Combine butter and marshmallows in a small saucepan and melt over low heat until smooth. Pour over Rice Bubbles and stir to combine.

Spoon mixture into patty cases.

Leave to set for 20 minutes.

Spoon melted white chocolate over the crackle and place a Jaffa on top of each one. Leave to set.

Merry Christmas everyone.

