

STUARTS POINT PUBLIC SCHOOL

SCHOOL NEWS



Education
Public Schools

Term 4 - Week 6
18th November 2019

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Monday mornings are a favourite in the K/1 classroom as the **Kindergarten Orientation** program continues with smiles galore. We all appreciate that the first day of school is a major milestone in a child's life and every child will approach starting school differently, some may be excited, some may be apprehensive...but, if the Monday morning eagerness and smiles are anything to go by, we think these new Kinders will be magnificent next year!

Kinder Orientation Graduation 2019

Please come along and celebrate with us.

Date Monday 2nd December

Time 9am Best Start Workshop

10am Healthy Lunchboxes

10:30am Graduation Assembly

Place Stuarts Point Public School



2/3 students returned from their excursion full of excitement and stories to share. From all accounts, picking strawberries at Ricardoes was a highlight. Thanks to Miss Kuilder and Mr Hall for providing this invaluable experience and P&C for their support financially.



Last week, our dedicated and hardworking **Platinum** students were treated to an afternoon in the 'Pop Up Day Cinema'. Students ate popcorn, drank poppers (Thanks P&C!) and were entertained by a movie. What a wonderful reward for a fabulous bunch of students. All students on **Bronze**, **Silver** and **Gold** spent the afternoon building team work and growth mindset skills. Using a collection of reused, recycled and repurposed items the students designed and created a unique scarecrow for the Green Team vegetable gardens. The importance of encouraging beneficial insects was also catered for by the construction of an insect motel. The afternoon was completed with a learning challenge using the virtual reality STEM.T4L kit. Keep it up everyone and we will hopefully see you at our waterslide STARs Pop Up later this term.

Congratulations to our SRC who capably ran the **Remembrance Day** service at the cenotaph for our local community. As a school we take great pride in acknowledging and paying respect to all those who fought in the many conflicts that Australia has been involved in.



We wish Evie, Savannah, Ashlyn, Tamryn, Kara, Emily, Chanelle and Alanah all the best as they travel to Sydney this week to perform as part of this year's **School Spectacular** extravaganza. Our students have been selected to play as part of the State Small School Marimba Ensemble. Many of our marimba playing students have been performing at local markets and events in the hope of raising funds to help with the cost of the trip. They have also received a very generous donation from the local CWA association. Thank you to everyone for their support.

Year 6 students are taking part in further **transitioning** activities to their respective high schools, where they attend whole-day visits, travelling on the bus into the school and experiencing the many subjects on offer.

As we head into the final weeks of school, it is a great opportunity to collectively reflect on 2019. We would like to invite all students, parents and staff to recognise someone who has helped them in 2019 - either by modelling a **growth mindset**, using the **FISH Philosophy** or another memorable act. Please complete the attached SHOUT OUT and place it in the box in the Front Office. The completed SHOUT OUTS will be used to create an artwork that captures the year that was 2019.

Thanks for your continued support.

Tonya M Worling

Merit Awards



Liam,
Shae,
Ivy,
Alanah,
Mackindi,
Tamryn



Win Bin

Charli, Ivy, Nysa

FISH Award

Be There

Holley, Zaylia, Emily T



Take Home Reading Reward System

75 Nights: Adelaide; 125 Nights: Xavier J, Evie;

150 Nights: Xavier H, Bianca; 200 Nights: Leon



STAR students



Messages

On Tuesday 17th December all **STAR students** will be celebrating with a fun-filled time at the Grassy Head waterslide. Congratulations to these students. Student consent forms will be handed out closer to the event. See below the STAR outline from our policy.

Students Taking Action and Responsibility STARS



Appropriate behaviour for a further 2 weeks (total 32 weeks)

No record of name (circled) on class record/board

Name listed 32x on STARS chart for behaviour and responsibility

Reward (Term 4) End of Year - Waterslide Excursion



Family Contact Details: It is important we have up to date contact information for all families, including all emergency contacts. Please ensure that you let us know as soon as any of your personal details change.

Planning for 2020 is now well underway. To assist us in our internal class organisation for next year, could anyone anticipating moving schools or knows of anyone moving into the area, please contact the school as soon as possible.

DATES TO REMEMBER



Please visit our school website for up to date details

Week 6

18th Nov

-Kindy Orientation 9-11.30am

+ Workshop for Parents: Literacy / Numeracy 9-10am

20th-24th Nov

-School Spectacular

22nd Nov

-Assembly K/1 class item 2.30pm

Week 7

25th Nov

-Kindy Orientation 9-11.30am

26th Nov

-P&C Meeting

29th Nov

-Yr 4/5/6 Girls /Boys Ed

Workshop by Community nurse

30th Nov

-Garden Gala Macksville Showgrounds

Upcoming

2nd Dec

-Kindy Orientation 9-11.30am

-KO Parent Workshop Best Start 9am

-Healthy Lunchboxes 10am

-Graduation Assembly 10.30am

4th Dec

-KHS Yr 7 Transition Day

6th Dec

-Assembly 2/3 class item 2.30pm

11th Dec

-Presentation Night practice 9-11am

12th Dec

-Presentation Night 6pm

13th Dec

-Scripture Volunteers Morning Tea

16th Dec

-Reports handed out

-Christmas Craft 11.30-1pm

-Yr 6 Farewell Dinner 6pm

17th Dec

-STARS Waterslide Pop-Up 12-2pm

18th Dec

-Talent Quest 9-11am

-Last day Term 4 for students

K/1 Geography

In Geography this term K/1 are learning all about Australia. We've been talking about how to care for special places in our country. This week, we have discussed the Great Barrier Reef and the importance of the reef to the traditional Aboriginal and Torres Strait Islander owners, other Australians and the sea life that live there. We know that several factors are destroying this special place. We wrote what we thought people could do to help take care of the reef.



Take care of the environment and turn off power points.

Take care of the environment by walking instead of driving.

Pick up rubbish and don't pollute.

Don't hurt the animals or the coral.



We created our own reef art works inspired by fish you might find at the Great Barrier Reef.



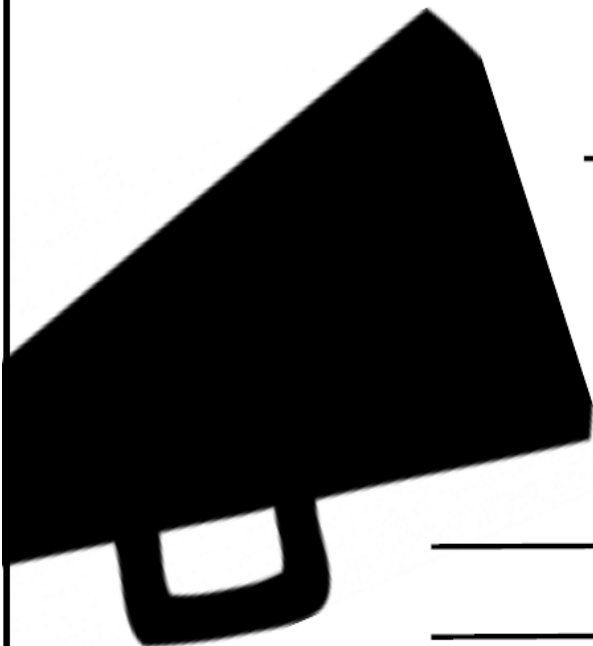
Parent Information

GROWTH MINDSET

“If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don’t have to be slaves of praise. They will have a lifelong way to build and repair their own confidence”.

-Carol S. Dweck

SHOUT OUT TO:



BECAUSE:

P&C NEWS

P&C NEWSLETTER WEEK 6 TERM 4 18/11/19

Preparations have begun on organising the Year 6 farewell being held on Monday 16th Dec. We are looking for parents from Years 4 & 5 to help on the night. A letter will go home soon with more information.

Our annual Christmas Raffle will be held on Presentation Night, Thursday 12th Dec. A tub for donations and raffle tickets will be available from Monday 2nd December.

Our next P&C meeting will be held Tuesday 26th November at 9.15am in the library. We'd love to see you there.

Lee Taylor
Vice-President

Bushfire Update

Throughout the recent unprecedented weather conditions and bush fire activity, the Department, in conjunction with the Rural Fire Service and State Emergency Services, made informed decisions, which were strongly based on safety considerations, when determining the operational status of each school. The Department of Education has student safety and wellbeing as its highest priorities. Our school was operational and we made adjustments to operate with minimal supervision. Thank you to all parents who supported our school and kept their children home for this period. It was greatly appreciated. In the coming days and weeks we may change our daily routines to minimise exposure to smoke and keep all students and staff safe at all times.

Information on Student Attendance Advice for schools impacted by fire

Where the school is open but parents advice was they kept their children at home for health or safety reasons, the principal can exercise their discretion and grant leave. As a result of this information, students from SPPS will be granted leave for 2 days, Tuesday 12th and Wednesday 13th November.

Free mental health support for people affected by the bushfires...

healthy minds

**Call Healthy Minds
1300 160 339**

between 8.30am – 5pm
Monday to Friday.

No referral needed.

Free face-to-face or telephone counselling services with a mental health practitioner, such as a psychologist or mental health social worker, will provide people with strategies and techniques to manage their mental health

Healthy Minds services are available across the north coast of NSW.



If you're a Mid North Coast or Northern NSW residents who has been affected by the bushfires, you are being encouraged to access free mental health support via the local Healthy Minds program.

The stress of experiencing something such as a bushfire can leave people at a higher risk of developing depression or anxiety, even if they are not directly dealing with loss of property and/or possessions.

"At North Coast PHN, we are coordinating a mental health response that includes widening the eligibility criteria for the Healthy Minds program. Persons affected by the local fires can now book in for free face-to-face Healthy Minds counselling services and do not require a referral from their GP to commence supports."

Julie Sturgess, North Coast PHN

Please note, Healthy Minds is for people experiencing mild to moderate mental health concerns and is not a crisis service. If you require immediate support, please contact Lifeline on 13 11 14 or Beyond Blue on 1300 22 4636. For children under 12 years, call the Kids Helpline on 1800 551 800. In an emergency, please call 000 or go to your nearest hospital emergency department.

The intake for Healthy Minds is now being managed by Neami National through their Connect to Wellbeing North Coast program. Connect to Wellbeing North Coast has been made possible by funding from North Coast Primary Health Network.



Bushfire Recovery Information

- In the aftermath of bushfires is important to have a positive, hopeful and optimistic environment that focuses on mastery and on the future while compassionately acknowledging sadness and pain. (Raphael, ANU School Recovery toolkit).
- Many children and adolescents will experience some reactions following this traumatic event but most are resilient and return to their previous level of functioning over time. We can top up the students resilience in the way we teach, interact and model positive behaviour. This doesn't mean we pretend that it didn't happen or that we didn't find it to be a horrible, scary or tragic event. It means that we show that people can endure such challenges and are able to cope when the people around them are supportive and caring and we acknowledge that people will have a range of reactions and good and bad days.
- Focus on the positives and strengths – the coping strategies that the individuals, school and community have demonstrated over this time.
- In the school community it is important to return to routine.
- Set clear and firm limits of behaviour and communicate these clearly. Although it is reasonable to adjust expectations about a young person's behaviour following a trauma, it is important that they understand they cannot use this as an excuse to get away with inappropriate behaviour. Memory and language function are impacted in times of trauma – so make instructions clear and concise and use visual reminders.

Psychological First Aid

The 3 key principles are:

- Listen / Look – show you are really listening to the student
- Protect – remind and reassure them school is a safe place to be
- Connect – returning to school routines and activities, friends and staff helps facilitate this.

(Adapted from Trauma and Grief network)

After the fires: Helping Primary School Children Recover

Changes in Behaviour

Reactions to the trauma of the bushfires may result in changes to children's behaviour. You may notice the following:

- More clingy, difficulty separating from loved ones, homes, pets.
- Regressive behaviour eg: thumb sucking, bed wetting, sleeping with parents.
- Fussy eating – eating more/ eating less
- Disturbed sleep, nightmares.
- Fear of darkness.
- Appearing anxious and unsettled.
- Tantrums, irritability or anger.
- School avoidance.
- Withdrawal from peers and social activities.
- Loss of interest and poor concentration in school.
- Physical problems eg: headaches, vague aches and pains, skin eruptions, bowel problems



The good news -

Children are resilient and are able to bounce back after a trauma, for most of them these reactions reduce over time with the support of their families.



How you can help your child recover

- ✓ Provide reassurance that they are safe and secure. Lots of hugs and cuddles
- ✓ Play with your child – this is a good way for them to express their emotions, toys such as fire trucks, police cars, buildings and dolls are useful.
- ✓ Get back to regular household routines as quickly as possible.
- ✓ Allow your child to talk, listen to their concerns – sometimes they are not what you might expect.
- ✓ Provide simple factual information and monitor their exposure to media stories. Younger children need more reassurance than facts.
- ✓ Be understanding and flexible while gently but firmly maintaining behavioural expectations.
- ✓ Look after yourself – taking care of yourself helps you take care of your children.