



Chertsey Primary School

GROWING AND LEARNING FOR ACADEMIC SUCCESS

Term 2, Week 8 Newsletter



From The Principal's Desk

Principal's Report Term 2 Week 8

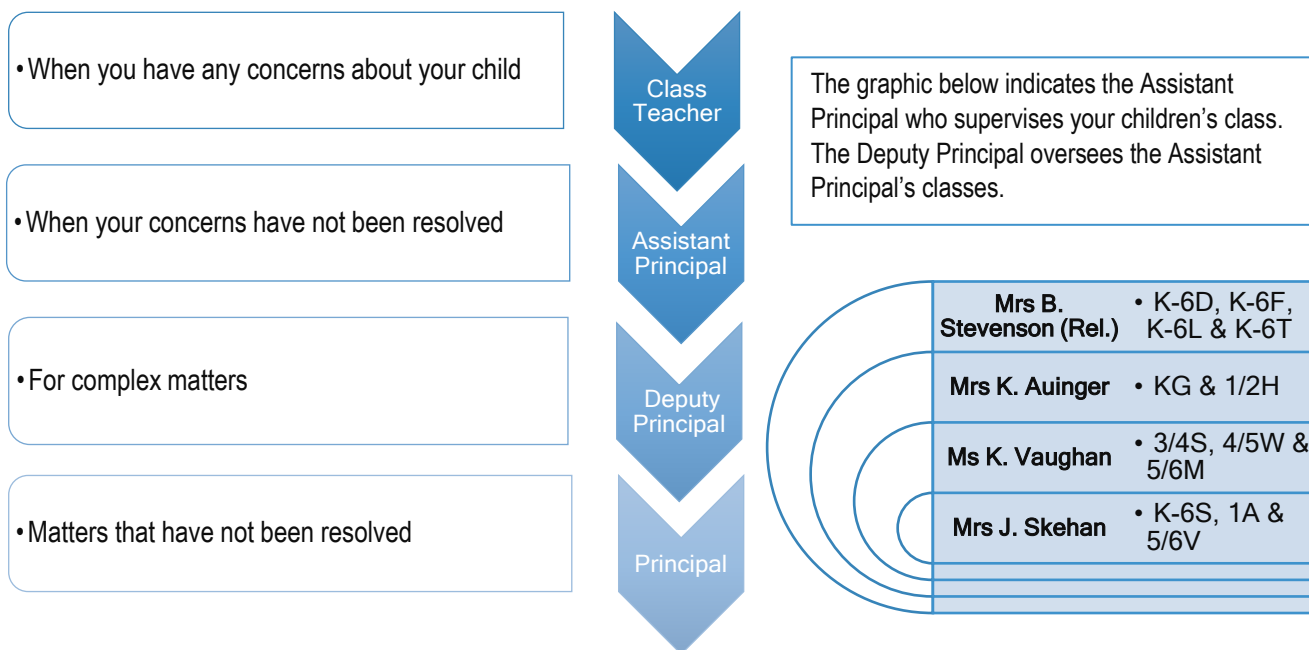
Welcome to Week 8!

Thank you to the parents/carers who are supporting us in maintaining the Department of Education's guidelines. The Department of Education has released new guidelines due to the easing of COVID-19 restrictions across the state. Students received a copy yesterday. The guidelines will be on our website and can also be obtained through our school app, SchoolStream. Parents/carers are to maintain the current procedures. If your child is late to school, remain at the front pedestrian gate on Willow Road and phone the school. The office staff will keep you on the phone until your child enters the administration building. If you have been unable to arrange a medical appointment outside of school learning hours, please wait outside the front pedestrian gate and phone the school and the office staff will assist.



Communication

Communication between home and school is vital to support optimal learning for your children whilst at school. The infographic below will help to assist you when determining who to speak to. All communication concerns need to go to your child's class teacher first. If you feel that your concerns have not been resolved, then proceed to communicate with the executive staff member that supervises your child's class. For complex matters, our Deputy Principal (Instructional Leader), Mrs J. Skehan will assist. If you feel that matters through the previous channels have not been resolved, please contact me at the office.



Student Parliament

Move over state or federal parliament as we have some amazing budding parliamentarians in the making and Chertsey Student Parliament is officially in operation! Our very first student parliament operated last Friday. The students, under the tutelage of Mrs Tweedie, have created an amazing space where class parliament representatives felt supported to have their voice heard amongst their peers and senior students. There were some fantastic motions put forward from our responsible students. I look forward to my meetings this week with the Ministers to discuss and plan the ideas put forth. Well done students!





Attendance

Students are required by legislation to attend every day the school is operational unless sick. All appointments should be made outside of school hours wherever possible to minimise the disruption to the teaching and learning of your child as well as the teaching and learning of other students.

Playground Structures and Eating Times

Since last week we have been trialing a new playground space and lunch eating time structure. At lunch 1 and lunch 2, students will eat in their classrooms first before heading out of their class for playtime. We have opened more areas of our very large playground and amenities. If your child prefers a quieter area to either talk to friends, draw or read they can go to the library that is now open every day. The hall is now open to play structured games with a teacher and the oval and top grass is still available for play. At lunch 2, all students K-6 move into lower playground areas. Lunch 2 offers, the library, the hall, the undercover area in front of the canteen and the COLA (Years 3-6 students only playing a game of netball with a teacher). The oval is also available and is split into three areas, a Years 3-6 game, a K-2 game and the equipment. Once our Peer Support Program is in full swing, our older responsible students will be caring for our younger students and teaching them to play a game on the oval eg. soccer. Our new options at lunch 1 and 2 are accommodating all of our students by utilising the expansive space that we have, providing increased structure in our active spaces and allowing more staff involvement.

Canteen

The canteen has many delicious items on the menu. Have you tried Mrs Savage's freshly cooked pizzas, all made from scratch? No pre-bought pizza bases here at Chertsey! There are so many scrumptious items on the menu so have a look at the canteen menu towards the end of our newsletter. Don't forget to write your lunch order on a paper bag or alternatively you can purchase a paper bag at the canteen for 10c. Please remember that Lunch 1 is all student's main meal and as such it is the only time hot canteen foods can be ordered. Lunch 2 canteen foods are snacks and drinks. The canteen remains operating Wednesday – Friday. Enjoy!

Cyber Safety – eSafety’s Parent’s Guide to Online Gaming

The eSafety Commissioner works to safeguard Australians at risk from online harms and to promote safer, more positive online experiences. eSafety leads and coordinates the online safety efforts of government, industry and the not-for-profit community in Australia. One of Australia’s leading online safety presenters, Greg Gebhart, will be presenting a FREE parent webinar on online gaming.

This webinar will cover:

- the benefits of gaming and how to mitigate the risks
- strategies to manage gaming and overuse
- where to find help and support.

Session days and times

- Monday 22 June: 7.30 – 8.30pm AEST
- Thursday 25 June: 12.30 – 1.30pm AEST
- Thursday 25 June: 7.30 – 8.30pm AEST



To register <https://register.gotowebinar.com/rt/3855711708416748045> alternatively go to <https://www.esafety.gov.au/> . **Don’t miss out - spaces per session are limited.**

Mrs Baldwin’s Wall of Fame



Every week all of our students participate in Auslan lessons and last week I was lucky to experience K-6T’s Auslan lesson with Mrs Sharpe. Over the last few weeks the students have been learning numbers and colours. Part of their Auslan lesson this week was to utilise all of their previous learning and play a game of Uno only communicating via Auslan. Fantastic lesson and wonderful participation from our K-6T students. Keep up the wonderful effort!

“You don’t have to see the whole staircase, just take the first step” – Martin Luther King

Have a wonderful fortnight.

Mrs Sarah Baldwin

Principal

If your child is sick, please notify the school. Absences can be explained via our new school app, SchoolStream or you can phone the office to explain. Alternatively, an email or note can be sent in the following day that should explain the reason for your child's absence, the date(s) of the absence/s and it should be signed and dated by a parent or guardian. Every moment counts!



Chertsey Primary School are paving the way to reconciliation

During Week 5 in the Library the students read **Sorry Day** by Carol Vass & Illustrated by Dub Leffler to recognise National Sorry Day (26th May) and Reconciliation Week (27th May- 3rd June).

National Sorry Day is held each year on May 26th to acknowledge and pay respect to members of the Stolen Generations and plays a part in the healing journey of turning something hurtful from the past into something positive for future generations. The students reflected on what National Sorry Day and Reconciliation Week means to them and contributed to a display in the COLA. Thank you to our Stage 3 students who designed this amazing display.

Clare R, Eva M, Amelia R, Tully M, Tiana A and Alexis K.



Tips for Staying on Track

Central Coast Got It! Program Ph: 4328 7370



Health
Central Coast
Local Health District

Positive Parenting Pyramid

Families have experienced a lot of sudden change. A reduction in support through usual routines and community connections can cause an increase in stress, particularly in relation to parenting.

This newsletter visits the principles of positive behaviour management and provides links and resource suggestions for further information.



I am the most important person in the world because I have all of your attention.

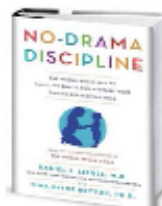


I am the most important person in the world because I have all of your attention.

Helpful Resource:

No Drama Discipline

By Dan Siegel & Tina Payne Bryson



Developed by The Got It! Program, NSW Health, Version 1.0, May 2020

DID YOU KNOW?

A child's behavior is driven by the need for an emotional connection. This drive is biological and very powerful, so children will develop behaviours that give the best chance of receiving this connection.

Interactions rich with emotion are the most rewarding for a child.

Intense feelings of closeness can be caused by negative parent emotions just as easily as positive parent emotions.

The need to experience such feelings can be the most powerful influence on a child's behavior.

When a child finds something that produces these feelings they will do it again and again, as long as it is providing the experience they desire.

WHAT DOES THIS MEAN FOR PARENTING?

The answer lies with you as the parent and where you direct your emotionally charged attention.

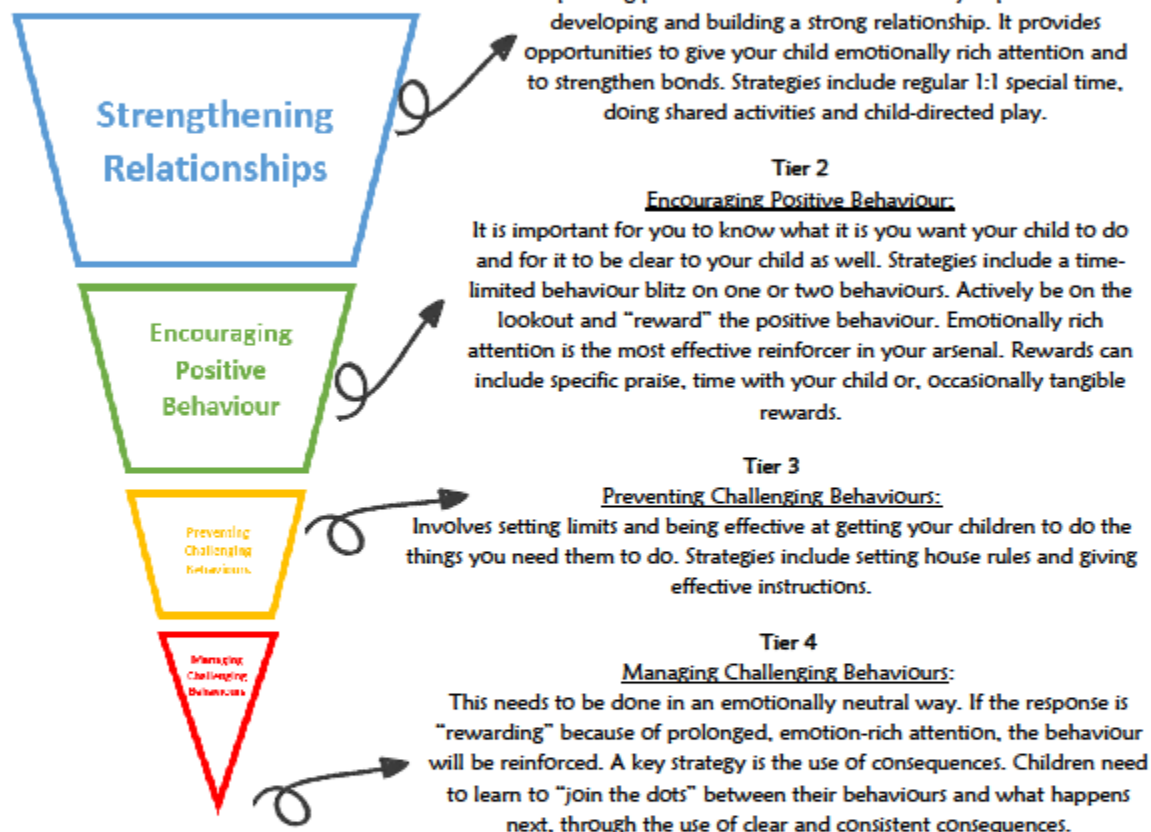
The key is to shift such attention from the behaviours you don't want to see and give it to the behaviours you want to see more of.

Activities to try at Home

Central Coast Got It! Program Ph: 4328 7370



Positive Parenting Pyramid



Want More Info on the Pyramid?

Tier 1: <https://raisingchildren.net.au/newborns/connecting-communicating/bonding/parent-child-relationships>

Tier 2: <https://raisingchildren.net.au/school-age/behaviour/discipline/discipline-strategies>

Tier 3: <https://raisingchildren.net.au/preschoolers/behaviour/rules-consequences/family-rules>
<https://raisingchildren.net.au/school-age/behaviour/behaviour-management-tips-tools/requests-instructions>

Tier 4: <https://raisingchildren.net.au/preschoolers/behaviour/rules-consequences/consequences>

A Guide To Self-Care and Wellbeing During Times of Uncertainty.

In times of uncertainty, it is normal and natural for children and adults to respond in unique ways. It can be helpful to focus on the aspects of our lives that we can control like caring for our physical health, safety and emotional wellbeing.

*"The only thing in life that is permanent is change.
Change is the only constant in life"*

Heraklitos



Steps for Self-care

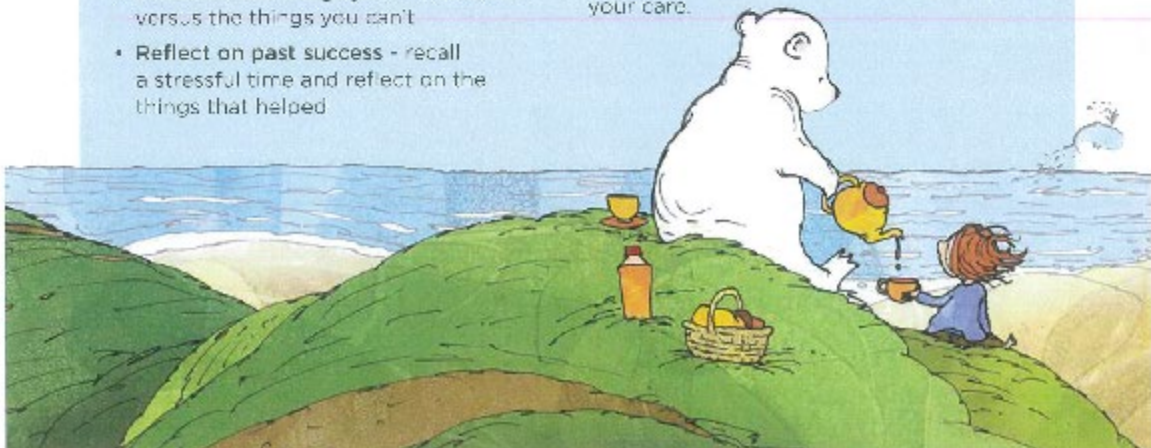
There are things you can do to support yourself, your friends and your family:

- **Listen** - to your needs and your own advice
- **Offer kindness** - for yourself and others
- **Stay connected** - with others by phone and online
- **Keep informed** - just enough information from reliable sources
- **Maintain a healthy routine** - diet, activity and sleep
- **Focus on the things you can control** - versus the things you can't
- **Reflect on past success** - recall a stressful time and reflect on the things that helped
- **Learn a new skill** and make plans for the future
- **Help others** - if and when you can
- **Seek support** - It's okay to ask for help and advice
- **Build hope** - Focus on 3 things you are grateful for.



You can't pour from an empty cup.

Look after yourself so you are better able to help the children and young people in your care.



Coronavirus (COVID-19) and Beyond

Evidence-based tips to help
support your child's mental
wellbeing

Managing Big Feelings

Worried? Upset? Bored? Frustrated? It's normal. Feelings like these are important. They let us know when something doesn't feel right and can help remind us to do important things, like wash our hands or call Grandma to cheer her up. Sometimes though, feelings take over our behaviour. Other times, we can get stuck in our thoughts and feelings and it stops us having fun or making the best of the situation. This handy Octopus Tool provides some steps for managing feelings in a positive way. It can be helpful for parents, carers and kids stuck at home. And, for learning emotional literacy as part of 'home school'.

1. Draw an octopus shape and choose an emotion that's bothering you.
2. Think of 8 things you like to do and that you can do by yourself. The more unusual and creative the better! Draw or write them on the tentacles.
3. Stick your octopus somewhere you can find it easily.

★ Top Tip: Make sure you lay out the resources so children can find these themselves when they need to. ★

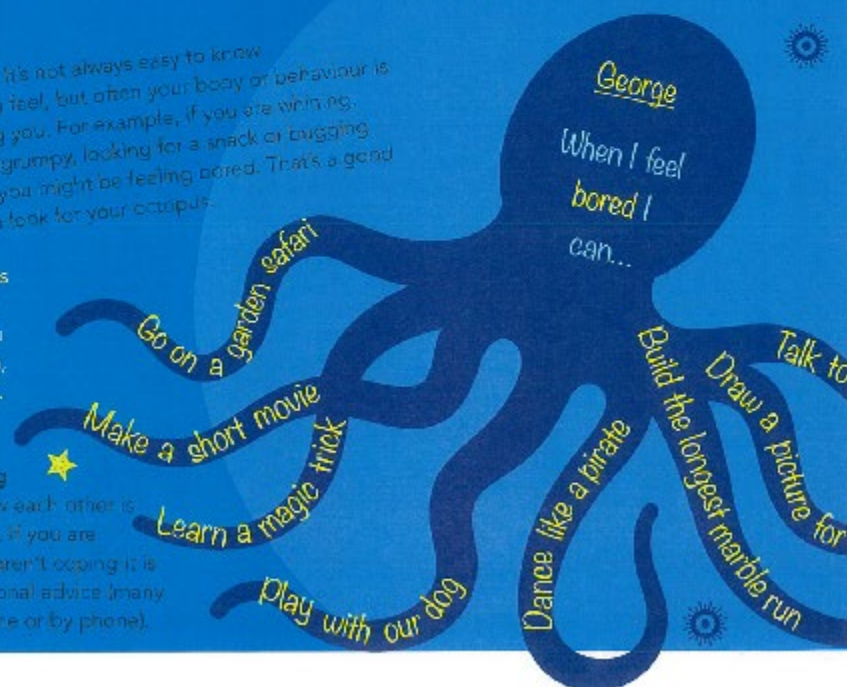
4. Now the tricky part...notice when you are feeling the emotion. Don't try to stop or ignore it, just spot it. Then choose one or more of the activities from your octopus instead.

★ Top Tip: It's not always easy to know how you feel, but often your body or behaviour is showing you. For example, if you are whining, feeling grumpy, looking for a snack or bugging others you might be feeling bored. That's a good time to look for your octopus.

5. Make a new octopus as often as you want. Try different designs if you prefer - spider, jellyfish, flower, stack of cards...

Keep talking and listening

★ Check in regularly with how each other is feeling about the situation. If you are concerned that you really aren't coping it is important to seek professional advice (many services are available on-line or by phone).



The
CYRA
Service

Communicating
Childhood & Youth Research
Unit Ltd

Centre for Children
and Young People

Southern Cross
University

goodgrief

MacKillop
Family
Services

NSW Department of Education

Changes to the opportunity class placement process for Year 5 entry in 2021

Information for parents/carers and students

The department is committed to the continued education of all students across NSW, including advanced learning programs for high potential and gifted students.

The 2021 Year 5 opportunity class placement process was put on hold in April 2020 due to the COVID-19 situation.

We have now rescheduled and streamlined the application process. Please note the details of the changes below and assist parents and carers to understand these changes.

Why have changes been made to the 2020 opportunity class placement process?

Due to the shorter time frame available for the OC placement process, changes have been made to the process for this year. The department is committed to supporting the continuity of learning and transitions for each child, and the revised application and placement process will ensure students are placed in 2021 Year 5 opportunity classes as soon as possible.

What changes have been made?

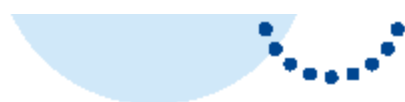
The 2020 opportunity class placement process has been revised to accommodate the shorter timeline due to the postponement of the test.

To ensure the fair and consistent assessment of students across all schools and regions of NSW, this year students will be placed on test results only. Taking this approach reduces the effect of the disrupted start to the school year, which could compromise school assessment scores, and ensures that all students are placed using the same test performed under the same conditions. The test is created by an independent educational assessment provider and measures academic ability, not achievement, giving a reliable method for identifying highly gifted applicants which is not subject to the variable classroom conditions experienced this year.



education.nsw.gov.au





What are the key dates I should be aware of?

The revised dates are listed below. Parents are advised to review the new dates carefully and ensure an application is submitted by the closing date for their child to be eligible to sit the placement test as, owing to the shorter timeline, late applications will not be accepted.

Action	Date
Applications open	9 June 2020
Applications close	26 June 2020
Opportunity Class Placement Test date	16 September 2020
Parents and schools advised of placement outcome information	From 1 December 2020
Parents accept or decline first round placement	By 15 December 2020
Principals arrange orientation day for successful candidates	December 2020
Reserve places offered	From mid-December 2020
Authority to attend an opportunity class letter sent to parents	Late January 2021
Successful candidates enrol in Year 5 at a school with an opportunity class	Late January 2021

A visual timeline showing the key dates is printed on the next page.

Further information

Visit the department's website

Opportunity classes – Year 5 updates available on the website at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/updates>

Opportunity classes – key dates on the website at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/general-information>

Parents are encouraged to speak to the principal of their child's primary school for further information about the changes made to the opportunity class placement process this year.

Contact

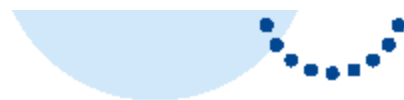
For further information or assistance contact:
High Performing Students Team
ssu@det.nsw.edu.au
1300 880 367

Follow us on Facebook for updates on the current and opportunity class placement process.

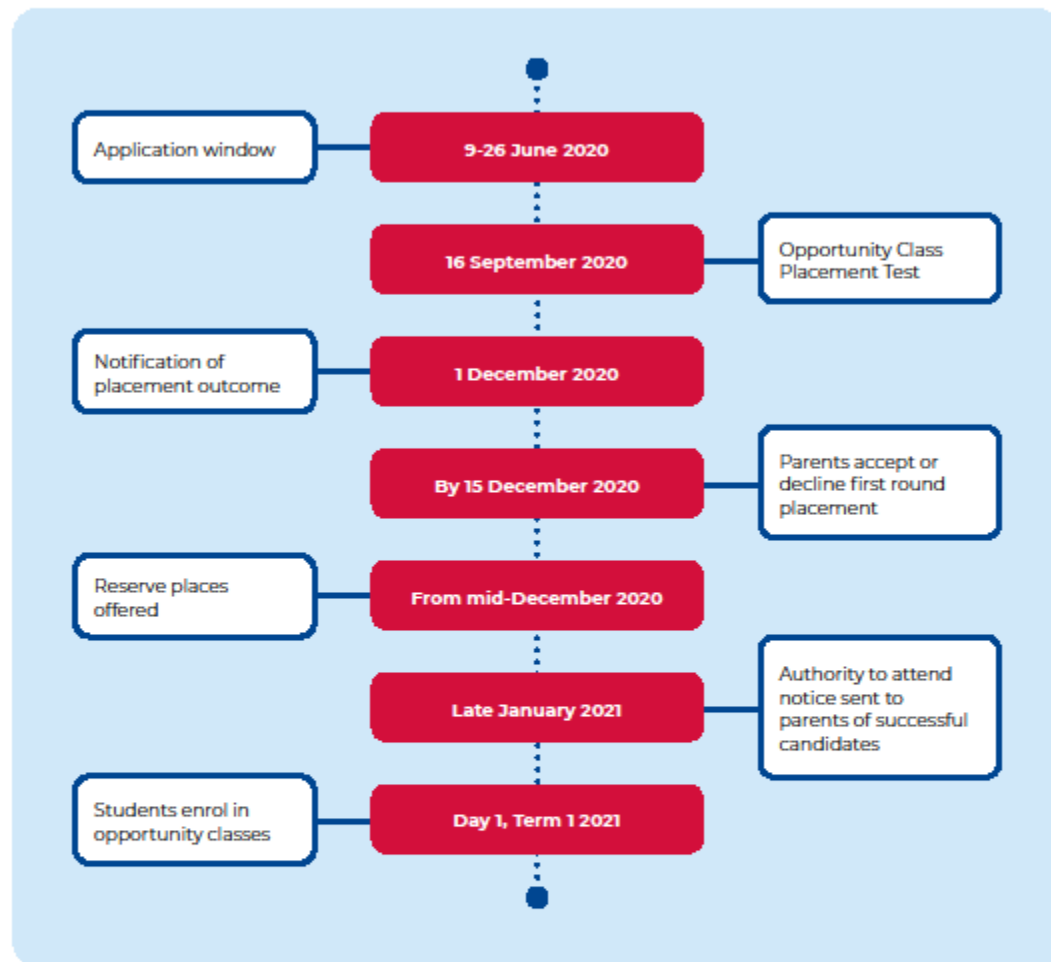
[Opportunity class placement](#)

education.nsw.gov.au





2020 Opportunity class placement process - key dates



education.nsw.gov.au



Important Dates to remember

<i>Phase 3 return to school schedule 5 days per week</i>	

Announcements

<u>Assembly Times</u>	<u>School Canteen</u>	<u>P&C</u>	<u>School Banking</u>
K-6 Assembly Friday 2:20pm Odd Weeks <i>Assemblies are postponed until further notice due to COVID-19.</i>	The school canteen will be open Wednesday – Friday.	Meetings are held every second Tuesday of each month beginning at 6:30pm. All welcome!	School banking is every Tuesday. <i>School banking is on hold until further notice.</i>

<u>Changes to address or contact details</u>
Please notify the school as soon as possible if there are any changes to contact details, address and phone numbers.

<u>Administering Medication at school</u>
When medication is needed to be administered at school, it is a departmental requirement that a form be filled out by the parent/carer before we are able to administer medication. This includes Panadol and Nurofen. Please see the front office for the form.



Regular attendance at school is essential if students are to achieve their potential, and increase their career and life options. For the benefit of all children, parents or carers should ensure their child attends school every day. Any absence from school should be explained within seven days of the absence. Regular attendance combined with a positive attitude means...

GOOD RESULTS. Attend every day