



Chertsey Primary School

GROWING AND LEARNING FOR ACADEMIC SUCCESS

Term 3, Week 4 Newsletter

Principal's Report Term 3 Week 4

Education Week

Education Week is an annual celebration of NSW public education and the achievements of our school and students. We celebrated Education Week last week, with our students participating in a range of learning and wellbeing initiatives including Mindfulness, Museum in a Box – Aboriginal Education focus, Targeted Numeracy, Creative Arts and English (to name a few). It was wonderful to see all students engaged in a wide variety of hands on tasks. We missed celebrating with our parents and community but hope you enjoyed the snapshots we were able to share via our Facebook page.

I would like to acknowledge our amazing staff who value and care for each student and work tirelessly to create wonderfully engaging learning opportunities throughout the year. We all know that this year has been particularly tricky and they have sustained their dedication and commitment despite the challenges.

A big thank you to our wonderful P&C who work hard to support the school community at all times. Your work is valued and appreciated! The P&C surprised staff last Friday by their words of gratitude, lovely gifts and a delicious morning tea. Staff were blown away by the generosity and display of appreciation.

The education of our students is a team effort, and what a wonderful team we have here at Chertsey PS.

Semester One Reports

As you are aware, the Department of Education has communicated formal modified Semester One Reports are to be distributed by 21st August. This allows our staff to continue teaching and assessing until the end of this week. Due to the COVID-19 pandemic, the reports are modified slightly and they will be distributed in Term 3, Friday Week 5.



Cross Country

On Friday 14th August, all students K-6 will participate in the school cross country. Unfortunately, due to ongoing COVID restrictions, parents will be unable to attend this school event. Students are asked to wear their sports uniform and bring a drink bottle.

On this day, Year 6 will be holding a BBQ to raise money for their Year 6 Farewell Dinner. This will be held straight after the cross country at Lunch 1. Sausage sandwiches will be sold for \$2 each.

School Photos

School photo day is coming up on Wednesday 19th August. Please ensure students wear full school uniform and bring their photo order form on the day. We have been advised that due to COVID, group sittings will not be possible this year. All students will be photographed individually and these will be displayed as a class.

Aunty Peach Show

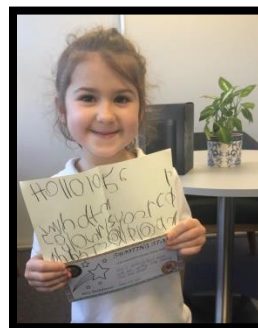
We are looking forward to this fun and engaging incursion coming up on Thursday 20th August. Please return permission note and money as soon as possible.

Crossing – Willow Road

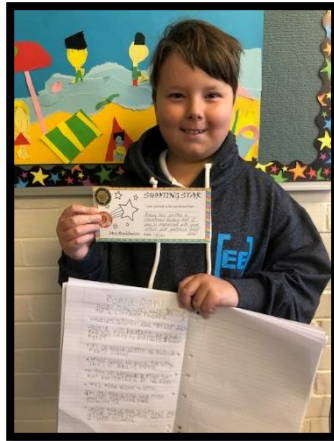
A reminder to students and parents that we have a pedestrian crossing on Willow Road. This crossing is manned by a staff member in the afternoon, to assist all of our families to cross the road safely. Please encourage students to use this crossing rather than running directly across the road to your car (even if this means a little extra walking). There have been a few near misses lately and we want to encourage students and families to make sensible road safety choices to ensure all children are safe.

Mrs Baldwin's Wall of Fame

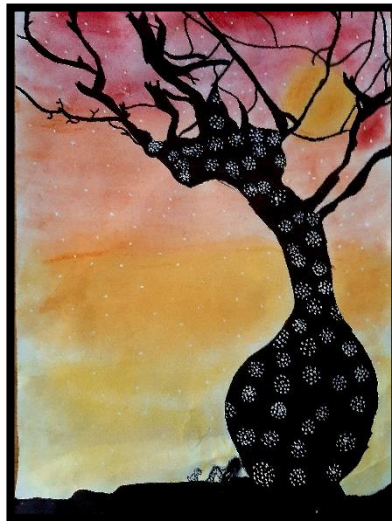
Gemma and Eva, from KG, shared their impressive writing. It is so wonderful to see even our youngest students striving to achieve their personal learning goals.



Adam, from 5/6M, wrote a sensational factual text about Roald Dahl. Such a wonderful effort!



Congratulations to Alexis, from 5/6M, for her phenomenal Aboriginal artwork.



Have a wonderful fortnight!

Sarah Baldwin

Principal

Chaplaincy at Chertsey

This year has gone so fast and seen so many changes in the way we do things since COVID has been hovering on our doorstep. A lot of my time has been supporting students being available with lots of random ad hoc conversations. Term 2 is when I focus on group work, this term we are running the following programs with targeted students.

- **Seasons for Growth:** an innovative, evidence-based change, loss and grief education program that draws on the metaphor of the seasons to understand the experience of grief. It builds the knowledge and skills necessary to strengthen social and emotional wellbeing following significant loss by exploring the impact of change and loss and learning about effective ways to respond and adapt. Participants learn that they are not alone in their experience of change, loss and grief, and are able to build their communication, decision making and problem-solving skills within the context of a safe and supportive peer group learning environment.
- **Shine Program:** a unique personal development and group mentoring tool that uses an inspirational, practical and experiential approach to learning. This program is founded on the premise that every life counts and has intrinsic value, and fosters an awareness of this belief. As a result, girls are equipped to become effective global citizens for the future.
- **Sib works:** designed for siblings of children with a disability or chronic illness that have particular needs. Some siblings can feel quite isolated and having these sibling groups allow these children to come together, have fun, share experiences and learn ways of dealing positively with challenges they face.

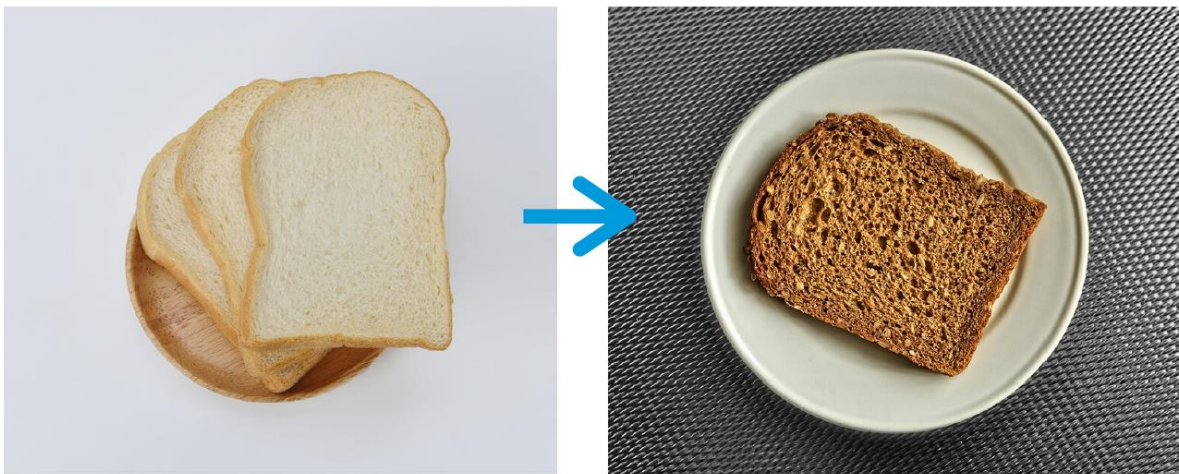
Local Police Youth Engagement talks about Cyber Safety



Local Police Youth Engagement Officer Ryan Hall came to our school to talk to our stage 2 & 3 students about Cyber safety. Ryan really brought the message of not allowing people into our cyber world that we wouldn't let in our home. The children were really engaged by his relatable nature. Thank you so much to Ryan and our local police for always supporting our school.

Nutrition Snippet

WHOLEGRAINS.



Simple swaps – good for the gut.

Aim to eat at least two-thirds of your breads and cereals as wholegrain or wholemeal foods.

Check out the [healthy lunchbox website](http://healthylunchbox.com.au) for more wholegrain inspiration your family will love.

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

KIDS AND CALCIUM.



Calcium is important for growing healthy bones and teeth.

Our calcium-rich custard pudding makes a delicious lunch box treat, snack or dessert.

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

ENJOY WINTER VEG.



Try these winter warmers:

- [Red lentil soup](#)
- [Slow cooked chicken cacciatore](#)

For more recipes visit healthylunchbox.com.au

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

THIRSTY?



Water or plain milk is the best.

Try these ideas to zing up your drink:

- Water flavoured with slices of strawberries, orange or lemon makes a refreshing change
- For the lunch box, add some berries or cucumber slices to a bottle of water and pop it into the freezer
- Check out our [blog](#) for more healthy thirst-quenching ideas

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Sunsmart Snippet

Vitamin D



Sensible sun protection does not put people at risk of vitamin D deficiency.

Most kids need just a few minutes of sun exposure, such as playing outside at morning tea, to get enough vitamin D.

Protect your skin when UV is 3 or above.

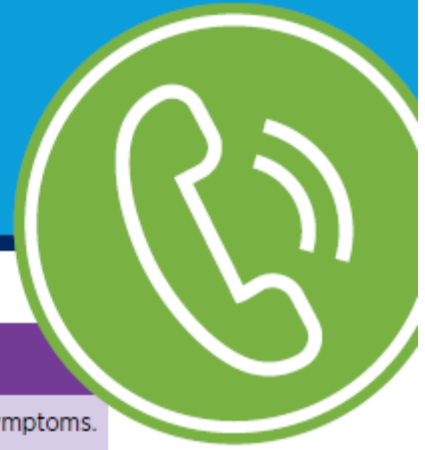
www.sunsmartnsw.com.au



Cancer Council
Healthy Lunch Box

COVID-19 (Coronavirus)

Who to call



Questions and support

- Call **1800 020 080** (24/7) for health questions or to check symptoms.
- Call **13 77 88** (24/7) for non-health related questions.
- Call **1800 512 348** (24/7) for mental wellbeing support
- Visit www.healthdirect.gov.au to check symptoms.
- Visit www.nsw.gov.au/covid-19 for all other COVID-19 related information

Triple Zero

Save **Triple Zero (000)** for emergencies such as difficulty breathing or shortness of breath at rest.

Interpreter service

For free help in your language call **13 14 50**.

If you have symptoms



Fever



Cough



Sore throat



Shortness of breath

- **Self-Isolate first.** Call your GP or visit a public COVID-19 clinic: www.nsw.gov.au/covid-19
- Travel in your own car or a private car driven by a family member or an existing close contact. **Do not travel by public transport, taxi or ride-share service.**
- **Wear a surgical mask.** If unavailable, ask for one immediately when you arrive.

Protect yourself and others.



Practise good hygiene



Practise physical distancing



Stay home if you can



iPhone / iPad iOS

1. From your mobile device go to the **App Store** search for **School Stream**
2. Tap the **FREE/GET** button to the right of the School Stream listing
3. Tap the **INSTALL** button
4. Enter your Apple ID and password & tap **OK**
5. Wait for the install icon to change to **OPEN**
6. Tap the **OPEN** button
7. You will be prompted to accept push notifications, you will need to select **OK**
8. Start typing **your school** into the search then **SELECT your school**

Android / Tablet

1. From your mobile device go to the **Play Store** search for **School Stream**
2. Tap the School Stream listing
3. Tap the **INSTALL** button
4. Tap the **ACCEPT** button
5. Wait for the app to install then tap the **OPEN** button
6. Start typing **your school** into the search then **SELECT your school**
7. Tap the **DONE** button in the top left

- ✓ School Stream uses 'push notifications' to deliver you information. When prompted be sure you say 'yes' to push notifications.
- ✓ Smart devices are just like a computer. When too many apps are open, performance is affected in many different ways. Force closing apps and occasional resets of your device will ensure the best performance and prevent some problems.
- ✓ School Stream requires location permissions so we can provide map functionality to events. Enable location access so you have access to map directions.
- ✓ iPhone/iPad – you can customise the way a push notification is delivered by opening your iPhone Settings > Notifications > School Stream and choosing an option.

Bilgola Close Parking



Picture A

Bilgola Close is a small, busy area and it is **very restricted** for parking at the best of times.

As soon as you enter the close, signage states that there is no parking between

8am – 9:30am and 2:30pm - 4pm on school days (as can be seen on the first of the two signs in picture A).



Picture B

A sign on either end of the staff carpark entry (second sign in picture A) through to the boundary fence (sign in picture B), indicates that between these signs, wheelchair parking is excepted.

The sign in picture C is to the very right of the staff car park gate and you will notice that it also clearly states that between 8am – 9:30am and 2:30pm – 4pm that there is no parking except wheelchairs.

As with any carpark, please do not park in front of the staff carpark entry at any time, including peak before and after school times.

No parking

You must not stop for more than two minutes in a No Parking area. You must remain in or within 3 metres of the vehicle.

Hours of operations may apply to some signs. This means restrictions apply for those times only.

Mobility Parking Permit holders are allowed to park for up to 5 minutes in a No Parking area.

information - <https://www.rms.nsw.gov.au/roads/safety-rules/road-rules/parking.html> .



Picture C

For more

Emotion coaching in action Here Jason uses emotion coaching with Sam who is refusing to go to school.

Step 1



Jason: Come on its time for school

Sam: No I'm not going!!

Jason: Come on we have to go, we're already late!

Girl: No, my tummy hurts.

Step 2

Jason: You don't want to go to school, do you bub?

Sam: No.



Step 3



Jason: You look really sad and a bit worried, I wonder if something has happened at school?

Sam: Kinda...

Jason: Can you sit with me and tell me what happened?

Sam: They are all mean to me...

Jason: Oh really? Can you tell me about it?

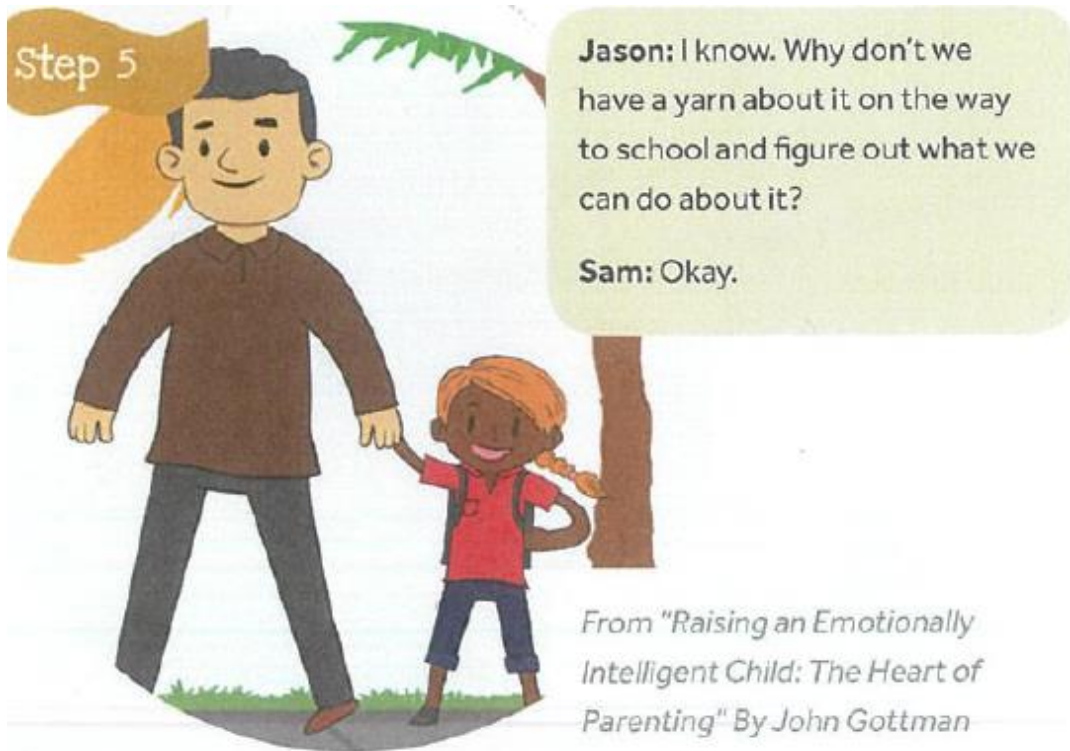
Sam: Its sports day and don't wanna go. I always get chosen last for the game. They say I'm no good.

Jason: That sounds awful, no wonder you don't want to go to school, feels horrible to be left out aye?

Sam: Yes.

Step 4





Changes to address or contact details

Please notify the school as soon as possible if there are any changes to contact details, address and phone numbers.

Administering Medication at school

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.

Important Dates to remember

Phase 3 return to school schedule 5 days per week	
Friday 14 August	Stage 2 & Stage 3 Cross Country And Year 6 Fundraising BBQ
Wednesday 19 August	Photo Day
Thursday 20 August	Aunty Peach Show K-6

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>



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