



Education  
Public Schools



# Charlestown Public School

Newsletter Term 1 Week 1 – Thursday 28 January 2016

A proud partner of the Whitebridge Community of Schools

Dear Parents

A hearty welcome back to school to the Charlestown community and I trust you had a wonderful break. Everyone looks rested and refreshed after their summer holidays. A very special welcome goes to the new Year 1-Year 6 students and their families who have joined Charlestown Public School and to our new Kindergarten students and their families who will start next Wednesday. We are all very excited about 2016 and look forward to working with all members of the school community.

## NEW STAFF

A special welcome is extended to two new teachers to our school: Miss Margaret Hale teaching Year 5/6H has come to us from Waratah Public School gaining a permanent teaching position at CPS, and Mr Andrew Overdijk who will teach 3/4O. Mr Johnson has indicated he will continue with his long service leave this year.

## WEEK ONE

For this first week, the children in Yrs 1-5 will be placed in their 2015 classes, with Year 6 being fortunate to be put into their class with Miss Hale for the 2016 school year. It is hoped to form the rest of our classes for 2016 next Monday when the numbers of new enrolments have settled. The numbers of enrolments at this stage indicate that we will keep our anticipated 6 classes. If you know of any school age children moving into your street please let them know what a fabulous school we are!

## 2016 STAFF

### Principal

Mrs Jayne Thompson

### Class Teachers

KM Miss Kym Muir

1G Mrs Trisha Gill (Assistant Principal)

2/3D Mrs Naomi Drysdale and Mrs Allison Kondov

3/4O Mr Andrew Overdijk

4/5J Mrs Judy Holt and Mrs Judy Nolan

5/6H Miss Margaret Hale

### Library & RFF

Mrs Jenny Saville

Miss Lisa Wilks

### Administrative staff

Ms Janelle Stone (Office)

Mrs Jenny Langley (Office)

Mrs Pam Corke (Library)

### Support Staff

Mrs Rochelle Christie (SLSO)

Mrs Robyn Dosen (SLSO)

Mrs Jenny Stead (SLSO)

### Hearing Unit

Mrs Leanne Lynch (Assistant Principal)

Miss Kristy Southon

## DATES FOR YOUR DIARY

	TERM 1 2016
27.1.16	Staff Development Day Clothing Pool open 9-9:30am
28.1.16	Students in Year 1-6 start Clothing Pool open 9-9:30am
28.1-2.2.16	Kindergarten 2016 Best Start Assessments
3.2.16	Kindergarten 2016 start

## SCHOOL UNIFORM

It is wonderful to see the children having arrived on the first day in their new school uniforms. Thank you so much for ensuring

your child is dressed correctly. With the hot weather it is wonderful to see so many children wearing their school hat. Our uniform is one of the smartest and tidiest amongst the many schools I've seen. Please ensure that jewellery, nail polish and other colourful items are not worn to school. Let's show everyone we are proud to wear the Charlestown uniform too!

### **BEFORE SCHOOL**

If your child arrives at school just before the 9am bell, they are to go to the Primary COLA and wait for the teacher on duty to take them around to the K-6 area to play. The children will leave their bags in the allocated areas when going to the playground.

### **ALLERGIES/MEDICAL INFORMATION**

As we have a few children who have allergies to nuts and dairy products, a reminder about keeping our K-6 area a nut free zone. If you could refrain from putting peanut butter, nutella and other types of sandwich fillings on your child's lunches that would be most appreciated. It will make our children so much safer.

Please ensure you have completed a Health Care Plan, or Asthma Plan or Anaphylaxis Plan if your child has medical needs.

### **FRUIT BREAK**

Fruit break occurs each day in our K-6 classrooms in the morning session. It is a quick bite to eat to help recharge the batteries during our morning session. Fruit break consists of a small piece of fruit which is peeled, chopped or cut up in a container ready to eat. As fruit break is only a short amount of time (5 mins), teachers don't have time to peel oranges or cut up apples. Grapes, strawberries and bananas make great healthy items for fruit break. Please also include a cold bottle of water in your child's lunch box especially during hot days.

### **SWIMMING CARNIVAL (Y3-6)**

Attached to this newsletter is the swimming carnival note that needs to be returned, together with the cost for pool entry, urgently to your child's class teacher. Thank you to those who have already done so.

The carnival will be a novelty fun day combined with Championship races for those swimmers who wish to compete at Zone. It is being held on Wednesday, 3 February at Charlestown Pool. If you are able to assist at the carnival please let Mrs Nolan know.

### **SOCIAL SKILLS PROGRAM**

In term 4 2015 a note about our new social skills program was sent home. The program starts next Thursday, 4 February and the reduced cost is \$20 for ten weeks. It is expected that all student will participate in this really worthwhile program which links to our personal development program. The school is subsidising \$10 each student. Please pay before next Thursday.

### **NEWSLETTER INFORMATION**

The school newsletter is one of the main sources of communication with you and it is important you read it either on the website, school app or in hard copy each week to keep informed of what is happening at your child's school

Please come and let me know if you have any concerns (large or small) about your child!

Jayne Thompson  
Principal

### **CANTEEN NEWS AND ROSTER**

Thur	28.1.16	J Hope, L Fletcher
Fri	29.1.16	<b>No orders—counter service at lunch only</b> L Lee, M Seu
<b>Mon</b>	<b>1.2.16</b>	<b>CLOSED</b>
<b>Tue</b>	<b>2.2.16</b>	<b>CLOSED</b>
Wed	3.2.16	N Toavanua, B Sacmaroski, L Madison

### **CLOTHING POOL HOURS**

<b>Wednesdays</b>	<b>2:45 pm – 3:15 pm</b>
<b>Fridays</b>	<b>9:00 am – 9:30 am</b>

### **P&C NEWS**

#### **Term 1 2016 Events**

- Bunnings Belmont BBQ 28.2.16
- Cookie Dough Fundraiser
- Easter Raffle

## TRANSPORT SCHEME (SSTS) APPLICATIONS AND THE INTRODUCTION OF THE SCHOOL OPAL CARD.

The School Student Transport Scheme (SSTS) gives eligible students free or subsidised travel between home and school, on the approved train, bus or ferry services.

From term one 2016, Transport for NSW will be issuing School Opal cards to students eligible for travel under the School Student Transport Scheme via a new online application process.



### **Automatic renewal**

Most parents, guardians and students won't need to apply for a School Opal card if they have already been given a school student travel pass and will automatically receive a School Opal card in 2016.

### **However, parents, guardians and students will need to apply if the student:**

- is just starting school and has not had a pass before
- is in a transition year (ie, year 2 to 3, or 6 to 7)
- is changing schools, including going between primary and secondary school
- or, if the student's personal details have changed (eg address).

### **Reduced distribution**

While School Opal cards will automatically be sent to schools for existing pass holders for distribution for travel in term one, all new applications received for travel from the start of 2016 will be sent directly to the student's nominated address.

### **Online application form**

Schools will no longer need to keep the SSTS application form as parents, guardians and students can go online from 2 November 2015 to complete their application form, print it out and return it to the school.

### **Simplified replacement process**

Schools won't need to endorse additional applications for lost, stolen or damaged passes, as parents, guardians and students simply need to visit [www.transportnsw.info/school-students](http://www.transportnsw.info/school-students) or call 131500 to order a new School Opal card.

### **Online eligibility assessment**

The new online application portal will automatically assess eligibility based on distance rules.

### **Same eligibility rules**

The eligibility rules for subsidised school travel remain the same for travel inside and outside the Opal network. Students may need to live a minimum distance away from their school:

- Years K-2 (Infants) there's no minimum distance.
- Years 3-6 (Primary) 1.6km straight line distance or 2.3km walking distance or further.
- Years 7-12 (Secondary) 2.0km straight line distance or 2.9km walking distance or further.

# Make this year your child's best ever at school

By Michael Grose

*A new school year means a clean slate for students. Here are 7 ideas to help you make the most of the fresh start and make this year your child's best year ever at school*



A new school year means a fresh start for students.

Regardless of your child's performance last year, they start

school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are seven ideas to help you make the most of the fresh start and make this year your child's best year ever year at school:

**1. Commit to your child going to school every day on time.** One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

**2. Help kids start each day well.** A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.

**3. Establish work & study habits.** The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school's expectations. Find out the work expectations from your child's or young person's school and help them establish a work routine that matches.

**4. Make sure your child gets enough sleep.** Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night's sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.

**5. Insist kids exercise.** The old saying about 'a healthy body and a healthy mind' is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.

**6. Focus on being friendly.** Schools are very social places requiring kids to negotiate many different social situations each day. Yet we often only focus on academic learning. There are strong links between social success, and academic success and wellbeing. Encourage kids to be **open and tolerant**; to be **friendly**; to be **sensitive** to others; to be **involved in** plenty of activities and to be social **risk-takers**. These are all characteristics of socially successful kids. At the same time discourage anti-social behaviours such as over-competitiveness, self-centredness and lack of sharing.

**7. Develop self-help skills.** Successful students are often well organised, self-directed and self-motivated. Personal organisation seems to come more naturally to girls than boys, however both genders benefit from coaching in this important area. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you'll find that the rest will fall into place