



Charlestown Public School

Newsletter Term 1 Week 5– Wednesday 24 February 2021

A proud partner of the Whitebridge Community of Schools

Dear Parents and Carers,

Last year we participated in the challenge “What’ll happen to the Wattle?” Now school is back – we can update you on all things wattle!

If you look here:

<https://www.youtube.com/watch?v=DDU-rZs-lc4>
you will find live footage from the International Space Station (ISS) to Earth.

Our school’s video has also been submitted to ISS YouTube channel. Follow the link to find our school’s submission:

<https://www.youtube.com/channel/UC06FenJ1C2t0ZtKNWXTGOFw>



DATES FOR YOUR DIARY

8- 19/3/21	Yr 3-6 Swim School
25/03/21	Young Leaders Day
26/03/21	Harmony Day
01/04/21	Easter Hat Parade
01/04/21	Last Day Term 1

Can Do It!

Students are again practising being **organised** at school by coming to school on time, listening when instructions are given, starting class tasks right away and being aware of important of special events at school. It is important to encourage your child when they display organised behaviour at home too. Children need to be aware of the importance of being organised so they can cope and develop strategies to succeed in a busy world.

Our amazing P&C

Thank you to everyone who came to the P&C meeting last night. Congratulations to our office bearers: Linda Todorovski President, Rachel Millard and Alicia Hoye Vice Presidents, Kate King Secretary and Vanessa Bulloch Treasurer. Also to the many other ladies who put their hand up to look after the canteen (Laura and Maryanne), clothing pool (Jessica), and grant application writer, Marisa. Your help at our school is invaluable to us and we greatly appreciate it.

In previous years the P&C has contributed a large amount of money to the school helping to pay for things such as our new playground equipment and line markings, swim school, materials for Kindergarten orientation and gymnastics. Don’t forget to support their fundraising efforts this term: Easter Hot Cross Bun Drive and Easter Raffle. The funds raised all go towards providing a better education for your child.

Soundwaves

All students in Year 1-6 have now commenced the Soundwaves spelling program. Staff are unable to provide students with the required workbook until full payment has been made. If you have not yet paid please do so as soon as possible as it is difficult to engage with the program without the workbook.

After analysing the school spelling data from 2020 staff have made some changes to how spelling lists are allocated to students to ensure there is consistency across the school.

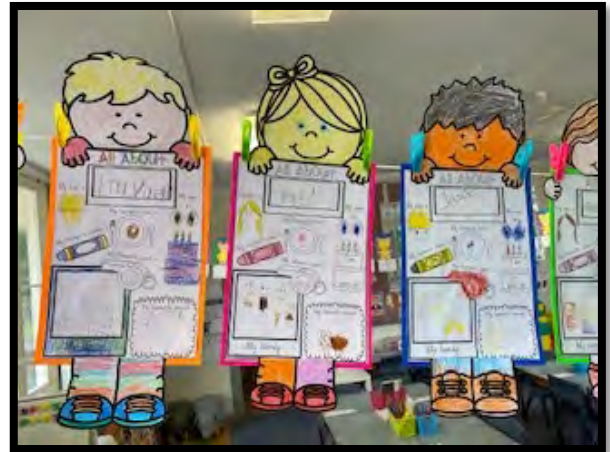
- To move to the extension spelling list students must make two or less mistakes in the regular grade list for 3 consecutive weeks. In order to remain working with the extension spelling list students must continue to make two or less mistakes each week. If this criteria is not met three weeks in a row the student will drop back to the regular grade list. Students are able to move between the regular and extension lists twice during the year. After this time they will remain on the grade list for the remainder of the year.
- If students who are working on the regular grade list achieve a score of less than 50% for three consecutive weeks the amount of words they need to learn will drop to 8. After three consecutive weeks scoring 100% the number of words will increase to 10. For each further three weeks scoring 100% a further two words will be added until the student is engaging with the whole grade list.

Please assist your child to get into a routine of learning their spelling words. Students are able to access the Soundwaves online program from home to assist in this process. Class codes will be distributed by each class teacher in the next week. If you would like further information about the Soundwaves program please speak to your child's class teacher.

Year 7 2022

The forms have arrived for this year's Year 6 to enter High School in 2022. They will be given to your child today and **must** be returned by **Friday, 6th March**.

If you would like to attend another public high school, apart from your designated high school, you must still return the forms to the office. If you have any difficulties completing the forms please let me know, I'll be only too happy to help out.



Bullying "No Way" Day

Bullying is a word that's wrapped in emotion. For many people bullying is associated with bad childhood memories. It's been estimated that around 40% of people has experienced some type of bullying in the past.

It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyber-bullying now means that kids can't escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the selective, uninvited, repetitive oppression of one person by another person or group.

Bullying No Way Day will highlight the issue of bullying and will provide students with information and strategies to deal with this issue.

This day supports the on-going programs the children participate in at our school. These programs include the Life Education visit, the You Can Do It program, special anti-bullying lessons and Child Protection lessons in Term 4. We will be combining this day with Harmony Day with all students coming dressed in orange on Friday March 26th

Zone Swimming

Congratulations to all our zone swimmers. As a result of last week's two day carnival we have Matthew P and Preston attending the Hunter Region carnival next Tuesday. Good luck Matthew and Preston and congratulations to all of our zone swimmers who gave their best last week! Thanks to Mrs Nolan and Miss Hale for overseeing our team.



Maths Matters

Mathematics is one of the main areas in our school's Strategic Directions where we are seeking improvement by all students. Over the past two years teachers have attended many professional development sessions aimed at not only improving student's engagement in maths, but also teacher knowledge and quality of maths lessons.

The following link consolidates that learning and provides extra tips when helping your child in mathematics.

<https://charlestow-p.schools.nsw.gov.au/learning-at-our-school/mathematics.html>

You are able to assist your child at home with these wonderful Parent Maths books developed by teachers from Moss Vale Public School. Each link will give you an overview of the minimum requirements for each year level in Maths.

What's In Your Lunchbox?

Each day the students are encouraged to bring in some fruit from home for Crunch and Sip. Most are doing this on a regular basis and I thank you for providing your child with fruit. But what is now concerning teachers at school is, what else is inside the lunchbox for students to eat for the rest of the day. Apart from a sandwich there is often a collection of treats inside which unfortunately contain a lot of sugar and not a lot of brain food.

Please refrain from putting too much high sugar food into your child's lunch box. Children often feel compelled to eat most of the food in their lunch break and not play. A sandwich, popcorn, sultanas, dried fruit etc are some great ideas for the lunchbox!

A great website with some healthy alternatives is:

<http://www.goodforkids.nsw.gov.au/Parents>

Please also refrain from putting in foods that have nuts in them. Whilst we encourage our students not to share their food, we do have a few students with nut allergies. Your assistance with this is vitally important in keeping our students safe and healthy.

SCHOOL ACCOUNTS

Charlestown PS has sent home invoices and we thank the parents who have paid their accounts. As a school, we make every effort to keep costs to a minimum but do need every family to pay their share. All students have access to pencils, pens, rulers, craft materials and work books to ensure a smooth start to the year. Your prompt attention to the payment of the invoice is appreciated.

SCHOOL LEADERS

This Saturday our school leaders will be in the Newcastle Morning Herald. Many thanks to the P&C for their contribution.

Enjoy your week and thank you for making our school a special place filled with kindness and integrity.

Jayne Thompson
Principal

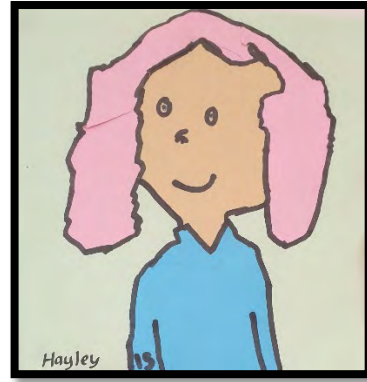


1S News

1S is off to a fantastic start! Everyone has done a great job settling into the new Year 1 routines.

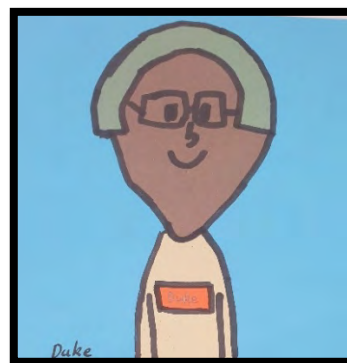
Most students were very excited to get stuck into Soundwaves, as it's the spelling program that the 'big kids' use. We are currently working through the third Soundwaves unit which explores different ways to spell the /k/ sound. There have been some new tricky things to learn in this program, but we have all been thriving on the challenge.

The new 'must do's' and 'can do's' format to our morning literacy groups has been met with great enthusiasm by the whole class. They enjoy having some choice in their learning and the opportunity to work with different class members.



This term in Visual Arts we are exploring portraiture. We have completed our colourful Dick Bruna inspired self-portraits and are currently having a great laugh working on our caricature style portraits of a loved one.

We can't wait to show you when they are done!



P&C NEWS

P&C Facebook Page

To find out about all the fun stuff that the P&C does like canteen, fundraising events, upcoming events, raffles etc, make sure you come and follow our brand new Facebook page. Search and Follow 'Charlestown Public School P&C'

Canteen

We're still looking for a couple of volunteers to do canteen once a month, so please ask around your family members and see if someone is available to. Please let us know at

charlestownpublicschool@pandcaffiliate.org.au

if you are available and our friendly canteen co-ordinator, Laura will be in touch with you.

Community News



Veg-tastic lunchboxes!

Your child doesn't need to wait until dinner to eat their vegetables?

Swapping out sometimes foods for vegetables can help your child reach their daily vegetable needs.

Try:

- Corn on the cob
- Zucchini fritters
- Pumpkin scones



For more veg-tastic lunchbox ideas visit:

<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/tips/tips-to-increase-vegetables/>



Good for Kids good for life

KEEPING AN EYE ON SCREEN TIME

Computers, tv and small screens can be valuable for education and communication, but it is important place limits so that kids don't miss out on other physical activity and real world learning opportunities. It is recommended to limit screen time to less than 2 hours per day, not including homework time.

Some tips to manage screen time:

- Try to limit screens to 20 minutes in any one sitting.
- Setting simple restrictions, like 'no screen time before school'.
- Remove TVs and computers from your child's bedroom.
- Only watch specific shows or movies on the tv, don't leave it on in the background.
- Encourage other types of fun that include both physical and social activities e.g. walking the dog, joining a sports team.



For more info, visit the eSafety Commissioner website: <https://www.esafety.gov.au/>



Health
Hunter New England
Local Health District

LINE1HD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Nutrition Snippet

Want healthy lunch ideas?



[Sign up to the Healthy Lunch Box e-newsletter.](#)

Our quarterly e-newsletters will keep you up-to-date with the latest recipes, healthy swaps and informative blogs to make packing a healthy lunch box easy!

healthylunchbox.com.au





Part-Time Work

1x Permanent part time position – Multiple Locations Hunter Area – Charlestown Public School - 8882

Help protect our vibrant school communities

Become a School Crossing Supervisor!

- Keep our kids, parents and teachers safe on the road
 - Be a second pair of eyes for our local motorists
- Earn an income and still have time to live your life to the fullest

School crossings require 10 hours of supervising per fortnight. Shifts fall between 8.30am – 9.30am and 2.45pm – 3.45pm, Monday to Friday during the school term.

Does this sound like you?

- ✓ Reliable in good or bad weather
- ✓ Good communication skills
 - ✓ Community spirit
 - ✓ Positive energy

If it does, visit jobs.transport.nsw.gov.au to apply today!
Applications close Sunday 28th February 2021

