Calendar for Week 4 Term 1

Monday – 15 February

Tuesday – 16 February

Wednesday – 17 February
Childrens First Playgroup launch
Stage 3 Meet the Teacher BBQ

Thursday – 18 February

Friday – 19 February
PSSA begins

K-6 Assembly!

On Friday this week we will conduct our very first K-6 Assembly for the year. At this assembly we will have a small presentation on the Sorry Anniversary and Leo will attend. We would like to extend an invitation to all parents and carers to join us on Friday.

Sorry Anniversary

Saturday 13 February – Anniversary of the Apology to the Aboriginal and Torres Strait Islander People

“...we need to include Aboriginal people and Torres Strait Islanders in our communities so that we can all learn from one another and develop a real awareness, understanding, appreciation and respect for the culture and history of Indigenous Australia...Its basis is the inclusion of the Indigenous peoples of Australia, not their exclusion. And that is healing for all of us.”

Flora MacDonald, from the ACT Branch of Australians for Reconciliation

Saturday is the 8th Anniversary of Kevin Rudd’s historic apology to the stolen generations of the Aboriginal and Torres Strait Islander people.

Hebersham Public School is built on the land of the Dharug People. At the entrances to the school there are signs that welcome the staff, students, parents, carers and visitors to Dharug Land. At all our assemblies and special occasions the

Pride Goal for the next week
Our pride goal expectation for the next three weeks is:-

Be Safe-
Stay in the correct areas!
Aboriginal students acknowledge elders past and present and all Aboriginal and Torres Strait Islanders to the school. On very special occasions when an Aboriginal Elder is present there is a Welcome to Country.

The student leaders raise the Australian National flag, the Aboriginal flag, and the Torres Strait Islander flags at the central flag pole each day.

Meet the Teacher BBQs
This year we will be holding a Meet the Teacher BBQ for each stage. Please come along for a relaxed afternoon to chat to teachers on each stage. There will be a sausage sandwich and drink for all. The BBQ will begin at 3.00pm and conclude at 4.00pm. Please look out for the note and return to your child’s teacher as soon as possible.

SAVE THE DATE
Meet the Teacher BBQ Dates
Wed 17 February - Stage 3
Wed 24 February - Stage 2
Thurs 25 February - Kindergarten
Wed 2 March – Stage1 and Support classes

Kindergarten
All kindergarten students have settled in at school and have now begun their journey in learning. Please check the classroom windows, doors and bags for notes or changes in routine. The teachers are happy to chat to you but please do so before or after school as it is important we get into classrooms. This allows classes to start their day’s activities without interruptions.

INTERRELATE PROGRAM FOR YEAR 6
Interrelate begins Wednesday 24th February. This program helps prepare students for High School and we encourage all Year 6 students to attend.

Permission notes and payment need to be made by Friday 12th February. Please contact the school if you have any questions about Interrelate.

Be On Time at 5 to 9
It is important that our students attend school each day but it is also important for them to ‘be on time at 5 to 9’. We understand that students can be late once in a while, sometimes that can’t be helped. Simple things like having bags and uniforms and shoes ready the night before can often make all the difference. We find that classes are much more settled if students are all here and ready to go. Be on time at 5 to 9 means that students are able to line up and walk into their classroom with the rest of their class and take part in the morning routines. This time sets up the whole day. Teachers provide students with an outline of the day, give out special instructions, explain what students will be doing and then it’s straight into learning. The morning session is prime teaching time for learning and we don’t want anyone to miss out.

PSSA Information
- All students who represent Hebersham Public School at PSSA are expected to wear full school sports uniform. Any student who does not adhere to this will not be permitted to play. Students’ behaviour, both in the classroom and the playground, will impact on their involvement in PSSA. We always strive to meet the Pride Guide in all settings.
- As a PSSA player, students are expected to make a commitment to the team. This will involve attending training, supporting one another and always trying their best in the spirit of the game.
- A number of permission notes are handed out for PSSA. It is essential that all of these notes are signed and returned promptly. Failure to return notes means a player does not play.
Students are responsible to ensure that they pay their money each Friday morning, before 9:00am.

The First Pride Awards for 2016

The Pride Awards are an important part of our school being a happy, safe, caring and culturally inclusive place for everyone. This year the Pride Awards are presented to students on Fridays in their classrooms – except in weeks 3, 6 and 9 when the K-6 Assemblies take place.

The children’s names are published in the weekly newsletter and House points are awarded. These points are significant in determining the winning House for the shield at the end of the year.

Pride Awards are handed out to students who have followed the Pride Guide by being a safe, respectful learner.

Congratulations to the following students who received the first Pride Awards for the year and earned points for their Houses.

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>House</th>
</tr>
</thead>
<tbody>
<tr>
<td>Farhan</td>
<td>S3O</td>
<td>Moras</td>
</tr>
<tr>
<td>Paige</td>
<td>S3G</td>
<td>Walters</td>
</tr>
<tr>
<td>Bilal</td>
<td>S3H</td>
<td>Goolagong</td>
</tr>
<tr>
<td>Nicholas</td>
<td>S2T</td>
<td>Goolagong</td>
</tr>
<tr>
<td>Riley</td>
<td>SCB</td>
<td>Walters</td>
</tr>
</tbody>
</table>

Don't Forget

Picking Up Your Children after School

School ends at 3pm each day. The office is not an after-hours child minding centre.

Staff members have regular meetings after school ends at 3pm. Office staff members are not responsible for the supervision of the students hence our children need to be picked up as soon as school ends.

Your co-operation in this matter would be appreciated.

Is your child in a new class without their friends?

In 13 plus years of education, your children will eventually find themselves in a class without their close friends. It's normal for them to initially feel a little anxious about this, so how should you handle it?

Tempting as it may be to request a class swap (which can be a logistical nightmare for schools and not always possible), here are some important things to consider first.

• Don’t rob your child of this opportunity to develop social skills. School is a place where our kids learn important social skills as well as academic ones. Finding their place and making friends in a new group is a vital skill to develop and one they’ll rely on their entire lives. The classroom is one of the gentlest places to start learning this because:

• Teachers turn a "bunch of kids" into a team every year. They keep an eye out for students who

Be a learner, be respectful, be safe
aren't mixing in, and create opportunities to pair them up with different children.

- **There's still lunch and recess to play with their mates.** It's also a great opportunity for them to learn about separating social time and work time.

- **Lots of their classmates are in the same boat.** Everyone is starting a new year, with a new teacher and a new classroom and many will be looking for new friendships too. Some kids choose a new "best friend" in every class they have, which builds a rich network of friendships over the years.

- **Children learn different skills from different classmates.** These days there are lots of opportunities for group work in class, when students team up and work through tasks together. Unlikely pairings can produce excellent workmates, who share a common language of learning and help each other along.

- **You can gently help them make new friends.** If you are able to spend some time in your child's classroom (for example, by helping out with reading or maths groups) you'll meet the other children and be able to suggest possible friends to your child. Your child will be thrilled to see you in their classroom and it also seems to fast track their sense of 'belonging'. Encourage play dates with classmates.

If, after a couple of weeks, your child doesn't seem to be settling in or is still anxious about his/her new class, by all means drop a note to the teacher or make an appointment to chat. Veteran parents and teachers tell us that more likely than not, your child will be absolutely fine and will have developed a new level of resilience from spreading his/her wings a little.

You can greatly reduce the risk of food poisoning during the summer period by chilling food in the fridge before packing your child's lunch and then putting a frozen drink into his/her lunchbox. The food will stay about 12 degrees cooler. Have a look at more school food tips: http://www.schoolatoz.nsw.edu.au/wellbeing/food/power-foods-for-kids

### Crunch & Sip

Hebersham Public School has implemented Crunch&Sip® into our school day for a few years now. Crunch&Sip® is a 10 minute break during the school day when students can eat fruit (or salad vegetables) and drink water in the classroom. Remember to pack a small container of cut up fruit or vegetables and a bottle of water for your child's Crunch and Sip.

### Healthy Hint for Crunch & Sip

**How much water do children need?**
The amount of fluid that children need varies between individual children. The older the children, the more fluid they need. Children should drink approximately 1–1½ litres of fluid a day. Children will need more when they are physically active and on hot and humid days. Water is the best drink – for both children and adults – in all situations.

### Parental Concerns

If you have any concerns about your child or other students you believe have been involved in an incident please do not approach other parents or the child. It is important that you speak to the teacher or the office to discuss your concerns.

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**Be a learner, be respectful, be safe**
School Equipment for 2016

The following is a list of equipment that children in different grades will need with them at school at all times.

**Kindergarten**
- paint shirt or old shirt
- glue stick - one per term
- water bottle
- boxes of tissues (donation)
- pump soap (donation)
- baby wipes (donation)

**Stage 1-Year 1 and Year 2**
- paint shirt or old shirt
- pencil case
- lead pencils HB
- sharpener
- eraser
- glue stick - one per term
- coloured pencils
- library bag
- water bottle
- A4 covered homework book- 128 pages
- boxes of tissues (donation)
- pump soap (donation)
- baby wipes (donation)

**Stage 2-Year 3 and Year 4**
- pencil case
- lead pencils HB
- sharpener
- eraser
- glue stick - one per term
- coloured pencils
- library bag
- water bottle
- A4 covered homework book- 128 pages
- boxes of tissues (donation)
- pump soap (donation)
- baby wipes (donation)

**Stage 3-Year 5 and Year 6**
- pencil case
- lead pencils HB
- sharpener
- eraser
- glue stick - one per term
- coloured pencils
- blue and red pens
- Geometry set (must include compass and protractor)
- textas (optional)
- plastic ruler (optional)
- library bag
- water bottle
- A4 covered homework book- 128 pages
- boxes of tissues (donation)
- pump soap (donation)
- baby wipes (donation)

**Support classes**
- paint shirt or old shirt
- glue stick - one per term
- water bottle
- A4 covered homework book- 128 pages
- boxes of tissues (donation)
- pump soap (donation)
- baby wipes (donation)

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**Nutrition Snippet**

The simplest way
...to save time packing lunches.

We know parents are eager to pack healthy, nutritious lunches.

But doing it five times a week, and getting the kids keen on healthy options such as fruit and vegetables, can feel like a chore.

Plan ahead to get organised and save time:
- Make sandwiches at the beginning of the week and freeze, then add fresh salad on the day.
- Cook extra at dinner and use leftovers for lunches - baked veg, stir fry, pasta and rice work well.
- Chop up sticks of carrot, capsicum, celery or cucumber and store in a container in the fridge until ready to use.
- Let the kids help prepare and select, saving you time and getting them interested.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

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Hebersham Pride

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