

**Important Dates****Tuesday 3/11**

\* School Banking

**Wednesday 4/11**

\* K Start

Groups 1 &amp; 2

**Thursday 5/11**

\* K Start

Groups 3 &amp; 4

**Tuesday 10/11**

\* School Banking

**Wednesday 11/11**

\* K Start

Groups 1 &amp; 2

**Thursday 12/11**

\* K Start

Groups 3 &amp; 4

**Not so little free Library & 3/4C****Great Work!**

Nick from 5/6D visited to show me his wonderful writing and mathematics work. Izzie from 5/6 D proudly showed me how hard she has been working in mathematics. Myarose from 1S showed me her great spelling results and Ella-Jane from 2M showed excellent predicting skills in science and I look forward to seeing the sunflowers that she grows. George from K/6P shared his wonderful writing with me. I also visited 3/4C on Wednesday and was fortunate to see the detailed dioramas that they made using recycled materials to represent vegetation and fauna from their specific climate zones. All dioramas looked fantastic and students had worked hard on them. Keep up the great work Niagara Park Public School!

**Not so little free Library**

Our "Not so little free Library" was held on Thursday and was a huge success. We hope your children enjoy reading the book that they chose. Thank you to Mrs Frost and Mr Curry for all of your hard work organising this fun event and a very special thanks to our generous community for donating quality books throughout the year.

**Staffing**

As I am sure you are all aware, Mrs Ashleigh Hawkins is excitedly awaiting the arrival of her first child. Mrs Hawkins began her maternity leave on Friday 23 October. We have Miss Charlotte Munnings, an excellent casual teacher at our school, replacing Mrs Hawkins for the remainder of 2020. Mrs Hawkins and Miss Munnings have spent many hours working together to ensure a comprehensive handover and a smooth transition for 3/4H. We wish Mrs Hawkins all the very best and we can't wait to meet the newest member of our Niagara Park Public School community.

**K Start**

Our K Start Kindergarten transition program resumes on Wednesday 4 and Thursday 5 November. We look forward to welcoming back our Kindergarten 2021 students, parents and carers. We hope that you enjoy the remainder of our school readiness programs.

**After School Pickup**

We understand that sometimes parents are late to collect students from school for a variety of reasons. If you are late, your child/ren will be directed to wait in the office for their safety and security and you can meet them there.

**Building Works**

The Department has installed tarpaulins as an emergency response to the most recent roof leaks of Block A and Block D. Arrangements are underway to replace the roof on Block A and Block D to ensure they are completely watertight. The replacement of the roof of Block A is a high priority. Arrangements for the roof to be replaced are currently underway and work is expected to begin at the end of Term 4, 2020.

**School Development Days**

To support a smooth start to the school year, the NSW Department of Education has made some amendments to School Development Days (Pupil Free Days). The following amendments will take place from the beginning of the 2021 school year. The amendments will impact the number of SDDs occurring in Term 1 and Term 4, while SDDs occurring in Terms 2 and 3 will remain the same.

Commencing at the start of 2021, the changes include:

- an increase from one to two SDDs at the beginning of Term 1
- a decrease from two to one SDDs at the end of Term 4

The School Development Days for the commencement of 2021 are scheduled for the following dates:

- 27 and 28 January (teachers return for professional learning and planning)

**Students will return to school on Friday 29 January, 2021.**

**2021 Enrolments**

The school is currently accepting enrolments for 2021. If you know of families intending to enrol for Kindergarten or who are moving into the area, please let them know to phone the office or enrol online at: <https://niagarapk-p.schools.nsw.gov.au/about-our-school/enrolment.html> If you are looking at moving away from the area in 2021 could you also please contact the office so that we are aware of any changes when planning for 2021.

**Selective High School Placement 2022**

Applications for Year 7 entry to selective high schools in 2022 are now open. Applications will close on 16 November, 2020. Parents can apply online at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

All applicants are required to sit the Selective High School Placement test to be held on Thursday 11 March, 2021. The department has introduced a new application system that will give parents a more interactive experience. The new system enables parents to make updates and add attachments even after an application is submitted. Parents can also communicate directly with the High Performing Students Team through the system's new 'messages' feature. Anyone experiencing difficulty completing or submitting an application, can contact the High Performing Students Team on 1800 880 376 or email: [ssu@det.nsw.edu.au](mailto:ssu@det.nsw.edu.au)

Keep updated on the selective high school placement process at:

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes>

Please return your intention to apply for year 7 placement at a selective high school in 2022 slip that was sent out last term, to Mrs Pattison ASAP. This is not your application, however it is used for school records and allows us to follow up on students who are applying.



Mr Boulus will be returning from his role as Relieving Director Educational Leadership for the Mooney Mooney network on Monday 2 November. Thank you for once again allowing me the privilege of relieving as Principal in his absence. Take care and have a lovely weekend.

Nicole Pattison  
Relieving Principal

# NIAGARA PARK BAND JOIN THE BAND!

Is your child interested in joining the school band?

The school band is now taking enrolments for 2021 and is open to all students currently in years 2-5.

No prior experience needed!

During Term 4 students will see a band demonstration at school that highlights the different instruments available for tuition. After this demonstration they will receive a green *Expression of Interest* note providing introductory information.

What do you need to do?

1. Carefully read the green *Expression of Interest* and then register your child's interest in joining the band online at <https://www.teachingservices.com.au/eoi>
2. Once you register online a TSA tutor will meet your child to help them assess which instrument they are most suited to\*\*
3. The results of this instrument trial will be sent home with enrolment information

Learning an instrument in an ensemble is a great way to experience the social, educational and personal benefits that music and the arts have to offer! TSA provides a variety of tuition options as well as instrument hire and sales to help parents give the gift of music to their children.

TSA is a registered COVID-safe provider and delivers instrumental programs with a focus on inclusion, student engagement and well-being.

*\*\*Instrument trials will take place within strict COVID-safe guidelines and will include a basic aural and rhythm assessment among several other activities which measure your child's suitability for each instrument.*



(02) 9651 7333  
enrolments@teachingservices.com.au  
[www.teachingservices.com.au](http://www.teachingservices.com.au)





# 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 one constant in life"*

(Fallin, 2013)



## Steps for Self-care

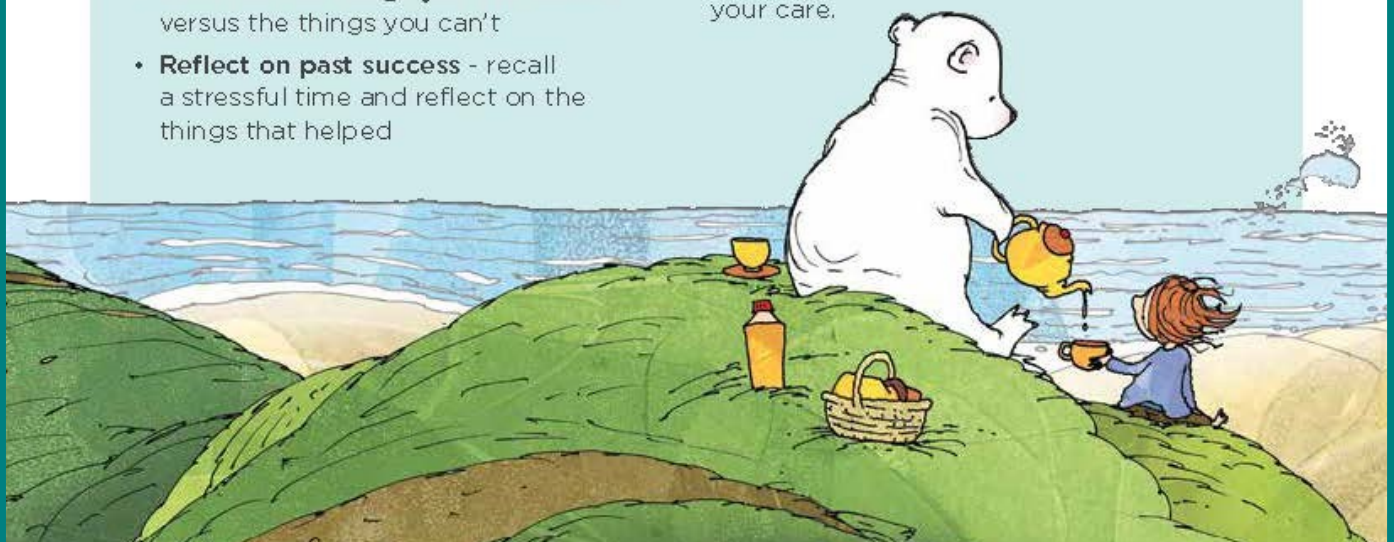
There are things you can do to support yourself, your friends and your family:

- **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.





# Ideas to Help the Children and Young People in times of Uncertainty ...

In times of uncertainty and change, it is normal and natural for children and young people to respond in different ways. Adults can play a vital role in supporting children and young people through the experience.

## How may Children and Young People Respond?

- Worried, clingy and uncooperative
- Sad and angry one minute, okay the next
- Frightening thoughts and nightmares
- Regression to earlier behaviours
- Stomach aches and headaches



Adolescents may react in similar, but different ways:

- Mood changes
- Tired and distracted
- Retreating from social networks
- Sleep problems and headaches



**Helpful Hint** – children and young people respond in unique ways and it is helpful to recognise if your child or young person is behaving differently.

## Help Your Child or Young Person

- Offer your attention, patience and love
- Calmly listen to your child's story and encourage your child to ask questions
- Acknowledge and affirm your child's feelings and help your child to identify helpful ways to manage the feelings
- Encourage your child to ask for help from trusted adults
- Involve your child in decisions that affect them
- Respond to your child's questions with clear and factual age appropriate information
- Model positive ways to cope and prioritise quality time together

## Other Ways to Help

- **Maintain daily routines** as much as possible
- **Stay social** – create ways to connect with special people and loved ones
- **Get active** – go for a walk, listen to music, sing, play with a pet
- **Be curious** – learn a new skill or research an interesting topic together
- **Help others** – encourages social connections and an "I Can" attitude
- **Plan fun activities** to look forward to

Find helpful resources, updates and training dates at [goodgrief.org.au](http://goodgrief.org.au)



"I think the most significant learning for children in the group was knowing they are not alone and not the only ones that experience change, loss & grief"

Companion, Seasons for Growth Program, 2019



# Self Defence – Krav Maga

- Kids/Juniors
- Women's only
- Adult & Family class
- Personal Training
- BOOTCAMP
- West Gosford + Erina



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