

**Important Dates**

- \* Monday 21/11  
NVHS CAPA & TSP & Transition Day
- \* Wednesday 23/11  
NVHS Transition Day  
K Start Groups 1 & 2
- \* Friday 25/11  
NVHS Links Transition Day
- \* Tuesday 29/11  
NSW Public High School  
Yr 7 Orientation Day
- \* Wednesday 30/11  
K Start Groups 1 & 2  
Kinder 2023 Meet & Greet 11:30 - 12:15pm
- \* Thursday 1/12  
P&C Xmas Mufti Day
- \* Wednesday 7/12  
Yr 6 Big Day In
- \* Thursday 8/12  
Yr 1 Party Day
- \* Friday 9/12  
Stage 3 Party Day  
Superstar Assembly

# Remembrance Day



*We acknowledge Darkinjung people as the Traditional Custodians of the land on which our school is built and pay our respect to Elders past, present and emerging.*

Dear Parents/Carers,

It has been a wonderfully busy fortnight and one that has had me beaming with pride at our amazing staff, students and community so many times!

We had our K-2 Athletics Carnival which was so much fun in the sun! Thank you to Ms Hextall, Mrs Spence and Mrs Kell for all of your organisation and all of the staff for making it such a great event. Huge thank you to all the parents and family that came to the event and those who joined in!

The Valley Schools Learning Community Leadership night was a HUGE success. What a night! What a lot of talent! It was so inspiring to watch leaders from all of our local schools present their leadership projects. I may be biased, but I do think our leaders buddy bench project was the best!



Our Remembrance Day ceremony was very moving with our Leaders doing a fabulous job. All students K-6 being immensely respectful and a beautiful emotional touch having Pauline play the bugle! Thanks to Mrs Atkinson and Mr Dawkins for the organisation.



Finally, we had our SRC Diabetes Awareness Day on Monday. A huge thanks to Ayza and Ava who shared their stories with the whole school and to our SRC representatives who interviewed our brave girls. Thank you to Miss Carr, Mrs Tomkins and Mrs Temple for raising awareness of diabetes across our school.

### **Around the Rooms**

It has been wonderful to welcome our 2023 Kindergarten students into our school and watch them settle in so quickly. I have enjoyed spending time with them in the room and helping them navigate the activities on offer. 1H shared their habitat diaramas with me. Well done 1H, not only for the finished product but the teamwork that went into it. They were so proud to show their snow, beach and forest scenes. 2C shared the Dr Suess style book they have written – wow, what a clever bunch! I also enjoyed looking at 2F's Science experiments and look forward to seeing how the plants grow. I was also lucky enough to get to spend some time with KS and enjoyed sharing one of my favourite books with them. Finally, I have had the chance to join K/6W during their rotations and morning routine as our new 2023 Kinder students visited.

Congratulations to Zara L. (KM), Lestelle M. (KS) and Oliver M. (4L) for reading for 100 nights.

Congratulations also to Riley L. (KM), Liam M. (2C), Nina R. (3J), Jasmine H. (4L), Bodhi H. (4T) and Sam F. (5G) for reading for 200 nights. Fabulous effort everyone!

### **Staffing News**

Congratulations to Ms Emily Furey who has been successful through merit selection at attaining our Assistant Principal position, pending the 10 day appeal period and will commence in 2023. We look forward to having Emily join our team next year.

Further congratulations to Mrs Brearna Sparks who is expecting her second baby in April next year.

### **2023 Leadership Team**

Congratulations to all the candidates who presented a speech to express their interest in becoming a 2023 Leader. It was a strong field of 28 candidates, who all spoke well which made it very difficult to choose who to vote for.

Congratulations to Coby, Jasmine, Rocky, Cadi, Jackson, Lia, Saphine, Amber, Lan and Matinka for your successful selection into the 2023 Leadership Team. The Leadership roles will be announced at our Presentation Day assembly.



Our House Captains will be elected next week during house meetings. All Leaders will be presented with their badges during the Presentation Day assembly.

### **Congratulations!**

Huge congratulations to Dasha in 4T for her outstanding effort at the Premier's Spelling Bee State Finals. Dasha made it through almost 11 rounds and came equal third place. She showed great dedication and persistence and represented our school with pride. We are so proud of you Dasha, such an amazing effort, such an amazing achievement, well done!

**Colour Explosion Event Fundraising Purchases**

Thank you to the P&C and whole school community who raised funds for our Colour Explosion. The P&C decided on purchases to make during the September P&C meeting trying to ensure purchasing benefited a range of students across the school. We have already received some of the donations and our students are loving them already, as you will see pictured later in the newsletter.

The Colour Explosion Event funds have been put towards:

- a Defib (as ours no longer worked)
- wheelchair access tables for the playground to ensure inclusivity
- a range of sensory items for our mainstream and support classes as chosen by our students
- a waterfall water play table
- a 3D filament cabinet to ensure our filament stays dry and does not waste
- gardens and resources for our Little Greenies
- basketball hoops for Area 1
- new basketball backboards for Area 3.

Thank you again to everyone!

**Busy weeks ahead**

As always, Term 4 is a busy term with many events coming up. Please ensure you read the newsletter, check Facebook and Class Dojo regularly for updates to ensure you, or your child, do not miss out.

Please remember that payments for all events such as party days **MUST be paid by the due date** or your child will miss out. **No late payments can be accepted.**

Have a wonderful fortnight!

**Lyndal Coleman**  
**Principal**

**Did you know?**

*A snail can have about 25,000 teeth*

**SUPERSTAR ASSEMBLY**

Congratulations to the following students on receiving their Superstar awards last week.

**One Star**

Marlee H.	(1H)	Kaleb F.	(1H)	Riley C.	(1R)	Charlotte P.	(1R)
Jack C.	(1R)	Jackson M.	(1R)	Amelia E.	(3J)		

**Two Star**

Juvan H.	(2C)	Athena P.	(2C)	Zach H.	(2C)	Madeleine R.	(2C)
Eric H.	(3J)	Jake L.	(3J)	Jamicyn S.	(3J)	Ayda S.	(3J)
Nina R.	(3J)	Charlotte L.	(3J)	Dominic L.	(3M)	Jessica S.	(3M)
Liah R.	(3M)	Emerson B.	(5T)				

**Three Star**

Penny K.	(4H)	Bryher S.	(4L)	Lawson N.	(4L)	Remi W.	(4L)
Evie M.	(4T)	Micholo L.	(4T)	Samimal H.	(4T)	Marcus L.	(4T)
Oscar W.	(5S)	Maddox W.	(6D)	Tyrone H.	(6D)		



**Four Star**

Erica K. (4H) Kaleah M. (4H) Abbey P. (4L) Tayeisha T. (4L)  
 Josephine W. (4T) Bodhi H. (4T) James P. (5S)

**Five Star**

Ella B. (6A) Elizabeth L. (6D) Jade W. (6K)



**BIG MOVER AWARD - Hayden D. (6D)**

Hayden has attended Niagara Park Public School since Kindergarten and has been involved in many of the activities on offer over the years. As he has progressed throughout his time here, he has shown significant growth in his level of maturity and his ability to self-regulate. following our school rules and wearing our uniform with pride.

Hayden has made some amazing improvements throughout the course of the year in the classroom. He has been working exceptionally hard to improve his educational outcomes and has generally become a sensible and respectful young man. He is focused and persistent when tackling challenges and demonstrates resilience when faced with obstacles in his learning.

Hayden has proven himself to be a happy, friendly Year 6 student who has built positive and long-lasting friendships with his peers. He enjoys sport and represented Niagara Park Public School in the PSSA Basketball Team this year.



Hayden, keep up the great work and congratulations on an excellent 2022. You are an extremely deserving recipient of the Big Mover Award and we wish you all the best for high school next year.

**Vicki Young**  
**Deputy Principal**

**K-2 ATHLETICS CARNIVAL**

Wow! What a fantastic time we had at our K-2 Athletics Carnival last week.

The sun was shining and we were ready for a great day. First up we had our 50m race where the students were cheered on by friends and family as they raced towards the finish line. Then we moved onto our fun activities including Tug O War, parachute, egg and spoon races, relays and throwing games. Lots of our family members and younger siblings joined in on the fun and what fun we had! It was amazing to see so many happy, smiling faces from all the students and their families.

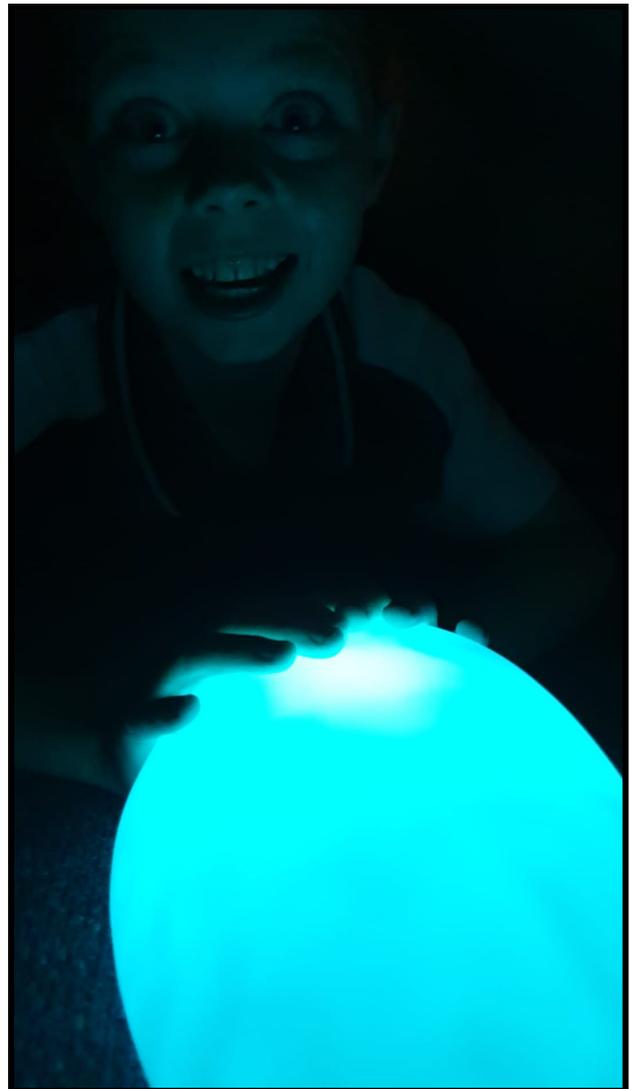
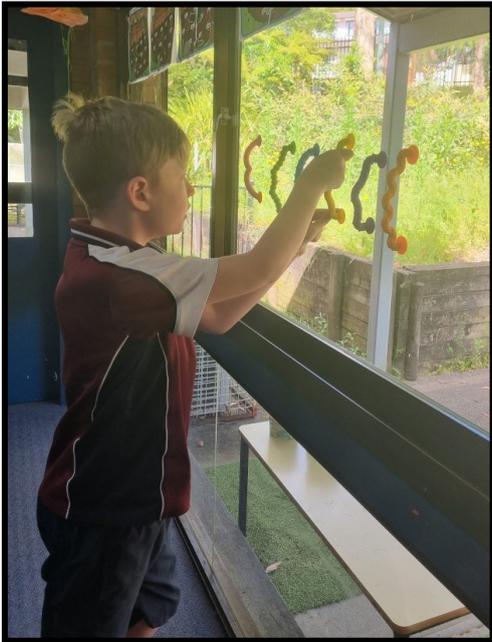
Thank you to our wonderful students for so much enthusiasm and their amazing behaviour. A big thank you to our families for coming along and joining in, it was a brilliant morning.

**Katrina Hextall, Sam Kell & Michelle Spence**  
**K-2 Athletics Carnival Coordinators**



**THANK YOU TO OUR WONDERFUL P&C & SUPPORTIVE FAMILIES FOR THE COLOUR EXPLOSION DONATIONS FOR OUR SCHOOL - WE LOVE THEM!**





# NIAGARA PARK SCHOOL BAND

## JOIN THE BAND!

Is your child interested in joining the school band?

The school band is now taking enrolments for 2023 and is open to all students currently in years 2-5.

No prior experience needed!

*What do you need to do?*

Complete an online [Expression of Interest](#) form. Your child will then be able to meet with a music teacher at school to determine to which instrument they may be best suited.

[www.teachingservices.com.au/EOI](http://www.teachingservices.com.au/EOI)



More detailed information will then be sent home, prior to online enrolment for 2023.

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 Creative Kids provider and delivers instrumental programs with a focus on inclusion, student engagement and well-being.



(02) 9661 7333  
enrolments@teachingservices.com.au  
[www.teachingservices.com.au](http://www.teachingservices.com.au)





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## School Band Program

Dear Parents,

Today your child attended a demonstration showcasing the instruments available to learn at school in 2023. If you would like more information please register your interest using the link or QR code below within the next 5 days.

Once you have registered your child's interest TSA will then conduct instrument trials at school to help your child discover which instrument they are most suited to (this will take place within strict COVID-safe guidelines). Following the instrument trials, an *Enrolment Pack* will be sent home with your child. This will contain more detailed information about the school band program along with the result of their instrument trial.



### **Band Program Structure**

**Rehearsal** (all students work together in a full band setting)

- Once a week, generally before or after school, for 30-60 minutes

**Tuition** (students work in small groups or individually to learn new skills)

- 30min per week, at school, usually on the same day as rehearsal

Students attend both rehearsal and tuition at school. Regular practise at home (3-4 times a week) is essential.

### **Band Program Costs**

**Tuition Fees:** small group tuition and band rehearsal costs \$210 (plus \$10 resource levy) per term. Individual tuition costs extra and is not available at all schools.

**Instrument:** students require their own instrument. TSA sells quality new instruments, offers 'rent-to-buy' (starting at \$43 per month) and has an excellent selection of second hand instruments in near-new condition.

**Accessories:** students are provided with a workbook upon enrolment but may require other accessories, generally less than \$50 per year.

More information can also be found at [www.teachingservices.com.au](http://www.teachingservices.com.au) or use the QR codes overleaf.



## Expression of Interest

### **How to register your child's interest in the band**

Simply provide your child's name, class and school along with your contact email and phone number and TSA will include them in instrument trials at school. There is no commitment required and the online form will take less than a minute to complete.



- Open your smartphone camera app and point the camera at the QR code. Your device will recognise the QR code and shows a notification. Tap the notification and you will be taken to the online *Expression Of Interest* form.

OR

- Visit [www.teachingservices.com.au/EOI](http://www.teachingservices.com.au/EOI)

OR

- Email your child's name, class and school to [enrolments@teachingservices.com.au](mailto:enrolments@teachingservices.com.au)

For information on instruments available in the school band use the QR codes below or visit:  
<https://teachingservices.com.au/resources-and-faq/>



Flute



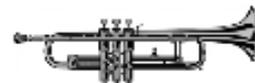
Clarinet



Saxophone



Trumpet



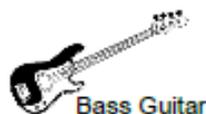
Trombone



Euphonium/  
Baritone Horn



**Bass & Percussion Section** *(limited availability)*



Bass Guitar



Percussion

**Other**

Some programs offer the option of learning 'extension' instruments such as oboe, french horn or tuba. Check with TSA office first to see whether these are available at your school.





## Coach 2 Cope: Families and Carers

Supporting the mental health and  
wellbeing of young people



Are you concerned about the impact mental health has on your children?  
Would you like to learn simple ways to respond to young people during times of distress?

EquiEnergy Youth is a charity dedicated to reducing psychological distress, self-harm and the risk of suicide in young people. Our programs aim to connect young people with safe & effective adults and build their capacity to effectively respond during times of distress, improving mental health outcomes.

As a result of a PhD research project and thousands of hours of clinical experience, Dr Stephen Spencer has developed a simple method to guide adults on how and when to respond to young people in distress to achieve a positive outcome. Steve will coach you on the following;

\*A 5-step evidence-based psychological first aid framework (TAR3) for you to follow when responding 'in the moment' to episodes of distress and behavioural challenges. TAR3 is unique to EquiEnergy Youth and can be likened to the 'DR ABC' process for responding to medical first aid.

\*Guidance on simple ways you can help young people build coping, resilience and positive help seeking behaviour and the vital role you play in promoting this.

\*Context on why child & adolescent mental health occurs and what you can do to improve mental health outcomes for the young people you support.

\*Coaching in the use of scripts and engagement strategies to adopt when responding to distress using the TAR3 Psychological First Aid Method.

**Live via Zoom on Tuesday 6<sup>th</sup> of December 5.15pm to 6.30pm**

**(Attendance is complimentary)**

**Bookings essential via this link**

**<https://www.eventbrite.com.au/e/coach-2-cope-families-and-carers-by-dr-stephen-spencer-phd-tickets-467958014017>**