

Holbrook Public School

Quality education for all in a secure and caring environment

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Education

ISSUE 18: Term 4, Week 3

Monday, 28 October 2019

Our 2018 to 2020 School Plan Strategic Directions

Excellence in Learning

Excellence in Teaching

Excellence in Leading

• Students • Staff • Parents • Community

FROM THE PRINCIPAL'S DESK



Welcome to Week 3! We have had a brilliant start to Term 4, with students quickly returning to learning routines in all classrooms. Our NAIDOC Day activities with Mark Saddler were a highlight, and students have also enjoyed participating in Sporting Schools Soccer, Super 8s Cricket (Years 3-6), the Paint the School Pink fundraiser and the Flower Show (K-2).

NAIDOC Cultural Day – On the first Wednesday of Week 1, all students and staff participated in a NAIDOC cultural day with Mark Saddler, a Wiradjuri man from Wagga Wagga, and classroom teachers leading activities. Mark shared his knowledge of local history and the Wiradjuri culture and language through dance, storytelling, music (didgeridoo), art and indigenous games. He was an engaging presenter and all staff and students thoroughly enjoyed the experience.



State Athletics – Good luck to Ava, Leo, Ollie, Laycii, Alice and Tom who will participate in the State Athletics Carnival in various individual events this week. It is such an amazing effort for a small school to have so many athletes participating at this level.

TERM 4, WEEK 3 DIARY		TERM 4, WEEK 4 DIARY	
Mon 28 Oct		Mon 4 Nov	• K-2 Excursion to Albury
Tue 29 Oct		Tue 5 Nov	• Public Speaking Competition Final (prepared speech) • Melbourne Cup activities
Wed 30 Oct		Wed 6 Nov	
Thu 31 Oct		Thu 7 Nov	• Proud and Deadly Awards (Albury Public School) 10:30 am to 1:30 pm
Fri 1 Nov	• Sporting Schools - soccer	Fri 8 Nov	• School assembly at 12:45 pm run by Year 4 • Sporting Schools - soccer
P&C NEWS			
Wed 30 Oct	P&C meeting at 7:30 pm (school library) – All welcome!		
CANTEEN ROSTER			
Fri 1 Nov	Georgie Millard	Fri 8 Nov	Bec Cardile
Mon 4 Nov	Trudy Jenkyn	Mon 11 Nov	Alice Landale

Uniform Reminder – Please remember that our school uniform is navy blue, not black. Quite a few students are choosing to wear black pants, tights, skorts, shorts (including Riverina attire) which is not part of our school uniform.


Attendance – Last week, we had a visit from the Home School Liaison Officer. In our analysis of school attendance, it became evident that some families aren't providing written explanations for leave. Please ensure you provide an explanation for any days your child is absent from school as soon as they return. Being late to school is not an acceptable reason for our records. In these instances, your child's absence will be listed as an unjustified explanation. Principals are legally responsible for keeping accurate records of student attendance and are also responsible for deciding if the reason given for an absence is justified. Wherever possible, parents and carers are encouraged to provide an explanation for absences before the absence occurs. Although we prefer written advice to explain an absence, parents and carers may:

- send a note, email or Skoolbag submission to the school
- telephone the school, or
- visit the school.

If the school has not received an explanation for a child's absence they will send you an Absentee Notice. The Absentee Notice must be returned to the school within seven school days, giving a reason for the absence.

EVERY DAY COUNTS ...				
A day here or there doesn't seem like much but ...				
When your child misses just ...	that equals...	which is...	and therefore, from Prep to Year 12, that is ...	This means the best your child can achieve is ...
1 day a fortnight	20 days a year	4 weeks of school	Nearly 1½ years of school	Equal to finishing Year 11
1 day a week	40 days a year	8 weeks of school	Over 2½ years of school	Equal to finishing Year 10
2 days a week	80 days a year	16 weeks of school	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days a year	24 weeks of school	Over 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed ...



Extended Staff Meeting – On Tuesday evening, all teachers worked collaboratively to review and update our existing scope and sequences for history, geography, science and technology and writing. We will continue to review and enhance our curriculum for the remainder of the year in preparation for 2020.

Transition – It was great to meet with Sarah Ganeo, the new Director of the Holbrook Early Learning Centre last week. We will be working closely together over the remainder of the year to ensure a seamless transition for 2020 Kindergarten students. We are also planning new and improved procedures for next year's transition and better ways to work together in order to serve our local community. It is with delight that I announce that we already have 17 enrolments for Kindergarten in 2020, with more still to come. Thank you to the parents who have provided us with this paperwork so early! This is allowing us to make firm plans for 2020. At the beginning of each term, all Billabong HS feeder school principals meet with Kurt Wawszkowicz, Principal of Billabong High School, to discuss and plan for the Year 6-7 transition. Something interesting I took away from the discussion was the process for application to Aurora College. See below for details.

Aurora College – <https://www.aurora.nsw.edu.au/learn/enrol/#.XbEexCgzY2x>

For the past three years Billabong High School has developed a close relationship with Aurora College, the NSW Public Education's Virtual Secondary School. It is a selective state high school catering for the needs of gifted and talented students who are located in rural and remote regions of NSW. Since 2017, several BHS students from years 8 to 10 have studied English, mathematics and science with Aurora College. Students connect with their peers and their specialist teachers from across the state through lessons delivered virtually using technology. The classes are designed to challenge and accelerate the learning of our high achieving students through differentiated learning. Students join their home school cohort for the remainder of their subject lessons.

Students in **Year 5 2019** are currently invited to apply for entry to Aurora College for Year 7 in 2021. Applications for entry into Aurora College for Year 7 in 2021 opened on 8 October 2019 and close on 11 November 2019. The Selective High School Placement Test for entry to Year 7 in 2021 will be held on 12 March 2020.

Students seeking enrolment in Year 7 are considered for entry on the basis of academic merit, which is determined by the students' performance on the school curriculum and in the Selective High Schools Placement Test. The test consists of reading writing, mathematics and general ability components.

Where students qualify to attend a fulltime local selective school and our school, the offer made to successful students will be determined by the order in which parents list their choices.

For further information, go to: [Selective High Schools: Year 7 placement.](#)

World Teachers' Day – Happy World Teachers' Day for last Friday! Thank you for everything you do each day to improve the life chances of the young people of Holbrook and surrounds. You are all amazing! In saying this, I would also like to acknowledge our amazing SASS staff who support and enable our teachers in learning, wellbeing, organisation and many other ways. It is wonderful to visit classrooms and see the progression students are making each day.

Mr Fisher
Principal



SUPER 8'S CRICKET

Congratulations to the 52 students in Years 3 to 6 who attended the Super 8's cricket gala day in Culcairn on Friday, 18 October. It was a lovely day to spend playing cricket and the teams showed fantastic sportsmanship throughout the whole day. The students were fine ambassadors for the school and should be commended on their behaviour and conduct. A huge thanks to Abby Paton, Danielle Robards, Richard Wilton, Rose Bennetts, Jim Heriot and Mrs Pargeter for being fantastic coaches and team managers during the day. The senior Holbrook Blue team were narrowly defeated by Howlong in a super over. Catch of the day must go to Jim Henry for a very agile and athletic catch behind the stumps to end the game. It was spectacular! Well done to all students.

Miss Lavis

PAINT THE SCHOOL PINK

The eye catching pink sign on the school fence pre-empted Holbrook Public School going pink! On Wednesday, 3 October, students and staff came to school dressed in all their pink finery, and joined in the fun activities planned for the day. We raised a whopping \$425.10 for the McGrath Foundation. This money will be used to support Breast Care Nurses.

Money raised came from guessing the number of pink Smarties in a jar (won by Ryder McKillop), a spinning wheel and magic square (both with a fantastic range of pink prizes) and a gold coin donation for dressing in pink.

A special mention should be made of the efforts of Indi Paton, who made and sold beautiful pink polka dotted scrunchies – she even had to fill back orders, as they were in high demand! Well done, Indi.

The P&C sold delicious pink cupcakes, very kindly donated by the Holbrook Bakery. Thanks to our hard working parents. They raised \$738.10. A special thank you to our Year 6 helpers, Miss Lavis and all the students who participated in this fun event.

Mrs Wedgwood



RESPONSIBLE PET PROGRAM

Our K-2 students were very lucky to have a visit from Helen and her dog, Chai as part of the Responsible Pet Program. The students learnt about how to care for pets by providing them with a safe and secure environment, the importance of registering your dog, how to read body language of a dog, to know when dogs should be left alone and how to ask permission to approach and pat unknown dogs. The students will bring home a Responsible Pet Ownership pamphlet to share with their families.

Megan Young



FLOWER SHOW

On Friday, 25 October, students in Kindergarten, Year 1 and 2 attended the Holbrook Flower Show at the Holbrook Shire Hall. Students enjoyed a stroll through town before performing a number of items to the Flower Show audience.



THE ATHLETE'S FOOT DONATION

This morning, Jen Campbell from The Athlete's Foot in Albury presented our school with a cheque for \$360. This donation was made possible through The Athlete's Foot School Rewards program where \$5 from each pair of shoes, purchased across the complete in-store range of adults and or kids sports, school, work and casual shoes is donated back to our school. Thank you to everyone who buys their shoes from Athlete's Foot - our students are certainly benefiting from your purchases.

PUBLIC SPEAKING

Public Speaking time has arrived yet again! It is a time all students get to display their talking and listening skills. Every child in the school is expected to participate, and present a timed speech, on any topic, to their class (Stage 1 - 1 minute; Stage 2 - 2 minutes; and Stage 3 - 3 minutes). Two representatives from each class are chosen to represent their peers in finals – prepared speeches on Tuesday, 5 November, and the very challenging impromptu on Tuesday, 12 November. When preparing for the impromptu speeches, each participant is assigned two helpers and 20 minutes to prepare. Teachers judge each speech, using set criteria, and the winners of each stage are announced at our Presentation Night.

K-2 EXCURSION

A reminder to parents and carers that permission notes and payment for the K-2 Excursion is due by **Tuesday, 29 October 2019**. Students will travel by bus, leaving Holbrook Public School at **9:30 am sharp**, to go to the Flying Fruit Fly Circus (FFFC) in Albury to partake in a workshop led by FFFC instructors. Students will then travel to the Albury Botanic Gardens to eat lunch and explore the 'Dinosaur Park' before returning to school in time for buses. We look forward to a fun day!

FLOWER DONATIONS

Our Remembrance Day ceremony will take place on Monday, 11 November in the school hall. Donations of flowers would be very much appreciated.

YEARS 3 AND 4 EXCURSION TO BORAMBOLA

Our excursion on Wednesday, 13 November is fast approaching! Final payments were due on Friday, 25 October. Please make sure you have finalised your payment, or have spoken to a staff member to confirm your payment. Please ensure you have completed both the Borambola Sport and Recreation Medical and Consent online form, as well as the school Medical and Behaviour forms. These forms need to be returned by Friday, 1 November. It is important that we have all this information to ensure that your child is safe throughout the excursion. A detailed list of what to bring has been sent home today. I am sure they are all getting very excited!

YEARS 5 AND 6 BALLARAT EXCURSION

The Year 5 and 6 excursion to Ballarat is fast approaching. Students in Year 5/6 will be heading to Ballarat on Wednesday, 20 November and returning on Friday, 22 November. Students will be participating in a number of activities at Sovereign Hill and in Ballarat. A packing list has been sent home and medical forms have been returned. If you have any questions, please do not hesitate to contact Mrs Wedgwood or Miss Lavis at school. Any students not attending the excursion are expected to attend school on those days.

PRESENTATION NIGHT

Our annual presentation evening will be held on Thursday, 12 December 2019 at 7:00 pm in the school hall. We cordially invite all parents and friends of our students to attend. At the presentation evening we award students who have achieved excellence, consistent improvement, citizenship and sporting achievements. Each year the awards are sponsored by the local community. If you would like to make a donation towards the book prizes this year it will be greatly appreciated. Your name will be listed in our presentation night program as recognition of your valuable contribution to our school. Donations can be sent to the office.



National Disability
Insurance Scheme

NDIS Parent Information Session

An NDIS Information Session to help parents work with schools and external providers is taking place at Glenroy Public School on Thursday 7 November from 9:30 am until 11:30 am.

Galiema Gool (NDIS Coordinator) will be presenting information on the NSW Department of Education's processes and supports available. Staff from Intereach will also be in attendance to outline their services and the Early Childhood Early Intervention (ECEI) Program. You will have the opportunity to ask questions about the NDIS.

Morning tea will be provided.

Parents are invited to attend the session. You are also welcome to share this information and bring Key Workers with you.

Please RSVP by phoning the office on 6036 2021 by Wednesday, 6 November.

AUSSIES OF THE MONTH



Lachlan Saunders, Year 1

Being considerate of others' feelings and always considering other peoples' needs



Eli Toll, Year 4

Being empathetic, having a great sense of humour and leading by example

FROM THE UNIFORM SHOP

PRE-LOVED UNIFORMS IN STOCK NOW!

Summer	Sizes
Polo Shirt (short sleeve)	4, 6, 8, 10, 16
Shorts	4, 8, 10, 12, 14, 16
Summer Dress	4, 6, 12
Winter	
Polo Shirt (long sleeve)	4, 6, 8, 10, 16
Fleece	4, 6, 8, 10
Boys' Pants	4, 6, 14
Girls' Tartan Pants	6, 12
Girl's Tartan Skirt	16
Girls' Tartan Tunic	4, 6
Windcheater	6, 8, 10
Sport	
Sport Shirt	4, 6
Sport Shorts	6, 10

\$5ea



Holbrook Public School's

Star of the week



Tierhys Hall

Year 5/6

CLASS AWARDS

Miss Hemphill

Brydie Laffan – For her passion and dedication to learning and performing our assembly item
Eddie Landale – For his sensible and mature approach to all learning opportunities and for always being a fantastic role model for his peers

Miss Freeman

Eddie Bull – Reaching his MiniLit word attack goal
Blake Robards – Taking responsibility for his learning and completing all his must-do activities

Mrs Young

Antonia Grunow – Being enthusiastic about planning and preparing for public speaking
Isaac Nisbet – Supporting his peers in mathematics group work

Mrs Pargeter

Jessica Frana – Terrific application and focus when completing history and science activities
Justin Nesbit – Contribution to our class discussion during history

Miss Lavis

Isaac Bennetts – Completing tasks thoroughly and carefully
Jasmine Lieschke – Displaying a positive, conscientious work ethic in all areas

Mrs Wedgwood

Jesiah Dumas – Really trying hard in maths and English and for great listening
Casey Webb – For participation and settling into the Year 5/6 class confidently
Xiah Webster – For participation and settling into the Year 5/6 class confidently

Mrs Biar

Ollie Cardile – For being a great team member and a sensible leader
Will Power – For great persistence and application to his MiniLit words

Mrs Henderson

Jack Pitzen – Excellent leadership skills when leading Peer Support
Hayley Vankerkoerle – Her commitment to learning the Whole School Performance routine independently

Mr Fisher

Eddie Bull – Going up three levels in reading in one day
Zamara Castles – Explaining how speech marks are used
Thomas Maclagan – A great description on crabs and their feeding habits



BEST CLASS ASSEMBLY AWARD

This award is given to the most attentive and responsible class at assembly. The winner is: **Year 5/6**

FIRST CLASS READY AWARD

Awarded to that class who has consistently been prompt when lining up at morning assemblies, and after lunch and recess. The winner is: **Year 3**

TIDY TED AWARD

Awarded to the tidiest classroom.
The winner is: **The Office**



SPORTSMANSHIP AWARDS

Joel Laffan, Jye Livermore, Ben McCabe, Ryder McKillop, Cooper Mohr, Lachlan Saunders, Mylee Toll, Dominic Walkerden

STAR CARD WINNERS

Yellow Playground Star Cards
Jett Coates and Sophia Henderson
Blue Classroom Star Cards
Tayleah Flewin and Laycii Freund

VALUES AWARD – FAIRNESS

Senior: Isobel Atkinson
Junior: Grace Bennetts

SPONSORSHIP:

The following Holbrook businesses sponsor our newsletter. Please support them when you can.



BURGIE'S PLASTERING

LICENSE # 298873C

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David Lieschke
Dealer Principal

Lieschke Motors
Holbrook

78 Albury Street
Holbrook, NSW, 2644
Ph: 02 60362244
Fax: 02 60362831
E: lieschke@bigpond.net.au

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MARGOT PITZEN // Real Estate Manager

T. (02) 6036 2033 // M. 0407 658 401 // F. 02 6036 2645
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COMMUNITY NEWS

FREE DYSLEXIA SEMINAR **VICTORIA 4NOV - 16NOV**

CHECK THIS OUT!

90 minute Seminar:
Dyslexia is a disorder that involves difficulty in learning to read or interpret words, letters & other symbols. Many people go un-diagnosed & struggle through school & later life. Recent studies show that up to 15% of the population are affected by it.

ATTENTION!
Parents is this your child...

- Struggles with Reading
- Lacks Comprehension
- Can not focus in Class
- Confuses letters like b & d
- Has problems with sight words
- Is very creative and hands on
- Struggles with Writing

If YES, then you should come.

Learn How...
You can finally break free from the cycle of reading failure & learn how to help your child read.

Learn why it is that dyslexia occurs. Understand what's happening in the classroom & how to accelerate your child's reading quicker than you thought possible - all at an affordable price, in the comfort of your own home, at a time that works with the family commitments.

Registration Essential!
Online www.dyslexia.com.au/register
or email - support@dyslexia.com.au

Organised by:
dyslexia.com.au

Tom Mullally
Dyslexic Himself
Your Seminar Speaker



Billabong High School is involved in a partnership with Aurora College, the DoE Virtual Selective High School. Aurora College aims to enhance and accelerate the learning of gifted and talented students throughout rural and remote regions in NSW. Applications are currently open for students in Year 5 interested in applying to enroll at Aurora College for Year 7 2021. This will involve students sitting a statewide selective school entrance exam in March 2020. Closing date for applications is Monday, 11 November 2019. For further information regarding Aurora College, visit their website at <http://www.aurora.nsw.edu.au/> or contact Billabong High School on 6029 8377.

Holbrook Public School

Quality education for all in a secure and caring environment



2019 Kindergarten Orientation Days

**AVAILABLE TO ALL CHILDREN IN AND AROUND HOLBROOK
WHO ARE STARTING KINDERGARTEN NEXT YEAR!**

Starting school is an important step for your child. To help your child become familiar with their new school, Holbrook Public School is hosting a series of Kindergarten Orientation Days for local pre-school aged children.



Date	Activity	Program
Wednesday, 26 June and Tuesday, 30 July (10:15 am to 11:15 am)	Year 5 visit the Holbrook Early Learning Centre (Holbrook Early Learning Centre)	A group of Year 5 students visit the Early Learning Centre to share stories and games with the pre-schoolers.
Wednesday, 7 August (3:30 pm – 4:15 pm)	Parent Orientation Meeting (Holbrook Public School library)	Find out about the quality teaching, learning and great opportunities at our school. Hear from the Principal and meet current parents and teachers.
Wednesday, 21 August (11:00 am to 1:30 pm)	Literacy Activities, Teddy Bears' Picnic and Book Week Parade (Holbrook Public School Kindergarten classroom)	Pre-schoolers bring along their favourite teddy bear for a Teddy Bears' Picnic with the current Year 5 and Kindergarten students. They will then participate in fun and rich literacy-based activities, followed by the Book Parade at 12:55 pm and a barbecue with the school community.
Monday, 9 September (9:45 am to 11:30 am)	Treasure Hunt! (The hunt begins at the Holbrook Public School Kindergarten classroom)	Pre-schoolers learn about their new school through engaging and high-quality numeracy activities as they work with Year 5 students to solve problems and find some treasure!
Wednesday, 25 September (1:00 pm to 2:30 pm)	Whole School Performance (Holbrook Public School hall)	Pre-schoolers watch the show at 1:00 pm.
Thursday, 5 December (11:00 am to 11:45 am)	Meet Your Buddy! (Holbrook Public School hall) Please bring a healthy snack with you.	Parents and pre-schoolers gather in the hall to find out their buddies for 2020. Parents stay in the hall for a presentation, while the Year 5 students take their new buddies to the oval for some games.

For more information, please call Holbrook Public School on 6036 2021. School tours available on request.



Education &
Communities

Compulsory School Attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

The importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.





My child won't go to school. What should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

What might happen if my child continues to have unacceptable absences?

It is important to understand that the Department of Education and Communities may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

- Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

- Application to the Children's Court – Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department

may apply to the Children's Court for a *Compulsory Schooling Order*. The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

- Prosecution in the Local Court

School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

What age can my child leave school?

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to complete their schooling.

Working in Partnership

The Department of Education and Communities recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life opportunities.

If a student misses as little as 8 days in a school term, by the end of primary school they'll have missed over a year of school.

Further information regarding school attendance can be obtained from the following websites:

Policy, information and brochures:

Please visit the Department of Education's *Policy library*

The school leaving age:

Please visit the Department of Education's *Wellbeing and Learning* website

Do you need an interpreter?

Interpreting services are available on request, including for the hearing impaired. The Telephone Interpreter Service is available 24 hours a day, seven days a week on 131 450. You will not be charged for this service.

For further advice and questions contact your educational services team

T 131 536

Learning and Engagement

Student Engagement & Interagency Partnerships

T 9244 512

www.dec.nsw.gov.au

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NSW Department of Education and Communities



Newsletter for Parents with Children Transitioning to Primary School

Who will answer my call?

We have a team of 30 highly trained, compassionate counsellors who have lots of experience in working with families. We know every family is different and so we take the time to find out what is important for each family

Love in a lunch box

Simple tips to help at break times:

- Pack familiar food
- Provide food your child can easily open or unwrap
- Add a personalised note that will brighten their day or make them laugh – it will let them know you are thinking about them
- Have your child practice opening and closing their lunchbox, unwrapping plastic film and opening containers, packaging and zip-lock bags so it becomes second nature for them.

Ask us a question ...

Parents and carers are welcome to contact us via facebook to ask a question or request a call back from a parenting counsellor.

Follow us on Facebook to receive regular parenting tips and ideas.



facebook.com/parentlinenewsouthwales



Parent Line NSW

1300 1300 52

Parentline.org.au

Working with emotions

Starting school will inevitably bring up a range of emotions for parents, carers and children. As parents and carers, we can support our children to manage these emotions by:

1. Being aware that starting school brings lots of different emotions such as, excitement, fear, curiosity and worry.
2. Be brave enough to talk about these emotions with your child – it will bring you closer.
3. Really listen to your child and help them name these emotions.
4. Let your child know that it is normal to feel like this when things are new. (You can give some examples of your own experience of starting something new.)
5. Reassure your child that these feelings won't last. Feelings are like the
6. Weather and change often throughout the day.

At school your child will be navigating a range of new and different relationships.

It can help to:

- Teach your child how to be assertive
- Arrange play dates with other kids in their class to help establish friendships
- Get to know the other parents
- Encourage your child to explore different friendships by sitting with different groups at break times
- Read books about being a friend
- Set time aside at the end of the day to talk.

Some kids require additional support at school. They may struggle to connect socially, find it hard to concentrate in class or fall behind their peers in basic literacy and numeracy.

If you have concerns about your child's development speaking to a Parent Line counsellor may help you find the right strategies, support and referral pathways.

Managing transitions ...

It is normal for kids to be exhausted after a day at school. This can sometimes lead to emotional meltdowns. All that learning and navigating new relationships is draining. It can help to have established afternoon routines which allow for some down-time. Family meal time is a good place to ask your child about their day and reconnect.

Rituals for the end of the day, week, term and year will help your child transition more smoothly.

Rituals might be cooking your child's favourite meal together, watching a movie or building a hideout from boxes and blankets.

Transitioning to school is big for parents too. Parents are often caught off-guard by their own feelings of excitement, sadness and nervousness at sending a child to school.

Speaking to an empathic and non-judgmental Parent Line counsellor can help you come to terms with and manage these complex feelings.

For more information about transitioning to school go to <http://www.transitiontoschoolresource.org.au/tts> 1300 1300 52 www.parentline.org.au

Newsletter for Parents with Children Transitioning to Primary School 7 days

We are happy to provide interpreters for parents and carers to speak to a parenting counsellor.

Simply call us ...

9am-9pm

Monday to Friday

4pm-9pm

Saturday & Sunday



facebook.com/parentlinenewsouthwales



Parent Line NSW

1300 1300 52

Parentline.org.au