

# Wentworth Falls Public School Newsletter

#### Wentworth Falls Public School

14 October 2021

Falls Road, Wentworth Falls NSW 2782 \* Tel: 0247571604 \* Richard Giles Principal

#### **Inside this issue:**

| Principal's Report | 1-2  |
|--------------------|------|
| Smiling Mind       | 2    |
| Wenty SRC          | 3    |
| Artfest            | 4-6  |
| School travel      | 7-8  |
| Public Notices     | 9-13 |

#### **IMPORTANT DATES**

#### **TERM 4 2021**

October

18 Kindy, year 1 & 2 return

25 Years 3,4,5 & 6 return

27 Kindy 2022 Zoom
Orientation program

November

3 Kindy 2022 Zoom Orientation program

If you are not returning to Wentworth Falls
Public School in 2022
please advise the office.

#### Kindergarten Enrolments for 2022

If you have a child starting Kindergarten next year we can post a pack home. Please contact the office.

Online enrolment is also available through our school website. Click onto the enrolment tab and complete the online enrolment application.

Enrolment - Wentworth Falls Public School (nsw.gov.au)

#### From the Principal..

Welcome to week 2. It is an exciting time with our K-2 students coming back to classrooms next week and Years 3-6 joining us in Week 4. It has been a long time coming but I want to thank all of our school community for the tremendous effort they have managed during our learning from home period. Throughout Term 3 our numbers at school remained consistent and while our numbers have grown a little this week, it wasn't as high as other schools I know of. All parents and carers need a pat on the back for what they have managed at home.

All staff here at school are eagerly awaiting the day when their students return. They too deserve a huge congratulations for what they have been able to accomplish for the last 12 weeks of school. I mentioned at a meeting recently how proud I have been to be the Principal of our school during this learning from home period as I have been able to witness what can be achieved for our students when everyone is working together and supporting each other.

Mr Giles Principal

#### **Staged Return to School**

I have sent out via Skoolbag our return to school plan for Weeks 3 and 4. Next week (Monday 18th October) Kindergarten, Year 1 and Year 2 will return. From Monday 25th October, students in Years 3-6 will return to school. K-2 students will enter and exit via the bottom entry gate (near the RFS) and Yrs 3-6 will enter and exit via the main entry gate.

This Friday 15th October I will be handing out the final pack for primary students.

When students return to school, staff will continue wearing masks indoors and outdoors. It is also strongly recommended that students wear a mask (unless eating or exercising).

If possible, discuss with your child and organise a place where you will meet them each afternoon. This will help reduce the amount of congestion near the entry gates. Please do not enter the school grounds, teachers will bring their classes to you.

If your child is sick please keep them at home. If we call you to pick up a sick child you will need to get a negative covid test before they can return or stay home for ten days, as per the government regulations.

The Department's "Advice for Families" page contains all of the information about the guidelines under which we return to school and are updated regularly.

To help with the transition back to school I have attached three helpful documents.

If there is anything I can do to help you or your children to prepare for the return to school please contact me at school.

#### **Before and After School Care**

As mentioned last week, the tender for our Before and After School Care service was successfully filled. The new provider for our service is *The After School Klub (TASK)* and they are very excited to be starting the service from November 1 here at school.

An information flyer has been communicated via Skoolbag and Facebook however I have also attached one to the newsletters for families that may have missed it. Enrolment into the service can begin now and if you have any questions regarding their service please contact them on their contact number 1300827500.

#### **New School Visitor Check In**

From Monday 18 October, every school across NSW will be using a new single School Visitor Check In system. The Department of Education has partnered with Service NSW to provide a streamlined, digital school sign-in system for visitors and contractors at every government school.

Benefits of the new system include:

- Accelerating check-ins to as fast as 20 seconds.
- Linked to NSW Health's COVID-19 contact tracing.
- Giving every school greater access to streamlined NSW Government services.

Who needs to use the new School Visitor Check In? All visitors (such as parents, carers, contractors, service providers and volunteers).

#### From the principal continued

To find out how to use the new check in system, please watch the brief video for parents: https://www.youtube.com/watch?v=g2LKZxKpxBo

Further information can be found on the Department's website at: https://education.nsw.gov.au/public-schools/school-visitor-check-in

#### **2022 School Travel Applications**

Applications for student travel in 2022 opened on Tuesday 12 October 2021.

Please see the attached flyer for further information.

#### **Cybermarvel Month**

The NSW Department of Education is offering two webinars as part of Cybermarvel month.

Cybermarvel month is designed to provide up-to-date information and resources to help you and your family stay safe online.

Parents play an important role in supporting their child's online safety by understanding these risks and learning some important tips and tricks to help reduce them.

You can check out the parent webinars here.

#### **Kindergarten Transition**

Unfortunately, the current COVID-19 guidelines impact our ability to conduct our Kindergarten Transition program as we would hope for students starting school in 2022. Mrs Roberts and Mr Kertesz are currently planning a modified program incorporating online activities and face-to-face activities for when our guidelines change. An information pack will be mailed out to families this week.

If you have a child, or know a family with a child starting in 2022, and haven't enrolled at school yet please go the school website to complete the online enrolment form.

If you have any questions regarding the enrolment process please contact the office.

## Smiling Mind

#### **National Mental Health Month**

( https://www.mhfa.org.au/cms/national-mental-health-month-2021 )



National Mental Health Month is an initiative of the Mental Health Foundation Australia (MHFA) to advocate for and raise awareness of Australian mental health. The Australian community comes together to raise awareness and promote better mental health for all. The National Mental Health Month 2021 Awareness Campaign theme is: 'Mental Health: Post Pandemic Recovery Challenges and Resilience'

Follow this link to download the Wellbeing Calendar for this month. https://www.mhfa.org.au/uploads/files/0001-MHFA-WellbeingCalendar.pdf

WayAhead also provides a calendar of tips to Tune In this month. <a href="https://wayahead.org.au/download/tune-in-calendar/?wpdmdl=15019&refresh=6153bf39010e01632878393">https://wayahead.org.au/download/tune-in-calendar/?wpdmdl=15019&refresh=6153bf39010e01632878393</a>

WayAhead works to educate people in NSW about mental health and wellbeing and link them into services and resources that improve their mental health.

#### **Smiling Mind**

Mindfulness has a profound positive effect on our mental health and wellbeing, especially during times of uncertainty like the upcoming transition back to on-site learning. It can help us manage our emotions and deal with the anxiety that can arise during times of stress and change.

For those families who have not yet started on the mindfulness journey, Smiling Mind has a family program that introduces you to the practice of mindfulness and explores the benefits to you and your family.

By downloading the Smiling Mind app and creating an account, you can navigate to this family program introduction by following this link:

Meditation made easy • Smiling Mind

# WENTY SRC

#### **September News:**

Every Student Every Voice Door No Ciley

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Left: This letter expresses the gratitude of one of the SRC letter recipients.

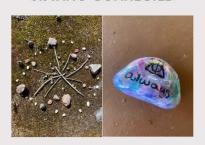
Right: Stage 1 Students wrote lovely letters at school last term.

The kindness and care expressed for the community was very much appreciated.



IN SEPTEMBER WE HAVE BEEN

'STAYING CONNECTED'



Other examples in the community of anonymous connections.



THANKS TO EVERYONE WHO TOOK
TIME TO MAKE OTHERS HAPPY!

SRC Meetings will resume in Week5 in the meanwhile please keep in touch if you would like to contact us:

Leonie.packer@det.nsw.edu.au

or Alison.bones@det.nsw.edu.au

Dear students, families, and friends,

When our SRC got together in August and discussed 'Staying Connected' ideas we really hoped to make a difference in our community by delivering our caring messages around the neighbourhood where we live.

Excitingly some students received recognition for their thoughtfulness and many photos of Wenty students 'posting' their messages were received ...







We are sure that all the letters received were appreciated, and they would have brought wide smiles to the lucky recipients!

We will see you all soon, as students gradually return this term.



# 12 - 28 NOVEMBER 2021

# www.bluemtnsartfest.com.au

Blue Mountains Artfest is moving online this year! From the 12th - 28th November, Blue Mountains Artfest will be held via our new website www.bluemtnsartfest.com.au

#### WHAT'S ON?

#### Online Raffle

Michelle Doake of Purcell Property in Leura has kindly offered to sponsor our raffle this year. We can't wait to announce the prizes to you! It will be an online only raffle with tickets purchased through a dedicated raffle website.

#### Kids and Adult Workshops

Mrs Packer will be running two online workshops over the first weekend of Artfest. One for students and one for Adults. Further information and booking details coming very soon.

#### • Kids Online Art Gallery

Mrs Halse is coordinating an Online Kids Art competition with all entries displayed in a Kids Art Gallery section on our website. Entries opening soon so get creating!

# • Student Collaborative Art Silent Auction Pieces

The teachers have been busy putting together student art for stage collaborative artworks that will be part of a silent auction.

#### Staffroom Artroom

There are several teachers that have used their creative skills to make and donate a piece of art for sale at Artfest this year. We can't wait to see what they have created!



#### **SPONSORSHIP**

We would like to thank the following local businesses who have come on board to allow us to run Artfest Online this year.

#### Platinum Sponsors

- D'Vine Cellars, Wentworth Falls
- Bendigo Community Bank Katoomba.

#### Gold Sponsors

- Wentworth Falls Animal Hospital
- Blue Mountains Mazda

Due to the current financial situation and many businesses just opening their doors again, we aren't actively approaching local businesses for Sponsorship.

If you would like to donate to the school either as a sponsor or an item for our raffle, please get in touch asap on sponsor@bluemtnsartfest.com.au

#### www.bluemtnsartfest.com.au



IMAGE BY GREG PITTY, FEATURE ARTIST BLUE MOUNTAINS ARTFEST ONLINE 2021

We are pleased to announce our Feature Artist this year is local photographer, Greg Pitty.

Greg has had a long term connection with our school. He is a former teacher of Wentworth Falls Public School and has had works for sale at Artfest for a number of years now. We are excited to showcase his work online this year.

Some words from the Artist

"My chosen themes are several but they focus on place, not people - the hand-print but not the hand. mages which ask for thought and investigation but which always allow for individual interpretation.

Inspiration comes in the form of line, shape and shadow. It comes from getting out and physically doing; from the work and example of fellow photographers, amateur and professional, known and obscure. Those literal, experimental and creative. All searching for an individual voice.' Greg Pitty

# Spread the word!

We would really appreciate it if you could like and follow our Facebook and Instagram pages (@bluemtnsartfest) and share our messages. We need everyone's help to spread the word as we are a solely online platform to sell art and craft this year.

## Helpers

If you can spare a little time to lend a hand, please get in touch with us on admin@bluemtnsartfest.com.au or message us through the Facebook page @bluemtnsartfest



# Collaborative Student Artworks Available for Auction at Blue Mountains Artfest 2021

By now you will have all read the exciting innovative news from our P&Cs Blue Mountains Artfest Committee that in 2021 they are hosting an **online** art festival from November 12<sup>th</sup> to 28<sup>th</sup>.

Last term, during remote learning, all students from Kindergarten to Year 6 had the opportunity to participate in art activities which would be collated into stage artworks available for sale at Artfest.

Thank you to every student who participated, and to your families for taking time to support this fundraising event and returning your art.

They are now ready, and we hope you love them as much as we do.

More news will be coming to the Blue Mountains Artfest website and Facebook page as details of the auction are released. In the meanwhile, here is Kindergarten's art, 'Love in our Hearts', a patchwork of Kinder Team's hearts.

Expert stretch framing generously donated by *Hope Tree Framing and Art,* Megalong Street, Katoomba.







Sneak peek Stage 1 artworks coming soon!

### School Travel for 2022



#### 2022 school travel applications are now open

Students who need a School Opal card or travel pass for 2022 can <u>apply</u> now. A new application will need to be submitted if they are applying for a school travel pass for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who change address, school, campus location, or who have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should <u>renew or update</u> their details before **the end of term 4**. This will ensure that schools can endorse applications and current entitlements are updated and remain valid. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new eligibility criteria, they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

Term Bus Pass holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2022.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note**: some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

#### **School Student Transport Scheme site change**

On 1 October 2021 the School Student Transport Scheme (SSTS) information and application portal was moved to **transportnsw.info**. This will assist families to find all their travel information in the one place.

#### Travel from Term 12022

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for the School Student Transport Scheme (SSTS) open at the start of Term 4 2021 for travel in 2022, so parents/students can <u>apply</u> or <u>update</u> details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a difficult period for local bus operators, and students travelling without a valid ticket make service planning and operations increasingly difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel on a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their <u>local bus operator</u> to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Please also remember that students using Opal cards must tap on and tap off in line with the Student code of conduct and Opal terms of use.



Further information can be found at <u>transportnsw.info/travel-info/using-public-transport/school-travel</u>
Enquiries can be submitted at <u>transportnsw.info/contact-us/feedback/passes-concessions-feedback</u>





# is coming soon to Wentworth Falls Public School

## **EXPECTED START MONDAY NOV 1, 2021**

(pending govt. approval)

From \$2.25 per session with maximum CCS rebate

- on site at Wentworth Falls Public School
- breakfast provided
- first aid & child protection trained staff
- · TASK is screen free
- fun & educational programs
- · govt. approved provider
- enrol: task-kids.com.au
- questions: <u>enrol@task-kids.com.au</u>

Opening hours & fees before rebate

Before School Care: 6:30am - 8:30am - \$15 permanent - \$19 casual

After School Care: 2:25pm - 6:30pm - \$21 permanent - \$26 casual



task-kids.com.au 1300 827 500



Unsure how to prepare your child to return to school?

#### Step 1: Get information from your school

 Your child's school will be in touch to explain the various new procedures in place. If you have not received information or are unsure of anything, you should contact the school.



#### Step 2: Talk to your child about returning

- Talk to your child about the changes the school has let you know about and tell them the teachers will be there to help if they are unsure about anything.
- Reassure them with calm words and actions that going to school will be safe and fun.

#### Step 3: Talk to your child about their feelings

- Encourage your child to share their feelings and any concerns they have before and after returning to school.
- Reassure them that it is normal to have big and sometimes mixed feelings such as excitement or worry.
- Practice some deep triangle breathing together and let them know they can do it on their own at school to help with any big feelings there.

# Triangle Breathing Breathe out for 3

Use your index finger to trace a triangle on the palm of your hand as you take deep breaths





Re-establishing routines

Will your child and family need some adjustment to get back into school learning?

Getting your child and family into a regular routine in the weeks leading up to returning to school will help make the transition and change easier to manage.

#### The week before:

- Return to usual school day wake up, morning and bedtime routines.
- · Ensure they are getting enough sleep.
- Practice having breakfast, lunch and snack times that coincide with typical school breaks.
- Create a calendar that counts down the days until their return.
- Practice getting ready to go to school e.g. finding their uniform and packing their bag.



- Include your child in packing their school bag and getting their uniform ready.
- Talk with them about the plans for the next day including the morning routine, what to expect when they arrive at school and afternoon pick up plans.

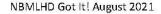


#### The morning of:

- Allow extra time to get ready.
- Keep yourself calm to help your child remain calm.
- Repeat all the information you discussed with them the previous night about what their day will look like.







# Got It!



## Saying Goodbye at the Gate

Are you worried about how the first back to school drop off will go?

School drop offs might look different when school resumes, some children and parents might find saying goodbye difficult. We can prepare our children for this by:

#### Planning ahead:

- Talk about whatever details you already know who will be where to drop and pick them up. Reassure them the teachers will help them if any changes are made.
- Create a quick goodbye 'ritual' for each child e.g. a secret handshake, special wave or triple kiss just for this occasion.
- Organise for a buddy to walk into school with them or for them to keep a special item that helps them feel "brave".



#### Practice, Practice!

- Practice small periods of separation prior to school starting e.g. hanging out the washing while your child stays inside or leaving them with a friend while you go to the shops.
- Practice your goodbye ritual so your child knows what to expect.



#### At the gate:

- Remain calm, confident and be consistent.
- · Give your child your full attention.
- Say a proper goodbye (but keep it brief) and tell them when you'll be back e.g. "I'll be back later today after school". Do not sneak away when your child is distracted and don't linger.
- · Perform your goodbye ritual once only.
- Reassure them that their teacher and school staff will be there to help.





NBMLHD Got It! August 2021

# BRINGING UP

## **GREAT KIDS**

Reconnect with your kids after a difficult year

Bringing Up Great Kids is a reflective, mindful, respectful program that provides parents with an opportunity to reflect on their parenting journey.

Bringing Up Great Kids provides a friendly and safe environment for parents to learn from each other as they continue their parenting journey.

#### THE PROGRAM

- learn more about the origins of their own parenting style and how it can be more effective;
- learn more about brain development in children and its influence on their thoughts, feelings and behaviour;
- understand the meaning behind children's behaviours, and how to respond to children's underlying feelings and needs;

#### WHEN & WHERE

Join us every Tuesday from 19th Oct - 9 Nov on Zoom 10.00 - 12.00PM

email hannah@thriveservices.org.au to book your spot!



Thrip serves



# Parenting Children with ADHD

A 6 week group to help parents learn about & manage their children's behaviour

2021 Term 4 dates:

Weekly on Wednesdays from 27 Oct to 1 Dec - 10.00 am to 11.30 am

Via zoom

\*Bookings essential

For more information and group details

call Sheree on 6351 4055 or email

sheree@thriveservices.org.au





