

# HEBERSHAM PUBLIC SCHOOL

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## Newsletter

6 February 2020

### Calendar for Week 3 and 4 Term 1

#### Week 3

##### Monday – 10 February

##### Tuesday – 11 February

3-6 Swimming Carnival

##### Wednesday – 12 February

P&C Meeting 9:15am  
Stage 3 First Foot Forward visit  
High School information session 4.30pm

##### Thursday – 13 February

APOLOGY Anniversary  
Safer Internet Day Years 3-6 Course

##### Friday – 14 February

K-6 Assembly 9:30am Yalingen Allawah

#### Week 4

##### Monday – 17 February

##### Tuesday – 18 February

Best Start- Kindergarten

##### Wednesday – 19 February

K-2 Meet the Teacher BBQ 3-4pm  
Best Start- Kindergarten  
'Little Lions Playgroup' begins 9:30am

### Thursday – 20 February

Meet the Teacher BBQ - 3-6 and support classes - 3pm- 4pm

Best Start - Kindergarten

### Friday – 21 February

Walkthroughs

A special welcome to Kindergarten who officially joined us this week. Kindergarten teachers and students have had a busy week getting organised and learning new routines and especially learning the Pride Guide.

To all the kindergarten parents and carers a warm welcome to our school community. We hope you will enjoy the learning journey with your child and the staff.

A warm welcome to all new students and parents to our school.



If you have any queries please do not hesitate to contact us by phone or at the front office to make an appointment.

In the next few weeks teachers will be released from class for a day to work together and program for Term 1 as a team.

Hebersham Staff list is also included.

*Betty Papandreou*  
Principal



### Pride Goal for the next week

Our new pride goal expectation for the next three weeks is:-

## Be Brave- and follow the Pride Guide in ALL settings

### P&C MEETING



Come along to the first P&C meeting of the year on Wednesday 12 February at 9:15am. Meetings are held every second Wednesday of the month in the Den located in the Admin block at the front of the school.

### Assemblies

Our first assembly will be held on Friday 14 February at 9.30am. This will be a short assembly to welcome everyone back to school.

Assemblies are held in Yaligen Allawah the school hall situated adjacent to Welwyn Road. K-6 Assemblies are held in weeks 3, 6 and 9 of each term. K-6 Assemblies commence at 9:30am.

We greatly value the attendance of parents and carers at all assemblies – especially those when their children are recognised with the award of their Pride Pins. Space is very limited so the following rules are in place to ensure that everyone is safe and that assemblies are respectful to all those present.

- Guests sit on the seats to the rear of the hall placed in the COLA extension.
- Reserved seating is for support classes in the COLA extension.
- A member of staff takes photos of the Pride Pins being presented. These are made available to parents and carers through the front office.
- Parents and carers or other adult family members are invited to come forward to the front of the assembly to pin the badge on

their child after all the children from the grade have received their certificates and pins.

- Pre-schoolers need to remain with parents and carers at all times during assemblies.
- The K-2 equipment and sand pit area are **closed** during assembly.



### House Shield Competition

There are four Houses for interschool competitions in Sport; receipt of Pride Awards and; other designated areas. Students are grouped in their House based on the first letter of their surname. The four Houses are named for famous Australian sports men and women who were at their peak in the 1970's when Hebersham PS was established.

The four Houses are: Goolagong (Evonne – tennis); Langlands (Graeme – rugby league); Walters (Doug - cricket and; Moras (Karen – swimming). All four represented Australia successfully at international level in sport.

The alphabetical order of House placement is:

Surnames A - E	Goolagong
Surnames F –L	Langlands
Surnames M – R	Walters
Surnames S – Z	Moras



Pride Awards and class merit awards will be presented in class on Fridays.



### A reminder to Parents and Carers to notify the school about your Child's Health

We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child's health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child's health and wellbeing.

It is essential the school is notified immediately about children who have been diagnosed with anaphylaxis (extreme allergic reaction) and who need an EpiPen kept at school.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.



We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter's health needs or as otherwise required by law.

### School Uniform



All students must wear school uniform each day. Boys wear a gold polo shirt and the green shorts. The girls wear a gold polo shirt and green shorts or skirt. The girls are also able to wear the school uniform dress. No jewellery except stud earrings or nail polish is allowed. No fake nails are allowed for safety reasons.

### Uniform Shop

The **Uniform Shop** (located under the cola) is open **every Thursday from 8.30am until 9.30am.**

## Tips to Parents and Carers from NSW DEC

### Eight ways to get Your Kids Organised

Are you ready for morning madness, late assignments, yesterday's half-eaten lunch sweating in the schoolbag? Just like adults, children cope much better if they can manage their time and their environment wisely.

Find out more:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/eight-great-ways-to-get-your-kids-organised-for-school>



### Smart foods to boost learning

Mother Nature is full of foods that help us think and feel better. What do you give your child to help them think more clearly, and enhance concentration and memory?

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/food/smart-foods-to-boost-learning>



### 2020 Voluntary Resource Contribution

In 2020 we will be continuing a \$20 School Resource Contribution fee. Each student will be invoiced for this fee at the beginning of the year. This contribution will help to purchase teaching and learning resources for students.



### Permission notes and Payments in 2020

All permission notes and payments for extracurricular activities, camps and excursions, will be handed directly to the front office in 2020. We have a drop box area in the front office.

# Don't Forget

## Dropping Off and Picking Up Your Children after School

Students may enter the school at 8.30am when there is a teacher on duty.

School ends at 3pm each day.

The office is not a before and after-hours child minding centre.

Staff members have regular meetings both before and after school. 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.



### Friends

Is your child in a new class without their friends?

In over 13 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 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.



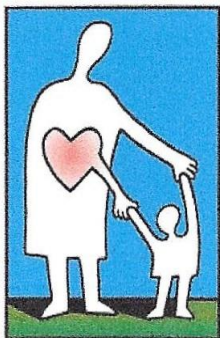
Veteran parents and teachers tell us that more likely than not, your child will be absolutely fine and will have developed a new level of resilience from spreading his/her wings a little.



## 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 front office to discuss your concerns.



## Use of School Car Park

No parking facility is available for parents and carers in the school grounds. The staff car parks can't be used as a "drop off" and "pick up" point. The disabled car spaces are reserved for special transport or for parents/carers picking up children who have disabilities and who are enrolled in one of the three support classes.

Many of the staff from HPS must park their cars on the street due to the limitations of available space in the grounds.



In the interest of safety and to prevent causing offence, please do not drive your cars into the school grounds.

## Little Lions Playgroup

Family First will be running a playgroup from the old hall each Wednesday morning 9:30am – 10:30am. This playgroup is open to all our families with children aged 0 – 5 yrs old. Please come along and join in the fun with your little ones.

## Healthy Canteens

**All orders must go to the canteen before 9am.**



## School Equipment for 2020

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

Please ensure ALL equipment and uniforms have the name of your child on them. All students need a school bag, lunch box and a hat.



### Kindergarten

glue stick- 4  
water bottle  
boxes of tissues one per term  
pump soap one per term  
baby wipes one per term

### Stage 1 - Year 1 and Year 2

glue stick- 4  
water bottle  
A4 covered homework book- 128 pages  
boxes of tissues-4  
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  
blue and red pens (Year 4)  
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)

### Stage 3 - Year 5 and Year 6

pencil case  
lead pencils HB  
sharpener  
eraser  
glue stick- 4  
coloured pencils  
blue and red pens  
Geometry set (must include compass and  
protractor)  
calculator  
textas (optional)  
plastic ruler (optional)  
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)  
hand sanitizer



## Advice Concerning Head Lice

We have had recent cases of head lice throughout the school. Please check your child's head for head lice tonight and commence treatment if you find any eggs or lice.

A handy tip to prevent the spread of head lice is to spray tea tree oil in your child's hair or hat.

Further information on head lice is available in English on the NSW Health website and the NSW Department of Education websites.

## SCHOOL SONG

In a spirit of community  
We come from many nationalities  
From those whose land we stand upon today  
To those from other lands so far away

In our garden like the seeds we sow  
The food we share will make our friendships  
grow  
And we will strive to be good sports you know  
'Cause win or lose we just love to have a go

### CHORUS

Be brave, be a learner, be safe, be respectful  
Be brave, be a learner, be safe, be respectful  
That's how we choose to be  
We're ready to achieve  
Here at Hebersham Public School

Staff and students give their best  
Creative minds put to the test  
Each one different from the rest  
An awesome team we work as one  
You're welcome here come join the fun!

### CHORUS



Nutrition Snippet

## The simplest way

... to pack a healthy lunch box .

Does packing lunch boxes feel like a chore? We are here to help you kick start the year easily, packing healthy lunch boxes your kids will enjoy.

**Healthy lunch boxes don't have to be boring.**



We are very excited to bring you our new look [healthy lunch box website](#) that has been improved with new features and functions based on feedback provided by you! You can now search for gluten free and vegetarian recipes, as well as **easy to freeze** and **quick and easy** recipes because as parents, we know how important it is to pack lunches quickly.

You can sign up to the [Healthy Lunch Box e-newsletter](#) for ideas, updates and recipes delivered to your inbox throughout the year.

**[Check out the new website now!](#)**

[healthylunchbox.com.au](http://healthylunchbox.com.au)



# CONNECTED BEGINNINGS HEALTH SCREENERS

## **What is a health screener?**

Health screeners are important when checking your child's health and wellbeing. We check if your little ones are healthy and doing okay or if they need extra support.

## **What happens at a health screener?**

Health screeners check immunisations, language skills, developmental milestones and link your child in with supports if needed.

**25 FEBRUARY 2020**

**9AM – 4PM**

**NGROO TREGAR PUBLIC SCHOOL**

**Limited numbers are available.**

**Please contact Ngroo on 98356506 to book in.**

**Transport is available if arranged prior.**

**Screeners are held monthly  
and for children aged 1 to 5 years.**

**For more information contact  
Julie Williams, Community Coordinator  
on 0491 234 253.**



## HPS Staff List

### Term 1 2020

#### Executive Staff

Principal	Betty Papandreou
Deputy Principal	Ketryna Coupe
Instructional Leader	Sharon Barnham K-2
Instrcutional Leader	Alex Watson K-2
Instrcutional Leader	Danielle Sampedro 3-6
School Administration Manager	Linda Lowe
School Business Manager	Candace Leyte
Assistant Principal	Elly Haynes (Relieving) ES1
Assistant Principal	Hayal Bircan S1
Assistant Principal	Chris Midgely (Relieving) S2
Assistant Principal	Perri Sio (Relieving) S3
Assistant Principal	Courtnet Vaalele (Relieving)
	Specialist staff
Assistant Principal Support	Kylie Hansen

#### Early Stage 1

KH	Elly Haynes
KM	Melissa Sheridan
KP	Emily Plater

#### Stage 1 Year 1

S1B	Hayal Bircan
S1R	Rondelle Ryan
S1S	Di Scholz
S1G	Sabrina Guidone

#### Stage 1 Year 2

S1G	Sabrina Guidone
S1D	Kerri Daniels
S1C	Bridget Corke
S1H	Mariam Halawi

#### Stage 2 Year 3

S2K	Keagan Healy
S2H	Matthew Harpley
S2T	Kelsy Roney / Stephanie Fischer
S2M	Chris Midgley
S2S	Jaclyn Siniawski

#### Stage 2 Year 4

S2M	Chris Midgley
S2S	Jaclyn Siniawski
S2G	Tisha Guiao
S2L	Jessica Lubina

#### Stage 3

S3C	Kristine Cooke
S3E	Shar Elder
S3G	Donna Dorahy- Weeks 1-5



S3M	Emma Meredith
S3S	Perri Sio
S3T	Ashleigh Turner

### **Support Classes**

SCH	Kylie Hansen
SCM	Chantel Matijevic
SCV	Courtney Vaalele

### **Support Teachers**

Teacher/ Librarian/RFF	Genevieve Kodippily
LaSTs /Intervensionist	Lisa DeGuzman- K-2
	Donna Dorahy 3-6
EALD	Urmila Kumar, Jean McDonald, Iris Mendoza
RFF & Support	Debra Perason, Zeinab Ahmed, Melissa Sarson, Veena Chattree, Stephanie Fischer

### **Ancillary Support Staff**

School Admin Officers (SAOs)	Noreen Harper, Deb Arundel, Korinna Dunn, Emma Grant
Aboriginal Education Assistant	Cynthia Barwick
General Assistant (GA)	Rod Dollin
School Learning Support Officers (SLSOs)	Maria Iaconis, Sue Webeck, Michelle Trapl, Michele Clark, Carla Marsden Vannessa Hall, Renee Dunn-West, Nico Banting, Edith Josling, Rachel Steiner, Kelly Brennan, Jenny Paull, Maryam Maqpool, Corrine Tansley, Tayla Perkins, Katrina Bull,
Stephanie Alexander Kitchen & Garden Program (SAKG) Counsellors	Alison Collis (T,W,T) (Kitchen), Glenn Codd (T, W, T,) (Garden)

### **Canteen**

**(Leased)**