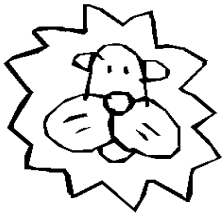


Hebersham Pride

HEBERSHAM PUBLIC SCHOOL

Andover Crescent
HEBERSHAM 2770

PH: 9625 9133
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Website: <http://www.hebersham-p.schools.nsw.edu.au/>

Newsletter

5 March 2020

Calendar for Week 7 and 8 Term 1

Week 7

Monday – 9 March

Tuesday – 10 March

Wednesday – 11 March

Little Lions Playgroup 9-11am
School Photographs
P&C AGM Meeting 9:15am

Thursday – 12 March

ATSI Hearing Test
Selective High School Entry Test
Koori Play and Chat 9:30am

Friday – 13 March

PSSA
Walkthroughs
High School Expression of Interest form due

Week 8

Monday – 16 March

Cares Excursion S2M and S2S - Year 4

Tuesday – 17 March

Cares Excursion - S2G Year 4

Wednesday – 18 March

Cares Excursion - S2L Year 4
Little Lions Playgroup 9-11am

Thursday – 19 March

Koori Play and Chat 9:30am

Friday – 20 March

Harmony Day
Cares Excursion - Support Classes Year 4
Bullying No Way Day

Principal's Message

We are already half way through Term 1 with many events coming up over the next month. Keep looking for notes going home. Place the term planner on the fridge to help with remembering when events are on.

The school has held the **Meet the Teacher BBQ** afternoons. They were a great way to meet your child's teacher and make connections with other families. Thank you to all the families that attended.

We have had a few issues with students running on the road and nearly being hit by cars. Please discuss with your child about road safety as we do at school.

Parent Term Planner

Please see attached a 5-week Parent Term Planner for the remainder of Term 1.

Betty Papandreou
Principal

Be Brave and follow the Pride Guide: be a learner; be respectful; be safe

Pride Goal Focus

**Be Respectful:
Be nice, think twice.
Is it helpful, is it hurtful!**

Over the next three weeks classes will focus on showing pride and being respectful. Students will explicitly be taught how to speak and act respectfully during Pride Time lessons.



Assemblies

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.

First Pride Pins for 2020

Congratulations to our first Pride Pin recipients for the year. They have met their goals and consistently demonstrate how to be a learner; how to be respectful and; how to be safe in our school. The children will be presented with their pins at tomorrow's K-6 assembly.



They are:

Name	Class	Name	Class
Ruby	S1B	Nevaeh	S2S
Lorit	S1B	Kai	S2S
Leevon	S1C	Shreeya	S2T
Tahlia	S1D	Virginia	S3E
Havana	S1H	Jaylah	S3E
Emerson	S1H	Maria	S3G
Jessica	S2G	Soul	S3G
Jehan	S2G	Anesh	S3M
Emilie	S2H	Seif	S3M
Tathianna	S2H	Mishal	S3S
Aaliyah	S2H	Moana	S3S
Peyton	S2K	Taha	S3S
Maddison	S2K	Leerce	S3S
Armaghan	S2L	Ataya	S3T
Sadia	S2L	Tanya	S3T
Amber	S2M	John	S3T
Angela	S2M	Prince	S3T
Pita	S2M	Levi	S3C
JV	S2M	Dina	S3C
Rhona	S2S		

Pride Awards

Congratulations to all the students who received Pride Awards at last Friday's walkthroughs. You have won points for your House that will be added towards the tally of points for the House Shield. Lenny the Lion is very proud of you all!



School Photos

Class Photos are on next **Wednesday 11 March 2020**. All order forms need to be returned by **Monday 9th March to the front office**. A reminder the correct amount of money must be enclosed in the order forms as the school cannot give change. Students must come to school in full school uniform.



SCHOOL Attendance

School Attendance

Every day of a student's school life is unique. Missing precious time for part or whole days affects learning progress. Unless a child is sick, students should be at school every school day from **9:00am** until 3:00pm. If your child needs to miss school for some reason other than illness please discuss the matter with the school so that we can make some provision to avoid your child missing out on precious learning time.

Families will be contacted by the school to follow up on absences and notes. A note giving a reason for an absence must be sent to school within three (3) days of the absence.

The most effective way we can ensure success in the future for our students is by providing the best possible opportunities for learning – BE AT SCHOOL EVERY DAY!

Any student who arrives to school after 9am must sign in through the front office.

A late arrival to school is recorded as a partial absence.

Early Leavers

Steps for signing your child out from school before 3pm:

1. Parent/carer reports to the office.
2. A reason for your child's early departure from school is recorded by the office staff.
3. Parent/carer is handed an early slip with child's name and class labelled on it.
4. Parent/carer collects their child from classroom and hands early slip to teacher.
5. Teachers are not permitted to send children down to the office on their own.

FEES

2020 Resource Contribution

In 2020 we will be continuing to introduce a \$20.00 Voluntary School Resource Contribution fee. Each student will be invoiced for this fee. This contribution will help to purchase teaching and learning resources for students.



Permission notes and Payment 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 for you to place notes and payments in.

For our office staff to correctly process payments and notes, please ensure they are all **clearly labelled** with your child's:

- ✓ First and last name
- ✓ Class
- ✓ Name of excursion/activity
- ✓ Amount of money enclosed

Say No to Bullying Day

Friday 20 March 2020

Definition of bullying

The national definition of bullying for Australian schools says:

Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm.

It can involve an individual or a group misusing their power over one or more persons.

Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert).

Bullying of any form or for any reason can have long-term effects on those involved, including bystanders.

Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

Behaviours that do not constitute bullying include:

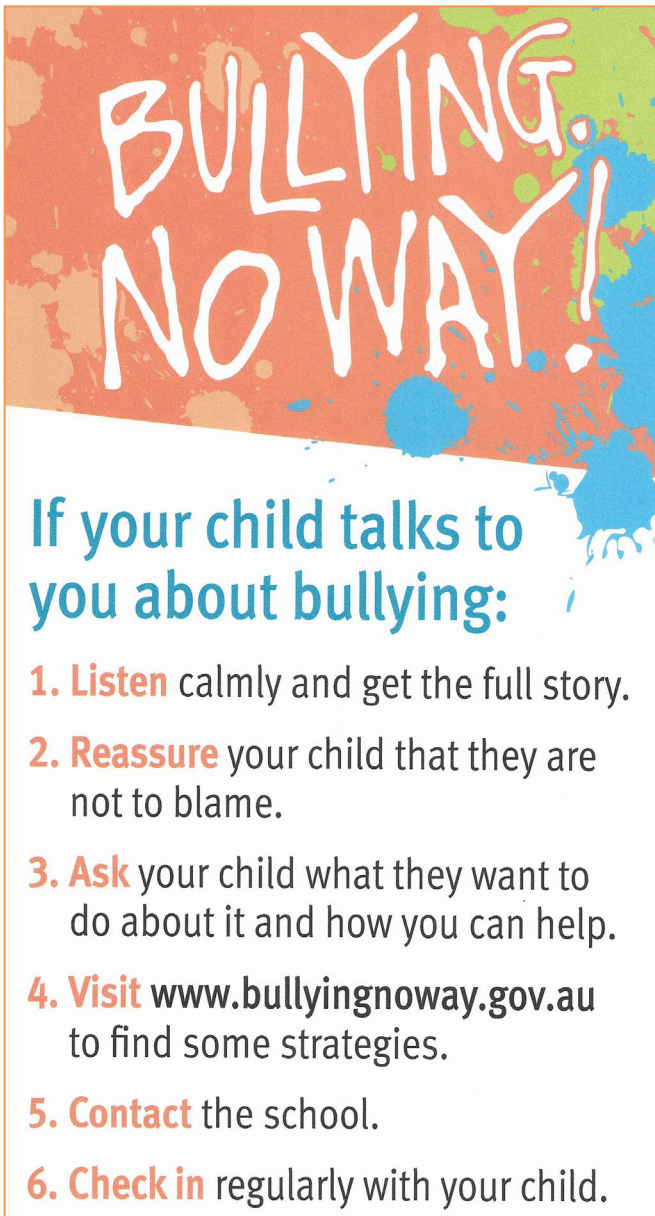
- mutual arguments and disagreements (where there is no power imbalance)
- not liking someone or a single act of social rejection
- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence.



However, these conflicts still need to be addressed and resolved.

Is it Bullying?

- When someone says or does something unintentionally, hurtful and they do it once, that's **RUDE**.
- When someone says or does something intentionally hurtful and they do it once, that's **MEAN**.
- When someone says or does something intentionally hurtful and they keep doing it even when you tell them to stop or show them that you are **upset** -that's **BULLYING**



**BULLYING.
NO WAY!**

If your child talks to you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.



Cross Country

The cross country is held on **Wednesday 1 April 2020**. The cross country involves all students in Years 3 - 6 and those students turning 8 this year in Year 2. Students must return their signed Heber Park permission note to attend the cross country. All parents are welcome to attend from 9:30am onwards at Heber Park.



2021 High School Expression of Interest Forms

High School Expression of Interest forms are due to the front office now. If you have not returned this form please do so as soon as possible. The cut off date is Friday 13 March 2020. If you require any support or assistance please contact the front office and ask for Ms Coupe.



CARES Road Safety Program

In Week 8, the Year 4 students will attend a road and bike safety excursion at Prospect. This excursion is free of charge and will teach students valuable safety skills. Please ensure you child has returned their permission note to the front office by Monday 9 March 2020.

Uniform Shop

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

How can you help ensure the school is doing the best it can for your children?

P&C

One good way to make sure the things you want for your children are happening at school, is to attend the P&C meetings held on the second Wednesday of the month.

At the Annual General Meeting on Wednesday 11 March, office bearers will be elected for 2020. The meeting will be held in the Admin block at 9:15am. It would be wonderful to see some new faces at this meeting.



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.

Mobile Phones

Any student that brings a mobile phone or electronic device to school **must** hand it in to the office in the morning and collected at home time.



Car Parking in School Grounds

Please be aware that car park spaces within school grounds are restricted to school staff and administration personnel. There are allocated disabled parking spaces available in the **front school car park** for special transport buses and parents who hold a disabled parking permit.



For the safety of our students and staff please refrain from using the back car space for picking up students. This area is for teaching staff only.

If you are dropping off or picking up your child and you hold a current disabled parking permit you must use the available spaces in the **front school car park**. Please ensure you use these spaces in a timely manner as we have a number of parents and carers who require access to these reserved spaces.

Special transport buses will occupy the disabled car park spaces from 8:00 – 8:45 am and 2:30 – 2:40pm for our support students. Please use street parking if these spaces are unavailable.

If you have any questions regarding this matter please contact the school.

Don't Forget



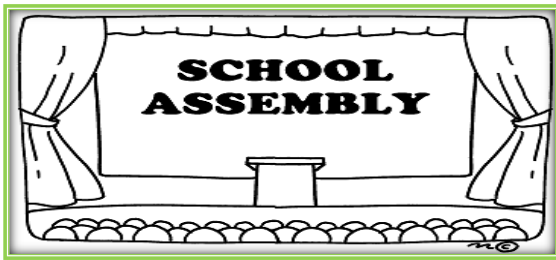
Dropping Off and Picking Up Your Children before and after School

School begins at **9am** and ends at **3pm** each day.

**The office is not a before or after-hours child minding centre.
Please make other arrangements for your children.**

Staff members have regular meetings before school and after school. Office staff members are not responsible for the supervision of the students.

Your co-operation in this matter would be appreciated.



K-6 Assembly

All parents and carers are warmly invited to attend the K-6 Assembly this Friday in Yalingen Allawah at 9:30am. Our first Pride Pin presentation of the year. We look forward to seeing you there.

PSSA Information



- All students who represent Hebersham Public School at PSSA are expected to wear full school sports uniform. Any student who does not adhere to this will not be permitted to play. Students' behaviour, both in the classroom and the playground, will impact on their involvement in PSSA. We always strive to meet the Pride Guide in all settings.
- As a PSSA player, students are expected to make a commitment to the team. This will involve attending training, supporting one another and always trying their best in the spirit of the game.
- A number of permission notes are handed out for PSSA. It is essential that all of these notes are signed and returned promptly to the front office. Failure to return notes means a player does not play.
- Students are responsible to ensure that they pay their money each Friday morning, before 9:00am.

Bus – OPAL CARDS

Just a quick reminder from Busways that all students travelling to and from school on a bus are required to hold an Opal Card to ensure correct payment is received by the company.

If you need to apply for a School Opal Card, come and see the staff in the front office to see if you are eligible.



Be Brave and follow the Pride Guide: Be a learner; be respectful; be safe



On **Friday 20th March** our school will be celebrating **Harmony Day**.

To celebrate Harmony Day at Hebersham Public School we are:-

- Encouraging **Harmony Day "Mufti"**: staff and students are encouraged to wear their traditional dress, or something from their country of choice, or to wear orange which is the official colour for Harmony Day. No coin donations required.
- Selling a '\$6 Harmony Day Meal Deal' for lunch through the canteen. **Orders are due to the canteen by Monday 16 March 2020.**
- Participating in a variety of activities in classrooms in the lead up to Harmony Day.

We look forward to a fun day!

Other Coming Events

School Disco

Week 9 – Wednesday 25 March



Easter Hat Parade

Week 11 – Thursday 9th April

- Family and friends invited for a picnic recess!



More information to come!



NAPLAN

Tuesday 12 May 2020 – Friday 15 May 2020

Students in Years 3 and 5 sit for the National Assessment Program Literacy and numeracy (NAPLAN) test in May each year. This year NAPLAN will be held from 12th – 15th May 2020.

NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling, grammar and numeracy. It is important to remember that NAPLAN tests are not pass/fail tests. At the classroom level it is one of a number of important tools used by teachers to measure student progress.

The best way you can help your child prepare for NAPLAN is to reassure your child that NAPLAN tests are just one part of their school program, and to urge them to simply do the best they can on the day.

Go Blue for Autism



Hebersham is having a BLUE mufti day on Thursday 2 April 2020 to raise awareness of Autism. Please bring a gold coin donation to support children with Autism.

There will be a cake stall available for both K-2 and 3-6 at recess with cakes for sale between 50c and \$1.

Ms Han, Mrs Flaherty and Miss Brennan (parents and staff from the Support Unit at Hebersham) have kindly donated Nutrimetics and power tools to be raffled. Tickets are \$1 each and the tickets are in books of 5. Extra tickets are available from the Office. Ticket stubs and money need to be returned to the Office by Wednesday 1 April 2020.

The Support Unit thank you for your support and we can't wait to see you all wearing blue with pride.



Thankyou,
Support Classes



Nutrition Snippet

The simplest way

...to stock lunch box basics.

Stocking the fridge, freezer and pantry with lunch box basics really helps with preparing quick and easy healthy lunches. It can also help save time during the morning rush!



Suggested lunch box basics include:

- Dried fruit – apricots, banana chips, currants, sultanas, raisins, dates
- Canned fruit in natural juice
- Baked beans
- Canned cannellini beans, chickpeas and lentils
- Pepitas
- Canned tuna or salmon
- Cheese block – cut into cubes or slices.
- Wholegrain crackers
- Crispbread or corn thins;
- Long-life milk poppers;
- Cottage cheese
- Hummus
- Natural yoghurt tubs
- Boiled eggs
- Healthy baked snacks from the freezer
- Wholegrain pasta
- Wholegrain/ wholemeal bread and wraps.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.



SunSmart Snippet

The simplest way

...to use shade!

Shade is one of the easiest ways to protect yourself from the sun. Using shade can reduce your UV exposure by up to 75 per cent!

There are plenty of different types of shade including trees, tents and shade sails. All of these provide good protection from UV radiation.



Remember to lead by example!

Children learn from adults around them so make sure that you are seeking out shade when you go outside. Encourage children to think about where the shade is and move throughout the day to stay safe.

For total sun protection, make sure that you Slip, Slop, Slap, Seek and Slide whenever the UV is above 3.





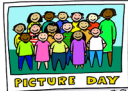










To help keep your kids safe, check your schools SunSmart status by heading to www.sunsmartnsw.com.au





Hebersham Public School
Parent Term Planner - Term 1 2020



Wk	Monday	Tuesday	Wednesday	Thursday	Friday
7	9/3 PLP Week 	10/3	11/3 Little Lions Playgroup 9-11am P&C (AGM) Meeting 9:15am Class Photos  	12/3 Koori Play and Chat 9:30am Selective High School Entry Test Hearing Tests –  Aboriginal and Torres Strait Islander Students	13/3 Walkthrough Awards High School Expression of Interest form due today 
8	16/3 Yr 4 CARES EXCURSION – S2M & S2S 	17/3 Yr 4 CARES EXCURSION – S2G	18/3 Little Lions Playgroup 9-11am Yr 4 CARES EXCURSION – S2L	19/3 Koori Play and Chat 9:30am	20/3 HARMONY DAY Yr 4 CARES EXCURSION – Support Unit  Bullying No-Way Day
9	23/3 PLPS week	24/3 Support Starr's Planetarium Excursion 	25/3 Little Lions Playgroup 9-11am EALD Parent Morning Tea 9:30am STAGE 3 DISCO 	26/3 Koori Play and Chat 9:30am School Wellbeing Incursion Show	27/3 K-6 Assembly 9:30am 
10	30/3	31/4	1/4 Little Lions Playgroup 9-11am School Cross Country 	2/4 Koori Play and Chat 9:30am AUTISM AWARENESS DAY 	3/4 Walkthrough Awards PSSA Ends
11	6/4	7/4 NRMA SHOW	8/4	9/4 Easter Hat Parade Easter Scripture Service 	10/4 GOOD FRIDAY PUBLIC HOLIDAY 