



PAGEWOOD PUBLIC SCHOOL NEWSLETTER

TERM 4 WEEK 1 – Monday 14 October 2024

CALENDAR

TERM 4	
OCTOBER	
WEEK 1	
Mon 14	Students & staff return; Deadly Kids mural painting day
Tues 15	Botany Bites lunch deliveries
Wed 16	Stage 3 Excursion to watch 'The Wild Robot' K-2 Assembly at 2.30pm
Thur 17	Uniform shop 8.45-9.45am Botany Bites lunch deliveries
Fri 18	Botany Bites lunch deliveries No PSSA
WEEK 2	
Tues 22	Careers Day- all students K-6 come dressed as your potential future career
NOVEMBER	
WEEK 6	
Fri 22	Year 6 Dinner
DECEMBER	
WEEK 9	
Mon 9	Year 6 performance – Year 6 parents 2:00pm
Wed 11	Presentation Day, 2025 School Captains announced K-2 9:30am 3-6 10:30am
WEEK 10	
Tues 17	Year 6 Fun Day in
Wed 18	Year 6 Graduation Assembly 2:30pm – Parents, carers and family
	Last day of school
Activities Published to Parent Portal	
Activity	Response Needed
Year 2 Swimming Scheme	Permission and payment
Stage 3 movies excursion	Permission and payment
Stage 2 Incursion	Permission and payment

Welcome back to another busy term of learning at PPS.

There are lots of excursions and incursions planned for our students to support their learning. Stage 3 are off to the movies this week to watch 'The Wild Robot' as part of their learning having read the print text earlier in the year. Next week will see the SRC run a 'Careers Days' with students invited to dress up as their potential future career! Stage 2 will participate in a science incursion about electricity and energy next week. Stage 1 students will see a live performance at NIDA later in the term.

Year 2 Swim Scheme is on this term, this is a valuable experience for all students to improve their swimming skills no matter their current level. The program involves ten days of lessons for all year 2 students supported by NSW Department of Education swim scheme teachers. I encourage all students to attend.



During the holidays Harley from Harley Bud Art began work on our school mural. Make sure you come along to see the progress. This week our Deadly Kids students are working with Harley to add their own family designs. All PPS students will have the opportunity to add their handprint in the coming weeks. Thanks for working with our students and families Harley!



Kindergarten 2025 students will spend time with us over two transition mornings later this term, we can't wait to see them and their Year 6 2025 buddies have the opportunity to meet them. Year 6 have their last term with us in primary school with many celebrations planned such as the Year 6 Dinner, Play performance for the school and parents and carers, the 'Fun Day In' and the graduation ceremony on the last day. Keep the diary free!

As we plan for 2025, an information pack will be sent home with Year 5 students next Monday about the timeline for election of Prefects for Year 6 2025. Interested students should complete the forms, sign them and ask their parents to sign as well and return

them to me by Monday 28 October in Week 3. I can't wait to meet with our prospective 2025 student leaders.

Enjoy your week!

Nicole Mayhew
Principal

MERIT AWARD ACKNOWLEDGEMENTS

Awards already received

2/3C – Year 3	Cruize F	Stella	Zachie	
3/4CS	Emily	Harley	Bella I	Taji
4CL	Jonathan	Harper	Jax	Talyah
5/6MC	Zion	Emanuel	Hayden	Christina C
5/6WH	Aiva	Noah	Adrian	Erin
5/6S	Sophie	Safirah	Oliver	Riley

Awards to be presented at assembly

RAINBOW AWARDS

Melissa KY	Joseph KY
------------	-----------

SILVER AWARD

Grace KY	Tahlia KY	Messina 2/3B	Zoe 2/3B	Gabriel 1/2M	Vincent 1/2M
----------	-----------	--------------	----------	--------------	--------------

GOLD AWARD

Jayden 1C	Brendon 1C	Kai 1C	Alisha 1/2M	Gabriella 1/2M	William 1/2M
-----------	------------	--------	-------------	----------------	--------------

PLATINUM AWARD

Jasper 1/2M	Aziah 1/2M
-------------	------------

ABSENCES

Absences from school should be recorded on the SENTRAL Portal within three days. You can record it direct on the SENTRAL App. Please note that a child's absence is not marked as 'Leave' for a weekend away or short family trip. These are explained but unjustified absences. Short absences may be approved to attend a funeral. Extended Leave may be approved by the principal for travel of more than ten days. When you enter the absence on the Portal it is approved by the principal. If you choose Leave, this is decided upon by the principal.

SUMMER UNIFORM – TERM 4

A reminder that students return to school in full summer uniform this term. Our lovely parent volunteers, Laura & Inken, will continue to open the shop on **Thursday mornings** from 8:45-9:45am. You can view the Order Form on our website.

KINDERGARTEN 2025 ENROLMENTS

Our Kindy 2025 enrolment process is well underway. Our Kindy students will be coming in for transition days in Term 4 and we will soon be allocating Year 6 2025 buddies. If you know of a neighbour or friend in our catchment area who is starting kindergarten next year please remind them to lodge an online enrolment as soon as possible.

UPDATE YOUR CONTACT DETAILS

It is vital that the school office is updated with your current work, mobile, email and emergency contact details in case your child is unwell or injured. If your contact details have changed, please update them on SENTRAL. This will notify us and we will update our school database accordingly.

PARENT TOILETS AT SCHOOL

A reminder for parents and carers that they are NOT to use the student toilets at any time at school. You can use the toilets at the Library, Accessible Toilet (key from the office) or the canteen. If you are unsure, please check with our office staff. This is a very strict policy of our school and your assistance with this is greatly appreciated.

STUDENT SMART WATCHES

Please be advised that students should not wear any smart watches that are message/wifi capable to school. This is in line with no mobile phones to be used at school. If your child needs a watch to communicate it should be kept in their bag for before and after school time. They should not be used at Star Club either.

BOOK CLUB

We need your help to look after Book Club orders for our families. You will need to coordinate the orders from families and distribute orders to classes when they arrive. All it takes is approximately 1.5 hours per term. If you are interested please email or call the school.

All proceeds go to the school - we are working towards buying the school an all-weather shelter to go over the basketball court.

Pagewood PS P&C

SPORT NEWS



Jump Rope for Heart Program

A huge thank you for the effort skipping and fundraising for the Heart Foundation this term. Together we raised an incredible \$6888 and this money will all go towards vital heart research and education programs.

It has been wonderful to see so many smiling faces skipping on the playground and in sports lessons. Despite the threat of rain, our Jump Off Day was able to go ahead on the last day of school. Thank you to the students who helped me run the skipping activities on the day. You can see a few action photos above. Congratulations to our top 5 fundraisers!

Bella I 3/4CS \$1103

Juliet 1/2M \$966

Alexia K/1G \$856

Harper K/G \$419

Jaylen 3/4CS \$404

Keep up the skipping and thanks again for the hard work!

PSSA

Summer PSSA recommences in Week 2. The League Tag and Softball draws will be sent to families involved in Summer PSSA separately via the SENTRAL portal in the coming week. Training for all teams is 8:30am-9:00am, beginning Friday 25th October. A meeting will be held for League Tag students next week and new playing uniforms will be distributed.

Mrs Sinkovic
PE Teacher

CAREERS DAY

The SRC are organising a 'Careers Day' on Tuesday 22 October. All students (K-6) can come dressed up as what they want to be when they grow up and bring in a donation if they would like to participate. We are hoping to raise enough funds to sponsor a child through World Vision. This is part two of our World Vision project as we raised \$310 last time, and our target is \$576. We are so grateful for all the donations so far and look forward to helping a child in need.

Mrs Brymer

CLASSROOM ETIQUETTE

To allow teachers time to be best prepared for class each day, we ask parents and carers not to enter classrooms before school without an appointment. If you would like to arrange a time to meet please email or call the school office. If there is an urgent matter, please come to the front office and we will arrange for someone to speak with you. Teachers are expected to mark the class roll and begin lessons when the bells goes in the morning.



NO DOGS PLEASE

In accordance with the Companion Animals Act, dogs are not permitted on school property at any time, whether or not they are on a leash or carried. Nor should dogs be brought to any school activity at another venue, including sports.

ALLERGY AWARENESS

Our school is 'Allergy Aware'. Please remember to avoid sending peanuts, tree nuts or any products to school where nuts are listed as ingredients eg **Peanut Butter and Nutella**. Also, to assist us in providing a safe environment for students with potential anaphylaxis, please ask your child not to share food. While nuts are the most publicised issue, there is also a range of other foods to which some of our students may react. For example, an allergy to shellfish may occur by eating something made with Oyster Sauce. Rather than have a long list of "banned" items, it is safer if all of our students only eat the food supplied by their own parents.

MEDICATION

Children are not permitted to bring any medication to school in their bag, for example Panadol, Nurofen or cough syrup. If your child requires prescribed medication from your GP at school, please visit the school office to complete the necessary paperwork and permission notes required.



LOST PROPERTY

Lost property can be found under the cover between the toilet block and library. Please ensure your child's name is clearly marked on all items. If you have bought any clothing from the 2nd Hand Uniform Shop, please change the previous name to your own child's name or we will be unable to return your items. If you have lost drink bottles, lunch boxes or clothing, please ask your child to check the lost property.

Please note that all uncollected clothing will be donated to the clothing pool at the end of the year and uncollected lunchboxes will be disposed of.

A colorful poster for 'Careers Day! Week 2 Tuesday 22 October'. The title 'Careers Day!' is in large, stylized red letters. Below it, 'Week 2 Tuesday 22 October' is written in black. The main text says: 'The SRC are organising a 'Careers Day' on Tuesday 22 October. Students can come dressed up as what they want to be when they grow up and bring in a donation if they would like to participate. We are hoping to raise enough funds to sponsor a child through World Vision.' The poster features a grid of 20 career icons with the heading 'WHEN I GROW UP I WANT TO BE'. The careers listed are: Dentist, Engineer, Nurse, Athlete, Firefighter, Stewardess, Astronaut, Vet, Musician, Actor, Police Officer, Doctor, Fashion Model, Teacher, Dancer, Detective, Artist, Singer, Scientist, Writer, Pilot, Judge, Presenter, Designer, and Chef. At the bottom, there is a 'CAREER' signpost, the World Vision logo, and a 'DREAM BIG' speech bubble.

Train timetables are changing from 20 October

On 20 October Transport for NSW will make adjustments to the public transport network to connect the new Sydney Metro City & Southwest with Sydney's public transport network. The changes will impact most train lines across Sydney and some regional and outer metropolitan services. Bus timetables in regional and outer metropolitan locations will also change to align with the adjusted train timetable. Students who catch any bus services connecting to trains, or any train service across the Sydney, intercity and regional network should check their trip before travelling as your day-to-day journey may look different. Students should use the [Trip Planner](#) or a [Transport app](#) to plan their trips and allow plenty of travel time to arrive early for exams. The latest information about transport changes can be found at transportnsw.info. We encourage you to please share this information with parents, students and staff and would appreciate you distributing this via your channels. To assist us in making improvements to public transport services during this time, we encourage you to share your feedback by visiting transportnsw.info/contact-us/feedback. We hope this information assists.

Kind Regards,



◆ **PARENTING PROGRAM**



DADS TUNING INTO KIDS

OCTOBER 2024

ABOUT THIS CLASS
Dads Tuning Into Kids is a 7 week parenting program that focuses on the emotional connection between parents/carers and their children.

EVIDENCE BASED
This is an evidence-based program and has proven success in improving parent-child relationships and children's emotional development and behaviour.

WHEN & WHERE
Tuesday 17 October - 28 November
5:30pm-7:00pm | JNC Maroubra
Shop 2, 669-673 Anzac Parade, Maroubra, 2035



JNC
CONNECTING LOCAL COMMUNITIES
FAMILIES & COMPANIES

9349 8200
families@jnc.org.au
www.jnc.org.au

SATURDAY 2 NOVEMBER
11.00AM - 4.00PM

FREE ENTRY

Join us for our 2024

KENSINGTON KARNIVAL

CELEBRATING 125 YEARS AT KENSINGTON PUBLIC SCHOOL
77-79 DONCASTER AVE, KENSINGTON

FUN FOR THE WHOLE FAMILY

- GIANT INFLATABLES
- PETTING ZOO
- LIVE MUSIC STAGE
- FOOD & DRINKS
- SECOND HAND & HANDMADE STALLS
- ARTS & CRAFTS STALLS
- GAMES & ADOPT A TOY




THANK YOU TO OUR SPONSORS







Botany Aquatic Centre

Bayside Council

Saturday 26 October 2024
6:45pm Welcome and Best Dressed Prizes
Movie 7:15pm – 9:30pm

Disney · PIXAR
COCO

Botany Aquatic Centre, Myrtle & Jasmine Streets
Cost: Entry to the Pool

Bring a picnic or purchase food and refreshments from the BBQ or Canteen
 Prizes for best dressed Halloween outfit - No glass or alcohol

NO SWIMMING OR USE OF THE SWIMMING POOLS AFTER 6:45PM

Youth Program Delta Therapy Dogs Visit

Join us this October for Mental Health Month as we embrace the theme 'Let's Talk About It'. Experience the calming presence of therapy dogs, offering a pat, friendly paw-shakes and soothing cuddles.

Friday 18 October 2024
4pm – 5:30pm
 Arncliffe Youth Centre
 9 Townsend Lane, Arncliffe

Support your mental well-being and connect with others in a safe and welcoming space.

No bookings required, show up on the day.
 For young people ages 12-25.
Enquiries: youthservices@bayside.nsw.gov.au

2024 YOUTH SERVICE PROGRAMS | TERM 4

	WEDNESDAY	FRIDAY	
WEEK ONE TO TEN Mon 14 Oct Fri 13 Dec	Multi-Sports & Multi-Games 3:00pm – 4:45pm	Open Courts & Youth Space 3:00pm – 5:45pm	During School Term
	Basketball & Multi-Sports 4:45pm – 5:45pm		For young people 12+
	Multi-Activities & e-Gaming 5:45pm – 6:30pm	Multi-Activities & e-Gaming 5:45pm – 6:30pm	No further entry after 4:45pm

LOCATION:
Arncliffe Youth Centre
 9 Townsend Lane
 Arncliffe

OUTREACH / YOUTH POP-UP Monday & Thursday 3:00pm – 6:00pm

Meet the Youth Team at various locations across our LGA, connecting young people in our community. Locations are:

- + Mutch Park
- + Barton Park
- + Gujaga Park
- + Chauvel Green Park
- + Dharragang Park
- + Libraries... and many more!

Contact us at: youthservices@bayside.nsw.gov.au

Visit Instagram for locations and more information: [@bayside_youth](https://www.instagram.com/bayside_youth)

SCAN

 HERE

COOL KIDS PROGRAM

To whom it may interest,

We are offering the Cool Kids Family program (developed by Macquarie University), a family group therapy skills training program for children between the ages of 7 to 11 years old who experience anxiety in a range of forms. The program will run throughout school term 4, for 8 weeks 4.30 - 6.30 pm (2hrs) on Wednesdays, starting 16th of October 2024.

The program covers:

- What is anxiety and what causes it?
- How to recognise anxiety and what is happening when anxiety is present.
- Learning and practicing skills to face anxiety in everyday life.
- Managing emotions connected with anxiety.
- Parental support in managing their child's anxiety.

This evidence-based group therapy program is run **free of charge** to attending participants; however, once accepted into the program there will be a small associated cost related to a parental/carer and child manual, which you can keep. These manuals will assist parents/carers and children to maintain both short and long-term progress.

Please refer to the below link to register your interest and join our waiting list:

<https://www.eventbrite.com.au/e/995840966137?aff=oddtcreator>

The group is facilitated by Provisional Psychologists under the close supervision of a Senior Psychologist who is an accredited Cool Kids Facilitator. This program is offered in person at the ACAP Psychology Clinic located at:

Level 11, 255 Elizabeth Street, Sydney NSW 2000.

At least one parent/caregiver must attend along with their child.

In addition to the cool kids program currently being advertised, the ACAP Psychology clinic hosts several free of charge group therapies throughout the year. Please refer to the attached word document for further information.

Thank you for your consideration.

Kind regards,
Australian College of Applied Professions

Additional Programs Run Through ACAP Psychology Clinic

In addition to individual therapy, there are a number of group work programs running regularly. Groups have limited space and early referral is suggested.

Group programs include:

- **Art for Happiness:** A Creative therapy-based workshop for children aged 4-8 and 9-12: delivered free at our Clinics in Sydney & Melbourne and using telehealth to kids nationwide. Also delivered onsite at several partner agencies.
- **Dance for Happiness:** A Movement therapy-based workshop for children aged 4-8 and 9-12: delivered free at our Clinics in Sydney & Melbourne and using telehealth to kids nationwide. Also delivered onsite at several partner agencies.
- **Emotion Regulation and Distress Skills Group (Young Adults aged 17-25):** An 8-week program to support and build skills in emotional regulation, distress tolerance, anxiety management and relationships. Will be held at our clinic in Sydney.
- **Emotion Regulation and Distress Skills Group (Adults):** An 8-week program to support and build skills in emotional regulation, distress tolerance, anxiety management and relationships. Will be held at our clinic in Sydney.
- **Cool Kids – Family Program for Children’s Anxiety:** A 9-week Family group therapy and skills development program for children aged 9–11, experiencing anxiety symptoms (purchase of manual is recommended). Will be held at our clinic in Sydney.
- **Mindfulness Group (Adults):** A 6-week program delivered free at our Clinics in Sydney & Melbourne and using telehealth to service users nationwide. This program is fantastic for people experiencing stress and low-level anxiety.
- **Mindfulness Group (LGBTQ+):** A 6-week program delivered free at our Clinics in Sydney & Melbourne and using telehealth to service users nationwide. This program is fantastic for members of LGBTQIA+ Communities who are experiencing stress and low-level anxiety.
- **Mindfulness Group (Young People aged 13-17):** A 6-week program delivered free at our Clinics in Sydney & Melbourne (and at some of our partner agencies) or using telehealth to service users nationwide. This program is fantastic for young people experiencing stress and low-level anxiety.
- **Compassion Based Therapy (Adults):** A 3-week program delivered free at our Clinics in Sydney & Melbourne and using telehealth to service users nationwide. The group targets service users experiencing self-criticism, self-worth or image issues and trauma responses.
- **Compassion Based Group for Carers:** An 8- week program that will support carers to build self-compassion strategies and support themselves and their role with others. The program will be delivered on zoom only – Wednesday evenings.
- **Compassion Based Therapy (Women):** A 3-week program delivered free at our Clinics in Sydney & Melbourne and using telehealth to service users nationwide. The group targets people who identify as women who are experiencing self-criticism, self-worth or image issues and trauma responses.

- **Compassion Based Therapy (LGBTQ+):** A 3-week program delivered free at our Clinics in Sydney & Melbourne and using telehealth to service users nationwide. The group targets service users experiencing self-criticism, self-worth or image issues and trauma responses.
- **Compassion Based Therapy (Young People aged 13-17) :** A 3-week program delivered free at our Clinics in Sydney & Melbourne and using telehealth to young people nationwide. The group targets service users experiencing self-criticism, self-worth or image issues and trauma responses.
- **Social Anxiety Group (Adults):** A 6-week program delivered free at our Clinics in Sydney & Melbourne (and at some of our partner agencies) or using telehealth to service users nationwide. This program is fantastic for service users experiencing significant social anxiety.
- **Social Anxiety for Young People :** A 6-week program delivered free at our Clinics in Sydney & Melbourne (and at some of our partner agencies) or using telehealth to service users nationwide. This program is fantastic for young people experiencing significant social anxiety.
- **International Students Wellbeing Group:** An ongoing, drop-in support and well-being group for International Students. There is a focus on general support, IELTS, work issues in Australia and connecting to others – managing isolation and forming relationships. Facilitated by International Student Counsellors and Social Workers. Held via zoom.
- **Strengthening Refugee Families Workshop (Women):** A one session workshop delivered to women from Refugee backgrounds. Delivered free at our Clinics in Sydney & Melbourne as well as partner agencies. Also provided using telehealth to service users nationwide.
- **Domestic and Family Violence Recovery Program (Women) :** A 6-week program for people who identify as women and who are no longer at acute risk or have survived domestic and family violence. Delivered using telehealth to women nationwide.

STARS TALENT SCHOOLS **I love ndis** Registered NDIS Provider

CLASSES for DISABILITY

For ALL AGES in separate groups



- Stars provides classes for all ages (Separate age groups) in the triple threat experience in caring, safe and nurturing environment.
- Opportunities to record and perform in our showcase.
- Celebrate movement, voice and self-expression while building confidence and communication skills.
- Magical social events each term.
- Yearly teacher report.
- All students receive a welcome gift pack.
- Life long friendships.
- Money back guarantee.

for more information

Visit our website www.starstalentschools.com.au for more information.
 Studio Location: 14 Beresford St., Mascot.
 Contact Number: 0402787905.

DANCE - SING - ACT

All in one class

STARS TALENT SCHOOLS **I love ndis** Registered NDIS Provider

CLASSES for DISABILITY

Perform like a pop star!

- Stars provides classes for all ages (Separate age groups) in the triple threat experience in caring, safe and nurturing environment.
- Opportunities to record and perform in our showcase.
- Celebrate movement, voice and self-expression while building confidence and communication skills.
- Magical social events each term.
- Yearly teacher report.
- All students receive a welcome gift pack.
- Life long friendships.
- Money back guarantee.



Visit our website www.starstalentschools.com.au for more information.
 Studio Location: 14 Beresford St in Mascot.
 Contact Number: 0402787905.

Register Now!

CODECAMP

Bringing fun after-school classes to your school




Little Coders . Coding . Curious Minds . Robotics
 Animation . Design . Minecraft Engineers

See what's on at your school and book at

www.codecamp.com.au/pagewood

Get in touch at hello@codecamp.com.au or 1300 263 322

Rated 4.9 on **PRODUCT REVIEW** with over 950 ★★★★★ reviews



EASTERN SUBURBS

Basketball

COMPETITIONS, TRAINING & LEARN TO PLAY

PERFECT FOR BOYS & GIRLS AGED 6-16
 ALL SKILL LEVELS WELCOME
 VISIT EASTSBL.COM.AU FOR MORE DETAILS
 CLAIM YOUR \$50 ACTIVE KIDS VOUCHER WITH US!

east basketball league