



Important Dates

TERM 2 WEEK 4 2022

MAY

- 19** Biggest Morning Tea
23 Musica Viva—Moon radio hour
23 Zone Cross Country –Regatta Centre

JUN

- 13** Queens Birthday Public Holiday
20 Woodford Academy— 1/2T, 1/2G Yr2-1/2F
21 Naidoc Cup
27 Woodford Academy – 1/2R, 1/2M, Yr1-1/2F
29 Whole School Athletics Carnival

JUL

- 1** Term 2 Ends

Money/Notes Due

- \$6.50 Musica Viva—Due 18 May 2022
\$100 Stage 2 Camp deposit —Due 3 May 2022
\$30 Dance group—Due 20 May 2022
Online Educational Resources Years 1-6 - \$20.00 pay ASAP
\$10 Kitchen Garden - New students & Kindergarten only.

PENRITH PUBLIC SCHOOL'S CORE VALUES

Learning Environment Cooperation Respect

Principal's Message

Dear Parents and Carers

Bell Times – Please ensure you do not drop your children at school prior to the commencement of supervision (8:45am). School finishes at 3:15pm and we ask that you are prompt in collecting your children from school as teachers have meetings and professional learning activities they are required to attend after that time. The school has an onsite Outside of School Hours service (Camp Australia) for any families who require this service.

P&C Meetings – Our May meeting was held last night. We invite all parents and carers who would like to be involved to attend. The next meeting will be at 3:30pm on Monday 18 July. Please sign in with the QR code at the school office.

Mother's Day Stall – Thanks to everyone who volunteered to run the Mother's Day stall. Our P&C sourced some fabulous gifts for students to purchase, yet again! Students thoroughly enjoy the opportunity to 'shop' at school and make very considered choices when purchasing gifts for their loved ones. We would not be able to provide our students with this experience without the dedication and support of our wonderful community. Thank you!

NAPLAN – Students in years three and five participated in NAPLAN over the past two weeks. Please remember that the NAPLAN is a diagnostic assessment and provides a single snapshot of students' capabilities on a single day.

Continued.

Children's Crossing – We ask you to assist us in ensuring our students' and community's safety by adhering to the speed limit and giving way to pedestrians. Please discuss road safety with your children and the importance of utilising the children's crossing to ensure their safety on the roads. Please wait until the crossing supervisor has returned to the side of the road before crossing the pedestrian crossing.

Kiss and Drop – Stopping for more than two minutes in this area is illegal. Please adhere to all signage. *Illegal parking may result in fines or a loss of demerit points.*

Enrolling Now for 2023 – If you have a child commencing kindergarten in 2023, or if you know of anyone commencing school next year, we are taking enrolments now! Our comprehensive Kickstart to Kindy program runs throughout terms three and four.

Biggest Morning Tea THURSDAY 19 MAY – Thanks to Mrs Lindsay for supporting this wonderful cause that is very close to many of our hearts.

Warm regards

Chantal Beltran

Principal

Civic Leaders Reception

On Wednesday 4 May, the 2022 school captains Daniel R and Jasmine E attended the Civic Leaders Reception for Penrith Primary Leaders held at Penrith Panthers Evan Theatre.

Parents, teachers and principals attended the event where Danial and Jasmine were presented with a certificate in recognition of their service to the Penrith Council local government area by Mayor Tricia Hitchen.



Penrith Public School Biggest Morning Tea

19 May 2022

We are aiming to raise vital funds for people impacted by cancer on Thursday 19 of May.

Gold coin donations will help us reach our goal of \$1000.

In addition to the gold coin donation, we will be selling a variety of cupcakes, muffins and other sweet treats during break times. The cost will range from 50c to \$2.



**Children please bring sealed morning tea donation to the Kitchen Garden room on the day of the Biggest Morning Tea.
We appreciate your support.**

Got It!



Flipping your Lid



The thinking part of our brain sits on top like a lid but when we are overwhelmed our feelings brain takes over to keep us safe. If we continue to feel overwhelmed we can 'flip our lid'. This can look different for different people, some people might become very loud and others might become very quiet.

You can help kids avoid lid flips by:

- Naming their feelings and helping them manage them early.
- Teaching them that big feelings are a sign they need to take space to get their thinking brain back on.
- Asking them to give you a sign if they are feeling overwhelmed so you can help them.

If someone has flipped their lid you can help by:

- Reducing demands on them.
- Not taking it personally.
- Keeping everyone safe.
- Be ready to connect and calm together when they are ready.

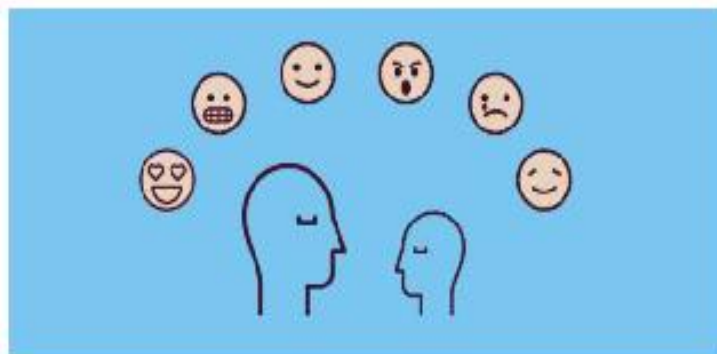
Watch: More about the hand brain model "Hand model of the brain for kids by Jeanette Yoffe"
https://www.youtube.com/watch?v=H_dxnYhdvUg

Got It!



Emotion Coaching

Teaching children to express feelings in acceptable ways



Emotion Coaching is a way of responding to a child's emotions that helps them to learn about their feelings and express them in more constructive ways.

The best place to start is simply for adults to name and empathise with feelings:

- "I'm sorry that happened to you, you must have felt really sad".
- "That must have been really frustrating/annoying for you".
- "I would feel X too if that happened to me".
- "It's ok to feel like that".

Tip: You can turn any book or movie into an emotion coaching tool by talking about what the characters might be feeling.

Books:

Today I Feel...An Alphabet of Feelings by Madalena Moniz



Got It!



Connect to Reflect: The 3 R's

Resource derived from Bruce Perry's 3 R's

When children are having big feelings, that stop them from thinking clearly or making good choices, try helping them to calm and connect before you chat about the problem.



Regulate: Help their bodies and brain calm down by doing some regulating activities together: taking big belly breaths, squeezing a stress ball, stretching your bodies or having a big hug.



Relate: Help your child to feel safe and understood. Share a few moments together to let them know you are there for them. Naming their feelings can help.



Reason: When a child is calm and connected they are in a better place to think about what was hard and what they might like to try differently next time. If this is difficult they may need more calm and connection first.

AUSTRALIA'S YOUTH PRESENTS

A SELF DEFENCE KARATE AND SAFETY AWARENESS PROGRAM

For boys and girls
Ages 5 – 16
In Sydney Since 1994

Website – karate-kids.com.au

DEVELOP SELF CONFIDENCE

INSTRUCTORS TRAINED SPECIFICALLY
FOR TEACHING CHILDREN AND TEENS

IMPROVE CONCENTRATION

SELF DEFENCE ONLY IS TAUGHT

BUILD COORDINATION

CLASSES DIVIDED BY AGE
AND EXPERIENCE

BUILD SELF ESTEEM

FROM BEGINNER TO
BLACK BELT

IMPROVE STUDIES

MAKE FRIENDS



TRY THE FIRST
CLASS FOR FREE!

Only \$14.00 Per Week
With a \$2.00 Rego per term
No Extra Grading Fees!

INSTRUCTOR IS A KARATE CHAMPION AND ISKA INSTRUCTOR OF THE YEAR

Location: Penrith South Public School,

Corner of Jamison Rd. and Evan St., South Penrith

Classes are every Monday for 10 Weeks (Every School Term)

New and Returning Students can join on any Monday during
term.

New and Returning
Students

Ages 5-8

Class Time 4:00 to 4:40PM

New Students

Ages 9-16

and Returning Students

Class Time 4:45 to 5:25PM

Returning Students please see website at www.karate-kids.com.au for class times.

REGISTRATION WILL BE ACCEPTED FOR ALL STUDENTS WHO TURN UP. WE DO NOT TURN KIDS AWAY. NO PRE-REGISTRATION IS NECESSARY. JUST TURN UP 10 TO 15 MINUTES BEFORE CLASS TIME ABOVE IF POSSIBLE. WE ACCEPT CHEQUES OR CASH. FOR FURTHER INFORMATION, SEE WEBSITE AT www.karate-kids.com.au.

Gateway Family Services

Term 2, 2022

Parenting Programs Summary



Program	Date & Time	Location	To Register
Bringing Up Great Kids In the First 1,000 Days <i>Learn more about how babies' brain development influences their thoughts, feelings and tune in to your baby's social, emotional, physical and cognitive development.</i> <i>Suitable for parents of 0-2 year olds.</i>	Every Monday 2nd May - 6th June 7:00pm - 9:00pm <i>* NO Childcare</i>	Blaxland Uniting Church (rear Hall) 70-76 Old Bathurst Road, BLAXLAND	Phone Gateway- 0490 662 498 or email: groups@gatewayfamilyservices.org.au
Circle of Security <i>Learn how to be a strong, wiser & kinder parent with your kids.</i> <i>Suitable for parents of 0-12 year olds.</i>	Every Wednesday 4th May - 15th June 9:30am - 11:30am <i>* NO Childcare</i>	Katoomba Public School Merriwa Street, KATOOMBA	Phone Gateway- 0490 662 498 or email: groups@gatewayfamilyservices.org.au
1-2-3 Magic & Emotion Coaching <i>Learn how to understand & manage your child's difficult behaviour.</i> <i>Suitable for parents of 2-12 year olds.</i>	Every Thursday 5th May - 19th May & 9th June 10:00am - 12:00pm <i>* Childcare is available</i>	Gateway Family Services - Penrith Office Cnr Station & Henry Sts, PENRITH	Phone Gateway- 0490 662 498 or email: groups@gatewayfamilyservices.org.au
No Scaredy Cats <i>Strategies to help your child reduce anxiety & build resilience.</i> <i>This group will assist you to understand how anxiety develops and how to offset its progress whilst providing some strategies for its management.</i> <i>Suitable for parents of 2-12 year olds.</i>	Every Tuesday 24th May - 7th June 9:30am - 11:30am <i>* NO Childcare</i>	WinCAMP 56 White Cross Road, WINMALEE	Phone Gateway- 0490 662 498 or email: groups@gatewayfamilyservices.org.au
Bringing Up Great Kids: PARENTING ADOLESCENTS <i>Learn about brain development in adolescents and what influences their thoughts, feelings & behaviour whilst identifying important messages and how to convey to your adolescent.</i> <i>Suitable for parents of 10-19 yr olds.</i>	Every Saturday 30th Apr - 4th June 10:00am - 12noon <i>* NO Childcare</i>	Gateway Family Services - Penrith Office Cnr Station & Henry Sts, PENRITH	Phone Gateway- 0490 662 498 or email: groups@gatewayfamilyservices.org.au

For more information and Individual Flyers go to:

www.gatewayfamilyservices.org.au or www.facebook.com/GatewayFS

Gateway Family Services parenting programs are funded by DSS and DCJ.

Gateway works collaboratively with community partners to bring parenting programs to communities from St Marys to Blackheath.

Gateway encourages, supports & respects diversity in families & communities. Our Groups are open to everyone.



CANTEEN

School 24 Online Ordering Information

Orders must be entered by 9.15am daily

GETTING STARTED

Welcome to School24. We look forward to providing you with an easy-to-use online ordering platform that can be used on-the-go at any time! Getting started is easy, just follow the steps below and you'll be ready to make your first order in minutes.

Registration

Go to: www.school24.net.au

Register

Press the blue registration button to create your account. ->

Enter your unique school ID number to help us match your account with your school.

Penrith Primary School - School registration ID: 25282963

You will then be asked to input your personal details. Once completed click ->

Create Account

Congratulations you are now registered!

Activate your Account

Go to www.school24.net.au

Use your registered email address and password to login. Once you have logged in you will need to complete the following steps to ensure you are ready to make your first order.

Step 1

Setup your children. In the middle of the screen there is a 'students' button. Here you can input your child's name and class, along with any allergies or special requirements they may have.

SCHOOL24

Students profile

Step 2

Top-up your account. You will be taken to a secure page where you can select a top-up amount and enter your card details. Top-up is instant when using visa/master cards.

Place your first order!

You are now ready to make your first order. If you have any queries please do not hesitate to contact our friendly support team on 02 8041 1132 or email us on: help@school24.com.au

SCHOOL24

Customer support: 02 8041 1132

Don't Get Left Behind This Year!

Download our Skool Loop app to keep up to date with school information.
Notices, newsletters, absentee notifications and much more.



Simple free download:

In Google play & App Store search 'Skool Loop' & choose our school once installed.

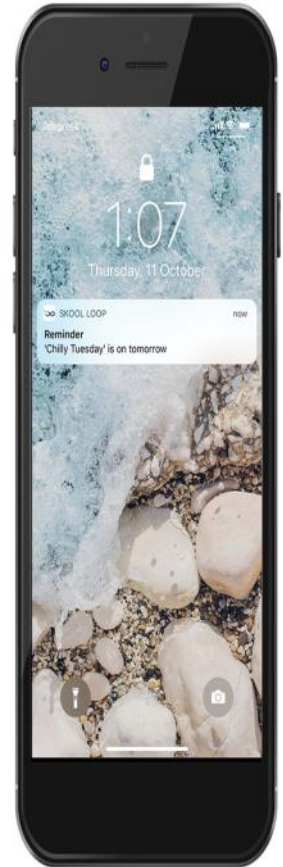


 **THE SKOOL LOOP APP**

The Skool Loop App

Here's some tips to ensure you receive notices and push notifications

- When you download the Skool Loop App you will be asked if you would like notifications please **tap yes**. Some devices don't ask this question and automatically tick yes for you. This can be changed in your settings
- If your notifications are turned off in your device settings, some phones apply that to all apps when downloading. In the phone settings please make sure your notifications are turned on
- Check your App Store or Google Play regularly for any outstanding updates
- There are 2 different notices school will send out: **push notification** (banner and ding) or a **notice** (visual alert only)
- You will only receive a push notification if you are not using the app at the time
- If your volume is off you will not hear an alert
- You will see a visual alert if a **notice** has been posted. You will not hear a ding
- You will only hear a ding if the school sends a **push notification**.



Downloading the Skool Loop app - a step by step guide

Once you have downloaded the Skool Loop App, via either your Google Play or App store, please follow the below instructions to select your school -

- Open the Skool Loop App - you will land on a welcome page.
- Click the 'Select your schools' this will bring you to a menu you can either search your school or follow the country/region prompts.
- Once you reach your school, select it with the tick on the righthand side.
- Tap the 'select schools' button in the top right corner.
- Tap the big orange choose button. This will load your school and bring you to the settings page.
- Subscribe to the groups that are relevant to you, then click the 'go back' button on your phone, which will bring you to the main screen of your schools app.



Welcome to 2022

Welcome back to a new school year! Our Outside School Hours Care, Your OSHC provides tailored experiences that aim to inspire your child and help them grow.

We have been busy designing the perfect program and environment to kick off the new year. We can't wait for your children to experience it.

Our term 1 program will focus on forging new friendships, strengthening existing ones, being secure, and feeling included and confident. We have set up an engaging and inspiring Your OSHC space so every session you child will be able to choose from different experience in our many zones.

Dear parents,

Welcome back to another exciting year to Camp Australia. Children's choices are the base of our programming. We are dedicated to provide children a safe learning environment where they feel belonged and valued. Please reach us to 0402353737 for further queries.

Regards,

Coordinator



Virtual information sessions

Join us for a free virtual information session to find out how Outside School Hours Care can help your family, and how our team can guide your child's growth. These virtual, informative, and interactive sessions will provide insight into how Your OSHC by Camp Australia operates.

[Book now](#)



COVID safe activities

All activities are COVID safe, adhere to all health guidelines and follow COVID-19 cleaning practices.



Positive Transitions program

Whether it's your child's first day of school, they're joining us at OSHC for the first time or they just need a little encouragement after the summer holidays, our Transitions program will help your child feel safe, valued and included.



Save on OSHC fees with the CCS

Did you know you can reduce the cost of care with a Government subsidy? We strongly recommend you apply for the Child Care Subsidy (CCS) to determine what you're eligible for. For more info, visit [Mygov.com.au](https://mygov.com.au)

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campaustalia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Boost your child's sense of belonging

When children feel that all-important sense of belonging, they can thrive. Read our full blog on helping to boost your child's sense of belonging in primary school.

[Visit our blog](#)