



# Important Dates

## TERM 3 WEEK 2 2022

### JUL

**25-27** Parent Teacher Interviews

**28** Opportunity Class placement test-Students who applied

**28** 1/2F Class Assembly-Parents and carers of 1/2F students are invited.

### AUG

**3** Australian Mathematics Comp Yrs 3,4,5 & 6– Students who paid

**15** P&C Meeting 3.30pm-4.30pm

**17** Zone Athletics Carnival-Qualifying students only

**19** Pedlar's Fair Mufti Day-Wear your favourite team's jersey or colours-  
Donate a can of drink, juice popper for our Pedlar's Fair

**25** Whole School Photo Day-Wear Full School Uniform

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### Money/Notes Due

\$100 Deposit Stage 3 Aussie Bush Camp —Tue 9 Aug

\$50 2nd payment Stage 2 Kincumber Camp—Thur 21 Jul

Online Educational Resources Years K-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

Welcome back to term three. As announced last week, Ms Beltran has been given an opportunity to relieve as the Director for the Penrith Network for the remainder of the year. Mrs McMahon will be returning to Penrith Public School in the next few weeks to relieve as principal for the remainder of 2022. In the meantime, I will be relieving as principal and look forward to a very busy and productive term three.

**Rapid Antigen Tests** – Based on the recommendations of NSW Health, the school will be distributing another supply of Rapid Antigen Tests to all students and staff. Each student will receive an additional five tests. Support students will receive ten tests. These tests are to be used for symptomatic testing as needed for the remainder of the term. Tests will be sent home with students on Wednesday 27 July 2022. Parents who requested to collect the last supply of tests may call the school office on 02 47212158 to arrange collection.

**Assemblies** – This term we are excited to see the return of our school assemblies. To ensure our assemblies are COVIDSafe, we are running a K-2 assembly in even weeks and a 3-6 assembly in odd weeks. Parents and carers of students who are hosting the assembly will be invited to attend. Please enter via the Doonmore Street gate near the canteen. We strongly recommend that all parents and carers wear a mask and socially distance. Your class teacher will notify you when it is your child's turn to host an assembly.

**Parent Teacher Interviews** – This week we are conducting face to face parent teacher interviews for the first time in two years. If you were unable to attend but would like to speak to your child's teacher, please email the school and we can arrange a telephone interview.

**Resurfacing** – During the school holidays our playground was resurfaced. We are looking forward to consulting with our students to choose some new designs for a creative, colourful playground space to add some activities and imaginative play elements.

**Stage 3 Camp** – This year students in Stage 3 will have the opportunity to attend 'Aussie Bush Camp' at Kincumber from Monday 28 November to Wednesday 30 November 2022. A note was sent home with all Stage 3 students in Week 1. Payments can be made via the school website. Limited places are available.

**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.

**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.

**After Hours Entry** – School office hours are 8:45am until 3:15pm. The gate on High Street with intercom is unattended and locked outside of these times. If you require entry to the school to collect a child after 3:15pm, please use the Doonmore Street gate (nearest the pedestrian crossing).

**After Hours Entry** – School office hours are 8:45am until 3:15pm. The gate on High Street with the intercom is unattended and locked outside of these times. If you require entry to the school to collect a child after 3:15pm, please use the Doonmore Street gate (nearest the pedestrian crossing).

**Attendance** - Education for your child is important and regular attendance at school is essential for your child to achieve their educational best. At Penrith Public School we encourage and support regular attendance of children unless they are unwell. Education in New South Wales is compulsory for all children from the age of six years. It is also important that students arrive at school and class on time. This ensures that students do not miss out on important activities scheduled during prime learning time, helps students learn the importance of punctuality and routine, gives students time to greet their friends before class and reduces classroom disruption. Lateness is recorded as a partial absence and must be explained by parents.

**Unwell Children** - We remind parents and carers to keep your child at home if they are unwell. If your child appears to be displaying any cold and flu symptoms including runny nose, cough, fever/temperature, nausea, diarrhoea or headache please keep them home to rest even if they test negative to a Rapid Antigen Test. If any child displays symptoms at school, parents and carers may be contacted to collect their child from school.

**COVID Reporting and Close contacts** - If your child has tested positive for COVID, please report the positive result to NSW Health and to the school office. If they are a close contact, they can return to school if they are symptom free and have a negative Rapid Antigen Test result.

*Warm regards*

*Kylie Carson*

*Relieving Principal*

### **Premier's Debating Challenge Round 3**

Our Premier's Debating Challenge team faced a very tough opponent in the Kingswood Rebutting Roos. Despite some great arguments, they were unsuccessful this round. We are looking forward to the final round of the challenge in Week 3. They were the affirmative team and made some great rebuttals and but the adjudicator did not believe that....

"Students should not be allowed access to money."



First Speaker	Ansh	5P
Second Speaker	Amadea	4/5F
Third Speaker	Aaryan	6L
Team Advisor	Emmiah	6L

Mrs Pocock is very proud of their efforts and we look forward to working with the team on the next topic.

## Penrith Public School 'Kick Start to Kindergarten'

Monday Mornings

9.30am–10.30am

Starting July 25 2022

During School Terms 3 and 4

**Free Play  
Learning**

Do you have a child starting kindergarten next year?

**Group  
Activities**

Join us for a starting school playgroup. It helps provide a gentle introduction to school life through play.

Please bring some fruit, a bottle of water and a hat for your child.

Parents stay with their child at the playgroup.  
Siblings can attend.

**Stories &  
Games**

Each morning there will be free play, group time and morning tea.

**Visit Areas  
of the  
School**



For more information please call /text 0423 720 492 or call the school on 47212158.

# Got It!



## Anxiety

Anxiety is a normal emotion, we all have it and it isn't always bad. But if it is stopping your child from enjoying regular activities then it is time to do something before it gets worse.

### Tips for dealing with anxiety in your child:

- Discuss with your child what they are worried about and how realistic their fears are. *Is this a real alarm or is this a false alarm* going off in their brain? Remember the sense of discomfort and fear is very real to them even if their worry is unrealistic.
- Be *firm yet supportive*. Telling them to 'get over it' is not helpful but neither is allowing them to avoid the things they worry about.
- *Encourage bravery* and remind them of when they have shown this in other circumstances.
- Teach your child *self-soothing activities* like slow breathing, stretching or focusing on their five senses for when they feel worried.
- *Model healthy management of anxiety*, get support for your own or your child's anxiety. Start with your GP or by enrolling in the free online Brave Program.



Education for Parents:

<https://brave4you.psy.uq.edu.au/>

★  
THE BRAVE PROGRAM. ★

NBMLHD Got It! August 2021

 Health  
Newcastle Local Health District

# Got It!



## Silliness

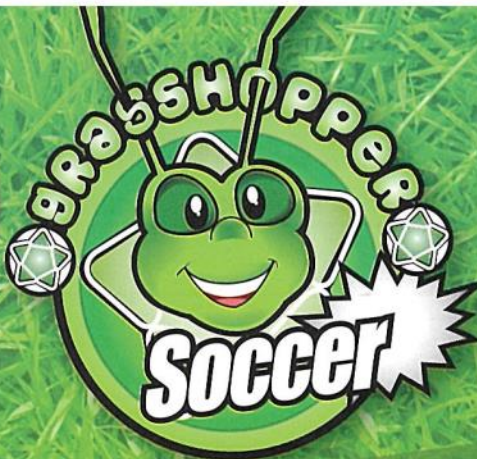
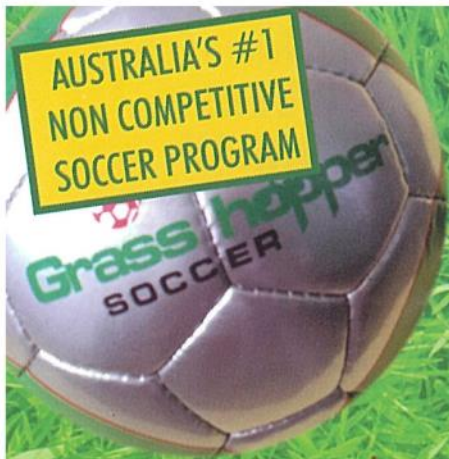
Are things feeling tense at home?



**Silliness:** There is no finer way to avoid conflict, de-escalate a tense situation, reduce stress and improve togetherness.

Some ideas to bring silliness into your own home:

- Use silly voices! Seriously, try asking your child to do something in a funny voice, it is hard to be annoyed whilst giggling.
- Get dressed up for a silly photo shoot.
- Make deliberate silly mistakes or forget to do everyday tasks like how to put on a hat.
- Pretend you misheard them.
- Entertain wishes through fantasy. When your child says they want candy for lunch, instead of reminding them that isn't going to happen just say "I wish every meal were candy!" ... whilst serving up their sandwich.
- Have a dance competition



**STARTS  
JULY  
2022**

**Soccer Fun For Girls & Boys Aged 2 to 12!**  
**WEEKEND PROGRAM**  
**TERM 3 - JULY 2022**

**CALL  
FOR A FREE  
TRIAL**



**Mite-E Soccer (2-3yo)**

A great introduction to Soccer!  
Children work with their parents to learn new soccer skills and develop their motor skills!  
Lots of fun games in a non-competitive environment

**35 minute classes**  
**\$140 for 8 weeks**



**Pint Size Soccer (4-5yo)**

Children take their first kicks in soccer!  
They'll be introduced to shooting, dribbling, goal keeping and more.  
Children get to play lots of fun, skill based games. Grasshoppers get introduced to the Pint Size 1v1 Big Game!

**50 minute classes**  
**\$150 for 8 weeks**



**Micro (6-8yo)**

The ultimate challenge for young soccer players! They'll learn the rules of the Grasshopper Soccer Big Game and develop their skills in passing, dribbling, shooting and more.

**Micro - 75 mins \$160 for 8 weeks**



**Micro Plus (9-12yo)**

This program focuses on skill development and teamwork in preparation for club soccer. Children will enjoy all the favourite soccer based games, fine tune their skills as well as play the Grasshopper Soccer Big Game!

**75 minute classes**  
**\$160 for 8 weeks**



**0414 729 119**

**GRASSHOPPERSOCCER.COM.AU**



**facebook.com/grasshoppersoccerpenrith**



# 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](http://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 \$20.00 Rego per term  
No Extra Coaches 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](http://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](http://www.karate-kids.com.au).**

## St Nicholas of Myra Parish, Penrith

### Sacramental Program

# Confirmation

Enrolments for the Sacrament of Confirmation will open on our website, [stnicholasofmyra.org.au](http://stnicholasofmyra.org.au)

on

**Wednesday 3<sup>rd</sup> August**

and close on

**Wednesday 17<sup>th</sup> August at 4.00pm**

The website contains the requirements and commitments for parents and children and the dates of the Parent Information Evening, Commitment masses, Family sessions, Practice / Trivia / Movie afternoon, 2<sup>nd</sup> Rite of Reconciliation and Confirmation masses.

To be eligible for Confirmation,  
**Children must be in Year 5 or above and must be baptised and have received their First Holy Communion.**



*All enquiries to Rodney Howard at St Nicholas of Myra Parish*

*Ph:4721 2509*

*Email: [sacramental@stnicholasofmyra.org.au](mailto:sacramental@stnicholasofmyra.org.au)*

# Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

education.nsw.gov.au



## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

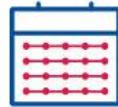
and years over their school life

**1** day per fortnight



=

**4** weeks



=

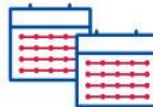
Over **1** year missed

**1** day per week



=

**8** weeks



=

Over **2.5** years missed

education.nsw.gov.au



**DISCOVER**  
your **potential**  
**FEEL MORE**  
**confident**  
**CHALLENGE**  
yourself

Join Guides today:  
[www.joinguides.com.au](http://www.joinguides.com.au)



GIRL GUIDES  
AUSTRALIA  
NSW ACT NT



# 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](http://www.school24.net.au)


A blue rectangular button with the word "Register" in white text.

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 ->

A teal rectangular button with the text "Create Account" in white.

Congratulations you are now registered!

#### Activate your Account

Go to [www.school24.net.au](http://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.

The School24 logo, featuring the word "SCHOOL24" in a stylized, colorful font with a smiling face integrated into the letter "O".A button with the text "Students profile" in white on a teal background. A red arrow points from the text in Step 1 to this button.

##### 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](mailto:help@school24.com.au)

The School24 logo, featuring the word "SCHOOL24" in a stylized, colorful font with a smiling face integrated into the letter "O".

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.

2021



2022

**Simple free download:**

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

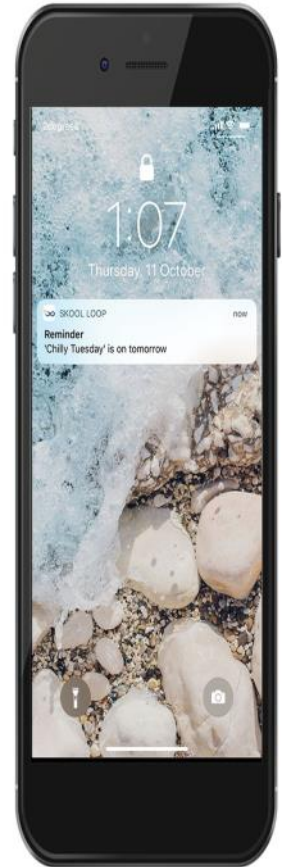


 **THE SKOOL LOOP APP**

# 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](http://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.campaustralia.com.au](http://pp.campaustralia.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](#)



Welcome to  
**Penrith City Children's Choir**  
(7 – 13 years)

**Singing Day 2022**  
**Sunday 14 August, 3.00pm – 5.00pm**

Lucy McAlary, Director

Join us for an exuberant afternoon of singing. All members, old and new, will love 'Tina Singu' from Africa, 'Haida', a hypnotic Israeli song and the upbeat gospel number 'O won't you sit down'. Through this wide-ranging and colourful repertoire we develop vocal technique, musicianship and part-singing skills in an encouraging and joyful learning environment supported by experienced adult and youth mentors. A great introductory 'taster' for new members. Informal performance for family and friends at the end of the workshop.

**Singing safety and Covid:**

- All teaching and support staff are fully vaccinated.
- Spacing of singers and ventilation are top priorities.
- Air quality will be monitored using a CO2 meter.
- **The NSW Dept of Education strongly recommends that all eligible children aged 5 years and older get vaccinated against COVID-19. Penrith City Choir also strongly recommends that all participating children meet the current level of vaccination unless they have a medical exemption.**



## Penrith City Children's Choir – Singing Day 2022

Lucy McAlary, Director

### Workshop:

Sunday 14 August 3.00 – 5.00pm

Venue: St Finbar's Church Hall, Levy St, Glenbrook

Bring: A drink and snack and a hat.

### Informal performance

Sunday 14 August 4.50pm

Venue: St Finbar's Church Hall, Levy St, Glenbrook

Tickets: No charge for the performance. Family and friends invited.

### Applications close Tuesday 9 August

You can send your application:

- by email to [pccc@penrithcitychoir.com.au](mailto:pccc@penrithcitychoir.com.au)
- in person to St Finbar's Church Office [mark envelope: ATTN Juliana Knouf for PCCC]

Cost: \$25 per child. Family reductions: \$40 for two children; \$50 for three children.

Payment can be made:

- online: Penrith City Choir Acct details: BSB: 512 170 Ac: 100228558. In 'field' enter PCCC and your child's surname. Please bring a copy of the receipt on the first day.
- To arrange payment by cash, cheque or money order, please contact the Administrator.

Financial assistance can be provided, if necessary. Please contact the Administrator to discuss.

Places are at the discretion of the Director, Lucy McAlary.

PCCC is mentored by Penrith City Choir and gratefully acknowledges generous support from St Finbar's Church.

For any other information contact the PCCC Administrator, Suzanne Armstrong  
0450 091 367 or [pccc@penrithcitychoir.com.au](mailto:pccc@penrithcitychoir.com.au)



## Penrith City Children's Choir Singing Day 2022 Project Application Form

Please see the Information Pack for full details on how to send your application and payment.

Child's name:

Date of birth:

male/female (please circle)

Parent / Guardian name:

Address:

Telephone Home:

Mobile:

Email address:

School attended, school year level, and instruments played (plus an indication of standard/length of learning), if applicable.

Does your child have any health issues (eg allergies) or educational challenges you need to mention to us so that we can best support your child?

Does your child have any special dietary requirements?

Publicity photos will be taken during the Singing Day project.

Please indicate your preference:

I give/do not give permission for my child's photo to be published in the local press.

I give/do not give permission for my child's photo to be displayed on PCC website.

I give/do not give permission for my child's photo to be displayed on PCC Facebook page.

I give permission for my child ..... to take part in the PCCC Singing Day.

Payment type:      online / cheque / cash (please circle)

Signed ..... Date .....

Name (please print) .....