

# Wentworthville Public School

QUALITY TEACHING TO MAXIMISE STUDENT LEARNING

Term 3 Week 6 2021 Newsletter



## From the Principal – Denise Lockrey

I know that learning from home under stricter Stay at Home orders is challenging for everyone. As parents it is critical to be as caring, consistent, and open as we can with our families. Coping positively, as best we can, given the restrictions we have amidst lockdown is important as we model behaviour to our children. Remember, you are supporting your child's resilience and wellbeing and shaping how they adapt to big changes that come their way – whatever they may be! I'd like to encourage you all to continue to care for yourself, look for bright spots in your day, keep in touch with the teachers if you have concerns about the learning from home and stay safe.

A recent wellbeing webinar I attended regarding children's social and emotional wellbeing encouraged the following tips to be considered especially when lockdowns can put pressure on families:

- ◆ Listen and get involved (check in regularly with **each** child)
- ◆ Get outside and get active (within COVID guidelines) - exercise reduces stress and boosts mental health.
- ◆ Be present (put down your phone and turn off the TV)
- ◆ Make memories (my daughter bakes a cake at home every Wednesday!!)
- ◆ Do things together...and apart (make sure there is time in each day for you as the adult)

*(Continued on page 2)*

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WENTWORTHVILLE NSW 2145 Australia

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Website: [www.wentwthvil-p.schools.nsw.gov.au](http://www.wentwthvil-p.schools.nsw.gov.au)

Email: [wentwthvil-p.school@det.nsw.edu.au](mailto:wentwthvil-p.school@det.nsw.edu.au)

Student Portal: <http://portal.det.nsw.edu.au>

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## Wonderful Happenings at Wenty!

### News about OSH



**OSH Club**  
Outside School Hours Care



Parents it is with great pleasure that I can announce, after an open tender process, the Department of Education has selected a preferred provider, OSHClub Pty Ltd, for the provision of before and after school care services onsite at our school. We expect that the service will continue to operate as normal, given that OSHClub is the existing service provider.

I have had to wait until I had clearance from the Department to announce this great outcome! We look forward to a positive ongoing relationship with OSH Club as they support our families who need this service. They are operating out of the new hall area (H Block) in new facilities.

### Staffing update

This week we farewell Ms Zeidan as she commences her Maternity Leave with the upcoming birth of her second child. We wish her and her family all the very best and look forward to hearing the exciting news!



Next week we farewell Mrs Turner as she not only leaves on Maternity Leave for the arrival of her first baby, but we are also saying farewell from Wentworthville PS. As I have indicated in other newsletter issues, Mrs Turner was successful at interview and secured a position closer to home in a Support Unit.

She will be an asset to that school and she will be missed at our school. We wish her and her family all the very best for this next exciting chapter in their lives as they expand their family unit! All the best.

I have already commenced planning for 2022 staffing. It is always a complex task and with a growing school even more challenging! We will have some changes with comings and goings for next year.



(Continued on page 3)

## 2022 Forward Planning

### Forward planning for 2022 and class placement for 2022

We are busily planning in preparation for next year. In order to allow us to plan as effectively as possible, we would like those families who know that **they won't be returning** to the school next year, to confirm these details as soon as possible. I have included a slip at the end of the newsletter for you to complete and send back to the front office (***via email during COVID times***) if this scenario applies to you. Thank you for your anticipated co-operation with this matter.

Class placement for 2022 is a complex task that staff invest a lot of time and effort. Parents are welcome to provide written information to Mrs Lockrey (The Principal) **by Friday October 29, 2021** if there are specific needs you think should be taken into consideration about your child /children when considering class placements in 2022. Any information which is delivered to Mrs Lockrey after this date will unfortunately not be able to be considered in class placements for 2022. Consideration to social and emotional needs, academic ability and behaviour can be considered, but no guarantees can be made as staff make determinations which are in the best interest of all attempting to achieve a balance in each class. It is a difficult task which teachers' way up very carefully. Parent requests for changes of their child's class will not be considered in 2022 as this is a school management decision and we commit considerable time in formulating the structure for the following year.



### 2021 Leaving slip

Dear Mrs Lockrey,

My child/ children will not be returning to Wentworthville Public School in 2022.

We are moving to..... and will be going to .....  
..... School in 2022.

#### Student Names:

1. .... Class in 2021.....
2. .... Class in 2021.....
3. .... Class in 2021.....
4. .... Class in 2021.....

# The colours of Stay at Home Orders!



Wednesday August 4 - *Orange Day!*



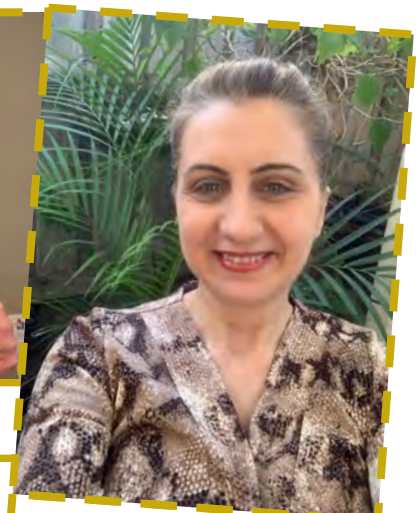
Thursday August 5 - *Green Day!*



Friday August 6 - *Pink Day!*



Monday August 9 -



*Animal prints!*





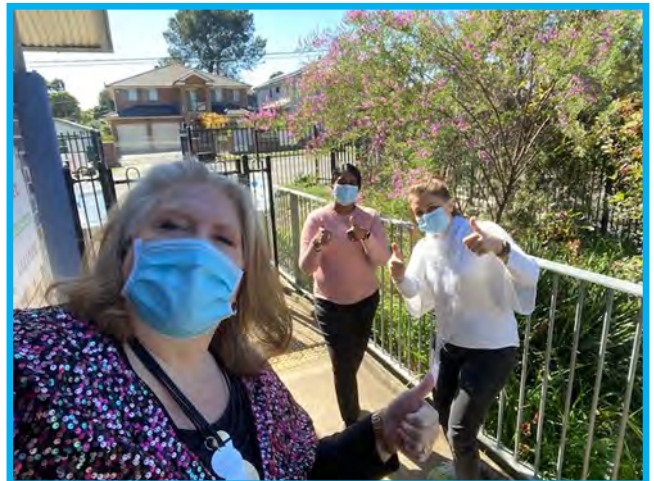
Tuesday August 10 - Dots and spots!



Wednesday August 11 - Mrs Rafidi joined the stripes!



Thursday August 12 - Multi colour



Friday August 13 - Mrs Mohanaraj joined sparkle day!



Monday August 16 - Earth tones

# SRE information

As per the COVID-19 advice for school-based staff, Special Religious Education (SRE)/Special Education in Ethics (SEE) is not permitted in Greater Sydney, including the Blue Mountains, Central Coast, Wollongong and Shellharbour while schools are operating at level 4 or level 3.

Approved providers will deliver their authorised curriculum with modifications to enable students to learn from home.

There are 2 portal entry points to lesson content (click on link to access)

[Approved providers for All Faiths SRE](#) (Islamic, Jewish, Buddhist, Bahai, Hindu)

[Approved providers for Christian based faith SRE](#)



**Wenty Wellbeing Wednesday**

**WEEK 7**

Next Wednesday 25<sup>th</sup> August will be Wenty Wellbeing Wednesday.

It will be an opportunity for students to catch up with any work they may not have completed over the last few weeks but also give time back to families. There won't be a morning or afternoon zoom on that day, however the KLAZOOM will still go ahead.

The WOW work for next week will reflect this, therefore there won't be any new work assigned for that day on the WOW work.





## Wentworthville Public School Gratitude messages

The Wentworthville Public School community have produced two videos with messages of gratitude to the Westmead hospital staff and another for the staff, students and parents of WPS. The videos are inspirational and instil hope at this difficult time.

The links below take you to both videos. We hope you enjoy them.

[WPS messages to Westmead Hospital](#)

[WPS messages to community](#)



## Building update!

The building project works recommences and all COVID safe procedures are being followed. I am in daily contact with the site manager ensuring everything is tracking well.

Please see Works notification document further on in this Newsletter for more information.



## ONSITE LEARNING CONTINUES FOR FRONTLINE WORKERS' CHILDREN ONLY





# WE ARE TAKING ENROLMENTS NOW FOR KINDERGARTEN 2022



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Wentworthville NSW 2145  
Ph: 9631 8529  
Email: [wentwthvil-p.school@det.nsw.edu.au](mailto:wentwthvil-p.school@det.nsw.edu.au)  
Website : <https://wentwthvil-p.schools.nsw.gov.au/>

Principal: Mrs Denise Lockrey



Enrolment for Kindergarten 2022 is now open. If you live in the local area and have a child who is due to start Kindergarten at Wentworthville Public School in 2022, **now is the time to enrol**. Please visit the school website and complete the online application as soon as possible. If you know of a friend or neighbour with an in-area child due to start school, please share this information with them.

Would you like to find out more information about our School or enrol your child to attend? For further information, please visit our school website <https://wentwthvil-p.schools.nsw.gov.au/> or call our office school office on 9631 8529. We look forward to welcoming you to our wonderful school.



This Term, our school will be participating in the **Partners in Learning parent survey**, another part of the **Tell Them From Me** suite of surveys. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smart phones, iPads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. Although participating in the survey is entirely voluntary, your responses are very much appreciated. More information about the survey is available at: <https://education.nsw.gov.au/student-wellbeing/tell-them-from-me>

Please complete the survey by Friday 17<sup>th</sup> September 2021 To access the parent survey for our school go to <http://nsw.tellthemfromme.com/62nx9>



# OSHClub

Outside School Hours Care



In OSHCLUB news these last two fortnights have seen the children and staff discussing healthy living including healthy eating habits.

As a group we also discussed our rotating menu and with the children have changed some of the options around ensuring it was a healthy choice. This all then lead to an idea to create a large artwork Eat A Rainbow. This project bought upon many conversations of the various fruit and vegetables that make up the colours of a rainbow and researching their benefits. Children used their creative skills to draw some of these on felt and other art mediums.

Offering a wide range of colours in children's food not only looks great but also ensures that children are receiving a great variety of nutrients. Aside from this, fruits, and vegetables of different colours contain a myriad of phytochemical compounds with a plethora of health benefits.



**JOIN US FOR SOME FUN BEFORE SCHOOL,  
AFTER SCHOOL AND DURING THE HOLIDAYS!**

Exciting new adventures every day.

Book online: [oshclub.com.au](http://oshclub.com.au)



# Wentworthville Public School

## Works notification

August 2021

In line with the NSW Government's COVID-19 Guidelines, Stage 3 of the Wentworthville Public School upgrade will resume from Monday 16 August 2021.

A comprehensive COVID-19 Safety Plan will be in place for the construction site and the contractor will enforce strict compliance with the Public Health Order. Our construction sites will follow all current health guidelines, including workers wearing masks for indoor and outdoor work.

Safety is the number one priority for School Infrastructure NSW and we are following all health advice in relation to construction sites.

Regular updates are published on the School Infrastructure NSW website to communicate the changes on our sites in line with NSW Government's COVID-19 Guidelines. To keep up to date, please visit: [schoolinfrastructure.nsw.gov.au](http://schoolinfrastructure.nsw.gov.au).

### Asbestos Removal

During work to prepare the site for Stage 3, asbestos containing material was found. The material has been confirmed as bonded asbestos, which means it is attached to other material such as cement or vinyl and cannot be crumbled by light pressure.

Safety measures and monitoring have been put in place to ensure there is no risk to students, staff or the local community. As a precaution, the area has been cordoned off and will remain out of bounds until remediation is completed.

Remediation work for this new find will take place from Saturday 21 August 2021 weather permitting.

The material will be remediated in accordance with the Department of Education's Asbestos Management Plan and SafeWork NSW regulations. All work will be completed by licensed and accredited asbestos contractors, and monitored by occupational hygienists in strict accordance with all applicable legislation, regulations, policies and guidelines.

Testing will be completed to ensure the area has been fully remediated. The school will receive a clearance certificate before the area is open to construction workers.

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### For more information contact:

School Infrastructure NSW  
Email: [schoolinfrastructure@det.nsw.edu.au](mailto:schoolinfrastructure@det.nsw.edu.au)  
Phone: 1300 482 651  
[www.schoolinfrastructure.nsw.gov.au](http://www.schoolinfrastructure.nsw.gov.au)

# Sunsmart Snippet

## How does sunscreen work?

**When we protect our skin by applying sunscreen correctly, we reduce our risk of skin cancer.**



Sunscreen reduces the amount of UV radiation reaching your skin by providing a barrier to absorb or filter UV rays away from you skin. This prevents damage to the cells below.

When UV levels are 3 or above, sunscreen should always be used with other forms of sun protections such as clothing, hats and shade.





# Newsletter



A SNAP FROM LEGO CLUB!



## WHAT'S BEEN HAPPENING...

### Weeks 1 - 4 Term 3 @ OSHClub

A warm welcome to our returning families! It hasn't been the start to Term 3 that we all hoped for with COVID restrictions and remote learning taking place once again for majority. We hope to see you all again very soon when things can return to some normality.

On the other hand, we had a great Vacation Care Program during the July school holidays, at our neighbouring Service Rosehill Primary OSHCare. As you are aware, our Service was unable to provide care due to increased construction works at the School. Despite not being able to participate in planned excursions and incursions, our team and the staff at Rosehill tried our best to ensure children still had a wonderful time with a variety of activities, time with old and new friends.

This Term, as you are aware, we have been busy setting up in the new hall. YAY! We have been working closely with the children to establish designated learning spaces, create artworks for display and purchasing new toys, resources and equipment to ensure our new environment is vibrant, colorful, welcoming and provides a sense of belonging for the children.

We are excited to announce we have started two new Clubs! We have Ms Diana running Art Club on Thursday and Fridays and Miss Mandeep running Lego Club every Tuesday.

We hope you take a liking to our funky new Newsletter template and enjoy the content. If you have any suggestions or feedback, please feel free to email them through ☺

## SPECIAL ANNOUNCEMENTS



**WELCOME TO OUR EDUCATOR MS DIANA!**  
Started Mid Term 2



**WELCOME TO OUR ASSISTANT COORDINATOR MISS CLAUDIA!**  
Started beginning of Term 3



# Newsletter



## RECENTLY CELEBRATED & COMING UP

1-31  
AUG

### MS Readathon

Inspires kids to read as much as they can, all for one incredible cause.

6  
AUG

### Jeans for Genes Day

Raising money/awareness to help some of the most vulnerable children.

13  
AUG

### Red Nose Day

Get silly for a serious cause and help stop little lives being cut short. Please bring a red shirt to wear at OSHC! We will also be painting noses!



## PHOTO GALLERY



## RECIPE

### 3 Ingredient Healthy Banana Muffins

- 2 Medium banana's Mashed
- 180g (2/3 cups) thick and creamy Vanilla Yogurt.
- 150g (1 cups) self raising flour

### Method:

#### Step 1:

Preheat oven to 180C/160C Fan forced. Grease a 24-hole mini muffin pan.

#### Step 2:

Combine yogurt and banana in a large bowl. Gradually stir in flour until combined.

#### Step 3:

Spoon mixture into muffin holes. Bake for 15 minutes or until a skewer inserted in the middle comes out clean. Set aside for 2 minutes to cool before transferring to a wire tray to cool completely.





# Newsletter



## FEATURE ACTIVITY

### EAT A RAINBOW!

The children and staff have been working together to make an "Eat the Rainbow" banner. The children have been drawing different fruits and vegetables, coloring them in and cutting them out to add to our rainbow.

Eating a wide range of fruit and vegetables ensures adequate vitamin and mineral consumption. Aside from this, fruits and vegetables of different colours contain a myriad of phytochemical compounds with a plethora of health benefits.



## COORDINATOR CORNER

In line with new **COVID-19** restrictions and a recent organisational review of our COVID-19 Risk Assessment, there is a new procedure for parents/carers when signing in/out.

For the families who are unable to provide education and care at home, we kindly ask that when dropping off/collecting your children, you are:

1. Entering the school with a face mask on.
2. Signing into the school's QR code located at the school office Gate 1. We will need to sight the green tick on your arrival to OSHC.
3. Signing into our Service QR code. We will need to sight the green tick.
4. Using the hand sanitizer provided and signing your child in/out of care on the Service iPad.
5. Signing out of the Service QR code & the school's upon departure.

We ask that if there are other parents/carers present at the time of your arrival, that you maintain a 1.5 meter distance to ensure the safety of all users of the Service.

As always, please reach out if you have any questions or concerns. Thank you.



## QUALITY AREA REFLECTION

### National Quality Standard: Quality Area 2 - Children's Health and Safety

The aim of Quality Area 2 under the National Quality Standards, is to safeguard and promote children's health and safety, minimise risks and protect children from harm, injury and infection.

At OSHClub, we ensure the children's health and safety by:

- Effective handwashing, monitoring and supporting children's medical needs, encouraging sun safe practices, enforcing food safety, encouraging healthy eating, providing a range of physical activity into the program and ensuring all children have the opportunity to rest or sleep if required.





# Newsletter



## CHILDREN'S CORNER

### Ashmita's Voice!

*"I love going outside, we have so much fun. We get to play Dutch ball, basketball, handball and kick the ball. When we go outside, we get to run around and sit in the sun!"*

*I also love Art Club because we get to do a lot of different things and new things that challenge us. I am excited every week to see what art works have been planned."*



## CLUB NEWS

### Art Club!

This Term, Ms Diana is running Art club every Thursday. We wanted to showcase a recent creation (photographed on the right) – an "under the sea" inspired piece, using recycled cardboard, old CD's and plastic bottles.

Children have also successfully created a "Secret Flower Garden" made with cardboard, paper, buttons and pipe cleaners, as well as an Indigenous artwork that has been showcased in the hall using rocks, leaves and paper towel rolls.

Art Club encourages the children to use their imagination, creativity and self expression to create these special artworks.



## POLICY CORNER

### Medical Conditions

OSHClub is committed to providing a safe environment to promote the health and wellbeing of all children and therefore, is committed to children who are at risk of anaphylaxis, asthma and diabetes's well as all other medical conditions.

All permanent staff members are trained in First Aid and are aware of all children's medical needs, including management plans and medication required.

If a child diagnosed with a medical condition does not have current (in date) medication, an up to date medical management plan or action plan and Risk Minimisation and Communication Plan at the service, the child cannot attend.

A copy of all Policies & Procedures are available upon request.





# Newsletter



FOR THOSE CHILDREN AT HOME ☺

## 30 Day DRAWING CHALLENGE

- DAY 1 draw yourself in 50 yrs.
- DAY 2 your favorite ANIMAL
- DAY 3 YOUR FAVORITE FOOD
- 4 your FAVORITE PLACE
- 5 YOUR BEST FRIENDS
- 6 YOUR FAVORITE BOOK
- 7 your favourite month
- 8 Your favorite ANIMATED character or Animal
- 9 Your fave TV SHOW
- 10 your favorite CANDY
11. YOUR MOST RECENT ACCOMPLISHMENT
12. A TURNING POINT IN YOUR LIFE
- 13 DRAW YOUR OWN COMIC
- 14 FAVORITE PLANT
- 15 Draw a Monster
- 16 Draw Your family Portrait
- 17 An Inspiration
- 18 Draw a Cool Doodle
19. something new
- 20 DRAW SOMETHING Orange
- 21 Draw something YOU want
- 22 DRAW SOMETHING YOU MISS
23. DRAW SOMETHING you need
- 24 A SELF PORTRAIT
- 25 SCENERY
- 26 \* something you DON'T LIKE
- 27 something small
- 28 Someone you Love
- 29 Anything you want.
- 30 a place you want to GO

\* COLOR EACH TASK AS COMPLETED ★





INSIGHTS

## Prioritising mental health in the digital world



Whilst there may not yet be conclusive evidence linking digital media use to poor mental health outcomes there's no denying that it's one of the chief concerns facing parents and educators of children and adolescents, growing up in a digital world. The contradictory research findings confirm that this is a complex topic.

There's certainly consensus in the research that young people are heavy technology users, which comes at a cost of their psychological and physical needs. Their digital behaviours eat into the time that was once available for three pillars of mental health – sleep, relationships and exercise.

### Minimising sleep disruption

Sleep is vital for mental wellbeing and emotional regulation in childhood and adolescence. Inadequate amounts or poor-quality sleep can cause mental health issues. Studies consistently show that Australian children and teens aren't getting enough sleep. Digital device use is also linked to sleep disruption, impacting the sleep-wake cycle. The Lancet study suggested that nearly 60% of the impact of young people's psychological distress could be attributed to disrupted sleep and exposure to cyberbullying.

Parents need to remind children and young adolescents about the critical role sleep plays in their psychological wellbeing. Parents can help adolescents foster healthy social media habits by establishing a digital curfew, keeping devices out of bedrooms and discouraging teens from 'bookending' their day with social media as it can easily trigger the stress response at these times.

### Maintaining healthy relationships

Positive relationships are fundamental to a young person's psychological wellbeing. Adolescents are biologically wired for relational connection. They want to be part of a tribe. Whilst teens and pre-teens may insist that technology connects them and caters for their relational needs, if used excessively or inappropriately, technology use can compromise their relationships and deteriorate their mental health.

Parents need to encourage and sustain opportunities for real interactions amongst adolescents. When we connect in-person the brain releases oxytocin, the social bonding hormone, which isn't replicated online. The need for keeping a balance between digital and face-to-face interactions is paramount.

### Ensuring sufficient exercise

Sedentary social media and digital consumption frequently replaces physical movement on weekends and after school, which are the opportunity times for kids' sport, free play and outdoor activities. Brain science now informs us that physical exercise boosts serotonin and neurotransmitters such as dopamine and norepinephrine that play a critical role in regulating adolescents' mood. Lack of exercise is now being linked to the current anxiety epidemic that we are seeing in young people.



Parents need to ensure that children experience a minimum of 30 minutes exercise, and teens a minimum of 60 minutes. “Go outside and play” is a term that this generation needs to hear as frequently as children in past eras.

## In closing

The research into the links between kids’ digital technology use and their mental health presents a complex picture that defies simplistic conclusions. Blanket statements and headlines that suggest screens and social media are to blame for kid’s poor mental health aren’t helpful as technology is now a part of all our lives. However, there is enough evidence to suggest that the key pillars of mental health outlined above can be severely impacted by the overuse of digital technology. All things in moderation, a common guideline for healthy living, is best when considering kids’ social media and digital technology use.

## Dr Kristy Goodwin presents a related webinar: Taming digital distractions

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar ‘Taming digital distractions’ at no cost.

### About

In this webinar, Dr Kristy Goodwin helps parents and carers understand why children and adolescents are vulnerable to digital distractions. She provides science-backed solutions to help kids and teens develop healthy digital behaviours so that they can focus, learn and thrive online.

### When

Wednesday 8 September 2021 at 8:00 PM AEST

### To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-taming-digital-distractions>
2. Click ‘Add to cart’
3. Click ‘View cart’
4. Enter the coupon code TAMING and click ‘Apply Coupon’ Your discount of \$39 will be applied.
5. Click ‘Proceed to checkout’
6. Fill in your account details including our school’s name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click ‘Place Order’

This offer is valid until 8 December 2021. If you’re unable to make the broadcast time, just register anyway and you will get access to the recording.



### Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids’ techno-tantrums!). She’s the author of Raising Your Child in a Digital World, and a media commentator who doesn’t suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn’t the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit [www.drkristygoodwin.com](http://www.drkristygoodwin.com).