

Elands Public School
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Living to Learn
Learning to Live
We are Learning on Biripi Land

«Students_Name»

«Street_Address»

Term 4, Week 3, Friday 27th October 2023

Dear «ParentCarer_Name»

Well, isn't it lovely to see the rain after such a hot and horrible beginning to the week.

Just on a disappointing note it was sad to see that on the Referendum Voting Day someone had graffitied the inside of the old weather shed. This was brought to our attention on Monday morning however, some students had mentioned that they saw it on the Saturday afternoon whilst their parents were voting.

Please note children need to be supervised when accessing school grounds on weekends and during school holidays. And if you see any damage to the school, please notify us ASAP.

Next Wednesday the students will travel to the Manning Art Gallery to see this year's Home Art Program Exhibition. Bobin and Elands students have worked, throughout the year, on various artworks together which will be presented as a digital installation. After the art gallery visit students will enjoy a game of tenpin bowling in Taree before travelling back up the mountain. Mirjam and Warwick will be supervising the students and school uniforms to be worn please.

The following week is the Great Aussie Bush Camp trip for the primary class on Monday 6th through to Wednesday 8th November. We will leave for camp from "The Log" in Wingham around 8:45am and plan to return on Wednesday (at The Log) by 2.30pm. Please make sure you are on time. Thanks to all parents who have paid their fees and filled in all the forms.

On Tuesday 7th November the K-2 class will travel over to Wild Nets Adventure Park, by bus, between Wauchope and Port Macquarie for the day. Students are required to wear clothing that covers their arms and legs, flat soled shoes and no jewellery or watches.

Parents will also need to read and complete an online waiver regarding terms and conditions of entering the park and accessing activities. This has been emailed to all parents along with instructions of how to access the relevant information, it is a straightforward process. **Please note that if this is not completed your child may not be able to attend.**

On Wednesday 15th November will be school photo day. All students will need to wear their uniform on the day please. Digital copies of photos will be available shortly afterwards.

Friday 17th November will be our early Presentation Day, mark it on your calendar.

Next week (Thursday or Friday, date not confirmed) the Wingham High School Year Advisor and Deputy will visit the school to talk to the year six students, this is part of the transition process into year seven. Students will be receiving information about all transition dates and times this week. Please note that all but one will need a parent to transport students down as most are only a few hours. The last transition day on Tuesday 28th November is a whole day and students may travel, down and back, on the high school bus (for a fare), on that day.

Next P&C meeting is Tuesday 31st October 2023 – all welcome.

Regards

Jo Boland
Principal

OCT/NOV 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

3	WEEK	23 Jo Andrina Warwick -SLSO Vanessa-Office Panky-GA Notes	24 Jo Andrina Mirjam - DCO Warwick -SLSO Vanessa - Office	25 Jo Andrina Warwick -SLSO Panky-GA	26 Jo Mirjam Warwick -SLSO Vanessa – Office	27 Jo Mirjam Warwick -SLSO Vanessa - Office	28/29
						Drumming 12pm	
4	WEEK	30 Jo Andrina Warwick -SLSO Vanessa-Office Panky-GA Notes	31 Jo Andrina Mirjam - DCO Warwick -SLSO Vanessa - Office	1 Jo Andrina Mirjam Warwick -SLSO Panky-GA Art Gallery Exhibition Visit	2 Jo Warwick -SLSO Vanessa – Office	3 Jo Andrina - CILSP Mirjam Warwick -SLSO Vanessa - Office	4/5
						Drumming 12pm	
5	WEEK	6 Jo Andrina Warwick -SLSO Vanessa-Office Panky-GA Notes Great Aussie Bush Camp 3-6	7 Jo Andrina Mirjam - DCO Warwick -SLSO Vanessa - Office Great Aussie Bush Camp 3-6 Wild Nets K-2	8 Jo Andrina Warwick -SLSO Panky-GA Great Aussie Bush Camp 3-6	9 Jo Mirjam Warwick -SLSO Vanessa – Office	10 Jo Mirjam Warwick -SLSO Vanessa - Office	11/12
						Drumming 12pm	
6	WEEK	13 Jo Andrina Warwick -SLSO Vanessa-Office Panky-GA Notes	14 Jo Andrina Mirjam - DCO Warwick -SLSO Vanessa - Office	15 Jo Andrina Mirjam Warwick -SLSO Panky-GA School Photos	16 Jo Warwick -SLSO Vanessa – Office	17 Jo Andrina - CILSP Mirjam Warwick -SLSO Vanessa - Office	18/19
						Drumming 12pm Presentation Day	
7	WEEK	20 Jo Andrina Warwick -SLSO Vanessa-Office Panky-GA Notes Swimming	21 Jo Andrina Mirjam - DCO Warwick -SLSO Vanessa - Office Swimming	22 Jo Andrina Warwick -SLSO Vanessa - Office Panky-GA Swimming	23 Jo Mirjam Warwick -SLSO Vanessa – Office Swimming	24 Jo Mirjam Warwick -SLSO	25/26
						Swimming	



ENROLMENTS NOW OPEN

Now accepting students for 2024!

Elands Public School is a small school serving a diverse, isolated, rural community. The school seeks to provide each student with an individual program of learning which will enhance their intellectual, social, physical, emotional and spiritual development.

Living to Learn, Learning to Live

For more information call 6550 4557
or email elands-p.school@det.nsw.edu.au
Kindergarten Orientation starts in Term 4

www.elands-p.schools.nsw.gov.au

Getting to school and staying at school

Information for parents and caregivers

What is School Refusal?
School Refusal is a complex issue which can become a source of enormous stress for the whole family. That's why schools want to work with you to come up with a plan to support you and your child.

- Many children and adolescents are reluctant to go to school at some point, but some find it so difficult that they refuse to go.
- The term School Refusal is often used when not going is related to a worry or an anxiety.
- School Refusal can happen at any age, but seems to happen more during major changes in children's lives like beginning kindergarten or the transition from primary to high school.
- There is no single cause for School Refusal, and reasons will differ from child to child.

What might I see?
If your child has missed school twice over two weeks, especially with some of the behaviours below, this may be a pattern of School Refusal.

- Tearfulness before school or repeated pleas to stay at home.
- Tantrums, clinginess, dawdling or running away before school or during drop off.
- Frequent complaints of illness before or during school, like stomach aches, headaches, dizziness or tiredness.
- Difficulty going to school after weekends, holidays, school camps or sports days.
- Long periods spent in sick bay or otherwise out of class.

What are the impacts?
School Refusal is a serious issue and needs to be managed early. Long absences mean that children miss out on both learning and friendships.


- The pattern can very quickly become a habit and very hard to change for children and their families.
- Missing one day of school each week means 2 full months' worth of learning lost over a year. This adds up very fast.
- Missing out on education can impact a child's lifelong learning and their social and emotional development in many ways.

It is important to respond

- School Refusal can also be a sign of an emerging mental health difficulty, so it's important to respond.
- That stomach ache might not be due to a bug, but a real symptom of your child's worry about going to school.
- Research shows that every day absent in high school has an impact on numeracy.
- Frequent absences might also jeopardise your child's relationships with their friends.
- Acting early is the best way forward. Seek help as soon as you are concerned.

Find support
You might find support for you and your child through your family doctor, the school counsellor, a family friend, a community-based support worker, an Elder, or a religious or spiritual leader.

Is your child refusing to attend school?
We really understand that this isn't easy!
Talking with your child's teacher is the best place to start
You might also find it helpful to seek support for yourself



Nutrition Snippet

WHAT'S IN SEASON FOR SPRING?

Buying seasonal fruit and veg is cheaper, tastier and better quality.




The change in seasons brings a plentiful supply of veggies such as zucchini, spinach and tomatoes. Give these recipes a go:

- [Zucchini and corn fritters](#)
- [Hidden veggie tomato pasta sauce](#)

Find these recipes and more on our '[What's in season for spring](#)' blog.

healthyhunchbox.com.au



Cancer Council
Healthy Lunch Box

Good for kids good for life




Strengthening bonds through family meals

Family meals are a perfect time to catch up, connect and communicate with each other.

Regularly sharing meals can benefit children in numerous ways, including improvements in mental health, physical wellbeing and academic performance.

Make family meals enjoyable by following these top tips:

- Set regular times to eat together. Try sitting at a table with the television and phones switched off.
- Allow 20-30 minutes for mealtime where the family can relax and chat about their day.
- Involve children in choosing and preparing family meals i.e., washing fruits and vegetables or setting the dining table.
- Be creative! Invite a friend over, have a picnic or set a special dinner theme like "Mexican Monday".




Source: Making family meals enjoyable: tips (raisingchildren.net.au)

Developed by Hunter New England LHD

 HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>



Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.

Parent Portal

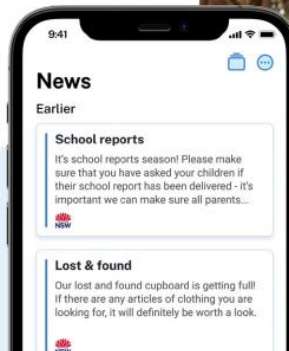
NSW Department of Education

Never miss an important school update or event.

The **NSW Education Parent App** makes it easier than ever to stay up-to-date with the latest information from your child's school. Featuring latest news, newsletters, personalised feeds by year group, events calendar, push notifications, instant updates and alerts, advanced security and more.



Download the
NSW Education
Parent App



School Bytes

Parent App

Available now!

Download on the App Store or Google Play by clicking the image below.



Key Features

- Get real time push notifications from your school
- Stay signed in and save your card for secure payments for fees and excursions
- Give consent, sign forms and respond to attendance alerts
- View the school calendar and news





— The
School
Garden





The
School
Garden



Drumming with Chris

