



# Charlestown South Public School

## Newsletter

Monday 9 October 2023



Education

### Week 1

Monday – Students return to School!

Tuesday – Early Bird Reading 8.30am

Friday – Concert Band Workshop Day, Sport, Assembly

Saturday (14<sup>th</sup> Oct) - Referendum BBQ, Cake Stall & Book Fair

### Week 2

Monday – Bandfest -Newcastle Town Hall – bus leaving at 8.20am sharp!

Tuesday – Earlybird Reading 8.30am

Friday – Concert Band, Sport, Assembly, Kinder Excursion to Sydney Aquarium & Wildlife World – bus leaves at 7.30am sharp!

### Awabakal Word of the Week

**Week 1** *kanara* = family

**Week 2** *bayiyung* = father

### Attendance Matters

As we dive into Term 4, let's make attendance exceptional! Each day of learning is filled with valuable opportunities to learn and grow. Your child's presence matters not just for their own education but also makes a difference for their friends, teachers and the family of our whole school community. Here's to a term of growth, accomplishments, and shared successes!

### Uniform Matters

We've noticed that sometimes, as the weather warms up, there can be a tendency for uniform standards to slip. Wearing the school uniform is not just about rules but it's a reflection of our CSPS belief in excellence. A neat and consistent appearance promotes a sense of belonging to the CSPS family. We appreciate your attention to this matter. Thank you for your cooperation in upholding our uniform policy throughout the entire school year. Let's continue to be a school of excellence!

### Lost Property

Please, please save yourself the hassle of dragging yourself to Charlie Square and forking out \$50+ for a new jacket because your child's last one has gone walk about. Please re-label every uniform item clearly with your child's name. This is the time of year it can be still quite fresh in the mornings and jackets seem to be discarded in many weird and wonderful places as the day warms up. There are some fantastic labels to be bought online that can be stuck, ironed or sewn on to a jacket, hat, jumper, shirts, trousers, shorts or skorts.

### ***Come and Meet the Family!***

Mrs Hodson and I had a wonderful time at the end of last term meeting our new Kinder children and their families individually for 20 minutes each. And, what a delightful group of new families we have joining CSPS next year! The first taste of CSPS life for our 2024 Kinder Class will be on Wednesday, November 1<sup>st</sup> when we bring in small groups of 6 to 8 students at a time for an hour or so to meet their teacher, their Year 6 Buddy and a few other classmates. The following Wednesday on November 8<sup>th</sup> we will have our Parent and Student Orientation morning, 9.00 to 11.00am, where Mrs Hodson and myself will speak to the parents about all things great and small from A to Z about school life. Whilst that is happening, our newer kinders will spend time in their classroom for 2024 with their teacher and classmates and their Year 6 buddies having some fun as they engage with some classroom tasks.

### ***🎵🎵 Banding Together For Bandfest***

Our CSPS Concert Band, comprising 48 very excited musicians, head to Bandfest on Monday of Week 2 at the Newcastle Town Hall. Despite having Year 3 newbies this year who are still learning their way around their flutes, clarinets, saxophones, trombones and trumpets, Mr Bone and Mrs Newland are confident of a strong performance this year. Our performance is at 9.40am and parents are welcome to attend. Entry is \$5 payable at the door.

### ***Sounds a Bit Fishy!***

Our wide eyed Kinders hit the road next Friday to visit Sydney Aquarium and Wildlife World in Darling Harbour. This one is always a highlight of our year, and we are very much looking forward to the stories that will be told by pencil, paint and portrayal upon their return. A whale of a time is promised to all and no doubt they will return home full of words to describe their day and all that they have seen and heard. That of course, is after their traditional snooze on the bus ride home!

### ***Canberra Excursion***

Last Term in Week 9, our year 5/6 students journeyed to Canberra to learn about Australia's history, politics, and culture. They were able to explore interactive exhibits and engage with our country's rich heritage. From the awe-inspiring Australian War Memorial to the interactive wonders of Questacon, our students were immersed in hands-on learning experiences that will hopefully ignite their curiosity and passion for knowledge about Australia.

Thank you to Mrs Sutton, Mrs Butler, Miss Garland and Mrs Donovan for making this possible!



## **The Charlestown Cup**

What a fantastic Wiyellai Koa (Whitebridge Community of Schools) event. A beautiful sunny day at St John's Oval had all the year 3/4 students from CSPS, Dudley, Charlestown East, Charlestown, Kahibah and Redhead compete in 6 activities on the day including Cricket, AFL, European Handball, Netball, Ball Games and T-Ball. The behaviour of all the year 3/4 students was outstanding. The year 9 Whitebridge High School students did an amazing job refereeing the different sports on the day. Thank you to the CSPS P&C for running the canteen on the day. Di Morley and her amazing team fed the hungry hordes! A massive thank you to Mrs King for her meticulous organisation and running of the day which ensured that everything ran smoothly. From coordinating with other schools to managing the day, her attention to detail was remarkable. CSPS handed the trophy to the 2023 winners, Charlestown East.



### **What does the World's Greatest Shave and a basketball have in common?**

Maddi C! Next Thursday afternoon Maddi C is getting her head shaved at school to raise money to fight blood cancer which is the most diagnosed cancer among children in Australia. You might recognise Maddi as our State NSWPSA Basketball representative!!! Two slam dunks for Maddi C!!



### **GET TO KNOW A CSPS TEACHER!**

**Louisa Lawson** Assistant Principal Curriculum and Instruction (relieving)

After initially starting a Bachelor of Communications straight out of school and eventually realising journalism and public relations weren't for me, I began my teaching degree and never looked back! I have been lucky enough to call CSPS 'home' for the past 12 years and love that I get to wake up and do a job that I'm genuinely passionate about.

**Hobbies** – I enjoy cooking (but not the clean up!!), reading, spending time at the beach or going on bushwalks with my family

**Favourite Food** – Thai, Japanese and I can never say no to a fresh cinnamon doughnut!

**Favourite Music/Bands** – depends on the mood but generally Foo Fighters, Florence and the Machine, Maggie Rogers and anything that makes me want to dance and sing along

**First Music Album** – Backstreet Boys - Backstreet's Back

**Favourite Holiday Destination** - South America and Mexico



**Favourite Book/Author** – J.K.Rowling and the *Harry Potter* series will forever have my heart, but anything I can get lost in and struggle to put down - I love a good page turner!

**Favourite TV Show or Series** – anything from *Gilmore Girls* and *Schitt's Creek* to *Peaky Blinders* and crime shows

**Favourite Shopping Store** – with a 4 year old in the mix, relaxed shopping experiences don't tend to exist so I tend to do most shopping online these days at stores like *The Iconic*

**If I wasn't a teacher** I'd be - still doing something involving working with kids

### Principal's Award

Term 3 Week 9

Sienna K



### Principal's Award

Term 3 Week 10

Myah H



### PACER Program Information

Students from our school have recently undertaken an educational tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$30 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion, and was included in the cost calculations of the excursion.

### School Bytes News

School Bytes now has an app! Check out the app store to download it. A flyer is attached to this newsletter.

Reminders have been sent today for outstanding events including Bandfest and the Kinder Aquarium excursion.

## Diary Dates

### October

Mon 9	Students return for Term 4.
Tue 10	<i>Stepping Up</i> program for Year 6 boys commences.
Sat 14	P and C BBQ, Cake Stall and Book Sale at CSPS - details in this newsletter.
Mon 16	Bandfest Performance at Newcastle City Hall - bus leaves at 8.20am sharp!
Fri 20	Kindergarten Aquarium Excursion - bus leaves at 7.30am sharp!
Tue 24	P and C Meeting 7.00pm in the Staffroom - all welcome to attend.
Mon 30 to Wed 1	Stage 2 Excursion to Sydney.

### November

Wed 1	Kindergarten 2024 Transition visits.
Wed 8	Kindergarten 2024 Orientation morning, 9.00 to 11.00am.
Thu 9	Solo Evening - Band and Choir. More details to follow.
Fri 10	Colour Run - details in this newsletter.
Tues 14	Student Mini Fete - more details to follow.
Mon 20 to Fri 1	Intensive Swimming Program Years K-3.

### December

Wed 6	Year 6 Farewell - more details to follow.
Tue 12	Presentation day - more details to follow.
Fri 15	Last day of Term 4.
Mon 18 to Tue 19	Staff Development days - no students to attend.

### January 2024

Tue 30 to Wed 31	Staff Development days - no students to attend.
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### February

Thu 1	Students Year 1-6 return for Term 1.
Thu 1 to Mon 5	Best Start Assessments for Kindergarten.
Thu 8	Kindergarten commences.
Fri 9	Swimming Carnival - Year 3-6.



# 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

 Download on the  
**App Store**

 GET IT ON  
**Google Play**

# CSPS NEEDS YOUR HELP ON SATURDAY!

**14th  
OCTOBER**  
7am-3pm

## BBQ, CAKE STALL & BOOK FAIR

We need more helpers this Saturday 14th October as we welcome our local community into our school for the Referendum vote.

There are different ways you can help...



### BAKED GOODIES & DROP OFF ON FRIDAY

Are you able to bake some goodies for the cake stall? Slices, cookies, cakes and breads!

- Include a list of ingredients
- Put your name on any containers for return
- You don't have to prepack items – we are happy to do that.
- No shop-bought items please

Sign up and drop off this Friday



### SIGN UP ONLINE

Go to MySchoolConnect (canteen) app or website, choose "Volunteers" and put your name down to bring baked goodies.



### DONATE PRE-LOVED BOOKS

Start going through your book library and bring in any books you don't want or need anymore. We will be selling picture books, junior fiction, non-fiction and adult-fiction on the day.

Please send them in to Mrs Hodson's room this week.

By this Friday



### SPARE AN HOUR ON THE DAY

If you can spare an hour or two, please jump online and nominate a time you would be available to cook the BBQ or on the cake stall/book fair.

We need many helpers to sign up! Sign up twice and bring a friend or family member.



### SIGN UP ONLINE

Go to MySchoolConnect (canteen) app or website, choose "Volunteers" and pick a time/s that suits you. Sign up twice if you can bring a friend.

OR email

[charlestownsouthpublicschool@pandcaffiliate.org.au](mailto:charlestownsouthpublicschool@pandcaffiliate.org.au)

Thank you for your continued support!

CHARLESTOWN SOUTH PUBLIC SCHOOL P&C FUNDRAISING COMMITTEE





# Colour Me Happy!



## CSPS Colour Run 2023

It's that time again! Charlestown South PS are holding the much-loved **Colour Run** as a major fundraising event in Week 5.

**Keep your eyes peeled for more info and sponsorship forms** which will be sent home with your child. Once you have the form, you can setup your Student Profile Page and start raising money!

Students who raise \$10 or more will receive a prize, plus the more money you raise the better the prize. In addition, there's lots of fun along the way for students who get involved with our fundraiser...

**Win Icy poles  
for your class!**

**Win a Canteen  
lunch order!**

**Win the chance to  
SLIME a teacher!**

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Thank you for your continued support!

CHARLESTOWN SOUTH PUBLIC SCHOOL P&C FUNDRAISING COMMITTEE



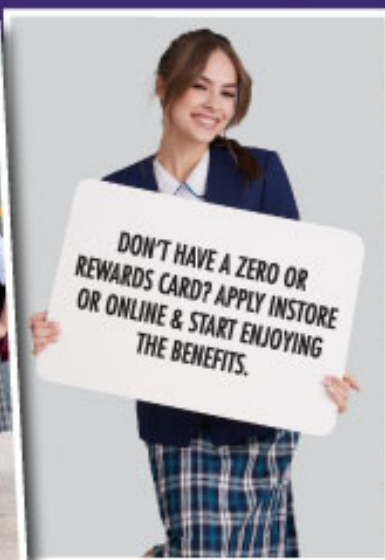


**3 DAY VIP EVENT**

**20% OFF  
EVERYTHING\***



**OCTOBER 11<sup>TH</sup>–13<sup>TH</sup>**



**INSTORE & ONLINE**

\*T&C's apply, no rainchecks, savings off original prices.

## INSIGHTS

### Connecting with your kids



Most of us get a bit “judgy” when we see a parent staring at their screen rather than engaging with their kids at the park or the shops – or worse, in a restaurant. And if a parent publicly berates their child, it often sends shivers down our spine.

Even though we are almost all guilty of it from time to time, it’s like there’s some intrinsic mechanism inside us that loads up on guilt each time we see a parent do something that impacts or severs the connection that they share with their child. We know it’s a concern and we draw back from it – and then we remember we do it sometimes too, and the parent guilt sets in.

I think it’s because connection is not a luxury item. It’s an essential: for your relationship, for your child’s wellbeing, and for their future.

#### What does a positive connection between parent and child look like?

Life Education Learning Manager, Lisa Woodward, says that positive connections are all about love, caring, nurturing, and safety. “In a positive parent-child relationship, family members feel safe and connected to one another.”

“It’s also about being in the moment with your child”, adds Derek McCormack, Director of the Raising Children Network. “It’s in a day-to-day setting, having quality time with your child whenever you can. Spotting the opportunities and making the time is really important.”

And from my perspective? We run our economy on dollars, and we run our relationships on connection. If there’s no dollars in the bank, we’re financially kaput. If there’s no connection in the relationship, we’re relationally broke.

#### There are great benefits

The benefits of positive connections between parent and child are significant and wide ranging says Woodward.

“Children learn and thrive when they have strong, loving and positive relationships with their parents and carers, and it’s the foundation for a child’s development physically, emotionally, and socially.”

Connection also helps develop important skills needed for a child’s future. “Strong relationships set the child up for success in their lives, they are more confident and resilient, better able to regulate their emotions, make friends and connections with others, and do better at school.”

#### Connections will change over time

As your child develops, your relationship with them will too. This is normal. “For example, your pre-teen might no longer want you around at the park with their friends, even though your child used to love playing there with you. This doesn’t mean that the connection is not still healthy and positive,” explains Woodward.



# parenting\*ideas

McCormack says one of the key principles of a positive connection is communication.

When your child is younger the opportunities for communication are really there any time you want but as a child grows you will need to look out for them more actively and make time for them.

“As your child becomes a teen, communication can be more of a one-way street and involve tuning into feelings and being a support for them,” he explains.

## How to achieve positive connections

“Positive connections are based on time together, being present, and building trust and respect”, says Woodward. For example:

### Make moments together matter

Booking in “quality time” doesn’t guarantee positive, bonding time. We may have the best intentions but sometimes these special times will not work out the way we had intended. Often the best conversations happen in the car, at bedtime, or when doing things side by side, like washing up or walking the dog. These moments give you the chance to communicate positive messages with smiles, laughter, eye contact, hugs and gentle touches.

### Tune in to your child

Tuning into your child and thinking about what’s going on for them shows them that you care about the things that matter to them, which is the basis for a strong relationship. This could be noticing what your child is doing and commenting or encouraging them. For example, with younger children it might be talking about the Lego creation they are building, or the picture they are drawing.

### Nurture trust and respect in your relationships

Be available when your child needs support, care, or help. For example: giving them a hug when they fall over. Stick to your promises. If you’ve agreed to help them with a school assignment, make sure you follow through.

Value your child and their opinions. This could be showing interest in the things that interest them. Or listening without judgement when they express an opinion different to yours.

### Label emotions and listen

Let’s say you notice your child seems upset, instead of saying – “Are you ok?”, try something like “I notice you seem a bit down – do you want to talk? Or maybe we could just hang out for a while and watch a show together.”

## In closing

To a child, love is spelled t-i-m-e. That connection helps on a personal level but also by teaching key skills such as communication and resilience.

It’s important to remember that the connection will change and evolve as children do. But at the heart of it all is communication and that your child feels safe, secure and respected.



### Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel 9’s Parental Guidance, and he and his wife host Australia’s #1 podcast for parents and family: The Happy Families podcast. He has written 6 books about families and parenting. For further details visit [www.happyfamilies.com.au](http://www.happyfamilies.com.au).