



Charlestown South Public School

Newsletter

Monday 23 October 2023



Education

Week 3

Monday – Senior Toilet Block Renovations Start

Tuesday – Earlybird Reading 8.30am, P&C Meeting 7pm

Wednesday/Thursday – Charlotte J -State PSSA Athletics

Friday – Concert Band, Sport, Assembly

Week 4

Monday –Sydney Excursion Year 3-4

Tuesday – Sydney Excursion Year 3-4, Earlybird Reading 8.30am

Wednesday – Sydney Excursion Year 3-4, 2024 Kinders Transition Day 1

Friday – Concert Band, Sport, Assembly

Awabakal Word of the Week

Week 1 *dhunkaan* = mother

Week 2 *bingayi* = brother

Attendance Matters

Our aim is to have every class in the green which is above 95% attendance for all the students in each class that week. The last time we achieved this was Term 1 Week 7. Although we did get close in weeks 5 and 7 of Term 3 before sickness took over. Students have been told that if this target gets achieved then they will get extra playing time during the following week. The attendance ladder has become a rather exciting part of our weekly assemblies.

Place	Class	Week 1
1	★ 4-5B	97.12
2	5-6S	94.44
3	3-4M	93.97
4	★ 1LR	93.75
5	1WD	92.50
6	3-4K	92.24
7	5-6G	91.82
8	KH	90.48
9	2N	89.71
10	KF	88.10
11	2K	86.76

Years 3-6
★ 4/5B

Kinder- Year 2
★ 1/LR

Place	Class	Week 2
1	★ KH	97.62
2	2K	97.06
3	2N	97.06
4	★ 4-5B	94.23
5	5-6G	93.52
6	1LR	92.50
7	KF	91.67
8	5-6S	91.67
9	3-4K	91.38
10	3-4M	88.79
11	1WD	85.00

Kinder- Year 2
★ KH

Years 3-6
★ 4/5B

✓	Above 95%
	Expected Attendance
–	90%-95%
	Minimum Standard
✗	Below 90%
	Educationally at Risk

Work is Underway!

Work has started today to refurbish the Senior Toilet block. The 60-year-old tiles on the floor will be replaced and the brick walls will be tiled to the ceiling. The work should be completed before the end of this Term. On Saturday the 11th of November the entire school grounds will be closed to the community as they remove the asbestos roofs in that toilet block. Signs will be up around the perimeter fences warning of this work.

2024 Sporting House Names

Our school is committed to excellence and creating a safe and respectful space for all students, staff, and families. We recognise the importance of acknowledging the past and ensuring that our school's symbols and traditions reflect our vision and values. At a P & C meeting in Term 2, it was brought to our attention that the sporting house names of Wentworth, Lawson and Blaxland might need to be reviewed. Some of our staff investigated our sporting house names and found that the history of these early explorers was deeply troubling concerning their treatment of Aboriginal people. Changing the names of our sporting houses is a step toward rectifying the unintentional yet historical insensitivity associated with these names. This change is not just about renaming our houses; it represents our dedication to fostering a school culture where every student, regardless of their background, feels valued, acknowledged, and appreciated.

We then commenced a process consulting our SRC (student representative council) and our Aboriginal students, year 4 and above. Last term, an online survey was completed by all CSPA students from years 3 to 6. The results are in, and we are proud to announce the new names of our Sporting Houses starting in 2024:

Rosella - red (formerly Wentworth)

Kingfisher - blue (formerly Lawson)

Lorikeet - green (formerly Blaxland)



New Department of Education Mobile Phone Policy

We would like to inform you about an important policy update regarding the use of mobile phones during school hours that started in Term 4. All students are expected to switch off their mobile phones upon entering the school premises and hand them over to the staff in the school office. Phones will be securely stored and returned to students at the end of the school day. Whilst our school has always followed this procedure, please make sure that your child is aware that this is now a requirement of the department. [Student Use of Mobile Phones in Schools \(nsw.gov.au\)](https://www.nsw.gov.au/education/schools/student-use-mobile-phones)

If you have any concerns or questions regarding this policy, please do not hesitate to contact the school office.

P & C This Tues Evening at 7pm. Be there!

Our very casual and laid back 1 hour P&C Meetings are a fantastic way to keep up to date with what's happening in and around Charlestown South PS. From what's been happening to what's coming up at CSPS and all the fundraising plans and ventures. The P&C Meeting this Tuesday Night at 7pm is the ideal way to do exactly that! Why not join us and leave the kids home to put themselves to bed! LOL I have heard some attend P&C simply just for that little break from the usual household chaos that can be 7pm!

The Most Colourful Day of the Year!

This is most definitely one of the most fun-filled days of the CSPS calendar. So, it's time to get excited, the Colour Fun Run is only 3 weeks away! Our fundraising effort is well and truly underway and is so far off to a great start.

Kinders are Coming!!

On Wednesday November 1st, we will welcome our kinders for next year to Charlestown South. New students will come to school in small groups of 6 to 8 for about 1 hour to meet their teacher and their Year 6 Buddies and to spend some time in their classrooms to learn about what it will be like next year at 'big school'. The following Wednesday, we will have all new kinder and their parents all here together for our 2 hour Orientation session and morning tea. This will be a chance for Mrs Hodson, Mrs Forbes, Mrs Pascoe, and me to meet and chat about all things 'school' from bell times, to uniforms, to communication methods, to permission notes, excursions, home reading and more! At the moment this Newsletter goes to print, we will have 31 new kinder students ready to be 'orientated' for the new year.

🎵🎵 1STPlace Strikes a Chord at Bandfest!

Our CSPS Concert Band, Mr Bone and Mrs Newland take a huge bow. What an awesome performance by our students at Bandfest who didn't miss a beat ... literally! The other 12 Concert Bands in our section were also amazing and highly entertaining and tuneful. Given this fact, we were incredibly humbled and excited at the same time in being named the winner of the Developing Band Section. Band Captains, Coen P and Isaac T delightedly accepted the first placed trophy. The Concert Band set a new CSPS record tipping the scales with 48 members this year and it should easily surpass the goal of 50 members next year!

Sharks, Dugongs, Penguins, Cassowaries and Kinders!

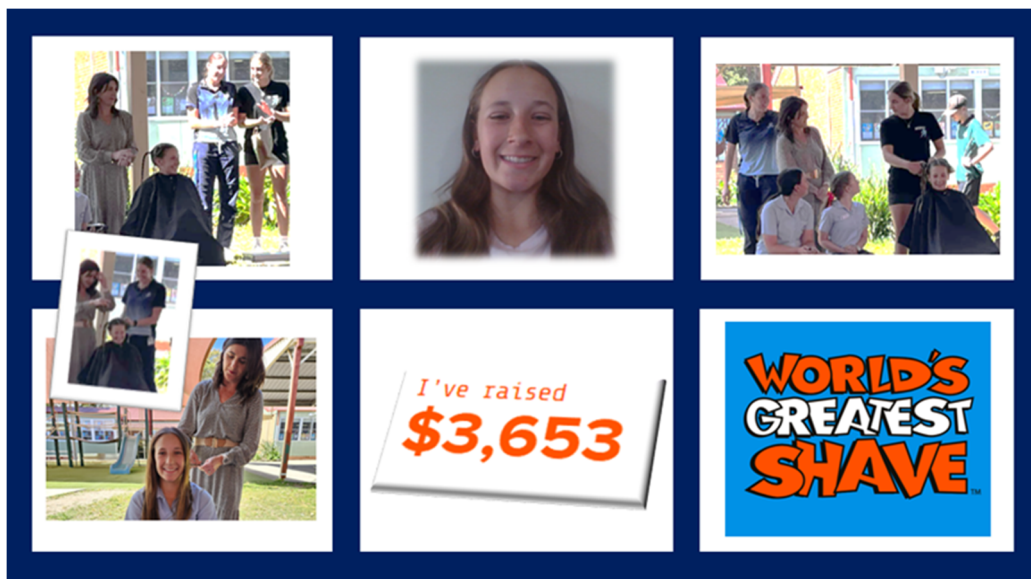
Our very excited Kinders hit the road last Friday in the famous Newcastle Knight's bus to visit the Sydney Aquarium and Wildlife World at Darling Harbour. Both venues didn't disappoint. Eyes were as wide and round as dinner plates as our awe struck kinders marvelled at sharks, stingrays and giant dugongs that floated overhead. Around every corner was a new adventure with each one written clearly upon the faces of our fascinated kids. A huge thank you to Mrs Hodson, Mrs Forbes, Mrs Jovanovski, Mrs Sandford and Mrs Jackson for the early start and late finish to their day in order to provide our students with such a wonderful experience.

Run Charlotte Run!

Charlotte J is competing this week in the NSWPSSA State Athletics Championship at Homebush, Sydney. She qualified for the 200m, 800m and 1500m races and she has decided to focus on the 800m and the 1500m both of which she won last year!

The World's Greatest Shave

Last Thursday, Maddison C was brave enough to get her head shaved to raise money for blood cancer. Maddi smashed her goal of \$1000 and ended up raising \$3,653. In addition, she donated her hair to help make wigs for kids with cancer. Well done Maddi!!!! Blood cancers are the third biggest cause of cancer death across Australia, claiming more lives each year than breast cancer or skin cancer. Each year in Australia, about 4,500 people are diagnosed with a form of leukaemia. It is the most common form of cancer for kids under 18.



GET TO KNOW A CSPS TEACHER!

John Costolo *Principal (relieving)*

I have been teaching for 26 years. As a targeted grad, I was appointed to the far South West of NSW to teach at Hay Public School in a small remote town of 2800 people. It was hotter than hot out there but we did score an extra week off at the beginning of the school because of the heat!! I spent 9 years in Hay and then taught for 13 years at Dudley Public School including 2 years of relieving principal work there spread over a few years. I joined forces with the amazing CSPS for these last 4 years as we trail blazed through the Covid Pandemic out to the other side!

Hobbies – Surfing on a SUP (Stand up Paddle board), surf skateboarding, bike riding, swimming, fishing, playing and composing music on a variety of instruments, hanging out with family

Favourite Food – pizza

Favourite Music/Band - IONA

First Music Album - Boston by Boston (More Than a Feeling etc..)

Favourite Holiday Destination - USA (because of family)

Favourite Author - My wife Tracy (she writes me beautiful love notes all the time)

Best Movie - The Original Star Wars (as a 12 year old it was incredible to watch)

Favourite TV Show or Series - Alone

Favourite Shopping store - Bunnings

Most Inspirational Person - my cousin, Brian Tome

If I wasn't a teacher I'd be - retired!

Principal's Award

Term 3 Week 9

Sienna K



Principal's Award

Term 3 Week 10

Myah H



P and C News

We have the best community around and it showed once again as all were welcomed into our school on 14 October for the Referendum vote. We loaded our guests up with books, cakes and filled their bellies with a freshly cooked BBQ brekkie and lunch while raising \$2000 for CSPA.

Your P and C team for the event lead by Sarah, Keeley, Larissa, Kristal and Mrs Hodson are so thankful to all those who generously donated, baked and decorated, collected supplies and the 30+ people who gave up their time on the day to make it all run smoothly. Special thank you to CSPA Alumni and all-round legend Luke W who was there ALL day to help out.

Fundraising for the Crazy Colour Run is well on its way with over \$5000 already raised! The fabulous KF picked up the first prize for their efforts having the most online profiles set up last Thursday. There's another prize this week - students who have raised over \$100 by Thursday 9pm will go into the draw to win a FREE Canteen lunch!

We are honoured to be featured at Grill'd Charlestown in their Local Matters program this November with the chance to win \$300. So if you are out for dinner at Grill'd Charlestown Square next month, pop a Grill'd token into our jar.

The annual Mango Fundraiser is also up and running - orders close this Friday 27 October so don't miss out! Delivery will be in Week 10 this term, just in time for Xmas.

Thank you for your continued support - the P and C Fundraising Committee

Kindergarten Aquarium Excursion.

Thirty one very excited Kindergarten students travelled to Sydney on Friday for their first school excursion and what a fabulous day it was, consolidating their learning about Living Things and the environments they inhabit. Outstanding behaviour coupled with such inquisitive little minds made for a most enjoyable and fulfilling day. Mrs Forbes, Mrs Sandford, Mrs Jovanovski, Mrs Jackson and Mrs Hodson were so very proud of these amazing little people, all so eager to display their knowledge and represent CSPS so beautifully.



Diary Dates

October

- 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 Student Mini Fete - **new date!**
Fri 10 Colour Run - details in this newsletter.
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.

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.



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

Download on the
App Store

GET IT ON
Google Play

INSIGHTS

Explaining scary world events to our children



Three years ago our world changed in incomprehensible ways. It was supposed to be a couple of weeks. A month at most. We just had to isolate at home. Flatten the curve. Protect the vulnerable.

It meant working from home unless we were essential workers. It also meant school was at home. But it was an adventure. A reset. A chance to change things up and focus on what matters most; to help make a difference for our communities.

But despite a few bright patches where it really was good and our hope was high, it was also often bad. Our two most populous states endured the world's longest lockdowns. The borders stayed closed keeping loved ones separated.

It was a year of stuttering Zoom calls and classes, quarantine, mask mandates, vaccinations, protests, and for many parents and families, hellish challenges to balance all that family, work, and government restrictions required.

As 2022 commenced, QLD held students back from school for two extra weeks to encourage vaccinations. NSW and VIC required all students to be tested for COVID using at-home testing kits twice per week. It felt like COVID parenting was about to become more overwhelming than we could manage.

Our lives are bombarded with stories – and for some, the reality – of flood waters inundating homes and lives being lost. There is conflict in the Middle East and Eastern Europe with rumours of war all over the world.

It's enough to leave parents reeling. Except that many parents are already stressed out, burned out, and tired out. Parents have done all they can to hold things together. The difficulty – the unfairness of it all – is that we must keep on keeping on. Our children are relying on us.

What our children need right now

Our children *need* the world to feel safe and secure. The more they feel this, the more they can explore life with confidence, look to the future with hope, and find a meaningful way forward. And whether we are feeling it or not, it's up to us to provide them that safety and security. If not, the unpredictable nature of life can consume them with anxiety, fear, apprehension, and worry.

More information is *not* reassuring

Ever notice that getting more information does not reduce your worries and fears? Scrolling your news feeds doesn't offer reassurance. It's the same with your children. They don't need lots of information. They need to feel safe. And what we do makes a difference.

Kids are anxious. Here are 5 ways to help

Tune out media

Social media algorithms are designed to push more and more of what we see in our direction. The more you and your children watch these events occur online, the more they'll appear. Keep bad news away from your children – especially younger children – as much as possible.

Remember that emotions are contagious

If you are feeling emotional or overwhelmed, your child will sense it – and catch it. Taking a deep breath, and keeping level and stable will help you respond gently and patiently to your child.

If it's mentionable, it's manageable

Rather than asking your child "Are you ok?", say what you see. "Gee, you look pretty worried about things. What's on your mind?" Perhaps you could say, "I noticed you were pretty affected by that horrible news. It's hard to hear isn't it."

Side by side conversations

Rather than sitting face-to-face, talk with your children about their questions and concerns while side-by-side. Perhaps it's a car ride, beside their bed at night, or while you're doing an activity together. Side-by-side conversations feel less threatening.

Don't turn on the fire hose

When someone is thirsty, we don't put their face in front of the fire hose. We give them a glass of water. It's the same with our kids. Most of the time they don't want to (or can't) understand the magnitude of the bad news or even why it happened (if there's a reason at all). When you answer their questions, keep it simple, invite more questions, and answer the best you can. Kindness and gentle reassurance that you "get it" is typically enough.

In closing

Most of the time the world is a fabulous, beautiful place, but scary things happen from time to time. When they do, remind your child that this is unusual which is why it's in the news. As Rebecca Solnit eloquently described in her book, *A Paradise Built in Hell*, "Horrible in itself, disaster is sometimes a door back into paradise, the paradise at least in which we are who we hope to be, do the work we desire, and are each our sister's and brother's keeper."

As this latest bad news strikes, let's notice that there are usually more people moving towards the disaster areas to help than there are leaving it due to stress and duress. Let's see the good, be part of it, and give our children hope for a better world.



Dr Justin Coulson

Dr Justin Coulson helps families be happier. His Goalcast and TEDx positive parenting videos have been viewed by more than 80 million people. He is the author of 6 parenting books and the cohost and parenting expert on Channel 9's Parental Guidance. He hosts Australia's #1 podcast for parents: Dr Justin Coulson's Happy Families. Justin and his wife, Kylie, are the parents of 6 daughters.



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 Icypoles
for your class!**

**Win a Canteen
lunch order!**

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

Thank you for your continued support!

CHARLESTOWN SOUTH PUBLIC SCHOOL P&C FUNDRAISING COMMITTEE

CSPS FUNDRAISER: MANGO DRIVE



Order by Friday 27th, October

\$27 per tray

It's that time again when the delicious mango trays are open for orders with all profits going straight to fantastic resources, updates and opportunities for CSPS students.

Each tray is approximately 4.5kg and will consist of **9-14 Mangoes** depending on size of the mangoes being harvested at the time of packing your order.

**Don't forget to
SHARE THE LINK
with your family,
friends and
neighbours
or you'll be sharing
your mangoes!**

How to order:



Scan this QR Code

OR

go to the website:

cspc-square.site

COLLECTION: Delivery will occur on the **week commencing 11th December, 2023**. Occasionally, delivery may be delayed due to logistical difficulties out of our control. We will contact you with the delivery date at the earliest possible time.

Thank you for your continued support!

CHARLESTOWN SOUTH PUBLIC SCHOOL P&C COMMITTEE

CSPS P&C FUNDRAISER: **CRAZY** **COLOUR RUN!**



Dear CSPS Parent/Guardians,

We will be holding the Crazy Colour Fun Run as a major fundraising event this year on **Friday 10th November** - Week 5

Money raised by the students during the event will go towards some awesome improvements around CSPS!

How does my child fundraise?

- Step 1:** Go to schoolfunrun.com.au
- Step 2:** Sign up/Login - if you used it last year
- Step 3:** Create a student page (one for each student)
- Step 4:** Share the link with family and friends to get their support!

The easiest way to help your child raise money is through **online** fundraising. On top of raising more money, it's also safer and easier than door-knocking and you don't have to worry about handling money! To start fundraising online, go to your student page at schoolfunrun.com.au and share your online fundraising link with everyone!



THIS WEEK'S COMPETITION

Students who have raised over \$100 by 9pm this Thursday, October 26th, will go in draw to win a **FREE** lunch order!

Fundraising Prizes - check out the booklet and help your child pick something to work towards!

Students who raise anything from \$10 will be able to choose a prize! The more they raise, the better their reward – don't forget to check out the prize catalogue in the sponsorship form.

Prizes **MUST** be ordered online between 3rd - 9th Nov. Simply visit the website to log into your Profile between these dates, click on the 'CLAIM YOUR PRIZE' button and follow the prompts.

On the day

The Crazy Colour Run will be held for **ALL attending CSPS students** at the school from 2.15pm. It will be a huge colourful mess and is undoubtedly one of the most exciting days on our school's calendar. With everyone's participation the aim, please make sure they attend on the day and wear clothes, hat and shoes that are free to get wet and brightly coloured. We recommend a change of clothes for any car rides home!

Thank you for your continued support!

CHARLESTOWN SOUTH PUBLIC SCHOOL P&C FUNDRAISING COMMITTEE

**SCHOOL
FUN RUN**



CSPS P&C FUNDRAISER:

GRILL'D LOCAL MATTERS PROGRAM

CSPS P&C are honoured to be a
part of the Local Matters Program
at **Grill'd Charlestown** this...

NOVEMBER

So if you're out for dinner at
Charlestown Square this November,
pop a Grill'd token in the CSPS jar
to help us win **\$300** to go towards
fantastic resources for CSPS students!

Thank you for your continued support!

CHARLESTOWN SOUTH PUBLIC SCHOOL P&C FUNDRAISING COMMITTEE