



# Charlestown South Public School

## Newsletter

Monday 6 November 2023

### Week 5

Tuesday – Earlybird Reading, EI Conference, Stepping Up Program

Wednesday – Kinder Orientation Morning

Thursday – Mini Fete

Friday – Colour Run, Concert Band, Sport, Assembly

**Saturday - School Closed -Asbestos Roof Removal in Senior Toilet Block**

### Week 6

Monday – John Fleming visit 12.30-3pm

Tuesday – Earlybird Reading, Stepping Up Program, Music Viva -6.30pm

Wednesday – Aboriginal Dance Students Whitebridge High/Glenrock,

Friday – Concert Band, Sport, Assembly, Cycle Skills Workshop 3/4K, 3/4M

### Awabakal Word of the Week

**Week 5** *wungkuun sister*

**Week 6** *bubang baby*

### Attendance Matters

'Finishing Strong' is our theme as we approach the last lap of this academic year. At CSPS we believe that every school day counts in shaping a student's future. Regular attendance imparts a sense of discipline and responsibility, teaching our students important life skills that will serve them well in their future endeavours.

Place	Class	Week 3
1	★ 2N	100
2	1LR	97.50
3	★ 3-4K	96.55
4	4-5B	96.15
5	KF	95.24
6	KH	95.24
7	3-4M	93.97
8	5-6S	93.52
9	1WD	91.25
10	2K	89.71
11	5-6G	85.58

Kinder- Year 2  
★ 2N

Years 3-6  
★ 3/4K

Place	Class	Week 4
1	★ 1LR	98.75
2	KH	96.43
3	★ 4-5B	96.15
4	2N	95.59
5	5-6S	95.37
6	3-4M	93.10
7	KF	92.86
8	2K	92.65
9	3-4K	91.38
10	1WD	91.25
11	5-6G	90.38

Kinder- Year 2  
★ 1LR

Years 3-6  
★ 4/5B

### Explicit Teaching Conference

Once again, we are opening up our classrooms to demonstrate the effectiveness of our EI (Explicit Instruction) lessons. This Tuesday there will be Directors of Educational Leadership, Principals and Assistant Principals coming from Hastings, Great Lakes, Hunter, Mid Coast Valleys (Coffs Harbour) and Macleay Valley Networks visiting our school. Thank you to our amazing staff of Mrs Forbes, Mrs Woodward, Miss Garland, Mrs King and Mr Kiely for demonstrating on the day. Thank you to Mrs Mountford and Miss Lawson for organising the day. Mrs Mountford and Mr Nathan Forbes (Budgewoi Principal) are leading this inspiring 2 day conference.

## **Assistant Principal of Curriculum and Instruction Position**

In 2023 Elise Mountford was appointed as our APC&I (Assistant Principal of Curriculum and Instruction) at CSPS although she has certainly fulfilled that role for many years as the EI (Explicit Instruction) leader at our school. Next year, Elise has accepted a 12 month position at Glendore PS working as the Deputy Principal Curriculum and Pedagogy. We are incredibly proud of the work she has done for our school and others in helping lead and shape classroom curriculum. The last 2 terms Elise has been leading a combined schools project to develop Maths Lessons that explicitly teach the new K-2 Maths Curriculum. That project will continue next year with the goal to develop EI Maths Lessons on the new 3-6 Maths Curriculum. These Units of Work will ensure the goal of best practice and consistency across a network of schools in delivering the new curriculum. We wish Elise all the best for 2024 at Glendore PS and have no doubts that she will continue to shine in her new role.

Louisa Lawson finished up last week in the relieving APC&I role as she bunkers down on the truly important and amazing role called ...family! Louisa will be on Maternity leave from now through 2024. Her dedication, guidance, and unwavering commitment have been invaluable to our school. We wish her a joyful and restful maternity leave filled with precious moments and abundant love.

## **Updated School Logo**

Our school has a commitment to excellence in education. Everyday our teachers expertly deliver exceptional teaching and learning in the classroom evidenced by our outstanding yearly results in academic assessments. Since early last Term we have engaged a graphic designer to help lift our school's image across many fronts including logo, signage, letterheads and our front office area. After careful consideration and creative collaboration, we have updated our logo to reflect the spirit of progress and excellence that defines our school community. Part of the design brief was to keep it similar to the existing CSPS logo so uniforms and other areas would not need to be changed. In that process, Sarah Stevenson, our graphic designer, uncovered a collection of existing logos used around the school either on signs, letterheads or digital communications. Here is a photo of those existing logos and our new one. We are thrilled at the results of this process and are now looking forward to revealing more of the CSPS enhancements in our next newsletter. Stay tuned to this channel!



## **Kinders Get Orientated!**

This Wednesday will see our 31 brand new, freshly washed, shiny faced, bright-eyed Kinders for 2024 descend upon CSPS for their second taste of 'Big School'. Mrs Hodson, Mrs Forbes and our Year 5 buddies are just a tad excited as Wednesday 9am approaches. If you are dropping off your 'experienced' CSPSers on that day, take a moment to say 'hi' to our new parents and welcome them to the CSPS community. The addition of our 31 'newbies' will make our school an exciting place in 2024!

### ***The Fete of the Nation Rests On This!***

Inflatable Soccer, Nerf Gun Target, Virtual Golf, Crazy Hair, Slip n Slide, Dance Party, Spiders Drinks, Cupcakes, Ice Creamery, Slushies and more, will all be part of an incredibly well planned Mini Fete that Stage 3 has in store for us this Thursday 9<sup>th</sup> November, as we enjoy 2 hours of action packed fun and frivolity. Year 6 students have been incredibly passionate about leaving behind a legacy to be remembered in the years to come. Last year's crew raised funds for our huge blue tongue lizard mural on the wall near the office. This year funds are going to help provide for some colourful long lasting thermoplastic playground markings. Parents can buy tokens online or students can purchase them in the morning from 8.30am under the COLA with cash. Please note, this event is for students only.

### ***Colour your world!***

Well done to the many students who have been busy fundraising for the Colour Fun Run. Now is the time for the final push – and the potential to win the chance to slime a teacher! Please make sure on Friday that students have appropriate clothes and possibly a white t-shirt for maximum effect! Don't forget to pack a towel and maybe bring another for the car ride home to protect your car seats. An updated flyer is included in this newsletter.

### ***🎵 🎵 🎵 Music Viva***

Music Viva is the annual Solos Night at CSPS! This short 45 minute session next Tuesday evening will give some Year 5/6 Concert Band musicians the opportunity to perform individually and all of our Concert Band students to perform for an audience. Our students love this opportunity, despite the nerves, and delight at showing off their improvement to mums, dads and other family members. It is not mandatory, but we do encourage all students to share their musical skill with others. This is in line with our CSPS mantra to play music for our own enjoyment and for the enjoyment of others. The night is free but we will have a donation box if you feel to contribute toward our goal of purchasing additional instruments come Term 1 with an influx of students pushing our Concert Band numbers to over 50 which is the highest in its history at CSPS.

### ***🎵 🎵 🎵 As we said above .... Music Should Be Enjoyed By Many***

Notes have been distributed for Expression of Interest to Year 2 and 3 students who are currently considering joining the Concert Band in 2024. Keep in mind, mums and dads, that an ever increasing number of studies from all corners of the globe continue to demonstrate and confirm that playing a musical instrument makes you brainier .... especially in terms of literacy and maths! Parts of the brain that would often remain independent from each other suddenly begin to 'talk to each other' when we learn a musical instrument. So here is the perfect opportunity to turn your child into a genius! The note taken by interested students highlights a few key factors worth considering. Unlike learning an instrument outside of school with an individual tutor, students get to:

1. Play together as a group on a weekly basis each Friday
2. Have their small group lesson with a professional tutor each Friday along with 1 or 2 other students who are the same level and play the same instrument, rather than having to take them one afternoon per week to a private lesson eating up valuable family or relaxation time. A lesson such as this would be around \$40 to \$50 per half hour out in the musical marketplace, but at school the same professional tutors charge less than half that amount.
3. Hire the instrument from school at a very low fee so parents don't have to spend \$500 to \$1000 on an instrument.
4. Enjoy playing music with their friends rather than going it alone and regularly share what they have learnt with the rest of the school.

5. Participate in Bandfest, play at Presentation Day, Carols Night and other events.

If you did receive a note, please return it to school by Friday 17 November. If you did not receive a note and would like one, please see the school office. And just remember, no adult ever said *'gee I'm glad I didn't learn a musical instrument as a kid!'*

### Sydney Excursion

In an unforgettable adventure, our Year 3 and Year 4 students embarked on an enriching excursion to Sydney last week, delving into the heart of Australian history and natural wonders expertly organised by Mrs King. Their journey began with an exhilarating walk across the iconic Sydney Harbour Bridge, offering breathtaking views of the cityscape and the harbour. At the ANZAC Memorial in Hyde Park, students participated in a moving Remembrance Workshop, honouring the sacrifices of our heroes. The learning continued with a fascinating Navigators tour at the Maritime Museum, where young minds explored the maritime history of Australia. The excursion also included the Rocks Aboriginal Dreaming Tour, offering a deep dive into the indigenous culture and heritage of the area. Students experienced the harsh realities of convict life at Hyde Park Barracks, gaining valuable insights into Australia's colonial past. A visit to Taronga Zoo allowed our students to connect with wildlife, fostering a love for animals and conservation. They also engaged in an Earth's Environment workshop, deepening their understanding of our planet's fragile ecosystems. To cap off their adventure, students enjoyed a comfortable stay at the iconic Scenic YHA, overlooking the Sydney Harbour Bridge and the Opera House. We'd like to congratulate the Year 3 and 4 students on their excellent behaviour and say a huge thank you to the Dream Team of Mrs King, Mrs Donovan, Mr Kiely and Miss McLelland who gave up family time to provide our students with such a memorable experience.





### **Charlotte J State PSSA Athletics MVP**

At the recent State Athletics Championship, Charlotte displayed unmatched talent, running 1st in the 1500m race and 2nd in the 800m race. But that's not all! The accolades didn't stop there. Charlotte was also awarded the Senior Girls MVP (Most Valuable Player) award. The award is a testament to her extraordinary skills, dedication, and outstanding performance. It reflects the countless hours of hard work, perseverance, and training that she has put in. Her determination to push boundaries and strive for excellence is truly commendable. Congratulations, Charlotte and our CSPS community wishes you the best for Nationals down in Tasmania later this month.



### **All Kitted Up for the World Cup**

A big thank you to Cricket Australia for donating one their cricket kits that was previously used for the very popular Daughters and Dads Cricket program. All of the equipment: bats, balls, stumps and training equipment are in excellent condition and will help support our infants team as they prepare the next Alyssa Healy and David Warner for the World Cup in 2030!

If you are interested, the Daughters and Dads program continues to run at Charlestown South Public School every Thursday night for fathers/father figures and their daughters aged 6-12 years of age. See <https://play.cricket.com.au/play/for-women-and-girls/daughters-and-dads> for more details. Thank you to Gary Johnstone for leading this program and delivering the cricket kits last week.

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

**Elise Mountford** *Assistant Principal Curriculum & Instruction*

I always wanted to be a police officer, but my parents wanted me to do a degree first so after high school I started a Law/Communications degree. I realised pretty quickly that law wasn't for me and I sort of fell into teaching because it seemed like something very different from that. I did my internship at Charlestown South PS as I was finishing Uni then spent time casual teaching at lots of schools around Newcastle and Lake Macquarie, but I always ended up back at CSPS. All up I've been at Charlestown South for 15 years.

**Hobbies** – I enjoy Pilates, reading, cooking, getting to the beach as much as possible. I've been a dancer all of my life and haven't really made the time to do it since having my kids so I'm looking forward to getting back into that next year.

**Favourite Food** – I love Italian and Mexican. I have a solid sweet tooth and I am very partial to a hot cinnamon doughnut.

**Favourite Music/Bands** – Foo Fighters, Chili Peppers, Powderfinger, lots of late 90s/early 00s hip hop- my musical tastes are definitely frozen around the mid 2000s

**First Music Album** – Chain Reaction by John Farnham on vinyl, it's an Aussie classic.

**Favourite Holiday Destination** - I would revisit Hawaii and New York again and again, but I'm also very happy lying on a beach at Lennox Head. My best childhood memories are from holidays spent burning around Hawks Nest caravan park on our bikes.

**Favourite Author** – I read constantly (I used to get into trouble as a kid for reading by torchlight late into the night). Jane Austen is my all time favourite and I'm a devoted Harry Potter fan. I will buy anything straight off the shelf by Jane Harper, Tana French, Craig Silvey, Richard Osman or Sally Hepworth without even reading the blurb.

**Favourite TV Show or Series** – I find The Great British Bake Off to be deeply soothing, I'm a bit obsessed by it.

**Favourite Shopping Store** – Auguste is my favourite brand and I maintain a constant wish list on The Iconic, but my kids would both say Kmart.

**Most inspirational person** - I'm very lucky to have great examples of people who have overcome adversity to be great parents and people who are extremely generous in my own parents and grandparents so I look up to them most of all. I have drawn enormous inspiration from the students that I've been fortunate to teach over the years. Really, I'm most inspired by the strength, kindness, bravery and creativity I see in my completely ordinary, but utterly awesome friends and family.

**If I wasn't a teacher, I'd be** - My Masters is in Communications so if I wasn't teaching, I'd hopefully be writing, that's a bit of a dream.

**Principal's Award**

**Term 4 Week 1**

**Coen P**



**Principal's Award**

**Term 4 Week 2**

**Ashleigh B**



**Principal's Award**

**Term 4 Week 3**

**Mia C**



**Principal's Award**

**Term 4 Week 4**

**Mila P**



**School Bytes Update**

As you're aware School Bytes now has an app, which is making things so much easier for our parents. The major difference from the desktop Parent Portal is when you try to add a fee (eg. the Mini Fete) - instead of the 'Add Fee' button you will see a + sign down the bottom of the screen.

Apart from this the feedback is positive, so we invite all our parents to switch to the app.

School Absences can now be notified using the app, along with Change of Details and SRE (Scripture) Participation. This function has been disabled on the Audiri app as we are moving away from that platform in the coming months.

Please ensure you enable notifications in your School Bytes app as this will eventually take over from Audiri notifications.

## Diary Dates

### November

Wed 8	Kindergarten 2024 Orientation morning, 9.00 to 11.00am.
Thu 9	Student Mini Fete.
Fri 10	Colour Run.
Sat 11	School grounds closed all day due to asbestos removal.
Tue 14	Music Viva Band & Choir Evening - 6.30pm.
Mon 20 to Fri 1	Intensive Swimming Program Years K-3.
Tue 21	P and C Meeting - 7.00pm in the Staffroom - all welcome to attend.
Wed 22	Year 6 2024 Leaders Speeches - 9.00am. Parents and carers are welcome to attend.
Tue 28	Year 6 - 7 Orientation Day at Whitebridge HS.
Wed 29	Home Reading Logs due to class teachers today.

### December

Wed 6	Year 6 Farewell - details sent home last week.
Thu 7	Carols Evening - more details to follow.
Fri 8	Home Reading Gold Day - invitations will be sent to eligible students after Wednesday 29 November.
Tue 12	Presentation day - more details to follow.
Wed 13	Year K-2 Party Day - more details to follow.
Thu 14	Year 3 -6 Party Day - more details to follow.
Fri 15	Last day of Term 4 for students.
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.

COLOUR RUN THIS WEEK!!

Look for more details towards the end of this newsletter.

It's competition time: Students who have raised the most money through the Colour Run fundraiser will win the chance to SLIME A TEACHER!

Congratulations to the winners of the FREE canteen lunch draw, your My School Connect canteen accounts have been credited and your next lunch is on us!

Halle M., Arden R., Grace B., Lou M., and Jovani A.

Don't forget we are featured in the Local Matters program at Grill'd this November for the chance to win \$300 for the school. We're already seeing lots of love for CSPS.

We'd like to say a huge thank you to CSPS Poppy Dave Berry who put together shelves so we could store our important Fundraising goodies!

Thank you for your continued support.

CSPS P and C Fundraising Committee

The Grill'd logo is written in a white, cursive script on a red background.

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!

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Thank you for your continued support!

CHARLESTOWN SOUTH PUBLIC SCHOOL P&C FUNDRAISING COMMITTEE





CSPS P&C FUNDRAISER:

# CRAZY COLOUR RUN!



# This Friday 10th November

## IT'S COMPETITION TIME

Students who have raised the most money by Friday 8am through the Colour Run fundraiser will win the chance to SLIME A TEACHER on Friday! Who will it be?!

## WHO PARTICIPATES?

The Crazy Colour Run is open to ALL attending CSPS students to celebrate a fantastic school fundraising effort.

## WHAT TO WEAR

Please wear appropriate clothes, midriffs and shoulders must be covered and shoes that are free to get brightly coloured. Most students will wear a white t-shirt to achieve maximum colour effect!

We recommend a change of clothes for any car rides home!

## PLEASE ORDER STUDENT PRIZES BY

# THIS THURSDAY 9TH NOVEMBER



Thank you for your continued support!

CHARLESTOWN SOUTH PUBLIC SCHOOL P&C FUNDRAISING COMMITTEE

**SCHOOL  
FUN RUN**

## INSIGHTS

### Helping kids build lasting happiness



When asked “what do you want most for your kids in life?” most parents answer “to be happy”. While much of what has influenced kids’ mental health and happiness in recent years is outside the realm of influence, their long-term happiness is something you can cultivate by implementing and teaching happiness habits and practices. Following is an important selection of these represented them by the acronym FLOURISH.

#### Flow

Flow is the experience where kids lose all sense of time. When in flow they’re beautifully engaged in their activity, an experience often described as being ‘in the zone’. If flow is to be experienced, children and young people need to have an appropriate level of skill to rise to the challenge at hand. When the balance is just right flow feels wonderfully satisfying and produces happiness.

#### Laughter and play

Laughter makes kids happier while at the same time helps them breathe more deeply, calming their nervous system and reducing stress. Research shows that the number of times kids laugh each day reduces as they get older. The same applies to play. You can change that by creating ample opportunities for both. Games like Pictionary and Pie Face tick both boxes!

#### Optimism

Optimistic thinking can be taught and has been shown to reduce the likelihood of depression. A great strategy to teach kids relates to 3 Ps- personal, pervasiveness and permanence. When things go wrong help your kids to understand that what happened is not personal, pervasive (a tendency to spread) or permanent.

#### Unite for family meals

This is a game changer! More family meals together equate to better grades, fewer depressive symptoms, less adolescent smoking and less drinking of alcohol among kids. Family meals also bring families closer, strengthening relationships which are at the heart of lifelong happiness.

#### Relationships

Having more friends and good relationships is a strong predictor of happiness in childhood and beyond. You can help boost your kids’ social networks by opening your home to their friends and encouraging your kids to spend time with friends from a variety of social circles. Connecting in-person and online helps bolster kids’ friendships.



# parenting\*ideas

## Intensive exercise

Kids need at least an hour a day of exercise, preferably outside and including high intensity fun. Exercise promotes the production of 'feel-good' chemicals which boost happiness and helps reduce the stress response. Help your kids make connections between the activity they do and how good they feel during and afterwards to encourage exercise for life.

## Self-regulation

Kids' ability to self-regulate is an important piece of the happiness puzzle. Their ability to delay gratification predicts their ability to cope better with frustration and stress. Help your kids build self-regulation skills in a variety of life domains including eating and drinking, sleep, play, screen-time, homework and catching up with friends.

## Helping others

Being kind makes kids happy and you can nurture kindness in your kids through what you do. Genuine compliments, handwritten notes of thanks, saying good morning to a stranger or even picking up litter are all acts of kindness you can role model. Kids are said to close their ears to advice but open their eyes to example.

It's comforting to know that there is a lot you can do to promote a sense of happiness in children and young people. The FLOURISH acronym is a reminder of a powerful framework you can use to boost your kids' wellbeing and content over the long-term.

## Dr Jodi Richardson presents: Building lasting happiness in children

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Building lasting happiness in children' at no cost.

**About:** In this webinar, Dr Jodi Richardson explains how lifelong happiness stems from how we think and what we do, rather than from what we have.

**When:** Wednesday 23 March 2022 8:00pm AEDT

**To redeem** 1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-building-lasting-happiness-in-children>

2. Click 'Add to cart'

3. Click 'View cart'

4. Enter the coupon code HAPPY 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 23 June 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



### Dr Jodi Richardson

Dr Jodi Richardson helps people to reduce their anxiety, strengthen their wellbeing, live by their personal values and achieve resilience and lasting happiness. Her research-based advice is grounded in a career of extensive university studies, clinical practice, education and endless compassion. Jodi is the co-author of the highly acclaimed book *Anxious Kids*. Her latest release is *Anxious Mums: How mums can turn their anxiety into strength*. For further details visit [www.drjodirichardson.com.au](http://www.drjodirichardson.com.au)



# 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**





## Keep lunchboxes cool

**Did you know that lunchboxes packed without an ice brick reach temperatures of 12 degrees warmer than those with an ice brick?**

With the weather heating up, it is important to ensure your child's lunchbox stays cold at school to protect them from harmful germs.

Follow our top tips:

- Pack an ice brick
- Use insulated lunchboxes or cooler bags
- Freeze water bottles or reduced fat milk poppers to use as ice bricks - as the drink melts, it is also a cold refreshing drink!
- Store the lunchbox in the fridge overnight
- Freeze fruit such as berries and orange wedges to cool the lunchbox and also act as a delicious everyday snack



**Source:** Tips To Keep Food Safe ([www.swapit.net.au](http://www.swapit.net.au))



[HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
<https://goodforkids.nsw.gov.au>

Developed by Hunter New England LHD



*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.*