

# Newsletter

Monday 4 December 2023



**Charlestown South**  
Public School



Education



**Naruta**  
Blue tongue lizard

## Week 9

- Mon Scripture End of Year Assembly
- Tue Early Bird Reading, Mentors Christmas party, Stepping Up program
- Wed Year 6 Farewell, Hunter PSSA Awards
- Thu Community Carols Night from 5pm
- Fri Concert Band, Sport, Gold Day In, Assembly, Last day of Canteen

## Week 10

- Tues Presentation Day from 12pm
- Wed K-2 Party Day, Student Reports sent home
- Thu Primary Activity Day
- Fri Last Day for students, Sport, Year 6 Clap Out from 2.30pm.... Christmas holidays!

## Key Dates for the Diary

- Thu 1 Feb Students return - first day of Term 1
- Thu 8 Feb Kindergarten commences
- Fri 9 Feb Swimming Carnival

## Attendance Matters

Thank you for your exceptional efforts this year in enabling your child to be even more successful with 2023 CSPS students achieving more days at school than in 2022!!! Our yearly figures are exceptional and they are higher than the state, network or statistically similar schools!!!

**93.4%**

Attendance Rate

87.0%

DoE State

88.3%

Network

90.9%

SSSG

**80.3%**

Students Attending >=90% of the time

53.2%

DoE State

63.9%

Network

67.3%

SSSG



Place	Class	Week 8
1	2K	100
2	2N	98.53
3	1LR	97.50
4	5-6S	97.22
5	5-6G	95.19
6	3-4M	94.83
7	KF	94.05
8	3-4K	92.24
9	4-5B	91.35
10	1WD	91.25
11	KH	90.48

Kinder- Year 2

★ 2K

Years 3-6

★ 5/6S

## Leaders Emerging

Our Year 6 Leadership Team for 2024 is beginning to take shape as the first group of students have been chosen. Recently we conducted our Leader's Speeches and elections which resulted in Pippa R. and Rio S. being elected as our new School Captains and Charlotte J. and Xunaid R. as our Vice Captains. Our new leaders will play a part in conducting our Presentation Day Celebrations. Come Week 1 of next year, we will elect Sports Captains, Technology Leaders, Environmental Leaders and Library Leaders.



Every student in Year 6 fulfills a leadership role, enabling the smooth running of the many daily and weekly programs in place at CSPS. In Term 1 2024 we will conduct our Leaders' Assembly, where parents are invited to attend and present their student's badge. Keep an eye on the newsletter early next year for this date.

## Presentation Day Celebrations

Our annual Presentation Day will take place on Tuesday December 12 commencing at 12pm at Hope UC Church, Felton St Gateshead. The indoor air-conditioned venue is far more comfortable and hopefully will accommodate us all with a seating capacity of 420. Parents of award recipients have been contacted directly with an invitation to attend. Students will travel to the venue by bus and once all students and VIP guests have arrived and are seated we will invite parents and carers in to take a seat. This whole school event takes coordination and cooperation to make it a success and we appreciate your patience on the day. If your child is not receiving an award, you are still very welcome to attend and celebrate the year of learning with us.

## Community Carols Night

Get your jingle bells out and deck the halls with boughs of holly because Santa Claus is coming to town! On Thursday, December 7, we will hold our Community Carols Night which will start at 5pm with our Sausage Sizzle (by pre-order only). A huge thank-you to Bunnings who generously donated a brand-new BBQ!!! If snags aren't your thing, bring your picnic, chairs and rugs and settle in with some live acoustic music provided by Teresa and Wes Thompson from 5.30-6pm. Carols will start at 6pm. This is not a night of performance from our students, but rather they will simply lead some of the Carols and we ask all to sing along. Songbooks will be available on the night for a Gold Coin donation which will be supporting our farmers who once again have been devastated by extreme weather events. And remember, if you play an instrument and would like to play with our Concert Band for our first 3 bracket of songs, contact us right now so we can send the sheet music home for you. We already have a small band of parents who are joining us, so you won't be alone if you'd like to join the music. Please see the Carols Night flyer attached with more details about the night and make sure to purchase your raffle tickets. There are some fabulous prizes on offer and the lucky winners will be drawn on the night.

## Year 6 Farewell and Clap Out Final Day of Term, 2023

This Wednesday Night at Club Charlestown, we farewell another amazing group of Year 6 students at our Annual Farewell starting at 5pm. Parents will join us for the initial period and return at 8pm for the final dance and slide show. This year's crew has delighted us with their successes and personalities. They have certainly put their own 'stamp' on so many events happening around CSPS this year. They have led our school in 2023 with excellence!

On the final day of school, Friday 15 December, we'd like to invite Year 6 parents as well as all other parents, grandparents and friends who would like to share this special moment and CSPS parting ritual with them, to attend school at 2.30pm. During this time we would like to acknowledge our departing families, some of whom have been part of the CSPS family well beyond a decade. We would also like to acknowledge each individual student by presenting them with a Graduation Certificate. So we would ask you to join us and take a seat upon the 'silver seats' in our COLA area on Friday afternoon at 2.30pm December 15 as we celebrate this significant milestone in the life of each of our Year 6 students.

## We Made a Huge Splash!

This year's Intensive Swim Scheme has been as successful, or even more successful than any in previous years. It has been inspiring to watch the growth and development of all students, especially the non-swimmers, many of whom were just a little anxious and fearful of the water initially, but 2 weeks on are looking to train with the Australian Olympic Team! Much of the success of this program is attributed to the wonderful instructors at Charlestown Pool as well as our own staff who don the togs for 10 days straight and dive in with our students to assist. Thank you Mrs Hodson, Mrs Forbes, Mrs Woodward, Mrs Rufford, Mrs Judd, Mrs King, Mrs Newland, Mrs Sandford, Mrs Jackson, Mrs Brown and Mrs Guisard for making the extra effort with this program.

## More Swimming News

If you love a good Swimming Carnival, then book in Friday February 9 to join us for our annual Carnival which will be held in the 25m pool at Charlestown. The Carnival is for all Primary students.

As the 'youngest' event at the Zone Swimming Carnival is the 8 years Freestyle, any Year 2 students who are exceptional swimmers already participating in Squad Training may attend our Swimming Carnival alongside the primary students in an attempt to qualify for the Zone Swimming Carnival.

## Gold Day In

Congratulations to all our amazing students for achieving 200 nights of home reading which demonstrates the development of a reading habit. Gold Day In is Friday the 8th of Dec. To keep costs down this year we will be running a tabloid activity and a board games session followed by a pizza lunch which has Mr C very excited! Please check School Bytes for your child's invitation if they have achieved the 200 nights. Well done kids, parents, grandparents and siblings for helping to make this happen. We know it's not about Gold Day In, but rather developing a love of reading and embedding daily reading so it is just a habit that



comes naturally and such a key skill for life. Please don't stop daily reading over the holiday break as it makes it harder to re-establish come February and sends the message that reading is just a 'school thing' when as we know, it's a life thing! Read on!

## Charlotte J at Nationals

Last weekend Charlotte competed at the PSSA Nationals in Athletics. She had a great run Friday night in the 1500m with a new PB time placing her 6th in Australia. Saturday night she placed 9th in the 800m missing the final by 0.03 of a second. On Sunday she came back with her head held high putting her hand up to join the Northern Territory so they could have a team for the Medley relay event. They were behind by a fair way, but when Charlotte took the baton for the final 300m leg she powered home with grit & determination overtaking some very strong competitors to take the Bronze medal. For her amazing efforts she was selected for the sportsmanship award by the NSW team. Not surprising then that this Wednesday the Hunter PSSA Awards will take place with Charlotte J. in attendance for her many sporting achievements in 2023.



## Sydney Flames Shine brightly at CSPS!

Last Friday afternoon, eight members of the Sydney Flames basketball team paid a visit to CSPS as part of their road show, hosting basketball clinics at chosen schools. Our year 5/6 students had the opportunity to engage in a friendly competition against these players. Click on the link below to witness the competitive spirit of our students as they faced off against some of the top players in the Women's National League. It was an exciting and engaging afternoon on the hard court with several players choosing to remain well beyond the 3pm bell time to graciously sign autographs!

<https://www.youtube.com/watch?v=zahrCnBPzTQ>





## End of Year Wrap Up from the Office

As 2023 rapidly draws to a close, Kellie and Cheryl would like to wish all our families the best for the Festive Season. Thank you for making the transition to School Bytes with us this year, and we look forward to bringing more functionality to you in 2024. Make sure to download the School Bytes app to catch all the notifications.

In 2024 we look forward to Julie Olischlager joining our Admin team on a regular basis, we know you'll make her feel welcome. Our Office will close on Monday 18 December and we will return to school on Tuesday 30 January (two days before the students). Please note that the school phone and email are not monitored during this time, but if you leave a message we will respond from 30 January. Merry Christmas to you all!



### Get to know a CSPS teacher:

#### Fiona Eland

##### Computer Science Teacher

Years Teaching - 24 years, 2 months, 17 days. I first started teaching in Sydney and was employed as a K-1 Literacy teacher. I've taught K-6 throughout the years, LAST, English as a second language, Science and now computers and Science at CSPS. I have lived in Lake Macquarie for 14 years now and still can't believe what a beautiful place we live in - the lake, the beach and the bush! We are spoilt for choice. I've run a dance group for Pacific Island students where we performed at music festivals and competitions. We raised money for the school and wore beautiful costumes made by the parents.

**Hobbies** - I enjoy going to the beach, walking somewhere that leads to a great coffee, training our German Shorthaired Pointer Milo, cooking for friends and family and late, long lunches, bushwalking and swimming.

**Favourite Food** – Gelato, ice cream, frozen yogurt, sorbet (see the theme!)

**Favourite Music/Bands** – Any music/songs I can sing along or dance to

**First Music Album** – ABBA Arrival (yep I'm old or some might say, classic)

**Favourite Holiday Destination** - Most recently I travelled to Canada and was blown away by the spectacular scenery so I'd say Canada or I'd be up for anywhere with a palm tree and blue water.

**Favourite Author** – The author of my life - Jesus.

**Best Movie** - The Notebook, Hidden Figures, The Blind Side, Lion, Dead Poets Society, Up and Pretty Woman. (sorry one is just too hard)

**Favourite TV Show or Series** – Virgin River, All the Light We Cannot See

**Favourite Shopping Store** – to be honest I just love to shop - it wouldn't matter where!

**Most Inspirational Person** - my mum. She is so wise, humble and is still my go to when I need advice, a laugh, or a cry. She always knows the right thing to say.

**If I wasn't a teacher, I'd be** - teaching adults English or working with refugees or sitting somewhere with a palm tree and blue water!

# Diary Dates

## December

Wed 6	Year 6 Farewell at Club Charlestown from 5.15pm.
Thu 7	Carols Evening - flyer included in this newsletter.
Fri 8	Home Reading Gold Day In.
Fri 8	Last Day of Canteen for 2023.
Fri 8	Last 8.00am Band Practice for 2023. Peripatetic lessons end next week.
Tue 12	Presentation day - 12.00pm at Hope UC Church, Gateshead.
Wed 13	Year K-2 Party Day.
Thu 14	Year 3 -6 Party Day.
Thu 14	No Canteen this week - please send lunch and recess for your child.
Fri 15	Last day of Term 4 for students.
Fri 15	Year 6 Clap Out from 2.30pm under the COLA.
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.
Wed 7	Term 1 Gymnastics Program commences - this 8 week program runs alongside our normal sports program, more details will be emailed home in Week 1.
Thu 8	Kindergarten commences.
Fri 9	Swimming Carnival - Years 3-6.
Tue 13	P and C Meeting 7pm in the Staffroom - everyone is welcome to attend.

Merry Christmas

# CAROLS NIGHT

Thursday 7th December 2023

5pm BBQ | 6pm Carols

Join us to celebrate with a night of music, carols, a sausage sizzle, raffles and more!

## SAUSAGE SIZZLE

Preorder your sausage sandwiches online now - \$3

GF option available.  
To help with catering, no cash sales for sausages on the night.

Orders close Friday 1st Dec.

## COLD DRINKS & ICEBLOCKS

Available with cash/card.

## Prize RAFFLE

Buy tickets now online

Amazing raffle prizes including donations by these generous businesses...

Last minute tickets will be available for purchase at the event with cash/card.

Do you have a prize to donate?

Drop at the office by 3pm,  
Monday 4th December.



coles

Jump on our P&C website to order now:

**cspc-square.site**

You can help raise important funds for our school:  
**SHARE THE LINK**  
with your family, friends & neighbours!

We look forward to celebrating with you!

CHARLESTOWN SOUTH PUBLIC SCHOOL P&C COMMITTEE

NEW BBQ generously donated by:







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

### Parent self-care matters



Parents are known for putting their children's needs ahead of their own. With the mantra of 'be involved' in your child's life a dominant parenting message, it's now common for parents to neglect their own social and wellbeing to give their children the best possible start in life. This selfless approach is commendable, but questionable if it means you are constantly stretched, stressed and tired. Parenting is draining. Kids by their very nature take more than they give. Even the most loving, affectionate child will exhaust you at times so it's important to replenish, refresh and reinvigorate yourself.

Parenting author Maggie Dent says, "If we don't care for ourselves, not only do we run the risk of parenting less effectively and compassionately, but we are not modelling self-care for our children." Taking time for yourself seems obvious, however, the reality for many parents is that they are hard-wired to prioritise the wellbeing of others.

Start by giving yourself permission. Setting strict boundaries around key self-care activities help to make sure self-care happens. Turning occasional self-care into an ongoing habit is a great way to make sure you look after yourself. First, you need to give yourself permission to prioritise mental health and wellbeing, at least some of the time. So, what self-care activities should you be prioritising?

#### Get physical

Exercise is great for both mind and body. It releases endorphins, the feel-good hormone that enhances mood and helps put you in a positive state of mind. Exercise releases cortisol, the stress hormone, which builds up gradually over time, leading to anxiety and depression if not managed. You don't need to go to the gym to get the benefits of exercise. A brisk daily walk is an excellent self-care strategy for busy parents. It's affordable, accessible and has the bonus of taking you outside, which has added wellbeing benefits.

#### Stay social

Alfred Adler, the father of individual psychology, maintained that the people who lived the most content lives paid close attention to their social lives. When children come along, a parents' social life can easily play second fiddle to that of their children. Alternatively, social media becomes the main mode for staying in touch with friends, which is a poor replacement for face-to-face contact. One way of staying social is to schedule activities such as playing sport, joining a book club or sharing a coffee that keeps you connected to other adults.

#### Be mindful

Staying in the present moment, even for just a minute or two, can help you better manage parenting stresses. Engaging your senses is a good way to relax and find some inner peace. Enjoying the present moment, or mindfulness, can be practised by taking a walk, listening to music, or a taking a five minute meditation. Breathing exercises help reduce stress, so incorporate deep breathing into your daily routine to help stay fresh and alert.

# parenting\*ideas

## Seek out play

If you think that play is just for kids, then think again. Everyone needs activities in their lives that sustain them and bring them joy. It's important to expand the definition of play to include hobbies and interests such as music, collecting things, making, tinkering and performing. Playful activities that contribute to parent self care are freely chosen, fun and create a state of flow so that you become lost in the activity. Playful activities boost your mood and help you manage the challenges and enjoy the pleasures of family life.

## Decide to savour

If you feel that you're always in rush, the chances are that you don't have the opportunity to savour anything. Whether it's the first cup of coffee in the morning, snuggling up to your child at bedtime or reading a favourite book before bed, commit to savouring something and make it a daily habit.

## In closing

Taking care of your physical, psychological and social needs helps you be the best parent you can be. Set aside time for self-care even when you feel like you don't have a single second to devote to yourself. Experiment with different self-care activities to figure out which strategies work best for you, your family and your lifestyle.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



# CAROLS BY THE BEACH

SUNDAY 17TH DEC 2023  
EMPIRE PARK | NEWCASTLE

C3 Church Victory invites you to  
join us for our **FREE** community carols this December

**5PM**

WE'LL HAVE FACE PAINTING,  
ENTERTAINMENT &  
ACTIVITIES FOR THE KIDS AND  
PLENTY OF FOOD TRUCKS

**7PM**

OUR CAROLS BEGIN!  
YOU CAN DOWNLOAD YOUR  
SONG BOOK ON THE NIGHT  
TO SING ALONG TOGETHER

**9PM**

THE NIGHT WILL END WITH A  
BANG! OUR FIREWORKS  
DISPLAY WILL CONCLUDE THE  
CHRISTMAS FESTIVITIES



**LAKE  
MACQUARIE  
CITY**

SWIM CENTRES



# SCHOOL HOLIDAY INTENSIVES

**LEARN TO SWIM**

## **\$66.50 FOR FIVE DAYS**

Week 1: Monday 8 January - Friday 12 January

Week 2: Monday 15 January - Friday 19 January

Week 3: Monday 22 January - Thursday 25 January

(\$53.20 for four days - no lessons on Australia Day)

- One-week intensive blocks
- 30-minute lessons at the same time each day
- Enrol into one, two or three weeks and watch your child's skills improve
- Daily lessons help children to retain information

Existing Learn to Swim customers can self-enrol via My Swim.  
New customers must complete an assessment to determine their  
class level. Book yours online or by calling our Swim Centres.

**ENROL NOW** 🌐 [myswim.lakemac.com.au](https://myswim.lakemac.com.au)

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