

WEEK  
**2**  
TERM 1  
2019

# NEWSLETTER

Thursday 7th February, 2019

ABERMAIN PUBLIC SCHOOL

Principal: Mr Ian Lamph

Ph: 4930 4210

Email: [abermain-p.school@det.nsw.edu.au](mailto:abermain-p.school@det.nsw.edu.au)



SAFE, RESPECTFUL  
LEARNERS



## VISION STATEMENT

**As a learning community we know, value and care for every child. We share responsibility to nurture, guide, inspire and challenge students. High quality teaching develops confident and creative individuals with the personal resources for future success and wellbeing.**

# 2019

# SCHOOL LEADERS

*Tyler, Mitchell, Ayasha, Tahlee, Emma*





## WELCOME TO KINDERGARTEN 2019







## PRINCIPAL'S REPORT

Wow! What a start to the year. Our students have settled into their new classes, Kindergarten students have begun, construction has commenced on the canteen and toilet upgrade, and we still need more rain.

Welcome to all of our new Kindergarten students and their families. It is always a wonderful day when we welcome new students to our school, as we look forward to sharing their educational journey. It is lovely walking through the classes to see how settled the students are at this time of year.

Last year the Department of Education delivered the School Community Charter (which is included in this Newsletter). This document outlines the responsibilities of parents, carers, educators and school staff to ensure our learning environment is collaborative, supportive and cohesive. I would like to remind all parents that if you have any concerns or questions about the school please speak to the staff. This can be arranged by contacting the office, sending email, using Dojo or catching up for a meeting with them at an appropriate time. Strong communication will assist us working together to develop a positive environment.

Parents are reminded to collect their children from the parent pick up point near the canteen or wait for the children at the exit gate for the teachers to bring the children out. Please speak to your children about which gate is best for you and your families to exit. The library gate has now been repaired and should be opened when required. At no time should parents/carers and students be walking through the staff car park to enter or exit the school. Notes have been sent home to all students regarding arrangements for afternoon pickup. It is essential that parents/carers complete the information and return the form to the school to ensure all of our students are leaving the school grounds safely.

Construction on the canteen/toilet upgrades has commenced this week. During this time we will need to be flexible with our school procedures to assist this process. In the near future the kitchen in the hall will be up-graded and this will allow the canteen to operate with a limited menu for lunches and recess. A demountable toilet block will be put in place to accommodate the school needs while the toilets receive their upgrade. All of these activities provide the school with logistical challenges that we will endeavour to communicate to you throughout construction process.

Our partnership with CASE (Cessnock Academy of Stem Excellence) has seen our first sessions with Gillian from Imaginaturalist this week. She will be visiting weekly to provide opportunity for Stage 2 and 3 students to develop their ability in design thinking, receiving feedback and then applying to create a better product. Please take the time to ask your children about what is happening in these sessions.

Thanks to staff, parents and students for making the start of the school year a success.

Ian Lamph and Debbie Bower  
Principals



# School Community Charter

 **Collaborative. Respectful. Communication.**

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

## What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.



## Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- to be welcomed into our schools to work in partnership to promote student learning.
- communication from school staff will be timely, polite and informative.
- professional relationships with school staff are based on transparency, honesty and mutual respect.
- to be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We treat each other with **respect**

We **prioritise the wellbeing** of all students and staff

**Unsafe behaviour** is not acceptable in our schools

We work **together** with the school

**Ensuring respectful learning environments for all members of NSW Public Schools communities.**



We create  
**collaborative**  
learning  
environments

We  
all play  
**a part**

We work  
**in partnership**  
to promote  
student  
learning

### Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process: [education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students](http://education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students)

### Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.



### Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



**Collaborative.  
Respectful.  
Communication.**

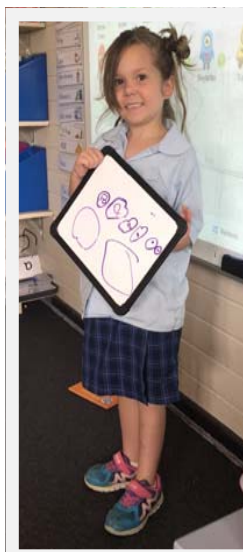
**School Community Charter**

[education.nsw.gov.au](http://education.nsw.gov.au)





## 1C HAVE HAD A GREAT START TO 2019



GENERAL PERMISSION AND STUDENT  
DETAILS FORMS TO BE RETURNED TO  
SCHOOL OFFICE.



## VOLUNTEERS

If you would like to volunteer at our school during 2019 please ensure you have been to the office to complete a 2019 Volunteer Policy Agreement and an Appendix 5 or Appendix 11. Both of these forms need to be completed before commencing volunteer work at Abermain Public School.

## PARENT PICK UP POINTS

A reminder to all parents/carers to wait on the DOTS area to pick their children up from the “Parent Pick Up Point” at the end of the school day. We ask parents/carers to please not wait outside classrooms and to only come through the front office entry if you are signing your child out early.

## STUDENT ABSENCES

*SMS texts will be sent between 9.45am and 10.00am each day to inform that an absence has been recorded for their child. Parents/carers can explain the absence either by SMS text, in person, by phone, school email or a letter to the class teacher. **ALL absences must be explained within seven (7) school days.***

*If you are having attendance issues with your child, please contact the school so we can work together to improve their attendance at school.*

## MEDICATIONS

If your child requires non-prescribed or intermittent medication administered at school parents/carers must complete a medication form which can be obtained from the school office. This form requires specific details of medication and health management.

**FOR THE SAFETY OF ALL CHILDREN MEDICATIONS MUST BE HANDED TO THE OFFICE BY PARENTS/CARERS. MEDICATIONS ARE NOT TO BE HANDED TO THE STUDENT TO BRING TO OR FROM SCHOOL.**

## EARLY LEAVERS

Parents/Carers are reminded to visit the school office if they want to sign their children out early before the end of the school day. Office staff will then contact the relevant class to request students to come up to the office. Parents/Carers are encouraged to advise their child's teacher or the office staff at the start of the school day if they require their child to be picked up at a particular time so that the student can be reminded to come up to the office at that time. **To avoid delays, parents/carers are asked not to come during lunch and recess as they will be asked to wait until students return to class.**

Please note: only parents/carers and those listed on the emergency contact list will be allowed to collect students early. If you would like someone who is not listed as your child's emergency contact to collect your child, please contact the school to advise the name of this person.



## WHAT'S ON IN PBL

### 'USING NICE TALK'

*At Abermain Public school we always try to be Safe, Respectful Learners. Our PBL process helps our students and community members to learn how to show positive behaviours that ensure a happy school environment that is perfect for learning.*

*This week we are learning how to... 'Use Nice Talk'.*

*Students will be learning that to 'use nice talk', we need to use a 'friendly face' and a 'friendly voice'.*

*Join us in our mission to create a happy school for all. Discuss the weekly PBL focus with your student/s and let's all 'Use Nice Talk' together!*

## BUSHFIRE PROCEDURES

### **In the event of a directed evacuation:**

If our school has received advice to evacuate, all parents/carers will be notified immediately by SMS and Facebook. This message will include:

- ◆ Request for parents/carers to organise for their child to be picked up from their classroom immediately. If parents/carers cannot arrange for their child to be picked up from school they will be asked to contact the school immediately so that students can be taken by staff to the designated refuge.
- ◆ The specific school gates (which will be identified by their numbers) that will be open to enter the school grounds to access classrooms quickly.
- ◆ Advice on the refuge students and staff will be evacuating to. This will either be McDonalds in Cessnock, or McDonalds at Kurri Kurri, depending on where the fire activity is.
- ◆ Any road closures or traffic restrictions as per updated information on [www.lifetraffic.com.au](http://www.lifetraffic.com.au).

To assist with these procedures, could you please ensure your contact details and your child's health records are kept up to date.





### ABERMAIN PUBLIC SCHOOL PLAYGROUP

Wednesdays during School Terms

9.30am – 11.00am

ALL WELCOME!

For more information contact

Cheryl-Ann Leggatt Ph: 0414 625 872

### BOOK CLUB



**BOOK CLUB ORDERS TO BE  
RETURNED BY  
THURSDAY 14TH FEBRUARY, 2019  
BY 12.00 NOON.**



### Annual General Meeting

Please join us at the Abermain Public School P&C Association Annual General Meeting being held in the school library on Monday 11th February, 2019 at 5pm. All positions will be declared vacant. To vote you must be a member which costs \$2 per person.

The P&C is a very important reference group for the school and information about what is happening at Abermain Public School is presented at each meeting. There is also opportunity for questions and clarification of aspects of school life.

This is a great opportunity to be involved with the school and we hope to see you there!

**NO  
PARKING**

**Please remember that  
there is no parking in the  
teachers car park or on the  
handball courts. There is  
also no pedestrian access  
to the teachers car park.**



**NO PETS OR ANIMALS  
ALLOWED ON  
SCHOOL GROUNDS**

**EXCEPT TRAINED  
SERVICE ANIMALS**



# CANTEEN NEWS

Welcome back to all students and their families, and a special welcome to the new families at Abermain Public School. Our canteen volunteers look forward to meeting you when you come to visit us in the canteen

During Term 1 the school canteen will be temporally operating out of the school hall with a limited menu. If your child has special dietary requirements please do not hesitate to come and see me to discuss menu options and/or variations available.

A special thank you to our volunteers, Glenda, Shan, Natalie, Brodie and Jillian, who have been working hard to set up our temporary canteen in the hall.

If you would like to volunteer some time to help in the canteen please contact the school on 49 304210 or visit me in the canteen during school hours. Rosters will be sent out to all canteen volunteers. Please let me know if you do not receive a roster.

Once again thank you everyone for your understanding sand support

Michelle Robards

Canteen Supervisor

## 2019 TERM ONE MENU

### Sandwiches

Vegemite	\$1.50
Lite Cheese	\$1.60
Lite Cheese / Tomato	\$2.00
Tomato	\$1.80
Ham / Cheese / Tomato	\$2.80
Egg	\$2.50
Egg and Lettuce	\$2.80
Tuna	\$2.50
Salmon	\$2.50
Chicken	\$2.50
Ham	\$2.50
Salad	\$2.80
Salad with Tuna / Salmon/	
Chicken / Ham	\$ 3.80
Roll or Wrap add	\$0.50

### Salad includes:

Lettuce / Tomato / Cheese
Carrot/ Cucumber / Pineapple
Beetroot may add mayo.

### Salad Boxes

Garden Salad	\$3.50
Egg salad	\$4.00
Meat Salad	\$4.00

Meat – Ham / Chicken

Salmon / Tuna

### Hot Food

Chicken Dino Nuggets	\$0.40
Party Pies	\$1.60
Pies	\$2.60
Sausage Rolls	\$2.00
Sauces	\$0.30

### Savoury

Cheese & Ham Rolls	\$1.50
Choc Muffins	\$1.50
Pikelets	\$0.10
Fruit or fruit cups	\$0.50
Chips	\$1.00
Popcorn	\$0.20

### Drinks

Water Small	\$0.50
Large	\$1.00
Chillj	\$1.50
Poppers	\$1.00

### Ice Blocks

Moosies / Dixie Cups /	\$1.00
Tube Juicies	\$1.00
Flat Juicies / Ice Money	\$0.50



## THE MUSIC BUS



The Music Bus are excited to announce they are now a registered Creative Kids provider. A government initiative where every family in NSW with school aged children is eligible for a \$100 voucher towards lessons in 2019. This is the perfect opportunity to enrol and save almost an entire term's worth of fees.

To download your voucher, simply visit [www.service.nsw.gov.au/transaction/apply-creative-kids-voucher](http://www.service.nsw.gov.au/transaction/apply-creative-kids-voucher) then call 1300 168 742 or email [creative-kids@themusicbus.com.au](mailto:creative-kids@themusicbus.com.au) to enrol.

Term 1 enrolments are still open, however, The Music Bus have limited availability so it is advised to book asap. Lessons include Singing, Keyboard, Guitar, Drums and Ukulele.

The Music Bus is a wonderful music program that many of our students are already enjoying – a brilliant and cost-effective way for students to get fun and specialist music lessons without parents having to travel all over the area after school. Cost of lessons is only \$16 per week (Drums \$18), around half the price of a regular private lesson.

If you're interested in your child having music lessons through The Music Bus or for more info, check out their website at [www.themusicbus.com.au](http://www.themusicbus.com.au) or call -

1300 168 742.

Photo supplied by:  
Stonemeadow Photography

Facilitators:  
Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist) and  
Toni Garretty (Team/Clinical Coordinator Family and Carer Mental Health  
Program Illawarra Shoalhaven Local Health District)

An intervention for  
FAMILIES, FOSTER FAMILIES,  
CARERS and FRIENDS

**"Staying Connected When  
Emotions Run High"**

This **FREE** workshop intervention is designed to assist families and friends who support someone 12yrs – 100yrs, who experiences:

- challenges with their relationships
- difficulties managing changing emotions and strong or overwhelming feelings
- self-destructive or self-harming behaviour
- problems with identity and sense of self

*Diagnosis is not necessary as the frameworks and relationship strategies introduced should be helpful to all*

**Date:** Friday 3<sup>rd</sup> May 2019

**Time:** 9:30am – 3.30pm (Registration at 9.00am)

**Venue:** Education Room, Maitland Hospital, High Street, Maitland, NSW, 2300.

Morning tea and lunch will be provided. Please notify if you have any dietary requirements when you register for this event.

**RSVP:** Registration is essential as places are limited.

Please register online at Eventbrite as per link or email :  
<https://www.eventbrite.com.au/e/staying-connected-when-emotions-run-high-families-foster-families-carers-friends-maitland-tickets-53937166517>  
or [SallyAnne.Smith1@hnehealth.nsw.gov.au](mailto:SallyAnne.Smith1@hnehealth.nsw.gov.au) or Ph: 02 4925 7917.



**DO YOU REQUIRE A BREAK, HAVE APPOINTMENTS, NEED TIME OUT, WORK LONG HOURS!!!**

## **TRY SHERPA KIDS**

**WE ARE HERE FOR BEFORE SCHOOL AND AFTER SCHOOL CARE AT  
ABERMAIN PUBLIC SCHOOL!!!**

**MONDAY TO FRIDAY FROM 7.00AM BEFORE SCHOOL CARE,  
AFTER SCHOOL CARE AVAILABLE FROM SCHOOL END UNTIL 6.00PM.**

**Located in the canteen hall.**

**Enrolment is free,  
Structured activities available  
Quality Care Programs  
Breakfast and Afternoon Tea Provided  
Outdoor play  
Imaginative and Creative Play environment  
Inclusion support programs  
CCB and CCR available.**

**Out of Pocket Fees can be as little as \$3.00 per session.  
Enquiries available  
Spaces available daily.  
Casual and Permanent Places.**

**Elaine McCourt 0410 647 153 [hunter@sherpa-kids.com.au](mailto:hunter@sherpa-kids.com.au)**





- ♦ Wednesday 20th February, 2019      Zone Swimming Carnival  
(Information to be sent to qualifying students at a later date)
- ♦ Tuesday 5th March, 2019      Regional Swimming Carnival  
(Information to be sent to qualifying students at a later date)
- ♦ Monday 11th March, 2019      School Photos  
P&C Annual General Meeting - 5.00pm

# ***HAVE A WONDERFUL SCHOOL YEAR***

## SCHOOL WEBSITE

**<http://www.abermain-schools.nsw.edu.au>**

## SCHOOL FACEBOOK PAGE

**Abermain Public School**

*NOTES WILL NOT BE REPRINTED AT SCHOOL. COPIES OF NOTES  
CAN BE OBTAINED ON OUR SCHOOL WEBSITE.*



## ADVERTISING

Family Support Newcastle and Koe-nara Cessnock Schools as Community Centre  
invite you to A FREE 5 week discussion group on

**Stress-Less ... More ease,  
... stronger connections**



Fridays  
22<sup>nd</sup> Feb to 22<sup>nd</sup> March, 2019  
10.00am – 12.00 noon  
at  
**Koe-nara**  
*In the grounds of Cessnock Public School*

Discussions may include:

- \* Finding beauty in the moment
- \* Slowing down and creating space
- \* Are there alternatives to "there's not enough time"
- \* Prioritising what really matters


Free children's activities &  
Morning Tea provided

To register, please call Jane  
on 4990 9354



Find us on  
**Facebook**

The Family Relationships and Skills program is funded by the  
Australian Government through Family Support Newcastle.



Maitland Family Care Cottage in partnership with  
Place of Friends presents

**Circle of Security Parenting™ - A Relationship  
Based Parenting Program®**

An 8 week group for caregivers of toddlers—4 year olds

**What is COS-P?** Ever wished your child came with an instruction manual? Children are born with the ability to communicate their needs – they **are** the instruction manual!

**Circle of Security Parenting™**

- Helps caregivers understand how children communicate their needs through their behaviour.
- Supports caregivers to meet their child's need whenever possible and take charge whenever necessary, leading to stronger relationships between caregivers and children.
- Is a user friendly visually based approach to helping parents and carers better understand the needs of their children

**Facilitators:** Margaret Ridgway  
Jane Hodgson  
Circle of Security Registered Parent Educators


**Dates & Times:** **Wednesdays, 13th February – 3<sup>rd</sup> April 2019**  
9.45 arrival

**Venue:** Koe-Nara, Cessnock Public School  
Cnr Rawson & Quarrybylong Streets  
Cessnock


Places are strictly limited and you must be registered to attend.

**Limited FREE children's group available.** If you have a younger baby who is not mobile and would like to attend please discuss this with Margaret or Jane.

**To register contact:**  
Margaret Ridgway Family Care Cottage 4939 2530  
Jane Hodgson Koe-Nara 4990 9354



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Health  
Hunter New England  
Local Health Network



**KOE-NARA**  
CESSNOCK SCHOOLS AS COMMUNITY CENTRE

**Term 1 2019**

**MONDAY**  
Supported playgroup  
at Koe-nara  
from 10 to 12

**TUESDAY**  
Supported playgroup  
at Koe-nara  
from 10 to 12

**WEDNESDAY**  
Stories @ Bunnings  
10.30 to 12  
Feb 27, March 27

**THURSDAY**  
Supported  
Playgroup at  
Cessnock East  
Public from 9 to 11

**FRIDAY**  
Stress-Less Parenting a group to  
talk about the challenges of  
parenting and how to look after  
yourself with Family Support  
Newcastle  
Feb 22 to March 22  
10 to 12  
Children's activities provided  
Please call and book your spot

**KOE-NARA is on the corner of Rawson &  
Quarrybylong Sts, Aberdare**

Call us on 49909354 Or 0428 263 854  
or find us on Facebook