

Grose View Public School Newsletter

9 September 2022

Term 3 Week 8

Volume 13

Warami, Grose View families

FATHER'S DAY BREAKFAST

A huge thank you to the Grose View Public School P&C committee for our Father's Day Breakfast in Week 7. We had a huge turnout of dads, grandads, uncles and other special men from children's lives enjoy the morning with a special breakfast just for them. Thank you to all who attended, it was a fantastic community event, enjoyed by all in attendance.

A special thanks to Mrs Camilleri and Mrs Wagner who arrived at school at 6.00 am to ensure that the BBQ was on, the rolls were cut and everything was ready for our special visitors. We are very lucky to have these dedicated individuals ready to support us in whatever way they can to make occasions such as these as very special. I can't wait for the next one!

PARENT INFORMATION SESSION— KINDERGARTEN TO YEAR 2

Thank you to the parents/carers who attended the last Parent Information Session about supporting student reading at home. We looked specifically at how teachers at GVPS teach students to read through phonics, using the 8 processes (I have included these below). These sessions are designed to keep parents/carers informed about the content being covered in K-2 classrooms and how we teach this content, so that parents can support students in the home environment, in line with what is happening at school.

Thank you also to the K-2 team, expertly led by Mrs Grech, who planned and delivered the presentation. I know the parents/carers in attendance appreciated the opportunity to learn more about how to support student reading at home.

What's on in Week 9?

Wednesday 14 September

Think Share Act

Thursday 15 September

Interrelate

Friday 16 September

Netball gala day

Parent/Carer cafe

What's on in Week 10?

Tuesday 20 September

NRL Hawkesbury Cup

P&C Meeting

Wednesday 21 September

Wakakirri awards night

Assembly

Thursday 22 September

6-a-side soccer gala day

Spring Fair meeting

Friday 23 September

Attendance Assembly

Last day of Term 3

The 8 Processes to Teaching Phonics

- 1 See the grapheme, say the phoneme
- 2 Hear the phoneme, write the grapheme
- 3 Blending
- 4 Segmenting
- 5 Read Camera Words
- 6 Write Camera Words
- 7 Read decodable sentences
- 8 Write decodable sentences

SCREEN-TIME VS GREEN-TIME

Most of us own devices such as smart phones and some also own wearable technologies such as smart watches. Technology is part of our daily life, but we need to ensure it does not 'become our life'.

An Australian Communications and Media Authority report into how Australian children are using mobile phones advised that in 2020:

- 46% of 6-13 year olds have or use a mobile phone
- 71% have used the phone to play games
- 79% of the children that own a phone have used it to send a text message

It is timely reminder that we need to work with our family to set screen-time limits. Each family is unique and coming up with a right amount of screen time can depend on the age of your child, the content they see or hear, their learning needs and your family circumstances. It is a balancing act.

Too much online time can have negative consequences on the mental health of your child. If you notice signs of tiredness, not doing well at school or changes in eating patterns, it may be time to have an open conversation to help them balance screen time with green time.

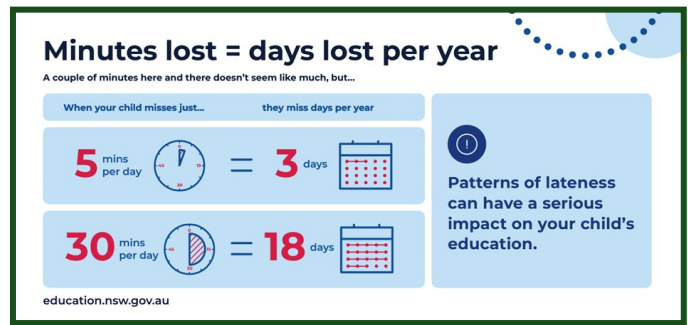
The eSafety Commissioner website (<https://www.esafety.gov.au/>) is a great resource to support parents/carers and families to navigate this online world in a safe and responsible manner. One resource of note is the "Being safe online" booklet, which helps students to understand the dangers of being online and how they can stay safe, while still having fun. You can find the booklet at <https://www.esafety.gov.au/educators/classroom-resources/being-safe-online-easy-read>.

Please contact the school if you have any questions regarding screen time and online safety for your children.

ATTENDANCE MATTERS

We are continuing to promote regular attendance at Grose View Public School. Our attendance assembly will be held in Week 10 for students who have attended school more than 90% of the time. The Department's systems for tracking attendance have not allowed us to promote the attendance of each grade through the newsletter this term.

Hopefully this issue will be resolved so that we can once again promote the fantastic attendance of students in Term 4.



HEALTHY LUNCH BOX

We include Nutrition Snippets provided by the Cancer Council Healthy Lunch Box team in each newsletter. The snippets are designed to help with providing students with healthy alternatives to lunch box favourites and support families to make healthy choices and reduce the chances of cancer in young people.

Nutrition Snippet

BALSAMIC BAKED VEG

Serves: 4

Ingredients:

- 2 carrots, peeled, cut into chunks
- 1 medium sweet potato, peeled, cut into chunks
- ½ butternut pumpkin, peeled, cut into chunks
- 4 medium potatoes, cut into chunks
- 4 cloves garlic, peeled
- 1/4 cup water
- 3 tbsp olive oil
- 2 tbsp balsamic vinegar
- ½ tbsp honey
- 1 cup baby spinach

Method:

Preheat oven to 150°C / 130°C fan forced.

Place all of the vegetables (except the baby spinach) in a roasting pan along with the garlic.

Combine the water, olive oil, balsamic vinegar and honey in a jug and drizzle over all of the vegetables.

Bake for 45 minutes or soft and until golden. Toss through the baby spinach leaves.

Tip:

Mix through a tin of drained chickpeas for added protein.

healthylunchbox.com.au

Cancer Council
Healthy Lunch Box

NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to...

- Learn
- Make friends
- Build skills through fun

education.nsw.gov.au

NSW GOVERNMENT

Nutrition Snippet

LOVELY LEGUMES

Legumes (chickpeas, beans and lentils) are a nutrient powerhouse that you can easily sneak into your family's diet.



Give these recipes a go:

- [Mushroom, spinach and lentil lasagne](#)
- [Mexican meatballs](#)
- [Crispy roasted chickpeas](#)



For these recipes and more visit: [healthylunchbox.com.au](https://www.healthylunchbox.com.au)  **Cancer Council**
Healthy Lunch Box



Absences from School

If your child is absent from school you will receive an automatic SMS notification at 9.46 am. You are encouraged to explain the absence via the Parent Portal, however, this can also be done via Class Dojo, email, in writing or by telephone.

If the absence is unexplained for **2 school days** the teacher will attempt to contact you for an explanation.

As part of the implementation of the National Standards, holidays of **more than 5 school days** taken outside of school vacation periods will now be included as absences. Please apply for this leave by completing an application available from the office prior to the absence.

I hope everyone has an amazing week.

Yanu. Until next time, stay safe and be kind.

Matt Carter

Principal

Change of After School Plans

We know that sometimes changes to after school plans are unavoidable. If you need to get a message to your child about how they are getting home, please contact the office.



Class Dojo should not be used. Teachers do not access their personal devices during class time or they may be absent from school on the day.



Enrolments 2023

Planning is underway for the new school year. In order for us to plan effectively we need to know anticipated new enrolments and leavers.

If you, or a family you know, are planning to enrol children at Grose View PS next year please make contact with the office as quickly as possible.

If you are planning to enrol children elsewhere next year please advise the office as quickly as possible.

P&C NEWS

Grose View P&C



NEWSLETTER

@PnCGVPS gvpandc@gmail.com

SPRING FAIR

Saturday 22nd October 2022

IT'S HAPPENING!! The Grose View Public School Spring Fair is taking place on 22nd October and we can't wait to see you all there! As we start to creep closer to the big day, we are still searching for those who can add *something extra* to our community Fair.

Do you FACE PAINT?

Are you CRAFTY?

Fancy yourself as a FRUIT AND VEG seller?

Then we're looking for you!

Please get in touch at gvpandc@gmail.com or through Facebook!



Next Meeting
30th August
6.30pm

We are looking for:

- Strawberry or tomato containers
- Mud Cake containers
- 2nd Hand books
- Handbags and Wallets
- Clothes
- Shoes
- Household



If you have any of the above in **GOOD** condition, then please bring to school on a Friday.

GUESSING COMPETITION

We are running a GUESSING COMPETITION with some *amazing* prizes and we have included a book with this newsletter. Please get family, friends, neighbours, work colleagues involved! Tickets only \$2 each
YOU HAVE TO BE IN IT TO WIN IT!

RIDE BANDS



Order today to lock in your **UNLIMITED** ride band for \$35. These are on sale through Flexischools.

Want to be involved but don't know where to start??

You can't commit to too much responsibility but still would like to help??

Fantastic, you're just who we need!

Drop us an email or message on Facebook and we'll do all the hard work, so you just have to show up and volunteer!

P&C NEWS

A huge thankyou to our sponsors who have taken advantage of our sponsorship packages:

Diamond - Cindy Cash - Ray White

@CindyCashRayWhiteNorthRichmond

Platinum Sponsor - Gilcon Homes

www.gilcon.com.au

Platinum Sponsor - Western Sydney Podiatry

www.westsydneypodiatry.com.au

Silver Sponsor - Women's Fitness Collective

@womensfitnesscollective

Bronze Sponsor - Greater Western Health

@greaterwesternhealth

Bronze Sponsor - The Bloom Room

@thebloomroomrichmond

Ride Sponsor - Bendigo Bank North Richmond

@communitybanknorthrichmond



NOTICES



Grose View Public School

~ A future focused school ~



Education
Public Schools

T:\Teacher\Atoz\Kindergarten Orientation & Transition\2023\Administration\EOI.Doc

7 June 2022

Dear Parents

KINDERGARTEN ENROLMENTS 2023

We are presently in the process of organising our Kindergarten Orientation Program for 2023. The program, during Term 4, will involve activities such as parent/teacher meetings, pre-school visits, preschoolers attending our school and information packages.

All new enrolments are now completed online.

To apply online please go to our website: <https://groseview-p.schools.nsw.gov.au> then:

- Click "About our school"
- Click "Enrolment"
- Go to "Apply online"

If you are considering enrolling your child, or you know of someone who is, it would be appreciated if you would apply online now or pass the information on to your family and friends who are in area to our school. Once enrolments are completed, we will be in contact in Term 3 with further details regarding Orientation and Transition Days.

Once you have completed your enrolment online you will need to provide the school with original identification documents that you have specified on your enrolment form: proof of birth (eg Birth Certificate); Immunisation Certificate (available from Medicare); and proof of address (eg rates notice or rental agreement).

You are welcome to contact our school if you have concerns or require any further information.

We look forward to meeting you and your child as they start their school journey.

Yours sincerely

Mr Matthew Carter
Principal

249 Grose Wold Road, Grose Vale NSW 2753
Phone: 4572 1386

Email: groseview-p.school@det.nsw.edu.au
Website: www.groseview-p.school.nsw.edu.au

NOTICES

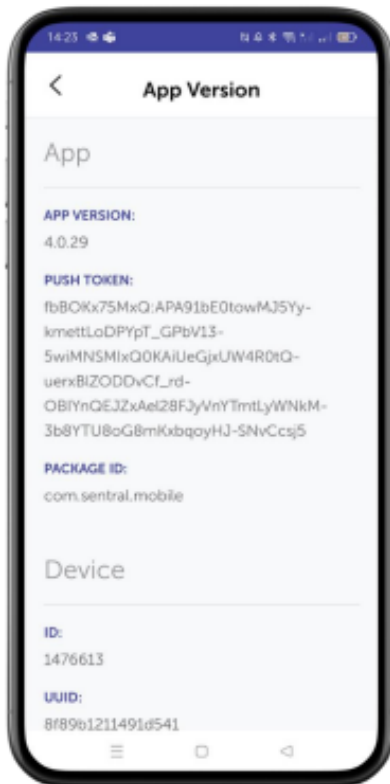
Important Information: Sentral for Parents App



From **Thursday 23rd June 2022**, versions 3 and 4 of the Sentral for Parents App will no longer be supported. If you are on one of these versions, you need to update your app to continue accessing information and receiving notifications.

How do I check what version I am?

From your app, go into Settings cog in the top left corner of the dashboard screen, then into App Version. (See image below.)

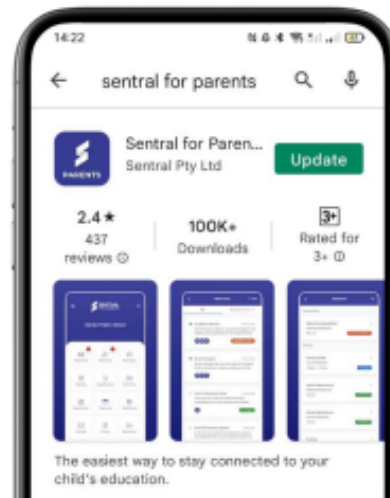


I am on Version 3 or 4

You will need to update your app. Go to your device's app store and search for Sentral for Parents and then select Update (see image below). Or you can access the app store using the QR codes below. After the update, when you go back into the app, you will be required to re-enter your login credentials.

I am on Version 5

You do not need to do anything at this time.



App Store



Google Play



How to get Help

If you require assistance you can email parentapp@sentral.com.au for support.



NOTICES

Free family
fun at the
Parliament
of NSW

Friday
7 October
10am to 3pm

FREE
ENTRY



Cartooning workshop

Draw people and objects with the award-winning illustrator and cartoonist Eric Lobbecke. Every half hour from 11:00am, finishing at 2:00pm

Vote for me!

Learn how to vote with the NSW Electoral Commission. Every half hour from 10:00am

Mock Committee Hearing

Have your say as a participant in our committee hearings. Every half hour from 10:00am

AUSLAN
interpreters
available

\$4
Democracy
Sausage

The
Public Café
open

Visit us at Australia's oldest Parliament as it opens its doors for **Family Fun Day**, an open day packed with free, fun activities for children from 4 to 12 years and their families. In addition to the above, there will be many activities on offer for families to enjoy, including craft, tours of our historic chambers, roving musicians and more...! (You might even get to meet some very important people.)



BOOK NOW



BOOKINGS ESSENTIAL

P: (02) 9230 2047

E: communityengagement@parliament.nsw.gov.au

WHERE

6 Macquarie Street, Sydney - opposite Martin Place

MORE INFORMATION

www.parliament.nsw.gov.au/events

NOTICES



2022 SUMMER SOCCER

ONLINE REGISTRATIONS NOW OPEN

SEASON STARTS 21ST & 22ND SEPTEMBER

WEDNESDAYS

U10 GIRLS - ALL AGE LADIES
ALL AGE MIXED

THURSDAYS

U5-U12 MIXED
U12 BOYS - ALL AGE MENS
OVER 35 MENS

**REGISTRATIONS & PAYMENTS ONLINE VIA DRIBL
DIRECT LINK & INSTRUCTIONS ON OUR WEBSITE**

U16'S FREE REGISTRATION WITH ACTIVE KIDS VOUCHER

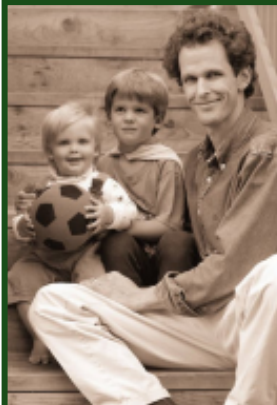
**ONE OFF UPFRONT PAYMENT PER REGISTRATION
- NO WEEKLY MATCH FEES -**

***TEAM MANAGERS MUST REGISTER THEIR TEAM
BEFORE PLAYERS CAN INDIVIDUALLY REGISTER***

admin@colosoccer.com.au

www.colosoccer.com.au

NOTICES



Parent Connect Group

**FREE GROUP FOR DADS & MUMS OF CHILDREN
AGED 0—8YRS WITH FREE CHILDCARE**



This facilitated group is for parents in the Hawkesbury caring for children aged 0-8yrs who have limited contact with other parents or are new to the Hawkesbury . The group strives to break isolation and be a vehicle for developing friendships through meeting regularly to share common experiences and gain information that strengthens participants capacity to parent effectively. The group will operate in the centre from 10am -12noon fortnightly on Mondays during school terms with free childcare provided by RCSI through Hawkesbury Community Outreach. Through the group participants will:

- Enjoy uninterrupted parent to parent adult company
- Give children an opportunity to play with other children without parents present
- Build relationships that sustain parents outside group time
- Plan and enjoy discussions and activities of interest to parents
- Learn information relevant to parenting and local services

Dates the group will operate in 2022 Terms 3 and 4 on

MONDAYS 10am—12 noon:

Term 3	Topic
25/07/2022	Canvas Painting
08/08/2022	First Aid tips
22/08/2022	Toddlers & Dealing with Tantrums
05/09/2022	Macramé & craft
19/09/2022	Self-esteem for Mums
Term 4	Topic
10/10/2022	Intro to Yoga
24/10/2022	Book Club
14/11/2022	Homemade gift ideas
28/11/2022	Christmas decorations & cards, and survival tips
05/12/2022	Christmas Party



**To register and book childcare please call
Brittany on 4588 3504
or email : familysupport@rcsi.ngo.org.au
...making a difference...**

CALENDAR

Wednesday 14 September		Think Share Act
Thursday 15 September		Stage 3 Interrelate
Friday 16 September		Stage 2-3 netball gala day Parent/Carer café
Tuesday 20 September	6.30 pm	NRL Hawkesbury Cup P&C Meeting
Wednesday 21 September	2.00 pm	Wakakirri Awards Night Assembly—Award Badges, Reward Cards, Classwork Awards
Thursday 22 September	6.00 pm	Stage 2-3 6-a-side soccer gala day Spring Fair meeting
Friday 23 September	10.30 am	Assembly—Attendance Awards Last day of Term 3
Monday 10 October		Staff and students return for Term 4
Friday 14 October		Spring Fair mufti day—coins
Tuesday 18 October		Colo High School Aspirations Assessment
Saturday 22 October		Spring Fair
Monday 24 October	6.00 pm	Colo High School Taster Lessons Kindergarten 2023 Parent Information Evening
Friday 28 October		World Teachers' Day
Wednesday 2 November		Colo High School Ambassador visit
Thursday 3 November		Hawkesbury Public Speaking Final
Monday 7 November	1.00 pm	Kindergarten 2023 Orientation Day 1
Wednesday 9 November	9.00 am 2.00 pm	Kindergarten 2023 Orientation Day 2 Assembly—Award Badges, Reward Cards, Classwork Awards
Friday 11 November	11.00 am	Stage 3 basketball gala day Kindergarten 2023 Orientation Day 3
Friday 18 November	2.00 pm	Kindergarten 2023 Transition Day 1
Wednesday 23 November		Year 4 Blue Mountains Camp
Thursday 24 November		Year 4 Blue Mountains Camp