

# Grose View Public School Newsletter

6 February 2023

Term 1 Week 3

Volume 1

Warami, Grose View families

As the school year has begun, I am thrilled to see the positive and productive atmosphere that was present during the first week of the school year. Our students have embraced the new year with eagerness and enthusiasm, and our dedicated staff have created a welcoming and supportive environment for them to thrive in. The energy and excitement in the playground is palpable, and it is a joy to see our students engaging with their peers and teachers. This positive start to the year sets a strong foundation for a successful and fulfilling year for all of our students. I look forward to continuing to build upon this positive momentum and am grateful for the supportive and engaged community that makes this all possible.

I am thrilled to introduce a few new teachers to the Grose View school community. Mr Fuller is on 1F, Mrs Eudale will be teaching 2E and Miss Scotney will be teaching 4/5S. Each of these wonderful teachers bring a wealth of experience, talent and passion to our school and I am confident they will make a positive impact on the lives of our students. Our new team members come to us from diverse backgrounds and bring unique perspectives and skills to our classrooms. They are dedicated and enthusiastic educators who are eager to collaborate with our experienced staff to provide engaging and meaningful learning experiences for our students. I encourage all of our families to join me in welcoming them to our school and supporting them as they settle into their new roles. I am confident that together, we will continue to provide the best possible education for our students.

KB Mrs Claudia Bangel  
KD Miss Sophie Dixon  
1F Mr Alex Fuller (Relieving Assistant Principal)  
1L Ms Michelle Leer and Mrs Jennifer Rodgers  
2E Mrs Isabelle Eudale  
2/3G Mrs Melissa Grech (Assistant Principal)  
3/4S Mr Andrew Smith  
4/5S Miss Samantha Scotney  
5/6L Mrs Heidi Lavender (Relieving Assistant Principal)  
5/6S Mrs Jennifer Stone

## What's on in Week 3?

### Thursday 9 February

School Swimming Carnival

## What's on in Week 4?

### Monday 13 February

Hawkesbury Leadership Camp

### Tuesday 14 February

Hawkesbury Leadership Camp

### Thursday 16 February

Compass Parent App Zoom session

## Teaching Staff

Assistant Principal Curriculum and Instruction – Mrs Sarah Trestrail  
Learning and Support Coordinator/RFF Sport – Belinda Harrington (Assistant Principal)  
Learning and Support – Mrs Melissa Azzopardi and Mrs Robyn Thomas  
Library and Covid Intensive Learning Program – Mrs Susan Andrews

## Non-teaching Staff

School Administrative Manager – Mrs Karen Burke  
School Administrative Officer – Mrs Rosemary Foulds  
General Assistant – Mr Adrian Mills  
School Learning Support Officers – Mrs Mary-Anne Armsworth, Mrs Lynette Beahan and Mrs Natasha Di Sano  
Cleaner – Mrs Ana Orellana

## COMPASS SUPPORT SESSION

I am excited to announce a new tool for enhancing communication between our school and our parent community. We have recently adopted an app called Compass, which will allow us to share important information, updates, and events in real-time. This app will provide a centralised platform for all school communications, making it easier for

parents to stay informed and engaged with their child's education. With Compass, parents will have access to attendance, sick bay, report cards and more, all in one place. I encourage all parents to download the app and join us in utilising this innovative tool to stay connected with our school community. I believe that this app will greatly improve communication and increase the ease and convenience of staying informed about your child's education. Please go to your application store and search for "Compass" and install on your devices. We will be sending out information about how to login next week. Please keep an eye on your emails to ensure that you receive updates and login information.

## ATTENDANCE

Attendance continues to be a priority in 2023. Attendance at school is vital in ensuring students develop social skills and achieve academic success in all areas of their schooling. If students are not attending school, they are not able to engage in learning and they miss important social interaction, development and academic opportunities.

To support student attendance at Grose View Public School we will continue to be rewarding students for regular attendance this year. Our goal is for 90% of students to attend school 90% of the time. Students who are meeting this goal of being at school for 90% or more will receive rewards as recognition of their attendance at school. Students achieving this minimum benchmark each term will receive:

- an attendance pencil
- a certificate of recognition
- A celebratory morning tea/cake

There will also be a special assembly at the end of the year where parents will be invited to share in the success of students who have achieved 90% and 100% attendance over the course of the year. We understand that there may be extenuating circumstances and students may miss school for various reasons outside of your control. If this happens and you are concerned, please contact your child's teacher in the first instance.

We will be offering support, through our brand new Compass parent portal/app. This means that if your child is absent from school, you will receive a notification, indicating that your child is absent and provides you with the opportunity to notify the school immediately of the absence through the parent portal/app. We anticipate that there will be teething problems with this new platform and would appreciate your patience. If you think

something isn't working properly, please contact the school for support.

## 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  
¼ 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](http://healthylunchbox.com.au)



## Medication



Only medication that has been prescribed by a doctor can be administered to students at school. Please bring the medication, in its original container with prescription label attached, and measuring device (if necessary) to the office and sign a Short Term Medication Authority form. The medication can be collected from the office at the end of the school day.

Any over the counter medication prescribed by a doctor must be accompanied by a letter from the doctor, and you must follow the above instructions for authorising staff to administer the medication.

If you are unable to come to the office in person, please telephone the office to make alternate arrangements.

I hope everyone has an amazing week.

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

*Matt Carter*

Principal

## Change of After School Plans

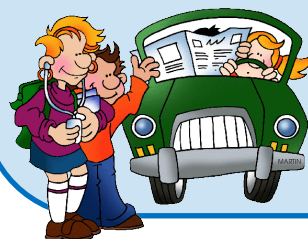
We know that sometimes changes to after school plans are unavoidable. If you need to get a message to your child about how they are getting home, please contact the office.



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.

## Kiss n Drop Zone & U-Turn Bay

Please be reminded that the Kiss n Drop zone has a maximum standing time of no more than three minutes. This time allows for many parents to drop off and pick up children in safety. Drivers must remain in their vehicle. Children must enter and exit the vehicle through the rear kerb side door. Whilst waiting, vehicles must not impede buses or passing traffic.



Please do not drop children off in the bus U-turn bay—always use the Kiss n Drop zone.

# P&C NEWS



## NO PARKING

No waiting. You have two minutes to drop-off or pick-up and must stay within three metres of your vehicle.

If no spaces are available you cannot queue on the road way or in any other zones while waiting for a space. You will need to drive away, park elsewhere and return when there is space.

Penalties from **\$196**  
Demerit points: **2**



## BUS ZONE

You must not stop or park in a Bus Zone for any reason unless you are driving a public bus.

You can only park in a Bus Zone if it is timed and you are parking there outside of those times.

Penalties from **\$352**  
Demerit points: **2**

## SCHOOL ZONES & PARKING RULES

### PENALTIES & DEMERIT POINTS



Children are small, harder to see, behave unpredictably and are extremely vulnerable. They need you to take extra care when driving and parking around School Zones.



Current as at 1 July 2022 and subject to change. For more information visit: **Offences on NSW Roads**



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



## NO STOPPING

You must not stop in a No Stopping Zone for any reason (including queuing or waiting for a space).

Penalties from **\$352**  
Demerit points: **2**

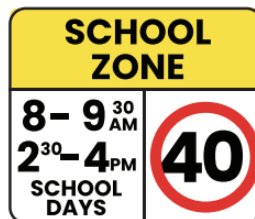


## PEDESTRIAN CROSSING

You must not stop on or within 20 metres before or 10 metres after a pedestrian crossing, unless signage is in place allowing you to park there. Do not let your children in or out of a vehicle at a pedestrian crossing as this is a No Stopping Zone.

Penalties from **\$469**  
Demerit points: **2**

## SPEEDING



The speed limit in a School Zone is 40km/h. School Zones are in force on all days which are not a weekend, a public holiday or a publicly notified school holiday for government schools. School Zone days include development days / student free days.

Penalties from **\$205**  
Demerit points: **2**

## DOUBLE PARKING

You must not stop on the road alongside a car that is parked at any time.

Penalties from **\$352**  
Demerit points: **2**

## FOOTPATH, DRIVEWAY OR NATURE STRIP

You must not stop across a driveway, footpath or nature strip for any reason.

Penalties from **\$352**  
Demerit points: **2**

## U TURNS

U turns are illegal on or near pedestrian crossings and across double white lines.

Penalties from **\$352**  
Demerit points: **3**

# P&C NEWS



**Uniting**

Delivering the NDIS in your community



## Where to From Here – Autism Support Group for Parents and Carers

### Are you a parent or carer of an Autistic young person aged 7-14?

We understand there are times when you may feel confused, not sure where to turn for support or just want to connect with others who are also navigating this journey.

Uniting Local Area Coordination will be facilitating regular 'Where to From Here' support groups. We want you to join us, connect with others and share your experiences, in a safe and supportive environment. This group is open to all parents and carers, including those who are not accessing the NDIS.

The future of these groups will be guided by what you want, so come along, have a cuppa and let us know how we can support you.

**Where:** Glossodia Community Centre, 165 Golden Valley Drive, Glossodia NSW 2756

**When:** 10:00am – 12:00pm Thursday 9<sup>th</sup> and 23<sup>rd</sup> of February 2023

10:00am – 12:00pm Thursday 9<sup>th</sup> and 23<sup>rd</sup> of March 2023

**RSVP:** There is no need to RSVP, however if you would like more information please contact [pherbert@uniting.org](mailto:pherbert@uniting.org)

If you are unable to make it in person, but would still like support, please email Peggy at the email address above and we will make contact to see how we can support.

**Additional information:** If you have any accessibility requirements please let us know when you register. Please note - we need a minimum of five (5) business days' notice to book Auslan interpreters. Please email your request to [pherbert@uniting.org](mailto:pherbert@uniting.org)

# NOTICES



## Tools for Parents®

Richmond Community Services Inc. is pleased to be able to offer a **FREE group with FREE childcare**

For parents/primary carers of children 0-12years

# Helping Kids Deal with Anger

Anger is a normal emotion -the challenge can be how to deal with it in a way that is safe for us and others.

We will look at how to help your children acknowledge and experience their anger and express it in a productive and helpful way.

**Wednesday 22nd March 2023**

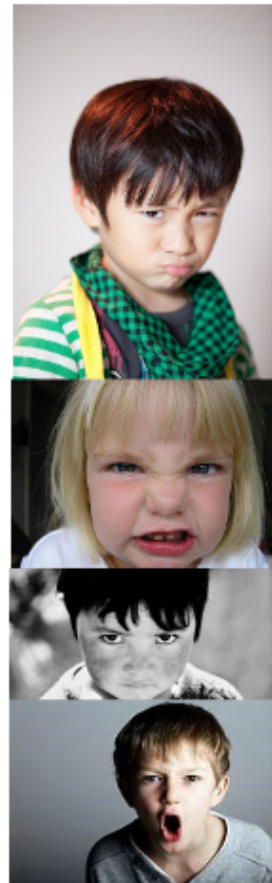
**6.30-9pm**

**BOOKING ESSENTIAL! 02 4588 3502**

**Email: [admin@rcsi.ngo.org.au](mailto:admin@rcsi.ngo.org.au)**

**At: Richmond Neighbourhood Centre  
20 West Market Street, Richmond, NSW 2753**

*....making a difference...*



The project is funded by the Australian Government's continuation funding of the 'Tools for Parents' project — to provide free workshops and ongoing courses designed to help parents/primary carers of children 0—12 years develop better relationships between themselves and with their children —and to enhance parenting skills. Richmond Community Services Inc. purchases group and workshop facilitation from Windsor Professional Centre and childcare services from Hawkesbury Community Outreach Mobile Minders Service for the project and is delighted to offer them free to participants.



# NOTICES



## Tools for Parents®

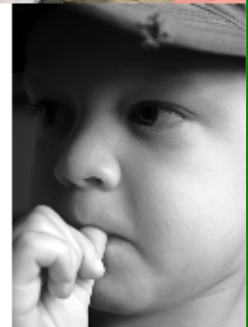
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## Navigating Your Childs Anxiety Through Primary School

In this workshop parents can learn:

- Strategies for parents and their primary school children to manage anxiety
- Explore the triggers for anxiety and how to minimise them
- An understanding of childhood anxiety
- Effective communication with your anxious child
- Exploring techniques for your child to use at school to cope with anxiety



**Wednesday 22nd February 2023 6.30-9pm**

**BOOKING ESSENTIAL! 02 4588 3502**

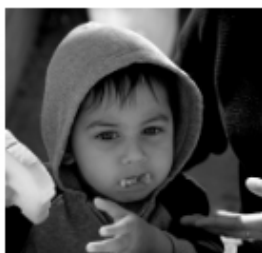
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# NOTICES

**REGISTER NOW FOR 2023**

**Full Season FREE for U5s, U6s & U7s with Active Kids Voucher**

**No Weekly Match Fees**

**REGISTRATION INCLUDES.....**

- Training shirt
- Training ball
- Association fees
- End of year presentation and trophy

**Register at [www.lowlandwanderers.com](http://www.lowlandwanderers.com)**

**Register before Christmas and bring a friend, to receive free shorts & socks!\***

(\*)CONDITIONS APPLY

**Lowland Wanderers Soccer Club**  
Bensons Lane, Richmond | 0417 603 806



# CALENDAR

|                      |                    |   |
|----------------------|--------------------|---|
| Thursday 9 February  |                    | School Swimming Carnival  |
| Monday 13 February   |                    | Canteen reopens (tbc)<br>Hawkesbury Leadership Camp                                   |
| Tuesday 14 February  |                    | Hawkesbury Leadership Camp  |
| Thursday 16 February | 4.00 pm            | Compass parent app Zoom session   |
| Tuesday 21 February  | 1.55 pm<br>6.30 pm | Assembly—Library, SRC, Award Badges, Reward Cards,<br>Classwork Awards<br>P&C Meeting |
| Friday 24 February   |                    | School Photos   |
| Sunday 26 February   | 9.00 am            | P&C storage shed clean out  |
| Monday 27 February   |                    | Premier's Reading Challenge begins  |
| Friday 3 March       |                    | Zone Swimming Carnival  |
| Sunday 5 March       |                    | Clean Up Australia Day  |
| Tuesday 7 March      |                    | National Young Leaders Day  |
| Tuesday 14 March     | 1.55 pm            | Assembly—Swimming, Award Badges, Reward Cards,<br>Classwork Awards                    |
| Wednesday 15 March   |                    | NAPLAN  |
| Thursday 16 March    |                    | NAPLAN  |
| Friday 17 March      |                    | NAPLAN  |
| Saturday 18 March    | 5.00 pm            | P&C Bush Dance  |
| Monday 20 March      |                    | NAPLAN  |
| Tuesday 21 March     | 6.30 pm            | Harmony Day<br>NAPLAN<br>P&C Meeting  |
| Wednesday 22 March   |                    | NAPLAN  |