



Meet our school captains Lachlan and Riley from 5/6D

DATES & COMMUNICATION

Dates for your Diary

- 4 June** - Lego Masters webinar student lunch activity
- 8 June** - Queens Birthday (Public holiday)
- 12 June** - KHS Yr 7 Enrichment Class applications due
- 15 June** - P&C Meeting via Zoom
- 3 July** - Last day of Term 2

Communication Tools

- Text message direct to your mobile
- Skoolbag App
- School Website
- School Facebook page

A note from the office...

If families could please send in a box of tissues for the class this would be very much appreciated.

We would like to thank everyone for the positive feedback we have received in regards to the Mystery Teacher Readings. We are very excited to announce that we will continue to post on Facebook the mystery photos and videos. You may wish to use these as bedtime stories or homework listening activities. Enjoy!



MINDABOOKA Week 6 Term 2 2020

Dear Parents, Carers and Community,

It is very hard to believe that we have reached the middle of Term 2! With this milestone we have certainly also welcomed Winter with a chill in the air.

Welcome back!

It was wonderful to see all of our students back last week for face to face classroom instruction. Nothing can replace the classroom teacher, the classroom environment and the partnership we have with families for the academic, social and emotional education of our children. Most have settled back extremely well in to school routine and are thoroughly enjoying reconnecting with friends and teachers. If you feel that your child may need a little further support during these ongoing challenging times, please contact the classroom teacher in the first instance and we can support further on an individual level. In addition, please note I have republished the wellbeing information received from the Department regarding phone contacts, online services and Apps that may be of support at any time.

Attendance

I'm very proud to say that we averaged around 95% attendance over the week and I'm looking forward to seeing this continue to grow. Please ensure you contact the school regarding any absence via a note to the teacher, a Skoolbag notification, ringing or emailing the school. We have commenced sending SMS absence notifications again and you can also reply to this message with why your child is absent and this is then forwarded to the classroom teacher.

School routine

Thank you all for your support in drop off and pick up times. It's these little routines when followed everyday become reassuring habits. Our staff are very proud of our students returning, especially our Kindergarten friends who have had such a disrupted start to 'big

school'. Seeing them walk through the gate, big bags on their backs independently ensures a message of reassurance for them, developing their independence.

Focus on learning

We are fortunate enough to have additional teaching staff scheduled within the school for the balance of this term. Miss McLellan, Miss Martin and Mrs Strict are familiar faces to our students and will be working across the school in a variety of classes to ensure continuity of learning and supporting any students that may from time to time require additional instruction with concepts that may have not been mastered. They may be within the classroom, running small groups or providing 1:1 instruction.

Friendly reminders as we return to new 'normal' routines

- Maintain social distancing with adults at drop off and pick up times.
- All children require their own labelled drink bottle at school so it can be filled up during the day from the water station.
- Our lost property collection is growing, please label all belongings so we can ensure they are returned to their owners.
- The P&C Canteen reopens this Wednesday to Friday for lunch orders and the P&C Uniform Shop is now online! What an amazing service this is, established by our very own clever technological P&C members, please refer to the APS P&C Newsletter for all of the details.
- Remember to bring your resource pack back to school to leave in the classroom for daily use. E.g. visual art diaries, handwriting books and pencils etc .

Our school is a happy place where new ideas and learning thrives, I'm thrilled to be able to share these opportunities with you in Mindabooka. Stay warm and well everyone.

Emma Stothard Principal (rel)

Principal Awards

Thank you!

Core Value: Care



Hunter

For being a considerate and caring friend to others.



Eli

Thank you for being a consistently caring and kind friend.



Students from 1M congratulated Mums and Dads today with these special merit awards acknowledging their support during the Learning from Home phase. **Thank you to all of our families, your support during this time was truly amazing.**

Adamstown PS Celebrates

Last Friday Adamstown Public School student executive hosted their first ever whole school assembly via Zoom.

We are a community of learners...students and teachers that celebrate our successes. Well done to our award winners and to all for your participation.



Opportunity Class Test for placement in Year 5 2021

Further to our previous communication in Term 2 Week 2 Mindabooka there has been new information sent to us from the High Performing Students team. **YEAR 4 2020** students and parents please see below if you wish to apply for placement in an Opportunity Class for **YEAR 5 2021**.

The placement process for opportunity class entry in 2021, including the Opportunity Class Placement Test, has been delayed due to the impact of COVID-19.

Due to the shorter time frame, changes have been made to the placement process for opportunity classes that will apply for 2020 applicants only. These include:

- A new date for **online applications**. Parents must apply between **Tuesday 9 June 2020** and **Friday 26 June 2020**. Late applications cannot be accepted.
- A new **test date** - **Wednesday 16 September 2020**.

- Principals will not be required to provide school assessment scores but are requested to verify the information entered by parents.
- Placement in an opportunity class will be based solely on the results of the test.
- The illness/misadventure or appeals processes will not be available.
- The executive officer of the Team and the principal of the primary school with an opportunity class will conduct the selection process.

Offers will be made to **successful students** overnight on **1 December 2020**.

For further detailed information I encourage you to visit <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

National Reconciliation Week

It's National Reconciliation Week from the 27th May- 3rd June! The theme for 2020 – In this together – is now resonating in ways that could not have been foreseen when it was announced last year, but it reminds us that whether in a crisis or in reconciliation we are all in this together. As a school we embed Aboriginal education and culture in our daily classroom practice, in addition this week they will learn about reconciliation. We have a couple of school projects that are being completed this week by all students at APS in acknowledgement of this very important week in Australia's history and we look forward to sharing with you the final products.



Check out more pics on our Facebook page and on our school website Gallery page

Our Facebook page is a place where we want to build our community and school culture, it is a celebration of our community and we are happy to see support for various posts via a Facebook comment or a 'like'. Follow or like our official page to stay connected!

1A Bryant Street Adamstown NSW 2289 ☎ 4957 1114

✉ adamstown-p.school@det.nsw.edu.au 🌐 www.adamstown-p.schools.nsw.gov.au



Stay up to date with what's happening at our school by downloading the SkoolBag App

Class Newsletters



Read all about your child's learning in their Class Newsletters that went home last week. These have also been published on our school website and on the Skoolbag App for easy access.

Library News from Mr Howell

It has been great to see students back in the library borrowing books and transitioning from home learning back to class learning.

Library Timetable Changes as per Class Newsletters

Monday 5/6D, 5/6L, KM, KD

Tuesday 4/5P, 4/5T, 2C, 2A

Wednesday KW

Thursday 3/4L, 3/4J, 1M, 1C

Students should bring their library bags in on their allotted library to return and borrow new books. Remember to return any books that maybe still at home.

Students can check their library usage online by logging into the DET portal from home. Here is a tutorial link to access the APS library



The Student Leadership Team have been working with Mr Ligtenberg to create opportunities for them to lead communication to staff and students on a fortnightly basis. Keep an eye out on our Facebook page for the finished production of their first 'Latest News' instalment for APS students.

The team will be sharing their expertise in writing, speaking publicly and also building on technological skills. They will then broaden the knowledge of these learning areas across the school by teaching other students as they master their experiences. They would love to hear your feedback or any suggestions on this new medium giving all of our students a voice at our school.

The team will also report on Parliament initiatives via this means to the broader school community.



online: <https://www.youtube.com/watch?v=2fSdNgBu040>

Premiers Reading Challenge

Students have now settled back into to the flow of the PRC. Keep recording or writing down the titles of books you have read and then bring the list into the library. We can also find the PRC number if needed.

*Remember, keep reading **every** day!*

Our happy place...

Circus skills is a popular lunchtime activity with Ms Gibson.



Enrolling in Kindergarten for 2021 at The Greatest School Around

Yes, It's that time already!

Plans have begun for our 2021 Kinder Orientation program. Should you know of any family who is looking to possibly enrol their child, whether it is Kindergarten or any other grade, please ask them to contact the office as soon as possible to enable their details to be included in our 2021 database.

Our very popular 'Building Blocks' program will again be led by Mrs Sarah Wenham, ensuring connections with our local partnering Early Learning Centres and Preschools provide our incoming students with the very best transition to 'big school' possible.



2020 Year 4 and Stage 3 Planned Overnight Excursions (repeated message)

Adamstown Public School is implementing recommendations in line with the NSW Department of Education's operating model for NSW schools during COVID-19. At this stage the operating model highlights that school excursions will re-commence in Term 4. With this in mind, we are continuing to plan for our Year 4 overnight excursion and our Stage 3 excursion to Canberra that are both scheduled towards the end of Term 4. The below information is to keep our families as informed as we can.

Stage 3 Canberra Excursion

The excursion is planned for Wednesday 25th November to Friday 27th November 2020 inclusive. The following places of interest are included in the itinerary:-

Parliament House, CSIRO, Telstra Tower, Australian Institute of Sport, Australian War Memorial, Regatta Point, Royal Australian Mint, Electoral Education Centre, Embassy Tour and Questacon.

Whilst we have normally asked for a financial deposit to secure a place on the excursion, during these uncertain times we are advising our community that (if all goes according to plan) in week 1 of Term 3 we will be requesting a deposit to secure your child's place.

The cost of the 3 day trip will be between \$340.00 and \$360.00 per student depending on the number of students attending - this will determine the number of coaches required and hence the final cost of the excursion. The fare covers the cost of coach transport, accommodation at the Gold Creek for 2 nights, all meals (except for lunch on the first day which is to be brought from home and dinner on the way home) and all entrance fees to places of interest.

Year 4 Great Aussie Bush Camp

This year, Students in year 4 will have to opportunity to participate in Great Aussie Bush Camp's 'PASS' program. The 'PASS' program is specifically designed to enhance students' personal skills and wellbeing thorough physical activity and sport. Students will gain knowledge and understanding about the benefits of being active with regards to self-worth and wellbeing and learn skills to help participate in physical activity with confidence and enjoyment.

Students will have the opportunity to participate in the following activities:

Rock Climbing, Flying Fox, Orienteering, Archery, Bushcraft, Trail Challenge, Canoeing, Raft Building, Fossiling.

The excursion is planned for **Thursday 19th – Friday 20th November 2020**, that's Week 6, Term 4.

The cost of the 2 day trip will be approximately \$240.00 per student depending on the number of students attending - this will determine the number of coaches required and hence the final cost of the excursion. The fare covers the cost of coach transport, accommodation for

1 night and all meals.

NB: At the start of Term 3, if you decide that your child(ren) will NOT be attending the Canberra or Great Aussie Bush Camp excursions please let the school know as soon as possible as our arrangements are made according to our student numbers.

Mr Davidson (Organising Teacher)



If you need to talk to someone...

Name	About	Phone	Online
Kids Help Line 	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7	Webchat 24/7 https://kidshelpline.com.au/get-help/webchat-counselling
	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	CALL: 13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight	Crisis Support Chat 7:00PM – Midnight https://www.lifeline.org.au/get-help/online-services/crisis-chat
Youth Beyond Blue 	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3:00PM - Midnight https://www.youthbeyondblue.com/
	Child Protection Helpline	13 21 11	https://reporter.childstory.nsw.gov.au/s/mrg
	eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.	N/A	Group Chat 24/7 1 on 1 Chat 9AM - 1AM https://headspace.org.au/eheadspace/
Carers NSW 	Carer Line offer emotional support, referrals and distribute carer specific resources and information to carers and community members	1800 242 636 9AM – 5PM Monday - Friday	http://www.carersnsw.org.au/how-we-help/support/carers-line/
Mental Health Line 	A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people	1800 011 511 24/7	https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx



If you are looking for an app...

Name	About	Website
Calm Harm 	<p>Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.</p>	<p>Free</p> <p>App Store Google Play</p>
Clear Fear 	<p>The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away.</p> <p>Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.</p>	<p>Free</p> <p>App Store Google Play</p>
ReachOut Worry Time 	<p>ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7</p>	<p>Free</p> <p>App Store</p>
ReachOut Breathe 	<p>ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone</p>	<p>Free</p> <p>App Store</p>
Smiling Mind 	<p>Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.</p>	<p>Free</p> <p>App Store Google Play</p>
WellMind 	<p>WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.</p>	<p>Free</p> <p>App Store Google Play</p>

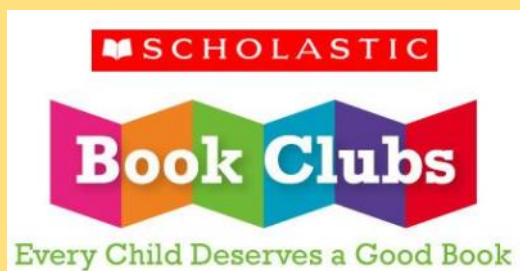
If you are seeking additional information...

Name	About	Website
	Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.	https://au.reachout.com/
Black Dog Institute 	Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.	https://www.blackdoginstitute.org.au/

If you are looking for online support...

Name	About	Website
The BRAVE Program 	BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety	https://www.brave-online.com/
	Online and app-based program to improve wellbeing of young people through mindfulness meditation.	https://www.smilingmind.com.au/

Book Club Orders



Issue 4 is now open. Catalogues will be sent soon.

You can place an order at the school office or through LOOP online.

https://www.scholastic.com.au/media/5608/bc_420.pdf

Orders due by Wednesday 10th June.