

GARDEN SUBURB PUBLIC SCHOOL

A caring environment providing quality education

Dear parents and carers,

I hope you and your child/children have settled into our final term of 2022. I want to provide you with a reminder on our COVID-smart settings. Please review the following information and don't hesitate to get in touch if you have further questions.

Students and staff should continue to stay home when sick

Students, staff and visitors should only attend school when they are symptom free. We strongly encourage all students, staff and visitors to follow the **guidance issued by NSW Health**. We will continue to send home students or staff displaying symptoms.

Anyone who believes they have been exposed to COVID-19 is strongly recommended to monitor for symptoms and test if they have any concerns, as well as wear a mask. We will continue to support our families to use rapid antigen tests (RATs) if symptomatic or if you believe you have been exposed to COVID-19. RAT testing may help identify the infection early and is important if you are in contact with people at greater risk of serious illness if exposed to COVID-19.

We are continuing our COVID-smart measures

Our school will continue to operate with our baseline COVID-smart measures in place throughout Term 4 to minimise transmission and keep our school open. This includes a combination of layered safety measures such as maintaining hygiene and cleaning practices, using rapid antigen testing (RAT) when experiencing symptoms, maximising natural ventilation, strongly encouraged vaccinations and strongly encouraging mask-wearing particularly when indoors and/or physical distancing is not possible.

In certain circumstances, NSW Health and the Department of Education may advise that additional COVID-smart measures be temporarily reintroduced at our school. We will provide further details of any changes to COVID-smart measures at our school, if/when required.

Reporting requirements from 14 October

Please continue to notify your school if your child tests positive to COVID-19 as we will continue to notify the school community of any known positive cases to prioritise student and staff safety and wellbeing.

For further information about the COVID-smart measures in place this term refer to the department's **Advice for families** page.

Please note that all of our school's changes to isolation requirements are based on the recommendations from NSW Health. Anyone who tests positive to COVID-19 or suspects that they have been in contact with a positive case should continue to follow the **latest health advice**.

Non-COVID-19 Vaccinations reminder from NSW Health

Due to the ongoing pandemic and stay-at-home orders that were in place over the previous two years, NSW Health have noted that some children and young people have missed out on the non-COVID school-based vaccination programs that they would have taken part in. The department would like to remind parents and carers to make sure that all of their child's vaccinations are up-to-date, including other non-COVID vaccinations. If you are unsure about whether your child has missed any vaccinations, speak to your GP or go to **NSW Health's Immunisation requirements in primary and secondary schools**.

Parents and carers who have children with persistent or ongoing **symptoms of COVID-19** are encouraged to have these assessed by their local health care professional. These symptoms may be related to other illnesses that require treatment and management by a doctor.

For more information on vaccinations refer to **Vaccination requirements for school sites** or the [Australian Governments COVID-19 vaccines](#).

On behalf of our school, I want to thank you again for your ongoing support in helping to keep our students, staff and community safe. I'd like to wish all our students and their families a great Term 4.

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



Lake Mac Schools 2022 Environment Award Winners!

Garden Suburb PS was presented with a Lake Macquarie Schools Environment Award by Pam Baker from Lake Macquarie Council. The award was sponsored by Hunter Resource Recovery.

The award acknowledges our efforts towards environmentally sustainable habits.

Student pride in our school was evident when Edie, Maya and Sienna, all from Yr 5, were interviewed and expressed a passion for the pollinators patch, vegetable garden and our 5 bin recycling system.

Thank you to Mrs Brewer and Mrs Dorahy for leading the way to teach our students to help our planet.



Head Lice/Nits

The school has been notified that Nits are going around again. Please be vigilant in checking your child/ren's hair.

Please see below health advice on treatment options.



Education
Public Schools

ENGLISH

HEAD LICE TREATMENT OPTIONS

INFORMATION FOR PARENTS AND CARERS

There are two treatment options for head lice.

1. Mechanical removal (removal with a head lice comb)
2. Chemical removal

Mechanical removal

Mechanical removal involves applying normal hair conditioner to dry hair. After covering all of the hair with the conditioner untangle it using a normal comb and separate the hair into sections. Then use a fine long toothed metal lice comb to comb through the hair in sections. The conditioner doesn't kill the lice but it stuns them for about 20 minutes making it easier to remove them. The lice comb will remove nits (eggs) and the stunned lice. Wipe the comb on a white tissue and check for any lice or nits. Keep combing until no more appear on the tissue. This method should be used every second day until none remain (usually about 7 to 10 days).

This method is the preferred way to treat head lice because it is effective, does not contribute to insecticide resistance in head lice and also has a low risk of skin irritation.

The mechanical removal method also helps manage head lice before they become established on the head. Keep a good head lice comb in the shower and every time your family washes their hair comb through with the lice comb. This makes sure the lice are caught before they lay too many eggs.

If your children are old enough to wash their own hair encourage them to use the comb themselves. Or keep the comb handy to where you wash your children's hair and use it every time you wash their hair.

Chemical removal

If you choose to use a chemical treatment, remember to follow the instructions carefully. Don't be tempted to re-apply the same chemical treatment if it doesn't appear to be working. Instead change to another treatment that uses a different chemical compound or use the comb and conditioner method. You must repeat the treatment in 7 days to kill any newly hatched eggs. You will also need to use a lice comb to make sure the treatment is working. If you find dead lice the product has worked. If you find live lice, the treatment has not worked.

When your child is free of lice and nits, remember to check regularly with a fine toothed lice comb and conditioner. Early detection and treatment will prevent re-infestation of family members and classmates.

What to do about bedding and clothing

Research suggests that bed linen, hats, clothing and furniture do not harbour or transmit lice or nits and that there is no benefit in washing them as a treatment option. Nits and lice only live on the human head. They quickly dehydrate and die if removed from the head.

*This information is based on information provided on the NSW Health Nitbusters website.

Menstrual hygiene program comes to Garden Suburb Public School

The NSW Department of Education is introducing a menstrual hygiene program in NSW public school. As part of the program, schools are installing dispensers that provide free pads and tampons (or just pads) for students to access during school hours.

Our menstrual hygiene program aims to reduce any barriers that may prevent students from participating fully in school life. Menstruation (and its unpredictability) may stop students from attending school or taking part in learning activities. There are also known health risks from using improvised sanitary hygiene products.

The program has been successfully trialed in 31 schools, with positive feedback received from Principals and students alike. It is now time to introduce the program at our school.

Visit edu.nsw.gov.au/links/mhp to download a flyer about the program which is available in English and 10 other languages.

Awabakal Word of the Week

Weeks 7-8

dance – undila



undila

un di la

undila

dance!

Year 6 Farewell

Year 6 Farewell invitations and information were sent home this week. Please RSVP by the 28th November with your child's food option for the evening and pay to the office to secure their spot.

Coming Up

Check the Sentral Parent Calendar

Week 6	
P&C Bunnings BBQ	Sun 20 th November
Week 7	
P&C Meeting 6PM	Mon 21 st November
Assembly Parents Welcome	Thurs 24 th November
PLP (Aboriginal Education) Celebration Breakfast	Thurs 24 th November
Cultural Group	Fri 25 th November
Week 8	
Cardiff HS Yr 7 Orientation Day & parent information session	Tues 29 th November
Swimming Carnival & PBL Rewards Day	Wed 30 th November
Stage 2 School Sleepover	Fri 2 nd – Sat 3 rd December
Week 9	
P&C Christmas Carnival	5 – 7pm Thurs 8 th December
Party Day	Mon 12 th December
Presentation Day	Tues 13 th Dec 9:30 – 11:10am
Yr 6 Farewell	Wed 14 th December
Mugs Cup & Clap Out	Fri 16 th December

WHAT'S HAPPENING

Congratulations Miller!

Congratulations to Miller who made the Zone Cricket Team and will represent the Crossroads Zone at Hunter later this term. This is a fantastic effort!

Attention Year 5 Parents / Carers

Year 5 students have selected their Year 6 shirt design and are very excited to wear them in 2023. Orders for the shirts will be placed towards the end of term, to ensure an early delivery. Keep an eye out next week for the shirt note and return it to the office as soon as possible.

2023 Leaders

Miss Perry held a meeting with Year 5 students and discussed leadership positions for 2023. If your child expressed an interest in a leadership position (school executive or sport house leader), a note has been sent home with them regarding the expectations and duties of a leader at GSPS, along with relevant information regarding their written statement to Mrs Sturman. If your child was absent and/or has changed their mind regarding their interest in a 2023 leadership position, please have them ask their classroom teacher for a nomination note.

All Student Executive Leaders and House Leaders will be announced on Presentation Day Tuesday 13th December and an official induction will take place in Term 1, 2023 at our first assembly.

Save the date

Student Executive Leader speeches will be held on Tuesday 6th December (Week 9) at 9.30am in the hall. Parents and carers are welcome to attend.

Sport House Leaders will present their speech to their house group during sport time on Friday of Week 9.

P&C Bunnings BBQ

GSPS P&C are running a Bunnings BBQ to raise some much-needed funds for the school. And we need your help!!

We need volunteers to cook up some sausages and man the stall. You don't need to be a member of the P&C, you just need a spare 2 hours!!

It's also a great way to connect with others in the GSPS community. It will be held on Sunday 20th November at Kotara Bunnings.

Please click on the following web link (or copy it into your web browser if clicking doesn't work) to go to the sign up sheet:

volunteersignup.org/9RMT3

To sign up, just follow the instructions on the page. It only takes a few seconds to do.

Thank you for volunteering!

Garden Suburb Public School P&C.



**FUNDRAISER
BBQ**

**BUNNINGS
warehouse**

KOTARA BUNNINGS
SUNDAY 20TH NOVEMBER 2022
Serving 9am to 4pm
(Setup 7am to 5pm)

Swimming Carnival & PBL Rewards Day

On 30th November we will be having our 2023 Swimming Carnival as well as our PBL rewards day. This carnival will select our swimmers for the zone carnival in 2023. There will be lots of events and opportunities to win points for your sport houses on the day. There will be events for students of all swimming abilities, even non-swimmers can win points for their sport houses. Please make sure to return your permission note as soon as possible.



**SWIMMING CARNIVAL
& PBL REWARDS DAY**

K - 6 | CHARLESTOWN POOL | 30.11.2022



**GRASS TABLOIDS
POOL TABLOIDS
INFLATABLES
CARNIVAL COMP**

**FREE
STUDENT
SAUSAGE
SIZZLE**



The poster features a teal top section, a yellow banner with the event title, a pink section with the date and location, a dark blue section with activity details and a star logo, and a dark blue bottom section with a free sausage sizzle offer. A swimmer icon is also present in the pink section.

Party day

This year's party day will be held offsite, with K-6 seeing the advanced screening of Lyle, Lyle, Crocodile on Monday 12th December. K-2 will go to a 10.30am session and Years 3-6 will go to an 11am screening. Transport will be via buses. Keep an eye out for the permission slip, cost and inclusions next week.





PBL Paddlepops

Congratulations to all the winners, who were lucky enough to receive a PBL Paddlepop with Mrs Sturman this fortnight.



Dazzlers



Teachers will be looking for students being **RESPECTFUL**, **RESPONSIBLE** and doing their **PERSONAL BEST** to receive **Dazzlers**.

RESPECT

RESPONSIBILITY

PERSONAL BEST

Awards



Congratulations to all students that received awards in the past fortnight. The following students received a PBL merit award:

Novas

Patrick M, Lucy C, Levi M, Dante G, Isabella D, Ashton T

Galaxies

Ethan C, Axel M, Kurt B, Logan W, Nicholas J, Avoca L

Rockets

Sam R, Zoey M, Mylee T, Anja J, Levi G, Alice H, Elliott M, Jett A

Comets

Isheen K, Alyssa N, Taya B, Georgia S-G, Nevaeh M, Jeziah M, Eli H

Meteors

Levi A, Bridget H, George B, Patrick C, Nahni J-T, Nixon H

Astronauts

Indiana H, Isabell M, Kayla M, Logan H, Phoebe L, Ellie A, Lachlan B

Cosmonauts

Fred W, Braith F, Edward M, Cain L, Luca W

Titans

Boston G

Milky Ways

Taj W, Reid O

Positive Behaviour for Learning



ENVIRONMENT NEWS

National Pollinators Week

12-20th November is National Pollinators Week. The Rockets explored the vegetable garden looking for pollinators and noticing the evidence of their work. The tomato plants had both flowers and the trusses of small fruit developing. Have a look around your home and neighbourhood for pollinators busy at work.



Mulching



Last week we received a load of mulch from tree branches in our school grounds that required trimming. On Tuesday a team of eager students started to spread the mulch on our gardens. The girls worked together while helping younger students to join in. Well done girls, you were great role models.



Wonder Recycling Rewards Program

We would like to say thank you to everyone who participated in our Wonder Recycling Rewards program this year. We were able to collect and send 15kgs of bread bags (3 full boxes) from our school alone, with over 10 tonnes of bread bags being recycled and reused. Together we are helping create a better future for Aussie kids to grow and thrive!

Wonder is committed to closing the loop on the plastic we collected by recycling it into useful things for the community. One of the main ways they are doing that is through Polyrok, a replacement for some of the gravel used in concrete. Wonder have already donated some of this to be used in construction in a park in Mackay. Imagine how amazing it would be if the bread bags you collected ended up in a path at our school!



CLASSROOM NEWS

Novas

This term the students in Kindergarten Novas have been busy focusing on Technology. We are learning how to log into the new laptops with our own usernames and passwords, and have been investigating how to use simple functions in a Word document.

Students have also been learning some basic coding and developing our logical and spatial thinking by programming the Blue-Bots with simple position directions. We really enjoy technology lessons!




CLASSROOM NEWS


Comets

The Comets have been creating websites on Google sites about them and the lifecycles of animals.


Samuel Chong




I feel like a monkey today. I really like monkeys because I'm good at monkey bars.



I really like bananas because monkeys like bananas. They're also my favourite colour and fruit.




Click to edit text




Darling


DARLING.




HI MY NAME IS DARLING AND I LIKE RAINBOWS
Because rainbows are colourful and bright



MY FAVOURITE ANIMAL IS A DOG
Because dogs are fluffy and cute




AND I LIKE POPCORN
Because it's yummy



AND CANDY
Because it's yum.

Chloe



I love puppies
Puppies are super cute and fluffy. I love to play with them and they are so soft.

Gymnastics is the best
I love gymnastics because it's fun and you can be a champion. I love to watch the girls perform and they are so strong.


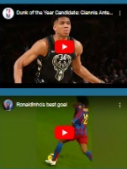
I love Chinese food
I love Chinese food because it's so delicious and there are so many different types to try.

I love to read
I love to read because it's fun and you can learn so much from books. I love to read about adventures and stories.

I love to listen to my favourite music
I love to listen to music because it's so relaxing and it makes me feel happy. I love to listen to pop music.

I love to sing along to music at home
I love to sing along to music because it's so fun and it makes me feel like a star. I love to sing in my room.

ELI LOVES BASKETBALL AND SOCCER

Basketball is one of the best sports in the world in my opinion. In basketball I play for a team called the West Blazers.

Soccer is the other best sport. In soccer I play for a team called the King Fishers. This is my favourite player his name is Ronaldinho.

Archer Perrin





About me, Archer Perrin
I like the wild, dramatic things. I'm a fan of any dragon you ever read like in my favourite stories. If there was a dragon it would be my favourite. I like to read books like Percy Jackson and Rick Riordan. I like to play video games like Halo, Call of Duty, and Minecraft. I like to play sports like soccer and basketball.

I like Greek mythology
I like Greek mythology because it's so interesting and there are so many different gods and goddesses. I like to read books like Percy Jackson and Rick Riordan.

Another thing I like are memes
I like memes because they are so funny and they are so easy to share. I like to see memes about my favourite things and people.

Ivy Pua

Hey there! I'm Ivy and here is some things about me!

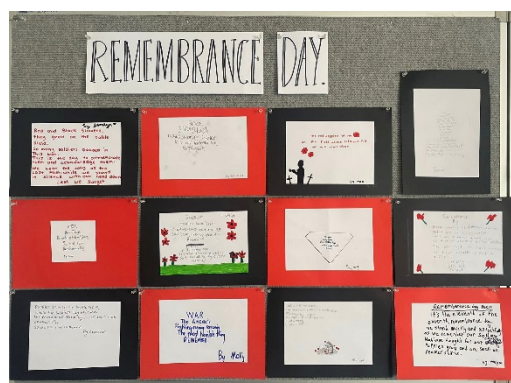
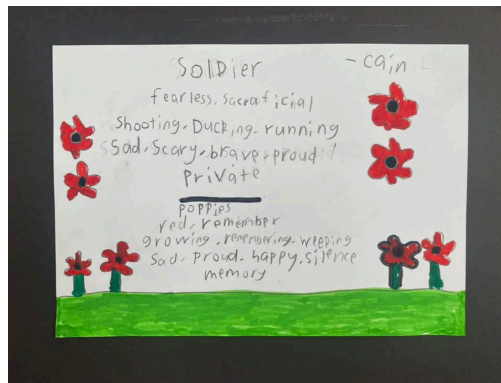
I love to draw and do art!
I love to draw and do art because it's so creative and it makes me feel happy. I love to draw people and things.

I love cheer!
I love cheer because it's so fun and it makes me feel like a champion. I love to cheer for my team and my friends.

What's been happening

Remembrance Day

Our leaders read the ode over the loud speaker and the staff and students had a minute silence at 11am on 11th of November.



2023 Kindergarten Transition – Teddy Bear's Picnic

Last Wednesday our 2023 Kindy kids visited our school for their final transition session this year. They brought their teddy bears to school for our Teddy Bear's Picnic and enjoyed playing some parachute games, construction, musical chairs, arts and craft and biscuit decorating. There were so many happy smiles and lots of buzz as their new Year 5 buddies joined in for a fun morning too. They finished the session with a picnic lunch to enjoy their own decorated biscuits. It was a really fun morning, and we look forward to welcoming our wonderful new Kindies to our school next year!



Reading cards Morning Tea

Congratulations to the students that completed 50, 100 and 200 nights of reading. This is a huge achievement! The students were treated to a very special morning tea to finish the year.



Book Club

We kindly ask that all orders for Book Club be made through LOOP. Book Club's online ordering platform.

SCHOLASTIC

Book Club LOOP

for Parents

LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform for parents.

To order and pay for Scholastic Book Club by credit card visit:
www.scholastic.com.au/LOOP

 GET IT ON Google play  Download on the App Store

Nominations are open for the 2023 Lake Mac Awards

Help us celebrate the incredible people in our community and acknowledge the unsung heroes who have made our city a better place to live, work and play.

Visit lakemacawardsplatform.com to nominate, or visit lakemac.com.au/Lake-Mac-Awards for more information.



LAKE
MACQUARIE
CITY

LAKE MAC Awards 2023

OPEN FOR NOMINATIONS

*Help us celebrate the incredible people in our community.
Nominate a person, group or yourself in the following areas:*

SPORTS | ARTS | VOLUNTEERING | COMMUNITY | ENVIRONMENTAL | EVENTS

lakemac.com.au/lake-mac-awards
NOMINATIONS CLOSE 12 DECEMBER



SPORTS
Lake Mac Young Sports Star
Lake Mac Sports Star
Lake Mac Sports Leader

**VOLUNTEERING AND
COMMUNITY CONTRIBUTION**
Lake Mac Young Citizen of the Year
Lake Mac Senior of the Year
Lake Mac Ambassador
Lake Mac Volunteer of the Year
Lake Mac Community Group of the Year
Lake Mac Community Event of the Year

ENVIRONMENTAL ENHANCEMENT
Lake Mac Environmental Leader

ARTS AND CREATIVITY
Lake Mac Artist and Creator
Lake Mac Arts Leader

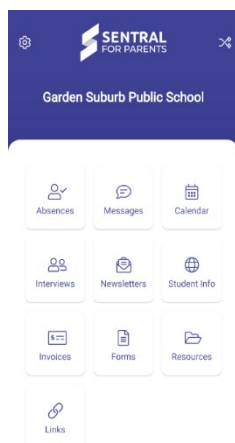
lakemac.com.au/lake-mac-awards
4921 0333 @ COUNCIL@LAKEMAC.NSW.GOV.AU

2023

COMMUNICATION

Please use the following forms of communication with the school to stay up to date

Sentral Parent Portal App



The school uses the Sentral Parent Portal app to communicate all school updates, newsletters, permission notes and fundraising opportunities with our parent community. Parents can also submit absence requests, check the school calendar for upcoming events and message the class teacher.

All new parents and carers to the school should have received a welcome email with instructions on how to register and your access key. If you don't have an access key, please let the office know. Parents can have multiple access keys for each parent to stay up to date on what's happening in the school.

QuickCliq

Canteen and Uniforms orders can be purchased online through the website QuickCliq. Parents are encouraged to register an account, add their students details to the account and purchase credit through the website. For detailed instructions please see '[How to](#)' guide.



Website

Information regarding the school's policies, planning, reporting, expectations, P&C and so much more can be found on our [website](#). All parent payments and enrolment applications are made online using the quick link tabs along the top of the home page.

Facebook



The school has a Facebook page where you can find information on student successes, good news stories and community information. Our school Facebook page can be found by searching 'Garden Suburb Public School' on Facebook.

NSW School Updates app

The NSW School Updates App has the ability for parents and carers with children in multiple schools to receive newsletters and updates within the same app and receive push notifications on their phones when newsletters and events are posted by the school. Information feeds are filtered by school year are customised for parents and carers and includes direct contact line details to the school.

P&C



Uniform Shop

Uniforms can be purchased through the QuickCliq system, or by returning a form to the school with cash or direct deposit details. Uniforms will be sent home with the selected student unless otherwise advised in the order.



GARDEN SUBURB PUBLIC SCHOOL P&C UNIFORM SHOP

DID YOU KNOW ?



The Uniform Shop sells...

Available Thursdays at School, on Quickcliq or enquire at the School Office
PLUS CHECKOUT THE SECOND HAND OPTIONS - MOST ITEMS AVAILABLE FOR \$21
Just a reminder our uniform includes Black Shoes and White Socks

Canteen News

We need more canteen helpers!

Please contact the office if you have any spare time to help.

Community Notices



Garden Suburb Jumping Jellybeans

Garden Suburb Jumping Jellybeans Playgroup is located right next to the school, within the Garden Suburb Community Hall (No. 2A Prospect Rd, Garden Suburb).

Jumping Jellybeans welcomes all parents and carers with children up to 6 years old. The newly renovated Hall has a large play area indoors with a kitchen, lots of toys and equipment to play with, and a small, grassed area used for outdoor play.

Playgroup is all about creative and unstructured learning through play, which is essential to children's development, as it helps them explore and understand their world. Sessions are lightly structured as informal gatherings where babies, toddlers and preschool-aged children along with their parents or carers come together in a relaxed and friendly environment to connect, play and learn.

We meet on Tuesdays during school term at 9:30am. Fees are \$40 for the term or \$5 per casual session.

Please send us an email before attending at jumpingjellybeansplaygroup@gmail.com or contact Catie on 0427 356 193 (SMS preferred).

**TO SECURE YOUR CHILDS PLACE
REGISTRATION & PRE-PAYMENT ARE ESSENTIAL
Limited number of places available
NO REGISTRATIONS WILL BE TAKEN ON THE DAY**

PAID REGISTRATIONS due by 1st Dec 2022

Child's Name:

AGE: PHONE:

ADDRESS:

.....

Allergies/Medical Conditions:.....

Special Dietary Condition:.....

Physical Activities: YES / NO (please circle)

Activities in the Park: YES / NO (please circle)

Permission for Photos: YES / NO (please circle)

Payment Enclosed \$ _____ Donation \$ _____

(Cheques payable to "Charlestown U.C. Just Kids")

Emergency Contact:

Name:

Phone/Mobile:

I give permission for my child
to attend the Kid's Fun Club at the Charlestown
Uniting Church. I understand that all care will be
taken, and I give permission for medical help to be
obtained in case of an emergency.

My child will be picked up / will go home on their own.

Signed: Date:



Charlestown Uniting Church
Milson St. Charlestown

Kid's Fun Club Advent Workshop

Wednesday 7th December, 2022

(Children in Years K - 6)

4pm - 7.30pm

At Charlestown Uniting Church
26 Milson St, Charlestown

Cost \$10 per child or Family \$20.
(includes Dinner & Craft)

Registrations & payment essential by 1/12/22

All enquires please phone:
4944 7826 - Laraine
OR 0409445933 - Cathy

Post form & payment to:-
Charlestown Uniting Church
P O Box 449
Charlestown. 2290

Office Opening Hours:
Wed, 9am-2pm

Tear along dotted line & keep for your information



Importance of sleep for growing kids

Did you know that primary school-aged children need between 9 - 11 hours of sleep every night?

Poor sleep quality and insufficient sleep has been associated with a range of physical and mental health problems that can impact on a child's health and development.

Here's some sleep tips to help make sure your kids are getting their zzz's...

- Have a consistent sleep schedule and bedtime routine to help your child relax and wind down each night.
- Switch off all screens (TV, tablets, computers, phones) an hour before bed, and no screens in the bedroom!
- Encourage daily exercise and time outdoors to promote good sleep.
- Make sure your child is getting plenty of physical activity throughout the day.



HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>

Developed by Hunter New England LHD

