

Term 1 Week 5

25 February 2021

# Newsletter

## Principal's Report

### 2021 Diary Dates

#### Term 1

##### Week 6

05.03.21 Zone Swimming Carnival

##### Week 8

15.03.21- SCU Swimming Program

19.03.21

16.03.21 P&C Meeting

##### Week 9

22.03.21-

26.03.21 Year 2 Swimming Program

Dear Parents and Carers,

#### **So nice to see you face to face**

This week our school community came together in support of student learning and wellbeing through our Meet the Teacher interviews. It was wonderful to be able to welcome our parents and carers onsite for these individual, COVID safe meetings. Parents and teachers alike have reported how beneficial and positive they found these meetings. Strong partnerships between school and home directly enhance every child's school experience. Thank you for making the time to speak with your child's teacher and share your knowledge about your child. A sincere thank you to our dedicated teaching staff who gave up time with their own families to enable these interviews to happen.

#### **Congratulations to Bespoke Canteen**

If your child has purchased something from our school canteen, it will come as no surprise that Bespoke Canteen has convincingly met the high standards of The NSW Healthy School Canteen Strategy. They are open everyday with delicious and healthy treats for recess and lunch. Orders may be placed online via School 24. Orders across the counter must be made by 9.15am.

#### **Asquith PS Swimming Carnival**

Last week, our students in Year 3-6 (and some Year 2 students) enjoyed a successful day at Knox swimming pool. All students are to be commended on their responsible and respectful behaviour. Thank you to our team of Stage Three teachers (Ms Crawford, Mrs Elmes, Mr Goldie and Mrs McIntosh) for organising such a successful event.

#### **Second STEP**

This month, our schoolwide theme is our school as a welcoming place where every student feels like he or she belongs. We'll be reminding students to welcome others and act and speak in safe, respectful, and responsible ways. In addition, we'll be reminding students of our school rules.

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## Principal's Report Continued

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We have also begun teaching the *Second Step* program, which includes lessons that support these behaviours.

Support your child at home in welcoming others and acting and speaking in safe, respectful, and responsible ways. Please tell your child's teacher if you have questions about specific ways you can help your child with these behaviours at home.

### School Improvements

Over the holidays the school purchased new furniture for five classrooms. The new flexible furniture provides opportunity for collaborative learning and explicit teaching. All desks are light-weight with wheels to easily transform the space to match the teaching mode being used. Once again Asquith PS is using its resources to target best practice in teaching. You will see some of the new furniture in the photos below.

### Reading and Writing Every Day

Initialit is now happening in every Kinder, Year 1 and Year 2 class, for every student, every day at Asquith PS. We prioritise quality teaching and excellence in learning. In our quest to provide the best teaching and learning for our students, we use robust research and teaching practices that are proven to significantly improve student learning.

Initialit is an evidence-based, whole class literacy program that provides all children with the essential core knowledge and strong foundations to become successful readers and writers.

So, what does an Initialit lesson look like in the classroom?



## Principal's Report Continued



**Karan McDonnell**  
Principal

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## School News

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### Scripture and Ethics 2021

Scripture and Ethics classes have commenced for 2021. All classes run from 8:55-9:25 every Wednesday morning. Scripture classes are taught by authorised volunteers from churches in our local area. Ethics teachers have training through the Primary Ethics organisation.

All groups are supervised by an Asquith PS teacher.

We currently have the following groups running.

Protestant Scripture K,1,2,3,4,5,6

Catholic Scripture K, 1-2, 3-4, 5-6

Baha'i Scripture K-6

Ethics 3, 4

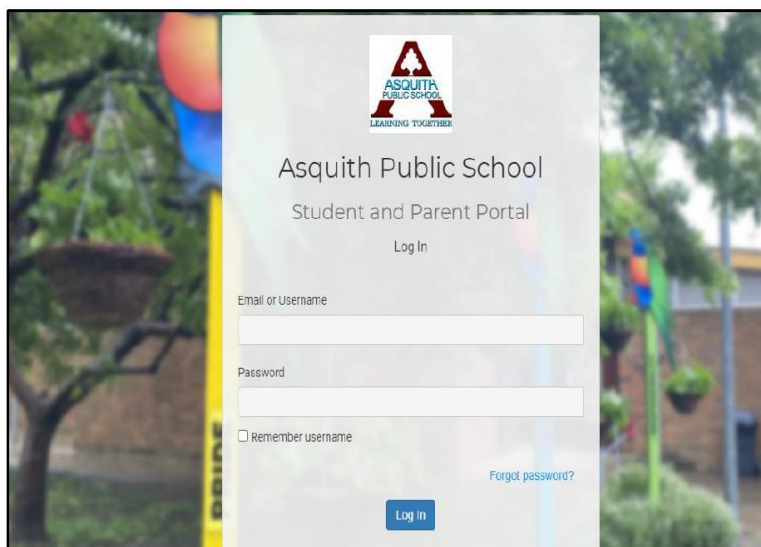
All students not enrolled in a Scripture or Ethics class attend a Non-Scripture group where they are supervised by an Asquith PS teacher.

If you are interested in training as an Ethics teacher or have any questions regarding Scripture you are welcome to contact Mrs Carlos via the school office.

**Ruth Carlos**

Scripture Coordinator

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## Parent Portal Update

It has been encouraging to see so many parents signing up and using the Sentral Parent Portal. This will replace Skoolbag as our way to contact and interact for a range of functions. We are currently using it to communicate via the Newsfeed and book Interviews. The Skoolbag app will continue to be used for the next 3 weeks (until Friday 19<sup>th</sup> March).


During this time, we will endeavour to publish messages to both platforms. The school newsletter will also be published on both platforms. Stay tuned for more information regarding using the Sentral Parent Portal. If you have questions or are having trouble accessing the Portal you can find some information and FAQs <https://www.sentral.com.au/parents> .


Please note that we will not be using the Parent Portal for payments. We will continue to use the current payment/ accounting system.

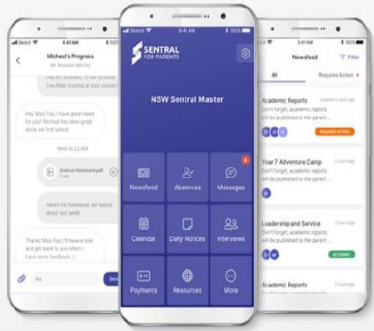
You are welcome to contact the school office if you require assistance.

### Download the Sentral for Parents app

The Sentral for Parents app allows you to monitor your child's school journey simply and efficiently. You will find numerous smart features that help streamline your day. Receive messages and notifications from teachers, report absences, make payments for school activities and more. The Sentral for Parents app helps you stay connected and informed about your child's education.

 GET IT ON Google Play

 Download on the App Store





Please make sure you log onto [Secondstep.org](http://Secondstep.org) with the following activation coded to watch videos about Second Step and get information about what your child is learning to help them get along with others.

Kindergarten - SSPK FAMI LY70

Year 1 SSP1 FAMI LY71

Year 2 SSP2 FAMI LY72

Year 3 SSP3 FAMI LY73

Year 4 SSP4 FAMI LY74

Year 5 SSP5 FAMI LY75

Year 6 SSP6 FAMI LY12

SCU SSPE FAMI LY68

Regards

Renee Tinacci

# Tips for Staying on Track



## Taking Care of Yourself



(02) 9887 5886

### Self-Care is important.

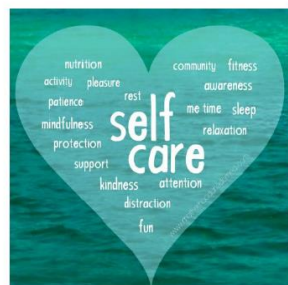
There is simply no way to be a patient and calm parent if you are not looking after yourself.

To be available to meet our children's needs we need to make sure we're feeling emotionally and physically well. But let's face it, many of us live with constant stress, which means we're often running on empty. It's understandable that we might lose patience with our children, and possibly feel even worse.

*So how can we stay in a positive state more often?*

It starts with finding ways to **nurture and nourish ourselves**, so we can stay more centred. We need to put taking care of ourselves high up on our priority list and begin showing ourselves love and appreciation. You can start by finding small moments in your day to pause and label as self-care (e.g. spending an extra minute or two in the shower, or drinking your morning coffee outside).

**Why? Because you deserve it!**



Nurture yourself as you would your beloved child or best friend.

- ▼ Stay connected with family and friends
- ▼ Maintain healthy sleep and eating patterns
  - ▼ Exercise
- ▼ Take time out for yourself to recharge your batteries.
- ▼ Don't postpone joy—have some fun!

# Activities to try at Home



## Develop a guilt-free self-care plan:

- ♥ Set aside guilt-free time for self-care. Guilt-free because you are doing it to be a better parent.
- ♥ Be prepared—have a list of things you enjoy. Think of activities that are both activating (e.g. exercise) and calming (e.g. reading).
- ♥ Make time each day to do a simple activity you enjoy. Even setting aside 5-10 minutes a day will make a difference!
- ♥ Consistency is important— set a daily reminder alarm on your phone.
- ♥ You will get more recharge if you focus on one thing at a time. That means no Facebook, diary checking, or dinner planning!
- ♥ Once you have developed your own self-care plan, you can help your children learn what activities recharge their batteries.

**Self-care is anything you do that helps to maintain your physical, mental, or emotional health. We all have different ways to recharge—it is a matter of finding what works for you and prioritising the time to do it.**

## Resources:

The following websites have some great information on self-care strategies for parents:

<https://au.reachout.com/articles/6-strategies-for-self-care>

<https://raisingchildren.net.au/grown-ups/looking-after-yourself/parenting/looking-after-yourself>

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/self-care-support-for-parents-caregiver-14>

<https://education.nsw.gov.au/parents-and-carers/parent-and-carers-toolkit/self-care-tips-for-parents>





# Swimming Carnival 2021

On the 11<sup>th</sup> February, we were able to hold our annual school swimming carnival at Knox Grammar School. Students were able to participate in the 50 metres freestyle, breaststroke, backstroke and butterfly. Our new House Captains led their House teams in silent cheers and developed new ways to support their team mates without shouting. We even managed a Mexican wave led by Mrs McDonnell. Thank you to the staff for whom it is a long day, and thank you to the students who participated, cheered (silently), and upheld our school values on the day.





Dear Parents, Carers and Students.

The Conservatorium High School would like to inform your talented music students that:

## **AUDITIONS ARE NOW OPEN FOR 2022**

Application to AUDITION for Con High entering 2022 are now open.

Go to <https://conhigh.nsw.edu.au/2022-entry-application/>

ADMISSIONS tab then 2022 EXPRESSION OF INTEREST

Closing date for registration is 25<sup>th</sup> June 2021.

Auditions begin 9<sup>th</sup> August 2021.



# Advertising



Oakhill  
COLLEGE



**Open Day**  
*Sunday 7th March 2021*

10.00AM - 2.00PM

423-513 Old Northern Rd, Castle Hill NSW 2154  
oakhill.nsw.edu.au | 9899 2288

*Booking essential. Check the website for any possible COVID-19 variations.*

Feet on the ground. Aiming for the stars.



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**Learn Hip Hop, Tap, Lyrical, Acro  
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**New Ballet Classes in 2021!**

**CONTACT US**

**0408 473 803**  
**Jan@BelcastroDance.com**

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EMOTIONAL  
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## Cool Kids – Taking Control

Does your child experience bullying and anxiety?  
Are they aged between 7 and 12?  
They could be eligible for our research trial.

For more information, email [takingcontrol@mq.edu.au](mailto:takingcontrol@mq.edu.au) or  
visit [www.coolkidstakingcontrol.com.au](http://www.coolkidstakingcontrol.com.au)

# Advertising

## Play Junior League



Register now @ [playrugbyleague.com](http://playrugbyleague.com)

[www.asquithmagpies.com.au](http://www.asquithmagpies.com.au)



**Minis: U6 - U8's**  
**Mods: U9 - U12's**

**International:**  
**Boys — U13 - U23's**  
**Girl's Tackle — U14, 16 & 18's**

**Low Registration Fees include:**  
 Jersey, shorts, socks, training gear plus more for only \$50 with use of the Active Kids Voucher.

**Family Discounts & Early Bird Rates available**

Join your local Family Friendly Club



**U6&U7  
REGO \$100**

USE ACTIVE  
KIDS VOUCHER



**REGO  
OPEN  
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WINTER SEASON FOOTBALL TRAINING NIGHTS TUE /WED/THU

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5 - 18 YEARS

WE TAKE CREATIVE KIDS VOUCHERS



**MARIAN ST  
THEATRE  
FOR YOUNG  
PEOPLE**

## Ku-Ring-Gai Kangaroos Basketball Club



**Sign! Up Now**

### New Season starting soon

Monday	Tuesday	Wednesday	Thursday	Friday
Year 1/2 Boys	Year 3/4 Girls	Year 3/4 Boys	Year 7/8 Boys	U/21 Men
Year 1/2 Girls	Year 5/6 Girls	Year 5/6 Boys	Year 7/8 Girls	
Year 9/10/11 Girls	Year 9/10 Boys			
Open Women				

[www.kkbc.com.au](http://www.kkbc.com.au)  
 Contact David on 0409-231914  
[Kuringgaibasketball@gmail.com](mailto:Kuringgaibasketball@gmail.com)



**St Edmund's College**  
EXCELLENCE IN SPECIAL EDUCATION



Building  
Greater  
Independence

**Virtual Open Evening** | **TUESDAY**  
**9TH MARCH**  
 6.30PM - 7.30PM

Our information session will be held this year via Zoom. Small College tours will then be scheduled during Term 1.

Please contact Mrs Jackie Reilly, Registrar on [reilly@stedmunds.nsw.edu.au](mailto:reilly@stedmunds.nsw.edu.au) or 9487 1044 for Zoom registration and details on how to book a College tour.

[www.stedmunds.nsw.edu.au](http://www.stedmunds.nsw.edu.au)

60 Burns Rd Wahroonga

A CATHOLIC SECONDARY SCHOOL IN THE EDMUND RICE TRADITION

# Advertising

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**HAVE A BLAST!**

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NDCC/ Blowfly Cricket Inclusion Centre  
Wednesdays 4-5pm @ Mark Taylor Oval, Waitara from 27/1/21  
Perfect for children living with a disability aged 5-12!  
Contact [daniel.anderson@cricketnsw.com.au](mailto:daniel.anderson@cricketnsw.com.au) or 0478 283 654  
to receive FREE registration for your child!

\*BASED ON PROGRAM RRP OF \$99. MORE INFO AT SERVICE.NSW.GOV.AU/ACTIVEKIDS

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OFFICIAL KIDS PROGRAM

**Woolworths CRICKET BLAST**

**HAVE A BLAST. BE PART OF THE CREW!**

Get into Woolworths Cricket Blast. It's a fun and all-inclusive program for kids with a disability – whether it's your first time with a bat or you're a backyard cricket star!

- ✓ It's easy to join a crew and make awesome new friends.
- ✓ Wear the colours of your Big Bash heroes.
- ✓ Parents warm up, you can join in too!

**JUNIOR BLASTERS**  
AGES 5-12 | 60 MINS | 6+ WEEKS

Learn new skills, including catching, throwing and teamwork, through fun game based activities.

Sign up now for your Starter Pack. Returning Junior Blasters score a Returner Pack with backpack and choice of bonus item!




**MASTER BLASTERS**  
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Everyone gets a chance to bat, bowl and field in short, modified games of cricket. For kids with basic cricket skills.

Sign up now for your Master Blasters Pack!



**YOU COULD PLAY WOOLWORTHS CRICKET BLAST FOR FREE!**


Thanks to the NSW Government, every student (K-12) is entitled to 2x\$100 Active Kids vouchers each calendar year. Remember to use your voucher when you sign up at [playcricket.com.au](http://playcricket.com.au)

Blowfly/NDCC Cricket Inclusion Junior Blasters Centre  
Wednesdays 4-5pm @ Mark Taylor Oval - Term 1  
Contact [daniel.anderson@cricketnsw.com.au](mailto:daniel.anderson@cricketnsw.com.au)  
to receive your FREE registration  
Perfect for young children living with a disability!

\*BASED ON PROGRAM RRP OF \$99. MORE INFO AT SERVICE.NSW.GOV.AU/ACTIVEKIDS

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OFFICIAL KIDS PROGRAM



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**IGNITE YOUR PASSION!**

**Hornsby Berowra Eagles Auskick**  
Rofe Park, Hornsby Heights

Sundays 8:30 - 9:30am (during majority of terms 2 & 3)  
Auskick is for girls & boys aged 4 - 8 (born 2013 - 2016)  
[auskick@hornsbyberowraeagles.com](mailto:auskick@hornsbyberowraeagles.com) for more info

Register at [play.afl/auskick](http://play.afl/auskick)

**O'Grady DRAMA ACADEMY**  
*"Act. Create. Communicate"*  
*"Drama develops kids!"*

**WHY DO DRAMA?**

Drama helps to increase your confidence, self-esteem & verbal communication. You will then feel comfortable talking to your friends and grown-ups and when asked to present news or public speaking at school.

Drama is loads of fun & will enable you to stand up, make good eye contact & be heard.

**Enrolling 2021**  
Venue  
St. John's Asquith  
6 Royston Parade, Asquith (Opposite St. Patrick's Primary)  
3.45pm - 4.45pm.



For further information on drama classes please call  
Louise Gardiner Ph: 9875 3139 M: 0410 700 272  
Email: [louise.drama@gmail.com](mailto:louise.drama@gmail.com)