

Newsletter

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Newsletter No. 1

Term 1 Week 2

4th February 2020

Welcome to Deepwater PS for 2020

Welcome to our new kindergarten students Torah and Shaikayla and their families. Also welcome back to our returning students and families. Students settled into familiar school processes last week and will continue to do this over the next few weeks as we get into our classroom routines. Last week students took home a welcome back note that summarised a few important points and days.

Staff Development Day

At the staff development day last Tuesday staff were updated on our Code of Conduct and Child Protection policy and procedures.

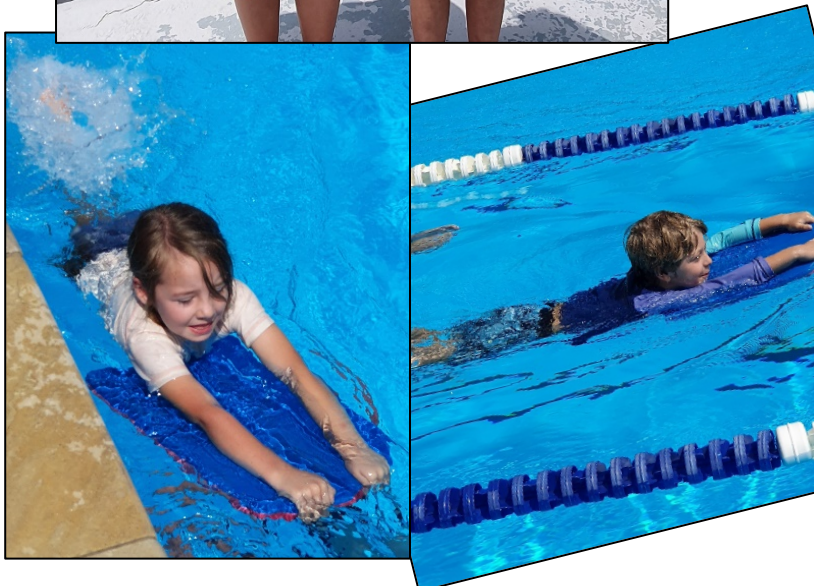


Swimming Carnival

Congratulations to all students who competed and placed at the Small Schools Swimming Carnival last Friday in Tenterfield. All students were well behaved and participated in most events. Their participation paid off because DPS won the Swimming Shield. Fantastic effort DPS!

Thank you to Mrs Sloman for all her help on the day. Notes will be sent home soon to those students who qualified to attend the District Carnival to be held in Glen Innes on 14th February 2020.

Special congratulations to Kayd and Willow for receiving Junior Boy and Girl Champion.



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	3 Feb Parent Teacher meetings	4 Feb Parent Teacher meetings	5 Feb Parent Teacher Meetings Happy Harold visit	6 Feb Library	7 Feb Swimming for sport
Week 3	10 Feb Parent Teacher meetings	11 Feb Parent Teacher meetings School Photo Day	12 Feb	13 Feb Library	14 Feb Swimming for sport
Week 4	17 Feb	18 Feb P & C meeting	19 Feb Soccer Day	20 Feb Library	21 Feb Swimming for Sport Scripture

Daily Fitness and Sport

This term we are experimenting with placing daily fitness in the morning between 8:45am and 9 am. Sport will now be on Fridays this term due to swimming. Emmaville Central School has kindly asked if we would like to join them for swimming for sport on Fridays for Term 1 (weather permitting). Permission notes were sent home today. Soccer day at Emmaville Central School on 19th Feb. Note will be sent home soon.

Important DPS Information Booklet

Today families are receiving an **up to date** copy of the Information Booklet. Please read this carefully as it explains all whole school practices, processes and expectations. It contains important information which will help all families transition and settle into the school.

School Community Charter

Ms Carr would like to remind all parents and community members about the School Community Charter. This charter summarises the expected behaviours for whole school community engagement. If staff observe parents or community members breaching this charter staff have the authority and legal right to enforce the Inclosed Lands Act, which will result in police involvement and restricted access to the school grounds. The School Community Charter is attached for your information.

Deepwater PS Behaviour Expectations

During the first day of school students refined their whole school expectations that they created last year. These are for all school members (students, staff, parents and visitors). These will be published and placed around the school.

School Photo Day

Photo day this year is next **Tuesday 12th February**. Order envelopes have been sent home and there are family order envelopes at the office if required. Please return your envelopes with the correct money by Tuesday morning.

Healthy Harold

The Life Education Van will be visiting Deepwater Public School tomorrow Wednesday 5th February.

Healthy Kids Bus Stop

This is a great service for 3 – 5 year old children. See attached information.

Student Banking

If you are interested in student banking, contact the office. Student banking is on Tuesdays.

Office Hours for 2020

The office will be open Monday, Tuesday, Thursday and Friday from 8.30am to 3.30pm.

Closed Wednesday.

Lunch boxes

It is a great time of the year to start and maintain packing a healthy and fresh lunch box. There is a fridge available for students to place their lunch boxes in to keep their food fresh.

Canteen

There will be no canteen until the P&C hold their AGM and make a decision for 2020.



Awards

Principal Award to Alex – for bravery during swimming at the carnival.

BE ALLERGY AWARE

Please minimise packing foods containing any peanuts/nuts **this includes peanut butter and nutella sandwiches** due to the risk of students suffering a severe allergic reaction.

Good for Kids good for life

PACKING AN EVERYDAY LUNCHBOX

Packing an everyday lunchbox does not have to contain fancy ingredients.

Make packing an everyday lunchbox easy by adding:

- **Crunch and Sip®:** 1 serve of fruit or vegetables
- **Recess:** 1 serve of fruit or vegetables + 1-2 everyday snacks e.g. rice crackers, yoghurt
- **Lunch:** Sandwich/wrap/roll or leftovers containing everyday ingredients e.g. pasta, fried rice
- **Drink:** Water and/or reduced fat plain milk
- Don't forget to add an **ice brick** to keep the food cool and safe

See our everyday lunchboxes below for ideas.



Crunch & Sip®: Capsicum sticks
Recess: Mini rice cakes, banana
Lunch: Multigrain wrap with chicken, cheese, carrot and lettuce
Drink: Water



Crunch & Sip®: Cherry tomatoes
Recess: Rice crackers, cucumber sticks and hummus
Lunch: Raisin bread sandwich with banana
Drink: Water, reduced fat plain milk



Crunch & Sip®: Carrot sticks
Recess: Yoghurt, grapes
Lunch: Whole meal sandwich with tuna, tomato and lettuce
Drink: Water

Whilst brands may be depicted in these images, Good for Kids has no affiliation and does not endorse any specific food brand.



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



Deepwater P & C Association Inc.

General Meeting – 18th February 2020 at 3.00 pm

AGM Meeting – 12th March 2020 @ 3:15pm

A General Meeting will follow the AGM.

All new school families and anyone interested from the Deepwater Community are invited to attend or join the Deepwater Public School P & C Association General committee and AGM meetings. Financial member fee of \$2 will be due @ AGM.

School Community Charter

 **Collaborative. Respectful. Communication.**

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

We treat
each other
with
respect

What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 - 2022.



Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- To be welcomed into our schools to work in partnership to promote student learning.
- Communication from school staff will be timely, polite and informative.
- Professional relationships with school staff are based on transparency, honesty and mutual respect.
- To be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We
prioritise
the wellbeing
of all students
and staff

**Unsafe
behaviour**
is not acceptable
in our schools

We work
together
with the
school

Ensuring respectful learning environments for all members of NSW Public Schools communities.



We create
collaborative
learning
environments

We
all play
our part

We work
in partnership
to promote
student
learning

Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process:

education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students

Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



Collaborative.
Respectful.
Communication.

School Community Charter

education.nsw.gov.au



ABOUT THE HEALTHY KIDS BUS STOP

Overview of the Healthy Kids Bus Stop

The Healthy Kids Bus Stop is a free developmental screening program for 3-5 year olds. The aim of the program is to improve the health and well-being of children living in rural and remote communities through early detection of lifestyle risk factors, delayed development, and/or illness. Additionally, it provides a fantastic opportunity to introduce guidance for healthy lifestyles, discuss early intervention strategies and identify any potential issues with school readiness.

The Healthy Kids Bus Stop delivers a comprehensive health assessment in line with the NSW Health *‘Child Personal Health Record’ (Blue Book)*. The health assessment is undertaken by a multidisciplinary team of nursing and allied health staff from Royal Far West, the Local Health District, the Primary Health Network, Aboriginal Health Service and other local health service providers.

During the Healthy Kids Bus Stop

The program is designed to be a fun and interactive health program where children progress through bus stops or ‘health stations’, hopping on and off at each station in order to complete their health assessment. Children receive a bus pass stamp at each station along the way. Health stations typically include (but can vary from location to location):

- Health Assessment
- Oral Health
- Hearing
- Dietetics
- Speech
- Fine and gross motor skill development
- Health Promotion

Between health stations children are engaged in free or directed play, whilst parents or carers are provided with the opportunity to consult further with the multi-disciplinary team of health professionals or collect health promotion material of interest. When all stations have been attended, children are rewarded with a ‘show bag’ containing goods to support their health and development.

After the Healthy Kids Bus Stop

At the conclusion of the Healthy Kids Bus Stop, a multidisciplinary case conference is undertaken where each child’s health assessment is reviewed and used to develop a coordinated referral pathway. The pathway includes the child’s local GP and Child and Family Health Nurse as key referral points, with Royal Far West, the Local Health District, Aboriginal Health Service, the Primary Health Network and other local services supporting the child’s identified health needs.

Families are then contacted periodically over the next 12 months to see how they are going accessing services and to provide any assistance necessary.





*Royal Far West, in partnership with the
Hunter New England Local Health District, with support from the
Mary Alice Foundation and Ronald McDonald House Charities, brings you the*

GLEN INNES HEALTHY KIDS BUS STOP

25-27 February 2020

WHAT IS THE HEALTHY KIDS BUS STOP?

The Healthy Kids Bus Stop is a **FREE** child health check and pathway to care program for children aged 3-5 years old. The program includes:

- ☒ A comprehensive child health check
- ☒ Hearing check
- ☒ Vision check
- ☒ Fine and gross motor skill assessment
- ☒ Speech assessment
- ☒ Food and Nutritional assessment

HOW DO I BOOK MY CHILD IN?

Registrations are essential. Please ask your local preschool or school for a form or fill in the online form by Googling "Healthy Kids Bus Stop" or call Royal Far West on **02 8966 8557**.

As this is a comprehensive health check please allow up to 2.5 hours for appointments.

WHY ARE HEALTH CHECKS IMPORTANT?

Regular health checks keep kids healthy. Health checks will identify lifestyle, development or illness-related issues and will help your child be healthy and fit and ready to learn when they start school.

WHERE WILL IT BE HELD?

Glen Innes Public School,
171 Church Street, Glen Innes, NSW

Entry via Cameron's Lane

WHAT DO I NEED TO BRING?

- ☒ Your child's Blue Book
- ☒ Your child's hat
- ☒ Your child's drink bottle
- ☒ Snacks for your child



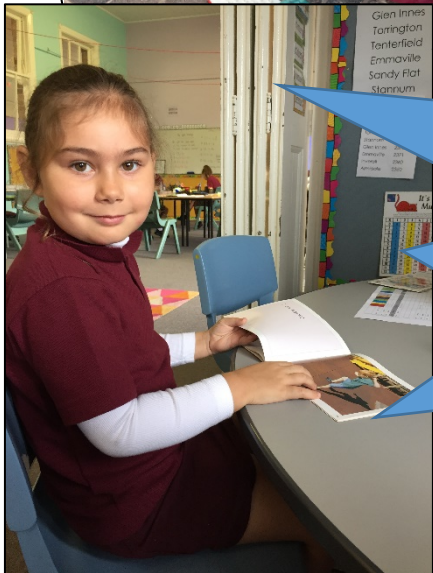
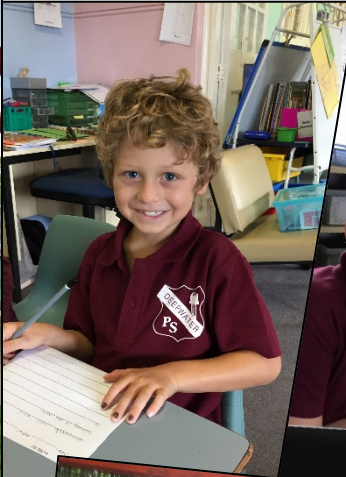
Health
Hunter New England
Local Health District



Royal Far West
Children's health, country-wide



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Tenterfield
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Sandy Flat
Stannum

