

**A NUT AWARE SCHOOL****Term 4, Week 4**  
November 2022**Term 4 Week 4****Every Tuesday**

12:20 - 12:50 Scripture

**Every Friday**PSSA  
0915 - 1130**Monday 9 November**Kindergarten Excursion  
Calmsley Hill City FarmDental Van onsite  
for 2 weeks**Tuesday 29 November**Year 7 High  
School Orientation**Thursday 8 December**Stage 3 presentation Day  
Year 6 GraduationYear 6 Formal  
Liverpool Catholic Club**Tuesday 13 December**Year 6  
Zone bowling, Villawood**Student Break Times**Recess  
K-6 11am - 11.30amLunch  
K - 2 1pm - 1.30pm  
3 - 6 1.30pm - 2pmPlease collect students  
outside of these times as  
it is difficult to find children  
on the playground**Payments Due****PSSA**

Final Payment Due: 29 Nov

**Principal's Message*****Welcome to Term 4, Week 4***

Welcome to Term 4. It is lovely to see the sunshine.

**Grandparents Day**

Last week we invited our Grandparents to visit our school and take part in flying paper airplanes as well as having a picnic lunch with their grandchild. It was wonderful to see everyone having fun and enjoying the sunshine. So many families thanked the school for such a wonderful event.

**P&C Meeting**

The P&C meeting will be held on Tuesday 8 November at 3:15pm. We would love as many people as possible to attend. It is a fabulous way to hear how the P&C are supporting our school as well as what is happening at the school. Please meet at the office by 3:15pm to be part of the meeting.

**Kindergarten Transition**

Over the last 2 weeks we held our Kindergarten transition. It was wonderful to see so many happy faces looking forward to starting kindy in 2023. Students were so excited to be at BIG school.

**Enrolments**

As a school we are over our enrolment cap. We accept students who are in area for our school. If families are "out of area" then an out of area application needs to be completed online which is found on the school website. If enrolling "out of area" having siblings at our school does not automatically mean they will be accepted. At the moment if the sibling is in Year 5 or 6 in 2023 we are not accepting siblings for kindergarten or any other grades. We are following the Department of Education Enrolment policy.

**Selective High School Applications**

If your child is in Year 5 and you are looking for a Selective High School in 2024 applications are now open. Information has been sent to all Year 5 parents by email. Please contact the office if you have not received the email. Applications close 16 November.

## Principal's Message

### Reminder-Supervision Before School

Supervision starts at 8:30am when the gates are open. I understand that many parents may have commitments at work which require them to start early. There is a Before and After school Care service available and they operate in our school hall from 7am every morning. Please see our website for details. As an alternative you may be able to make arrangements with friends or neighbours for the supervision of your child in the morning.

Whatever arrangements you make, you need to understand that you remain responsible for the supervision of your children before 8:30am. I ask that you do not leave your child at the school gates before 8:30am especially since they are waiting near the road unsupervised.

### Contact details

Are your contact details up to date? If anything has changed, please contact the office and update your details eg address, phone number or email address. It is important for us to be able to contact families especially if it is a medical concern.

### School Dates

Last day of term 4 - Friday 16 December 2022



**Karen Goulder**  
**Relieving Principal**

# From the desk of Parliament

Within only 4 weeks Casula Public School has started off to an amazing start. We've seen fundraisers and incursions and as we are enjoying this term as it is, there is still so much more that is expected to come!



## The Sausage Sizzle

On the 20th of September 2022, Year 6 hosted a sausage sizzle to help raise money for their formal. Students from parliament along with students from 6M helped by serving the chosen food to students all across the school. The cost ranged from \$3-5 for both beef and chicken options. Next to these options students were also sold a healthy choice of a popper. We would like to thank all students and teachers for their help during this event! We raised just over \$1500!! Thank you!



## Grandparents Day



On the 24th of October 2022 CPS invited parents and grandparents to enter school grounds between the hours of 1pm to 2pm. As well as that students took part in a paper airplane competition to see whose paper plane could stay in the air the longest and go further than any of the others. These events all happened at the same time so students could compete with their parents as a team. We as a school hope you all enjoyed your time spent at Casula Public School!



## Camp Quality



On the 27th of October our school brought in camp quality with open arms. Camp Quality came to our school to help all students understand more about children with cancer and how it affects family and friends around them. This was all demonstrated through a puppet show





## Do you have a kindergarten child enrolling in Casula Public School in 2023?

Children enrolling in 2023 must be 5 years old on or before 31 July 2023.

Please follow the below link to submit an online enrolment.

[Enrolment - Casula Public School \(nsw.gov.au\)](https://nsw.gov.au/enrolment-casula-public-school)

If you are unable to process an online enrolment, the enrolment form can be downloaded from the Department's website going to a public school.

[Going to a public school \(nsw.gov.au\)](https://nsw.gov.au/going-to-a-public-school)

# School Times

## Gate Opens

8.30am Please don't leave children prior to this time

## School Starts

9am



## RECESS

K - 6 1100am - 1130am

Please be mindful of break times when collecting children. It is quite difficult to locate a child and collect their bag while they are on the playground

## LUNCH

K - 2 1pm - 1.30pm

3 - 6 1.30pm - 2pm

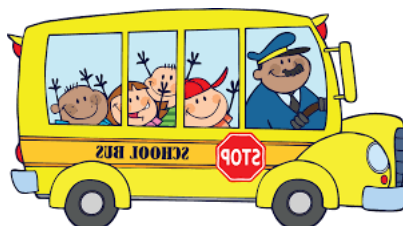


## Gate Opens

2.55pm

## School Finishes

3pm





# THANK YOU!



Casula  
Public School

FOR BOOKING  
THE CAMP QUALITY PUPPETS

AND LEARNING ABOUT  
CANCER WITH US.

Camp  Quality



# Camp Quality Puppet Show

On Monday Camp Quality visited our school with a fun and interactive show to help schools create supportive communities for any child impacted by cancer.

It focused on children who are dealing with their own diagnosis as well as how to handle the diagnosis of a sibling, mum, dad or carer.

Below are some images from the incursion.





# Grandparents Day

On Wednesday 26th Oct we welcomed our community of grandparents onsite to participate in a paper-plane throwing competition followed by a BYO picnic.

Below are some images from the day.

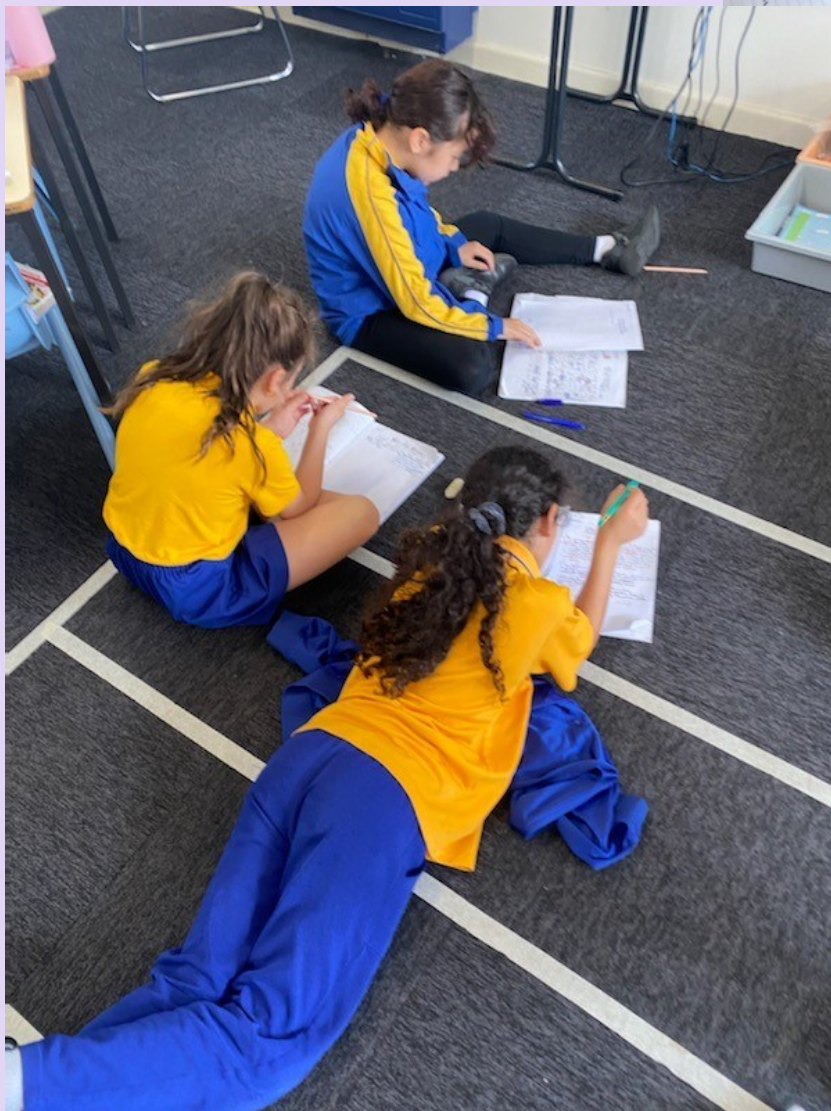








## A Room with a View Meeting 3P



3P have been learning and working on creating 'Personal Response' texts that clearly express their point of view and opinion on certain topics.

We have been reading many texts, and watching BTN news articles and learning about refugees to help form our knowledge to write a personal response to Anh Do's picture book, *The Little Refugee*.



# A Room with a View

## Meeting 4S

Wow! Term 4 sneaked up on us so quickly.

4S has been extremely busy! We have perfected our time management by completing our Morning routine and trying to finish extra daily work. We have been enjoying our combined music classes every Wednesday with 4B. After dancing last term with them, we missed them, so we combined this term again. It has been a very exciting adventure with percussion instruments.

In our Science and Technology unit, we have learned that objects move due to a push or pull force. They are conducting experiments to understand better that forces can be exerted by one object on another through direct contact or from a distance.

Daily I see our students achieving their personal best and getting closer to their individual goals. We celebrate every milestone, and we are proud of everyone who achieves their goal. So much learning is still to be accomplished. We are running to stage 3.

Go 4S, we can do it!





# School Travel

## Term 4 2022

### 2023 school travel applications are now open

Applications for student travel in 2023 open from **Monday 10 October 2022**.

Students who need a School Opal card or travel pass for 2023 can [apply](#) now. A new application will need to be submitted if they are applying for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who change address, school, campus location, have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [renew or update](#) their details before **the end of term 4**. This will ensure that schools can endorse applications, and entitlements remain valid for the start of the 2023 school year. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade (i.e. grade two to grade three), the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), we will send an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2023.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

### Travel from Term 1 2023

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for 2023 School Student Transport Scheme (SSTS) travel open at the start of Term 4 2022, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a busy period for local transport operators, and students travelling without a valid ticket make service planning and operations difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel with a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Students using School Opal cards are also reminded that they must tap on and tap off in line with the [Student code of conduct](#) and [Opal terms of use](#).



Further information can be found at [transportnsw.info/travel-info/using-public-transport/school-travel](https://transportnsw.info/travel-info/using-public-transport/school-travel)

Enquiries can be submitted at [transportnsw.info/contact-us/feedback/passes-concessions-feedback](https://transportnsw.info/contact-us/feedback/passes-concessions-feedback)

# Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

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



## Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just...

they miss days per year

**5** mins  
per day



=

**3** days



**30** mins  
per day



=

**18** days



Patterns of lateness  
can have a serious  
impact on your child's  
education.

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



# How to report serious cyberbullying

1

## Collect evidence

Screenshot the harmful content, webpage address (URL), account username.



2

## Report

Report to the online service - if they don't respond within 48 hours, report to [esafety.gov.au](https://esafety.gov.au).



3

## Prevent further contact

Use settings to ignore, mute or block the other person and check your privacy settings.



4

## Get more help

Talk to a trusted adult or a counsellor about the impact.



If you are in immediate danger or at risk of harm call **Triple Zero (000)**.

If you need to talk to someone, visit [kidshelpline.com.au](https://kidshelpline.com.au) or call them on 1800 55 1800, 24 hours a day 7 days a week.

**Serious cyberbullying** means sending or sharing harmful online content that badly upsets someone under 18. It may make them feel harassed (hassled), humiliated (embarrassed), threatened (unsafe) or intimidated (scared to do or say something).

# COVID-smart measures for schools

Information for parents, carers and students



We know that being together in the classroom is the best thing for our students' learning, growth and welfare. This term we will continue to implement several measures to allow us to prioritise both the wellbeing of our students and a consistent and productive learning environment.



## Stay home if unwell

- If your child is unwell, you must keep them at home. If they are displaying COVID-19 symptoms, they should take a COVID-19 test (PCR or RAT) and follow the advice from the NSW Government on [managing COVID-19 safely at home](#).
- Your child should only return to school when they are symptom free.



## Vaccinations

- Vaccinations for COVID-19 and other viral illnesses are one of the best ways of protecting yourself, your family and the community. Vaccination is a safe and effective way to give your immune system a helping hand against many illnesses.
- All eligible students and staff are strongly encouraged to keep up to date with their vaccinations to protect their health.
- All staff working in schools for specific purposes (SSPs) are required to be double vaccinated against COVID-19 or hold a valid medical contraindication.



## Rapid antigen testing

- Rapid antigen tests (RATs) should be used if your child is displaying COVID-19 symptoms.
- Students who test positive to COVID-19 are encouraged to notify their school and register their positive test results with [Service NSW](#) to have access to timely advice and support from NSW Health.
- Schools will maintain a reserve stock of rapid antigen tests onsite for surveillance testing purposes in the event of an outbreak.



## Hygiene and cleaning

- Students are encouraged to regularly wash their hands with soap and warm water, and to use personal protective equipment as required.
- Boosted day cleaning of schools will continue on high-touch areas and other hard surfaces, door handles, lockers, light switches and handrails in stairways.



### Ventilation

- Fresh air is the most effective form of ventilation to minimise the risk of transmission.
- During the warmer months, cooling will be used together with ventilation methods to balance thermal comfort.
- All learning spaces in government schools have been checked to ensure appropriate levels of ventilation and air purifiers have been provided where needed.
- Using outdoor spaces will continue to be encouraged where possible.



### Masks

- Mask-wearing is strongly encouraged where possible for all students, staff and visitors, particularly indoors and/or when physical distancing is not possible, and if they have been exposed to COVID-19.
- Mask-wearing is required at all times for staff, volunteers and other workers who support our students who are at greater risk of serious illness should they contract COVID-19, whether they be in schools for specific purposes (SSPs), support units or mainstream classrooms.



### Visitors

- Visitors can attend school sites regardless of their vaccination status.
- Visitors who are engaging directly with students in certain higher-risk settings for school operations and curriculum delivery and allied health partners for the wellbeing of students, may be required to wear masks.



### Activities

- Health and safety risk assessments will be integrated when planning activities, including excursions and overnight camps.
- Parents and carers will be made aware of the risk of exposure and will need to give permission for certain activities.



### Responding to local situations

- Schools will work with the department's Health, Safety and Staff Wellbeing case management team to respond appropriately to local situations, including outbreaks of viral illness.
- In some cases, schools may temporarily introduce additional measures as a 'circuit breaker', including requiring mask-wearing, postponing or limiting non-essential activities and directing cohorts to learn remotely.



### Learning remotely

- Schools continue to have access to digital, guided and printed learning resources to support students who need to learn remotely.

For more info, visit [education.nsw.gov.au/covid-19/advice-for-families](https://education.nsw.gov.au/covid-19/advice-for-families)

### Telephone interpreter service

If you need further information please call your school principal. If you need an interpreter to assist you with your enquiry please call the Telephone Interpreter Service on 131 450 and ask for an interpreter in your language. Tell the operator the phone number you want to call, and the operator will get an interpreter on the line to assist you with the conversation. You will not be charged for this service.

The NSW Government is committed to ensuring school operations continue while prioritising the safety and wellbeing of students and school staff.



## Developing healthy habits



### QUICK TIPS

The eating habits you teach your kids are likely to be the habits they stick to as adults. Meal times provide a great opportunity to demonstrate healthy eating behaviours. Children are more likely to try and like foods they see their parents or carers eating.

Here are some tips to make the most of meal times:

- Eat together as a family - Try and plan for one meal this week to eat together at the table, without any TV.
- Try a new side with an old favourite – Experiment and see which new foods your family like by adding them to meals.
- Act as a role model - When our kids see us snacking outside of mealtimes or eating less healthy food, they want to do the same. When you do snack, try and stick to healthy options like plain popcorn, fruit or wholegrain crisps with healthy dips.
- Get the family involved - Your family may be more interested in food they have chosen or been involved in preparing.

[CLICK HERE](#)

For more information or other ideas,

## Helping your children to enjoy sport



Children need physical activity to thrive. It helps support their growth, development, sleep, mood and concentration. Sport is one way to help children get fit, develop skills, make friends and learn to manage emotional highs and lows. However, some children don't like sport and that's OK. Some children want to play sport but lack the skills and confidence. Here's how to help these kids:

- When children aren't into sport, understanding why can help you work out what to do.
- Sometimes children need to try different sports to find one they like.
- Focus on effort, participation and fun - rather than on winning and losing.
- Build children's skills, encourage them and be a role model.
- Look for supportive clubs and local teams that their friends may be part of.



[For more information, click here.](#)



# Healthy Family Bulletin

## Screen time - what is the evidence?

The Australian Institute of Family Studies has written an article about the evidence around screen time. For children younger than five years, there is strong evidence that screen time has negative effects on:

- Weight,
- Motor and cognitive development,
- Social and psychological wellbeing.

For children and young people aged 5–17 years, screen time may have negative effects on:

- Weight and diet (especially from TV viewing),
- Behavioural problems, anxiety, hyperactivity, attention, self-esteem and psychosocial health.



For up-to-date guidelines, refer to the [Australian 24 hour movement guidelines](#).



For more details and references to these articles, click [here](#).



## Crunch & Sip - what to pack



### Don't forget to pack Crunch&Sip® every day...

Crunch&Sip® is a set time for children to eat vegetables or fruit and drink water in the classroom.



Packing Crunch & Sip for school each day is a great way for children to develop healthy habits from a young age.

If your child's school participates in Crunch & Sip make sure to pack a bottle filled with water and vegetables or fruit every day. Vegetables or fruit provided to children should be easy-to-eat, such as carrot or celery sticks, a small apple, cherry tomatoes, banana, snow peas or strawberries.

For more information, click [here](#).





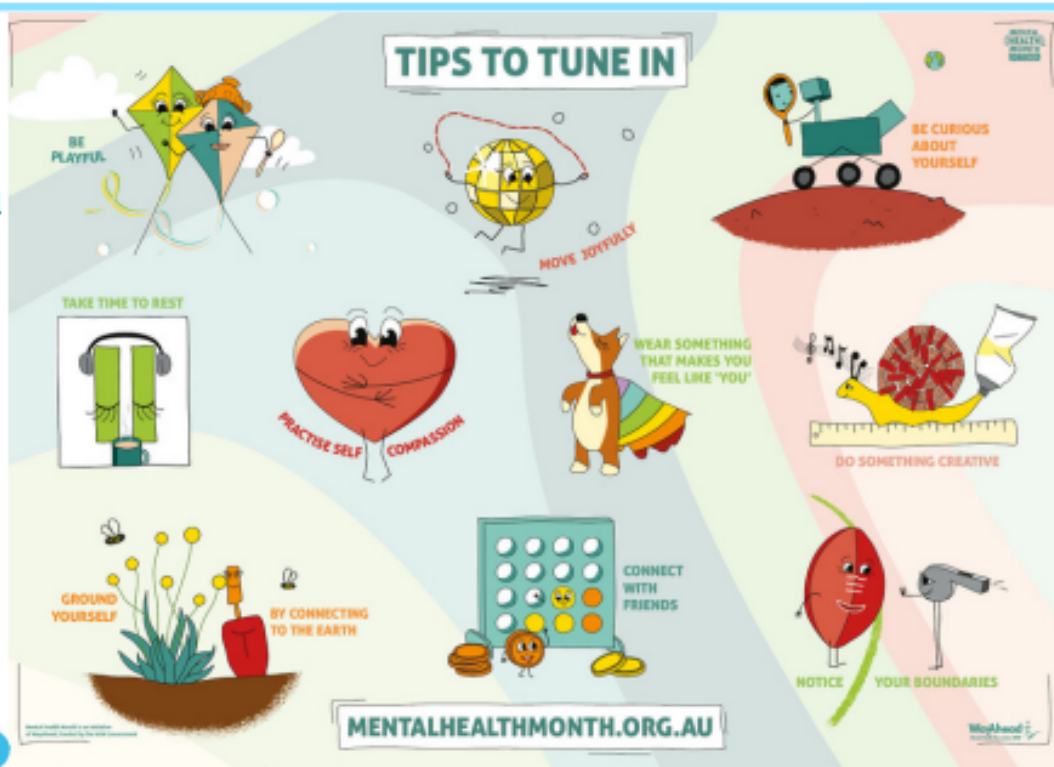
# South Western Sydney Local Health District

## Healthy Family Bulletin

### Tune in this Mental Health Month

Mental Health Month is celebrated every year in October. It is an opportunity to think about our mental health and wellbeing and understand the importance of good mental health in our everyday lives. It also raises awareness of where you can get support. Use these tips to tune in to help support your own mental health and the mental health of your children.

[READ MORE >](#)



### Have fun at a laughter workshop

You are invited to have a giggle at a Laughter Workshop for Mental Health Month! Hosted by Claymore Fusion and Claymore Neighbourhood Centre, visitors can join the workshop with Laughter Yoga Australia, and other fun activities on Thursday 20 October from 11am-1pm. People can also meet local service providers, pick up information about health and wellbeing and enjoy a free and healthy lunch.

#### Event details:

**When:** Thursday 20 October

**Time:** 11am-1pm

**Where:** Claymore Neighbourhood Centre,  
1/9 Gould Road, Claymore.



**CELEBRATE CLAYMORE MENTAL HEALTH MONTH**

**Thursday 20th October 2022**

11am-1pm  
Claymore Neighbourhood Centre  
1/9 Gould Road, Claymore

- Meet local services
- Information about health and wellbeing
- Try fun activities
- Visit mobile café and massage
- 12pm - 12.30pm Laughter Workshop
- 12.30pm FREE healthy lunch!

For details, contact Erika at [TPC@SWSLHD.nsw.gov.au](mailto:TPC@SWSLHD.nsw.gov.au)



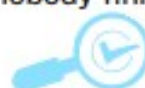


# Healthy Family Bulletin

Bring your family, friends and pets



Families can soak up the sunshine and enjoy the benefits of walking at parkrun events across south western Sydney in October. The 5km Saturday morning walks are held every week at locations including Camden, Casula, Chipping Norton, Picton and Raby. The parkwalks are a fun way for people to put a spring in their step, become more active and enjoy the fresh air. Visitors can walk at their own pace and with their families, friends and pets. All ages and fitness levels are welcome to attend. There are no time limits and nobody finishes last.



To find a location near you, click [here](#).

## Dolly Parton's Imagination Library

Give your child the best start to life through an enriched home and community learning environment. This program is for children born from 1 **January 2022** and living in the **Fairfield Local Government Area**. Registered children will receive a free, high-quality and age-appropriate book in the mail each month from birth to age five.



The program also drives language development and early literacy. To enrol or for more details, scan the QR code (above) or



[CLICK HERE](#)







## What to do if you test positive for COVID-19

- Register your rapid antigen test on the Service NSW website or call Service NSW on 13 77 88. If you tested positive on a PCR, you do not need to register your result.
- Self-isolate immediately for five days from the day you did your test. If you continue to have acute symptoms such as a sore throat, runny nose, cough or shortness of breath, remain in isolation for seven days from the day you did your test.
- Do not enter high-risk settings for seven days from the day you did your test. This includes health, aged and disability care facilities.
- Tell the people you live with and self-isolate away from them. Your household contacts must follow the advice in the [NSW Health Household and Close Contact Guidelines](#) for seven days after you tested positive.
- Tell the people you spent time with two days before your symptoms started or two days before you tested positive (whichever came first). This includes your family and friends, work colleagues and school. They should follow the information for [people exposed to COVID-19 fact sheet](#).



### Can I still breastfeed if I have COVID-19 or flu?

YES! The benefits of breastfeeding your baby outweigh any potential risk of transmission of COVID-19 or flu through breastmilk.

It is important

that you have plenty of fluids and rest. Some women have noticed that their milk supply may reduce when they are feeling unwell. If you are too unwell to breastfeed, try to express milk. Consider whether someone who is well can feed it to your baby. If you are too ill to breastfeed or express, you may wish to re-establish breastfeeding once you are well enough. You are not alone, there is support available to help you.



Click [here](#) for information and a free 24-hour helpline service.



Good things take time



## Changes to mask wearing on public transport

Since Wednesday, 21 September, masks are no longer mandatory on public transport, including taxis and rideshare. It remains mandatory to wear a mask in some settings including public hospitals, private health facilities and residential aged care facilities.

The use of masks and other measures remain important to protect against COVID-19. NSW Health strongly recommends people, including those using public transport, wear a mask where they cannot physically distance from others. Learn more [here](#).



LEARN MORE



# Healthy Family Bulletin

## Tips to reduce virus particles in your home



If you have people visiting your home, you can help reduce the amount of virus particles in the air by keeping your home well ventilated. To improve ventilation or air flow in your home:

- Open multiple doors and windows to let fresh air in.
- Use fans near an open window to help move virus particles from inside to outside your home. Even without an open window, fans can improve air flow.
- Turn on central heating/air conditioning that has a filtering system (or an air filter if you have one) to filter the air.
- Ventilate your home for an extra hour after your visitors leave to help remove particles that might still be in the air.



QUICK  
TIPS

[Click here for more details.](#)

Good ventilation, teamed with other COVID safe behaviours such as washing your hands or using sanitiser, wearing masks, and not inviting people over or visiting others if you aren't feeling well can help prevent you from getting and spreading viruses like COVID-19 and flu.

## Multicultural Health Week: 5 - 11 September

**Multicultural**  
**Health Week 2022**  
Cancer Screening Saves Lives  
5 to 11 September 2022

This week aims to raise awareness about health issues experienced by culturally and linguistically diverse communities and ways of addressing these issues. Each year, there is a different theme. In 2022, the theme of Multicultural Health Week is Cancer Screening. For more information on cancer screening by topic and language, click [here](#).



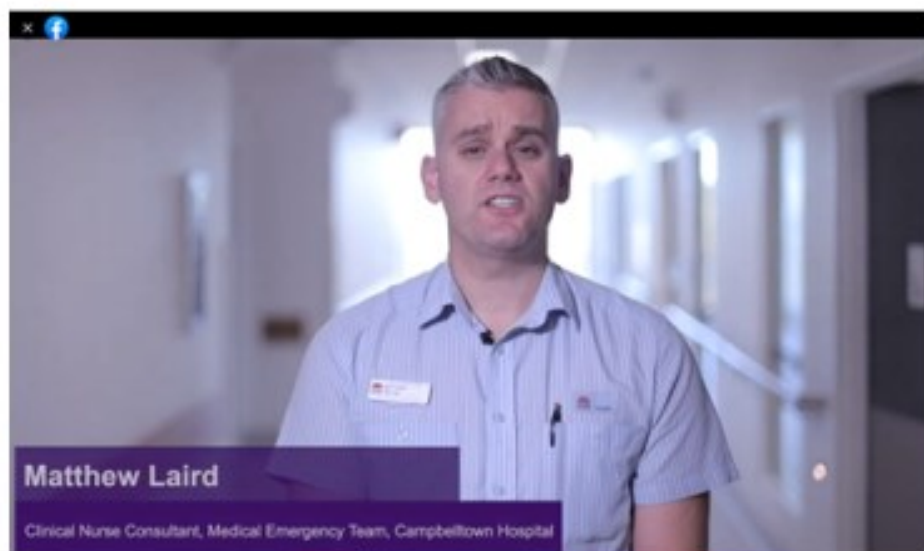




## Wear a mask for everyone we love

"We are all in this together. Help us to help you and wear a mask for our staff. Wear a mask for everyone we love" Campbelltown Hospital Medical Emergency Team Clinical Nurse Consultant Matthew Laird said.

The little things can make a small difference. Wear a mask to help  
#protectsouthwest



## Focus on vision screening for preschoolers

WATCH VIDEO



The Statewide Eyesight Preschooler Screening (StEPS) program is an initiative of NSW Health and offers all four-year-old children going to school next year a free vision screening assessment. NSW Health advises all children to have their vision screened before they start school and strongly recommends that all four-year-olds participate in the screening program. Screening can be accessed through your child's childcare/preschool, the Child & Family Health nurse or StEPS clinics conducted regularly across the district.



[Click here to read the brochure in multiple languages.](#)  
[Call 1300 273 290 to book your child into a clinic.](#)

