

**A NUT AWARE SCHOOL****Term 3, Week 4**  
August 2022**Term 3 Calendar**  
**Week 4 - Week 9****Every Monday**Week 1- 6  
Stage 3 Drumming**Every Tuesday**

1215 - 1245 Scripture

**Every Wednesday**Week 2 - 8  
Year 3 - 6 Minifit**Every Friday**

PSSA

**18 Aug - 23 Aug**

Book Fair

**Tuesday 23 Aug**

Book Week Parade

Years K - 2      Years 3 - 6  
9.20 - 9.50      10 - 10.30**Monday 29 Aug**Year 1 Sea Life Aquarium  
Excursion**Monday 5 Sept**Year 3 & 4 Cosmodome  
Incursion**12 Sept - 16 Sept**School Water Safety  
Program**Payments Due****Yr 1 Sydney Zoo and Sea Life**  
**Aquarium**  
Cost: \$28

Final payment due: 22 Aug

**Yr 3 & 4 Cosmodome**

Cost: \$7

Payment due: 29 Aug

**Stage 3 Geography**

Cost: \$27

**Principal's Message****Welcome to Term 3, week 4**

What a start to the term..

We have held the athletics carnivals for K-2 and Yrs 3-6, Healthy Harold came for a visit and last week we celebrated Education week.

It was wonderful to see so many students participating in events at school and families who could attend these events.



I know there are many events planned for grades across the term. Please make sure you are aware of the due dates for the payments. We are unable to extend payments as exact numbers are required to the event organisers by certain dates.

If you are contacting the school either by telephone or face to face, I ask that you do this respectfully. Over the last couple of weeks parents have been raising their voices at staff. Raised voices does not assist with solving any concerns you may have. We are always happy to work together to solve any concerns.

If you need to pick up your child early from school for an appointment, please make sure you come to the office gate. We do not let students go with siblings if they are under 18 years of age. Please make sure all contact details are up to date.

Is your child ready for school in 2023? You can enrol online when you go to the school's website. If you have any questions, please contact the office. If you have neighbours who may have a child ready for school, please encourage them to contact the school to enrol.

**Staffing news:**

This term we have new teachers become part of our team and some teachers returning from leave.

We welcomed back Mrs Fitzgerald who was on maternity leave and Mr Cooper who was on leave. Mrs Fiso is taking RFF, Mrs Sprod is taking 1C with Mrs Fitzgerald.

As a school we try our best to ensure there is a replacement teacher on classes when teachers are absent. As you are aware, some days this is difficult due to staff shortages. Your child's class may be split on days if we can not get a replacement teacher.

**P&C meeting** will be held Tuesday 16 August 3:20pm – 4:20pm. Please meet at the office.**COVID reminder**

Thank you to the parents who email the school if their child has COVID. A reminder siblings can still come to school if they are a close household contact as long as they do a daily RAT and if possible, wear a mask.

If your child is unwell please keep them home as there are many other viruses circulating as well.

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

## From the Desk of the Parliament

The start of the term has started off with a bang! We have had many fundraisers, incursions and excursions and more is expected to come! Many special events have been enjoyable for our school.

### ATHLETICS CARNIVAL

The Athletics carnival was held on the 21<sup>st</sup> of July 2022 and many students took part in this active event. We would like to congratulate all the participants who are competing in Zone on the 18<sup>th</sup> of August 2022. Many teams were determined to win the cheering for their houses and they all did well. It was a real rivalry throughout the day. It was great to see all of the students out in their school colours waving their house signs proudly!

### RECONCILIATION PERFORMANCE

On the 26<sup>th</sup> of July, an Indigenous performance was shown for Reconciliation week. Our performer Ryka Ali, showed our 3-6 students some local, indigenous dances, foods, sounds, traditional clothing and stories about the Dreamtime. Some students had the courage to perform these dances with Ryka and some teachers as well. This incursion was postponed from Term 1 and has taken us two terms to see. The importance of this incursion was remembered as an exciting adventure for all of us to learn about history.



### EDUCATION WEEK

Last Friday saw the return of Education Week at CPS! Parents and grandparents were invited to school to participate in a range of Art and STEM activities. Students enjoyed sharing the learning experiences with their families. Thank you to all the parents and families who came into our classrooms!





# Why attendance matters

When your child misses school they miss important opportunities to:



Learn



Make friends



Build skills through fun



## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

**1** day per **fortnight**  
 = **4** weeks  = Over **1** year missed

**1** day per **week**  
 = **8** weeks  = Over **2.5** years missed





## A Room with a View Meeting 1G



IN 1G, we have been studying length in Mathematics. We explored the different units that can be used to measure the world around us, we described the lengths of objects, and we were looking at the relationships between parts and wholes when describing fractions. We have had so much fun measuring and being clever mathematicians!



# 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.

## 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 treat each other with **respect**

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](https://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](https://education.nsw.gov.au)



# IN 2C, WE HAVE

## VISITED HEALTHY HAROLD



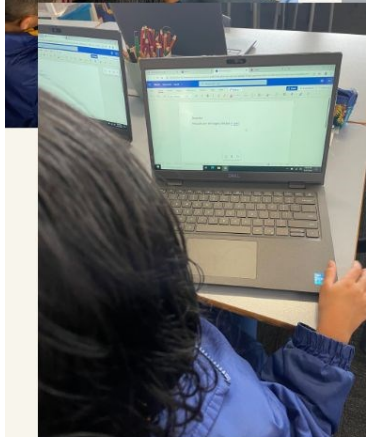
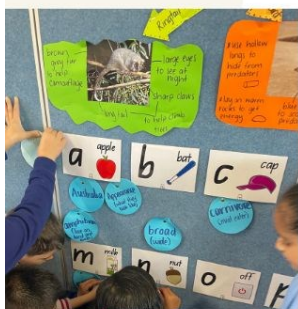
## REVISED OUR CLASS EXPECTATIONS



In pairs, students created posters to show what the expectations look like.

## RESEARCHED AND WRITTEN AN INFORMATIVE TEXT ON AN ANIMAL OF OUR CHOICE

Students researched an animal and used Microsoft Word to write their text. Students learnt important skills when using computers to write.



### AXOLOTLIS By Oliver

Axolotls are amphibians and swim in water.

#### HABITAT

Axolotls live in high altitude lakes near Mexico and Mexico City and other countries near Mexico.

#### DIET

Axolotls eat baby worms, insects, tadpoles, brine shrimp and larvae.

#### APPEARANCE

Axolotls have gills that look like feathers. They have webbed feet. They have skin not scales; they all come in different colours.



### Peacocks by Ronica

#### Appearance

Peacocks are beautiful birds with patterns. Peacocks look like birds which are stunning, blue, yellow and light green. Some peacocks are purple, orange, red and pink.

#### Diet

Peacocks eat snakes, frogs, mice and insects. Some peacocks eat grain. Peacocks can only fly for a short time, and they can swim for a short time.

#### Habitat

Some peacocks live in Myanmar, Java, African rainforest and Burma but most peacocks live in India and Sri Lanka.



## A Room with a View Meeting 4B

4B have been learning about 2D shapes in Mathematics.

We made some regular and irregular shapes. We also made some symmetrical patterns and finally we used mirrors to check lines of symmetry.





# Live Life Well @ School

## What's Happening

August 2022

### Children's Book Week: 20-26 August

Schools and libraries spend a week celebrating books and Australian children's authors and illustrators during this time.

*The Magic Lunchbox* is a captivating, fun story about packing a healthy lunchbox. It supports children of this age group to understand 'everyday' healthy food choices and "the magic made, when you put good food inside".



Check out the audio book [here](#).

### THE MAGIC LUNCHBOX



Written by Angela Barrett  
Illustrated by David Walsh

### Healthy Bones Action Week: 23-29 August

**3 SIMPLE ACTIONS  
FOR STRONGER BONES**

**CONSUME**  
Milk, cheese  
and yoghurt for  
calcium

**EXERCISE**  
Do weight  
bearing exercise

**VITAMIN D**  
Get safe sunshine  
for vitamin D

**HEALTHY  
BONES  
ACTION WEEK**

**AUGUST  
23-29**

@australiandairy

People are encouraged to think about their bone health during this week. Primary school is a crucial time for Aussie kids to build strong bones for life and ensure their daily routine includes the three steps to maintaining good bone health. Find resources for each stage [here](#).



## Fruit & Veg Month: 29 August - 23 September

This month is an event for NSW primary schools.

The celebration is managed by the Healthy Kids Association and funded by NSW Health.

The aim is to encourage children and their families to eat more fruit and vegetables.

Growing, exploring and sharing local fruit and vegetables is important for our health. The 2022 theme is Building Fruit & Veg Communities! Registration for primary schools is free!



Schools will also receive resources including: lessons, family resources and recipe ideas as well as student competition ideas. Schools will also receive printed classroom posters and stickers.

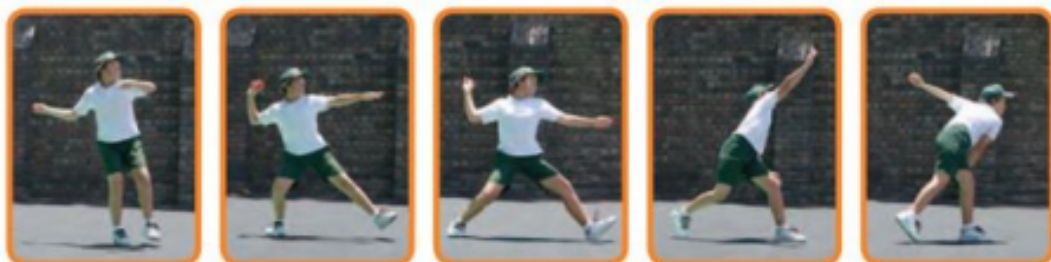
Fruit & Veg Month will be held during the last four weeks of Term 3.



For more details on Fruit & Veg Month and to register, go to:

[www.healthykids.com.au/teachers/fruit-veg-month/](http://www.healthykids.com.au/teachers/fruit-veg-month/)

## FMS of the Month - overarm throwing



The fundamental movement skill of the month is **OVERARM THROWING**. The overarm throw is a manipulative skill frequently used in sports such as cricket, softball and baseball. Check out the skill components to ensure that you can assist 'detect and correct' your students.

### Skill components

1. Eyes focused on target area throughout the throw.
2. Stands side-on to target area.
3. Throwing arm moves in a downward and backward arc.
4. Steps towards target area with foot opposite throwing arm.
5. Hips then shoulders rotate forward.
6. Throwing arm follows through, down and across the body.





## Road safety

Safety Town is an interactive road safety education resource for NSW teachers, students and families. It provides a variety of interactive learning activities for students from Kindergarten to Year 6. Teachers are provided with comprehensive teaching notes to support the use of the interactive activities, and support learning as part of PDHPE, English and Mathematics.

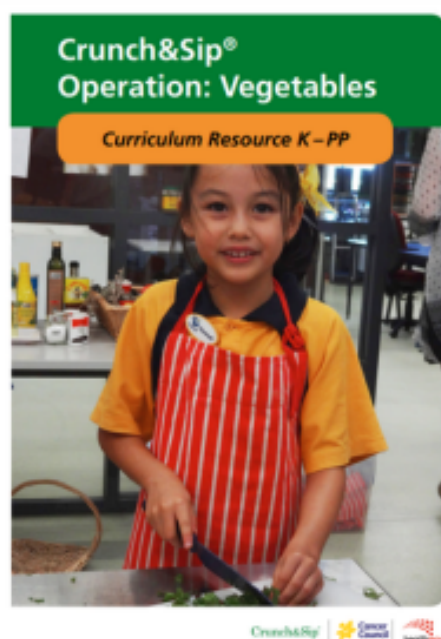


The program is funded by the Centre for Road Safety and Transport for NSW. It is a partnership with the Association of Independent Schools, Catholic Education Commission, Department of Education as well as the Kids and Traffic Early Childhood Road Safety Education Program. The partnership supports the teaching of road safety to students by classroom teachers.

**MORE INFO**



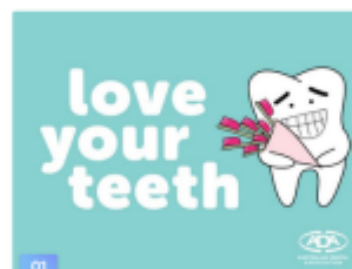
## Crunch & Sip



- ? Did you know that *Crunch & Sip* has teacher resources for classroom activities? Curriculum resources are organised into stages.
- You can download resources relevant to your stage from the [website](http://www.crunchandsip.com.au).

## Keep smiling

Dental Health Week is from 1 to 7 August. One of the key messages this year is to 'Eat a healthy, balanced diet and limit added sugar intake'.



Dental Health Week

To know how much sugar is in the foods and drinks you purchase, it is best to read the Nutrition Information Panel located on the food label to help you to make healthy choices.

### Understanding sugar

Nutrition Information		
Serving size: 100g		
	Quantity per serving	Quantity per 100g
Energy	400 kJ	400 kJ
Protein	4.0 g	2.0 g
Tot. lipid	5.0 g	4.0 g
- saturated	4.0 g	3.0 g
Carbohydrate, total	18.0 g	12.0 g
- sugars	18.0 g	12.0 g
Sodium	10 mg	10 mg
Ingredients	White soft, concentrated white soft, sugar (sucrose 99.9%, dextrose 0.1%), glucose (99.9%, dextrose 0.1%), glucose (99.9%, dextrose 0.1%), glucose (99.9%, dextrose 0.1%)	

Use this column when comparing products

How much sugar to look for:

10g or less - okay

10g or less - better

5g or less - best

Where does sugar sit in the list?

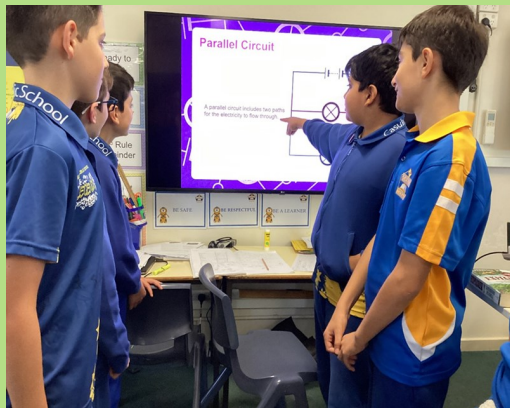
The closer to the top of the list of ingredients, the more sugar present.



Stage 3 teachers can find maths lessons about 'Understanding the Nutrition Information Panel' [here](http://www.crunchandsip.com.au).

Get in touch at [SWSLHD-LiveLifeWell@health.nsw.gov.au](mailto:SWSLHD-LiveLifeWell@health.nsw.gov.au)



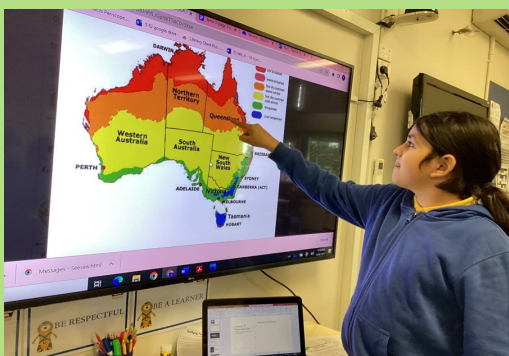


## A Room with a View Meeting 5/6J



5/6J is studying the *Physical World* strand which explores the physical characteristics of objects and how this affects their movement in science. We are focussing on series and parallel circuits. Students are demonstrating the skills of critical and creative thinking by designing and creating something that moves using electricity in small groups.

In Geography, we are investigating how people, and the rising population changes the natural environment within our local communities, Australia and other places around the world. We are also exploring how the environment influences manmade features in given geographical areas and examining the way spaces within places are organised and managed.





# Healthy Family Bulletin

## Tips to shop healthy and save money

With the cost of living rising, it can feel like a real challenge to maintain a healthy and balanced trolley at the shops without breaking the bank.

The good news is there are a lot of handy tricks to cut costs while still purchasing products from the five core food groups recommended for a healthy diet (vegetables, fruit, grains and cereals, meat/meat alternatives and dairy/dairy alternatives).

The Cancer Council has put together some creative tips to shop healthy and save money including buying in season, making healthy swaps, planning your meals and more.

For the full article, [CLICK HERE](#)



## Physical Activity



Being active helps us stay healthy. Check out these tips to get kids active:

- Toddlers can walk instead of using a stroller.
- Walk, ride a bike or scooter to school (or park and walk).
- Choose toys that help kids move.
- Limit screen time each day and choose active play instead.
- Encourage kids to try a range of sports.
- Show your kids you like being active too.
- Outdoor play is best - keep indoors activities for when it's hot or raining.



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





# Healthy Family Bulletin

## Screen time



raisingchildren.net.au  
the Australian parenting website

## Family technology plan: what is it?

A family technology plan is a set of rules that helps everyone in your family balance and manage technology use.

It might include guidelines about where and when you use technology and what you use it for.

Your family technology plan will depend on your family situation, and it will probably change as your children get older and your family needs change.

Find more information [here](#).

## Breastfeeding

Returning to work does not mean that you can no longer breastfeed your baby.

Continuing to breastfeed can be something special for you and your baby to share, as you both get used to a new routine.

For more information on preparing your return to work and expressing breastmilk, click [here](#).

Go to the Australian Breastfeeding Association [website](#) for more details.



Breastfeeding  
and returning  
to work







Not sure what to do if your child gets sick this winter?

## KNOW THE FACTS THIS WINTER



Most respiratory illnesses can be managed safely at home. Plenty of fluids, rest and gentle pain relief will help keep your child comfortable while they recover.

- If your child isn't getting better or you are still concerned, contact your GP.
- If your GP is unavailable, you can call HealthDirect 24/7 for expert advice on 1800 022 222.
- If your child experiences serious symptoms like difficulty breathing, call Triple Zero (000) immediately.



- For more details, click [here](#).

COVID-19 reinfection period reduced from 12 weeks to four weeks

## Had COVID-19? Change to testing and self-isolation advice



LEARN MORE



People who have previously had COVID-19 are asked to test for COVID-19 after four weeks since their isolation ended if they have symptoms and to follow the relevant health advice if they test positive.

People who test positive again will be reported and managed as new cases.

If it has been more than four weeks since you had COVID-19 and completed your self-isolation, you can become a household or close contact.

Anyone who becomes a household or close contact must follow the [NSW Health Household and Close Contact Guidelines](#).

There have been no changes to when you should have your next COVID-19 vaccination after infection, this is still 3 months.







## Aboriginal Performer Ryka Ali

Casula Public School had the amazing privilege of hosting Wuthathi man, Ryka Ali of Cape York.

Ryka performed and taught our school some of the dances of the Torres Strait Islander peoples, as well as yarning about the significance of ochre and many significant artefacts.

All of the students had a 'Deadly' time and we all look forward to learning and celebrating the culture and traditions of Australia's First Nation peoples.





# EDUCATION WEEK 2022

Creating futures –  
education changes  
lives.

Students dressed up  
as their future self

Parents and students  
enjoyed stem based  
activities on Friday





# 2022 Criteria for Sporting Champions

At the Sports Presentation Assembly in Term 4, students will be awarded for their sporting achievements.

Criteria for selecting Junior and Senior Events Winners at school carnivals:

- A) The students must have turned 8, 9 or 10 years this year for the Junior Event Winner and 11, 12 or 13 years for the Senior Event Winner.
- B) Points are allocated for the three fastest times/longest-highest distances in the final events on the basis of three points for first, two points for second and one point for third.
- C) The student (Junior and Senior) with the most number of points will be awarded the medal.
- D) In the case of an equal number of points being scored, a shared award will be made.
- E) In the cross country event, the award will be given to the students with the fastest time in the junior and senior age groups. In the rare case of an equal time, a shared award will be made.
- F) Medals will be presented to Junior and Senior girls/ boys for athletics, swimming and cross country events.

Criteria for selecting Junior and Senior Sporting Champions:

- A) The students must have turned 8, 9 or 10 years this year for the Junior Sporting Champion and 11, 12 or 13 years this year for the Senior Sporting Champion.
- B) Points are allocated for the three fastest times/longest-highest distances in finals at school carnivals; for representing the school in PSSA sporting teams; for zone, area and state representation in athletics, swimming, cross country and any other sport event such as netball, hockey, soccer, rugby league, rugby union and Australian rules football.
- C) Points will be allocated in the following way:
  - School carnivals - 3 for the fastest time, 2 for the second fastest time and 1 point for the third fastest time.

## **PSSA Teams**

- 1 point – selected in school PSSA team
- 3 points – selected in a Liverpool zone PSSA team.
- 5 points – selected in a Sydney South West team.
- 8 points – selected in a state team.

## **Swimming/ Cross Country/ Athletics Carnivals**

- 1 point – selected to represent Casula P.S. at zone carnival.
- 3 points – selected to represent Liverpool Zone at the regional carnival.
- 5 points – selected to represent Sydney South West at state carnival.
- 8 points – selected to represent New South Wales at the national championships.
  - This award recognises students who are “good all round” sportspersons and show sportsmanship and who show a willingness to participate in a wide range of sporting activities.

Criteria for selecting PSSA Best and Fairest recipients:

- Outstanding sportsmanship
- Reliability, including regular attendance at training
- On-field performance during PSSA matches.

Criteria for selecting NSW Premier’s Sporting Challenge Medal recipient:

- Commitment to fair play
- Achievement in their sporting discipline
- Overall contribution to their school’s weekly sports program.

*\* “The NSW Premier’s Sporting Challenge Medal is not intended as further recognition for each school’s sports star and as such, it should not replace or mirror your existing Sportsperson of the Year Award”  
(School Sport Unit).*

**Thanks – Mr King**