

**A NUT AWARE SCHOOL****Term 4, Week 9**
December 2022**Important Dates****K - 5 Movie Day**
12th December 2022**Year 6 Fun Day**
13th December 2022**Last Day 2022**
16th December 2022**Casulas Got Talent**
16th December 2022**First Day Years 1 - 6**
2023
31st January 2023**First Day Kindy 2023**
3rd February 2023**Payments Due**

No further excursions

Principal's Message***Welcome to Term 4, week 9***

As you would have read last week, starting in 2023 we will have Megan Predl relieving as the Principal at Casula Public School. I have been extremely fortunate to be the Relieving Principal for the last 2 years. It has been a wonderful experience as I love coming to work every day to support students, parents and work alongside such caring and outstanding teachers.

My 2 years started with us going into COVID with no road map for how best to work alongside a pandemic. We all worked together to ensure the Casula family was as safe as could be during the uncertain times. As we came back to school my goal was to make school the place where all students had a sense of belonging and ready to learn.

The students at Casula PS always put a smile on my face as they always want to share their learning, exciting news or just to say hello.

Megan Predl comes to us with a wealth of experience with leading a school and I look forward to working alongside her to continue growing our students with their learning.

Staffing Update

As the term comes to an end, we will have some staff moving on in 2023 to the following positions

- ◆ Mrs Webeck has been successful in securing a Curriculum Advisor role
- ◆ Miss Campbell has been successful in securing a temporary position at Engadine West PS as a relieving Assistant Principal
- ◆ Mrs Parker has been successful in securing a permanent position at Caringbah North PS
- ◆ Miss Jones has secured a temporary teaching position at Randwick PS
- ◆ Mr Gilmore has secured a temporary teaching position at Bangor PS
- ◆ Miss Paige has secured a temporary teaching position at Dawson St PS

I would like to thank Miss Smith and Miss Schwenke for their continued commitment to our students, especially our EAL/D students as they are not returning in 2023 to these roles.

P&C Meeting

I would like to thank the P&C for their continued support throughout 2023. They are a small and tireless working team. This year, the P&C will be donating the signing bears and soccer balls to Year 6 as their parting gift; and will continue to do so for future years. I would also like to thank the P&C for organising the last fundraising event of the Christmas raffle.

A big thank you to Price Attack Liverpool for their generous donations to the raffle.

Reports

Reports will be going home Monday 12 December. I have had the opportunity to read all the reports and see how students have grown with their learning over the year. If you would like to discuss the report with your child's teacher, please contact the office so a time can be organised.

Enrolments

We are looking at having 29 classes for 2023 and paying for an extra class to assist with numbers. Due to having an enrolment cap we are limited on taking students who are out of area.

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.

Monday 19 December is a SDD for teachers. The before and after school care will be operating all day on the Monday.

School resumes Tuesday 31 January 2023 for students in Years 1-6

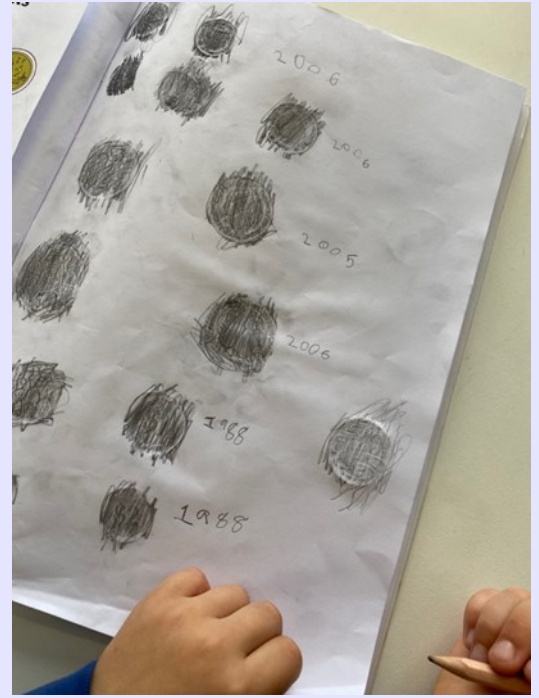


Karen Goulder

Relieving Principal

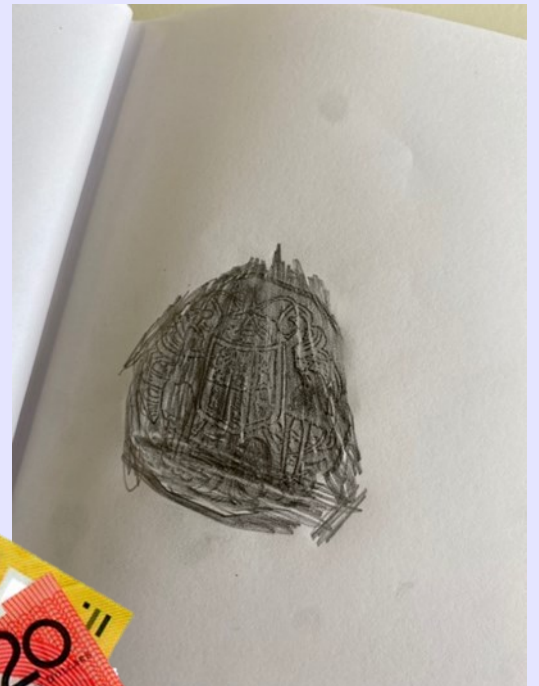


A Room with a View Meeting KS



This week in KS we have been learning about money. We have learnt to identify and recognise all Australian coins. We have also been able to order the coins based on their value and discuss what we can buy at the canteen with a certain sum of money.

In this activity, we shaded over each Australian coin, showing the images on both the front and back of each coin





SCHOOL HOLIDAY ACTIVITIES

2022

MONDAY 19TH DEC		Soccer Skills Tumbling Paper Plane Creation
TUESDAY 20TH DEC		Footy Skills Trivia Disco
WEDNESDAY 21ST DEC		Boxing Christmas Craft Dodgeball

WEDNESDAY 04TH JAN		Movie Trivia Boxing Building Bricks
THURSDAY 5TH JAN		Parkour Basketball Skills Livo's Got Talent
FRIDAY 6TH JAN		Playdough Disco Dodgeball

MONDAY 9TH JAN		Soccer Skills Musical Games Bootcamp
TUESDAY 10TH JAN	 Added Cost	Cup Cake Decorating Laser tag NRL Skills
WEDNESDAY 11TH JAN		Flag Design Mini Olympics Karate
12TH JAN THURSDAY	Crazy Shirt Day	Tumbling Hockey skills Science Experiments
FRIDAY 13TH JAN	 Added Cost	Slime Dodgeball Reptiles on the GO

MONDAY 16TH JAN		Parkour Novelty Games Scavenger Hunt
TUESDAY 17TH JAN		Building Bricks AFL Skills Bootcamp
WEDNESDAY 18TH JAN		Boxing Disco Handball Comps
THURSDAY 19TH JAN		Obstacle Course NRL Skills Movie Trivia
FRIDAY 20TH JAN		Claymation Basketball Skills Paper Planes

MONDAY 23TH JAN		Science Experiments Ultimate Frisbee Building Bricks
TUESDAY 24TH JAN	 Added Cost	Musical Games Laser Tag Soccer Skills
WEDNESDAY 25TH JAN		Trivia Hockey Skills Lamington Decorations

PUBLIC HOLIDAY

FRIDAY 27TH JAN		Obstacle Course Bootcamp Livo's Got Talent
MONDAY 30TH JAN		NRL Skills Dodgeball Building Bricks



PRICES



Payment must be made at time of booking.



POLICE CITIZENS
YOUTH CLUBS NSW

\$39.00 Per Day
\$100.00 for 3 Days - \$30.00 for a 4th Day
\$45.00 for Laser Tag Day and Reptiles

All activities run 8.00am to 3.30pm for children aged 5-12 years old.

ALL School Holiday Activities accept a Creative Kids Voucher

All children
must
be members!

Live Life Well @ School

What's Happening

November 2022

Supporting the Transition to School - video series

▶ Northern Sydney Local Health District has developed a video series titled 'Supporting the Transition to school'. This series provides practical ideas to help parents, carers, primary school teachers and early childhood educators to support a positive transition to school.

Almost 90 per cent of a child's brain development happens before they turn five years old.

Skills and behaviours learnt during the early years can help children to have a smooth start to kindergarten and throughout life. There are two video series available specifically designed to support:

1. **Primary school teachers and early childhood educators** (six short videos): Provides practical activities to integrate into classroom learning to support a successful transition to school.
2. **Parents and carers** (six short videos): Learn practical ways to support your child as they prepare for and throughout kindergarten.



The videos focus on the importance of developing a variety of skills, beyond reading and writing, to support a smooth transition to primary school. We encourage teachers to share the videos with colleagues to implement activities into the classroom. You can share these videos with families at your school to support their child at home. [CLICK HERE](#)



FMS of the Month - two handed strike



The two-handed strike is a fundamental movement skill which is introduced in Stage 1. The focus for teachers should be on students developing the introductory components. The two-handed strike is a manipulative skill in which force is applied to an object using a bat. It forms the foundation to more advanced games and sport-specific skills such as the strike in T-ball, softball, baseball and cricket. Press the button for information, syllabus links and assessment strategies

CLICK
HERE

Resource of the month



What you can do:

A checklist of simple ideas that work in schools



All the activities suggested are drawn from effective programs.

Leadership: Build a joint approach

- ☐ Ensure your school's nutrition policy gives prominence to vegetables
- ☐ Meet with the school board, teachers, OSHC educators and canteen employees to ensure messaging on vegetables is consistent
- ☐ Communicate with families through brochures, posters, newsletters and emails on the value of eating vegetables
- ☐ Identify a "champion" or "champions" to lead and coordinate vegetable activities

Teachers: Have vegetables everywhere

- ☐ Create clear goals for education sessions
- ☐ Conduct practical classes on making vegetables part of lunch and snacks
- ☐ Educate children on the benefits of growing and eating vegetables, such as the environmental and health impacts
- ☐ Introduce vegetable education into other modules, such as storytelling, active play, numeracy, science and society. Use vegetable characters or mascots to encourage children to engage in these activities.
- ☐ Ask children to recall normal snacks or meal habits and discuss ways to add vegetables
- ☐ Have the children create posters or placemats that encourage vegetable intake or tell vegetable stories
- ☐ Provide non-food rewards, such as stickers, rather than rewarding with unhealthy foods
- ☐ Have "vegetable breaks" that emphasise the intake of vegetables
- ☐ Supply cutting kits with safe knives, chopping boards and peelers to allow students to prepare their own vegetables
- ☐ Provide take-home activities such as vegetable-rich recipes for children to create with their families
- ☐ Provide tailored feedback to families about children's eating behaviours such as stickers that state: "I tried [insert vegetable] today"

FUN FACT



Did you know children eat around 40% of their energy intake at school?



Do you want to know how your school can help to increase children's vegetable intake? VegKit has produced a whole of school checklist that can identify areas to help children become more adventurous eaters and to meet the daily intake of vegetables. You can download the [checklist here](#). You can find out more about what VegKit has to offer your school [here](#).





Have you got a Crunch & Sip policy?



We are a
Crunch&Sip[®]
School

To provide extra support for the Crunch & Sip program, you can develop a formal Crunch & Sip policy. A policy is a way of ensuring ongoing commitment and support. It is important to involve and consult different sectors of the school community. The school policy should contain clear goals, outline how Crunch & Sip will be implemented (including lists of permitted food and drink) and how the school will check progress.

LEARN MORE

A sample Crunch & Sip policy is available to assist schools in this process!



Canteen support

Put some fun and healthy ideas on your menu with the help of 'Canteen Collections' from Healthy Kids Australia. This resource is a collection of recipes, tips and case studies from NSW school canteens. The booklet is a recognition and celebration of all the school canteens that have worked hard to apply the NSW Healthy School Canteen Strategy. It includes recipes for cold meals, hot meals, snacks and drinks as well as relevant articles. Use this resource for inspiration – whether it be a new recipe to try out or an idea to put in place! Check it out here.



Get in touch at SWSLHD-LiveLifeWell@health.nsw.gov.au

Toddlers and fussy eaters



LEARN MORE >

- For more about fussy eating from The Sydney Children's Hospital Network, click [here](#).
- For tips and tricks on fussy eating, watch this [video](#):



As toddlers grow they start to develop a sense of independence. During this time, their growth and appetite also slow down, however, they still need a variety of healthy foods to make sure they get adequate nutrition.

Being a toddler is all about exploring and experimenting. Mealtimes can often be messy as toddlers throw, squash, and play with their food. This is an important and a normal part of toddler development. Choosing and refusing food is one way that children show their independence.

First Lap vouchers

As we approach the warmer weather, it is important for children to feel confident around water, whether it is swimming pools, the ocean, rivers, creeks or other waterways. Swimming is an essential life skill and it is an integral part of the Australian lifestyle with our expansive coastline, rivers, and lakes. To assist with learning to swim and increase water safety, the First Lap voucher program is available. It provides \$100 vouchers for parents,



guardians and carers of children aged 3-6 years who are not enrolled in school to contribute towards the cost of swimming lessons. It can be used for a program of at least five structured and supervised swimming lessons.

START

- To find a First Lap swim provider, [click here](#) or phone Service NSW on 12 77 88.
- Parents can apply [here](#) for a First Lap voucher before 30 June 2023.



Healthy Family Bulletin

Balance your screen time



As young children grow and develop, they need more time in active play, less time sitting and enough sleep each day to be healthy. Small changes in screen time habits can benefit a child's physical, social, psychological and cognitive development. Some activity ideas that do not involve the screen include cooking together, playing a board game, gardening, having a treasure hunt at home or creating a storybook using stickers, crayons, pencils and pictures cut out from magazines.



For more information on screen time and screen free activities, click [here](#).

Loading...



All aboard for active travel to school

Active travel means walking, cycling, scootering, skateboarding or any similar transport where human energy is spent to travel.

Here are some tips for more active travel to school:

- Talk about when and how your child will be travelling to school.
- Plan the route as a family and learn which streets are safest.
- Travel with kids to school the first few times to practise road safety and gain confidence.
- See if there are others in the neighbourhood travelling to school – why not travel together?
- Ensure bikes or scooters are in good condition and that children wear appropriate clothing and shoes.
- If your destination is far, active travel for part of the way!



For more information on active travel to school, click [here](#).



Healthy Family Bulletin

Healthy teeth and happy smiles



Did you know, tooth decay is one of the most common childhood diseases and is largely preventable? Tooth decay occurs when the sugars from foods stick to teeth. Looking after children's teeth and gums is essential in preventing dental decay.

Ways you can support children having healthy teeth and gums include:

- Remind them to regularly brush their teeth.
- Book regular dental checks.
- Role model brushing and looking after your teeth.
- Avoid sharing utensils to stop the spread of bacteria.
- Avoid sugary food and drinks as they can lead to decay.



READ MORE >

The Healthy Mouths of Kids Under 5 is a great resource for parents and carers. Check it out [here](#).

Save the date to vaccinate



Enrolling in childcare?

Keep your child's vaccinations up to date

We know there's lots to remember as a parent, but getting kids to their routine vaccination appointments is one of the most important things you can do to protect them from diseases like polio and measles. Making sure your child is vaccinated on-time is important when it comes to enrolling them in childcare, pre-school and school in NSW. Find out when your child's vaccinations are due [here](#).



Healthy Family Bulletin

Free health coaching: Get Healthy Service



After a challenging couple of years, there is no better time to reset and focus on creating healthier habits. As a parent or carer, it is important to be a good role model for children. Building a routine is a great way to stay healthy. You can kickstart a new routine to make healthier food and lifestyle choices anytime. The first step is to set small, realistic health goals that are important to you and practical steps to achieve them. If you're not sure where to start, sign up for free, confidential coaching to learn simple ways to help improve your health and wellbeing.



To get started, call the Get Healthy Service on 1300 806 258 or click [here](#).

Building a routine can help keep you healthy



Get Healthy Service: 1300 806 258



COVID-19 update

Got COVID-19?
Don't share your
virus with others.

Please stay home.



Please register your positive rapid antigen test with Service NSW. Learn more [here](#).



While you're no longer required by law to self-isolate if you have COVID-19, it is recommended you stay home until your acute symptoms (runny nose, sore throat, cough, fever) have gone. Take steps to protect others:

- Wear a mask in public if you must leave the house.
- Avoid large gatherings and indoor crowded places.
- Don't visit people at high risk of severe illness or anyone in hospital or an aged or disability care facility, for at least seven days.
- Talk to your employer about when you should return to the workplace.





IT IS YOUR TURN TO HAVE A BLAST



School Holiday Program
POWERED BY THE SYDNEY THUNDER

Michael Clarke Recreation Centre

17th and 19th January, 9AM-12PM

Dhruv Taneja - 0422 474 650 - dhruv.taneja@cricketnsw.com.au

Mixed Program

Cost - 59\$



**SEARCH SYDNEY THUNDER HOLIDAY PROGRAM &
FIND YOUR LOCATION OR OTHER LOCATIONS NEARBY**



SCHOOL HOLIDAY PROGRAMS

CREATING THE WBBL STARS OF TOMORROW

- Fun for all ages and abilities
- Learn ball skills and stay active
- All girls groups whenever possible
- Coached by our trained Cricket NSW staff



- Participants will be grouped together with their friends and others of similar age & skill.
- Learn ball skills through fun game-based activities.
- Short, modified games – bat, bowl & field.




**SCAN THE
QR CODE TO
REGISTER FOR
THE PROGRAM!**

**EVERY PARTICIPANT WILL RECEIVE A
FREE CRICKET BLAST HOLIDAY PACK**



YOU HAVE TIME FOR CRICKET.

Cricket now offers a range of short modified weekend game competitions for kids and adults. Check out Play Cricket for more details.

 **Play Cricket**

