

# Freemans Reach Public School

## Newsletter

Term 1 Week 4

16 February 2021



### Upcoming Events

18 February	Brainstorm Production Incursion
19 February	FRPS Café 2:15pm-2:45pm
3 March	Hawkesbury District Swimming Carnival
5 March	FRPS Café 2:15pm-2:45pm

### NOTES & MONEY DUE

**Brainstorm Production Incursion**  
**DUE TODAY 16.2.21**

**Student Emergency Contact Update**  
**DUE FRIDAY 19.2.21**

**Year 6 Shirt**  
**DUE FRIDAY 19.2.21**

**Classroom Essential & Voluntary Payments**  
**DUE FRIDAY 19.2.21**

**District Swimming Carnival**  
**Due 26.2.21**

**High School 2022 Expression of Interest Forms**  
**DUE 2.3.21**



395 Kurmond Road, Freemans Reach 2756  
Phone: 4579 6146 Fax: 4579 6528  
Web: <https://freemansreach-p.schools.nsw.edu.au>  
Email: [freemansreach-p.school@det.nsw.edu.au](mailto:freemansreach-p.school@det.nsw.edu.au)  
Relieving Principal: Lisa McGrath

### From the Principal's Desk ...

Dear Parents and Carers

What an exciting and busy Week 3 we've had. It has been so fantastic to welcome our parents and carers back onto site for the Parent/Carer Information evening. For some of our parents, it has been a very long time since they were able to come into classrooms and I want to thank all our parents and carers for following the COVID guidelines which meant that we were able to run these sessions successfully. Our Kindergarten students have been settling into their new classes exceptionally well and their teachers are so proud of how they are meeting the challenges of big school with such enthusiasm. I have really enjoyed getting to know many of the students so far. Well done to our Year 6 Buddies who have been taking their responsibilities seriously and looking out for their Kindy buddies.

#### PARENT/CARER INFORMATION NIGHT

There is no doubt that Freemans Reach PS have the most professional and conscientious teachers on the planet, who make what they do look so easy! It is important that we recognise as a community, the enormous amount of work that the teachers have done in putting these information sessions together and staying late, well beyond their working hours. Thank you to each and every one of our amazing educators. It was also great to see so many families throughout the night at the BBQ too. Every class teacher opened their classrooms to parents and carers to come and see how things will work for the year and to get to know the teacher and their philosophies. We've had a great deal of positive feedback from parents so far, and we know our students will have a terrific year in their care.



#### COVID-19 - PARENTS/CARERS ONSITE DURING SCHOOL HOURS

I would like to thank everyone for following the current guidelines and hopefully, as the year progresses, the restrictions will continue to ease. It will be a year where guidelines will change regularly so I will keep our community up to date via our ENews app.

All visitors onsite will need to scan the QR Code before entering. This is now a NSW Health regulation. Then families will need to sign the Visitors Book and COVID Declaration located in the front office. This is required, even if you are here for only a few minutes.

Kindergarten students', parents and carers are now required to drop off their child at the gate in the morning, and wait outside the gates (near the water tank) in the afternoon with our other parents. This is a Department of Education COVID-19 requirement to limit parental activity during school hours. As soon as restrictions ease, families will be able to wait fully inside the school for afternoon pick up.

#### STUDENT LEADERSHIP TEAM

Congratulations to the following students who were elected as leaders of the school and of their respective sport houses. We're sure these capable Stage 3 students will do a fantastic job.

##### Students Leaders

Ava B, Lucia B, Harrison F, Lachlan S

##### House Captains

###### Emus

Chelsea D, Rhys N

###### Kangaroos

Corey E, Nicholas T

###### Possums

Riley B, Allira S

###### Wallabies

Chloe B, Isaac X

**Safe**

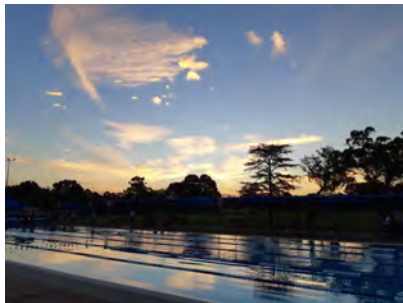
**Respectful**

**Environmentally Friendly**

**Learner**

What is anaphylaxis? Anaphylaxis is a severe and sudden allergic reaction. It occurs when a person is exposed to an allergen (such as food or insect bites). We currently have a number of anaphylactic students enrolled at Freemans Reach PS. Many schools have students with such allergies. As a community we are requesting that students do not bring certain products to school. Most importantly we remind you that students should never share their food at school or pressure any other child to try something to eat.

We thank Mr Baxter and Miss Ayoub for all of their time and effort that was put into organising another wonderful and successful school swimming carnival last Thursday night. The night ran smoothly with all of our students showing great sportsmanship when participating in their events. It was a treat to chat with families, both new and existing, about how well their children have settled in this year and share our pride in their swimming accomplishments. Well done Freemans Reach Public School.



At the end of last year, I applied under a new scheme called Metro Renewal Program via the federal government. Its aim is to keep people in jobs and boost the economy after the COVID-19 downturn. Schools had to commit at least 20% of the budget for a particular project and jump through a lot of hoops. Last week, I was notified by the DoE that FRPS was successful in our application! We are excited for a complete canteen internal renovation! Fantastic News! Watch this space!

# 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

- Creates a safe, caring school environment in which students are nurtured as they learn
- Incorporates effective discipline
- Incorporates preventative health and social skills programs
- Stresses the value of collaborative early intervention when problems are identified
- Provides ongoing educational support services to students
- Recognises the diversity within the school community and provides programs and support which acknowledge difference and promotes harmony
- Recognise the role that the school plays as a resource in linking families with community support services
- Is achieved through effective delivery of school curriculum
- Provides opportunities for students to:
  - ◆ Enjoy success and recognition
  - ◆ Enjoy learning
  - ◆ Make a useful contribution to school life
  - ◆ Develop self-discipline and responsible decision making
  - ◆ Develop confidence and positive self esteem
  - ◆ Show courtesy, care and respect for each other

This year, we are implementing the next phase of our Positive Behaviour for Learning (PBL) process. Students will be able to move through Wellbeing levels according to their responses to our school expectations. Rewards and natural consequences are equally reflected in our policy. There is an explanation of these Wellbeing levels in this newsletter.



*To enhance the Wellbeing of all students at our school we have a Merit Award System and a Consequence / Reward Behaviour Levels System. These systems operate together to reflect our Positive Behaviour for Learning at Freemans Reach Public School.*

### **WE FOLLOW THESE SCHOOL EXPECTATIONS**

**Be Safe | Be Respectful | Be a Good Learner | Be Environmentally Friendly**

#### **MERIT SYSTEM**

The purpose of this system is to recognise positive contributions that are made by the students, to encourage student performance and to improve self-esteem.

##### **ZAP Award**

Students earn ZAP Awards for demonstrating positive behaviours under each of the four school expectations. (Be safe **RED**, Be respectful **BLUE**, Be a good learner **PURPLE**, Be environmentally friendly **GREEN**). Specific reasons may include – classroom academics, sporting effort, classroom behaviour, playground behaviour, encouragement, completing homework etc. Teachers are asked to make a conscious effort to hand out a minimum of 5 per day. Students are responsible in collecting and keeping their ZAP awards.

##### **STAR Award**

Once a student has earned 5 ZAP Awards they swap them for 1 STAR Award. Their 5 ZAP Awards must come from at least 2 separate School Expectations. Classroom teachers will record and administer this on a class list and kept by the classroom teacher. The STAR Award is presented by the classroom teacher during class time. Students collect and keep their own STAR Awards.

##### **SPIRIT Award**

Once students have earned 5 STAR Awards (25 ZAP Awards), they swap them for 1 SPIRIT Award. The school front office will collect, record and administer this. Students and their families will be invited to attend a Principal's Morning Tea where they will receive their congratulatory certificate from the Principal in a special ceremony.

##### **Freemans Reach Medal**

If students earn 5 SPIRIT Awards (125 ZAP Awards) in any number of years and one Diamond Award of that current year, they are eligible to receive a Freemans Reach Medal at the end of year Presentation Ceremony. The student must hand in the 5 SPIRIT Awards received at the Morning Teas. **ZAP and STAR Award bundles will not be accepted. THEY HAVE TO BE 5 SPIRIT AWARDS.**

The **Freemans Reach Medal** cut off will be **Friday Week 6 Term 4, 3:00pm of each year**. All documentation must be handed to school administration staff by the end of the school day Friday, Week 6, Term 4 of every year.

Once a student earns a Freemans Reach Medal, if they are eligible to earn a second one the next year (with that current year's Diamond Award), they will receive a SILVER Freemans Reach Medal, then a GOLD Freemans Reach Medal, then a Diamond Freemans Reach Medal.

#### **BEHAVIOUR LEVELS SYSTEM (Rewards and Consequences)**

The policy is a level system consisting of four levels of consequences and four levels of rewards. These levels provide students, staff and parents with a clear understanding for student behaviour and procedures for reward and consequences. When poor behaviours are exhibited, students will pass through the lower levels. Students will stay one week at the consequence level before returning to the higher levels. Assistant Principals will collaboratively make the decision of student movement between levels, positive and negative, this process may involve consultation with the Principal and classroom teacher.

If a student receives no detention for one term, they move to a Bronze certificate.

If a student receives no detentions for two consecutive terms they receive a Silver certificate.

**Safe**

**Respectful**

**Environmentally Friendly**

**Learner**



If a student receives no detentions for three **consecutive** terms, they receive a Gold certificate.

If a student receives no detentions for four **consecutive** terms they receive a Diamond certificate.

These awards will be presented at the end of each term. The decision to place a student on detention rests solely with the Assistant Principals and the Principal.

### EXPLANATION OF BEHAVIOUR LEVELS

<b>DIAMOND LEVEL:</b>	No detentions for four consecutive terms Behaviour is outstanding.
<b>GOLD LEVEL:</b>	No detentions for three consecutive terms Behaviour is excellent.
<b>SILVER LEVEL:</b>	No detentions for two consecutive terms Behaviour is very good
<b>BRONZE LEVEL:</b>	No detentions for one term Behaviour is pleasing
<b>LEVEL 0</b>	<b>ALL STUDENTS WILL BEGIN AT THIS LEVEL</b> Students are cooperative, helpful and try to work with school staff, students and visitors to the school. They respect the rights of others and they follow school expectations.
<b>LEVEL 1</b>	<b>BEHAVIOUR IS CAUSING CONCERN</b> The student is causing problems in the classroom and/or the playground and the teachers have expressed concern for the student's welfare. The student has not responded to strategies to improve his/her behaviour. The student <b>may</b> be excluded from school activities. <b>(Parents will be notified)</b>
<b>LEVEL 2</b>	<b>BEHAVIOUR IS UNSATISFACTORY</b> The student continues to cause problems in the classroom and/or classroom. A Daily Behaviour Report may be kept and sent home and the student <b>will</b> be excluded from school excursions, Gala Days or other school activities. <b>(Parents will be notified and may attend an interview)</b>
<b>LEVEL 3</b>	<b>BEHAVIOUR CONTINUES TO BE UNSATISFACTORY</b> <b>FORMAL CAUTION OF SUSPENSION</b> <b>(Parents will be notified and will be required to attend an interview)</b>
<b>LEVEL 4</b>	<b>THE BEHAVIOUR IS UNABLE TO BE TOLERATED</b> <b>SUSPENSION</b> Unacceptable behaviour is still evident. The student presents a risk to the education and/or safety of other students. The Principal will <b>suspend</b> the student for the welfare of the school as a community. <b>(Parents will be notified and will be required to attend a formal interview and data sent to Director, Educational Leadership, Hawkesbury, DoE)</b>

## P&C AGM

Our school P&C meet on the 2nd Wednesday each month during school terms. Our first P&C meeting was held last Wednesday night in the library. The P&C AGM will also be held 10 March 2021. While everyone is welcome to attend we are limited to no more than 30 people due to COVID-19 restrictions. Only financial members can vote at the AGM. New parents can join the P&C at this meeting, but are unable to vote during the AGM. We look forward to welcoming new members in 2021. The P&C takes an active role in the life of our school, with subcommittees who look after fundraising, the school canteen and the uniform shop. All of these areas are reliant on the good will and time of our volunteer parents, carers and grandparents. Please consider taking an active role in the P&C this year, as 'many hands make light work'.



## P&C ASSOCIATION NOTICE OF AGM

**10 March 2021 at 6:00pm**  
**FRPS Library**

The 2021 Annual General Meeting of the Freemans Reach Public School Parents and Citizens' Association will be held on Wednesday 10th March commencing at 6.00pm.

All current office bearer roles will be declared vacant and nominations called for the following positions:

President  
Vice President  
Secretary  
Treasurer

Nominations will also be sought for the following Sub-Committees:

Uniform Shop  
Canteen  
Fundraising

All current P&C members are encouraged to attend the AGM to vote and/or nominate for vacant positions.

The AGM is open to all parents and carers who wish to attend, however only financial members are eligible to vote. To become financial please fill out a new member form (attached to this newsletter) and come along with your 50c membership fee and you will be a member of the 2021 committee and able to vote at next year's AGM!

For more information concerning any aspects of the P&C including the conduct of the AGM, and the role of the committee, please go to the NSW P&C Federation website: [www.pandc.org.au](http://www.pandc.org.au)

At the completion of the AGM the March general meeting will be held. We hope to see you there!



# PARENTS & CITIZENS ASSOCIATION

395 Kurmond Road, Freemans Reach NSW 2756 Phone: 02 4579 6146  
Email: freemansreachpandc@hotmail.com ABN: 75 522 446 565

## Membership Form

The Freemans Reach Public School P&C Association is a not-for-profit Organisation which is established to promote the interests of the school by bringing parents, citizens, students and teaching staff into close co-operation and to assist in providing facilities and equipment for the school and in promoting the recreation and welfare of the students at the school.

Membership is open to all parents and guardians of pupils attending the school and to all citizens. The P&C Association is always keen to welcome new members and particularly members who access or have an interest in the services provided by the P&C Association, such as our Canteen and Uniform Shops.

Meetings are held every 2<sup>nd</sup> Wednesday of each month. The P&C Association operates sub-committees where your contribution would be greatly appreciated. The Annual membership fee is 50c and entitles you to be involved in the decision making of the P&C Association. When you become a financial member, you agree to follow the Constitution, by-laws, Code of Conduct, Policies, Procedures and sub-committee rules as adopted by the P&C Association in our Handbook, copies of these materials are available from the P&C Association Secretary at each meeting. You are recognised as a financial member after the meeting closes at which you submit your payment. The Treasurer shall issue you a receipt for this payment, you should retain the receipt for the current P&C Association year as proof of your membership.

If you are interested in becoming a member, please complete the form below and bring it with you to the next meeting of the P&C Association. If you are unable to attend the next meeting but wish to become a member, please submit this form and payment to the Treasurer via the school front Office.

This information is used by the P&C Association to comply with record keeping policies and reporting to governing bodies. All information below is mandatory for the application to be successful. For more information regarding P&C Association policies and our governing bodies please refer to our Handbook.

Given Name/s: \_\_\_\_\_

Family Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Residential Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Withhold Name and Position from ACNC Register

*This is the Australian Charities and Not-For-Profits Commission in which we are required to list all members unless otherwise directed by you.*

☐ Yes

☐ No

If Yes,  
provide  
reason: \_\_\_\_\_

Working with Children Check Number: \_\_\_\_\_

*If you do not have or need a Working with Children Check please complete a Declaration for Volunteers through the FRPS Office and return with your membership form (only required if you will be volunteering at the school)*

I hereby apply for Membership of Freemans Reach Public School Parents' and Citizens' Association and agree to be bound by the Constitution, Rules and Handbook of the P&C.

Signature of Applicant: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## P&C EXECUTIVE USE ONLY

### Secretary

Membership Commenced (at the conclusion of next general meeting) dated:			
Membership Application Received with Fee:	<input type="checkbox"/>	Handbook Emailed to Applicant:	<input type="checkbox"/>
Submission to ACNC as Responsible Person:	<input type="checkbox"/>	P&C Membership Register Updated:	<input type="checkbox"/>
WWCC Number:			
Start Date:		Verification Date:	
Expiry Date:		Verification Outcome:	
Secretary's Signature:			
Treasurer			
Date Fee Banked:		Bag PO Number:	
Receipt Number:		Date Receipt Issued:	

*For auditing purposes these records must be kept indefinitely.*



# Healthy LUNCHBOX GUIDE

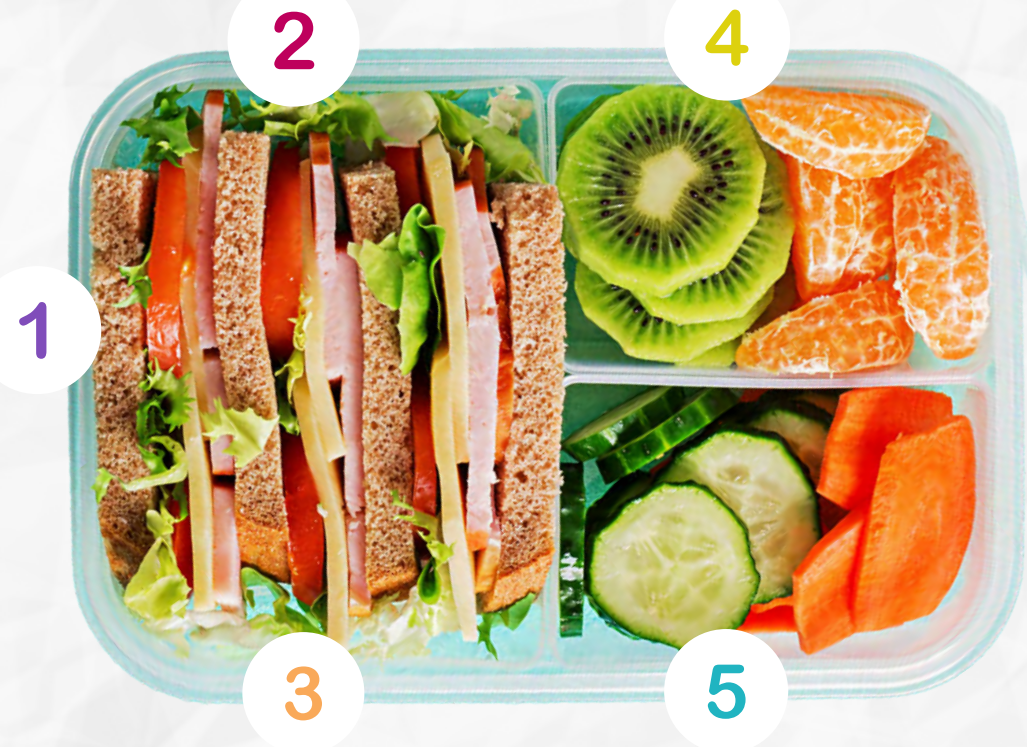
WHOLEGRAIN  
BREAD & CEREALS

PLANT & ANIMAL  
PROTEIN

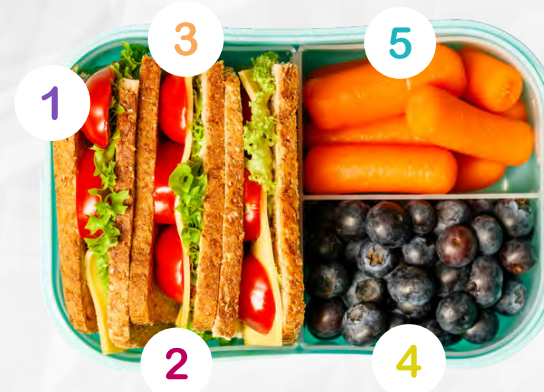
FRUITS

DAIRY &  
ALTERNATIVES

VEGETABLES



Choose water and  
limit consumption of  
sugary drinks  
Pick whole fruit over  
fruit juice



Examples



Top Tip

Pick one from  
each food  
group

THE  
FIVE  
FOOD  
GROUPS

1



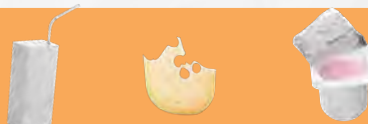
WHOLEGRAINS provide long-lasting energy for the brain and body.

2



PROTEINS which are important for growth and to keep your tummy full!

3



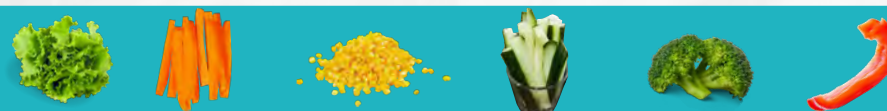
DAIRY AND ALTERNATIVES for calcium to build strong bones and teeth.

4



FRUITS keep your body healthy. The more colours, the better!

5



VEGETABLES for a healthy gut and immune system. Enjoy a wide variety!