

Freemans Reach Public School Est 1867

NEWSLETTER

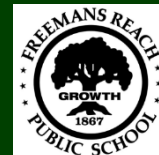
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Relieving Principal: Lisa McGrath



From the Principal's Desk ...

Welcome Back to School for 2020

Welcome back to school. I hope all of our families had a safe break and are now ready to return to our lovely learning environment. A special welcome to our new Kindergarten students and to students who have transferred from other schools. Also, a warm welcome to our new parents/carers and family members who have joined our supportive school community.

Thank you to all of the parents, carers and teachers who have made me feel very welcomed in our first week of school. I have been out and about every morning and afternoon, meeting as many of our community members as possible. I will continue to do this. I am incredibly keen to listen and ask questions, and to get a comprehensive feel for the school, in order to guide and lead Freemans Reach Public School as we start a new decade. Many of our community members have been with Freemans Reach for a long time, which reflect your love and dedication to our school. I have been incredibly impressed with the dedication of our teaching and support staff over the last number of weeks. They have been very busy planning exciting learning experiences for your children, as well as hours and hours setting up classrooms, making resources and undertaking professional learning. Thank you to the staff, I'm certainly looking forward to a productive year of learning.

All staff at Freemans Reach Public School returned on Tuesday, 28 January, 2020. There were a number of professional learning and organisational meetings that occurred during the day, from the Department of Education's new Sentral system to mark and track attendance and student wellbeing, through to the staff's 2020 Roles and Responsibilities.

Over the coming weeks, you may notice a few small changes around the school. Some to the physical environment, as we modify daily processes and procedures, and some to our Student Wellbeing practices.

As parents and caregivers, you are your child's greatest teacher. Teachers spend many hours each day over the course of a year with a child, but parents spend a lifetime. In reality, it takes a partnership between home and school to maximize a student's learning potential. Neither parents nor teachers can do it alone.

At Freemans Reach Public School, I know that we value our healthy partnership with parents and carers. This will be one of my priorities. I believe in rewarding students for the effort and good choices they make with their learning, their behaviour and their relationships. Of course, in life, not everything we do is met with reward. A *Positive Behaviour for Learning* process rewards children for their choices now, by providing incentive and motivation, so they can make these good choices as young adults. Watch this space!

Congratulations School Leaders

Congratulations to our Leadership Team and our Sports Leaders for 2020.

Amy, Emily, Ethan, Tyler, Jacinta, Lachlan M, Travis, Evan, Anthony P, Isaac V, Charlotte F and Cooper.

New Improvements Around the School

During the term break, we have had a number of transformations and additions around the school.

These include-

1. New colourbond roofing installed on the Administration block and the K-2 block.
2. Work started on the new wheelchair access ramp and wheelchair and vision friendly grounds modifications
3. New drainage and safety grates installed
4. Work started on the retaining wall and new play equipment
5. Front Office refurbishment is completed
6. New wheelie garbage bins to replace the old tin bins

Thank you to Mr Toscan, our General Assistant (GA), for his work in supporting these school improvements and for keeping our lovely grounds in such great condition for the start of the new school year.

Term Planner for Parents and Carers

This year, I have introduced a Parent/Carer Term Planner, to be shared with our families at the start of each term. You will find a copy of this Term Planner at the end of this newsletter. This Term Planner aims to support families as they plan their busy home lives, by offering as many school dates in advance. I am fully aware of the juggling act that many families have to do with their own time and resources! I hope this Term Planner assists you. Please take special note of the dates of our 'Meet the Teacher Night' and our Term 1 Parent/Teacher Interviews. These evenings and interview days are found to be very valuable to all concerned as it provides important information to enhance the students' learning.

Parent/Carer Meet the Teacher Evening

On Monday 17 February, from 5pm – 6pm, there will be Family Information sessions for all parents/carers. This is an opportunity for you to hear some of the great things that will be happening for your child in their class during 2020. It is also a chance for the teachers to discuss with you class/student work, behaviour expectations and homework procedures. Please note that this is not a one-on-one interview but a chance for all parents/carers to gather and meet their child's teacher. We will be splitting the hour session into two 30 minute sessions to enable parents/carers with more than one child the opportunity of meeting most, if not all, of their children's teachers. This is a great opportunity and is organised in the aim of strengthening the link between home and school for all school members.

K-6 Assemblies

Our Assemblies have moved to every second Thursday at 12.30pm. This will start on 6 February, 2020.

Welcome to our Staff

We welcome back Mrs Abel, who will be teaching all classes in the Computer Lab on Mondays and Tuesdays this year. We also welcome Mrs McMahon to Freemans Reach Public School. Mrs McMahon has worked as a Teacher/Librarian in the Hawkesbury for many years and she now takes up the role as Teacher/Librarian at our school for 2020. Mrs McMahon will also be supporting teachers on classes as they undertake their own professional learning throughout the school year. I know you will join me in welcoming both teachers to our lovely school.

2020 Classes

Freemans Reach Public School's 2020 teaching, support and administration staff are as follows-

KC – Miss Cash

1J – Mrs Jurd

2C – Miss Celeban

3/4R – Mrs Ripa

3/4L – Mr Lobb

5/6A – Miss Ayoub (Relieving Assistant Principal)

5/6M – Mrs Mitchell

Library – Mrs McMahon

RFF Technology/STEM – Mrs Abel

RFF Sport- Mr Carroll

Learning Support / Enrichment- Mrs Shuster, Mr Baxter (Assistant Principal)

School Administration Manager- Ms Gerisch

School Administration Officer- Mrs Chapman

School Learning Support Officers - Ms Slee, Mrs Lippold, Ms Clair, Mrs Bates, Mrs Ashton

General Assistant- Mr Toscan

Cleaning Support- Mrs Marsh

Relieving Principal- Mrs McGrath

I look forward to an exciting and productive start to the year.

Warm regards,

Lisa McGrath

DATES TO REMEMBER

TERM 1 2020

FEBRUARY

Mon 3rd Feb	Kindergarten Students First Day, Kindy 1st Day Starts @ 9:15am
Wed 12 th Feb	P&C Meeting
Thur 13 th Feb	Swimming Carnival
Thur 13 th -Fri 14 th Feb	Leadership Camp

Freemans Reach P&C

Our P&C meets monthly on the 2nd Wednesday of the months that occur in the school term.

Meetings start at 6:30pm in the school staff room and everyone is welcome to attend.

The first meeting for 2020 will be on Wednesday 12th February.

If you would like to contact the P&C with questions, concerns or information about the canteen or uniform shop, their email is:

freemansreachpandc@hotmail.com

P&C UNIFORM SHOP OPENING HOURS

The Uniform Shop has re-opened last Friday will be open every Friday in 2020

from 8:15am – 9am.

Please direct any Uniform Shop questions to **freemansreachpandc@hotmail.com**

Thank you to our volunteer coordinators Tammy and Hayley, for giving up their time to support our school community.

Hawkesbury School Sports Association



Join our Hawkesbury area PSSA Facebook page for the latest information regarding event details, upcoming competition dates and results!

Search Hawkesbury PSSA on Facebook to stay up to date with the latest information!

Our Website also contains lots of useful information

<https://hawkesburypssa.schools.nsw.gov.au/>

HAWKESBURY HIGH SCHOOL

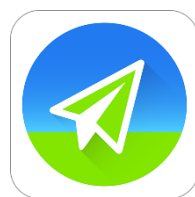


As we work in partnership with our local high school I wanted to share with you Hawkesbury High School's website which also gives you access to their newsletters. Please take time to share the

wonderful achievements and events of our partner school where many of our past students are now attending

<http://www.hawkesbury-h.schools.nsw.edu.au/>

SCHOOL ENEWS- Our main source of communication.



Thank you to all families who have subscribed to School ENews. You should now be receiving this newsletter direct to your emails or direct to your mobile device. If you know of people who are not receiving the newsletter, please encourage them to contact the office to be signed up for ENews.

Advice to assist parents, teachers and students following recent fires

From Department of Education Website

Large scale distressing events impact our school communities in many ways. The bushfires that are impacting a number of our communities have been unsettling and stressful for many people.

Distress may be related to:

- having been directly at risk/exposed to fires (loss of homes, pets, personal belongings)
- being concerned about family or friends
- feelings and memories related to previous experience
- other grief and loss.

Information for parents

The recent fires across a large part of NSW have affected our students and schools in different ways. It is important to recognise that almost all distress or behavioural change following such an event is normal. There is no such thing as a typical reaction. Children react in different ways depending on age and personality. Some may show much distress or they may ask many questions and appear preoccupied with the event. Some of these reactions may appear immediately but others may not show themselves for weeks or even months later. Some reactions may include sleep disturbances, regressive behaviour (thumb sucking), nightmares, fear of the dark, clinging to parents/carers, loss or increase in appetite, physical complaints that have no medical basis, aggressive behaviour, competition with sibling for parental attention, withdrawal and/or loss of interest in regular activities. Children look to the significant adults in their lives for guidance on how to manage their reactions. Parents and teachers can help children cope by remaining calm and reassuring them that they will be all right. Importantly most children are resilient and return to their previous level of functioning over time.

How you can support your child

- Monitor how much your child is being exposed to television/social media stories regarding the fires; children can be distressed by watching repeated images. Explain to them that news reports will repeat images and stories and it may not be a good idea to keep watching.

- Find out what your child's understanding of the event is and correct misunderstandings or confusion.
- Include your child in making plans for the future.
- Support your child to stay connected to friends.
- Keep to your regular routines and activities as much as possible.



Freemans Reach Public School

Term 1- 2020

Parent/Carer Planner

as of 4.02.2020

Term 1 2020	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 1	27.1 Australia Day	28.1 <i>SDD</i>	29.1 <i>Kindy Best Start</i> <i>Students in Years 1-6 Start</i>	30.1 <i>Kindy Best Start</i>	31.1 <i>Kindy Best Start</i>
Wk 2	3.2 <i>Kindergarten students start</i>	4.2 <i>Newsletter</i>	5.2	6.2 <i>Yrs K-6 Assembly 12.30pm</i>	7.2
Wk 3	10.2 <i>K-6 Sporting Schools- AFL session 1</i>	11.2	12.2 <i>P&C Mtg- 6.30pm-8pm</i>	13.2 <i>Leadership Camp</i> <i>School Swimming Carnival Competitors only @ night</i>	14.2 <i>Leadership Camp</i>
Wk 4	17.2 <i>K-6 Sporting Schools- AFL session 2</i> 'Meet The Teacher' Night <i>5pm-5.30pm & 5.30pm-6pm</i> <i>Primary school aged child minding available from 4.55pm in the Library.</i>	18.2 <i>Newsletter</i>	19.2	20.2 <i>Yrs K-6 Assembly 12.30pm</i>	21.2
Wk 5	24.2 <i>K-6 Sporting Schools- AFL session 3</i>	25.2	26.2 <i>District Swimming</i>	27.2	28.2
Wk 6	2.3 <i>K-6 Sporting Schools- AFL session 4</i>	3.3 <i>Newsletter</i>	4.3	5.3 <i>Yrs K-6 Assembly 12.30pm</i>	6.3
Wk 7	9.3	10.3 <i>Stage 3-Paul Kelly Cup</i>	11.3 <i>P&C Mtg- 6.30pm-8pm</i>	12.3 <i>Selective HS Test for Yr 6</i>	13.3
Wk 8	16.3	17.3 <i>Newsletter</i>	18.3	19.3 <i>Yrs K-6 Assembly 12.30pm</i>	20.3 <i>Harmony Day Sat 21 March</i>
Wk 9	23.3	24.3	25.3	26.3	27.3
Wk 10	30.3 <i>Parent/Teacher Interviews</i>	31.3 <i>Newsletter</i>	1.4	2.4 <i>Yrs K-6 Assembly 12.30pm</i>	3.4
Wk 11	6.4	7.4 <i>Stage 3 Bathurst Goldfields Excursion</i>	8.4 <i>ANZAC Day Service 10.15am</i> <i>P&C Mtg- 6.30pm-8pm</i>	9.4 <i>Easter Hat Parade/ Grandparents Day 10.15am</i>	10.4 Good Friday



Australian Government

Back to school and your child's wellbeing

The recent bushfire emergency may have created distress for many children, their families and communities, which is why the Australian Government is providing a range of support to help those affected in New South Wales.

Mental health support for children, young adults, parents and carers

Schools and early childhood education services are central, stabilising forces across communities that provide safe spaces for children and young adults to be in times of crisis, need and change.

The effects of the 2019–20 bushfires may be felt by Australian children and young adults over the coming days, months and even years. It is not uncommon to have trouble adjusting and/or to feel unsafe after a traumatic event. Children and young adults can pick up tension, uncertainty, confusion and fear experienced by those around them following traumatic events and may have some sleep disturbance, fear or anxiety. If your child experiences these problems or their behaviour seems changed it may be sensible to seek help.

As the new school year begins, the Australian Government is providing immediate assistance to support the mental health and wellbeing of children and families impacted by the bushfires.

Parents, carers and teachers have an important role to play in creating a sense of calm, and reassuring children and young adults, but sometimes it can be difficult to know where to start. Making your own mental health a priority as well as familiarising yourself with the support and services available are good first steps.

Please talk to your General Practitioner or school leaders about the resources available to you and your family as the 2020 school year gets underway. You may not need help now but you may need it later in the year. A list of support services and resources follows.

24/7 Telephone services offering counselling and support

Lifeline Australia

Lifeline is a crisis support service that provides short-term support at any time for people who are having difficulty coping or staying safe. 13 11 14 | www.lifeline.org.au

Kids Helpline

Kids Helpline is a free, private and confidential phone and online counselling service for young people aged 5 to 25 years. 1800 55 1800 | www.kidshelpline.com.au

Beyond Blue

Beyond Blue is available by phone or online via chat or email, to provide support on a range of mental health issues. 1300 22 4636 | www.beyondblue.org.au

Suicide Call-Back Service

For anyone considering suicide, living with someone who is considering suicide, or bereaved by suicide, the Suicide Call Back Service is available. 1300 659 467 | www.suicidecallbackservice.org.au

MensLine Australia

MensLine Australia is a telephone and online counselling service for men. 1300 78 99 78 | www.mensline.org.au

Open Arms – Veterans and Families Counselling

Open Arms provides current serving armed forces personnel, veterans and their families with free and confidential counselling, group treatment programs and community and peer networks. 1800 011 046 | www.openarms.gov.au



Australian Government

Face to face support

Free assistance

Emergency distress and trauma counselling, including up to 10 free mental health support sessions, is available for individuals, families and emergency services personnel directly impacted by the bushfire emergency. The services are delivered by allied health professionals at recovery centres, Services Australia centres and mental health providers commissioned by Primary Health Networks.

www.health.gov.au/health-topics/emergency-health-management/bushfire-information-and-support/australian-government-mental-health-response-to-bushfire-trauma

Your General Practitioner

If you or your child experiences persistent health issues that interfere with your lives, please talk to your local General Practitioner, who is your gateway to mental health and other health services.

www.healthdirect.gov.au/australian-health-services

Primary Health Networks

Primary Health Networks (PHNs) play a critical role in supporting individuals and communities by ensuring patients receive the right care in the right place at the right time. PHNs in fire impacted areas are listed below:

Hunter New England and Central Coast 1300 859 028
Murrumbidgee (02) 6923 3100
South Western Sydney (02) 4632 3000
Nepean Blue Mountains (02) 4708 8100
Western NSW 1300 699 167 | North Coast (02) 6618 5400
South Eastern NSW 1300 069 002

www.health.gov.au/phn

Mental health liaison officers from Beyond Blue

Liaison officers from Beyond Blue will work with local schools and early childhood education and care services in bushfire-affected communities as part of *Be You*, the Australian Government's national education initiative to support child and youth mental health.

Schools and early childhood education and care services can sign up to *Be You* for free at any time. Talk to your school leaders for more information about how liaison officers will be working with students and staff.

www.beyou.edu.au

School chaplains

The Australian Government is offering extra funding for school chaplains, which will be available to state and territory governments on request.

The National School Chaplaincy Program supports the wellbeing of students and school communities. Talk to your chaplain or school leaders for further information.

www.education.gov.au/national-school-chaplaincy-program

Counsellors

The Australian Psychological Society (APS) and the Australian Red Cross have a network of APS psychologists deployed through the Red Cross to provide assistance across bushfire-affected areas.

www.psychology.org.au/Find-a-Psychologist

headspace

headspace provides free or low cost services to young people aged between 12 to 25 years old, their families and friends. headspace has services located throughout NSW including Bega, Grafton, Nowra, Gosford, Lithgow, Penrith, Queanbeyan, Port Macquarie and Wollongong. Selected headspace sites in fire-affected areas will also be provided with additional funding to ensure that young people can get support when they need it. You can find your nearest headspace centre on an interactive map on their website.

www.headspace.org.au/headspace-centres

Online resources

Emerging Minds

A Community Trauma Toolkit is among the online resources available to adults to help support children's mental health during and after a disaster or traumatic event. The toolkit is grouped into the timeframes surrounding a natural disaster — preparedness, immediate, short-term recovery, and long-term recovery.

www.emergingminds.com.au

Student Wellbeing Hub

The Student Wellbeing Hub provides age specific and tailored information in an online space for educators, parents and students. You can access practical, evidenced-informed strategies in plain language to help reduce the risk of anxiety and depression in children.

www.studentwellbeinghub.edu.au

Learning Potential

Learning Potential provides parents with practical tips and information about how to support their children as they return to school and throughout the year. All content can be accessed, free, through a phone app and a website.

www.learningpotential.gov.au

Head to Health

The Australian Government's digital gateway to information, advice, and free and low cost phone and online mental health services and supports.

www.headtohealth.gov.au

The National Bushfire Recovery Agency is coordinating the national response to help rebuild communities.

www.bushfirerecovery.gov.au



Parking in School Zones



No Parking

You have no more than 2 minutes for drop-offs or pick-ups and must stay within 3 meters of your vehicle.

Penalty
\$191
+ 2 demerit points



No Stopping

Under no circumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.

Penalty
\$344
+ 2 demerit points



Bus Zone

You must not stop your vehicle in the indicated zone unless you are driving a public bus.

Penalty
\$344
+ 2 demerit points

Stop on path or nature strip \$344 + 2 demerit points

Stop across driveway \$344 + 2 demerit points

Fines current as of July 2019

Fines and demerit point are subject to change

View the current demerit point and offences list at

<http://www.rms.nsw.gov.au/documents/roads/safety-rules/demerits-parking.pdf>

<http://www.rms.nsw.gov.au/documents/roads/safety-rules/demerits-school.pdf>



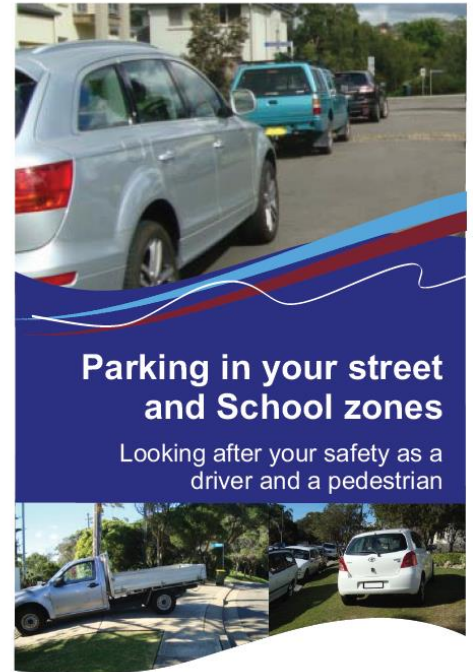
This document contains important information.
If you do not understand it, contact the
Telephone Interpreter Service on 131 450.



Hawkesbury City Council

Address: 366 George Street
Windsor NSW 2756
Mailing Address: PO Box 146
WINDSOR NSW 2756
Phone: (02) 4560 4444
Fax: (02) 4587 7740
Email: council@hawkesbury.nsw.gov.au
Council Website: www.hawkesbury.nsw.gov.au
Office Hours: Monday to Friday 8:30am-5:00pm

July 2019



Parking in your street and School zones

Looking after your safety as a driver and a pedestrian



Road Rule
Do not parallel park the wrong way

School Zone
\$344
+ 2 demerit points

Penalty \$268

You cannot park on the wrong side of the road facing oncoming traffic and other vehicles. You must park facing the direction of the traffic flow. This is for safety when leaving the kerb.

Road Rule
Do not park on a nature strip, above the kerb or gutter

School Zone
\$344
+ 2 demerit points

Penalty \$268

You cannot park on a nature strip, bicycle path, footpath, shared path or dividing strip, or a nature strip adjacent to a length of road in a built-up area.

Road Rule
Do not park near a bus stop

School Zone
\$344
+ 2 demerit points

Penalty \$268

You cannot park within 20 metres before and 10 metres after a bus stop unless there are signs that permit parking. This is for the safety of bus passengers.

Road Rule
Do not park at an angle to the road

School Zone
\$344
+ 2 demerit points

Penalty \$268

You must park close and parallel to the road unless there are signs permitting angle parking.

Road Rule
Do not park across your driveway

School Zone
\$344
+ 2 demerit points

Penalty \$268

You cannot park on the road blocking a driveway or on the driveway (even your own) outside the property boundary. This is for access and pedestrian safety.

Road Rule
Do not park within 3 metres of a median strip or double white lines

School Zone
\$344
+ 2 demerit points

Penalty \$268

You cannot park within 3 metres of double white lines or a traffic island/median strip unless a sign says otherwise. This is for traffic flow and safety.

THE AUSTRALIANA PIONEER VILLAGE



ROSE STREET, WILBERFORCE
(Behind the Heritage Hotel/Motel)
Ph 02 4575 1777 / 0438 751 775
www.theapv.org.au

■ Sydney's 1st ■ **MILITARY MUSTER** Sunday 9th February, 2020

Military vehicles from WW1 to the Vietnam War & more recent conflicts
Re-enactors portraying sailors, soldiers & airmen from WW1 to the Vietnam War
Military weapons & equipment, battle re-enactments, talks & demonstrations
Ask questions & interact with those in uniform
American, British, Russian, French and German military past



A Memorial Service at 11am at our Village Memorial Garden
Members of the Public are welcome to lay Flowers or wreaths
***** 3 piece jazz band playing WW2 era music *****



Gate opens 9.30 am & closes 4pm
Children under 5 FREE, School Children \$3,
Adults \$5, Family Pass (2 adults, 2 children) \$15
..... **FREE PARKING**



RIDE IN 2BMX

Your chance to try BMX!

FREE!

Club

Hawkesbury
Hornets
BMX Club

Date

15th February 2020
10am & 11 am
12pm Adults

Location

Colbee Park
Bismarck St
McGraths Hill

Register your interest at;

www.facebook.com/HornetsBMX

