

Freemans Reach Public School Newsletter

Term 3 Week 8

8 September 2020



Upcoming Events

TERM 3

9 Sept	P&C Meeting - via Zoom
10 Sept	Cricket Day/Spider Day
11 Sept	Spirit Morning Tea
18 Sept	SRC Crazy Hair Day - Gold Coin Donation
22 Sept	Book Parade
24 Sept	School Photos
25 Sept	Last day of Term 3

NOTES & MONEY DUE

K-6 Dance Fever

Stage 3 Fundraising Chocolates
DUE NOW

Online Mathletics &
Literacy Planet Subscriptions
OVERDUE

Voluntary School Contributions

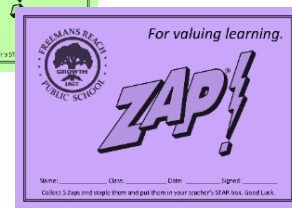
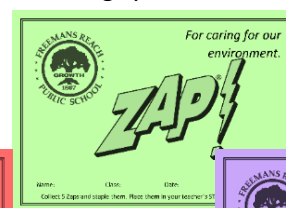
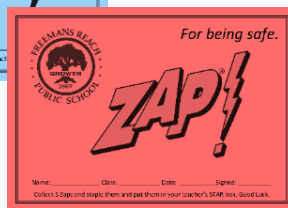
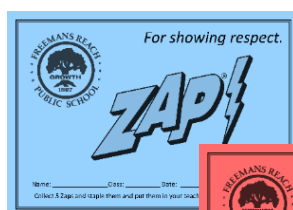


395 Kurmond Road, Freemans Reach 2756
Phone: 4579 6146 Fax: 4579 6528
Web: <https://freemanrch-p.schools.nsw.edu.au>
Email: freemanrch-p.school@det.nsw.edu.au
Relieving Principal: Lisa McGrath

From the Principal's Desk ...

SPIRIT MORNING TEA

This Friday, 11 September, we are very excited to be celebrating the achievements of our students, as they earn their first Spirit Award. As a result of COVID-19, this is our first public recognition of exemplary behaviour at our school. Many students will be awarded with more than one Spirit Award! Unfortunately, we are unable to invite families to attend. We will send photos home of the special event, as well as posting the ceremony on Facebook and in our next newsletter. I am very proud of the students at Freemans Reach Public School and am delighted in how well our staff, students and community have all embraced our Positive Behaviour for Learning system.



FATHER'S DAY

I hope all of our fathers, grandfathers, pops, uncles, big brothers and our other special role models were pampered on Fathers' Day last Sunday. Congratulations to many who celebrated Father's Day for the first time - what a special treat! For some of us, Father's Day is a day to remember our dads and pops who cannot be with us anymore, but the life lessons and special memories continue to bring smiles to our faces.



I would like to thank our dedicated P&C for the cool gifts they were able to purchase for our families. Carmen and her team did a wonderful job on the day too. As we know, many hours of preparation go into coordinating events such as this for our school. We are very pleased to be able to add that little sparkle to this special day.

TELL THEM FROM ME SURVEY

The "Tell Them From Me" survey is open until the end of this week (Friday 11 September). If you have not had a chance yet to fill it out, please go to-

<http://nsw.tellthemfromme.com/freemansreach2020>

This survey is a very valuable tool to ensure that parents' and carers' perspectives are included in our school's planning and decision making processes. It also gives you the opportunity to let us know your thoughts about how Freemans Reach Public School is working for you and your child. We would love as many people as possible to follow the link and complete the survey - we really do want to hear from you! To date, we have had 33 families already complete the survey (out of about 130 families). Thank you for your time.

Safe

Respectful

Environmentally Friendly

Learner

SCHOOL SWIMMING AND WATER SAFETY PROGRAM

Recent changes to the advice regarding the delivery of sport and physical activity within the Public Education sector has resulted in the School Swimming and Water Safety Program being cancelled for the remainder of 2020. The School Swimming and Water Safety Program team has worked collaboratively with schools, venues and the Department of Education in coming to this decision with every possible avenue investigated. Thank you for your support in previous years of aquatics education for our students at Freemans Reach Public School and we look forward to hopefully offering the School Swimming and Water Safety Program in 2021.



P&C ZOOM MEETING – WEDNESDAY 9 SEPTEMBER

The next P&C meeting will be online via Zoom tomorrow night, Wednesday 9 September at 6:30pm. Everyone is welcome to join in. P&C meetings are very relaxed and friendly and are a great way to find out what's going on at the school, share your ideas or concerns and to hear from the Principal and other teachers. The zoom details are below.

Topic: P&C Monthly Meeting

Time: Sep 9, 2020 06:30 PM Canberra, Melbourne, Sydney

Join Zoom Meeting

[https://us04web.zoom.us/j/75570275663?](https://us04web.zoom.us/j/75570275663?pwd=d3FndndIRVlFVHF2TSttVitxMWhVZz09)
[pwd=d3FndndIRVlFVHF2TSttVitxMWhVZz09](https://us04web.zoom.us/j/75570275663?pwd=d3FndndIRVlFVHF2TSttVitxMWhVZz09)

Meeting ID: 755 7027 5663

Passcode: PCGd8m

The P&C currently has a position vacant for the role of Assistant Treasurer. If you are interested in this position, or would like further information, please contact our very helpful office staff and they will point you in the right direction.



COVID QUARANTINING

This year more than ever we have been spending most of our time close to home, alongside our families. This excessive amount of time can be a trigger for conflict. I too am a busy working mum with three children. Sometimes it can feel like refereeing rather than parenting! I have had many conversations with families over the last few months about just such pressures. Resolving conflict between siblings and between us and our children, requires skill, subtlety and self-control. It means that we need to have a range of responses at our fingertips rather than just rely on one or two strategies.

Here are 5 emotionally intelligent responses that you can call on to de-escalate family and sibling conflict:

1 Stay calm: When emotions are charged in a group, the leader will be the person who stays calm. Families are no different. Emotions can be charged. This is the time for parents to stay calm. Use a low, 'Green' tone of voice when you talk with kids. Your calmness is essential to de-escalate anger.

2. Use open-ended questions: Ask open-ended questions to encourage others to share their feelings about a situation. Say, "How can I help?" instead of "You seem angry". Children and young people are calmer when they are teaching or explaining rather than being patronised.

3. Hear the feeling rather than see the behaviour: Empathise with children's feelings without accepting their behaviour. There is nothing better than being understood so when they are upset try statements like "You have every right to be angry about that." Avoid addressing the behaviour at this point. Choose a time when everyone is calm and ready to listen to talk about better ways of behaving.

4. Use selective listening: In the heat of the moment children and young people, like parents, will often say things they don't mean. It's easy to respond to the heated "I hate you." or other insults while ignoring the original problem. When a child yells "You never listen..." Try clarifying by saying, "It seems that the last time we spoke wasn't great for you." Show interest, take the wind from the sails by agreeing, and don't try to respond to everything someone says in anger.

5. Focus on facts, not emotions: Many people (adults and children) don't respond well when they are second guessed. "Why are you so angry?" invites the response "NO, I'm NOT!" Instead say, "What happened that caused you to be upset?" Be sure to compliment children when they resolve relationship problems calmly and control their own emotions, demonstrating the impact that their positive behaviour has on you. Conversely, compliments such as - "Thanks guys for resolving this problem quickly and calmly. I appreciate it." - remind kids about the emotional impact that their negative behaviour also has.

For additional helpful resources please click on the following link:

<https://www.parentingideas.com.au/blog-category/resilience#post-list>

SCHOOL SECURITY REGULARLY PATROL DEPARTMENT OF EDUCATION SCHOOL SITES.

Last Sunday morning, our school and Hawkesbury High School were broken into. The vandalism to Freemans Reach Public School was mostly limited to external areas and one classroom. Whilst the damage was not extensive this time, I was extremely saddened to see all of the hard work that had gone into our school improvements, disrespected and damaged. If you hear or see anything suspicious during the times our school is closed, please contact the Department of Education's School Security on 1300 880 021. Repairs have been made and Freemans Reach Public School continues to be a special place of learning and teaching. As always, we are stronger together. Thank you for your shared concern and support for our school.

SCHOOL SECURITY
1300 880 021

Safe

Respectful

Environmentally Friendly

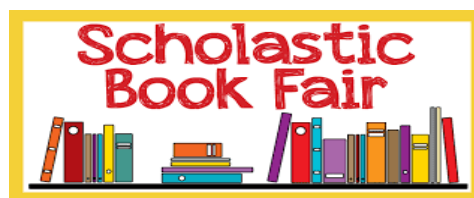
Learner

PRINCIPAL'S POSITION

I have been asked by our Director, Educational Leadership, Ms Kerri Brickley, to continue in my role as your Relieving Principal until April 2021. I have happily and humbly accepted. I am so very proud to be a part of the resilience and enthusiasm of our teaching and non-teaching staff, students and our community during this very unconventional 2020. After April next year, the position may be filled through a merit selection panel.

Have a fabulous fortnight!

Warm regards
Lisa McGrath
Relieving Principal



BOOK FAIR

Book Fair is coming! Students will be able to view books during their Library classes next week (Week 9) and further information regarding Wish Lists and purchasing will be sent home with students soon.



SCHOOL PHOTOS

School Photo Order Forms were sent home with students last week.

Please make orders and payments via the photographers website www.msp.com.au using your child's Shoot Key. The Shoot Key is 8 digits long and located on the top right side of the forms sent home.

Sibling Photo Order Forms are available from the school office.

School Photo Day is Thursday 24 September (Week 10). Please return Order Forms to the school office BEFORE photo day.



PLEASE REMEMBER

Many students are still coming to school without their drink bottles and hats. With the weather starting to warm up, ALL students need to bring a drink bottle of water and their school hat in their bags everyday. Bubblers are still not able to be used, however, we have bottle fillers around the school for bottles to be refilled and topped up.




SRC CRAZY HAIR FUNDRAISER

The SRC will be holding a fundraiser on Friday 18 September (Week 9).

Please come to school with CRAZY HAIR and a gold coin donation.

Students need to wear full school uniform and a school hat.



KC – Bonnie S, Malik R, Harmony F, Ashton F
1J – Jye M, Hunter F, Avah C, Charlotte W
2C – Madelin G, Levi H, Daniel T, Ella S
3/4R – Ruby F, Kye P, Abbey W, Bernadette A
3/4L – Anyah H, Cayleb H, Isabelle V, Abbi E
5/6A – Mia C, Connor R, Thomas G, Lucius W
5/6M – Lachlan M, Evan S, Ethan G, Chloe B

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Waste Ed Program

Last week students in K-6 participated in the Hawkesbury Council Waste Education Program. It was informative, activity based and a fun way to educate the students about taking care of their environment. The presenters did an excellent job teaching the students about how to reduce waste and care for our world.

The following topics were covered during the program:

- 1J - It's a Wormy World
- KC and 2C - Caught on Composting
- Stage 2 - Don't Waste Biodiversity
- Stage 3 - Food for Thought

The students thoroughly enjoyed the interactive presentation. A big thank you to Mrs Jurd for coordinating this experience for our students.



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HAWKESBURY

LIBRARY SERVICE



Community Legal Clinic



Western Sydney
COMMUNITY LEGAL CENTRE LIMITED
ABN 81 963 193 626 | ACN 629 118 903

Community Legal Clinic
Free Legal Services for the Hawkesbury Community

Where: Hawkesbury Central Library Windsor
When: Every Wednesday commencing 2 September - 10.00am to 1.00pm
How: Drop in or call 02 8833 0911 to book

What we can help with:

- Family law – Separation/Parenting/ADVOs/ Property/Divorce/Mediation or Court
- Criminal Law – Minor crime dealt with by fine or CAN
- Traffic Law – License suspension or disqualification/ minor traffic offences dealt with by fine or CAN
- Civil Law – Issues about employment/ issues relating to money, personal credit or debts/ complaints or issues with goods/ neighbourhood disputes/discrimination/ Victim's Services/ power of attorney/ enduring guardianship/advance care directive/death-related matters

Provided In Partnership with Hawkesbury Library Service.



Hawkesbury Central Library: Ground floor of the Deerubbin Centre at 300 George Street, Windsor

(02) 4560 4460 library@hawkesbury.nsw.gov.au

Weekdays 9am - 6pm

Saturday 9am - 1pm

Sunday 2 - 5pm

Richmond Branch Library: 29 West Market Street, Richmond

(02) 4560 4270 library@hawkesbury.nsw.gov.au

Weekdays 9am - 5pm

Saturday 9am - 1pm

Sunday CLOSED

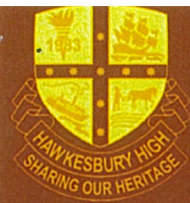


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Hawkesbury High School

1 Hibberts Lane, Freemans Reach, NSW, 2756

hawkesbury-h.school@det.nsw.edu.au

hawkesbury-h.schools.nsw.edu.au

t (02) 4579 6800

f (02) 4579 6733



2 September, 2020

7C Class 2021

Dear Parent/Guardian,

I would like to offer your child an opportunity to apply for placement in the 7C Class in 2021.

7C is an extension class based on the 6Cs, which are the future focused skills of:

- Communication (listening and sharing ideas clearly and concisely)
- Collaboration (working with others)
- Creativity (expressing, thinking and doing things in new ways)
- Critical thinking (problem solving)
- Citizenship (becoming more globally aware and proactive in the community)
- Character (being a responsible and caring individual)

Future focused learning prepares students across all curriculum areas and learning stages with the skills and capabilities to thrive in a rapidly changing and interconnected world. Students will collaborate and use creative and critical thinking to solve complex problems and become mindful global citizens.

Students will be offered a differentiated and integrated curriculum that develops transferable skills and provides enrichment options to best meet the needs of motivated students and independent learners.

Future focused learning environments inspire students to be leaders of their own learning. Student led conferences, a 7C class review at the end of each term and ongoing feedback and evaluation between teachers and students will be utilised to monitor student participation and performance in the class.

The application process for the 7C class will consist of the following:

1. Submission of the 7C Class Application Form- which includes a supporting statement written by the student (attached to this letter).
2. Portfolio of work samples that demonstrate the student's willingness and ability to be an independent learner and use of the 6C skills.

Applications will close on 11 November 2020 (Week 5 Term 4) and can be submitted in person to Hawkesbury High School or by email on hawkesbury-h.school@det.nsw.edu.au.

Successful candidates will be notified of placement in the 7C class by 1 December 2020.

Please do not hesitate to contact Mrs Shortland on 4579 6800 should you have any questions or require further information about the 7C Class.

Regards,


Kerrie Shortland
Deputy Principal



Hawkesbury High School

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hawkesbury-h.school@det.nsw.edu.au

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2 September, 2020

7C Class Application Form 2021

Student

Date of Birth

(Name)

Supporting Teacher

(Name)

(Signature)

Parents/Caregivers

(Name)

(Signature)

(Name)

(Signature)

Contact Details

	Contact name	Home Number	Mobile Number	Email
Contact 1				
Contact 2				

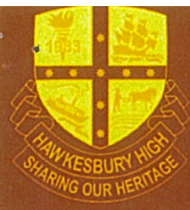
Required Details

When applying for placement in the 7C class, please provide no more than 4 samples of the student's work and attach them to this form. These samples may demonstrate the student's ability to understand and interpret information, think creatively, communicate effectively, solve problems, work collaboratively, manage deadlines and engage with sophisticated ideas and concepts. While these samples may be work the student has completed at school, they may also include samples produced in different situations and contexts (e.g. a student's hobby). Generally, copies of NAPLAN results or competition results are NOT considered work samples. The attached work samples may be in a range of media and forms (e.g. written text, video, music, photographs, multimedia, etc).

In addition to the work samples, please complete the **7C class Supporting Statement** on the next page.

All applications should be either submitted in person, or emailed to hawkesbury-h.school@det.nsw.edu.au.

All correspondence should be marked **Attention: Mrs Shortland, Deputy Principal**.



Hawkesbury High School

1 Hibberts Lane, Freemans Reach, NSW, 2756
hawkesbury-h.school@det.nsw.edu.au
hawkesbury-h.schools.nsw.edu.au
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f (02) 4579 6733



7C Class Supporting Statement

Student name: _____

Please explain the reasons why you believe that participation in the 7C class would enhance your engagement with learning and help you achieve your learning goals.

In your statement you may refer to things such as your learning style, motivation, self-management, ability to work in teams, participation in school and community initiatives, or any other information you think is relevant.
