

Freemans Reach Public School



Information Handbook

TABLE OF CONTENTS

Content	Page Number
School Introduction	3
School History	4-5
General School Information	
Features of our School	6
School Staff	7
School Hours & Arrivals and Departures	8
Attendance & Absences	9
Late Arrivals / Early Departures & Assemblies	10
Permission Notes, Student Details & Student Transfers	11
Money and Payments, Lost Property & Mobile Phones/Devices	12
School Newsletter, ENews & Facebook	13
Stationery and Equipment, Gifted & Talented & Fitness Program	14
Excursions & Visiting Performances	15
Student Banking, Book Club & Book Week	16
Transport & Opal Card	17
Bicycles & Crunch and Sip	18
Extreme Weather, Library & Religious Education	19
Peer Leadership, Student Leaders & Student Representative Council	20
Technology	21
Homework	22-23
Student Health Conditions & Medication	
Health, Allergies and Anaphylaxis & Head Lice	24
Medication & Asthma	25
Infectious Diseases	26
Sunsmart Policy	27
Assessment & Reporting	28
Student Wellbeing	
Positive Behaviour for Learning (PBL)	29-30
Student Welfare	31
Positive Relationships	32
Specialised Services & School Counsellor	33
Learning Support & Home School Liaison Officer	34
Performing Arts & School Sport	
Performing Arts, School Sport & Sport Houses	35
School Sport Carnivals	36
Zone Representation, Learn to Swim, Sport Clinics & Sporting Schools Program	37
Parent Helpers & Volunteering at School	38
Parents & Citizens (P&C)	
P&C	39
Canteen	40
School Uniform List	41-42
School Song	42

WELCOME TO FREEMANS REACH PUBLIC SCHOOL



Freemans Reach Public School takes pride in providing a safe and highly educational environment for each student to explore their learning potential.

Our dedicated staff strive to develop the skills and talents of each individual and are strongly committed to the development and maintenance of a high level of communication between the school and home.

We sincerely hope that this will be, for you and your child, the beginning of an enjoyable, educationally sound and stimulating experience. This can be achieved by working together and through the pursuit and celebration of each child's successes.

Welcome to Freemans Reach Public School.

395 Kurmond Road, Freemans Reach 2756

Phone: 4579 6146 or 4578 6844

Fax: 4579 6528

Email: freemanrch-p.school@det.nsw.edu.au

Web: www.freemanrch-p.schools.nsw.gov.au

Relieving Principal: Mrs Lisa McGrath

SCHOOL HISTORY

It wasn't until 1866 that it was certain a school would be established at Freemans Reach. In a letter from the school board who had been trying for 15 years to start up a local school for themselves it was stated...

"a comfortable residence for a teacher in the course of erection and due to be completed in September 1866 and a teacher will be required from that time".

It was the school board, a group of local residents, one of which was Mr Brown, who worked to get a school building erected. It was followed by an official application to the NSW Council of Schools, the NSW Department of Education as we know it today. The schools' first teacher Mr William Wooster arrived to open the school in February 1867 with the following items: 36 Firstbook, 36 Secondbook, 24 Sequel to Firstbook, 24 Thirdbook, one English Grammar book, 12 First Arithmetic, one Spelling Book, one Geography of NSW, two maps-one world and one of NSW.

Later on in an excerpt from a NSW Council of Education report on the condition of public schools in 1867 it was recorded.....

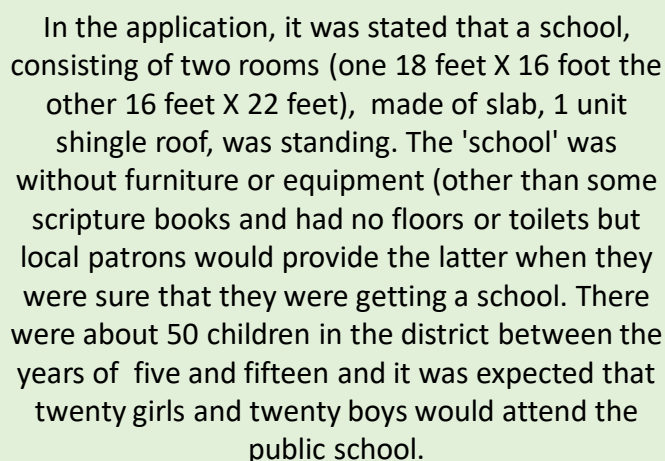
FREEMANS REACH (Public) : Visited, 11th June, 1867.

Numbers present at the examination : Boys, 18; girls, 16; total, 34

1. The material condition of the school is tolerably satisfactory; the playground requires to be fenced, and other external appliances have to be provided. 2. The pupils are not sufficiently punctual and regular in their attendance; they are however clean and tidy in person and dress, and upon the whole, well-conducted. The moral aspect of the school is fairly healthy. 3. Singing is added to the ordinary subjects of instruction, and the whole work of the school is carried on with considerable skill and effect, 4. Generally speaking, the proficiency of the pupils is tolerably satisfactory.

The floods in the years to come caused considerable damage and poverty, which justifiably resulted in a drop in attendance. This in turn meant that a couple of local families left and the absence of Mr Brown and the absence of the more regular children was noticed. Whooping cough among the pupils meant further problems. During floods many children were physically unable to attend school. A local resident, Mr Buckland formally requested that the school be transferred to land on higher ground and rebuilt in 1872.

An account from that time noted



In the application, it was stated that a school, consisting of two rooms (one 18 feet X 16 foot the other 16 feet X 22 feet), made of slab, 1 unit shingle roof, was standing. The 'school' was without furniture or equipment (other than some scripture books and had no floors or toilets but local patrons would provide the latter when they were sure that they were getting a school. There were about 50 children in the district between the years of five and fifteen and it was expected that twenty girls and twenty boys would attend the public school.

The school remained closed for a number of years.

Toward the end of 1875, the land legally belonged to the council and they were in the position of allowing building to commence. In 1876 the new school and residence were completed on June 29 at a cost of £550.

It was on this site that a school operated until 1987 and in that year the school moved to the current site at 395 Kurmond Road. Students now enjoy the current state of the art facilities, brick buildings, paved and undercover areas, grassed playfields, a hall, library, permanent classrooms, canteen and offices.

It was in 2010 with federal funds from Building the Education Revolution that 2 new classrooms and a special purpose room used for computers was built.

A far cry from the early days...

FEATURES OF OUR SCHOOL

Our school policies will provide the opportunity for children to work to capacity in a cooperative atmosphere which promotes their intellectual, aesthetic, moral, social, emotional and physical development. Providing quality education since 1867, Freemans Reach Public School is one of the finest schools in the Hawkesbury.

This school provides each student with the opportunity to develop through school policies relating to:

- Curriculum development
- Student wellbeing and discipline
- Student assessment and reporting
- Supporting gifted and talented children

The school has facilities to enable physically disabled children to enrol and enjoy an integrated education. It is a shared site with Hawkesbury High School.

The school maintains a large area of land containing trees, shrubs and grass areas and encourages pupils to respect and preserve the physical environment that is their heritage. This is reflected in the school's emblem which features a beautiful tree. Accordingly, the school moto is "Growth".

SCHOOL STAFF

Get to know our school staff, We're all here to help.

Our professional, university-educated teachers encourage students to develop a love of learning and a desire to succeed. They maintain the highest integrity and concern for your child's wellbeing. The principal is responsible for the educational leadership and management of our school. If you would like to speak to the principal, please contact us to make an appointment. Our school administrative staff can answer inquiries or direct you to the appropriate staff member for help.

KC - Miss Cash

IJ - Mrs Jurd

2C - Miss Celeban

3/4L - Mr Lobb

3/4R - Mrs Ripa

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 - Mrs Leard, Mrs Lippold, Ms Clair, Mrs Ashton

General Assistant - Mr Toscan

Cleaning Support - Mrs Marsh

Relieving Principal - Mrs McGrath

SCHOOL HOURS

8:25 am	Teachers on duty
8:50 am	Assembly
8:55 am	Bell Time - School Commences
11:00 am	Recess
11:30 am	Lessons recommence
1:00 pm	Lunch break, 10 min eating time is a non-playing period
1:40 pm	Lessons recommence
2:50 pm	Lessons conclude
2:55 pm	Bell Time - School Concludes

ARRIVALS AND DEPARTURES

Parents picking up their child from inside the school are asked to wait near the office. Children are escorted from their classrooms to this area in the afternoons. The children that wait there are called **WAITERS**. If parents prefer to pick children up from the gate near the pedestrian crossing, the children are walked up by a teacher. These children are known as **WALKERS**. If your child catches a bus they will be placed in the appropriate bus line and escorted to the bus by a teacher.

No teachers are officially responsible for children before 8:25am or after 2:55pm. If you are unavoidably delayed and not able to collect your child at 2:55pm please ring the school. In the morning, children are to sit on the seats near the COLA until the teacher enters on duty.

ATTENDANCE



Children are legally required to attend school from the age of 6 until they have completed year 10. Children may start school at age 4, if they are turning 5 before 1 August in their first school year.

Daily attendance at school is a legal requirement and it is the responsibility of the parent to ensure that the child attends regularly.

Regular attendance at school for every student is essential if students are to achieve their potential, and increase their career and life options. Schools, in partnerships with parents, are responsible for promoting the regular attendance of students. While parents are legally responsible for the regular attendance of their children, school staff, as part of their duty of care, record and monitor part and whole day absences.

ABSENCES

Children are allowed to be absent from school only for exceptional reasons such as illness. Parents are asked, to inform the school in writing, if their children will be away from school.

When your child is absent you need to send a note giving a reason for the absence within 7 days of them returning to school. Even if parents have spoken to the teacher or called the school, a written note is still required. The class roll is a legal document and can be requested by legal authorities at any time. If a written form of communication is not received explaining your child's absence, the school will send an SMS to the parents/carers asking for an explanation. A reply to this SMS is acceptable as an absence justification.

LATE ARRIVALS/ EARLY LEAVERS

It is required that pupils arrive at school punctually i.e. by 8:50am. This will allow articles to be placed in the classroom or office, and for children to use the toilets if required. A bell rings at 8:55am signifying the start of class.

Students arriving after morning assembly need to be signed in by a parent or caregiver at the office. A 'Late Arrival' pass will be issued to the student who has to hand it to their teacher upon arrival at the classroom.

If a student has to be picked up before 2:55pm the parent/caregiver needs to sign the child out at the office and be issued with an 'Early Leaver' pass which is to be handed to the teacher when collecting your child from the classroom.

ASSEMBLIES

The school holds a whole school assembly each fortnight on even weeks of each term. This assembly commences at 12:30pm. At these assemblies students are rewarded and recognised for their educational, social and sporting achievements. Parents, families and friends are invited to attend our whole school assembly.

K-2 classes hold an assembly on the odd weeks where they participate in singing. At these assemblies birthdays are celebrated and novelty awards are given to students.

The schools hold informal daily assemblies to start the day and after recess and lunch which involves the announcement of appropriate information, which the children require for the day ahead.

PERMISSION NOTES

Permission notes are required for all school excursions. Permission notes are usually sent home at least 2 weeks prior to the event. They can also be accessed electronically from School Enews. Prompt return of permission notes is appreciated.

The school can only accept written permission to attend school excursions and events. No verbal permission can be accepted on the day of an event. Therefore, we strongly suggest all notes are returned by the due date so your children do not miss out on these events.

If you require extended time to pay for an excursion or require financial assistance, please contact the office and arrangements can be made.

*** Please note, attendance at an excursion is dependent on students' behaviour as per our student discipline procedures ***

STUDENT DETAILS

It is important to keep the school updated with your current contact and family details. These details will be reviewed at the beginning of each school year and an orange update form is available from the office for when circumstances change throughout the school year.

STUDENT TRANSFERS

Parents must inform the school in writing regarding the intention to leave and provide new school details and date of last day.

Library books and other school equipment must be returned prior to leaving the school.

MONEY & PAYMENTS



All money sent to school must be placed in an envelope with the child's name, class, school event and the amount enclosed written on the front. Money should be handed in at the office first thing in the morning. Money can be handed in on any day to the front office.

School fees are essential payments required for goods and services and may include: subject contributions, online subscriptions and excursion fees.

Voluntary school fees are kept to a minimal and affordable amount for each family.

Payments can be made by cash, cheque (paid payable to NSW Government Schools) or online via our school website. We ask for all payments to be paid by the applicable due dates.

LOST PROPERTY



Lost property is collected and placed in a container near the administration block. This is re-distributed to students if their name is clearly displayed. Many instances of lost property would be overcome by labeling all your child's possessions e.g. school bag, lunch box, clothing and especially school jumpers and hats.

MOBILE PHONES / DEVICES



It is understood that some students may require a mobile phone to add security and safety on their trip to and from school. All mobile phones are to be handed to the front office for safe keeping. All devices are to be signed in upon arrival to school and signed out at the end of the day.

SCHOOL NEWSLETTER

The school newsletter is published fortnightly. Parents receive it via School Enews. This is an eco friendly way to distribute our fortnightly information which includes calendar dates, class information, upcoming events, award winners, photos and is an important communication link between home and school. A copy of the school newsletter is uploaded fortnightly onto the school website and posted to our Facebook page.



SCHOOL ENEWS & FACEBOOK

The school uses **School Enews** and **Facebook** to keep our families up to date with information. These are our main platforms to keep parents informed of schools events, changes to routine and emergency alerts. The schools official Facebook page can be found at

<https://www.facebook.com/freemansreachps/>

The fortnightly newsletter, relevant notes and information for specific year groups and whole school events are uploaded regularly to school Enews. You can subscribe to School Enews through the app on your device by searching for the school. You can also receive email updates by subscribing through our school website.



SchoolEnews

Schools send free alerts and notes, newsletters, notices, events, news and more to parents.

How to install your School App

iPhone and iPad Users

- 1) Press App Store icon on your device
- 2) Press Search and type in your school name
- 3) Press "Get", the app will download
- 4) Press "Open" and accept "push alerts"

Android Users

- 1) Press Play Store icon on your device
- 2) Press magnifying glass and type in your school name
- 3) Press "Install", the app will download
- 4) Press "Open"

Configure Push Alerts

- 1) Press "Settings / Cog" icon
- 2) Turn off the lists you don't want

Other Smartphones and Tablets

Visit <http://app.schoolenews.com> for more apps

School Enews delivers news directly to parents and students!

Available on the App Store

Get it on Google play

Download from Windows Store

Get it everywhere Web App

Subscribe for Email Updates

- 1) Visit your school website
- 2) Click "School Enews" or "Newsletters & Notes" top heading (might differ slightly)
- 3) Under the "Subscribe" heading, tick on appropriate lists
- 4) Enter in your name and email address.
- 5) Click Subscribe (IMPORTANT: An email will be sent to your email address, you MUST click the "Activate Now" inside this email that is sent to you)



Don't forget to Like us on Facebook.com/schoolenews
Find out more at www.schoolenews.com

STATIONERY & EQUIPMENT

Students may be asked to bring a number of items to use in the classroom usually at the beginning of the year by their class teacher. However we stress that pencil cases and items that are brought to school should be inexpensive and clearly marked with the child's name.

K-2 students will be asked to bring a homework book, a folder for home reading, glue sticks, box of tissues, roll of paper towel and a paint shirt. In addition to those things, students in 3-6 may be asked to bring pencils, textas, pencil sharpener, scissors and a ruler.

GIFTED AND TALENTED CHILDREN

Identified students are offered opportunities to supplement and extend their learning in everyday classroom activities and through special events provided for their recognised talents. Through the use of extension programs, web quests, advanced literacy texts and lateral thinking mathematical challenges, the students have the opportunity to work to their potential. External programs in debating, public speaking, district enrichment courses, leadership, workshops and sport representation are programs available to our students.

FITNESS PROGRAM

The whole school participates in a fitness program encompassing stretching, aerobic exercises, dance, circuit training, skipping, dance and running activities throughout the week. Students usually complete their fitness session in the morning.

EXCURSIONS AND VISITING PERFORMANCES

Excursions provide wide opportunities of personal, social and educational development. It is strongly recommended and expected that your child attends excursions when appropriate.

Excursions are arranged to fit in with specific educational programs according to the curriculum. A form of a virtual excursion undertaken in the school library via the connected classroom can provide further opportunities.

Inter-school visits and carnivals are arranged and details of these are sent prior to the occasion requesting an attached permission note to be returned to the office with payment. Travel is by bus when sufficient numbers of children are attending. Private transport is arranged for events such as District sporting events, Gala Days, visits to the local shopping centre and other local programs. Where private transport is arranged, parents are asked to organise transport for their child if they are unable to drive. A current copy of the drivers' license and a copy of the vehicles registration for any volunteering parent, along with a driver's declaration form must be filled out and returned to the school office

Major Excursions

Year 3/4 Alternating Location - 2 days/1 night



Year A Year 5/6 Sport and Recreation Camp-3 days/2 nights

Year B Year 5/6 Canberra/Snowy Mountains-3 days/2 nights

For overnight excursions the return of all permissions and medical forms are compulsory.



BANKING – STUDENT BANKING

The Commonwealth Bank encourages school children to participate in school banking. Each year Kindergarten children and new enrolments can open a “Dollarmite”



bank account. School banking is kindly processed by a volunteer parent on a specific day each week. A school banking box is available in the office on the morning of collection and your children are to drop their bank books into this box for the banking to be completed. Once the banking has been finalised, your child’s bank book will be returned to the children via their class teacher. **School banking day is: Friday.**

BOOK CLUB

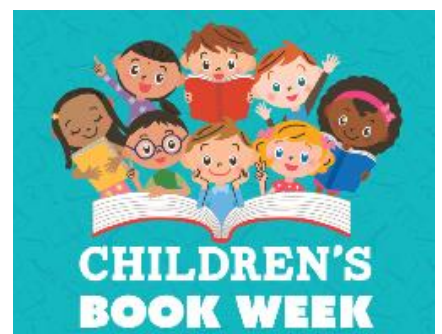
Scholastic Australia is a book company which allows parents economical price through the school. Flyers containing the advertised books are sent home and parents are asked to use the Scholastic/LOOP website to process their orders.



An App is also available to download which enables you to process your book club order.

BOOK WEEK

This exciting literacy event occurs in third term each year. Students are advised by the school librarian on how to choose books they would like to purchase from the Book Week shortlist of books.



TRANSPORT

Our children travel to and from school by car, bus or walk. It is very important for parents to obey traffic rules, parking signs and speed limits.

There is an official 'zebra' crossing at the front of the school which is supervised by an RMS crossing supervisor. Teachers supervise the safe exit through the school gates and the alighting of students onto the numerous school buses in the afternoon.



OPAL CARD

The School Opal card gives eligible school students free or subsidised travel on public transport between home and school on trains, buses, ferries and light rail in the Opal network. School Bus timetables are available from the school office or from the Busways website <https://www.busways.com.au/nsw>

To apply for a School Opal Card, please go to

<https://apps.transport.nsw.gov.au/ssts/home#/>

Students progressing to year 3 and year 7 no longer need to re-apply *if* they:

- Are continuing at the same school
- Are residing at the same address
- Have *not* been sent an expiry notification from Transport for NSW.



BICYCLES

Children who ride bicycles to school are not permitted to ride the bike within the school grounds. Bikes should be walked to the racks provided. The school encourages families to follow the Transport NSW guidelines that students should not ride their bikes on the road until the age of 16 years or over.

For their own safety, children who ride bikes to school:

- Must wear a Standards Association approved helmet
- Should have a lock with which to secure their bike
- Should ensure their bike is roadworthy
- Should know the road rules and apply them



CRUNCH AND SIP

Crunch&Sip is a set break to class time, usually occurring during the morning session where students re-fuel with fruit or vegetables from home and a drink of water, thus, assisting physical and mental performance and concentration in the classroom.

Through Crunch&Sip, the school demonstrates a commitment to nutrition education in the classroom, by making links with the curriculum and creating a supportive school environment.

The objectives of the Crunch&Sip break are to:

- Increase awareness of the importance of eating fruit or vegetables and drinking water every day
- Enable students, teachers and staff to eat fruit or vegetables during an allocated Crunch&Sip break in the classroom
- Encourage students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps
- Encourage parents to provide students with fruit or vegetables every day

EXTREME WEATHER



All classrooms are air-conditioned and shady areas, for quiet play, are available for the students. Teachers will ensure the safety and wellbeing of all students in all weather conditions. During extreme weather, to ensure safety of everyone, students will have use of the hall for passive play or remain in their classrooms.

LIBRARY



The Library is the resource centre for the school, housing books, pictures, magazines, multimedia software, audiovisual equipment and games.

Children are encouraged to borrow from the library on a weekly basis. It is advisable for all children to have a material library bag (with a draw string), that is big enough to hold a large book.

Library lessons are conducted with each class. This is their day to borrow books. Library Monitor positions are open to Year 5 students each year.

RELIGIOUS EDUCATION

Government schools in NSW students have the right to religious instruction for up to one hour per week. Religious instruction is usually called Scripture. Members of the clergy or people attached to churches visit the school to give 30 minute scripture lessons on Wednesday mornings. If your religion is not taught at the school, you can apply to the principal to see if this can be arranged.

Current religious classes include: Anglican, Catholic and Non-Scripture.

PEER LEADERSHIP

The school leaders, SRC and Stage Three students lead the school in many aspects. Students are elected into positions of responsibility which include leading the school as captains, sporting house teams, peer reading, SRC and library monitors. They also have the opportunity to take on roles throughout the school that ensure the smooth running of many programs. These students are also trained to work with the younger students in peer group situations.



STUDENT LEADERS

Each year the staff and K-5 students elect four Year 5 students to represent our school in the following year as Student Leaders. These students take on an important responsibility to represent our school at a range of events throughout the year and lead our fortnightly assemblies.

STUDENT REPRESENTATIVE COUNCIL

Students from Kindergarten to Year 6 have the opportunity of contributing greatly to our school through the Student Representative Council (SRC).

The SRC aims to:

- Involve students in the decision making process of the school
- Provide opportunity for students to build confidence and leadership skills
- Enhance school tone to build a sense of pride and ownership of the school, and
- Improve liaison between staff and students



SRC delegates are democratically elected for a year and attend meetings with the staff member responsible for this program.

TECHNOLOGY

Freemans Reach students and staff value the learning experiences that technology can provide and endeavour to implement the use of computers in a wide range of Key Learning Areas.

Each class block has a mini lab with a mix of iPads, desktop computers and/or Chromebooks and are supported by printer and network access to develop computer skills.

The all purpose computer room built in 2010 houses a network of computers, laptops, copier and an interactive whiteboard. Students have access to video and digital cameras and iPads.

Each classroom has an interactive whiteboard and the library features a connected classroom.

Students use computers on a regular basis. All students and staff have their own e-mail address and the opportunity to participate in organised forums and chats on educational matters across the school. All computers have internet access and the schools Internet Usage Policy is strongly adhered to for the protection of our students.



HOMework

The purpose of homework, like schoolwork, is learning. Homework is important for students of all ages, as it helps them build on what they have already learnt in the classroom, and prepares them for the next stage in their learning. Research carried out in Australia and overseas shows a clear link between the time spent by students on out-of-class study and student achievement.

Homework is a partnership between home and school and helps foster good working habits. Teachers, students, parents and caregivers should see it as a vital part of the home-school partnership, which supports young people while they learn.

Responsibilities



The role of the teacher is to:

- Ensure homework is related to the work being done at school
- Set homework which allows students to demonstrate what they are capable of, and which challenges them to progress
- Ensure students are aware of what is expected of them
- Help parents understand what homework is required
- Communicate with parents about areas of concern related to homework
- Mark/assess homework

The task of the student is to:

- Complete homework within the given time frame
- Maintain a homework record for their teachers and parents
- Show their homework to their parents or caregivers

Parents and caregivers can help by:

- Giving students sufficient time for the completion of tasks
- Supporting and encouraging students in completing homework
- Providing, if possible a dedicated place, desk with good lighting for work and study
- Communicating with teachers about any concerns with homework or their child’s approach to homework

HOMework GUIDELINES

Homework provides real opportunities for children to learn at home, assisted by their parents and caregivers. Parents can greatly assist their young child’s learning by talking with them about school and by becoming involved in their homework activities.

Parents can help develop their child’s reading by listening to the child read, giving praise and reading to their child.

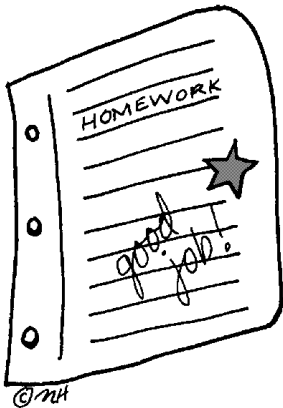
Most everyday activities at home and in play provide opportunities for parents to help young children develop numeracy, problem solving abilities, and a wide range of skills.

In their early years, children may be involved in such regular homework activities as home reading schemes, library borrowing and language activities. As students progress through primary school, they will increasingly work independently on their homework.

Activities may include completion or work, additional formal book work and tasks, reading, research, observation and data collection, designing, making and practical tasks.

Suggested homework time per day:

Kindergarten	5 minutes to 10 minutes
Years 1 and 2	20 minutes to 30 minutes
Years 3 and 4	30 minutes to 45 minutes
Years 5 and 6	30 minutes to 1 hour



HEALTH

It is essential that the school receives information of each child's immunisation status before starting school. All children starting school must submit an immunisation certificate from Medicare prior to enrolment. Advising the office staff of any allergies or special health issues, concerning your child, is also essential to their well-being. Parents are advised not to send their child to school if they are unwell. The best place for a sick child is their home. Parents are expected to collect their child from school if they are unwell and have been notified by the front office.

ALLERGIES/ANAPHYLAXIS

Students with allergies or anaphylaxis need to provide an ASCIA Action Plan for Allergy Reactions completed by a medical practitioner outlining the course of action should an allergic reaction occur at school. Action plans can be downloaded at <http://www.allergy.org.au>

HEAD LICE

Head Lice is a very common problem in all schools. Parents are advised to check their children's hair at regular intervals. If you discover lice, please notify the school immediately so that action may be taken to advise other parents that the problem exists.

If a note is sent home regarding head lice, please act on it by using a reputable product and use the suggested methods of removal. Head lice does not discriminate, it loves clean hair. More information and tips can be found at:

<http://www.health.nsw.gov.au/PublicHealth/environment/headlice/index.asp>.

MEDICATION

Because of the obvious dangers of children bringing medication to school, the following should be noted:

- If medication is to be given at school, a 'request to administer medication' form must be filled out by a parent or guardian. These are available at the office.
- If medication must be given during school hours it must be sent to the office first thing in the morning by an adult. No medication may be left in a child's schoolbag. The medication must be clearly labeled in original packaging with a pharmacy label. confirming the child's name and dosage instructions
- The School Support Staff will administer medication, but parents must be aware that it is the child's responsibility to come for that medication
- A medical register is maintained for all children on medication

ASTHMA FRIENDLY SCHOOL PROGRAM

School staff receive regular training as part of the Asthma Friendly School Program. Students are encouraged to keep their inhaler with them once they are capable of administering their dosage without assistance. Younger students need to keep an inhaler at the office for staff to assist and monitor dosages and application procedures.

An asthma action plan must be submitted by parents/caregivers and signed by a doctor. It is the responsibility of the parent to ensure these are current. You can obtain a copy of the Asthma Action Plan from the following link:

http://www.asthmafoundation.org.au/asthma_action_plan.aspx

This action plan must be updated every 12 months at the school office or earlier if the action plan changes.

INFECTIOUS DISEASES

The following is a list of common ailments and suggested action. Your child may contract these during their school career. The school should be advised if any of the following illnesses are contracted. Students who do not have proof of immunisation may have to stay at home during an outbreak of a vaccine preventable disease at school. Schools and parents should contact their local public health unit for advice regarding infectious diseases.

Please see the following link for more information.

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/childhood.aspx>

Chicken Pox	Exclude until all blisters have dried.
Conjunctivitis	Exclude until discharge from eyes has ceased.
Gastroenteritis	Exclude until there has not been a loose bowel motion for 48 hours
Head lice	Exclude until hair is treated.
Impetigo (School Sores)	Exclude until appropriate antibiotic treatment has started. Any sores on exposed skin should be covered with a watertight dressing.
Mumps	Exclude for 9 days from the onset of swelling.
Hepatitis A	Exclude until your doctor provides a medical certificate of recovery and until at least 7 days after the onset of jaundice.
Whooping Cough (Pertussis)	Exclude for 21 days from the start of their symptoms, or until they have taken an appropriate antibiotic for at least 5 days.
Measles	Exclude for at least 4 days after the rash appears. Non-immunised children who are contacts of a measles case are excluded for at least 2 weeks after they have been exposed to the case. The local public health unit will provide specific advice.
German Measles (Rubella)	Exclude until fully recovered or for at least 4 days after the rash appears.
Influenza	Exclude until they are well again
Scarlet Fever	Exclude until the day after appropriate antibiotics have been started and the child feels better.

SUNSMART POLICY

The school SunSmart Policy recommends:

- The school hat is a compulsory part of the school uniform.
- Hats are to be worn at morning play, assembly, recess and lunch or the child will be restricted to undercover areas. Children are not to participate in sport without a hat.

The school's Student Welfare Committee discussed the SunSmart Policy for primary schools issued by the NSW State Cancer Council. The committee recommended that:

- The broad brimmed hat is a compulsory part of the school uniform.
- Hats are to be worn at morning play and assembly, recess and lunch or the child will be restricted to the covered area near the office. The school principal uses this rule at their discretion.

Child are not to participate in sport without a hat.



Protect yourself in five ways from skin cancer

ASSESSMENT AND REPORTING PROCEDURES

Students are assessed regularly throughout the year using school based assessment tasks and standardised tests. These procedures allow teachers to diagnose areas of concern so that support programs can be implemented. Formal assessments include Best Start testing in Kindergarten and NAPLAN (National Assessment Program – Literacy and Numeracy) in Years 3 and 5.

Term 1	Best Start testing for Kindergarten students
Term 1	Parent Information Evening
Term 1	Parent/Teacher Interviews
Term 2	NAPLAN testing for Year 3 and 5
Term 2	Pupil progress reports
Term 4	Pupil progress reports

Assessment of all areas of children's activities is an ongoing requirement for all teachers. Positive communication between home and school throughout the year is most important for success. Curricula are now written with outcomes that children will gradually work through. Grades are divided into stages. Those stages are:

Kindergarten	-	Early Stage One
Years 1 and 2	-	Stage One
Years 3 and 4	-	Stage Two
Years 5 and 6	-	Stage Three

POSITIVE BEHAVIOUR FOR LEARNING

Our Vision for 2020 and beyond...

Our aim is to recognise positive contributions that are made by the students, to encourage student academic performance and to improve self-esteem.

Positive Behaviour for Learning (PBL) is an educational process that brings together the whole-school community to contribute to developing a positive, safe and supportive learning culture. The PBL framework assists schools to improve social, emotional, behavioural and academic outcomes for children and young people. PBL is a process, not a program.

At Freemans Reach Public School, PBL is being introduced into our daily practices, so teachers and students have more time to focus on relationships and classroom instruction.

Our SCHOOL EXPECTATIONS are-

Be safe
Be respectful
Be a good learner
Be environmentally friendly

Our whole-school reward system aims to encourage 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. Our PBL process, supports children in making good choices right now- by providing incentive and motivation, so they can make these good choices as young adults. Intrinsic motivation is the ultimate goal. But for young students, this needs to be strategically worked towards. As adults, we too respond to external motivation or incentive.

Incentive helps our children to value their own effort and achievements and see the direct link between determination and reward. For children (and adults), motivation can take many forms.

<https://education.nsw.gov.au/student-wellbeing/whole-school-approach/positive-behaviour-for-learning-pbl>

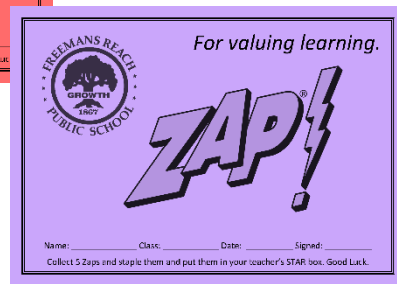
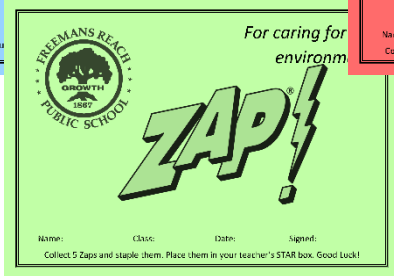
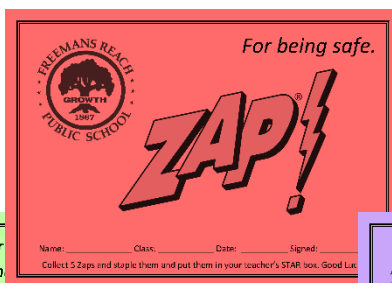
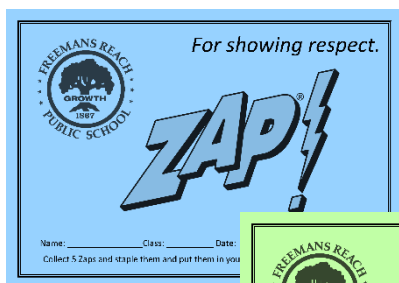
POSITIVE BEHAVIOUR FOR LEARNING

How does it work at Freemans Reach Public School?

We have introduced **Zaps**. Students can earn a **Zap** for demonstrating one (or more) of our school expectations. The desired behaviour is reinforced with the explicit feedback of our colour-coded aligned expectation. That is, students know exactly why they received the **Zap**. To teach accomplishment and self-pride, students are encouraged to collect their **Zaps**. They will not 'go towards' a whole school reward. The students have earned them. **Zaps** are theirs to keep.

When students collect **five Zaps**, they staple them and place them into their classroom teacher's box for processing. These five Zaps must be a combination of coloured expectations, not all of one colour. The teacher will then issue the students with a **Star Award**. Teachers will make safe places in the classrooms for students to store these awards.

When students collect **5 Star Awards**, they staple them and place them in the box at the **Front Office** for processing. The students and their families will then be invited to the **Spirit Morning Tea** with the Principal and teachers. This is where students will receive their **Spirit Award**. This award celebrates students earning **25 Zaps**. A wonderful achievement! We are very pleased to celebrate this Spirit Morning Tea at the end of every term.

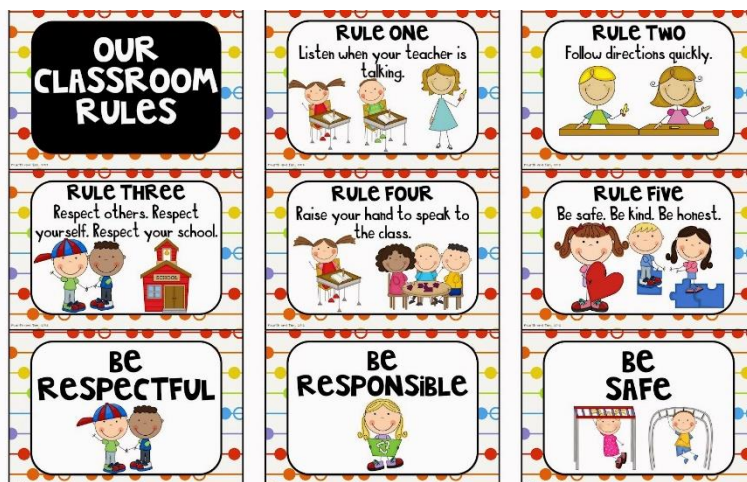


STUDENT WELFARE

The school has a Student Welfare Policy. It aims to promote:

- The academic, personal, social, intellectual and spiritual development of each individual
- A sense of enjoyment and satisfaction from learning
- An ability to communicate effectively
- A coherent set of values to guide behavior
- A sense of personal and social responsibility for their actions and decisions
- A sense of personal dignity and worth
- Self reliance
- A feeling of belonging to the wider community
- A caring attitude towards others
- An ability to form satisfying and stable relationships, and
- Informed, positive and healthy attitudes towards drug education

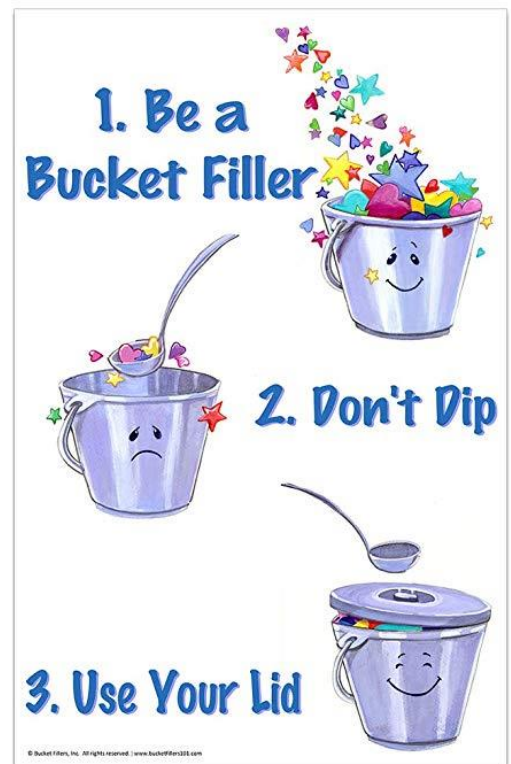
Classroom and school rules are discussed regularly and displayed so that pupils are well aware of what is required from them in the classroom and in the playground. Pupils rights and responsibilities are listed in the Student Welfare Policy.



POSITIVE RELATIONSHIPS

Bullying exists in many forms in schools and in society. All public schools have a 'no tolerance' policy to bullying. Students are taught the correct and appropriate way to solve social problems through positive programs and encouraged to report any incidents of bullying to staff immediately. These incidents will be handled promptly through our welfare program. Our school does not have a reputation or having a bullying problem and this is the way we all wish it to remain.

Our school implemented the 'Bucket Filler' program in 2019 which teaches students the concept of bucket filling is to use actions and words to make someone feel good about themselves, to enhance resilience and inspire them to achieve internal happiness. The bucket represents our mental and emotional self.



SPECIALISED SERVICES

The services of specialised personnel are available for those children who experience learning, social or emotional problems. The School Counsellor and the School Learning Support Officer are qualified personnel who play a major role in aiding the whole development of the child.

SCHOOL COUNSELLOR

The Department of School Education Counsellor is available for consultation and is on site at our school once a fortnight.

The role of the School Counsellor is to:

- Carry out assessments of the behaviour and/ or abilities of students with special needs
- Use their knowledge of children with special needs to help teachers design, adapt or improve class programs so that the student can succeed in learning
- Recommend special placements or transfers
- Set up groups so students can help each other in learning and other social situations
- Contact people who can be helpful in providing further assistance

LEARNING SUPPORT

The school Learning and Support Teacher works with class teachers to meet the needs of students experiencing difficulty. The School Learning Support Officer (SLSO) also assists teachers and students.

The role of the Learning and Support Teacher is to:

- Assist the classroom teacher to prepare special programs for students with learning difficulties in literacy and numeracy
- Assess and maintain progress records on these students
- Provide a link to support agencies, in conjunction with the School Counsellor, and experts for further assistance of students, and
- Advise parents and SLSO's on ways to support children with learning difficulties in daily programs



HOME SCHOOL LIAISON OFFICER

The Home School Liaison Officer is employed by the Department of School Education to assist with attendance matters within public primary and high schools.

It is the Home School Liaison Officer's duty to:

- Be the contact person between the home and the school in an attempt to improve attendance at school
- Encourage favourable attendance practices of students
- Identify and rectify school-based and/or home-based factors contributing to non-attendance, and
- Minimise truancy, fractional truancy and other unacceptable absences

PERFORMING ARTS

The school has a rich and successful history in the performing arts including dance, drama, music, public speaking, debating and visual arts.

Groups have performed at local, district and state level events eg Hawkesbury Eisteddfods, Sydney West Dance Festival, Blue Mountains Nepean Dance Festival and School Spectacular.



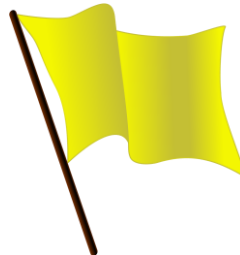
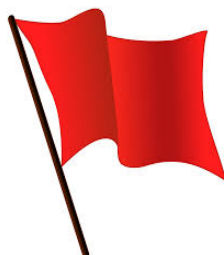
SCHOOL SPORT

Primary students are required to wear their sports uniform on special sporting days such as gala days, carnivals and clinics.

Sport is held in the mornings in the summer months to support our SunSmart Policy. School sport encompasses fundamental ball skills, minor games, dance and gymnastics.

SPORT HOUSES

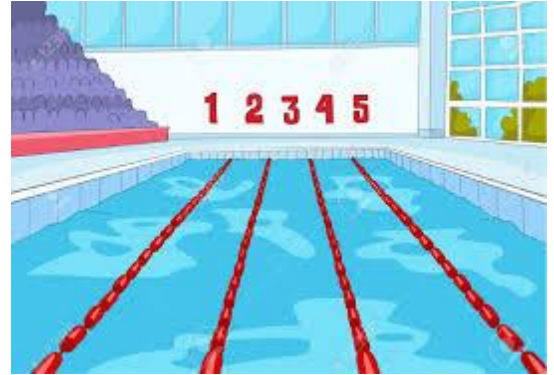
The school sport houses are Wallabies (blue), Kangaroos (red), Emus (yellow) and Possums (green). Newly enrolled pupils are allocated to these houses with all members of a family group being placed in the same house.



SCHOOL SPORTS CARNIVALS

SWIMMING CARNIVAL

The swimming carnival is held in Term one of each year and competitors attend Richmond Pool for an evening event of races and relays. This is well supported community event.



CROSS COUNTRY CARNIVAL

The school runs a cross country event on the school grounds around the end of Term Two for all students. Students from ages 8 to 13 years are able to represent the school at District Carnivals. The junior students run a 2 km course and the senior students run a 3 km course.



ATHLETICS CARNIVAL

The athletics carnival is held at the start of Term Three and is another well supported community event. The program consists of track events and ball games. The field events of shot put and long jump are conducted at school throughout the lead up week, with the top 6 finalists competing on the day of the carnival.



ZONE REPRESENTATION



Representation at Zone Carnivals is available to large numbers of our 8 to 13 year old's in the area of swimming, cross country and athletics. A team is selected from our school events.

Students who qualify at the Zone Carnival may be selected to participate in the Regional Carnival.

LEARN TO SWIM PROGRAM



A two week learn to swim program is available for all students from Year 2 to Year 6 usually in Term 4.

It is conducted by professional swimming teachers at Richmond Pool at a reasonable cost. We encourage all students to participate and groups are leveled according to ability. Our school teachers attend to assist and encourage progress.

SPORTS CLINICS

Sport Clinics are available throughout the year and these external programs are taken up by the school when they are seen to support the programs operating across the PD/PE/Health syllabus.

SPORTING SCHOOLS PROGRAM



Each term our school applies for the sporting schools grant which can be used for sporting lessons and equipment for our school. If successful, we are able to offer sporting programs to our students, free of charge during school hours.

PARENTAL INVOLVEMENT

Parents can assist the students and the school in many ways and their contributions are always appreciated:

- Classroom helpers for groups
- Transportation to events
- Attendance at special days
- Sharing interests, knowledge or talents
- Being an active member of the school P&C
- Lending a hand in the school canteen, uniform shop and at fundraisers

Parents must complete a Declaration for Volunteers and provide 100 points of Photo ID before volunteering in the school. Please see the office for this form or for further information.



PARENT AND CITIZENS ASSOCIATION

The Parents and Citizens Association meets on the second Wednesday of each month during school terms. Meetings are held at 6:30pm in the school staffroom. We hope that parents will come to the meetings to:

- Discuss fundraising activities, how money raised can be spent in the best interest for your children
- Local community events and
- Participate in the decision making within the school

P&C PAYMENTS

The P&C accept payments via cash, direct debit and EFTPOS is also available for the purchase of school uniforms.

CASH: Must be placed in an envelope with the relevant order form and handed in to the school office. Change will be returned to your child/children soon after.

DIRECT DEPOSIT DETAILS: Please use the bank details listed below and when prompted, please use your child's family name as the reference.

Account Name: Freemans Reach P&C Association

BSB: 032 272

Account Number: 302 260

freemansreachpandc@hotmail.com



P&C ASSOCIATION

CANTEEN

The canteen at Freemans Reach Public School is open 4 days per week and serves healthy recess and lunch options on Monday, Tuesday and Wednesday and Thursday.

Lunch orders should be handed in at the canteen before school. A price list can be found on the school website.

It is a healthy menu that follows the guidelines of the Fresh Tastes @School NSW Healthy Canteen Strategy.

Our Stage 3 students sell fruit flavoured slushies on Friday when the canteen is closed. The money raised is put towards the Year 6 end of year gift to the school.

Parent volunteers are always welcome, please contact the office if you can volunteer to help out and keep the canteen open. The days the canteen is open, menu items and prices are subject to change.



Freemans Reach Public School KIDS CAFE

OPEN Mon, Tues & Wed (Recess & Lunch)
Thurs (Lunch Only)

OUR CANTEEN IS RUN BY VOLUNTEERS
CHECK NEWS FOR UNFORSEEN CLOSURES

SNACKS

BREKKY OR RECESS

Fresh Fruit (choice of 3)	50c	✓
Wholemeal Toast (1 slice)	50c	✓
with vegemite or honey or jam		
Raisin Toast (1 slice)	50c	✓
Plain Milk in a Cup	60c	✓
Milo	80c	✓
Vegemite Scroll	\$1.50	✓
Chips	\$1.00	✓
plain GF or honey soy chicken		
Fruit Snack Pack GF	\$1.00	✓
poaches or two fruits		
Vege Crackers GF	\$1.00	✓
honey soy		
See blackboard for daily specials		

FROZEN TREATS

Quelch Sticks GF	50c	✓
apple, mango, orange, blackcurrant or tropical		
Frozen Juice Cups GF	80c	✓
apple & blackcurrant		
Bulla Ice Cream Cups GF	\$1.00	✓
Frozen Yoghurt GF	\$2.00	✓
chocolate vanilla bean twist		

DRINKS

Pop Tops GF	\$1.50	✓
orange, apple or apple & blackcurrant		
Water GF 350ml	\$1.00	✓
Juice Bubbles	\$2.00	✓
raspberry, tropical, blackcurrant or grape		
Flavoured Milk	\$1.50	✓
chocolate or strawberry		
Up & Go	\$1.50	✓
strawberry, chocolate, banana or vanilla		
Up & Go GF Chocolate	\$2.00	✓

SALAD BOWLS

Garden Salad GF	\$2.50	✓
lettuce, tomato, cucumber, carrot, beetroot & tasty cheese		
Ham & Garden Salad	\$4.50	✓
Chicken & Garden Salad	\$4.50	✓

SANDWICHES

Toasted available on request

Vegemite / Jam / Honey	\$1.00	✓
Baked Beans	\$2.00	✓
Salad	\$2.50	✓
lettuce, tomato, cucumber, carrot, beetroot		
Ham	\$3.00	✓
Chicken	\$3.00	✓
Tuna	\$3.00	✓
Chicken, Lettuce & Mayo	\$3.50	✓
Ham, Cheese & Tomato	\$3.50	✓
Ham & Salad	\$3.70	✓

Sandwiches are made with wholemeal bread or you can choose:
A wrap + \$1.50 ✓

MAKE YOUR OWN

1 of the below fillings	+50c	✓
lettuce, tomato, cucumber, carrot, beetroot or tasty cheese		

Add a sauce	+30c	✓
BBQ, tomato, sweet chilli or mayonnaise		

WRAPS

Chicken Wrap	\$4.00	✓
grilled chicken, lettuce, mayo		
Chicken & Salad Wrap	\$5.00	✓
grilled chicken, lettuce, tomato, cucumber, carrot, tasty cheese & mayonnaise		

BURGERS

Chicken Burger	\$3.80	✓
grilled chicken, lettuce, mayo		
Freemo Burger	\$3.80	✓
lean beef, sauce, lettuce, tomato & beetroot		
Cheese Burger	\$3.20	✓
lean beef, cheese and sauce		

FROM THE OVEN

Macaroni & Cheese	\$3.20	✓
Lasagne GF	\$3.20	✓
Chicken Chippies <small>max 8</small>	50c	✓
Chicken Nuggets GF <small>max 8</small>	50c	✓
Sausage Roll <small>small</small>	\$1.00	✓
Meat Pie <small>medium</small>	\$1.30	✓

TO PLACE A CANTEEN ORDER:
On a lunch bag write the child's name, class, type of order (recess or lunch) and flavour. Place orders in the box at the canteen.

2018/17/17

✓ **EVERYDAY** food and drink ✓ **OCCASIONAL** food and drink **GF GLUTEN FREE**

Our menu adheres to the Healthy School Canteen Strategy. For more info go to: healthyschoolcanteens.nsw.gov.au

SCHOOL UNIFORM LIST

Variation to Uniform

Year 6 students purchase a white commemorative shirt worn in their graduation year.
A senior skirt is also available to girls in years 5 & 6.

GIRLS

BOYS

SUMMER

- Green check dress
- Bottle green skorts
- Two-tone green polo shirt
- Black Shoes and plain white socks
 - School hat

- Bottle green shorts
- Two-tone green polo shirt
- Black Shoes and plain white socks
 - School hat

WINTER

- Green check skirt w/bottle green skivvy
 - Bottle green track pants/slacks
- Two-tone green polo shirt in long/short sleeve
 - Bottle green zip jacket/sloppy joe
- Black Shoes/plain white socks/bottle green tights
 - School hat

- Bottle green track pants/cargo pants
- Two-tone green polo shirt in long/short sleeve
 - Bottle green zip jacket/sloppy joe
- Black Shoes/plain white socks
 - School hat

SPORT

- Bottle green shorts (microfibre w/emblem)
- Two-tone green lightweight shirt w/white piping and FRPS collar
- Plain white or black joggers w/plain white socks

- Bottle green shorts (microfibre w/emblem)
- Two-tone green lightweight shirt w/white piping and FRPS collar
- Plain white or black joggers w/plain white socks



Girls Dress or

girls summer



Short Sleeve
Polo Shirt

Skirt

boys summer



Short Sleeve
Polo Shirt

Cargo
Shorts

girls winter



Long Sleeve
Polo Shirt

Long Pants

boys winter



Long Sleeve
Polo Shirt

Long
Pants

FRPS Uniform also includes:

- Hat ✓
- White socks ✓
- Black shoes ✓
- Bottle Green Stockings ✓
(for girls with dress optional in winter)
- Jumper or Jacket ✓

sports uniform



Sports
Shirt

Sports
Shorts
OR



Sports
Pants

hats

Bucket Hat



Surf Hat



for chilly days

Jacket



Jumper



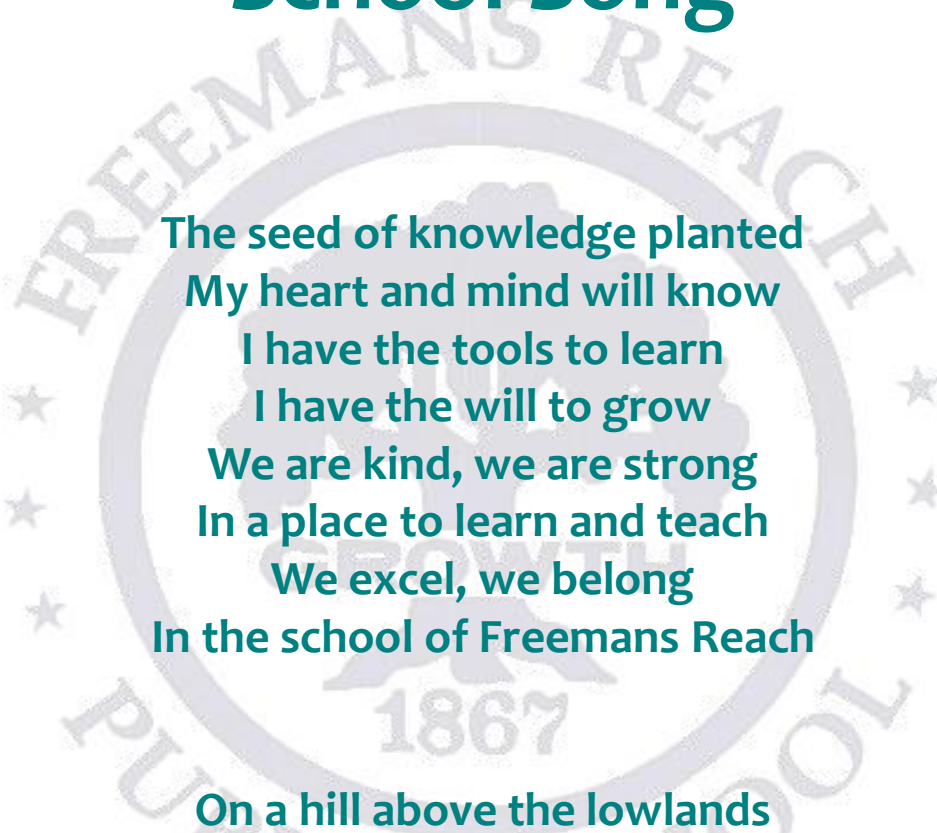
Bomber
Jacket



Freemans Reach Public School

Est. 1867

School Song



The seed of knowledge planted
My heart and mind will know
I have the tools to learn
I have the will to grow
We are kind, we are strong
In a place to learn and teach
We excel, we belong
In the school of Freemans Reach

On a hill above the lowlands
Where farms and fields surround
My friends and teachers help me
My roots are in this ground
We will work, we will play
In a place to learn and teach
We will grow every day
In the school of Freemans Reach

Music and Lyrics by Sara Thomas © 2012

First performed by the students on Grandparents Day March 28 2013



**We hope you enjoy being a part of
Freemans Reach Public School.**

Please contact the school if any further information is required.

*** * ***

Freemans Reach Public School

Est. 1867

395 Kurmond Road, Freemans Reach 2756

Phone: 4579 6146 or 4579 6844

Fax: 4579 6528

Email: freemanrch-p.school@det.nsw.edu.au

Web: www.freemanrch-p.schools.nsw.gov.au



<https://www.facebook.com/freemansreachps/>