



# ST MARYS SOUTH PUBLIC SCHOOL



## WELCOME

### Session 2

### 17 Nov 2023

### School Information

# ACKNOWLEDGEMENT OF COUNTRY

PHOENIX





# SESSION INFORMATION

## SESSION 2



- Meet the Principal – Miriam Treton
- St Marys South PS - what to expect
- Attendance – HSLO – Trudi Scanlin
- Learning Support & EAL/D – Ed Hall
- Administration – Amanda Davidson
- P&C – Kaitlyn Orchard & Heather Hempel
- Collect student bags (if required)
- Select Best Start day and time (if required)



# MEET OUR PRINCIPAL

- Mrs Miriam Treton





# OUR SCHOOL VISION

- **Vision**

- Excellence and Equity.

- **Values**

- Kindness and Respect.

- **Beliefs**

- At St Marys South Public School:

- We value our students, staff and community.
- We recognise emotional, social and academic growth.
- We inspire our learning community through trust, opportunity and student achievement.



# SCHOOL COMMUNITY CHARTER

Ensuring respectful learning environments for all members of NSW Public Schools communities.

- We all play a part
- Best education happens when we work together
- We treat each other with respect
- We work in partnership to promote student learning
- Unsafe/disrespectful behaviour is not acceptable in our schools
- We create collaborative environments



## School Community Charter

**Collaborative. Respectful. Communication.**

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

**What our schools provide**  
NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

**The best education happens**  
when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.



**Positive environments**  
It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- to be welcomed into our schools to work in partnership to promote student learning;
- communication from school staff will be timely, polite and informative;
- professional relationships with school staff are based on transparency, honesty and mutual respect;
- to be treated fairly. Tolerance and understanding are promoted as we respect diversity.

Ensuring respectful learning environments for all members of NSW Public Schools communities.

© NSW Department of Education - English 1



**Communicating with our schools**

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process- [education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliance-and-suggestion/guide-for-parents-carers-and-students](https://www.education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliance-and-suggestion/guide-for-parents-carers-and-students).

**Respectful communication is a right**

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

**Unacceptable behaviour may include but is not limited to:**

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity;
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone;
- Treating members of the school community differently due to aspects such as their religion or disability;
- Inappropriate and time-wasting communication.



School Community Charter  
[education.nsw.gov.au](https://www.education.nsw.gov.au) - English 2



# OFFICE ADMINISTRATION

- **Miss Amanda Davidson** – School Administration Manager
- **Mrs Katherine Hardy** – School Administration Officer





# STUDENT ILLNESS/FIRST AID AT SCHOOL

- Admin staff are trained in First Aid
- Health care plans – asthma, anaphylaxis
- Change of clothes for accidents.
- Spare clothes in your child's bag is advised.
- If your child is ill during the day, they will be taken to the sickbay.
- Parents/emergency contacts are notified if your child is required to go home (so please keep personal details up to date)





# STUDENT HEALTH PLANS

### ASTHMA CARE PLAN FOR EDUCATION AND CARE SERVICES

CONFIDENTIAL. Keep this plan in a safe place. Do not give medication and use people require asthma medication are authorised in this care plan by the treating doctor. Please notify staff of any change to this plan.

To be completed by the treating doctor and parent/guardian, for supervising staff and emergency medical personnel.

**PLEASE PRINT CLEARLY**

Student's name: \_\_\_\_\_ DOB: \_\_\_\_\_

**MANAGING AN ASTHMA ATTACK**  
Start up as usual in Asthma First Aid box overleaf. Please write down anything different the student might need if they have an asthma attack.

**DAILY ASTHMA MANAGEMENT**

This student's usual asthma signs:

<input type="checkbox"/> Cough	<input type="checkbox"/> Night cough	<input type="checkbox"/> Wheeze (more than 2 per week)	<input type="checkbox"/> Difficulty breathing	<input type="checkbox"/> Other (please describe): _____
<input type="checkbox"/> Frequency and severity:	<input type="checkbox"/> Night cough	<input type="checkbox"/> Wheeze (more than 2 per week)	<input type="checkbox"/> Difficulty breathing	<input type="checkbox"/> Other (please describe): _____

Does this student usually fall or catch if they're breathing trouble/breathing?  Yes  No

Does this student need help to take asthma medication?  Yes  No

Does this student use a mask with a spacer?  Yes  No

\*Does this student need a spacer before puffing medication before exercise?  Yes  No

**MEDICATION PLAN**  
This student needs asthma medication. Please detail below and make sure this medication and equipment are supplied to staff.

NAME OF MEDICATION AND DOSE	INDICATIONS OF USE	HOW SUPPLIED

**DOCTOR** Name: \_\_\_\_\_ Address: \_\_\_\_\_ Phone: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**PARENT/GUARDIAN** Name: \_\_\_\_\_ Address: \_\_\_\_\_ Phone: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION**

Emergency name: _____	Emergency phone: _____
Emergency address: _____	Emergency email: _____

For asthma information and support, go to [www.asthma.org.au](http://www.asthma.org.au) or 1800 ASTHMA (1800 734 232) or [www.stmarysps.nsw.edu.au](http://www.stmarysps.nsw.edu.au)

**ASTHMA AUSTRALIA**

## Asthma Plan

Must be diagnosed by a practitioner or paediatrician. We require an updated Asthma plan at the beginning of each school year. Please provide your preventer and/or ventolin to the school office. It must be in the original box, with the dispensing label showing your child's full name, name of medication, dosage, and the expiry date.

### ascia ACTION PLAN FOR Allergic Reactions

www.allergy.org.au

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

**SIGNS OF MILD TO MODERATE ALLERGIC REACTION**

- Swelling of lips, face, eyes
- Hives or welts
- Itching mouth
- Abdominal pain, vomiting, loose or watery stools

**ACTION FOR MILD TO MODERATE ALLERGIC REACTION**

- For most allergies, stop all eating if unsure
- For tick allergy, use medical help or go to hospital
- Take with spacer and use for signs
- Give antihistamine if prescribed
- Phone family/emergency contact

Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis.

**WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)**

- Difficulty or noisy breathing
- Swelling of tongue
- Swelling or tightness in throat
- Weakness or unsteady enough
- Difficulty talking or hoarse voice
- Persistent dizziness or collapse
- Pain and floppy (young children)

**ACTION FOR ANAPHYLAXIS**

- 1. LAY PERSON FLAT - do NOT allow them to stand or walk.** If unconscious or pregnant, place in recovery position on left side if pregnant, as shown below. If breathing is difficult allow them to sit with legs outstretched. Hold young children flat, not upright.
- 2. GIVE ADRENALINE INJECTOR IF AVAILABLE**
  - Phone ambulance - 000 (AD) or 112 (NZ)
  - Phone family/emergency contact
  - Transfer person to hospital for at least 4 hours of observation if IN DOUBT GIVE ADRENALINE INJECTOR
  - Observe CPR for any time if person is unresponsive and not breathing normally

**ALWAYS GIVE ADRENALINE INJECTOR FIRST** and then antihistamine. Antihistamine will help with itchy skin and help to reduce swelling but does not treat the life threatening symptoms of anaphylaxis. Antihistamine should not be used if the person is unconscious, has difficulty breathing or is having trouble swallowing.

Always give adrenaline injector first, and then antihistamine. Antihistamine will help with itchy skin and help to reduce swelling but does not treat the life threatening symptoms of anaphylaxis. Antihistamine should not be used if the person is unconscious, has difficulty breathing or is having trouble swallowing.

How to give EpiPen®

**HOW TO GIVE ADRENALINE INJECTOR**

1. Lay person flat - do NOT allow them to stand or walk.
2. If unconscious or pregnant, place in recovery position on left side if pregnant, as shown below.
3. If breathing is difficult allow them to sit with legs outstretched. Hold young children flat, not upright.
4. Give adrenaline injector first, and then antihistamine.
5. Further antihistamine may be given if 5 hours of observation after 5 minutes.
6. Transfer person to hospital for at least 4 hours of observation if IN DOUBT GIVE ADRENALINE INJECTOR
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## Allergy Plan

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### ascia ACTION PLAN FOR Anaphylaxis

www.allergy.org.au

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

**SIGNS OF MILD TO MODERATE ALLERGIC REACTION**

- Swelling of lips, face, eyes
- Hives or welts
- Itching mouth
- Abdominal pain, vomiting, loose or watery stools

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How to give EpiPen®

**HOW TO GIVE ADRENALINE INJECTOR**

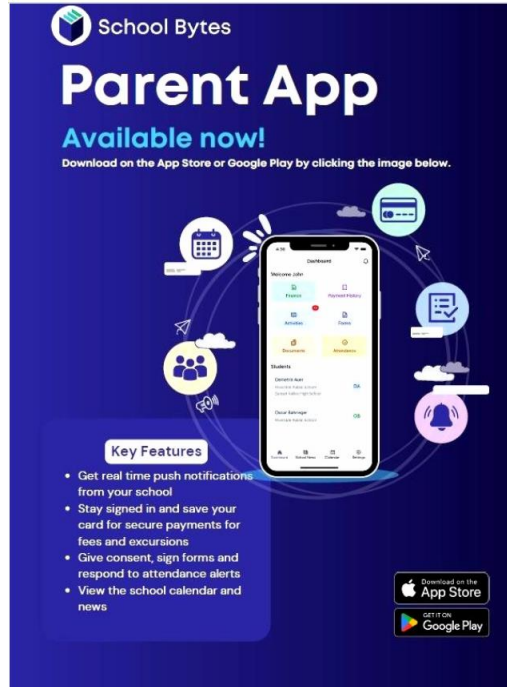
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## Anaphylaxis Plan

Must be diagnosed by a practitioner, paediatrician immunologist/allergist. We require an updated Anaphylaxis plan at the beginning of each school year. Please provide your EpiPen or Anapen to the school office. It must be in the original box, with the dispensing label showing your child's full name, name of medication, and the expiry date. We are unable to accept medication out of the original packaging. We will need to have an Individual Health Care Meeting.

# SCHOOL BYTES




**School Bytes**

## Parent App

Available now!

Download on the App Store or Google Play by clicking the image below.

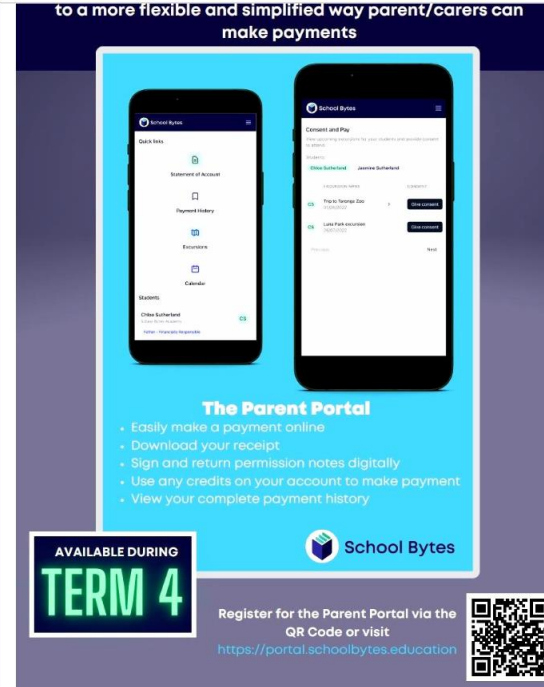


**Key Features**

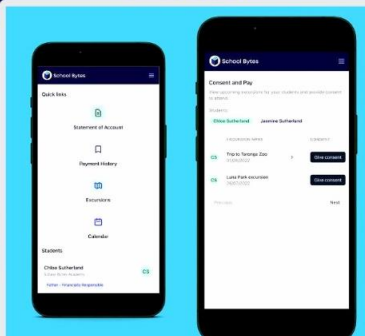
- Get real time push notifications from your school
- Stay signed in and save your card for secure payments for fees and excursions
- Give consent, sign forms and respond to attendance alerts
- View the school calendar and news

Download on the App Store

GET IT ON Google Play



to a more flexible and simplified way parent/carers can make payments




**The Parent Portal**

- Easily make a payment online
- Download your receipt
- Sign and return permission notes digitally
- Use any credits on your account to make payment
- View your complete payment history

**School Bytes**

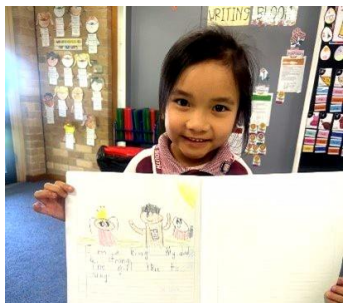
AVAILABLE DURING **TERM 4**

Register for the Parent Portal via the QR Code or visit <https://portal.schoolbytes.education>



# PERMISSION TO PUBLISH

- On enrolment you are asked for permission to publish.
- If you give your permission the school may publish images of your child and/or samples of work done by your child in a variety of ways including, school website, school newsletters, promotional materials such as these that you see below or in the hall.
- Only the child's first name appears in the newsletter, photos and/or work samples.



INNOVATE

CREATE

COLLABORATE

COMMUNICATE

THINK CRITICALLY



# LEARNING AND SUPPORT

- Students who experience difficulties in **learning and behaviour**.
- The Learning and Support Team assists classroom teachers to **address the educational needs of students**
- **Parents or caregivers have a vital role** to play in the work of the Learning and Support Team through discussing and planning for their child's needs. **IEP**





# ADDITIONAL PROGRAMS



School Counsellor

School Chaplaincy



School Learning and Support Officers - SLSO

English as an additional language or dialect - EAL/D

Learning and Support - LaST

# SOCIAL AND EMOTIONAL DEVELOPMENT

- Adjustment to a change
- Separation
- Emotions
- Self-awareness of themselves, others and the world
- Focus on strengths
- Active listening
- Connecting
- Communicate with the teacher





# ATTENDANCE

NSW Department of Education

## Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

[education.nsw.gov.au](http://education.nsw.gov.au)



Learning becomes easier with regular attendance

Students don't miss out on important learning activities

Develops punctuality and routine

Increase career and life options

Build and maintain friendships

# Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just...

they miss days per year

**5** mins  
per day

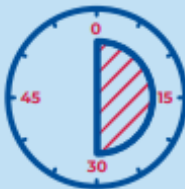


=

**3** days



**30** mins  
per day



=

**18** days







# ATTENDANCE

## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

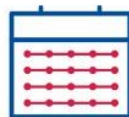
and years over their school life

**1** day per **fortnight**



=

**4** weeks



=

Over

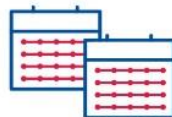
**1** year missed

**1** day per **week**



=

**8** weeks



=

Over

**2.5** years missed

education.nsw.gov.au



# HOME SCHOOL LIAISON OFFICER

The Home School Liaison Program provides schools with the opportunity to apply for additional support and targeted strategies to foster improved attendance for students at risk of disengaging.

Schools are able to apply for attendance support, based on the needs of their school, including:

- whole school strategy support and school planning
- cohort support
- individual student support.

# PARENTS AND CITIZENS COMMITTEE

- Membership to the P&C includes voting rights, so you get a say in any decisions, costs \$1 and is for the year. While you can join at any time we encourage anyone that is interested to come along to our AGM which is being held at the beginning of the year. Date TBA.
- Regular meetings are held (once or twice per term) (Tuesday @ 7pm in staffroom)
- The P&C would like to further support our children and the school. We raise money for the school and provide experiences for the children. Events such as discos and stalls for Mothers Day and Fathers Day are always exciting for the children, plus it raises a small amount of money for the school. There are larger fundraisers throughout the year such as barbecues or raffles.
- Volunteers are always needed when we have events. We don't expect anyone to be giving up large amounts of time. Even if you can only spare an hour it will help tremendously.



# P & C COMMITTEE - UNIFORMS

## Boys/Girls

- Maroon school shirt
- Sports shirt
- Maroon jacket or jumper
- Black enclosed shoes
- School hat
- White socks



## Girls

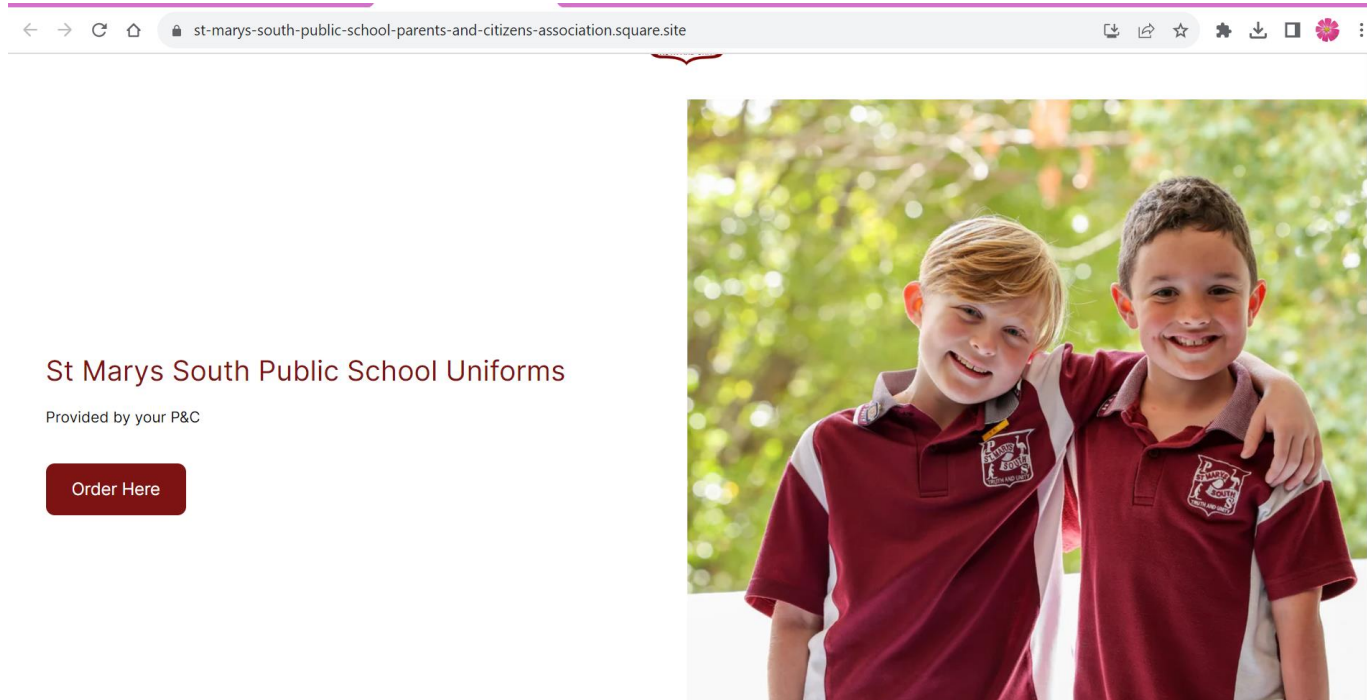
- Summer dress
- Maroon tights - winter



## Boys

- Grey shirts or pants

# PARENTS AND CITIZENS COMMITTEE ORDERING UNIFORMS



The image shows a screenshot of a web browser displaying a website for ordering school uniforms. The browser's address bar shows the URL: [st-marys-south-public-school-parents-and-citizens-association.square.site](https://st-marys-south-public-school-parents-and-citizens-association.square.site). The website content includes the heading "St Marys South Public School Uniforms" and the subtext "Provided by your P&C". A prominent red button labeled "Order Here" is visible. To the right of the text is a large photograph of two young boys in maroon and white school uniforms, smiling and standing outdoors with trees in the background.


# OUT OF SCHOOL HOURS - OSHC

Onsite service to support families who require before and / or after school care. [www.ymcansw.org.au](http://www.ymcansw.org.au)



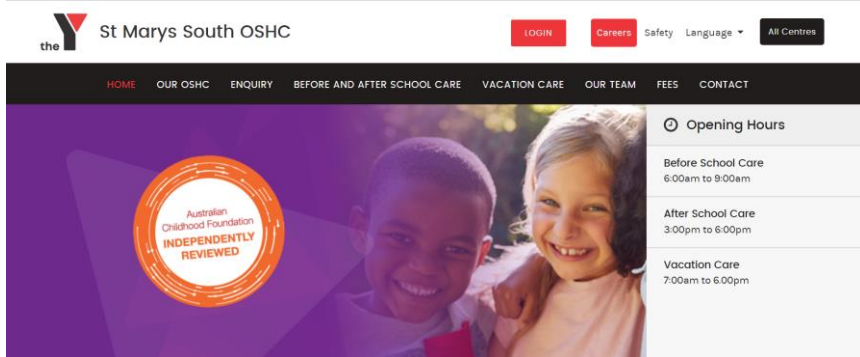
Careers Safeguarding Contact Language ▾

- COMMUNITY
- CHILDREN'S SERVICES
- FITNESS
- AQUATICS
- GYMNASTICS
- OUR CENTRES
- SPORT
- CAMPING
- NEWS
- ABOUT



## St Marys South OSHC

96 Monfarville St, St Marys NSW 2760



St Marys South OSHC

LOGIN Careers Safety Language ▾ All Centres

- HOME
- OUR OSHC
- ENQUIRY
- BEFORE AND AFTER SCHOOL CARE
- VACATION CARE
- OUR TEAM
- FEES
- CONTACT

### Opening Hours

Before School Care	6:00am to 9:00am
After School Care	3:00pm to 6:00pm
Vacation Care	7:00am to 6:00pm

Australian Childhood Foundation  
INDEPENDENTLY REVIEWED

Phone: 1300 009 679 & 0476 689 171

# Kindy Children

The Y NSW will ensure Educators directly walk children from our service to the fake grass area after each Before school care session, Kindergarten children are always released to the Kindy rooms for the first 2 terms. Any preferences regarding particular arrangements are discussed and worked out collaboratively.

Educators follow very clear policies and procedures in relation to effective supervision, dropping off and collection of children.



**Service Coordinator and licensee – Skye Bennett**



**Educator and Educational Leader – Jessie Woods**

# Our Fees

## Before School Care

- Permanent Bookings - \$23.00

## After School Care

- Permanent Bookings - \$31.50

## Vacation Care

- Day camp- \$60.50
- +25.00
- +35.00

## Childcare Subsidy

- The Y NSW is an approved provider of the **Child Care Subsidy** for Out of School Hours Care (OSHC).
- For eligible families enrolled in OSHC at the Y, the **Child Care Subsidy** (CCS) will assist with reducing the out of pocket child care costs and help to make child care more affordable.

*\* Fees are subject to change*



# Before School Care

**Before School Care: 6:00am-9:00am**

We help children get ready for the school day by running fun and engaging activities, such as:

- **Mindfulness and relaxation, incorporating yoga**
- **Performing Arts - Drama, Dance and Music**
- **Science Experiments**

We also serve a nutritious breakfast at no extra cost, such as:

- **Cereal** - Wheat Bix, Rice Bubbles, Sultana Bran, Corn Flakes
- **Toast** – with Butter, Jam, Vegemite, Cream Cheese
- **Scrambled eggs**

*\*Children with special dietary requirements are catered to through strict adherence to each of their requirements and special diets.*



# After School Care

**After School Care: 3:00PM – 6:00PM**

Once the school day is done, we help children wind down. We offer a mix of activities where children can socialise and broaden their horizons.

- **Sustainability and Gardening**
- **Performing arts**
- **Visits from local community services**
- **Book Worms**
- **Y-Chef**

We service a nutritious afternoon tea which includes:

- **Home-made Banana Muffins**
- **Fresh seasonal Fruit and Vege Platter**

*\*Children with special dietary requirements are catered to through strict adherence to each of their requirements and special diets.*



# Vacation Care

**Vacation Care: 7.00AM – 6.00PM**

Our Vacation Care programs encourage children to be involved in a variety of fun and exciting activities and workshops.

Our programs include **day camps, special guest visitors and exciting excursions!**



WEEK 2		
<b>MON</b> 13 JUL		<b>FITNESS DAY</b> Join us for an action-packed day of sports and exercise! We'll also make some sport and fitness related crafts and more!
<b>TUE</b> 14 JUL		<b>SUPERHEROES VS VILLAINS</b> Come as your favourite super hero or villain! We will do themed activities like games and craft, and of course watch a super hero movie!
<b>WED</b> 15 JUL		<b>OUT OF THIS WORLD</b> All things space! We'll be making all sorts of things that you might find in space. Come dressed up as anything space related if you want!
<b>THU</b> 16 JUL		<b>TAE KWON DO &amp; ORIGAMI DAY</b> Time to warm up and get ready to do some Tae Kwon Do with Feonah! Later, we will learn how to make lots of different things using origami paper.
<b>FRI</b> 17 JUL		<b>PIZZA &amp; MOVIE DAY</b> Grab your pyjamas everyone, we are in for a nice relaxing day, eating pizza and watching our favourite movies.

*\*Program Example*

# Before and After School Care Sample Program

the Y | Before and After School Care



## Sample Program

Each day at the Y is a fun opportunity for your kids to learn something new! The below is a typical weekly before and after school care program, full of craft, outdoor activities, games, sports and more. In addition, there are specialised extracurricular programs that children are welcome to also participate in.

Week of: \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BEFORE SCHOOL CARE</b>	<b>Craft – Family Houses</b> Children to colour their home and draw their family.  <b>Experience – Family Trees</b> Create family trees.	<b>Craft – Free Drawing</b> A day of free drawing.  <b>Experience – First Aid</b> Practice First Aid skills.	<b>Nature Play Week Begins</b> <b>Craft – Foil Flower Paintings</b> Create and paint foil flowers.  <b>Experience – Sensory Nature Bins</b> Explore nature-based sensory bins crafted of natural components.	<b>World Health Day</b> <b>Craft – Healthy Plates</b> Create healthy plates.  <b>Experience – Boat Camp</b> Participate in a fitness boot camp supervised by staff.	<b>Craft – Card Creations</b> Create birthday and greeting cards.  <b>Experience – BSC Disco Party for Joyce's Birthday</b> A disco party for Joyce's birthday.
<b>AFTER SCHOOL CARE</b>	<b>Craft – Poster Making</b> Poster making.  <b>Experience – Ping Pong</b> Competitive Ping Pong in a tournament playing Ping Pong.  <b>ACTIVE PLAY</b> COLA – Skipping Field – Red Rover Field – Obstacle Course	<b>Craft – Poster Making</b> Poster making.  <b>Experience – Doll House</b> Furniture Craft and place doll house furniture.  <b>ACTIVE PLAY</b> COLA – Handball Field – Oz Tag	<b>Nature Play Week Begins</b> <b>Craft – Flower/Nature Collage</b> Create nature collages using natural materials.  <b>Experience – Pollen Creations</b> Collect items and create a pollen-making experience for the others.  <b>ACTIVE PLAY</b> COLA – Obstacle Course Field – Baton Races	<b>World Health Day</b> <b>Craft – Body Creation/Anatomy</b> Create labelled artwork of the body using natural items.  <b>Experience – Ping Pong</b> Competitive Ping Pong in a tournament playing Ping Pong.  <b>ACTIVE PLAY</b> COLA – Handball Field – Soccer	<b>Craft – Step by Step Drawing</b> Instructional step-by-step exercises for drawing animals and flowers.  <b>Experience – Dance Party</b> A dance party with streamers, balloons, and funky music.  <b>ACTIVE PLAY</b> COLA – Handball Field – Obstacle Course
<b>AVAILABLE DAILY</b>	1. Drawing, Painting and Colouring   2. Arts and Crafts   3. Construction Zone (with Maklo, Magenta, Tiles, Lego etc) 4. Sports equipment (tennis/basketball)   5. Club and zone for reading and quiet games   6. Optional Homework Club/Network space				



*They'll want to come again tomorrow!*

\*The above is a sample program to illustrate the type of fun activities at the Y. Activities vary in each centre.



the Y | Before and After School Care



## Sample Menu - Healthy Lifestyle Menu

Week of: \_\_\_\_\_

At the Y OSHC, we seek to provide children with food and drinks that support health and wellbeing with consideration given to nutritional, dietary and cultural requirements when developing our menus. We strive to create a positive mealtime experience through progressive mealtimes, creating a homely eating environment and encouraging children to engage wholeheartedly for deeper understanding of where food comes from. Below is a sample menu provided at our service:

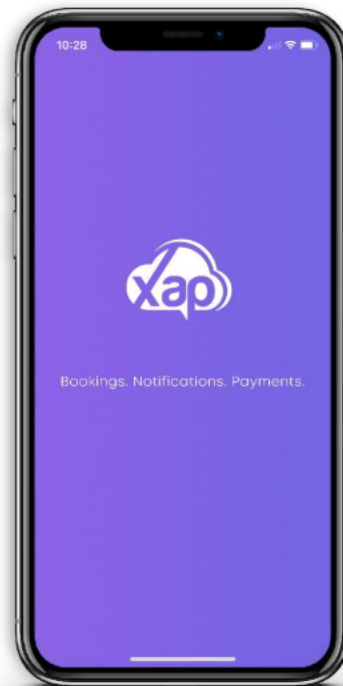
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>Whole-wheat Blueberry Pancakes</li> <li>Cereal – West-Bix, Rice Bubbles, Sultana Bran, Corn Flakes, Porridge</li> <li>Toast – w/ Butter, Jam, Vegemite, Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Wholemeal Rosetta Roll</li> <li>Cereal – West-Bix, Rice Bubbles, Sultana Bran, Corn Flakes, Porridge</li> <li>Toast – w/ Butter, Jam, Vegemite, Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable Burrito Bites</li> <li>Cereal – West-Bix, Rice Bubbles, Sultana Bran, Corn Flakes, Porridge</li> <li>Toast – w/ Butter, Jam, Vegemite, Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Scrambled eggs on wholegrain toast</li> <li>Cereal – West-Bix, Rice Bubbles, Sultana Bran, Corn Flakes, Porridge</li> <li>Toast – w/ Butter, Jam, Vegemite, Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Jaffles with baked beans</li> <li>Cereal – West-Bix, Rice Bubbles, Sultana Bran, Corn Flakes, Porridge</li> <li>Toast – w/ Butter, Jam, Vegemite, Cream Cheese</li> </ul>
<b>AFTERNOON TEA</b>	Seasonal fruits, vegetables, milk and water will be served daily.				
	<ul style="list-style-type: none"> <li>Shrek-Inspired Green Smoothies and Fridge Fruit pops – with seasonal fruits and vegetables and air-popped popcorn</li> </ul>	<ul style="list-style-type: none"> <li>Chicken and Vegetable Curry with Rice – with brown rice, carrots, chickpea, broccoli and pumpkin</li> </ul>	<ul style="list-style-type: none"> <li>Mixed Sandwiches and Fruit Smoothie – Wholegrain bread (choices of egg and lettuce, tomato and cheese, tuna and cucumber)</li> </ul>	<ul style="list-style-type: none"> <li>Mini Pizza Faces</li> </ul>	<ul style="list-style-type: none"> <li>Apple and Oats Muffins</li> </ul>
	Seasonal fruits and vegetable platter (apples, bananas, pears, grapes, carrots, berries, cucumbers, capsicum, green beans, snow peas, cherry tomatoes, etc) will be served daily.				

Fresh drinking water is available at all times  
 Menus are developed based on the Australian Guide to Healthy Eating, Australian Dietary Guidelines and the Department's Healthy School Canteens strategy.



# Enrolments

- At the Y NSW OSHC, families can manage enrolments for Before School, After School and Vacation Care through our online booking platform, **Xap**.
- Once enrolled, your online account gives you access to manage your bookings in the palm of your hand, 24/7. You can:
  - View all existing bookings
  - make new casual bookings for BASC or Vacation Care
  - submit a waitlist request for a permanent booking
  - report absences
  - update your details
- **Submit your child's details via our online enquiry form to get started!**  
<https://www.ymcansw.org.au/childrens-services/enquiry/>



- Visit our website: <https://www.ymcansw.org.au/childrens-services/>
- Email: [childcare@ymcansw.org.au](mailto:childcare@ymcansw.org.au)
- Phone:
  - For bookings & enrolments call the Childcare Team on [1300 009 679](tel:1300009679)
  - For enquiries specific to our service operations, call our service coordinator on [0476-689-171](tel:0476689171)





# LIFESTART – PENRITH

## 1800 953 390

1800 953 390 DONATE Give feedback

Lifestart > Home > News > Transition to primary school webinars

### Transition to primary school webinars

Oct 20, 2022

#### Recent News

- Transition to primary school webinars
- Tips to navigate high school
- NDIA Board and NDIS CEO appointments announced
- Preparing for emergencies
- Lifestart's Strategic Plan for 2022-25

1800 953 390 DONATE Give feedback

NDIS Registered Provider

Lifestart supports children and young people living with disability

Browse services

### How can Lifestart support you?

- Services  
View all services
- Talk to us  
Find us
- NDIS Registered Provider  
Who we are

Lifestart is a not-for-profit organisation  
dedicated to helping children and young people 0-24 years  
achieve their goals.

Learn more

# PREPARING FOR EATING BREAKS

- Opening and closing lunch boxes.
- Ensure your child can unwrap or open all containers.
- Using drink bottles and bubblers.
- Discuss what they will eat at different eating breaks- e.g. Morning Tea, Lunch, Fruit Break.





# CANTEEN

- Open each day
- Healthy school canteen
- Spriggy schools app



## 2022 CANTEEN MENU

Hot Food	Build Your Own Sub Roll	Salads																		
<ul style="list-style-type: none"> <li>Corn on the Cob \$1.50</li> <li>Garlic Bread \$2.00</li> <li>Party Pie / Sausage Rolls 2 for \$3.00</li> <li>Hot Cheese Roll \$3.00</li> <li>Chicken Nuggets 4 for \$3.00</li> <li>8 for \$6.00</li> <li>4 for \$3.00</li> <li>6 for \$6.00</li> <li>Hot Dog w/ Sauce \$2.60</li> <li>Mini Dam Sim Cup \$2.50</li> <li>Cheese or Vegetable \$3.80</li> <li>Sausage Roll - Large \$3.80</li> <li>Sprinch &amp; Ricotta Roll \$4.20</li> <li>Hot Chicken Hot \$4.00</li> <li>Traveler Pie \$4.00</li> <li>Beef or Chicken</li> </ul>	<p><b>\$5.50</b></p> <p>Includes: One (1) choice of meat, and any fillings or sauces</p> <p>1. Choose a Meat: Chicken Breast, Ham, Tuna, Meatballs or Roast Beef</p> <p>2. Choose Fillings: Carrot, Cheese, Tomato, Lettuce, Cucumber or Breadcrumbs</p> <p>3. Choose Sauce/Dressing: Cheese, Garlic Aioli, Sweet Chut, Tomato BBQ, Mayo or Sweet Mustard</p>	<table border="1"> <thead> <tr> <th>Small</th> <th>Large</th> </tr> </thead> <tbody> <tr> <td>Garden Salad \$4.00</td> <td>\$5.00</td> </tr> <tr> <td>W/ Ham or Tuna \$5.00</td> <td>\$6.00</td> </tr> <tr> <td>W/ Chicken \$5.00</td> <td>\$6.00</td> </tr> <tr> <td>Chicken Caesar Salad \$5.50</td> <td>\$6.00</td> </tr> <tr> <td>Greek Salad \$5.50</td> <td>\$6.00</td> </tr> <tr> <td>Doritos \$0.70</td> <td></td> </tr> <tr> <td>Chips, Avocado Sprouts \$0.70</td> <td></td> </tr> <tr> <td>Top of Capers</td> <td></td> </tr> </tbody> </table>	Small	Large	Garden Salad \$4.00	\$5.00	W/ Ham or Tuna \$5.00	\$6.00	W/ Chicken \$5.00	\$6.00	Chicken Caesar Salad \$5.50	\$6.00	Greek Salad \$5.50	\$6.00	Doritos \$0.70		Chips, Avocado Sprouts \$0.70		Top of Capers	
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<p><b>Burgers</b></p> <p>No changes or substitutions are available.</p> <ul style="list-style-type: none"> <li>Chicken Burger \$4.80</li> <li>Lettuce &amp; Mayo \$5.20</li> <li>Beef/Salad Burger \$5.20</li> <li>Lettuce, Tomato &amp; BBQ Sauce \$4.80</li> <li>Cheese Burger \$4.80</li> <li>Beef Cheese &amp; BBQ Sauce \$4.80</li> <li>Veggie Burger \$4.80</li> <li>Lettuce &amp; Mayo</li> </ul>	<p><b>Sandwiches &amp; Wraps</b></p> <p>All sandwiches made on wholemeal bread</p> <ul style="list-style-type: none"> <li>Uppercrust Wrap \$5.00</li> <li>Vegemite, Jam or Cheese \$2.50</li> <li>Tuna or Egg \$2.90</li> <li>Ham, Cheese or Roast Beef \$4.00</li> <li>Swiss Steak \$4.00</li> <li>Lettuce, Tomato, Cucumber, Keweenaw &amp; Carrot \$4.50</li> <li>Salad w/ Tuna or Ham \$4.50</li> <li>Salad w/ Chicken or Roast Beef \$5.00</li> <li>Extras (Including Toasting) \$0.60</li> </ul>	<p><b>Drinks</b></p> <ul style="list-style-type: none"> <li>Bottled Water 600ml \$2.00</li> <li>Pain Mfr. 300ml \$2.00</li> <li>Juice Popper \$2.50</li> <li>Favoured Milk 300ml (no sugar) \$2.00</li> <li>Juice Bomb Sparkling Juice \$3.00</li> <li>Mo'it Go \$3.00</li> </ul> <p><small>Water (no salt) and cold press juice to order are available based on stock. Please provide advance notice as they may not be available at all times.</small></p>																		
<p><b>Pasta &amp; Rice</b></p> <ul style="list-style-type: none"> <li>Macaroni &amp; Cheese \$4.80</li> <li>Butter Chicken &amp; Rice \$4.80</li> <li>Beef or Vegetable Lasagne \$4.80</li> <li>BBQ Pork &amp; Ham Fried Rice \$4.80</li> <li>Nacho Qoppers \$5.00</li> </ul>	<p><b>Bento Box \$5.50</b></p> <p>Your choice of Chicken Breast Slice, Corn Cob or Boiled Egg PLUS 1/2 Sandwich Mini Muffins, Sliced Fruit, and Popcorn</p>	<p><b>Gold Treats</b></p> <ul style="list-style-type: none"> <li>Quebec Nut Stick \$1.00</li> <li>Frozen Juice Cup \$1.50</li> <li>Shag Slice for Back \$1.50</li> <li>1/2 Muffin \$1.50</li> <li>Mossie Pouch \$1.50</li> <li>Juicee Tube \$1.50</li> <li>Lemonade on a Stick \$1.00</li> </ul> <p><small>All gold treats are to be collected from the canteen by returning from lunch bag.</small></p>																		
<p><b>Hot Wraps</b></p> <ul style="list-style-type: none"> <li>Chicken Tender w/ Lettuce &amp; Mayo \$5.50</li> <li>Spiced Turkey/Cheese \$5.00</li> </ul>	<p><b>ORDER ONLINE!</b></p> <p>For more details on our online ordering system, visit our website at <a href="http://www.stmaryssouth.qld.edu.au/canteen">www.stmaryssouth.qld.edu.au/canteen</a></p> <p>Lunch order cut-off is 9am</p>	<p><b>Snacks</b></p> <ul style="list-style-type: none"> <li>Laughing Cow Cheese \$1.00</li> <li>Carrot Sticks \$1.00</li> <li>Pack of Fruit \$1.20</li> <li>Boiled Egg \$1.00</li> <li>Popcorn \$1.50</li> <li>Custard Cup \$2.00</li> <li>Fruit Sauc \$2.00</li> <li>Small \$4.00</li> <li>Fresh \$3.50</li> <li>Dip, Snack Box \$3.50</li> <li>Beans, Bread Slice \$3.00</li> <li>Red Rock Crisps \$2.00</li> <li>Grainwaves \$2.00</li> </ul>																		

Small, Fruit and Hot drinks are available online but cold drinks are not.

# PREPARING FOR THE FIRST DAY



- Read the social story about our school



- Read the story of Daisy and her first day of school

# YOUR CHILD'S FIRST DAY

In general, your child will need:

- A school bag - labelled
- A hat (school cap or wide brim hat)
- A drink bottle - water
- Fruit – cut into small bite size pieces
- A packed recess and lunch
- Recess ideas include snacks, such as a muesli bar, biscuits, fruit.
- Lunch ideas include sandwiches, wraps, salads or leftovers (N.B. no food can be heated up)
- **All items including lunchboxes, drink bottles, hats and jumpers labelled.**
- **Make sure they know these items are theirs and can open and close them.**



# YOUR CHILD'S FIRST WEEK

- Learning routines and procedures
- Establishing friendships
- Learning activities are focused on
  - Name identification, fine motor skills, developmental play and establishing sharing, turn taking



INNOVATE

CREATE

COLLABORATE

COMMUN

CRITICALLY

# YOUR CHILD'S FIRST WEEK



## Meet the Teacher



My name is Miss Lee, and I am the classroom teacher of KL.  
I am looking forward to teaching your child this year!

Should you have any questions or concerns, you can leave a message with the school office, and I will contact you as soon as I can.



### School Rewards

Kindy will be following the school wide Reward system which includes:  
2x Merit and 2x SEL awards per fortnight that are handed out at Assemblies & the Playground Legend Ticket system.



### KL Timetable

**Tuesday:** Fitness  
**Wednesday:** Music  
**Friday:** Library and Sport

On Friday's, please bring in a library bag labelled with your child's name and wear sports uniform.



Let's make this a great year kindergarten

### KL Events

**Term 2:**  
Kindy Excursion to the farm.

More information TBA closer to the date



**Term 4:** KL Assembly

### Crunch'N' Sip

Students are encouraged to bring in a piece of fruit or vegetable and a bottle of water to have every morning.

Please ensure it is cut up and in a separate container to your child's lunch box.



### School Supplies

We kindly ask that each student brings:

- 2x boxes of tissues
- 1x box of anti-bacterial wipes



### Lost Property

Please ensure your child's belongings are clearly labelled with their full name.

There is a lost property basket located behind the office. Please remind your child to check there for any lost items.

### School Bell & Gate Times

School Bell Times	2023 GATE TIMES
School starts at 8:55am Access is on 9:00am Lunch is on 12:00pm Home time is at 3:00pm	<b>SCHOOL GATES WILL BE OPEN:</b> 8:30 AM - 8:50 AM 2:55 PM - 3:30 PM <small>To access the school grounds at other times, please contact through the school office and sign in.</small> <small>There will only be special event days.</small>

### Canteen

Our main objective in operating our canteen is to provide students with a healthy, nutritional, well-balanced and affordable menu. Students can order recess and lunch 5 days per week.

We encourage you to use the **Spriggy Schools App** for ordering.

Unfortunately, we can take no responsibility for any lost or stolen cash and cannot monitor what food children are purchasing at the counter.

### Uniform

We understand that there are some difficulties with uniform supply. While we work through a solution to this problem, we will allow students to wear generic maroon hats and t-shirts.

Once the uniform supply is rectified, we expect students to wear the full school uniform daily (per the Gold Badges criteria). If you are having financial trouble, please don't hesitate to contact the office for uniform support.

### Compass Parent Portal

We have moved away from Sentral and will launch the Compass Parent Portal soon. You will be able to:

- Monitor your child's attendance and enter in explanations for late arrivals or absences.
- Communicate with your child's teachers and update your family contact details.
- Download and view your child's semester reports.
- View 'My News', a news feed of school announcements, alerts and updates.
- Pay and provide consent for events, excursions and school fees.

# ENGLISH

New K-2 Syllabus – phonics, phonological awareness, vocabulary, Reading fluency and comprehension, writing, oral language

## Alphabetical Code

### The English Alphabetic Code

sounds	simple code	complex code	graphemes, or spelling alternatives, which are code for the sounds					
/s/	s snake	-ss glass	-ce palace	-se house	c (c i t y) city	sc scissors	-st- castle	ps pseudonym
/a/	a apple							
/t/	t tent	-tt letter	-ed skipped					
/i/	i insect	-y cymbals						
/p/	p pan	-pp puppet						
/n/	n net	-nn bonnet	kn knot	gn gnome	-ne engine			
/k/	k kit	c cat	-ck duck	ch chameleon	qu bouquet	que plaque		
/e/	e egg	-ea head	-ai said					
/h/	h hat	wh who?						
/r/	r rat	-rr arrow	wr write	rh rhinoceros				
/m/	m map	-mm hammer	-me welcome	-mb thumb	-mn columns			
/d/	d dig	-dd puddle	-ed rained					
/g/	g girl	-gg juggle	gu guitar	gh ghost	-gue catalogue			
/o/	o octopus	-a watch	qu qualify	ai salt				
/u/	u umbrella	o son	-ou touch	-ough thoroughfare				
/l/	l ladder	-ll shell						

# Decodable Readers



# Heart Words



# Sound Walls



# PHONICS & PHONEMIC AWARENESS

Phonics instruction connects the phonemes (units of sounds) with written letters so that the reader can transfer knowledge of sounds to the printed word.

This is done through blending sounds together. Kindergarten students are introduced to sounds in a sequential way



"If a child **memorises 10 words**, the child can only read 10 words.

But if a child **learns 10 sounds**, the child will be able to read 350 three sound words, 4 320 four sound words and 21 650 five sound words."

Martin Kozloff, 2002

#FROTHINONPHONICS

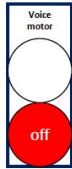


# HEARING AND SAYING SOUNDS CORRECTLY

*Ff*



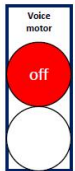
top teeth on bottom lip  
blow gently



*Th*



tongue between your teeth  
blow gently





# ORAL LANGUAGE STRATEGIES

- Expressive and receptive language skills





# READ WITH & TO YOUR CHILD AT HOME

- Research shows that reading aloud to your child is the single most important thing you can do to prepare your child for reading and learning. Reading to your child:
  - Models what good reading sounds like
  - Nurtures a love of reading of good quality literature
  - Strengthens bonds with your child
  - Develops oral language through discussion
  - Builds background knowledge and understanding through factual texts
  - Expands their vocabulary
  - Helps them learn more about interests and hobbies

# LEARNING



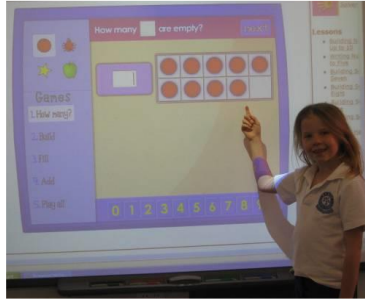
INNOVATE

CREATE

COLLABORATE

COMMUNICATE

THINK CRITICALLY

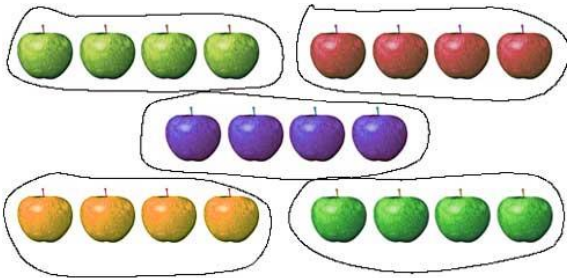
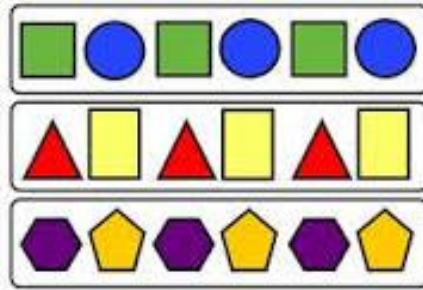


- Modelled
- Guided
- Independent



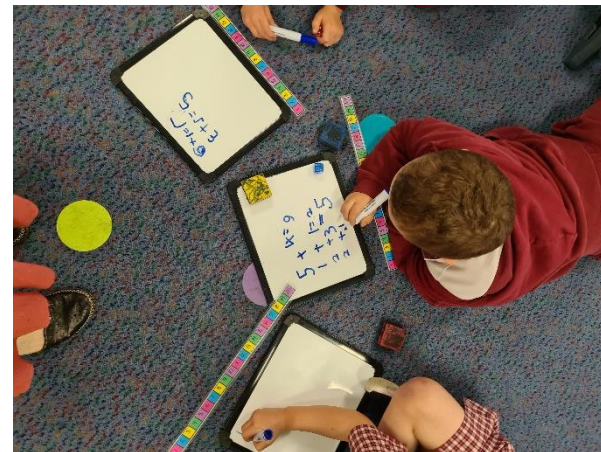
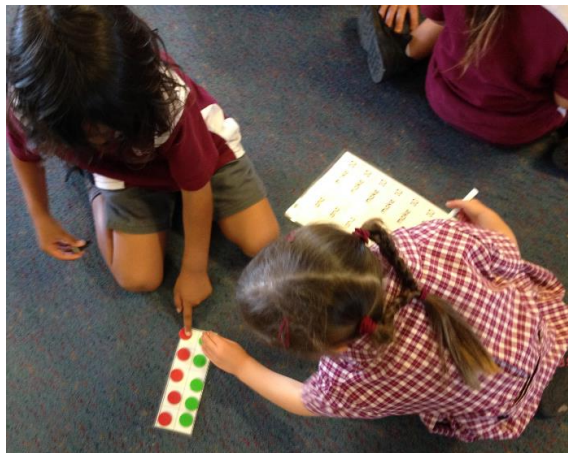
# MATHEMATICS

New K-2 Mathematics Syllabus – Representing Whole Number, Combining and separating quantities, Forming groups, Geometric measure, 2D spatial structure, 3D spatial structure, Non-spatial measure



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# Events

Easter Hat Parade Day



Book Character Parade



Incursions



Open Day Education Week



NAIDOC Day



Farm Excursion



INNOVATE

CREATE

COLLABORATE

COMMUNICATE

THINK CRITICALLY



# BEST START KINDERGARTEN ASSESSMENT

- Kindergarten children at NSW public schools undergo the Best Start Kindergarten Literacy and Numeracy Assessment
- The purpose is to identify what language, literacy and numeracy skills your child brings to school and inform the planning of teaching and learning.
- help teachers to develop effective learning programs that build upon what each child knows and can do when they start Kindergarten.
- We know that every child starts school with their own set of experiences, skills and abilities

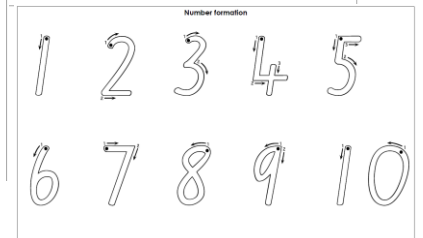
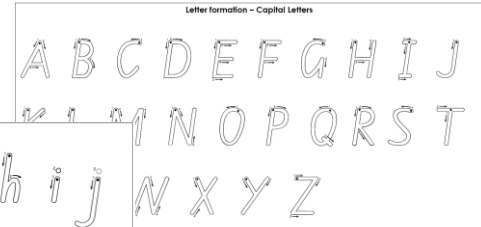
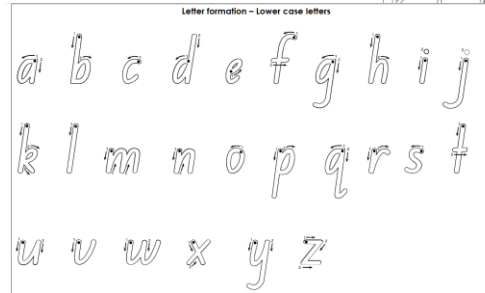
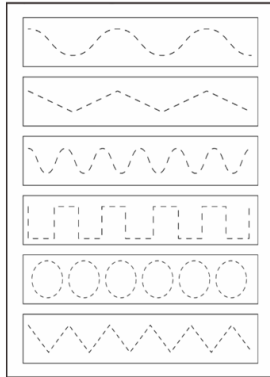


# STUDENT BAGS

- Collect your child's bag from the table.
- Inside there are resources and activities to assist in preparing your child for school.



*Finnley*  
*Finnley*  
*Finnley*



# DATES FOR YOUR DIARY

- Last day of Starter School Group

Tuesday 5<sup>th</sup> December

- Best Start Assessment period (Individual day TBA)

Thursday 1<sup>st</sup> February

Friday 2<sup>nd</sup> February

Monday 5<sup>th</sup> February

Tuesday 6<sup>th</sup> February

- Kindergarten first day of school

**Wednesday 7<sup>th</sup> February** – straight to the classroom each morning until class teachers inform you that they are ready to meet in the playground



# THANK YOU

- Questions?
- Please complete the survey.
- Please collect your child from the Kindergarten rooms (students will be dismissed individually).
- You may exit the school via Carrington St gates

