



# NORTHMEAD NEWSBREAK







It is a BLAST exploring Space with Stage 2!





# Northmead Newsbreak ... Principal's Update



Our school acknowledges the Traditional Custodians of the land on which Northmead Public School was built - the Burramattagal people of the Darug nation.

We honour our connection  
We pay our Elders past, emerging and respect to all and Torres Islander



their deep to Country. respects to present and extend that Aboriginal Strait

people. We ask all people that walk, work and live on traditional Aboriginal lands to be respectful of culture and tradition of Country. We extend our acknowledgement of and respect to all First Nations people of the world.

## DEAR NORTHMEAD FAMILIES

No matter what our role is at N.P.S., when we get a **thank you** whether in person, in a phone call or email from you, when you are taking the time to send a note of thanks to our outstanding staff for their efforts or what you appreciate in the school, it gives us such a smile in our hearts and literally makes our day! It truly gives us all such a boost that you know we are trying our best to make a positive difference to our students and community every day – most especially in these continued changing and challenging times. When we make decisions on school organisation and procedures, we may not always get it “100% right” in everyone’s opinion. But we are always aiming to do our very best to bring enhanced practice, care and an unwavering commitment to learning and wellbeing excellence for every student. Our thanks for your thanks!

## CONGRATULATIONS!!



Miss McDonnell is now **Mrs Lewis** and very recently surprised us all with the delightfully, joyous news of her wedding! We wish them both the greatest Happily Ever After in their married life! ❤️

## CANTEEN UPDATE

We wish our wonderfully talented and dedicated Canteen Coordinator Jo “bon voyage” as she heads to the U.K. to enjoy a refreshing break and time with her family. Jo starts her leave 24 August and for the rest of Term 3.



## CANTEEN UPDATE [CONTINUED]

Our collective N.P.S. thanks to all the amazing canteen volunteers, who will keep looking after our hungry tummies while Jo is away. There will be a more limited menu to keep the canteen operations a little easier for our wonderful volunteers while the fabulous “head chef” is away. P&C will send more details next week.

## THE IMPORTANCE OF WELLBEING NAVIGATING 2HIGH SCHOOL

As Year 6 think about 2023 and their next journey, they may be quite likely, to be uneasy about the future. This can present as changes in their behaviour, “acting out” to hide their anxiety and challenging the adults in their life. Wellbeing plays a role in supporting mental health, by giving us a greater ability to manage our thoughts, feelings and behaviours. This helps us to maintain good relationships, set and achieve goals and find meaning and purpose in our endeavours. A simple framework to increase wellbeing is the **5 Ways to Wellbeing**, developed by the New Economics Foundation in the UK. The framework outlines 5 strategies that have been proven to have a positive effect on mental wellbeing.

These strategies are:

- CONNECT • BE ACTIVE • TAKE NOTICE •
- KEEP LEARNING • GIVE •

The NSW DoE borrowed this content from ReachOut. <https://education.nsw.gov.au/parents-and-carers/wellbeing/mental-health/wellbeing-and-teenagers> You can find the [original article here](https://parents.au.reachout.com/) External link. Why not check out their practical support and tips at <https://parents.au.reachout.com/>.

## PRINCIPAL'S “P.S.”

I am drawing on the thankful and wellbeing focus I shared today for my final thought for this week...

*“Wellbeing is attained little by little...  
...and nevertheless is no little thing itself”.* Citium Zeno

*I look forward to chatting with you again in our next  
Northmead Newsbreak ... Mrs Anne Ezzzy (Principal)*

# IMPORTANT TO KNOW WHAT'S AHEAD @NORTHMEAD



## N.P.S. KINDERGARTEN

### THE • PLACE • TO • BE • IN • 2023!

## ONLINE ENROLMENT AVAILABLE

If you have a child eligible to start school in 2023 and you are in our Northmead school catchment area please enrol them now. Our staffing numbers for 2023 are based on actual school enrolments and our 2023 Kindergarten numbers are below the usual size.

The Online Enrolment System is designed to provide flexibility for our parents to submit an enrolment application online and at the time that best suits you.

If you do not feel comfortable completing an application online, a paper copy will be available for collection from the front office or can be downloaded from the Department's [going to a public school site](#). Further information about online enrolment can be found on the Department's website [here](#).

## COVID UPDATE

Please see the Term 3 update sent home to families and staff on 5 August. There remain recent positive cases of COVID-19 as well as household contacts in our school community.

### Close contacts attending school

Students and staff who are identified as close contacts and have no symptoms can attend school (excluding schools for specific purposes (SSPs) and support units) if they follow certain guidelines agreed with [NSW Health](#) [External link](#) in addition to the [NSW Health guidelines](#) [External link](#):

- They must notify the school and/or early childhood education (ECE) service provider (including their outside of school hours care provider) if they are intending to return under this provision.



## COVID UPDATE CONTINUED

- They should conduct a daily RAT and return a negative result each morning before attending school for 5 school days.
- No student or staff member identified as a close contact will be permitted to participate in overnight excursions, including school camps.

It is highly recommended for students K-6 who are household contacts but testing negative **that they wear a mask when indoors when at school**, except when eating or exercising. Teachers will ensure classrooms have windows open a little (due to cold weather) and fans on for cross ventilation. The NSW Health advice is by wearing a mask, particularly indoors or when we cannot practice social distancing, helps stop the spread of these air-borne viruses including COVID-19.

**Staff and students cannot attend school if they are showing any symptoms of COVID-19.**

These include fever, cough, sore throat, shortness of breath, runny nose, loss of smell/taste, muscle/joint pains, diarrhoea, nausea/vomiting, extreme tiredness, unexplained chest pain or conjunctivitis (eye infection).

## UNIFORM CHANGES AHEAD

We continue to be excited for the new uniform launch and have again reposted the art work and information about the new Northmead academic and sports uniform. It will be such an easy wear/comfortable option for our students.

## NEXT UP AT NORTHMEAD

Check the N.P.S. "Next Up" Calendar and notes sent home to advise of upcoming events including:

- ✳ **Stage 3 Camp 15-17 August**
- ✳ **Year 4 Camp 29-31 August**
- ✳ **P&C Meeting: 7pm | 31 August [by ZOOM]**
- ✳ **[SAVE • THE • DATE](#) Ed. Week Celebrations @NPS Tuesday 20 September | Details to follow soon!**



## UNIFORM CHANGES AHEAD

### Phase 1 – Academic Uniform

# Academic Uniform – Unisex



Northmead Public School

Academic Uniform



**Reji**  
UNIFORMS

#### Summer

- Short sleeve sublimated fabric polo shirt in navy blue with aboriginal inspired artwork (front and back) representing pathways and yarnning circles.
- Navy elastic drawstring waist shorts suitable for boys and girls.

#### Winter

- Long sleeve polo in the same design and colourway as the short sleeve shirt.
- Navy elastic drawstring waist trousers suitable for boys and girls.

## Objective | Wellbeing

The purpose of these changes is to update and provide inclusive, modern, easy wear and easy wash uniform options that are comfortable for NPS students to learn and play in. It will simplify the number of uniform options we currently have. The new uniform will:

- ❖ encourage physical activity
- ❖ provide a non-gender specific uniform providing options for girls if they choose
- ❖ considers affordability and comfort for all body types and the variety of learning and play/sport activities they will be worn for
- ❖ provides cohesive mix and match options year-round as opposed to Summer vs Winter choices
- ❖ the change process will take up to 3 years and students may wear items from the current school uniform that will be discontinued if parent choose not to purchase new uniform items immediately
- ❖ the Sports shirt option will be "Phase 2"

## Supply and Purchase

The storyboard artwork and samples presented have been provided by our current uniform supplier Reiji Uniforms. Reiji are a family owned, Sydney based business with whom the school/P&C Uniform Shop has had a long standing relationship.

## New Uniform Shirt Fabric

All polo shirt options will be made from fully dye sublimated polyester micro-mesh fabric with moisture wicking and antibacterial technology. They have a smooth finish and they are cool to wear.

## The NPS uniform will be simplified to include:

- ❖ Navy short sleeve easy wear polo shirt
- ❖ Navy long sleeve easy wear polo shirt if students prefer a long sleeve option or for cooler weather
- ❖ Navy shorts or pants (unisex with elastic drawstring)
- ❖ Existing navy jazz pants will still be available
- ❖ Navy skort option for girls (Summer or Winter) and navy stockings or tights may be worn underneath. The skort has built-in stretch undershorts.
- ❖ Royal blue short sleeve sports polo shirt which includes house colours (Phase 2 – see next page)
- ❖ White socks for all

## Phase 1 Academic Uniform January 2023

The new academic uniforms are planned to be introduced for our 2023 Kindergarten. However the uniform will be available in all sizes for families to purchase for students K-6 if they wish. Families can continue with the current uniform choices if they are not yet ready or in a position to purchase the new uniform items. Grey shorts and pants will be phased out from this year and navy options will be available to purchase.

### Items to be discontinued:

- ❖ Girls summer and winter tunics
- ❖ Girls sky blue peter pan shirts
- ❖ Grey stockings/tights (not sold by Uniform shop)
- ❖ Boys grey shorts and pants
- ❖ Grey socks
- ❖ V-neck jumpers (once current stock is sold)

## UNIFORM CHANGES AHEAD

### Phase 2 – Sports Uniform

## Sports Uniform



Northmead Public School

Sports Uniform



#### Summer

- Short sleeve sublimated fabric polo shirt in royal blue. Colours will be introduced to represent NPS sporting houses coming together for sports events.
- Existing unisex microfibre shorts.
- Existing girls stretch microfibre skort.

#### Winter

- Existing stretch microfibre long pants.
- Existing fleece jumper/zip jacket.

## UNIFORM CHANGES AHEAD

### Phase 2 – Sports Uniform

- ❖ A new royal blue sport polo shirt featuring house colours will be phased in over time while we manage the stock still available of the current sport shirt
- ❖ Sport shorts, skorts and pants will remain in royal blue. The colour provides a point of difference to the academic uniform.

## Old and New Uniform Price Comparisons

Old Uniform Combinations	Price	New Uniform Combinations	New Price Estimate
Summer Tunic	\$58.00	New Short Sleeve Polo Shirt and Navy Shorts	\$61.00
		New Short Sleeve Polo Shirt and Navy Skort	\$82.00
Winter Tunic and Long Sleeve Peter Pan Shirt	\$87.00	Navy Skort and New Long Sleeve Polo Shirt	\$87.00
Long Sleeve Peter Pan Shirt and Navy Jazz Pants (4-14)	\$72.00	New Long Sleeve Polo Shirt and Jazz Pants (4-14)	\$84.00
		New Navy Elastic Drawstring Waist Pants and Long Sleeve Polo Shirt	\$77.00
		New Short Sleeve Polo Shirt and Navy Elastic Drawstring Waist Pants	\$72.00
		New Short Sleeve Polo Shirt and Navy Jazz Pants (4-14)	\$79.00
Old Sport Polo	\$33.00	New Short Sleeve Polo Shirt	\$36.00



# UNIFORM CHANGES AHEAD

## Price Comparison

- ❖ The mix and match nature of the new uniform allows for cheaper combinations
- ❖ The ability to wear short or long sleeve shirts year round may also provide a cost saving for families
- ❖ Unisex uniforms will allow families to utilise “hand- ons” between brothers and sisters for cost effectiveness

## Other Information

- ❖ Royal blue fleece zip jackets and v-neck jumpers will remain until stock levels are sold
- ❖ The current v-neck fleece jumper will be sold down and phased out as it is not a popular item
- ❖ Navy fleece zip jacket or other lightweight zip jacket options will then be considered/introduced.
- ❖ School bags and library bags will change to navy.
- ❖ Navy hat options will be sourced/introduced once current royal blue stock levels are sold

- ❖ Items such as navy shorts and pants or royal blue sports shorts and pants can be sourced from department stores if families would prefer a cheaper generic option to go with the new shirts



## Other Uniform Items

### Shoes

- Academic uniform - black school shoes
- Sports uniform - sports runners/joggers



### Socks

- White socks for all students



### Tights/Stockings/Leggings

- Navy blue tights/stockings/leggings may be worn under the new navy skirt.



### Hats

- Royal blue bucket hat/slouch hat with NPS crest. Colour change to Navy to be considered in future.



## Consultation

The following proposal for changes to Northmead Public School's uniform has been provided in consultation with:

- The Principal, Mrs Anne Ezzy
- Members of the NPS P&C Executive and Uniform Committee
- Suppliers

Changes take into consideration feedback from surveys received by the school from:

- Students
- Parents/carers
- Staff

Uniform samples and designs have been sourced at the request of the Principal and have been approved unanimously by the school executive team.



# Pathways to Reconciliation Art Gallery

*Warami! – This message is being written and sent from  
Dharug Country.*



Thirty students from Years 3, 4 & 5 participated in the 'Pathways to Reconciliation' program which is facilitated by Reconciliation NSW.

Students learnt about First Nations People and their connection to Country through teachings, stories and dance from Aboriginal Elders.

The students created artworks and written reflections to express what they had learnt about Aboriginal culture and how they will share this knowledge with others.

***Northmead families and the wider community are invited to view our art exhibition on the fence along Kleins Road.***







To celebrate Children's Book Week 2022, we will be holding a gold coin donation **Book Character Mufti Day on Thursday 25th August**.

Funds raised on the day will support the work of the Indigenous Literacy Foundation, who provide culturally relevant books and learning resources to children and families living in remote Communities across Australia. Students are encouraged to come to school dressed as their favourite book character, or they may choose to wear clothes in the colours of the Aboriginal flag.

The library will also be hosting a **Book Swap** on the day. Any students who wish to participate can bring a book from home that is in good used condition and swap it for another book they would like to read.



# ICE CREAM DAY

**WEDNESDAY**

**24<sup>TH</sup>**

**AUGUST**



**\$2**

To support the Stage 1 Dance Group's entry into State Dance Festival, we are hosting an ice cream day. Pop on down with your money and grab your scoop!





# T-BALL & BASEBALL REGISTRATIONS OPEN



**FOR MORE INFO EMAIL:**  
[JUNIORCOORDINATOR@BAULKHAMHILLSBASEBALL.COM](mailto:JUNIORCOORDINATOR@BAULKHAMHILLSBASEBALL.COM)  
(SCAN QR CODE FOR EMAIL LINK)

