



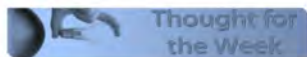
# NORTHMEAD NEWSBREAK



## AT A GLANCE! 2021 TERM 2 DATES

### FORWARD PLANNING

- Monday 12 July – T3  
Staff Dev. Day:  
**No students attend**
- Stage 3 Canberra  
Overnight Excursion  
Term 3 – 14-16 July
- Kindergarten 100 days  
23<sup>rd</sup> July
- Education Week  
July 26-30 – Theme  
"Lifelong Learners"
- Education Week Open  
Day at NPS  
Tuesday 27 July  
Stay tuned for Open  
Classroom times and  
extra-curricular showcase  
of Band, Dance, Artwalk  
and why not picnic on the  
Oval? **We will publish all  
COVID requirements &  
number limits.**
- Stage 2 Narrabeen  
Excursion  
Term 3 – 25-27 August



WE ARE  
not perfect human beings,  
NOR DO WE HAVE TO  
pretend to be,  
BUT IT IS NECESSARY  
FOR US TO BE THE  
best version of ourselves  
WE CAN BE.

Visual Skills



- EVERY MINUTE COUNTS • EVERY CHILD COUNTS •
- EVERY CHILDHOOD COUNTS • Kailash Satyarthi

### Dear Northmead P.S. Community:

It is hard to believe we are halfway into the school year. I would like to wish all teachers, students and their families a well-deserved holiday. If travelling during this holiday period, please do so safely. Take the time to enjoy your families and build some happy memories. Mrs Ezzy sends her best wishes to the school community and will return to us next term.

### Staff Development Day

Teachers return on Monday 12th July for a staff development day, which will focus on initiatives from the School Improvement Plan. The first day of Term 3 for students, will be Tuesday 13th July. For teachers, Monday will focus on coaching, feedback and building a deeper understanding for the High Potential Policy.

### School Reports

Throughout the year, the school provides parents and carers with formal and informal opportunities to receive information and discuss their child's learning. Reporting focuses on individual student learning progress that supports parents and carers to understand how their child is going and what can be done to support their learning growth. Semester 1 written reports have been emailed to all families. Please take the time to sit down and discuss the report with your child. Make sure you praise them for all their efforts, we all need to encourage further progress and the desire to continually strive to improve and succeed no matter how great or small the achievement. Remember that a sound achievement means that your child has a sound knowledge and understanding of the main areas of the content and has achieved an adequate level of competence in the processes and skills. This is to be celebrated as is all progress made.

### Kindergarten Enrolments 2022

**Enrolments Are Open**



**Now Taking  
Enrolments  
for 2022**

Contact the office for more information





## UNIFORM SURVEY – PARENT/COMMUNITY FEEDBACK INVITED

We are reviewing our current uniform and the school is asking for our students, families and staff to undertake a short survey on possible future directions for our uniform. We will be putting the following QR code on the fence near the entry gates on Kleins and Moxhams Roads. The code will also be located at the Canteen and NOOSH. Thank you for your input so we can ensure our uniform serves our students and community. We will keep it open until the end of Education Week next term (Friday 30 July).

Here is the link to the on-line Survey Monkey survey – or you can capture the QR code below:

<https://www.surveymonkey.com/r/NPSUniformSurvey>



## CELEBRATING EDUCATION WEEK AT NORTHMEAD PUBLIC SCHOOL





Education Day  
@ Northmead

TUESDAY 27TH JULY 2021

**SAVE THE DATE**



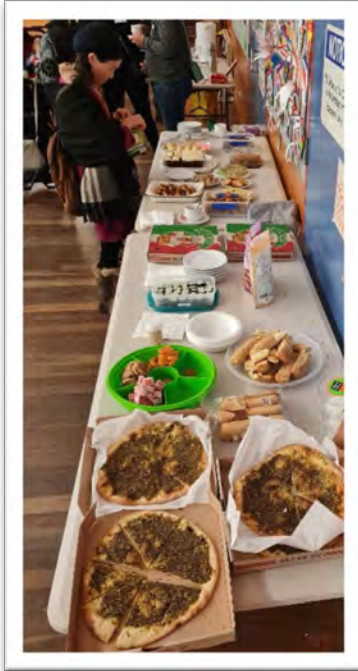
Celebrating  
'Life Long Learners'



# EAL/D NEWS @ NPS

By Mrs Melanie Fletcher: EAL/D Coordinator

## Community Morning Tea



Did you know that 50% of our school population has a **Language Background Other Than English (LBOTE)**? This means that half of our students and families either speak another language at home and/or our students' parents grew up speaking a language other than English.

One of the roles of the EAL/D teachers at NPS is to make connections with our LBOTE families and community members in order to support the cultural backgrounds of our students.

On Tuesday morning (Wk9) we hosted our first community morning tea for parents and carers with children in Kindergarten, Year 1 & 2. We had a

fantastic turn out! During our time together, we discussed ways that we can support our families and their culture. We also spoke about how we can all work together to grow our understanding of different cultures within our school.

Thank you to those who were able to attend and a big thank you for sharing your delicious food with us. We look forward to hosting a morning tea for our Primary parents next term.



Refugee  
Week



National Refugee Week takes place from 20<sup>th</sup> June to 26<sup>th</sup> June. The theme for this year is **UNITY – The way forward.**

Refugee Week is an opportunity to celebrate the contribution refugees make to our society, while raising awareness, and remembering and acknowledging the often-difficult journey that refugees have taken to reach Australia.

The aim of the celebration is to create a better understanding between different communities and to encourage successful integration of refugees into our society.

# Celebrating Multiculturalism at NPS during Education Week

NPS has a diverse array of cultures within our school which makes for a rich multicultural environment.

As part of our Education Week celebrations, I would like to invite parents and carers to share their cultural background with the students of Northmead.

I am seeking volunteers who would like to share something that relates to their cultural background with their child's class on either Monday 26/7 at 2pm or Wednesday 28/7. Some ideas include:

- Teaching a cultural dance
- Sharing or reading a story from your own culture
- Teaching the students how to make something e.g. origami, paper lanterns
- Showing students how to prepare/make a type of food
- Teaching words and phrases from your native language
- Or anything else that you can think of!

If you are interested please fill out the form below and return to school by Friday 15<sup>th</sup> July.

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## Celebrating Multiculturalism at NPS during Education Week

I \_\_\_\_\_ (your name) would like to volunteer to share my cultural background with my child's class.

My child's name is: \_\_\_\_\_ Class: \_\_\_\_\_

I am available on: ☐ Monday 26/7 at 2pm ☐ Wednesday 28/7

I would like to: \_\_\_\_\_

Return to Mrs Melanie Fletcher via the office



## Managing Behaviour at Northmead

At Northmead, we pride ourselves on the way staff develop positive relationships with students where every student is known and valued for their unique skills and talents. You may have heard your children talking about “Growth Mindset” and the “Zones of Regulation”. These are two philosophies which underpin much of the work we do with students at Northmead.

Having a “Growth Mindset” means that students are continually striving to do their personal best and persevere even when things are tough. We talk a great deal about the “Power of Yet” - I can’t read that YET, I don’t understand this YET, this doesn’t make sense YET. Setting personal goals and working towards them gives students a sense of purpose which assists with general behaviour in the classroom. If each student is challenged at an appropriate level there is far less need for students to “act out” when they are not able to do the work they are presented with.



The second program “Zones of Regulation” teaches students specifically how to manage their emotions — what strategies work for them when they are feeling unsettled and can assist them to get

<b>BLUE ZONE</b>	<b>GREEN ZONE</b>	<b>YELLOW ZONE</b>	<b>RED ZONE</b>
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control

“back into the green” where they are ready to learn. Appropriate responses are modelled on a daily basis to allow students to more easily manage their emotions whether they be anxiety, enthusiasm, anger or frustration. Calm classrooms are classrooms where students can engage happily in learning.

Within classrooms there are a number of systems in place to reward students for positive behaviour. Individual teachers may choose whether they use programs such as “Class Dojo” (where students receive points throughout the day on an individual or class basis). These points can then be traded for a variety of rewards determined by each teacher. All teachers award “Possum Tokens” for good behaviour in the classroom or playground. These tokens are then placed in a box where a lucky student has their token drawn out and is rewarded with a canteen voucher. School merit awards are also used in every classroom to reward hard work, good learning behaviours etc. When enough merit certificates are collected students are then



awarded their star badge at a stage assembly.

Both in classrooms and in the playground the use of positive language is encouraged such as "Walk on hard surfaces" instead of "Don't run on hard surfaces;" "Hands and feet down" instead of "Don't Hit" etc. With school holidays looming, try making a conscious effort over the next two weeks to keep your language positive whilst enjoying time with your children.

### Positive Language: What is it?

- Optimist? Realist?
- "Can do" approach
- "Look on the bright side"
- "Praise, not nag"
- Notice the good, improve the bad
- Give alternatives/choices - empower the child

### Calming Choices



What if, despite the teacher's best efforts, students continue to behave inappropriately or make poor choices? There are a number of things that may happen. Students may be directed to a "calm down" space to re-focus, students may work through a "Reflection Folder" with their teacher or students may be "kept in" for part of a break in order to complete unfinished work due to poor behavioural choices. If a child's behaviour escalates particularly quickly a member of the executive team may be called to take the rest of the class whilst the class teacher works with the escalated student or the executive may escort the student to a safe place where they can calm down. A student may need to spend time

off the playground if they have made poor choices in the playground. Or, the student may be asked to walk with the teacher on duty for a few minutes whilst they calm down. After any significant incident the student is always given the opportunity to calm down before they speak to the teacher or member of the executive. The student may work through a "Reflection Folder" where they can discuss better choices and also may be asked to apologise to anyone they have hurt.

In the event of more extreme behaviour where another student or member of staff has been hurt, the student has been repeatedly spoken to about poor choices or the student uses repeated foul language, the student may be issued with a "Warning of Suspension" letter. If this happens, a member of the executive will ring and speak to the student's parents and explain what has happened. Thankfully, at Northmead these letters are rare as we work hard to reach students before behaviour escalates to this extent.

If a student causes a significant injury or carries a weapon they will be issued with a "Letter of Suspension" and will be unable to attend school for a period of a day or days as determined by the Principal. In general, suspensions are very rare and a number of factors such as the student's age and any underlying disabilities are always taken into consideration. Please let us know if you have any further questions.

Gail Wheatley AP learning Success





**MACQUARIE**  
University

# Cool Kids Online

## INTERNET DELIVERED CHILD AND ADOLESCENT ANXIETY TREATMENT (AGES 7-17 YRS)

**Program Tel:** 02 9850 6393

**E:** CKOschools@mq.edu.au

Approximately 1 in 5 young people experiences significant anxiety and fearfulness that affects their daily life. The NSW Department of Education has engaged the Centre for Emotional Health at Macquarie University to offer free access to online treatments for school students who have significant anxiety disorders.

### WHAT IS ANXIETY?

There are a range of different types of anxiety experienced by children and teenagers including finding it difficult to be away from parents, being extremely shy, worrying about what others think of them, avoiding social and school activities, or worrying a lot about everyday matters, potential dangers and the future. Sleep difficulties, headaches, nausea and difficulty breathing can be part of these feelings. Many children experience more than one type of anxiety.



### BENEFITS OF COOL KIDS ONLINE

- Families can access Cool Kids Online in the comfort of their own homes
- The interactive online format is easy to navigate and engaging for children and young people
- Families receive professional telephone support throughout the program from qualified, experienced therapists
- Cool Kids Online is based on research and has been shown to be effective in reducing anxiety.



## WHAT DO THE ONLINE PROGRAMS INVOLVE?

There are 8 modules that contain text, videos, exercises, and illustrations – to teach the youth (and parent) clear and practical skills to help the young person manage their fears and worries and overcome their anxieties. The modules will cover:

- a. Learning about feelings and anxiety
- b. Fighting fear by facing fear
- c. Detective thinking, and learning to think more realistically
- d. Building assertiveness and dealing with teasing
- e. Helpful ways of coping when upset

Families also receive four, 30 minute-telephone sessions with an experienced therapist during the program. These sessions enable parents or youth to **ask questions** about program content and help them **apply the skills** to their fears and worries.

For children in primary school, the program is mostly delivered to their primary caregiver, who then uses it to help their child. For adolescents in high school, the program is directly delivered to the teenager, with some additional support from their caregiver

## WHAT DO WE NEED TO DO?

- Eligible families who are referred by a their school counselling team contact Cool Kids team at **02/ 9850-6393** or **CKOschools@mq.edu.au**
- You will first speak to an intake officer who will ask a few basic questions.
- Next you will be given a link to a website where you will receive a series of detailed questions for both the caregiver and the young person to complete. This is an extremely important assessment that tells us whether the program is suitable for your child.
- If the program is suitable, you will receive a call from your allocated therapist who will provide you with a personal login. Four therapy sessions will also be scheduled.
- You and your child will work through the program with support from your therapist over the next 12 weeks.
- At the end of 12 weeks, you will once again be asked to complete the online assessment so that we can see how much your child has improved.

## ABOUT US

The Centre for Emotional Health (CEH) is an internationally recognised specialist research centre at Macquarie University in Sydney, Australia. The CEH conducts research to further our understanding of child and adult emotional disorders and to improve methods of assessment and treatment.

The Cool Kids Programs have been developed and evaluated at the CEH over the past 25 years. Cool Kids is a structured, skills-based program that teaches children and their parents how to better manage anxiety. Many scientific studies show that most young people who complete Cool Kids experience significant improvements, with decreases in worry, fear, family distress and life interference.

FIND OUT MORE  
Centre for Emotional Health Clinic  
Macquarie University NSW 2109 Australia  
T: +61 (2) 9850 0693  
E: [CKOschools@mq.edu.au](mailto:CKOschools@mq.edu.au)  
W: [mq.edu.au/ceh-clinic](http://mq.edu.au/ceh-clinic)  
CRICOS Provider 00002J



**MACQUARIE**  
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# Northmead Public School - P & C Association

# NEWS & EVENTS



## Dates For the Diary

**P&C General Meeting** - 7pm  
Wednesday 21st July 2021 via  
Teleconference.

## Labels for Literacy

As we approach the half way mark of the school year, when you may be looking at replacing a few school items and uniforms etc, please keep our **ongoing** labels fundraiser in mind. Refresh your supply of name labels for school belongings using our fundraising codes with the companies listed below, and help support our fundraiser for school literacy resources (e.g. home reader books) at the same time.

## Contact Us

### NPS P&C Association

[northmeadpublicschool@pandcaffiliate.org.au](mailto:northmeadpublicschool@pandcaffiliate.org.au)

### The Clothing Shop

[npsclothingshop1@gmail.com](mailto:npsclothingshop1@gmail.com)

### Our School Canteen

[ourschoolcanteen@gmail.com](mailto:ourschoolcanteen@gmail.com)  
02 9630 3133.

### Northmead Public School Band

[npsband@hotmail.com](mailto:npsband@hotmail.com)

## Labels for Literacy

Northmead Public School P&C Association - Name Label Fundraiser

Share our codes with family and friends and keep them handy  
for orders throughout the year ahead!



### BRIGHT STAR KIDS

Use link: [www.brightstarkids.com.au](http://www.brightstarkids.com.au)

Click '[link a fundraising account](#)' and enter **Northmead P&C** at checkout.  
P&C receives **15%** from every sale.



### STUCK ON YOU

Use link: [www.stuckonyou.com.au/affiliate/fundraiser/NORTHMEADPANDC](http://www.stuckonyou.com.au/affiliate/fundraiser/NORTHMEADPANDC)  
or use code **NORTHMEADPANDC** at checkout.  
P&C receives **20%** of full price purchases and **5%** on sale items.



### OZ LABELS

Use link: [www.ozlabels.com.au/FRS1477](http://www.ozlabels.com.au/FRS1477) or enter code **FRS1477** at checkout.  
P&C receives **15%** from every sale and parents receive a **5%** discount.

Label school belongings, avoid lost property and support our  
school at the same time!





## Square Reader

The P&C will be purchasing a Square Reader to cater for parents using debit and credit card as well as contactless payments for canteen and/or clothing shop purchases particularly during school events such as Education Week open days, special assemblies, sports carnivals and fundraising events. We hope to have this in place by Education Week open day in Term 3.



## New Crossing Guard Welcome

We would like to extend a warm welcome to our new Kleins Road Crossing Guard, Sarah. Please join us in welcoming and congratulating her on this very important role. We thank her for taking on the challenge!



## Happy Holidays

The P&C would like to wish our school community a very happy school holiday period. Stay safe and enjoy a well earned rest after a busy Term 2. We look forward seeing and working with you into Term 3!

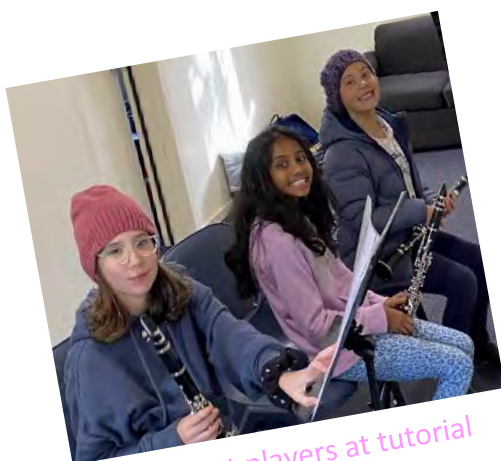


## Northmead Public School Band News



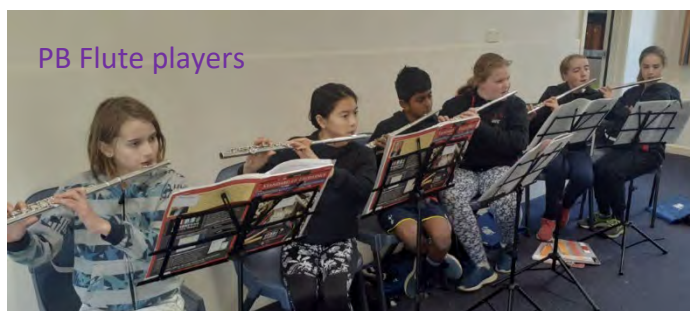
Performing Band rehearsing

Performing Band students arrived on Friday night for their very first two night Band Camp. There was lots of excitement as they set up, and everyone was really chuffed that Mr Gorrie came out to welcome them to camp. Performing Band worked really hard, and set a wonderful example for the Concert and Training Band kids.



PB Clarinet players at tutorial

A highlight of the family concert was singing along to Sweet Caroline as Performing Band played. They also performed Cayuga Lake Overture, Escape from Thunder Mountain, and their new piece Epic- which they only received on Friday night! We loved hearing the Pokémon theme and Zoot Suit Riot from Jazz band!



PB Flute players



PB Trumpeters: What a spectacular view!



PB Flute players



Year 5 PB girls enjoying lunch in the sunshine