



Inspiring excellence together

BULLETIN

WEDNESDAY 9 SEPTEMBER, 2020

From The Principal's Desk

Happy Father's Day to all of the wonderful Dads in our CEPS community. We were disappointed that we were not able to acknowledge this special event in the way that we normally would at school. In honour of our CEPS Dads, please enjoy these messages from some of the students. It is clear that our CEPS Dads have many talents.

My Dad is the best Dad ever. He is really good at looking after us (Chloe 5/6H).

My Dad is really funny and I enjoy our special days out. (Phoebe 5/6H)

My Dad is good at building. (Jacob 3C)

My Dad can do funny voices. (Ned 5/6L)

My Dad always gives me cuddles. (Claudia 4N)

My Dad spoils me. (Reece 3C)

My Dad sometimes lets me do whatever I want. (Kai 4N)

My Dad is good at fixing gadgets. (Sarah 5/6L)

I like to go to EB Games with my Dad. (Aiden K/6T)

My Dad is good at golf. (Huxley KM)

My Dad is a Super Dad. (Kaydn K/6C)

My Dad plays Xbox with me. (Chase K/6A)

My Dad loves me and gives me kisses. (Evie 1/2M)

My Dad plays with me and keeps me busy. (Wilson 1/2M)

I like taking Dad to Timezone for Father's Day. (Alfie 1/2W)

My Dad is good at Maths. (Hazel 1/2W)

I like to go to the beach with my Dad. (Ace 1B)

I like playing soccer with my Dad. He is the coach. (Oscar K/6T)

My Dad knows what 1000+ 1000000 is. (Olivia 1B)

My Dad plays soccer with me. (Ru KB)

I like going running with my Dad. (Maddie KB)

My Dad is funny. He tells jokes. (Bonnie K/6C)

My Dad is good at helping people at work. (Hamish KT)

I love my Dad. He always gives me cuddles. (Millie KT)

I like playing lego Star Wars with my Dad. (Oliver KM)

Dance 2b fit

The students have been enjoying their weekly dance lessons this term. Thank you to the P&C for their Random Act of Kindness for July as it provided funding to ensure that all students could attend, regardless of their circumstances. Dance is part of the PDHPE and CAPA syllabuses so this program provides crucial information to teachers about student progress in this area.

Tell Them From Me Student Survey

Our Year 4, 5 and 6 students are about to complete the Tell Them From Me Student Survey again. This second snapshot for the year provides us with comparative data from the survey earlier in the year, and gives us great insight into a range of topics from a student's perspective. As we are coming to the end of our current school planning cycle, this information is valuable in informing us of where we need to focus next. If you do not wish your child to participate, please advise your child's teacher.

Check-In Assessments

Due to COVID restrictions, NAPLAN did not occur this year for our Year 3 and 5 students. The department has made available 'check-in assessments' for our Year 3 and 5 students as a tool to provide teachers with information about student progress. Our school opted in to using these assessments. These assessments are online and assess reading and numeracy. Our Year 5 students completed this assessment last week and staff have already got access to the data. Year 3 can complete the assessments between September 21 and October 23. If you have any questions regarding this, please contact your child's class teacher.

Homework

The staff have spent some time over the last year reviewing the research about homework and evaluating our current practices. We also gathered information from our parents through a survey in 2018/2019. Out of this work, we have developed some guidelines that define homework at our school that considers the needs of our whole school community. This document is on our website. Please familiarise yourself with its contents in preparation for full implementation in 2021.

Social Media

The use of social media is part of our changing world. The department has a policy that governs social media use in school and the school has guidelines for managing the safe use of technology on site, outlining clearly the expectations for responsible use and the actions that will be taken if used inappropriately. Our Student Wellbeing Guidelines and Anti-bullying Plan may also be referred to when managing issues related to online behaviour.

We are aware that many of our students have access to a variety of social media platforms outside of school hours. The link below provides a wide range of information for parents to help them navigate the online environment with their children. The website states 'both the physical age of your child and their level of maturity and resilience can affect their ability to have positive experiences on social media'. For this reason, most social media sites require users to be at least 13 years of age. The teachers can advise and support the students about online safety but do not have control over what occurs outside of school hours. Parents must ensure that they have close supervision of their children when online and take into account the information and advice that is on this website to ensure their safety and wellbeing.

<https://www.esafety.gov.au/parents>

COVID Updates

We have recently received advice that the school swimming program this year has been cancelled to comply with the health guidelines. We will be scheduling this program again next year with the assumption that school operations will have returned to normal.

The staff have been working on ways that we can introduce some additional activities and return the activities that are usually available at lunch times for the students. A schedule of activities has been communicated to the students. Students can opt to engage in these activities in their grade/stage group. The vegetable garden, library and nature play are options already in place. The sports trolley and COLA cooperative games will return from this week. Footy skills and Stop Motion Plasticine Animations are new activities being offered by Mr Allegri and Mrs Ward for the rest of this term. We will re-evaluate at the end of the term or when the guidelines are changed.

Mrs Bell is making plans for an alternative way to orientate our new kindergarten friends and their families to the school, in the instance that we are advised that we are unable to proceed with our usual orientation program. Families will receive information this week about their child's enrolment and the dates for orientation.

Our Year 6 students and staff have been participating in school visits and zoom meetings with high school staff to support a smooth transition to high school. This will continue into next term. We have started working on planning the Year 6 farewell with the assumption that it will be able to go ahead in some form. With a relatively small cohort this year, we have more flexibility in meeting any guidelines related to food and gatherings. We will keep families informed and provide more clarity as soon as it is available.

Look What's New in Our Playground.....

Thank you to our fantastic P&C, particularly those who have the responsibility of applying for grants, for the two new water bottle filling stations in our playground. These are located near 4/5L's classroom and on the side of the canteen so that water is accessible across the school. This grant was through Hunter Water.

Keep smiling and stay safe.

Michelle Unterrheiner

Principal



Principal Awards

TERM 3	Congratulations on receiving 5 merit awards
K/6T	Heath Jack
1/2W	Scarlett Woods

Quality Education Awards

TERM 3	
K/6A	Lisa, Kaitlin
K/6C	Kaydn, Campbell
K/6T	Bella
KB	Ethan, Hunter, Lucy
KM	Eloise, Oliver, Sophie, Sam
KT	Ariana, Tilly, Oscar
1B	Isla, Wil, Chloe, Willow, Parker
1/2M	Jesse, Lachlan, Micah, Josie
1/2W	Thomas, Olivia, Alfie, Evie
2/3A	Summer, Alex, Louie, Milla
3C	Ayla, Oliver, Talin, Zara
4N	Jack, Eli, Seth, Emily
4/5L	Ellie, Mason, Jaspa. Jaden
5/6H	Aiden, Zac, Thomas, Benjamin
5/6L	Charlton, Harmony, Kehana

Values Awards

TERM 3	
K/6A	Angus, Kyrie
K/6C	Aiden, Bonnie
K/6T	Oscar, Alex
KB	Eden, Matilda
KM	Samuel
KT	Macey, Olyver
1B	Miles, Lachlan
1/2M	Evie, Ella
1/2W	Evie, Duncan
2/3A	Ben, Oliver
3C	Mila
4N	Charlie
4/5L	Kane, Eddison
5/6H	Chet, Andrhea
5/6L	Ned, Jacob

This week we are focusing on having the right to be heard. We each have a voice and should feel confident in sharing our ideas and opinions with others. Not always an easy thing to do.

Thank you!

Michelle Bell & Libby Bailey
Values Coordinators

We have noticed an increase in parents responding to the SMS notification when their child is absent or arrives late. Thank you for responding quickly, we believe this is an easy and efficient adjustment to our procedures. It is important however, that if you have two or more children away that you respond separately to each message to ensure the Sentral system updates the attendance accurately. Thank you for your cooperation in adjusting to this new and streamline way of explaining absences.

As we approach the end of Term 3, it's time to finalise the paper work for kinder enrolments. If you have a child entering kinder in 2021, please complete the enrolment form and bring it the office with the supporting documents (originals must be sighted by office staff – no copies unless verified by a JP). Please remind friends, family and neighbours to do the same, particularly those who will be new to our school community.

We are excited to announce we will be rolling out the new Online Enrolment System from Monday, 14 September 2020

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. The application can be accessed on all browsers and mobile devices including iOS and Android.

- Enrolments into **local** schools only
- Children who are Australian citizens, New Zealand citizens or permanent residents
- Children who live in NSW.

We offer our support and encourage you to complete your application to enrol online. If, however, 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 our website [here](#).

More information can be found here <https://education.nsw.gov.au/parents-and-carers/online-enrolment-for-nsw-public-schools/online-enrolment-for-parents>

2/3A Tightening Tension

Learning Intention: We are learning to use tightening tension to improve our stories.

Success Criteria:

- I can use descriptive words.
- I can use the senses to build up tension.
- I can use capital letters and full stops.
- I can edit my paragraph.

Stimulus:

You are in a race and coming second with the end of the track in sight.

As I turned the last corner of the rocky mountain track I can finally see the bright red flags of the finish line ahead. All I could hear was the high pitched voices from the crowd in front. I was so exhausted but I was almost there. I felt a warm breathe behind me, someone was gaining power and about to take over.

By Authors Quinn, Jordie and Louie

I am so close to the end of the race. I can feel the nerves creep in as I think I'm not going to win. I feel the air whipping my cheeks as I hear the sound of my mum and dad cheering. "10 metres to go", I whisper to myself. I run as fast as I can and lunge for the line.

By Author Owen and Pia

I'm coming second! I am so close to coming first that the grass from their shoes is flying into my face. My heart is beating so fast, I hope it doesn't stop. Suddenly I get a burst of energy and run as fast as I can. People are cheering my name. I have won the race!

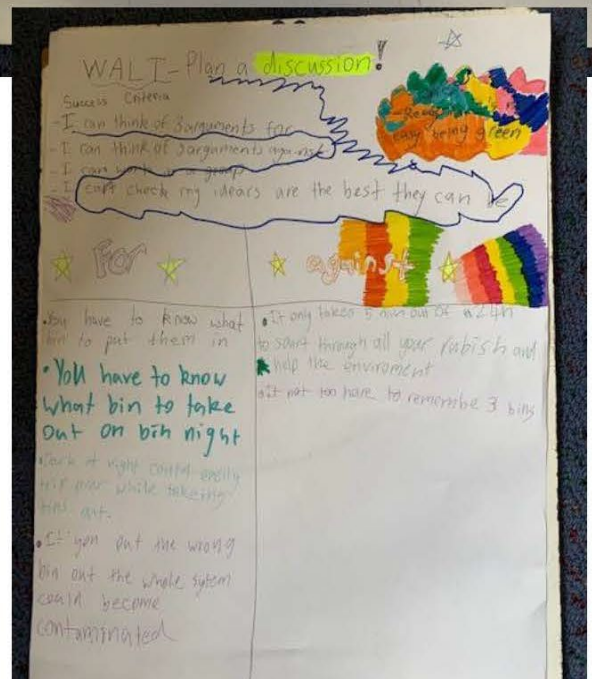
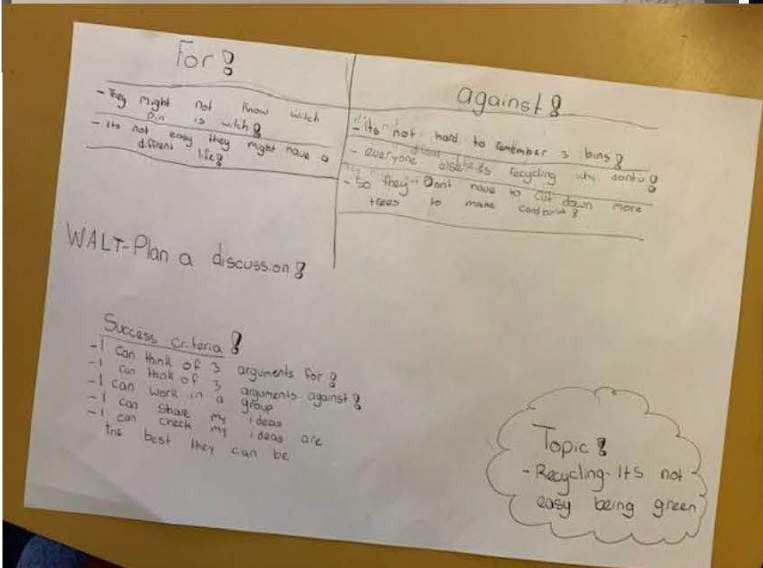
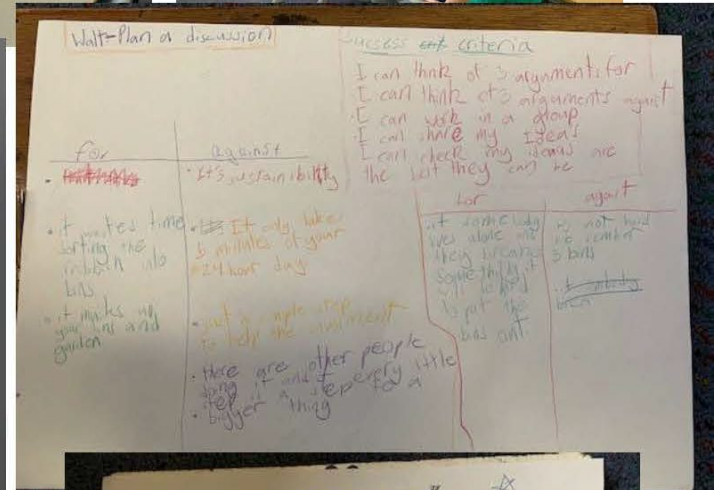
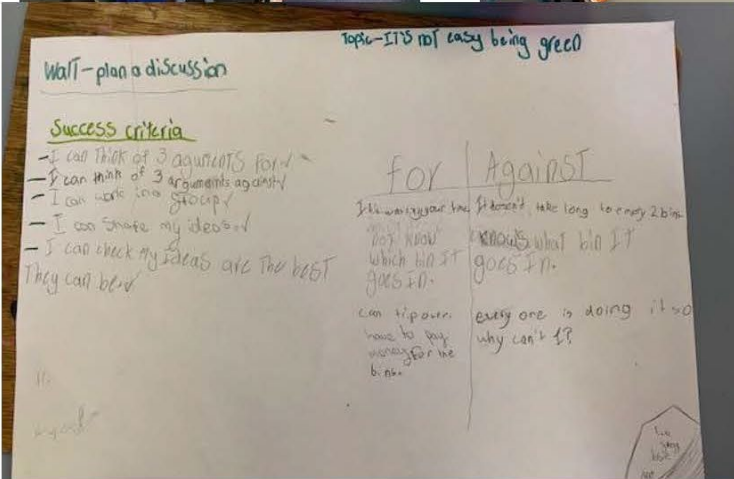
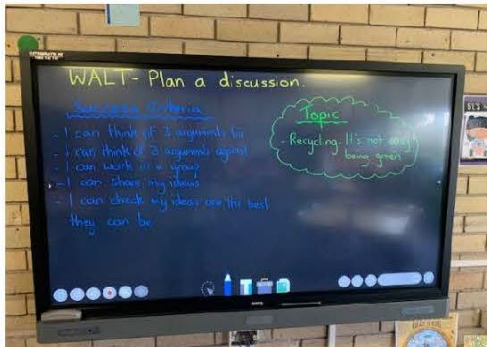
By Authors Amelia, Leila and Molly

As I am running past the crowd they are cheering for me. I am so tired but I'm pushing through the pain. I see grass flying off the ground all around me. The people behind me are catching up, I need to win! I use my last bit of energy and burst in front of the person coming first. I've won! I'm so happy!

By Authors Jude, Nicholas, Audrey and Alex

WALT: we are learning to plan a discussion.

Topic – It's not easy being green.



Uniform Shop

All our uniforms are available to purchase through our online portal <https://charlestown-east-pc.square.site/>.

Please remember to put your child's name and class into the note section at the checkout. All orders will be filled Tuesdays and Thursdays and delivered to your child's class by the next day. Make sure you have your summer uniforms ready for Term 4.

Uniform Committee

Lunchbox Café News

Last Tuesday was Fresh Food Tuesday, fried rice was on the menu, loaded with lots of yummy produce from our amazing school garden. The students seem to be enjoying these days and we love seeing them try different things. Fresh Food Tuesdays will continue next term.

We are having a meal deal on Thursday 24 September, a note will go home about this during the week. Please make sure these orders are in by the due date as no late orders will be accepted.

The roster for next term is almost done. Thank you to all the parents, grandparents and aunts who have already volunteered. We are still in need of volunteers for a few dates in October and November for Tuesdays and Thursdays. Please get in contact with Leila Finch if you can help out.

Leila Finch and the canteen committee.

CANTEEN ROSTER	Mon 07 Sept	Tues 08 Sept	Wed 09 Sept	Thurs 10 Sept	Fri 11 Sept
	Leila Finch Rebecca Wilson 8.45am – 2pm	Jenny Roach 8.45am – 2pm	Michelle Hammond Susan Rees 8.45am – 2pm	Leila Finch 8.45am – 2pm Lisa Baglee 8.45 – 11.30am	Cath Hetherington Jadie Reid 8.45am – 2pm Kim Biddleston 11.30 – 2pm
	Mon 14 Sept	Tues 15 Sept	Wed 16 Sept	Thurs 17 Sept	Fri 18 Sept
	Leila Finch 8.45am – 2pm Victoria Lipscombe 11.30am – 2pm	Leila Finch 8.45am – 2pm Rebecca Howard 8.45am - 11.30am	Rebecca Cornish Becky Beveridge 8.45am – 2pm	Andrew Tiller Beth Curran 8.45am – 2pm	Leila Finch Jenny Ryan Belinda Bow 8.45am – 2pm
	Mon 21 Sept	Tues 22 Sept	Wed 23 Sept	Thurs 24 Sept	Fri 25 Sept
	Leila Finch 8.45am – 2pm Nicki Morgan 11.30am – 2pm	Leila Finch 8.45am – 2pm	Leila Finch 8.45am – 12pm Cornelia Bunn 12pm – 2pm	Katrina D'Alessandro Emma Whittle 8.45am – 2pm	Leila Finch Marney McDonald 8.45am – 2pm

SCHOOL UNIFORM



Please place all uniform orders through our online shop.
Scan the QR code with your smart phone camera to be taken directly to the site.

<https://charlestown-east-pc.square.site>

Remember to include your child's name and class in the notes section at the checkout.
Orders will be filled on Tuesday and Thursday afternoons and delivered to your child's class.
Any further information required please email uniforms@ceps.org.au



Please note: Prices below are correct as of August 2020 subject to adjustment based on supplier changes. There is no additional credit card processing fee, this is inclusive within the price listed. The P&G is not profiting from this charge in any way.

Price List

HAT	
Royal blue bucket hat with sports colour inside - red, blue, green, yellow	\$21.00
GIRLS UNIFORM	
White polo shirt	\$26.00
Dress - royal blue & white checks	\$47.00
Skorts - royal blue & white checks	\$36.00
Warm navy stockings, 80% cotton	\$11.00
Royal blue zipper jacket	\$47.00
BOYS UNIFORM	
White polo shirt	\$26.00
Shorts - grey gabardine	\$21.00
Long pants - grey gabardine	\$26.00
Royal blue zipper jacket	\$47.00
UNISEX SPORT UNIFORM	
Coloured polo shirt - red, blue, green, yellow	\$26.00
Sports shorts - royal blue	\$21.00
Sports shell jacket - royal blue	\$47.00
Sports shell pants with leg zipper - royal blue	\$26.00
MISCELLANEOUS	
Logoed plastic for notes - royal blue	\$16.00
Calico library bag	\$6.00
Insulated lunch wallet - black with grey, red or blue coloured trim	\$12.00
Insulated lunch wallet - black with orange trim to signify *ALLERGY*	\$12.00
Beeswax Wraps	\$7.00 - \$33.00

Charlestown East Public School Parents & Citizens Association – 90 James Street Charlestown NSW 2290
T 4943 5173 / F 4942 2575 / W www.charlestoe-p.school.nsw.edu.au

Good for Kids good for life

WINTER RECIPE: MINESTRONE SOUP

Ingredients:

- 1 tsp olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, crushed
- 1 medium leek, finely chopped (optional)
- 2 celery stalks, finely chopped
- 2 medium carrot, finely chopped
- 400g canned tomatoes
- 1 litre reduced salt vegetable or chicken stock
- 2 cups green cabbage, finely sliced
- 1 tbsp fresh parsley, chopped
- 1 bay leaf
- 1 tbsp tomato paste
- ¼ cup frozen peas
- ½ cup dried wholemeal pasta (penne, spirals or shells work well)

Serves 4

Prep and cook time: 1 hour



Method:

1. Heat oil in large saucepan over medium heat.
2. Add onion, leek, celery, carrots and garlic. Stir well, cook for 10 minutes or until the vegetables have softened.
3. Add canned tomatoes, stock, cabbage, parsley, bay leaf and tomato paste. Bring to the boil, then reduce heat to low and simmer for 15 minutes.
4. Add frozen peas and pasta, continue to simmer for a further 15 minutes.

Recipe from SWAP IT - <http://goodforkids.nsw.gov.au/primary-schools/swap-it/recipe>.



HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Good for Kids good for life

BUSH TUCKER FRUIT AND VEG

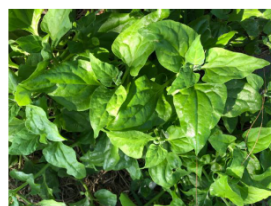
There are lots of Aboriginal bush tucker ingredients becoming more readily accessible and available. Here are a couple of examples to mix things up and get your daily fruit and veg.



LILLY PILLIES

Lilly pillies are a popular garden and street tree. They grow in many conditions and can be found all over Australia. The berries have a tart, cranberry-like flavour. Try eating them:

- Fresh and whole - just watch out for the pip inside!
- Chopped and added to salads
- Chopped and added in to muffins, the same way you would blueberries.



WARRIGAL GREENS

Warrigal greens are a herb with arrow-shaped leaves, common in coastal regions. They are a great substitute for spinach, silverbeet or bok choy in recipes. Try adding to:

- Soups
- Stews
- Stirfries
- Omelettes.



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