



Curlewis Public School Newsletter

Wednesday, October 13, 2021

Term 4 - Week 2

CALENDAR TERM 4, 2021

**Dates may change due to COVID-19 restrictions*

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	11 October	12 October	13 October	14 October	15 October
3	18 October	19 October	20 October Year 6 Half Day GHS transition	21 October	22 October
4	25 October	26 October	27 October	28 October	29 October
5	1 November	2 November Healthy Harold (COVID pending)	3 November Healthy Harold (COVID pending)	4 November	5 November
6	8 November	9 November	10 November	11 November	12 November
7	15 November	16 November	17 November	18 November	19 November
8	22 November	23 November Year 6 Full day GHS Transition	24 November 2022 Captain Speeches & Voting	25 November	26 November
9	29 November	30 November	1 December	2 December	3 December Reports home
10	6 December	7 December	8 December End of Year Presentation	9 December	10 December
11	13 December	14 December	15 December	16 December Last Day of Term 4	17 December

Notes Sent Home This Week:

- Book Club catalogue

Cold or flu symptoms?
You need a COVID test!



Principal: Jacqui Jones
Administration Officer: Helen Wise



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A Message from the Principal's Desk

Welcome back to CPS for Term 4. As restrictions ease, we are hoping to go ahead with some of our usual activities later in the term, however we will need to follow Department of Education directives, so we will keep you updated as we move closer to the end of the year. Both students and teachers are excited to be back to learning from school this week. Students have commenced the week reacquainting themselves with school routines and expectations for both the classroom and playground. They all showed resilience in undertaking COVID-19 guidelines and making necessary changes for their safety.

Jacqui Jones

Principal

Important Information for this Fortnight

Curlewis School COVID-19 Plan – Level 3 Restrictions:

Curlewis Public School is working under Level 3 Restrictions. The following restrictions/guidelines are currently being followed to ensure the safety of our students.

- Masks or face coverings are required in:
 - all indoor and outdoor settings for all staff
- Masks or face coverings are recommended for:
 - indoor and outdoor settings for primary students – should your child wish to wear a mask they can bring one from home or use a disposable one provided by the school.
- Non-essential visitors are not permitted on school sites including:
 - Official visitors and dignitaries, Media and production crews, Visits by local members.
 - Parents – are to drop children off at the front gate (Little Stars parents can bring their children in). If you need something from the office please call as Mrs Wise is able to do most transactions over the phone.
- Allied Health partners and other providers are permitted and should continue to operate in a COVID-safe way.
- Schools must cease the following activities:
 - Singing
 - Sport (except for sport within existing PDHPE classes)
 - Bands and ensembles
 - SRE/SEE/VSA
 - Assemblies
 - Excursions, camps, field trips and principal-endorsed activities for students

End of Year Presentation:

The End of Year Presentation will be held on Wednesday 8th December, Week 10, Term 4. At this stage it will be for students and staff only. Should this be the case, the presentation will be recorded and a copy provided to all parents.

Check-in Assessments:

Students in Years 3- 6 will participate in a reading and numeracy check-in assessment. The check-in assessment is a NSW Department of Education online reading and numeracy assessment available to support schools to assess and monitor student learning. The assessments can supplement existing school practices to identify how students are performing and to help teachers tailor their teaching more specifically to students needs. The assessment will be scheduled for our students during Term 4, Weeks 4 and 5 (Monday 25 October 2021 – Friday 5 November).

Staying Hydrated:


Students are asked to bring their own water bottle to school to support COVID-19 safe practices. Water bottles can be filled during the day if required. Hats are now essential for outside play and must be the correct CPS, broad-brimmed hats. Please make sure all hats, jumpers, trackpants and other items are labelled with your child's name.

Are you all OK?


We know everyone has had to face various changes with differing levels of challenge over the course of this pandemic. These difficulties can impact your own mental health, which in turn affects the health and wellbeing of your children. If you find you are not coping, or would just like to talk with someone, please contact one of these services:

Or try downloading one of these mental health apps:

 <p>Phone number: 1300 130 052</p> <p>Available: Weekdays: 9am - 9pm Weekends: 4pm - 9pm</p>	 <p>Phone number: 1800 551 800</p> <p>Available: Any day, any time!</p>
 <p>Phone number: 1800 737 732</p> <p>Available: Any day, any time!</p>	 <p>Phone number: 1300 224 636</p> <p>Available: Any day, any time!</p>
 <p>Phone number: 13 11 14</p> <p>Available: Any day, any time!</p>	 <p>Phone number: 1800 152 152</p> <p>Available: Any day, any time!</p>
 <p>Family and Community Services Helpline</p> <p>Phone number: 132 111</p> <p>Available: 1800 152 152</p>	 <p>National Coronavirus Helpline</p> <p>Phone number: 1800 020 080</p> <p>Available: Any day, any time!</p>

<p>Mindful Gnats</p>  <p>An app designed to teach young people simple mindfulness and relaxation skills.</p> <p><i>Available on iOS and Android devices.</i></p>
<p>Headspace: Meditation & Sleep</p>  <p>An app designed to train your mind and body for a healthier, happier, stress-free life.</p> <p><i>Available on iOS and Android devices.</i></p>

<p>MindShift</p>  <p>An app designed to help teens and young adults cope with anxiety.</p> <p><i>Available on iOS and Android devices.</i></p>
<p>What's Up? – A Mental Health App</p>  <p>An app that uses recognised therapies to help you manage your mental health, including a habit tracker and activities to identify what you are feeling.</p> <p><i>Available on iOS and Android devices.</i></p>

<p>SmilingMind</p>  <p>An app aimed at helping young people de-stress and stay calm.</p> <p><i>Available on iOS and Android devices.</i></p>	<p>SuperBetter</p>  <p>An app aimed at building personal resilience and boosting physical and emotional wellbeing.</p> <p><i>Available on iOS and Android devices.</i></p>
<p>Happify</p>  <p>Activities and games to help reduce stress, overcome negative thoughts and provide effective tools to improve emotional well-being.</p> <p><i>Available on iOS and Android devices.</i></p>	<p>Happyfeed: Gratitude Journal</p>  <p>Train your brain to focus on the positive and become more resilient in harder times by keeping a journal of things you are thankful for.</p> <p><i>Available on iOS and Android devices.</i></p>



Congratulations Cooper! Cooper was presented with his award and certificate by Mark Coultou MP for the Dorothea Mackellar Poetry Competition in which he won his category for his poem 'My Aboriginal Teacher' inspired by CPS' very own Aboriginal Education Officer, James 'Frog' Hogbin.



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FACEBOOK
 Facebook

Year 7, 2022

TRANSITION EVENTS

HALF DAY TRANSITION

Wednesday, Oct 20

12.45pm to 3.25pm

- Students will participate in lessons, fun hands-on activities and a school tour
- Question and answer session
- Lunch will be provided, or students can bring their own
- Parents/carers, please drop off students at the front gate

ORIENTATION DAY

Tuesday, Nov 23



KATIE SCOTTFORD



EMILY MCINERNEY

Contact Year Adviser Ms Katie Scottford or Deputy Principal Mrs Emily McInerney on 6742 0155 for further information

