

The Junction News

Newsletter of The Junction Public School



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Term 1 – Week 2

Tuesday 4 February 2020

PRINCIPAL'S REPORT

Welcome back to our school community, We hope you had a wonderful and safe break and managed to spend some time with your children. As always I am stunned at how much they grow over the Christmas break!

Students

When I visited the students on Wednesday there were many happy smiling faces. All students are working on planned units of work which are consistent and differentiated across the school for the first week back. Year 5 are enjoying the cooler days at camp and the new Kindergarten students look like they've done it all before!



Enrolments

We have had some comings and goings during January. As usual this impacts on draft class plans. As of Friday we have 546 students on our books and needed to change some draft classes around. Please understand that teachers spend a lot of time placing students and there will be no room for movement. Due to confidentiality reasons we may not be able to share with parents why we made some of the decisions. As of the 'Friday plan' all classes were full. Parent requests are always considered but Stage teams are not always able to accommodate them.

Please support your child positively with their class placements and making new friends. We all take some time to settle in a new year.

School Environment

I was very excited to watch our new Learning Circle develop over the holidays. THANKS SO MUCH for all the work and time that the P&C put in to ensure this project

happened. Tom is currently slowly establishing the plants – we are being a little cautious until the weather cools.

So far we have accepted a quote to upgrade the internet cabling in 5 more blocks. This is in addition to the 2 large blocks upgraded last year. We want our students to have access to the fastest service possible. We also have Wifi operating. This year we will start up a new parent portal as part of our Sentral licence. More information will be available soon.

Body and Mind Wellbeing Initiative

Thanks so much for spreading the word about the quick turnaround regarding this program. Skoolbag app is a short, no-frills communication at best, and our communication was limited last week as the vast majority of us were out of the school on Thursday.

Research tells us that emotional resilience and regulation is somewhat of a concern in current student populations. See below for more information. We are all excited to trial this initiative as it is such an effective way to start a new year.

The tight turnaround was due to the need to compete with other schools for places and we thought it may be a great start to the year at its hottest. Class teachers will be organising class-based PE lessons around the heat of the day and in consideration of air quality. JAK will begin in Term 2 when cross school timetabling becomes easier.

Staff News

Tess Barns safely delivered Evelyn (Evie) on 24th January – a sister for Jackson – Congratulations to Tess.

Luke Sparksman was successful in his application for a full scholarship with the DoE for a Masters in Inclusive practice – congratulations to Luke

We welcome Mrs Katrina Gardoll and Miss Hollie Booth to our teaching staff for 2020.

More information about our staff will be included in the next newsletter.

Newsletters will go out on even weeks on a Tuesday (fortnightly). Please encourage family members to use the Skoolbag App – this is our main source of information to families.

Body and Mind Wellbeing Program – Kinder to 4

Both the students and the class teachers in K-4 are excited to begin this new initiative at our school.

Tomorrow, students in Kindergarten to Year 4 will be participating in a *Body and Mind Wellbeing Program* as part of the new Personal Development/ Health/ Physical

Education (PD/H/PE) Curriculum. The aim of this program is to teach students how to become more aware of their emotional responses to everyday problems, the impact their responses have on their bodies and tools to better self-regulate at school and at home.

The program will be delivered by specialist teachers from Dance Fever, Multisport and TJPS students and teachers will learn together. Each student will wear wireless headphones during the program where gentle music will play in the background as the instructors talk directly through the headset to explain each activity. Students will also have their own mat to perform activities on. All equipment will be supplied.

The program will explore the following areas:

- **Social health:** Practicing kindness and respect, how to work in partners, gratefulness and interpersonal relationships.
- **Mental health:** Practicing mindfulness to increase concentration levels and attention to detail. Students will learn tools to calm their busy minds.
- **Emotional health:** Exploring big emotions such as frustration, anger, agitation and anxiety and how they can impact on their bodies and concentration. Students will explore tools to practice such as breath techniques.
- **Physical health:** Students will explore and refine a variety of poses that can be linked to mental and emotional health. The poses will increase strength / co-ordination / spatial awareness / flexibility and self confidence.

Please see the back of this newsletter for a flyer which may give you more information should you need it. We will evaluate these sessions with students and class teachers as they progress.

PARENT INFORMATION SESSIONS

These sessions are held as a 'meet and greet' at the beginning of the school year. They are run by the stage teams and will include general information about class routines and expectations. This is a sessions for parents and carers and there will be no supervision for students. It is also an opportunity to ask questions. Please note – these are not parent interviews. If you need to chat to a teacher about your child, please phone the front office to arrange a suitable time.

KINDER – (2.30pm) : Thursday 13 February in Class KK room.

YEAR 1 & 2 – (5pm) : Wednesday 12 February in Open Learning Rooms in the Old Hall.

YEAR 3 & 4 – (5.30pm to 6pm) : Thursday 13 February in student classrooms.

YEAR 5 & 6 – (4.50pm to 5.20pm) : Thursday 13 February in student classrooms.

CALENDAR - TERM 2 – 2020

Week 2

Event

Tuesday, Feb 4

P&C Meeting 6.30pm - Merewether Bowling Club, Caldwell St, Merewether (TONIGHT)

Wednesday, Feb 5

Great Aussie Bush Camp Students return. Bus will return by 3pm

Friday, Feb 6

11.20am under the COLA – Presentation of Swimming Carnival ribbons

Week 3

Event

Wednesday, Feb 12

Yrs 1 & 2 info session – 5pm

Thursday, Feb 13

Kinder info session – 2.30pm

Yrs 3 & 4 info session – 5.30pm

Yrs 5 & 6 info session – 4.50pm

Week 4

Event

Monday, Feb 17

Kinder will finish at 3pm from today onwards

Wednesday, Feb 19

Zone Swimming Carnival – Lambton Pool

Week 6

Event

Tuesday, March 3

Regional Swimming Carnival

SWIMMING CARNIVAL

Congratulations to all the students who participated in our annual swimming carnival at the Forum last Thursday. It's a fast paced and action filled day and students are to be commended on their behaviour. Well done to Quinlan on winning their third swimming carnival in a row! Congratulations to all house captains and vice captains for their help and to the students who dressed up and embraced our school spirit. We must acknowledge and thank our dedicated staff who made the carnival run so smoothly. A huge thank you to our parent helpers, particularly Mr Sutherland as our starter.

All awards will be handed out this Friday after our recess Assembly as well as a list of Zone competitors.
Nick Savage



SCHOOL GATES & VISITING OUR SCHOOL

If you need to come into the school during school hours, please ensure that you close the gate behind you. This is for the safety and security of our students. If you enter the school grounds you must report to the school office first. Gates are closed at 9.30am and re-opened at 2.30pm.

NO DOGS ON THE SCHOOL SITE

We ask that dogs not be brought into the school grounds. When dropping off or picking up your child, dogs must be tied up outside the school fence, away from pedestrian gates. Thank you.

SCHOOL ASSEMBLIES

Kinder to Year 2 and Year 3 to Year 6 assemblies will start in Week 4 on Fridays (even weeks). Times to be advised in the next newsletter.

Parents are welcome to attend these assemblies in the new hall.

Office Hours - 8.30AM TO 3.15PM

Money collection for excursions & events

All money will come straight to the office, this includes:- Dance fees, Band fees, School books, Excursion money etc.

There is a "Payments" slot at the front counter in the school office – please post payments in this slot.

For this to work successfully, we ask that any money that is sent into school be in a sealed envelope with your **"Child's name and class"** on the front and details of what event you are paying. Plastic lunch bags that seal are ideal. The school accepts cash (**exact amount is appreciated - we do not have a float-money is banked every day**), cheque or we have Eftpos facilities in the office. Please note that the school Eftpos facility is only available for school payments and **not P & C – such as the Uniform Shop.** Payments can also be made through the "Make a Payment" tab on the **school website**.

If you use this online option, please make sure you still return your permission note to school.

Absences

Any absence from school must be explained. The Skoolbag App is a great way to advise the school of student absences, or alternatively phone the school, send an email or write a note. Each day at around 10am, the school sends out a SMS alert to parents of anyone who has an unexplained absence for that day. Please refrain from using the Class Dojo to explain absences as the teacher may not be at school or they are on class and unable to read the Dojo message before 10am.

If you are going away and the leave is over (5) school days, you must complete an "EXTENDED LEAVE FORM" from the office prior to your leave.

Late Arrivals / Early Leavers

School hours are from 9am to 3pm. First assembly is at 8.55am. If children arrive later than 9am, parents are requested to accompany them to the office to provide late arrivals information to office staff. A 'Purple Partial Slip' is then taken to the class teacher. Similarly, if children leave early for the day, parents are required to go to the office first and a 'Purple Partial slip' is then given to the class teacher when children are collected from the classroom. The 'Purple Partial Slip' indicates to the teacher you have been to the office to have the partial leave processed on the computer.

Medication at School

The office is only able to administer 'prescribed medication' to students. This means medication that has been prescribed by a doctor. This medication must be left in the package provided, clearly labelled with the child's name and dosage. If medication is required, a parent will need to come to the office and complete a Medical Deed of Indemnity form. **WE ARE NOT ABLE TO ADMINISTER PANADOL OR NON-PRESCRIPTION MEDICATIONS.**

Change of address/phone numbers

If you have moved house recently or have a new mobile phone number or perhaps a new work phone number – please call in to the office and we can update the details.

BAND/STRINGS NEWS

Welcome back to all our musicians! Below is a table for this year's rehearsals.

Monday	Tuesday	Wednesday	Thursday	Friday
Primary Band 8:00 am	Premier Band 8:00am	Concert Band 8:00am	Premier Band 8:00am	Concert Band 8:00am
String Ensemble 8:00am				
		Primary Band 3:10pm - 4:10pm		

Concert, Premier Bands and the Strings ensemble have begun rehearsals this week. Primary Band will have their first rehearsal on Monday 24th February (Week 5).

All Primary Band students are asked to attend whether they have had their first lesson or not. We will be organising band seating, as well as going over band expectations and procedures. We can't wait to see all of our new musicians!

Many Thanks, Angie King

RECENT NOTES HOME

KINDER TO YEAR 4 (Purple Note)
Body & Mind Wellbeing Program
Cost: \$17.50

UNIFORM SHOP

TJPS would like to recognise the outstanding contributions of the Uniform Shop team. This role is entirely voluntary and these parents and carers spend many hours behind the scenes ensuring your children have the correct uniform available at competitive prices.

The Uniform shop is open on Mondays from 8.45am to about 9.15am down the stairs from the Year 4 classrooms near the COLA.

ONLINE UNIFORM SHOP ORDERING!

Want to place your uniform shop order online? Simply go to www.tjpsuniform.com.

The School Office has a supply of school hats. **The office can only accept CASH for the sale of these hats.** The office are unable to use the P & C eftpos machine.



Please note **black shoes** are our preferred uniform choice for both sport and formal uniforms. No 'fluro or brightly coloured joggers'. Thank you for your co-operation.



COMMUNITY NEWS.....

**ENROLLING NOW FOR TERM 1
2020**

FRENCH FOR KIDS CLUB (5-12yrs)

at



The Junction Public School

*Play-based language learning with fun
activities,
craft, drama, puppets, songs and games!*

Thursdays from 3.15pm to 4.15pm

For more info on cost and siblings discount
please call Audrey 04 77 123 353 or
email audrey.nys@lcfclubs.com.au

**Free trial & Creative Kids Voucher
provider!**

Wellbeing **Body & Mind**



Program Content:

The purpose of the Body and Mind Wellbeing (BMW) program is to have students become more aware of their emotional responses to every day problems, the impact it has on their bodies and concentration and the tools to better self regulate in school.

The BMW program is designed to explore the following areas:

- Social health: Practicing kindness and respect, how to work in partners, gratefulness and interpersonal relationships.
- Mental health: Practicing mindfulness to increase concentration levels and attention to detail. Students will learn tools to calm their busy minds.
- Emotional health: Exploring big emotions such as frustration, anger, agitation and anxiety and how they can impact on their bodies and concentration. Students will explore tools to practice such as breath techniques.
- Physical health: Students will explore and refine a variety of poses that can be linked to mental and emotional health. The poses will increase strength/coordination/spatial awareness/flexibility and self-confidence.



View our Wellbeing Video

Activities:

- Poses: performed individually, in pairs, in small groups. Students will refine set poses and have the opportunity to create their own.
- Breath: Breathing techniques that focus on specific emotions to calm down before responding to a problem or how to calm the body after lunch time to better prepare to focus.
- Relaxation: Guided imagery, mindfulness, muscle tension/muscle relaxation, guided meditation.

The program is delivered with the use of wireless headphones. Each student wears a set. Gentle music plays in the background, the instructor talks directly through the headset. This helps to eliminate a lot of behaviour management issues. It also sets the learning mood to a calm and quiet environment. Students will also have their own yoga mat to perform activities on.

"Excellent sessions! You engaged "difficult" classes with positive approaches. Students connected with you and enjoyed your calm approach."

Coordinator at Wattawa Heights Public School



"The program is so beneficial to our students. It has taught them the strategies they need to self regulate and concentrate during the school day."

Sherwood Grange Public School



"It is an AMAZING program! Students are engaged and it's taught at a good pace."

Merrylands Public School



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