

The Junction Journal

The Junction Public School

Union St Merewether 2291

Ph. 4963 1343

Email: thejunction-p.school@det.nsw.edu.au

Principal: Cath Larkman

11/08/2023

From the desk of Mrs Larkman by Miss Harris

Dear Parents and Carers,

As we end week four of third term, I would like to shine the light on a few things happening in the background whilst we go about our learning in the classroom.

Last week, Mr Liles travelled to Hobart with the NSW PSSA Boys Hockey team for the School Sport Australia Championships. The team finished with a bronze medal after playing the other states and territories.



As a member of the NSW PSSA Boys Netball team, our own school captain, Eddie K will be representing The Junction PS at the School Sport Australia Championships being held in Perth later this term. We wish Eddie a safe trip and all the best in his sporting endeavours.

Earlier this week, Miss Smith took 15 of our brightest mathematicians to Maths Out of the Box, a maths extension problem solving day. Our students worked with children from other schools solving hands on problems and competing in a Maths Relay. We are very proud of Toby H from Year 5 who came first in the Maths Relay with his partner from another school.



Artwork by Auntie Michelle Earle
commissioned by TJPS in 2018

We respectfully acknowledge that this newsletter comes to you from Awabakal land.

In communicating how we learn, teach and lead, we acknowledge and pay respect to elders past and present and extend that respect to all Aboriginal people as the traditional custodians of this land on which we are all privileged to live, work, and learn.

In this issue

Principal's Message P1 & 2

Resilience Project Invitation P 3

Front Office information P 4

School Bytes Information P 5

K-2 Sports Day P 6

Transition to Kinder 2024 P 7

Music News P 8

Library News P 9

Learning Gallery P 10 - 16

Community Message Board P 17 - 25

P & C News

Community News

Imagine being a beginning musician in a school with no band. This semester The Junction PS is providing Miss Tonkin along with some of our senior musicians, to mentor the Primary Wind Ensemble. An initiative of The Arts Unit, this ensemble provides a full band experience for children in other schools across the region, who play instruments but do not have access to band rehearsals. It is a wonderful opportunity for our students to share their skills with others and give back to the community.



Last Wednesday, the staff participated in a twilight professional development session, learning about conductive hearing loss. This session was presented by Louise Harris, who has worked alongside us at The Junction for many years as our Itinerant Hearing Support Teacher. A highly thought-provoking presentation for our staff which highlighted the impact hearing loss has on student learning. It was also a timely reminder, as we continue to regularly see cold and flu symptoms in our students', of the importance of blowing your nose. A seemingly simple action, but when not done regularly or correctly can result in hearing issues. Does your child have regular ear infections? Have you noticed they don't respond to you when spoken to? Sometimes this is selective hearing, but sometimes we need to check it isn't something more.

Just to end this week, a note on our school hats. As I walked through assembly trying to find a clean hat to photograph for our uniform page, I found it very difficult to find one without writing on it, stickers on it, or in a state of distress. I have asked our students to respect their school hat and wear it proudly. So don't be surprised if they want to give them a wash or ask for a repair to happen over the weekend. New hats are available every day through the office with cash only, at a cost of \$12.

Enjoy your weekend.

Angie Harris

Upcoming Events

TERM 3

Friday August 11

Newcastle Zone Athletics Carnival Glendale

Monday August 14

Year 5 Taster lessons Newcastle High 12-3pm

Tues-Fri August 15-18

Canberra Excursion

Wednesday August 16

Kinder 2024 Transition to school visit 12-1

Friday August 18

Tenpin Bowling Inclusion Excursion

Wednesday August 23

Year 6 Taster lessons NHS 12-3

Kinder 2024 Transition to school visit 12-1

Kindy 2024 – Parent information session 4-5pm

Thursday August 24

Book Parade – Kindy 2024 welcome

Resilience Project Parent Information Sessions

Monday August 28

Book Week Performance K-3 Way too Cool

Wednesday August 30

Kinder 2024 Transition to school visit 12-1

Interrelate Sessions Evening

Thursday August 31

K-2 Sports Day

Friday September 1

Father's Day – Donuts with Dad 8am-8.50am

Tuesday September 5

Premier Band Day

Wednesday September 6

Indigenous Literacy Day

Concert Band Day

Kinder 2024 Transition to school visit 12-1

Thursday September 7

Newcastle Water Talks

Tuesday September 12

Kindergarten Excursion – Oakvale Farm

Wednesday September 13

Primary wind ensemble

Kinder 2024 Transition to school visit 12-1

Friday September 15

Grandparents Day – Library Book Donation

Wednesday September 20

Kinder 2024 Transition to school visit 12-1

Thursday September 21

Run for Resilience

Friday September 22

Final Day Term 3

TERM 4

Monday October 9

Students return (no staff development day)

Wednesday October 11

Primary Band Day

Mon-Fri October 16-20 & 23-27

Stage 1 Intensive swimming Program

Monday October 16

Band Fest Week

Friday October 27

Year 5 Leadership Workshop 1

Wed-Fri November 1-3

Year 4 Great Aussie Bush Camp

Thursday November 2

Primary Wind Ensemble

Year 5 Leadership Workshop 2

Wednesday November 8

Kindergarten 2024 Orientation 1, 9-11am

Friday November 10

Year 5 Leadership Workshop 3



You are invited!

Dear Parents/Carers and School Community

At The Junction Public School we have started implementing a new and exciting program called: The Resilience Project. We are excited to tell you all about it and what is happening in your children's classrooms. Please join us for the first of our

Parent Information Sessions

Thursday August 24th

School Hall

11am or 5.15pm

We value our community and believe this is a program that is going to help us all.



THE RESILIENCE PROJECT

2023 School Staff

Principal - Mrs Cath Larkman

Deputy Principal - Ms Connie Emmington

Kindergarten

KC – Mrs Jody Cooper

KE - Miss Jo Ellis – Assistant Principal Early Stage 1

KG - Mrs Sarah Griffiths

Stage 1

1B - Miss Tess Barns/ Mrs Amy Blackmore

1H - Miss Angie Harris – Assistant Principal Stage 1

1L - Mrs Aleisha Ladkin

1/2A - Mrs Amy Lalic

2MC - Mrs Nina McLeod/ Mrs Nicole Jones

2/3A – Miss Alison Smoother (year 2)

Stage 2

2/3A – Miss Alison Smoother (year 3)

3LC - Mrs Holly Lynch/ Mrs Phillipa Campbell

3/4B - Miss Lucy Bourne

4F - Mr Brad Ferguson

4L - Mr Rob Low - Assistant Principal Stage 2

4N - Miss Lily North

Stage 3

5FW - Mrs Kate Farrell/ Mrs Sarah Wilson

5S - Mr Nick Savage

5/6K - Miss Kate Spring

6L - Mr Matthew Liles - Assistant Principal Stage 3

6R - Mr Michael Radnidge/Miss Gemma Doran

Learning and Support

Ms Connie Emmington - Coordinator

Mrs Claire Edwards / Mrs Katrina Gardoll

Mrs Michelle Morrison

Miss Sara Willoughby/ Ms Hannah

Titchmarsh – Library

Miss Alison Tonkin – Music

Mrs Linda Whiteside – Counsellor

Mr Luke Sparksman – AP C&I

Miss Olivia Smith – Flexible Learning

School Learning Support Officers

Mrs Di Edwards

Mrs Nicole Harrison

Mrs Theresa Koitka

Mrs Emma Lovegrove

Mrs Pam Parkes

Mrs Belinda Scorgie

Ms Sevi Celik

Mr Jack Ward

Information from the Front Office Team...

Money Collection

The school is now using our new finance system 'School Bytes'
Please refer to page 5 of this Newsletter for information on accessing the new system.

The school also accepts cash, (exact amount only), 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).

Any cash payments to come straight to the office, this includes: - Band fees, School books, Excursion money etc. Any money that is sent to school must be in a sealed envelope/bag with your "Child's name and class" on the front and details of the event you are paying.

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

Absences

Any absence from school must be explained. The Sentral Parent Portal 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 an SMS alert to parents of any child who has an unexplained absence for that day. Please refrain from using class apps like Class Dojo to explain absences as the teacher may not be at school or they are teaching and unable to read the Dojo message before 10am.

Extended Leave

If you are going away and leave is over (5) school days, you must complete an "EXTENDED LEAVE FORM" from the office prior to your leave. Leave forms submitted are subject to approval by The Principal.

Late Arrivals / Early Leavers

School hours are from 8.55am to 3pm. The first assembly starts at 8.55am. If children arrive later than 8.55am, they need to present 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 must buzz the intercom at the Union Street gate to be admitted into the office. Admin staff will phone the classroom for your child to come up to the office. Please be aware of early departures in recess and lunch breaks as it can be quite difficult to locate your child in the playground.

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 Student Health Condition Support for Prescribed Medication form.

SCHOOL STAFF ARE NOT ABLE TO ADMINISTER PANADOL OR NON-PRESCRIPTION MEDICATIONS.

In the Office

OFFICE HOURS:

8:30AM TO 3:15PM

School Email: thejunctionp.school@det.nsw.edu.au

SCHOOL SECURITY

ph: 1300 880021

Office Team

Mrs Dianne Edwards
Mrs Amanda Brake
Mrs Angela Bowen
Mrs Kathy McInnes
Mrs Lesley Janissen

General Assistants

Mr Tom Jervis
Mr Darren Ray

In the Community

P&C News

P&C Contact email

Jessica Ryan, President
president@junctionpandc.org

UNIFORM SHOP

ONLINE ORDERING!

www.tipsuniform.com

Secondhand Uniform Donations

Donations accepted are bomber jackets, polo fleece jumpers, red polo shirts and black sport shorts. We are unable to accept donations of white shirts or tunics.

Email the Uniform Shop:

tipsuniformshop@gmail.com

PLEASE ASSIST WITH DELIVERY OF UNIFORM ORDERS BY PUTTING YOUR **CHILD'S NAME** on the order (in the NOTES section)

Please ensure that your Child's name is clearly marked on all items of clothing

AVAILABLE NOW!

We are excited to announce our school will be transitioning to a more flexible and simplified way parent/carers can make payments



The Parent Portal

- Easily make a payment online
- Download your receipt
- Sign and return permission notes digitally
- Use any credits on your account to make payment
- View your complete payment history
- Request a refund



School Bytes

AVAILABLE DURING

TERM 3

Register for the Parent Portal via the QR Code or visit

<https://portal.schoolbytes.education>





THE JUNCTION PUBLIC SCHOOL
PRESENTS

K-2 SPORTS DAY

THURSDAY 31ST AUGUST, 2023

**9:15AM START
BACK OVAL AT TJPS**

SPORTS UNIFORM | DRINK | SUNSCREEN | HAT

COME ONE, COME ALL

It's that time of year again where you need to dust off your joggers, stretch and get ready to take on the might of the K-2 students. You are all invited to share in a day of fun and laughter in the sun. After some healthy competition why not stay for a picnic lunch under the trees.

**WE WILL BE HOSTING A BBQ FOR K-2 STUDENTS AND
THEIR PARENTS/CAREGIVERS
STARTING AT 12:15PM.
\$2 PER SAUSAGE SIZZLE.**





The Junction Public School

Kindy 2024 Transition

Transition to school

A wonderful opportunity for future students to prepare for school by attending our transition program one day a week.
Commencing **July 26th every Wednesday during Term 3 from 12-1pm.**
Parents are welcome to come along, join in and meet our staff and other families.

Please RSVP to the email address below to book your place.

Information Session:
August 23rd 4-5pm

Book Week Parade: August 24th

Orientation Dates
9-11 am
November 8th
November 22nd
December 6th

Personal Tours

These are available by appointment year round. Meet our staff, ask questions and hear about all the great opportunities TJPS has to offer.

For more information and to RSVP please Contact: Jo Ellis
Email: jo-anne.ellis@det.nsw.edu.au Phone: 4963 1343



Let's Make Music

Information about Band, Strings and Choir Ensembles

Musicians in the making!



Term 3 Band Fees Now Due

Upcoming Events BANDFEST

happening early Term 4

In preparation for Bandfest, our musicians will have a Band/String Day late this term.

Primary Band will have a Band Day in Week 1 of Term 4, closer to the event.

On Band Days, students can wear their band uniform. Primary, Concert & Premier Bands DO NOT attend their 8am rehearsal, instead arriving at their normal time and heading to the music room after roll call.

Upcoming BAND DAYS

Premier Band Day
Week 8
Tuesday 5th Sept

Concert Band Day
Week 8
Wednesday 6th Sept



Coming Up in the Library



Coming to The Junction in August for K - 3

Students in K - 3 are invited to come and join Marley and Henry in a celebration of the way books and the 2023 CBCA Shortlist can inspire every individual on their journey of personal growth and development.

WAY TOO COOL! explores the CBCA Children's Book Week theme: READ, GROW, INSPIRE, a highly interactive musical adventure!

Cost \$8.50

BOOK WEEK

Book Parade - Thursday 24 August at 9:20am

Students are invited to dress up as their favourite book or book character. We would love for parents and friends to join us from 9:15 for our book parade.



GRANPARENTS DAY

We will be holding our annual Grandparents Day book donation on Friday 15 September in the Library from 12pm.

The Library has purchased some books and you are able to donate towards the cost on the day. A label is placed in the book with the donated child's name and they are the first to borrow the book.

More details on our grandparents day will be available closer to the date.



Learning Gallery

On Friday July 28 all of our Aboriginal students from Years 3-6 attended a fantastic Primary Cultural Day at Stockton Public School. During the day, students participated in a range of activities such as cultural dance (taught by the wonderful NHS Aboriginal Dance Group students), cooking Kangaroo wraps, making talking sticks, Indigenous sport games and a flora scavenger hunt. It was wonderful to see all the students who attended having so much fun and giving everything a go.

Miss Bourne



'Out of the Box' Maths Enrichment Day

On Wednesday 9th August a group of Stage 3 students attended the 'Maths Out of the Box' Enrichment Day at Stockton Public School, which was run by Inquisitive Minds. These students were Charlie B, Ethan W, Thomas B, Thomas B, Harriet C, Maya C, Toby H, Sam B, Emile A, Chelsea M, Abi C, Aston O, Atiksh P and Frieda H. During the day students engaged with many maths activities and brain teasers which demonstrated the value of approaching problems strategically. Students learnt a range of problem-solving strategies in interactive mini-lessons and had to select and apply the appropriate strategies as they participated in a hands-on Maths Relay. Toby was part of the winning duo to win the Maths Relay! The students thoroughly enjoyed the fun and engaging day of Maths!

Thank you Stockton Public School for hosting.



Soft Plastic Box Design Competition

Congratulations to 4F for winning the 'Soft Plastic Box Design Competition'. All classes designed a soft plastic box and our Environmental Warriors voted for their favourite creative design. Well done 4F!!!!

Rosie and Harriet would like to share a description about their Soft Plastic box.

"Our soft plastics box was created by a group of 4F students. On one side, we have a couple going out for dinner, but unfortunately, their burger is made up of soft plastics. The hammerhead shark next them is saying, "stop, it's poison!" On another side, we have written a definition of what soft plastics are, so students in our class know what to put inside. Another side of the box shows an ocean camera that is filming animals being harmed or injured from plastic and pollution in the water. The final side of the box includes a "no rubbish" sign with different examples of rubbish around the sign. Finally, on the lid of the box, there is a hole to place the soft plastics in the box, some three-dimensional waves and the names of all students who helped to design the box."

From Rosie & Harriet

Congratulations 4F

From the Environmental Warriors



100 Days of Kindergarten



Kindergarten enjoyed celebrating our first 100 days of Kindergarten. We invited our families in for our assembly and to join in some fun activities with us. We also got to spend some time with our buddies doing lots of sports activities about 100.... Like 100 step..... squat for 100 seconds throw and catch 100 times.... Hoola a hoop 100 times.

And we enjoyed our cupcakes and donuts!! Yum O!

Hunter PSSA Golf

Congratulations to Tane C for representing TJPS at Hunter PSSA Golf trials at Waratah Golf Club on Monday 31st July. He was an entrant in the 18 hole competition for more experienced players who play golf regularly.

Tane performed confidently in the trials and came first in his allocated group of 4 golfer students. Unfortunately, his score wasn't enough to get to the next regional round. Tane had a great day out on the green representing TJPS.

If anyone is interested in learning more about golf, please feel free to talk to Tane or Mrs Ladkin.

Thank you

Tane and Mrs Ladkin



Boys PSSA Soccer

On Monday 7th August, the boys soccer team played their Round 5 game against a strong Wallsend South team. The boys were in command of the game in the first half and threatened the goal on multiple occasions. However, Wallsend South fought back strongly in the second half and scored two excellent goals to win the game 2-0. Our boys didn't drop their heads and continued to play their best soccer and encourage each other throughout the game.

The boys should be very proud of making it so far through the knockout competition this year. Thank you to the parents who coached, transported and supported the boys on the day.



Touch Football

Round 4 vs Kotara South

On Friday August 4, TJPS Touch team played their 4th and 5th round of touch football knockout. In round 4 we came up upon a strong Kotara South team.

The first five minutes were back and forth until Carter F scored near the wing which made it 1-0. Then it was their turn to attack and Ayden T got an intercept, got tapped and played the ball quickly for Odin B to run through a gap and score. We were then up 2-0. A missed pass from Kotara South allowed us to pick up the ball and take up a few touches. We then got the ball to Charlie B who ran around the winger and scored, it was now 3-0. After not very

good attacking play from both teams we got the ball and after a few touches Cooper S scored a try on the wing to make it 4-0 to The Junction. Then, after a few sets, we were close to their line attacking. We did a play called Tom and Jerry and Odin received the ball off me then threw a perfect cutout ball to Charlie B to score. We finished the game 5-0 to The Junction.



Quarter Finals vs Wallsend South

In the quarter finals we came up against Wallsend South. We knew this game wasn't going to be easy after they beat a strong Kahibah side.

When the game kicked off, we weren't very ready and they scored in the first five minutes. When we had the ball, the three person drive that we've been practicing worked really well. It was last touch in our set and I was on the wing. Odin ran the ball to the wing and jumped high in the air and passed me the ball and I scored right in the corner of the left wing. The score was 1-1. They were attacking near our side then they dumped the ball (played the ball) when no-one touched them, so we got the ball and were attacking. We did a three person drive again and it was fifth and last. I had the ball and I was close to the line drifting to the left wing, I threw a dummy (a fake pass) and Wallsend South slid across and I scored. This took us to 2-1. After this it was going back and forth then someone in the other team scored.

It ended up being 4-4 which meant we went into a drop off. This is when teams start with four players on and at the end of two minutes if the score is still even a player drops off so it would be three on three until it got to two on two. We won the scissors, paper, rock so we were attacking. After a three person drive we were close to the line then we did a Tom and Jerry on the fourth touch and we were close to the line. Odin B then ran to the wing, it was a two on two but Odin B was able to draw the other team to him and pass the ball to me and I jumped in the air at a vertical angle with the ball facing the ground and I was able to place the ball down just inside the line while in the air, then do a roll taking The Junction to 5-4. It was then their turn to attack. They were close to scoring but Carter F ran up to the two Wallsend South players and tapped one of them and the game was over. After a very tight game, The Junction Public School came up on top 5-4.

Ari V and Carter F

TJPS Weaving Group

Our weavers continue to meet each Wednesday to learn weaving techniques and have a yarn.



COMMUNITY MESSAGE BOARD

P & C News

Thank you to all those who joined us for our 'P&C Winter Social' at Modus Brewery. It was great to see some new faces, as well as some of the school staff who kindly joined us. Keep an eye out for our 'Christmas Social' later in the year.

Interrelate Relationship Experts are back at TJPS with their **Tricky Talks Evening Program** on **Wednesday 30 August**. The program involves 2 one-hour face to face presentations designed to support conversations about 'where did I come from?', and physical and emotional changes during puberty. These sessions are aimed at families with children in Years 3 to 6. This will be held in the new hall, with two sessions to choose from – 6pm & 7:15pm, you are welcome attend one session or both. This is a non-compulsory event and participation is at the discretion of families. Cost is \$41.50 per family. Register and pay online at Flexischools. Overview and session outline is available at front office.

On **Friday 1 September** 8am-9am we welcome you to '**Donuts with Dad**' - a Father's Day celebration in honour of all the Dads, Grandfathers, Uncles, Father figures and special people in our lives. All family & friends of TJPS are invited to join us. Pre-order* your donuts on Flexischools, orders are NOW OPEN! There will be a selection of Doughheads Original Glaze or Cinnamon Sugar donuts available to choose from on the day. (*Pre-orders essential)

Throughout Term 3, all TJPS students will participate in the Premier's Sporting Challenge, as well as continuing their work with the Resilience Project. In celebration of all their hard work we will conclude the term with the '**Kindness Colour Run**' on **Thursday 21 September**. We have received some AMAZING prize donations for this event so far.. Fitbits, sporting equipment, a Rip Curl pack, vouchers for local cafes and restaurants, and MORE! For your child's chance to win one of these prizes please keep filling in those sponsorship forms. Prizes will go to the top sponsor earners, and all students returning a sponsorship form will also go into the draw to WIN!!! This is an event for the whole family, parent participation is highly encouraged! We will be calling on lots of volunteers to make the day a success so if you have been wanting to get involved in a school event, this is the one!

Calling all green thumbs! Gardening Club is held every Tuesday (parents & carers only) and Friday (with the kids) at 1pm. Come along and help out if you can. Donations of equipment are always appreciated. If you could spare a retractable hose, gloves, Seasol, watering cans or general garden tools please pass them onto the Gardening Club. We are also after some fun bits and pieces for imaginative play in the Mud Kitchen. Old pots and pans, cake tins, spoons and utensils would be great! *No knives or glass please.*

If you are interested in volunteering for any of the above events, or if you have any questions, please reach out to us at president@junctionpandc.org
TJPS P&C Team

TRICKY TALKS EVENING PROGRAM WEDNESDAY 30TH AUGUST

ATTENTION PARENTS | CARERS
FROM YEAR's 3&4 5&6
come along with your children

session one
6-7pm

Where did I come from?

session two
7:15-8pm

Preparing for puberty

Register & Pay now online at [flexischools](https://flexischools.co.uk)

This is a non compulsory school event and participation is
at the discretion of families



cost \$41.50 per family

Overview & session outline available front office

Made with PosterMyWall.com

JOIN US FOR **DONUTS** *with* **DAD**



8am - 8:50am | Friday 1 September
At The Junction Public School

Come enjoy donuts with your dads, uncles,
grandpas, family or friends.

Must pre-order donuts on Flexischools by
Wed 30 Aug at the special price of \$4.50 ea.

Coffee cart available on the day, plus tea or milo
from the canteen.

Bring your handball skills!

DONUT MISS OUT

Brought to you
by your P&C



supported by

Dough Heads

kindness

COLOUR RUN



PUT IT IN YOUR CALENDAR

21 SEPTEMBER 2023

This is an event for the whole school, including parents & carers, to come together and celebrate the kids achievements in the Premier's Sporting Challenge and in the Resilience Project.

This is also our major fundraising event for the year.
We need lots of volunteers and community support!
Contact the P&C if you can help out.
More details about the day coming soon.



BROUGHT TO YOU BY TJPS P&C





GARDENING CLUB VOLUNTEERS!!!



TUESDAY 1PM

Every Tuesday we are after keen volunteers to help with weeding, pruning, mulching etc. (parent/carer activity only).



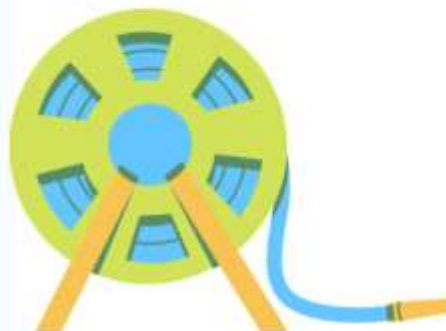
This will be without the children, helping to manage our big beautiful grounds.



There is no need to sign up or commit to weekly help, please just turn up when you can.

EQUIPMENT DONATIONS NEEDED

- Retractable long hose
- Gloves
- Seasol
- Watering cans



FRIDAY 1PM

Get your hands dirty with the kids at lunch time.

No sign up necessary, just turn up when you can.



Gardening Club with the children in Wiki Yantin Koba (Garden For Everyone).



Please get in touch with Louise Crosskill for any queries or if you are interested in helping, louiseccrosskill@outlook.com

Welcome to The Resilience Project

PARENTS & CARERS

This year, we are excited to bring The Resilience Project (TRP) into our school community!

WHY?

Current research tells us...

Why mental health matters



One in four Australian adolescents will experience mental health problems this year

Nearly two thirds of them will not seek help.



One in seven primary school students are also likely to experience mental health problems this year.

Source: National Survey of Mental Health and Wellbeing, Australian Institute of Health and Welfare, Australia's Youth: Mental Illness

EVIDENCE-BASED

The Resilience Project's School Partnership Program has been independently evaluated by both The [University of Adelaide](#) and The [University of Melbourne](#). Click the links or scan the QR code to find out more about the impact the program has on emotional wellbeing and behavioral changes.



ABOUT THE PROGRAM

The Resilience Project is committed to teaching positive mental health strategies to prevent mental ill-health and build young people's capacity to deal with adversity.

We will be implementing their evidence-based **Teaching and Learning Program** throughout our classrooms, staffroom and school community.

Teachers and students will engage in weekly lessons and activities around the key principles of **Gratitude, Empathy, Mindfulness (GEM) and Emotional Literacy** to build resilience.

WHAT CAN BE DONE AT HOME?



To learn more about The Resilience Project and get involved from home, you can start exploring the ideas, activities and resources which bring **Gratitude, Empathy and Mindfulness (GEM)** to life on [TRP@HOME](#).

The Imperfects podcast, led by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, is all about how perfectly imperfect we all are. Hugh, Josh and Ryan chat to a variety of interesting people who bravely share their struggles and imperfections, and we all learn some valuable take-aways we can apply to our own imperfect lives.



(03) 9113 9302 | theresilienceproject.com.au



Fun Languages



ENROL NOW for 2023!

The FUN way to learn another language
for kids 5-12 yrs (*games, songs, craft...*)

The Junction Public School

FRENCH CLUB

Tuesdays from 1.10pm to 1.45pm



*** Free trial**

*** Creative kids
voucher accepted**

*** Siblings discount**

Contact Audrey

audrey.nys@lcfclubs.com.au

or call 04 77 123 353

www.lcfclubs.com.au



JUNIOR REGO NOW OPEN





A promotional poster for the Woolworths Cricket Blast. The background is a vibrant teal and blue gradient. In the top left, the Woolworths Cricket Blast logo features a green Woolworths logo and a white cricket ball. In the top right, the Newcastle City Sabres Cricket logo is visible. A young boy in a yellow shirt and hat is swinging a cricket bat. In the center, there is a circular QR code labeled 'BLASTERS REGO'. To the left of the QR code is the PlayHQ logo. At the bottom left, the text 'SIGN UP TODAY' is written in large, bold, white letters. At the bottom left corner, there are icons for Instagram and Facebook. On the right side, a smartphone displays the PlayHQ app interface, showing the registration process for the Newcastle City & Eastern Districts Cricket Club.

Woolworths CRICKET BLAST

PlayHQ

BLASTERS REGO

SIGN UP TODAY

Newcastle City Sabres CRICKET

Register | PlayHQ
www.playhq.com

PlayHQ Search

Newcastle City & Eastern Districts Cricket Club
CRICKET AUSTRALIA

Register to Newcastle City & Eastern Districts Cricket Club as a:

Player

Season information
Cricket Blast, Summer 2023/24
01 Jun 2023 - 15 Apr 2024

Pricing information
Fees are \$110 which includes Woolworths Cricket Blast pack.