

# The Junction Journal

The Junction Public School

Union St Merewether 2291

Ph. 4963 1343

Email: [thejunction-p.school@det.nsw.edu.au](mailto:thejunction-p.school@det.nsw.edu.au)

Principal: Cath Larkman

22/09/2023

From the desk of Mrs Larkman and Mrs Emmington

School holiday events  
attached to this  
newsletter.

Have a safe and happy  
holiday.

Children and Staff return on  
Monday October 9, 2023

Cath Larkman, Principal



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.

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## Monday October 16

Bandfest – Concert Band,  
String Ensemble, Percussion  
Ensemble

## Tuesday October 17

Bandfest – Premier Band

## Wednesday October 18

Bandfest – Primary Band



## 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](mailto:jo-anne.ellis@det.nsw.edu.au) Phone: 4963 1343







### EMPATHY & KINDNESS

Working on empathy helps us to identify, understand and feel what another person is feeling. When we show empathy or we do something kind for someone else, our brain releases oxytocin. This leads to us increasing our self-esteem/confidence, energy levels, positivity and overall happiness.



*Empathy has no script. There is no right way or wrong way to do it. It's simply listening, holding space, withholding judgment, emotionally connecting, and communicating that incredibly healing message of 'You're not alone'.* - Brené Brown

You can practise empathy in a variety of ways. Below are some ideas you could have a go at doing with the family.



#### Kindness Walk

Head out for a walk and challenge the people you are walking with to see how many acts of kindness you can accumulate together while on your walk. Afterwards, discuss how it made you feel.

#### Support A Charity Or Organisation

Together as a family choose a charity or organisation you would like to support. This may be something you are passionate about or a cause you feel is in need.

- Research the best way you can support this cause.
- As a family, make a plan of what you are going to do.
- Work together to support your charity or organisation.

#### Neighbourhood Kindness Challenge

This is a great way to show kindness and build connection with your neighbours:

- Offer to walk your neighbour's dog or go for a walk with them.
- Take your neighbour's bins out or bring the bins in for them.
- Offer to do some gardening for them.
- Cook or make a neighbour a meal or some treats.
- Write a little kindness note and place it in their letterbox.
- Make a gift and deliver it.
- Stop and have a chat with your neighbour and ask how their day is going.



#### Listen Empathetically

Listening is a big part of being empathetic. If you haven't already listened to Lael Stone on the imperfects podcast talking about listening and responding to children with empathy and compassion, check it out!



Proudly supported by

**coles**

The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.

education@theresilienceproject.com.au | (03) 9113 9302 | theresilienceproject.com.au

**RESILIENCE PROJECT**

## Information from the Front Office Team...

### Money Collection

#### The school is now using our new finance system 'School Bytes'

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](mailto: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](mailto:president@junctionpandc.org)

### UNIFORM SHOP

ONLINE ORDERING!

[www.tipsuniform.com](http://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](mailto: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.**



# TASK Holidays

# THE JUNCTION PS

**W1** | SEPT/OCT, 2023  
BOOKINGS CLOSE - WED 20 SEPT

From as low as -  
**\$7.50**  
(with max.  
govt. CCS)

**MONDAY  
25 SEPT**

**HOLI-DAY-ONES**

Kick-off the **SPRING** holidays with face painting, **COZZY TALK** and fun-filled games.

Plus, learn how to make **GIANT BUBBLES** - a secret bonus for our day-one TASKers.

Full Fee - \$75

**TUESDAY  
26 SEPT**

**BIG SCREEN DAY OUT**

Enjoy a **Movie Day Out!**

**RUBY GILLMAN, TEENAGE KRAKEN**

Full Fee - \$96

**WEDNESDAY  
27 SEPT**

**ARTY PARTY**

Party in style with arts, crafts, and creative pallets.

Apron designing, canvas & clay

Full Fee - \$75

**THURSDAY  
28 SEPT**

**ADVENTURE PLAYGROUND**

Not just a regular celebration, prepare for adventure! Jumping, flipping, dodging & weaving!

**SPRINGLOADED NEWCASTLE Excursion**

Full Fee - \$96

**FRIDAY  
29 SEPT**

**PIZZA PARTY**

Pizza, pizza please! Party games & more.

Full Fee - \$75

**HOURS**  
Mon - Fri  
7am - 6pm

**BOOKINGS**  
[task-kids.com.au](http://task-kids.com.au)  
[enrol@task-kids.com.au](mailto:enrol@task-kids.com.au)  
1300 827 500

**W2** | SEPT/OCT, 2023  
BOOKINGS CLOSE - WED 27 SEPT

**MONDAY  
2 OCT**

**PUBLIC HOLIDAY**

**TASK IS CLOSED TODAY**

**TUESDAY  
3 OCT**

**TASK TARGETS**

We're turning our TASK playground into a fun-filled tagging playing field!

**Arrow Tag**

Full Fee - \$96

**WEDNESDAY  
4 OCT**

**HOLEY MOLEY**

Excursion to **HOLEY MOLEY**

Full Fee - \$96

**THURSDAY  
5 OCT**

*World Animal Day*

Participate in a celebration for the rights and welfare of Animals across the globe.

**Feathered Friends Incursion**

Full Fee - \$96

**FRIDAY  
6 OCT**

**ADDAMS FAMILY FRIDAY FUN**

Dress up for Halloween and play spooky games with other TASKers!

Full Fee - \$75

**The After School Klub**

Please read BOOK ME description for detailed information • Excursion days - places limited • TASK is egg & nut free • Afternoon tea provided  
• All Holiday Program subject to change • Each day please bring: recess, lunch and water bottle, hat, raincoat, socks, covered shoes and jumper - all labelled.



Family Support Newcastle would like to invite you to this FREE group:

# Black Box Parenting For Dads



*Light supper provided  
Separate activity group for children  
available if needed*

## WHEN

Monday nights  
fortnightly  
5.30pm - 7.30pm

With an individual call on the off week

## DATES

16 Oct - 14 Dec  
2023

5 Group sessions  
5 phone check ins

## WHERE

Waratah Family  
Centre, 2 High St  
Waratah  
Awabakal Country

### Discussions include:

- How the past affects how we parent
- Lessening shame & increasing connection with children
- Connecting with children through play & listening
- Managing your own & your child's behaviour with more compassion
- Looking after ourselves



To register or enquire call 4926 3577 or text 0490331275



The Family Relationships and Skills program is funded by the Australian Government through Family Support Newcastle







Family Support Newcastle and the Family Action Centre  
invite parents of children aged 0-12 to this FREE 6 week  
parent group:



# Bringing up Great Kids



Building positive and nurturing relationships

## When

Fridays  
10am - 12pm

## Dates

20th October -  
24th November  
2023

## Where

251 Lang Street  
Kurri Kurri  
Wonnarua Country

Conversations will include:

- Learn more about effective parenting styles
- Identify important messages we want to convey to our child
- Overcome obstacles
- Care for ourselves
- Build self-esteem in our children

To register call Mark on 0491 060 916  
or Dani on 0436 480 691

*Free children's group  
available. Morning tea  
provided.*



The Family Relationships and Skills program is funded by the  
Australian Government through Family Support Newcastle





Family Support Newcastle invites parents & carers to join



# Nature Connection with Kids

**FREE 3 hour workshop**



## WHEN

**9.30am -  
12.30pm**

## DATE

**Wednesday  
18th Oct 2023**

## WHERE

**Cnr Mahogany Dr &  
Queens Road,  
Blackbutt Reserve  
Awabakal Country**

- Join Aunty Maxine and Jo in reconnecting with indigenous ways of being
- Experience how nature can support emotional, physical and social development and well-being.
- Learn and enjoy nature connection games and practices with kids and other families



**Snacks & Bush Tea provided**



**Bookings essential: 4926 3577**



The Family Relationships and Skills program is funded by the Australian Government through Family Support Newcastle





# PLAYTIME



Family Support Newcastle  
*your family, our community*

**FAMILY SUPPORT NEWCASTLE**  
**INVITE YOU AND YOUR CHILDREN**  
**AGES 0-6**

**9.30am to 12.15**

**Every Thursday School Terms**



**FREE**

**Morning Tea Provided**

**Waratah Family Centre**  
**2 High Street**  
**Waratah**

**Ph: 4926 3577 for info**



Family Support Newcastle invites parents and caregivers to  
a FREE 8-week parenting course:

## Circle of Security™ Parenting Program



Join us to learn about the 'Circle of Security' and how you can  
strengthen your relationship with your child.

**When:** Fridays for 8 weeks  
**Dates:** 20<sup>th</sup> October – 8<sup>th</sup> December, 2023  
**Time:** 10am – 12.30pm  
**Location:** Waratah Family Centre,  
2 High St, Waratah



- Understand your child's inner world by learning to read their emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honour your innate wisdom and desire for your child to be secure



Free activities for children.  
Bookings can be made by calling  
**4926 3577**  
Places are limited!



The Family Support Project is funded by the  
Department of Communities and Justice and auspiced by Family Support Newcastle







Family Support Newcastle invites parents/carers with their children to join us this school holiday

# FREE school holiday fun

Come join us for activities and a sausage sizzle!



**WHEN**  
**TUESDAY**  
**OCTOBER 3RD**

**WHERE**  
**FORESHORE PARK**  
**NEWCASTLE**

**TIME**  
**10:00AM TO**  
**12:00 PM**

**Meet at the Old Rail  
Sheds at 10am**

Bring a tupperware bowl (or similar)  
if you'd like to make a drum with us

**Bookings Essential:**

Please call on 02 **49263577** to  
let us know you are coming

**ROCK PAINTING!**



**Free BBQ lunch will  
be provided**



 Find us on  
Facebook

# Fun Languages



**ENROL NOW for Term 4 2023!**

The FUN way to learn another language  
for kids 5-12 yrs (*from Kindy to Year 6*)

at The Junction Public School



## FRENCH CLUB

with native speaker teachers!



**Tuesdays from 1.10pm to 1.45pm**

**\*Free**

**\*Siblings**

**\*Creative Kids**



**trial\***

**discount\***

**voucher\***

**Contact Audrey**  
**[audrey.nys@lcfclubs.com.au](mailto:audrey.nys@lcfclubs.com.au)**

**or call 04 77 123 353**  
**[www.lcfclubs.com.au](http://www.lcfclubs.com.au)**







# GARDENING CLUB VOLUNTEERS!!!



## TUESDAY 1PM

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



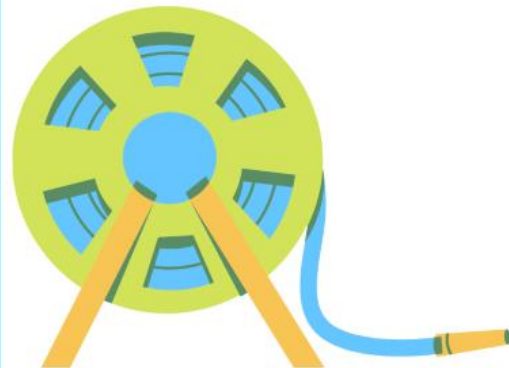
This will be without the children, helping to manage our big beautiful grounds.



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](mailto:louiseccrosskill@outlook.com)



# COME AND PLAY SOFTBALL!

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**SEASON STARTS 7 OCTOBER 2023**

Want to give it a try? Come along to our pre season training!

ALL AGES  
WELCOME!



BRING YOUR  
FRIENDS!

Tues 19 and 26 September | 5-6:30pm

Softball Diamonds | Stevenson Park, Mayfield West

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**REGISTER NOW TO SECURE YOUR SPOT!**





# 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](https://theresilienceproject.com.au)

