

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

04/05/2023

From the desk of Mrs Larkman

Hello to our Parents and Carers,
It's great to be back at school for Term 2 and last week just flew.

I will share a few photos from our staff professional learning day at Murrook. It was such a great opportunity to catch up with the community and some of our Aboriginal Elders. We also shared successes and areas in which we could develop further with our network schools. See below for photos of the TJPS presenters who contributed on the day; Mr Liles, Miss Willoughby, and Ms Titchmarsh.

Also successful were our wonderful school leaders and their parents accompanied by Mr Low on Anzac Day. Ms Ellis and Mr Liles were also in attendance to support the group.

We also congratulate our Zone Cross Country students who were accompanied by Miss Bourne on Friday.

On Friday evening the staff officially farewelled Mr Alcock at The Prince. It was a great evening with wonderful food and speeches which had us all reminiscing and laughing. We may see Mr Alcock back in a day-to-day casual capacity later in the year.

Please carefully read the information I sent on Sentral about the **Resilience Project**. Staff have done 2 hours of training after school this week to prepare us for presenting to students. There will also be sessions for parents coordinated via online communication throughout the project. This is also part of our partnership with the project.

We are very excited to let you know that the P & C have donated a significant amount of money to the school to support our partnership for this project. This is because of significant fundraising in Term 1 by so many of our parents and carers. Together with a subsidy by the school, we are able to charge only \$8 for the students' journals which will form an integral part of students' weekly learning experiences.

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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P & C News

Community News



Upcoming Events

TERM 2

Thursday May 4

Yr 6-7 Transition Selective HS placement test

Friday May 5

Cultural Day Stockton PS

Thursday May 11

Mother's Day Stall

Friday May 12

Mother's Day Breakfast

Monday May 22

Bandlink

Tuesday May 23

Sydney Writers' Festival

Yr 6 GRIP Leadership

Bandlink

Friday May 26

National Sorry Day

Netball PSSA Gala Day – TBC

NHS visit to TJPS transition visit.

Mon May 29- Fri June 2

Reconciliation Week

Monday June 5

String Ensemble Day

Wednesday June 7

Concert Band Day

Monday June 12

Public Holiday – King's Birthday

Tuesday June 13

Premier Band Day

Wed/Thur June 14,15

Starstruck Tech & Dress Rehearsal

Friday June 16

Starstruck Performance Day

Mon/Tues June 19/20

Whole school photographs

Wednesday June 21

Primary Band Day

Thursday June 22

Family Ensemble Night

Friday June 23

P & C Movie Night

Friday June 30

Final Day Term 2

TERM 3

Tuesday July 18

Students return to school.

Thursday July 20

Athletics Carnival – Glendale

Thursday July 27

Kindergarten 100 Day Celebration

Tues-Fri August 15-18

Canberra Excursion

Mon-Fri August 21-25

Book Week/Fair

Friday September 22

Final Day Term 3

TERM 4

Monday October 9

Students return (no staff devel. day)

Wed-Fri November 1-3

Year 4 Great Aussie Bush Camp

Thursday December 7

Band Presentation Night

Information from the Front Office Team...

Money collection for excursions & events

The preferred payment option is through the "Make a Payment" tab on the school website, or QR codes on notes. **(If you use the online option, please make sure you still return permission notes to school).**

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.

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

Learning and Support

Ms Connie Emmington - Coordinator

Mrs Claire Edwards

Mrs Michelle Morrison

Miss Sara Willoughby/ Ms Hannah

Titchmarsh – Library

Miss Alison Tonkin – Music

Mrs Linda Whiteside – Counsellor

Mr Luke Sparksman – APC&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

Anzac Day 2023

On the 25th of April, students, staff, and community all banded together at Mitchell Park Memorial Gates, Merewether to commemorate those who lost their lives as on ANZAC Day and who fought for our beloved nation for the values that we uphold today, and secured the freedoms that we cherish greatly. Our student leaders recited a heartfelt poem to thousands and respectfully laid a wreath on behalf of The Junction Public School.

#lestweforget

Mr Rob Lowe



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 (Casual relief)

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)

Let's Make Music

Information about Band, Strings and Choir Ensembles

BANDLINK

The Junction Public School has been again invited to attend Bandlink Newcastle. This is a 2 day workshop for students at NSW public schools providing an opportunity to play in a large ensemble under the guidance of professional conductors and alongside peers from other schools, of similar ability. Students learn specialised instrumental and ensemble skills which culminate in a concert at the end of the workshop on day two.

Several years of Covid restrictions have limited events such as these, so it is exciting to see them come back into our program. This year we are extending the invitation to Concert and Premier Bands only.

We are aware that two other events are scheduled on Tuesday 23rd and that is unfortunately out of our control.

Year 6 student leaders are expected to attend GRIP. Those students who have been invited to attend The Writer's Festival will need to choose. Both events are wonderful opportunities, so the choice is yours. Our bands will not perform as a whole, so you will not be letting your band down if you choose to write.

Mother's Day Treat

On Friday 12th May, Concert Band rehearsal will take place outside, to coincide with the Muffins for Mum event. This is a great opportunity to see Miss Tonkin and the band in action.

Hope you can join us.



hitting the high notes



UPCOMING EVENTS

BandLink

22nd & 23rd May

@

**Newcastle
City Hall**

King Street, Newcastle

COST :\$80

**See Permission Note on
SENTRAL Portal**

Band Days

Monday 5th June

String Ensemble 1/2 Day

Wednesday 7th June

Concert Band Day

Tuesday 13th June

Premier Band Day

Wednesday 21st June

Primary Band Day

Newcastle Writers' Festival

This story was written by Charlie B in 6L as part of the Newcastle Writer's Festival. Keep an eye out for more stories in future Junction Journal editions this term.

Please note this is the second draft and first published copy of Charlie's story. We all learnt about the extensive editing process that writers go through before publishing a story. This story is no different and has currently been submitted to the writers for feedback.

The teachers and writers on the day were particularly impressed with Charlie's descriptive language and strong imagery, as well as his sentence variation and dialogue.

A great effort Charlie.

Mr Sparksman

THE LOST GOLD

PART 1 CHURCHILLS TREASURE

John trudged to a stop on the side of an old, empty highway, a Maccas billboard sign flickered with life in the cold night sky. John took his backpack off and rested it on the hard gravelly ground, he then unpacked the evidence from his crime.

John first unpacked a tiny vial of glittery purple potion or as he used it poison. John stared at it intently before placing it gently in a plastic bag. John also unpacked two other strange things they were a compass and a pocket watch, as he was putting both of them in the bag the moonlight suddenly reflected off the watch and compass showing that they were a glistening gold colour. John guiltily walked away leaving the backpack behind fading into existence.

100 YEARS AGO, Winston Churchill hid some treasure. No one knew where it was, they didn't even have a map. No Winston Churchill provided a Compass and a pocket watch. Yes you heard me, the compass will point you in the direction of the treasure while the watch will show how far you are from the treasure so 2 o'clock will be far away and 10 o'clock would be really close. No one knew where any of those two things are except John.

A taxi veered off to the side of the road, to collect its passenger. John stepped into the taxi, his shoes were squelching from the puddles from the rain earlier in the day. "Where t-" "Buckingham Palace" John snapped aggressively, the driver trying to chill the conversation calmly replied "ok ok we'll be there soon." The two of them sat in an eerie silence for the rest of the ride.

The taxi slowed to a stop outside Buckingham palace, "ok that will be 27"- "SMACK". The driver slumped onto the wheel knocked out cold and a giant red mark was left on his head from John's fists. John slipped out of the taxi undetected like a lion in long grass.

Buckingham palace, that's where the treasure is, John knew it, but the question was how to get in? BOOOOSH! A guard tumbled to the ground with the hot cement heating his face, John quickly picked him up not wanting to attract attention. John quickly changed into the guards clothes, it was a perfect disguise.

"ATTENTION!" John startled and turned his head to look who made the noise. He realised it was the governor general speaking in his booming voice to get the guards attention. "PERIMETER 4 MOVE INTO THE CASTLE". John was suddenly marching towards the castle marching towards the treasure.

John silently crept away from the other guards to explore. John quickened his pace hungry to find the treasure. It could've been anywhere John thought looking into a large gold vase. After a while John stopped looking. He needed a plan, then it hit like a bus. How could he be so stupid he had to use the compass.

John whipped open the bag from his soggy pocket scurrying through like there was nothing to lose, there John pulled out the gold compass dangling on its old, rusted chain. John looked intently at the compass to see where it was pointing and he was shocked of what he saw. EAST. John looked east, he looked out the window yes that is where the compass was pointing, right outside the castle.

John felt like he had been shot. He thought it was here but it really wasn't this whole time. John was barely holding back the stinging tears in his eyes, John walked out of the palace dreams crashed with despair.

PART 2 THE NEW DISCOVERY

John stepped out of the taxi standing right outside 33 timid st rain piled down onto John drenching him in a matter of seconds. The aroma felt strangely mysterious. John hadn't been inside for a whole week, John could already see some cobwebs hanging from the gutter.

CREEAAK! John slowly opened the huge timber door nervously. The hall was dark and dusty. John could have sworn he heard people talk from the room above him. John scurried into the old dimly lit kitchen slumping the bag on the counter top. CRACK! John screamed as he looked over at the bag that had just made the sound. The purple potion was oozing out and the glass was all over the place, could this day get any worse, John thought.

After John had cleaned up the mess he realised that the potion was all over the compass. John thought he might cry but then he realised it had uncovered strange markings on the compass John realised he had uncovered a clue. John raced to get his glasses, sprinting through the house in the dark John suddenly was on the ground a blundering pain was surging through his leg. John looked up he had bumped into a table which made John remember he had left his glasses on the table John frantically stood up and grabbed his glasses and raced back to the kitchen to encode the message.

John picked up the compass and read out the message that was THOU THE TREASURE LIES AT THE BRIDGE OF SYDNEY. John raced out of his house excitement flooded through John's body his rusty old set of keys jangled noisily in his pocket. A million thoughts jumbled through John's head. Luckily his house wasn't far from Wigmore Airport bursting through the double doors panting and puffing like a dog on a hot summer's day.

John didn't actually have a plane ticket but he did know someone that could give him one. John scanned the airport hoping he could see someone, someone named Judy. There she is John thought as he spotted Judy right besides bay 16 dealing with a barrack of angry customers wanting tickets to Hawaii. John sneakily snuck to the front of the line to get to Judy and the ticket.

"Hello wha-" Judy looked up realising who it was her voice turned to a harsh tone as she gruffly spoke "what do you want" "a plane ticket to Sydney please " replied John cheerfully. Judy sighed as she reached into her pocket and pulled out a slightly bent ticket to Australia and handed it over to John. John walked off into the crowd but then he realised the flight was in five minutes so he sprinted off towards his flight, not wanting to miss it.

"Ticket please," a flight attendant chirped, but John sprinted past her, slapping his ticket on the desk and kept running out the door to the plane. John slowed down to a walk as he made his way up the stairs, but he smiled as he felt the compass and pocket watch in his pocket. John walked onto the plane he was nearly there, nearly at the treasure.

PART 3 THE FINAL HOPE

John stepped out of Sydney Airport. Immediately he could hear the buzzing of the hundreds of mosquitoes in the shrub around him. John realised it was around 12 o'clock so no taxis were heard anywhere around. John started to walk towards the distant sounds of the city, rubbing his eyes from the lack of sleep. John wanted the adventure to be over, he just wanted to go home.

John woke up with a start, at first he had no idea where he was. Bugs were everywhere chirping loudly in the morning air. John quickly stood up, he had made a lump in the soft soil. He started to pack up then he saw, only a few hundred metres away was Sydney bright lights shined walking up those people that called Sydney home. John picked up the compass and watch and ran towards the city, towards the treasure.

John came to a stop on an old bench right outside the Sydney Harbour Bridge he took out the compass and looked to see where it was. It pointed to one of the towers on the side of the bridge. John immediately weaved his way through the traffic to the tower. John put his hand out to open the door but as soon as he did, WHOOP WHOOP! John turned around and hundreds of police cars were parked behind him blocking the traffic. Officers started to file out guns raised. John panicked he ran towards the side of the bridge and started to scale it.

He was climbing up one bar to another bullets started to fire missing John by inches. They were hitting the bridge and pinging off in other directions. John was nearly at the top now police were pursuing right behind still firing bullets at John. SLIP! Horror upon horror John's foot slipped off one of the bars. He was now dangling 50 metres in the air over a harbour.

WHIRRR! John looked up as a copter was circling the bridge. John could feel himself slipping, bullets were still raining up at him, BOOF police were now at the bar next to John, he couldn't do this anymore John let go.

ONE YEAR LATER

John sat in his house sadly one year later. He had never found the treasure no one ever found the watch and compass ever. John looked up at the window at the window rain poured down outside. John sighed and switched on the tv as it cackled to life a broadcast came through, "Today we have found evidence that there is a load of treasure inside Buckingham palace, all for now Sam Sonling." A wicked grin spread across John's face he knew he was back in business.

THE END

Charlie B Year 6

Young Archie Portrait Competition



Congratulations to Madison B and Elliot W from Year 5, who were chosen as finalists in the Young Archie Portrait Competition, run by the Museum of Art and Culture.

Madi and Elliot were among thousands of students who submitted portraits to the competition, running as part of the Archibald Prize Regional Tour. Only 20 finalists were chosen in the 9-12 years category, so this is a wonderful achievement!

Madi and Elliot's portraits are on display at the museum until 21st May, so keep an eye out for them if you visit!



Congratulations Madi and Elliot!

Museum of Art and Culture Lake Macquarie
First Street, Booragul

Debating Workshop

On Tuesday 2nd May our Premier's Debating teams participated in a debating workshop held here at our school. The day was run by Mr Tony Davey from the Arts Unit, and we had 11 other schools from around the area join us. We learnt lots of tips and tricks about debating. We learnt about rebuttals, arguments, definitions and each speaker's role in debating. In the last session we worked in our debating teams, and all got a chance to deliver a short debate and get some valuable feedback from the coaches. It was such a fun day! Our debating teams are excited and ready to show off their new skills with the Premier's Debating competition starting in a few weeks.



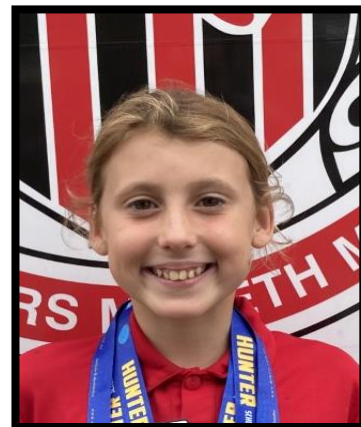
PSSA State Swimming Carnival

Last term in Week 10, Indi R, Lila B, and the Junior Girls Relay team consisting of Lila B, Abbey B, Nina C and Imogen G competed at the PSSA State Swimming Carnival at the Olympic Pool in Homebush.

We were representing the Hunter region as well as The Junction Public School. Lila B came 15th in the 50m Freestyle and 30th in the Jnr girl's backstroke. Indi R came 6th in her heat in the Snr Girls butterfly and backstroke and made the final for the Individual Medley coming 10th. The Jnr Girls Relay team finished 32nd in the state.

All the girls should be very proud of their achievements. It was such an incredible experience and we want to thank our parents for taking us down to the event.

By Indi R



National Indigenous Tennis Day

Congratulations to Jayara from Year 3 on your wonderful results representing The Junction Public School this year at the National Indigenous Tennis Carnival on the 6th of April. Jayara even got to meet Ash Barty!

Well done, Jayara



COMMUNITY MESSAGE BOARD

P & C News

TERM 2!!! Let's go!!!!

We would like to start by giving you an update on the Easter Raffle which concluded in the last week of Term 1. This is one of the most highly anticipated events on our school calendar and this year truly delivered with some epic prizes and a whopping \$3452.00 raised!

Many thanks to all the volunteers who helped to bring this event together, we couldn't do it without you. Special mention to Laurey Jordan, our Event Manager and raffle queen, who coordinated all the behind-the-scenes tasks to bring you a fun and successful event.

The funds raised from the Easter Raffle, along with our Election BBQ and cake stall fundraisers, will be put towards The Resilience Project. This program will undoubtedly hugely benefit our TJPS children, and we are so pleased to be contributing to such a meaningful project.

This year, the P&C are very excited to be bringing you TWO Mother's Day events -

Thursday 11 May we will hold a **Mother's Day Stall** to give every TJPS student the opportunity to buy one small gift for their special person. Gifts will range from \$1 - \$4 with a variety of gifts available for your child to choose from. If your child wants to buy something from the stall, we are asking you to send them with just a small amount of change (coins). Please don't give them more money than they need.

Our priority will be to give every child the opportunity to buy **one** gift to start with. We understand that some kids would like to buy for two people, if there are still gifts available after every kid has had one turn, we will keep the stall available on Friday for those kids to come back and get a second gift. Children will be brought to the stall by their class teachers throughout the day.

Friday 12 May we would love all our Mums and Carers to join us for **Muffins with Mum** - by popular demand, we are giving Mum's a chance to join in the fun at school! Starting at 8am we will be serving gourmet muffins from Uprising Bakery. All parents, grandparents and family are welcome.

Please pre-order your muffins **this week** via Flexischools (note: you may have to slide the 'Events' slider on the home screen of the app to see the Mother's Day event). Don't forget to order for yourself AND your child.

We are looking for some volunteers to help set up and hand out muffins on the day. We are looking at you, Dads, to help with this one!


Go to the link to sign up:

<https://www.signupgenius.com/go/70A044AAC92FA2FB6-muffins>

Lastly, SAVE THE DATE: TJPS Movie Night on Friday 23 June. More details to follow in the coming weeks.

If you have any questions, reach out to one of the P&C team, or email us on junctionpandc@gmail.com

Thank you!
TJPS P&C



SAVE THE DATE

Mother's Day

AT TJPS

MOTHER'S DAY STALL THURSDAY 11 MAY

Back by popular demand, our Mother's Day stall will be smaller this year but filled with as much love as ever.

All gifts \$1 - \$4

Any kid who wants to buy a little treat for their Mum will have the chance during the school day.

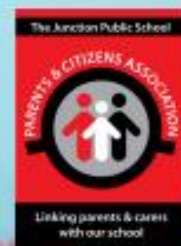
MUFFINS WITH MUM FRIDAY 12 MAY 8AM

Lets give Mums a chance to join in the fun for a breakfast at the school.

Put it in your calendar!

Muffin orders will be available via Flexischools this week.

More details to follow. Keep an eye on Sentral app & follow the P&C Facebook page.



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



The Student Resilience Survey



The Resilience Project and Resilience Survey

Dear Parents/Guardians/Carers,

Resilience and wellbeing are key factors to ensure a happy and fulfilling future for our young people.

We are proud to partner with The Resilience Project to assist our students in their wellbeing journey. In order to gain an accurate understanding of our students' strengths and challenges, we will be conducting a resilience survey developed by Resilient Youth Australia and the University of South Australia. In recent years, they have surveyed more than 500,000 Australian school students.

We will administer the Resilience Survey this year online in class time. Students typically take 30-50 minutes to complete the survey.

The data from the survey will be reported in aggregate descriptive form only, by year level and gender, and no individual student responses can be identified.

The Resilience Survey is completely voluntary and anonymous. The survey will provide valuable information to assist us to create and maintain the best culture of wellbeing and resilience that we can.

If you have any questions or concerns regarding your child's participation in this survey project, please contact TJPS Office on 49631343.

We thank you for your support.

Kind Regards,

Cath Larkman (Principal) and Jo-Anne Ellis (Assistant Principal)

(03) 9113 9302 | theresilienceproject.com.au

The logo for The Resilience Project, featuring the text 'THE RESILIENCE PROJECT' in a bold, sans-serif font, with 'THE' in a small circle above 'RESILIENCE'.



GARDENING CLUB VOLUNTEERS!!!



TUESDAY 1PM

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



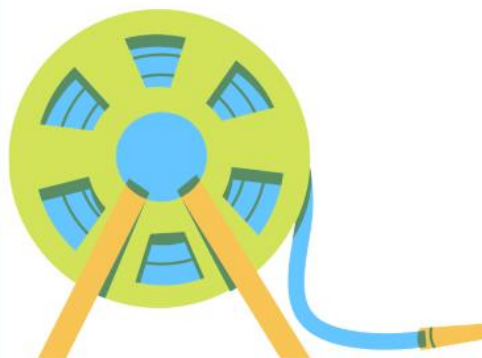
This will be without the children, helping to manage our big beautiful grounds.



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. louisecrosskill@outlook.com

www.daughtersanddadscricket.com.au/registration-1

TERM 2 DAUGHTERS & DADS CRICKET

Charlestown South PS
Sundays 3:00-4:30pm
Starts April 30th - 25 June 2023

- ✓ For girls aged 6-12 with their Dads/Father Figures
- ✓ 9 x weekly sessions of fast paced fun each Sunday
- ✓ Teaches fundamental cricket skills - for beginner to advanced
- ✓ All activities completed as Daughter-Dad duo



SCAN ME





FREE COMMUNITY
EVENT



EquiEnergy Youth

Enhancing Community Connections



Coach 2 Cope: Families and Carers

Are you concerned about your child's mental health and well-being? Would you like to improve the support you provide your child to develop their coping, resilience and positive ways of seeking help? This is your invitation to join many other parents and carers in our community to learn better ways to respond to your child when they are struggling.

Guest speakers include;

- **Dr Stephen Spencer (PhD)** (Mental health nurse and Co-founder of Equi Energy Youth)
- **Dr Caroline de Vries** (Child & Adolescent Psychiatrist and Founder of The Base Health)
- **Bradley Dunn** (CEO of Lake Macquarie & Newcastle Suicide Prevention Network)
- **Byron Williams** (headspace Community Development)



**13th of June 5.30pm
to 8pm
At NEX Newcastle**

**[CLICK HERE TO
REGISTER OR SCAN THE
QR CODE](#)**



www.eeyouth.org.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





Family Support Newcastle and The Hunter Family Outreach Project
would like to invite parents/carers/grandparents raising children 0-12
years to this FREE group:



1-2-3 MAGIC® and Emotion Coaching



WHEN

Wednesdays
10am-12pm

DATES

24th May to
7th June 2023

WHERE

Waratah Family
Centre, 2 High St
Waratah, Awabakal
Country

Discussions include:

- Understand about your child's Development
- Learn about why your child behaves the way they do
- Help your child to manage their emotions
- Learn simple, easy techniques



Register: **4926 3577** Places limited!

Free Children's
activities and morning
tea provided



The Men's Project is funded by the Australian Government and through
Family Support Newcastle



Tuning in to Kids



For Dads!



Light supper provided
Activity group for children
available if needed

WHEN

**Mondays
5.30pm - 7.30pm**

DATES

**15 May - 26 June
2023***

*Note: No group 12 June

WHERE

**1 Minmi Road,
Edgeworth,
Awabakal Country**

Discussions include:

- Supporting your kids with understanding and managing their emotions
- Learning and practicing skills in Emotion Coaching
- How are emotions viewed in our society?
- Looking after yourself

To register or enquire call
4926 3577 or text **0490331275**





Family Support Newcastle and CALM Inc invite parents and carers of young people aged 10+ to



Tuning in to TeensTM



WHEN

**Fridays
10am - 12pm**

DATES

**5th May to 9th
June 2023**

WHERE

**1/6 Leo Lewis
Close, Toronto,
Awabakal Country**

Discussion include:

- Develop new ways of talking with and understanding your teen
- Support your teen to manage difficult emotions
- Develop your teen's skills in managing conflict
- Being kind and caring to yourself

*Morning Tea will be
provided*



**To register or enquire call
4950 3888**

**We will all need to follow COVID safe
practices especially
not attending if unwell**



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





Family Support Newcastle and Samaritans invite parents and carers of young people aged 10+ to

Samaritans

Tuning in to TeensTM



WHEN

**Tuesdays
10am - 12pm**

DATES

**9th May to 13th
June**

WHERE

**73 Elgin St,
Maitland,
Wonnarua Country**

Discussion include:

- Develop new ways of talking with and understanding your teen
- Support your teen to manage difficult emotions
- Develop your teen's skills in managing conflict
- Being kind and caring to yourself

*Morning Tea will be
provided*

*Stay
tuned*

To register or enquire call 49311000



The Family Relationships and Skills program is funded by the Australian Government through Family Support Newcastle.
Samaritans Youth Engagement Officer is funded by the Department of Communities and Justice under the Targeted Early Intervention Program.

 Find us on
Facebook



Family Support Newcastle Invites families to a FREE 6 week parenting course

Tuning in to Kids



WHEN

**Tuesdays
10am to 1pm**

DATES

**2 May to
6 June 2023**

WHERE

**Waratah Family
Centre , 2 High St,
Waratah,
Awabakal Country**

Discussions will include:

- Supporting your children with understanding and managing their emotions
- Learning & practicing skills in Emotion Coaching
- How are emotions viewed in our society ?
- Practicing self care

Register: 4926 3577 Places Limited !

**FREE morning tea & children's
activities provided**

The Family Support Program is funded by Department of Communities & Justice





Family Support Newcastle would like to invite men raising children 0-18 years to this FREE group:

Understanding Dads



**For all men who have a
fathering role and want to
improve their relationships
with their children**

**Free activity group for children &
light supper provided**

WHEN

**Tuesdays
5.30pm-7pm**

DATES

**13th, 20th and
27th of June**

WHERE

**Waratah Family
Centre, 2 High St
Waratah, Awabakal
Country**

Discussions include:

- Understand how your brain and your child's brain works
- Tune into what you and your child need
- Learn about mindfulness & looking after yourself
- Connect with other dads
- Share parenting knowledge and experiences

**call 49263577 to
register**

**If you are interested but a
little unsure please give us a
call and have a chat with our
workers**



**The Men's Project is funded by the Australian Government
through Family Support Newcastle**



**Find us on
Facebook**