

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

18/05/2023

From the desk of Mrs Larkman

Hello to our Parents and Carers,

Another huge thank you to the volunteers who set up our Mother's Day activities. They already have their next event on the horizon. Today there are posters for Movie Night around the school. There will be more information on the P&C Facebook page and the Sentral Parent app soon.

Resilience Project

The staff are now halfway through their training to present this successful project. As soon as this is completed, we will begin to inspire the students through a short set of videos. If they come home with stories about this, please join in their excitement and their positive mindset. We need you on board too. More information will come out to the community at relevant times as we are guided by a school coordinator who has been a teacher in our school system.

Student Reports on Sentral Parent app this year

Yesterday you will have received a paper note ensuring you are on our Sentral Parent app, and you have your push notifications on. We will be sending soft copies only of students' reports this year as we continue to streamline our communication processes and reduce our use of paper.

Please plan to either download the students report or print off a paper copy if this is your preference to discuss with your child.

We often have parents mention that student reports are worded in a similar way. This is because we are required to report against an outcome from the curriculum. The general comment is the one where you will see something more personal about your child.

Enjoy the rest of your week,
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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From the desk of Mrs Emmington

Debating

We provide this extra-curricular program offered through the Department of Education's Arts Unit every year at The Junction PS. Even though only a few students are part of the senior debating team, all students have the opportunity to learn about what debating entails and to be part of the debating experience.

We make it very clear to students that debating isn't just about the speakers, it requires listeners too. The audience is a very important part of the process and crucial to the debate itself.

Students learn about all aspects of a debate and what to listen for when they are participating as an audience. Debating teaches students how to listen critically to the argument being made. Students are taught to listen for the words and phrases used to convince, known as Modality, and how to listen for the facts. Students can learn to appreciate and discuss the language that goes into a good speech as well as discuss the topics themselves and their own opinions about those topics.

Teaching students how to debate a topic and not a person is a very important part of the program.

Term 3 will also see the start of **Newcastle Train On Debating** which is a local debating program geared towards those students who would like to have a go in a non-competitive program. Train On supports the building of debating skills and enables our students to debate against students from other schools. This program prepares them for competitive debating offered through the Arts Unit competition each year.

This year's Arts Unit debating teams are:

Team Black

Bob B, Elke B, Lincoln P, Abigail C

Team Red

Annika G, Sam B, Alex C, Alex G

Reserves- Tilley N, Isla F,
Timekeeper - Arielle H

Miss Willoughby and Miss Smith are the debating coordinators for 2023.

Good luck to our two teams.
Connie Emmington DP



Team Red have debated this week against Newcastle East PS the topic: Homework should be banned in all primary schools.

Upcoming Events

TERM 2

Monday May 22

Bandlink Year 4,5,6

Tuesday May 23

Sydney Writers' Festival

Year 6 GRIP Leadership

Bandlink Year 4,5,6

Boccia Day (Selected students)

Thursday May 25

Star Struck major rehearsal

PSSA Rugby League Shield gala day

Friday May 26

National Sorry Day

Netball PSSA Gala Day

NHS visit to TJPS transition visit

Mon May 29- Fri June 2

Reconciliation Week

Friday June 2

PSSA Boys and Girls Touch Football Gala Day

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

Thursday June 15

Starstruck Tech & Dress Rehearsal

Friday June 16

Starstruck Matinee Excursion

Mon/Tues June 19/20

Whole school photographs

Wednesday June 21

Primary Band Day

Year 6 Taster lessons 12-3pm Newcastle HS

Thursday June 22

Family Ensemble Night

Friday June 23

P & C Movie Night

Tuesday June 27

Multicultural Speaking Zone Final Belair PS

Stage 1 Public Speaking Final

Friday June 30

Final Day Term 2

TERM 3

Tuesday July 18

Students return to school

Thursday July 20

Athletics Carnival – Glendale

Wednesday July 26

Newcastle Permanent Maths Competition

Interrelate Evening Sessions

Thursday July 27

Kindergarten 100 Day Celebration

Thursday August 10

PSSA Basketball Boys & Girls Gala day

Tuesday August 15

Yr 5 Taster lessons Newcastle High S 12-3pm

Tues-Fri August 15-18

Canberra Excursion

Mon-Fri August 21-25

Book Week/Fair

Wednesday August 23

Year 6 Taster lessons NHS 12-3

Tuesday September 5

Premier Band Day

Wednesday September 6

Indigenous Literacy Day

Wednesday September 13

Concert Band day

Friday September 22 - Final Day Term 3

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, Excursion money, Voluntary contributions 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

Mr Jack Ward

Attention Stages 2 and 3



Public Speaking

The Multicultural Perspectives Public Speaking Competition

MPPS

Dear Parents/Carers,

This year Stage 2 and Stage 3 students will have the opportunity to participate in the Multicultural Perspective Public Speaking Competition. This is optional and only students who wish to write a prepared speech from the topics below will present their speech in front of their Stage.

2023 Years 3 and 4 topics

Creating connections
The story of Australia
Racism – no way!
Sport brings us together
A safe place to call home
When does a migrant become an Australian?
Kids in charge!
My multicultural classroom
Watch your language!
Advance Australia Fair?

2023 Years 5 and 6 topics

Creating connections
Everyday racism
Colour matters
My backyard
Raising your voice
Sport is a game-changer
Learning from the past
Privilege
Identity – it's complicated
Difficult journeys

The Multicultural Speeches will be presented at TJPS:

- Stage 2 & 3 - Week 9 (New Hall) Times to be confirmed.

Please note if students are selected to represent TJPS at the next level they will be required to travel to Belair Public School on Tuesday 27 June 2023
10:00 AM - 12:00 PM (3&4) and 12:30 PM - 3:00 PM (5&6)

Division / speech	Warning bell	Speaking time	Continuous bell
Years 3 and 4 prepared	2 minutes	3 minutes	4 minutes
Years 3 and 4 impromptu	30 seconds	1 minute	1 ½ minutes
Years 5 and 6 prepared	3 minutes	4 minutes	5 minutes
Years 5 and 6 impromptu	1 ½ minutes	2 minutes	2 ½ minutes

Note: They have also included the impromptu section again (for the Zone final).

Kind regards,

Stage 2 and 3 Teachers

In the Office

OFFICE HOURS:

8:30AM TO 3:15PM

School Email: thejunction-p.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

Let's Make Music

Information about Band, Strings and Choir Ensembles



CHOIR

I was walking by Mrs McLeod's room when I heard angelic voices coming from within. Thank you to our dedicated singers, who practise during their lunch time on Tuesdays. You are sounding lovely and I can't wait for your next performance.

BANDLINK

Bandlink is fast approaching next week. **Students attending are to meet in Civic Park near the Memorial statue at 8:45am.** At the end of the day, students will be brought back to the same spot for pick up. **Please ensure you have your child's name marked off before you leave.**

Children will need a packed recess and lunch. Don't forget your water bottle! Please wear your band shirt, comfortable black pants are fine.

BAND DAYS

It will be wonderful to return to our Band Day format again this year. More information will come out through the SENTRAL parent portal closer to the date.

FAMILY BAND NIGHT inc Strings & Choir

Please mark Thursday 22nd June on your calendar. This event will be held at school starting at 6:15pm

Angie Harris



FOR YOUR CALENDAR

BANDLINK

Next week on
Monday & Tuesday!
Have your instruments
cleaned and ready.



BAND DAYS

Wednesday 7th June
String Ensemble 1/2 Day
& Concert Band Day

Tuesday 13th June
Premier Band Day

Wednesday 21st June
Primary Band Day

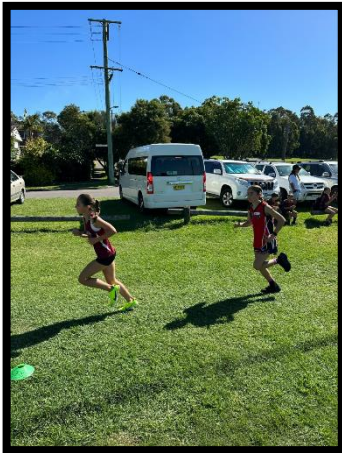
FAMILY BAND NIGHT

inc Strings & Choir
Thursday 22nd June
Starting at 6:15pm

Learning Gallery

Zone Cross Country

We had 23 students proudly represent TJPS at Zone Cross Country first week back of Term 2! It was incredible to see how many gifted athletes our school has and how much determination and persistence they all demonstrated. The day was an incredible success with 6 students qualifying for Regional's and even more in reserve and personal best positions.



Harmony Day

Thank you to the students who performed at The Harmony Day Assembly.



COMMUNITY MESSAGE BOARD

P&C Update 18 May 2023



Last week we held not one, but TWO Mother's Day events!

On Thursday 11 May the students were invited to our annual Mother's Day stall to buy a gift for their special person.

The P&C would like to take this opportunity to express our most sincere gratitude to Kylie York for all her efforts in organising this event. Kylie was an absolute powerhouse in bringing it all together, from organising over 900 gifts (yes, really!), to setting up, coordinating the seamless transition between each class group, and leadership of the volunteer group running the stalls. She really did make it all happen! Thank you, Supermum!

Thank you to those who donated items to the stall, and contributed their artistic talents for the creation of some very special one of a kind gifts! And to the volunteers helping with the stall, including some of our very own grandparents this year (with a former TJPS principal among them!).

Special mention to the Year 6 helpers, you were so helpful and polite. Parents, you should be proud!

For a wrap up of the event, please see Kylie's notes below:

Mother's Day Stall

What a successful event this was! There were plenty of gifts for sale priced between \$1 and \$4. To ensure there was enough to go around, every child had a chance to initially pick one gift during their class visit to the stall, and they could then come back during Thursday and Friday lunchtimes if they wanted to buy for other special people.

With a focus on being inclusive, the P&C ensured all students had the chance to select a gift (regardless of whether or not they had coins on the day). This was a community focused event, meaning our aim was not to make a profit, but for every child to get the chance to go home with a gift for the special person/people in their life!

Thanks so much to the volunteers who helped make this happen. We enjoyed involving grandparents as well - keep your eye out next year if any grandparents want to be involved!

Thank you to the kind anonymous donation of money from a student to go to others who might not have had coins on the day. We are blown away by the generosity of our community. Thanks also to the kind families who donated the handmade scrunchies, painted plant pots and handmade wooden boxes.

We hope you all loved your special unique gifts. Believe us, there was a lot of thought going into the choice, with us hearing "Mum will love this" a lot!!

-Kylie York

Muffins with Mum

On Friday 12 May we invited all the Mums, Grandmothers, and Mother figures to join us for 'Muffins with Mum' at the school. What a lovely morning celebrating with some of our favourite people! We had pre

orders for almost 500 muffins, raising over \$1200 for the school. This is a great result for our kids, all money raised will go towards helping fund The Resilience Project which kicks off this term.

Once again, thank you to our volunteers who helped to organise this event, and to those who distributed the delicious Baked Uprising muffins on the day.

The P&C aim to offer a variety of events throughout the year, with a range of time frames to try to accommodate everyone. You may notice we run events ranging from before, during or after school, and in the evening. We endeavour to provide opportunities for everyone to join in on the fun!

If you have an idea for an event, or want to help out at something coming up, please reach out to the committee. We always welcome more helpers!

Keep an eye out for our upcoming 2023 P&C Movie Night on Friday 23 June. This is always a crowd favourite on the TJPS calendar! Tickets available NOW via Flexischools. Limited tickets available so BE QUICK!!!

Thanks,
TJPS P&C



THE JUNCTION PUBLIC SCHOOL P&C
FAMILY MOVIE NIGHT
Friday 23 June 2023
Doors Open: 6:15pm | Movie Starts: 6:30pm

SPIDER-MAN
ACROSS THE SPIDER-VERSE

Disney
THE LITTLE MERMAID

Tickets now ON-SALE at [Flexischools.com.au](https://www.flexischools.com.au) or via the App
WWW.FLEXISCHOOLS.COM.AU
(Please print tickets and bring them on the night)

We will be screening two movies in two separate cinemas.

Got questions or want to volunteer for this event?
Contact junctionpandc@gmail.com

Tickets are sold on a first-come, first-served basis.
To secure tickets for your preferred movie, we recommend purchasing early.

TICKET TYPE	COST
Adult Ticket (18yrs +)	\$16.00
Child Ticket (Any age requiring a seat)	\$12.00
Optional: Mini popcorn and soft drink pack	\$8.00*

*Order by Fri 16 June

Please note:

- You need to select which of the two available movies you want to watch when purchasing your tickets
- Children must be under the direct supervision of a designated adult at all times
- Children must remain in their seats during the movie and behave in a manner reflective of school values.
- If you're considering eating at The Westfield Kotara Rooftop before the movie, bookings are recommended.
- You will not be able to switch between movies/cinemas.
- Both cinemas are wheelchair accessible.

Event Cinemas Level 3, Westfield Kotara, Park Avenue, Kotara

THE JUNCTION PUBLIC SCHOOL P&C

FAMILY MOVIE NIGHT



Friday 23 June 2023

Doors Open: 6:15pm | **Movie Starts: 6:30pm**



**TICKETS NOW ON-SALE VIA FLEXISCHOOLS USE
THE APP OR
WWW.FLEXISCHOOLS.COM.AU**

Seeking Ethics Teachers at TJPS?

Dear Parents and Carers,

Could you be an ethics teacher at TJPS?

I'm hoping to find a reliable and engaging volunteer to take over one of the Kindy ethics classes at TJPS in 2023. Kindy classes run Thursday afternoon 2-2.30pm.

In addition, we are losing a few ethics teachers for next year and need a number of new, enthusiastic volunteers in order to meet the demand for ethics classes at the school.

Ethics teachers receive full training by Primary Ethics, the not-for-profit organisation approved to design curriculum and training for the ethics program. Training consists of a two-day workshop and short online modules. All lesson materials are provided.

Suitable volunteers have an interest in children's education and development of critical thinking skills. Classes run Wednesday, Thursday or Friday afternoons and teachers are required for up to an hour per week in the class plus 30-60 min of preparation.

In ethics classes, children learn how to think logically, disagree respectfully and support their arguments with evidence, rather than act according to blind habit or peer pressure.

Children discuss topic such as:

- imagining how others feel
- how do we treat living things?
- what is laziness?
- how do we disagree in a respectful way?
- fairness

If you are looking for an opportunity to make a valuable contribution to our school and at the same time learn some interesting new skills and engage in the school community, please visit

www.primaryethics.com.au and/or contact TJPS Ethics Co-Ordinator Kristen Saunders at tjpsethics@gmail.com



Primary Ethics classes

Helping children develop skills for life

Primary Ethics' program gives children the opportunity to discuss ethical issues with their peers while developing important thinking, reasoning and discussion skills. Our innovative curriculum was developed by Dr Sue Knight, a specialist in both philosophy and education. Primary Ethics is a not-for-profit organisation approved to provide ethics education in NSW public schools.

Ethics in the infant years

Ethics classes in years k-2 focus on developing core skills such as listening to others, taking turns to speak and giving reasons.

Stories, poems and rhymes prompt children to discuss ethical issues such as hurting someone without meaning to, telling the truth, being kind, forgiving, ownership, fairness and empathy.

Our skills-based topics for this age group include asking and answering questions, disagreeing, changing your mind, working out what is true, giving and evaluating reasons as well as giving examples and counter examples. Logic is also introduced, with topics touching on inductive inference and deductive reasoning.

Ethics in the primary years

In years 3-6, ethics students develop their critical thinking and discussion-based skills.

Stories, contemporary issues and real life scenarios form the basis of discussions on ethical issues such as selfishness, how we should treat living things, promises, greed, friendship, cheating, voting, punishment, homelessness, teasing and fairness in society.

Skills-based topics for this age group include respectful disagreement, inferring or figuring things out, validity, generalising, proving claims, structuring arguments, identifying incorrect conclusions, identifying faulty reasoning, evaluating the strength of evidence and thinking about thinking. Primary aged students are encouraged to develop their community of inquiry skills by asking each other well thought out questions and challenging each other's arguments.

Questions? Call 02 8068 7752 or email info@primaryethics.com.au



Primary Ethics Limited is a registered charity ABN 28147194349
Suite 408, 24-30 Springfield Avenue Potts Point NSW 2011 Australia



Enrolling your child

Ethics classes run weekly during the school year within the Special Religious Education/Special Education in Ethics (SRE/SEE) timeslot.

Primary Ethics classes are free of charge.

If you'd like your child to attend ethics classes, advise the school office via a note or email. Your child can start as soon as an ethics teacher is available and a minimum of eight students have enrolled in a class.

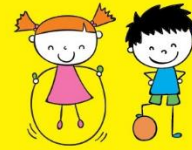
Getting involved

Ethics classes are taught by specially trained volunteers who are mostly parents or carers. Becoming an ethics coordinator or ethics teacher can be a very rewarding way to be involved in your school community. Volunteer ethics teachers are always needed to ensure that there are adequate classes to meet demand. Experience is not required, comprehensive training and access to lesson materials is provided.

Primary
ETHICS



before & after school care vouchers



Don't miss out on these great savings. Use your remaining credit by end of Term 2, vouchers expire 30 June. [Book Now! task-kids.com.au](https://task-kids.com.au)

before & after school care vouchers are about to expire!



NSW government's \$500 before and after school vouchers scheme ends 30 June.

To take full advantage of your remaining credit, enrol and book here:

enrol@task-kids.com.au

1300 827 500
task-kids.com.au



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

THE RESILIENCE PROJECT



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
**RESILIENCE
PROJECT**

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).



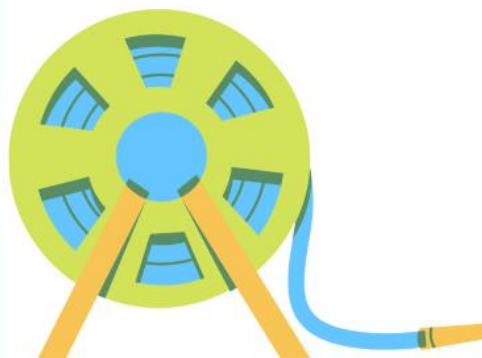
This will be without the children, helping to manage our big beautiful grounds.



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.daughtersanddadsrocket.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





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**