

What's In Our Newsletter

- Principal Scoop
- On the Ball & On the Go
- Out & About Class News
- Friend on the Fridge

What's Happening at CPS

Thursday 29 October
Kinder Transition

**Monday 2 - Wednesday 4
November**
Years 5 & 6 Bathurst
Excursion

Tuesday 10 November
School Photo Day

Tuesday 17 November
Year 6 Taster Day at Billabong
High School

Friday 20 November
Intensive Swimming
Assessment

Tuesday 24 November
Years 3 and 4 Great Aussie
Resort Excursion

**Wednesday 25 - Thursday
26 November**
Life Education Van

43 Balfour Street
CULCAIRN NSW 2660
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PRINCIPAL SCOOP

Latest New Normal

As COVID-19 restrictions ease a little, it is enabling us to provide more activities for our students this term. Scripture resumed last week. Hopefully we will be able to enjoy more activities as the term progresses. We will let you know any changes as soon as we are informed.

Bathurst Strikes Gold

The Year 5 and Year 6 students are getting excited about their trip to Bathurst next Monday 2 November to Wednesday 4 November. It's the first time we have been to Bathurst as a school, and I'm sure it will be very enjoyable. The students will attend the Bathurst Goldfields as part of their unit on Gold.

Road Trip, Everyone

The Years 3 and 4 excursion will take place on Tuesday 24 November to the Great Aussie Resort. This will be a day excursion rather than an overnight excursion. Students in Kinder, Years 1 and 2 will be travelling to Wagga Wagga on Wednesday 2 December to see a performance of 'Magic Beach'.

An Image to Hold

School Photos will be taken this year on Tuesday 10 November. Envelopes will be sent home shortly. All envelopes need to be returned whether or not you intend purchasing photographs.

Healthy Harold Still Kicking

The Life Education Van will visit our school on Wednesday 25 and Thursday 26 November. Each class will visit on one of the two days. The Life Education van and Healthy Harold teach students about healthy habits and drug and alcohol education. The program forms part of our PD/Health/PE Key Learning Area. The cost of the Life Education Van is covered by your child's Program and Resource Fee.

It's Good to be Green

Our next green reward for students who have remained on green for the first 4 weeks of this term, will be on Friday 6 November. It's important to remember that students need at least 1 green reward to achieve Gold this year.

Swim Little Fishies Swim

Our Intensive Swimming Program will begin on Friday 20 November until Friday 4 December with the exception of Wednesday 2 December when the K-1-2 students will be on their excursion. Students who are invited to participate will receive a note shortly. Students will be grouped according to their swimming ability. Only students who are **unable to swim 25 metres in any stroke** are eligible to participate in the program in accordance with Department of Education guidelines. This is a great program run at an extremely low cost to families and the perfect opportunity for children to develop the skills and confidence they require to be safe around water.

Yours in Education

Craig Allibon
PRINCIPAL

Notes Sent Home Recently	
Notes	Who's Involved
Term 4 Overview	Classes 1-2, 3-4, 4-5 and 5-6
Bathurst Excursion Medical and Permission Forms	Years 5 and 6
Year 6 Farewell	Year 6 Students

**All student banking
for Hume and
Commonwealth Bank
accounts has resumed.
Banking day is Monday**

On the Ball and On The Go

Athletics/Whole School Sport Cricket Clinics

We have one more week of Athletics events until we finish all of our field events. So far there have been some great results.

We enjoyed participating in cricket clinics with CricketNSW last Thursday. The clinics will continue for the next 3 weeks.

SWIM & SURVIVE SUMMER HOLIDAY PROGRAM 11 January – 21 January 2021*



Wonder*: 6 months to 36 months | \$52 for 9 lessons
Courage*: 36 months to 5 years | \$52 for 9 lessons
Active*: 5 years to 12 years | \$74 for 9 lessons

Spaces are limited, so please book early.

Book online at royalnsw.com.au/swim-and-survive
or call (02) 9634 3700

*Program dates and age group availability may vary. Please check details with your local pool or visit royalnsw.com.au/swim-and-survive.



ROYAL LIFE SAVING
AUSTRALIA





Keeping Children Safe

**2 Session Program:
Thursday 29 October
Thursday 5 November**

9.30am to 1.30pm

**Mission Australia
Level 1, Suite 1
463-467 Kiewa St Albury**



To help parents understand:

- The importance of creating a safe home environment for their children
- The need to protect children and young people as they grow and develop
- What to teach your children to keep them safe

**Bookings are essential. Please RSVP by emailing
ParentingRiverina@missionaustralia.com.au**

**Note: Spaces are limited due to social distancing
requirements**



A light lunch will be provided.
(Please advise of any special dietary requirements at time of RSVP)
Please note child care is not being provided

Developed by

Institute of Family Practice

**MISSION
AUSTRALIA** | together
we stand

OUT & ABOUT Class News

Class K-1

Yesterday K-1 and 1-2 were going to participate in Book Week activities with Mrs Slatter from the Culcairn Library. Unfortunately due to the weather conditions we had to postpone the event until November 16. The K-1-2 excursion will be held on Wednesday 2 December 2020. More details will follow as we get closer to the date. It is great to see K-1 wearing their hats each day. During Term 4 it is NO HAT, NO PLAY. Class Dojo Winners: Week 1 - Audrey Gilmour-Sim, Stella Brown, Dejan Radic; Week 2 - Morrigan Glasson, Audrey Gilmour-Sim, Jake Brand, Hudson Bootsma. Hume Awards: Angus Bedggood, Eli Delphin, Darby Lauritzen.

Class 1-2

1-2 really enjoyed cricket on Thursday. This will be continuing for the next 3 Thursdays. It has been fantastic to see 1-2 so engaged with our new MAPPEN unit looking at different generations. Thank you for bringing in items or sending photos via Class Dojo. A term overview was sent home last week. Please let me know if you have any questions regarding the term. Our excursion to Wagga Wagga to see a performance of 'Magic Beach' has been confirmed for Wednesday 2 December.

Class 3-4

Term 4 has started really well and students have been enjoying all the new units of work. Last week, the students really enjoyed learning about forces and designing and making parachutes to save an egg from smashing. Students have been working hard to create their stories and design their setting for their stories on Minecraft.

Class 4-5

Last term 4-5 spent time practicing dance, and in Week 1 of this term they performed the dance they had practiced in front of the school. They did such an amazing job. It is up on Class Dojo if you haven't seen it yet. We are looking forward to the 5-6 Bathurst excursion from Monday 2 November to Wednesday 4 November. Notes have been sent home with our itinerary, checklist, additional information, student declaration and medical and permission form. Students have begun Cricket for sport and will practice a different skill each week. Last week students practiced their throwing and catching. Have a great week.

Class 5-6

Our excursion to Bathurst is fast approaching and excitement is building. Please ensure all notes have been returned and that you have read through the packing list to ensure you have all the items ready. Remember, children should be packing their own bags so they know what is in them. Transition for Billabong High School has been scheduled, please see times in the newsletter and on Class Dojo. Expressions of interest should also be returned for students to attend their Year 6 Farewell on Thursday 3 December.



Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:



(07) 3735 3351



cadrp@griffith.edu.au



griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council

 **Griffith**
UNIVERSITY
Queensland, Australia

GU Ref No: 2019/146



Healthy Lunch Box website

A one-stop-shop for everything you need to know about packing a healthy lunch box.



Here's what you'll find on the website:

- Interactive lunch box builder that helps parents and kids plan and pack a healthy lunch with foods they like.
- Lots of quick and easy recipes and snack ideas.
- Informative blogs about healthy eating for the family.
- Sign up to receive the Healthy Lunch Box e-newsletter for ideas, updates and recipes.

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box



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Fortnightly Calendar Updates Your Friend on the Fridge!

TERM 4 2020

Week 3

Wednesday	28 October	
Thursday	29 October	2021 Kinder Transition Year 6 Transition Zoom Meeting Cricket Clinics
Friday	30 October	

Week 4

Monday	2 November	Years 5 and 6 Bathurst Excursion
Tuesday	3 November	Years 5 and 6 Bathurst Excursion
Wednesday	4 November	Years 5 and 6 Bathurst Excursion
Thursday	5 November	2021 Kinder Transition Cricket Clinics
Friday	6 November	

Week 5

Monday	9 November	
Tuesday	10 November	School Photo Day