



Coffs Harbour Public School

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We acknowledge the traditional custodians of the land on which we live and work and we pay our respects to the Elders both past and present

06 December 2021

Dear Parents and Carers

Welcome to week 10 of our 11-week term. This will be the last newsletter for the year.

Congratulations

We have had some of our staff successful in gaining merit selection positions. Congratulations to Mrs Kellie Sieurin who has been successful in becoming Deputy Principal at Evans River Community School; Mrs Shelley Anderson has been successful in gaining permanency as Assistant Principal at our school, and Mrs Jess Johns has been successful at gaining permanency as a class teacher at our school. Well done and congratulations to you all.

Farewell

Next year we will be farewelling some of our temporary teachers as they move outside of our local area. Thank you and all the best to Mrs Kate Grimston, Ms Emma Cummins, Ms Jody Whitely, Ms Nat Schothurst, and Mr Callum Heath. We hope the move goes well and you enjoy your new surroundings.

Retirement

Congratulations and thank you to Mrs Jo and Mr Col Trickett for their great work in our school. They are both retiring at the end of the year. All the very best.

Rewards Day

We are very excited to be able to offer our families a free Rewards Day this term. As it has been a tough year for everyone with COVID, we wanted to do this to let you know that this is one less financial stress for you all.

Strike Day

Tomorrow members of the Teacher's Federation will be taking 24 hour strike action. This will mean that we will only have minimal teaching staff at school. Students will not be marked absent if they do not attend as the Learning from Home website is available for students to access work from. Thanks for your ongoing support of our school.

Activities for End of Year

Over the next two weeks, there are a lot of activities at school. This week, students are starting to work on their Christmas craft. There are alternate craft activities provided for students who do not celebrate Christmas. The student leaders have been invited to have lunch with Mrs Buehler on Wednesday 8 December. We will be having our PB Assembly this Thursday from 2.20pm to 3pm. This will be a zoom and parents whose children are receiving an award will be given a zoom invitation. The Colour Run was postponed today due to the wet weather and the state of the oval. We are hopeful that the 13th or 15th of December will be fine enough to enjoy this special event. Next week we will be having the Year 6 farewell, attendance party, reports will go home, Presentation Day and Rewards Day. A very busy and fun time for everyone.

Candy Canes

Whilst it is lovely that students are bringing Christmas cards and candy canes to school to hand out to their friends, we are encouraging students to take the candy canes home to eat. Lollies, chocolates, and other forms of sweets are not part of CHPS school food. Thank you for your support with this.

2022 Planning

As our school often has many new enrolments in the first week of the school year, we will once again be keeping our 2021 classes with their 2021 teacher wherever possible for the first week of school. Once new enrolments are all completed students will be placed into their 2022 classes.

During the first week of school (1 – 4 February 2022), all students will participate in Safety lessons, including bus, water, transport and playing safely.

We are hopeful to have Years 1- 6 students in their new classes on Monday 7 February and Kindergarten placed into their 2022 classes by Monday 14 February 2022.

Last Day

The last day for students to attend school is Thursday 16 December 2021. Staff will be completing a Staff Development Day on Friday 17 December 2021.

School will resume for staff on Friday 28 January 2022. Years 1- 6 will start school on Tuesday 1 February 2022. Kindergarten students will complete their Beststart Assessments on 1,2 and 3 February and then start school altogether on Friday 4 February 2022.

Thank you for your support again this year. We are really hopeful that 2022 can be a year where our school is open to families coming in. We have really missed the community spirit of families sharing in the learning of their children and being physically present at school.

On behalf of the school I wish you all a happy and restful holiday.

Stay safe and well,

Leonie



Mrs Anderson's Article

Welcome to week 10! As this will be our last newsletter for the year I thought it might be a fabulous opportunity to reflect on all of the positive initiatives and wonderful achievements of our students and staff around improving attendance, engagement and student wellbeing this year. We are very proud to celebrate the following:

Attendance:

- 402 students were here for 100% of the week last week! This is fantastic news! Congratulations to those students and their families.
- Overall, 275 students attended school 95% or more of the time throughout term 4.
- Staff have been reaching out to families to support them with their child's attendance through phone calls, letters and individual conversations with students. This has seen an improvement in overall attendance as the year has progressed.
- Students and families have been recognised for their ongoing efforts with attendance through raffles, icy-poles, whole class prizes and even extra play time for the most improved stage groups.

Engagement and student Wellbeing:

- 65 students across stage 2 and stage 3 actively participated weekly in our Rock and Water program. All students who were involved indicated that they gained a greater sense of self-awareness and self-confidence due to their participation in the program.
- 9 students and their families were involved in our 'Got it!' Program throughout term 4. This program is designed to assist schools and families to support primary school-aged children with their social, emotional and behavioural development. We are looking forward to this program being backed up by our whole school participating in the 'Second Step' program next year. Second Step is a social-emotional learning program that teaches various social and emotional skills such as emotion recognition and management, empathy, problem solving, bullying prevention, and goal-setting.
- 2 of our staff have completed the professional development training for the Berry Street Education Model which provides strategies for teaching and learning that enables teachers to increase engagement of students and successfully improve all students' self-regulation, relationships, wellbeing, growth and academic achievement. We are looking forward to all staff being upskilled in this program throughout 2022 so we can best support our students.
- Staff across the school have been participating in a whole school Book Club and meeting regularly to discuss and implement certain elements of the book 'When the Adults Change, Everything Changes' by Paul Dix. So far we have implemented CHPS Walking, recognition boards in all classrooms, daily 'meet and greet' with all staff and students and 'deliberate botheredness', where staff deliberately make an effort to show students that they care about them through engaging in regular and meaningful conversations with students. We are all looking forward to seeing where our book club findings will take us next year!

I would like to wish all students and their families a safe and restful holiday break, and I look forward to seeing everybody back on Day 1 next year.

Mrs Shelley Anderson
Deputy Principal



Tips for Staying on Track

MNCLHD *Got It!* Program: 6589 2598

Caring for your self

To be the best version of ourselves, and to love those in our lives unconditionally, we need to make sure we're feeling emotionally and physically well.

But let's face it, many of us live with constant stress and daily challenges which means we're often running on empty! It's understandable that we might lose patience with our children, and possibly feel even worse.

So how can we stay in a positive state more often?

It starts with finding ways to **nurture** and **nourish ourselves**, so we can stay more centred. As we are our only tool, taking care of ourselves should be high up on our priority list!

Why?

Because you deserve it!

Start small.

Spend a minute in the morning deciding what you'll do that day, promise yourself just 10 minutes to fulfill it and continue this practice each week!



Nurture yourself as you would your child or best friend

...

Stay connected with family and friends

...

Maintain healthy sleep and eating patterns

...

Discover a love for old hobbies again

...

Get out of bed 5 minutes before your alarm to drink coffee alone

...

Read your favourite novel

Activities to try at Home

MNCLHD *Got It!* Program: 6589 2598



Craft time: Calm Box

It can be hard to recall strategies which help us calm down when we're having big feelings. Something that may help you and your child is a **calm box**.

You will need:

- ★ a box
- ★ cardboard for creating cards, photos, favourite items or toys
- ★ something that requires the child to breathe out (e.g., bubbles)

Instructions:

- ★ Explain what a calm box is, its purpose, and when to use it.
- ★ Explore new and existing strategies your child finds helpful when they are having big feelings. (e.g. squeezing their favourite toy, colouring in, playdough, bubbles, stress ball etc.). Consider having some of these to guide your conversation.
- ★ Place each strategy in the calm box.
- ★ Write the strategies on **cardboard cards** and decorate them.
- ★ Place some of your **child's favourite things** in the box (e.g., a toy).
- ★ Include **visual cues**, such as images or helpful phrases. E.g. if your child finds hugs helpful, you might include a **photo** of you and your child hugging.
- ★ Be creative and decorate the box however you and your child wish. If your child has a particular interest (e.g., superheroes) go with this.



TIP: Create a calm box for different settings, put reminders on a keyring or a lanyard, and gently prompt your child to use the calm box by validating their feelings and asking "what can you do to help yourself feel better?" or "Is there anything in your calm box that might be helpful?"

Don't forget to ask yourself: what are the tricks in my calm box?



Health
Mid North Coast
Local Health District

Resource: Creative Ways to Help Children Manage Big Feelings: A Therapists Guide to Working with Preschool and Primary Children, By Dr Fiona Zandt and Dr Suzanne Barrett

Tips for Staying on Track

MNCLHD *Got It!* Program: 6589 2598

Special Time

"Special time" refers to one-on-one play with your child, where your child selects and leads a joint activity (e.g., ball game, board game, cards, reading, colouring, etc.). "Special time" is an **opportunity for relationship building** and allowing the child to take the lead.

Schedule 5-10 minutes of "special time" each day.

Things **TO DO** during special time:

- Follow your child's lead.
- Be attentive. This means observing without judgement.
- Praise behaviour you would like to see more of
- Engage in playful and imaginative play.
- Focus on the process, rather than the outcome.
- Reflect back what your child says.
- Display enthusiasm (e.g., "Wow! That's super!").

Imitate your child's play (e.g., Child: "I'm making a sun in the sky", Parent: "great idea! I'm going to put a sun in my picture too").

Remember, setting limits, providing instructions, and asking questions, are appropriate outside of "special time". "Special time" should not be used as a reward or taken away as punishment.



Things to **AVOID** during special time:

competing with your child
giving your child ideas

focusing on the "correct" way or activity rules

giving commands

asking questions

criticising

providing too much help

Activities to try at Home

MNCLHD *Got It!* Program: 6589 2598

Our Top Tips for Special Time

- ★ Brainstorm activities your child would like to do with you.
- ★ A fun way to do this is to write these down on paper and put the ideas into a glass jar, that way you can choose a new activity each time!
- ★ Select an **interactive** activity. That is, one where you can either directly play with your child (e.g., a ball game), join in and copy their play (e.g., building Lego), or one where you can respond to your child while they are playing (e.g., reading).
- ★ **Minimise or remove competition** in the activity to avoid focusing on rules and consequences
- ★ **Remove distractions**, like the TV, phone, tablets, computers, etc. You might want to practice doing this before special time, as it can be difficult.
- ★ Select a **time that works well for you both** and does not complete with other activities.
- ★ **Stick to 5-10 minutes**. If you would like to continue playing, do this in a different way. You might find it helpful to set a timer, or remind your child a 1-2 minutes before ending.



Helpful Resources

- ★ A video by South Eastern Local Health District: <https://www.youtube.com/watch?v=LHTR6EmStSI>
- ★ A podcast by Emerging Minds: <https://emergingminds.com.au/resources/podcast/the-power-of-play/>
- ★ A worksheet by Emerging Minds to help you get started! <https://emergingminds.com.au/resources/parent->



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Student of the Week - Term 4 Week 8 (K - 2 Awards) Focus: Being Safe

Student of the Week certificates are awarded to students who demonstrate behaviour consistent with our school expectations of Excellence, Safety, Respect and Responsibility

Class	Student	Presented for:
KL Girriin	Gennah C	Blending some high level words in her writing
KW Duna	Alexa H	Working so hard to achieve her personal best at all times
KM Muluurr	Bronte J	Always being self-motivated, organised, and eager to learn
1B Jiling	Bewar K	A great improvement in your reading
1D Duna	Laviana H	Her improvement in decoding words to read a text
1F Muluurr	Jordan G	Being an enthusiastic learner
1NB Girriin	Kherhad B	Always trying his best and being respectful to others
2K Jiling	Amirah K	Always being polite and using her manners
2C Duna	Araz Z	Working hard to learn and spell his high frequency words
2BM Muluurr	Jame Y	His fantastic use of taught vocabulary in his writing

Student of The Week - Term 4 Week 9 (K - 2 Awards) Focus: Being Safe

Student of the Week certificates are awarded to students who demonstrate behaviour consistent with our school expectations of Excellence, Safety, Respect and Responsibility

Class	Student	Presented for:
KL Girriin	Angilina K	Writing three interesting facts about sharks
KW Duna	Hashim E	Being a lovely friend to others
KM Muluurr	Scarlet C	Effort and achievement in independent writing
1B Jiling	Nga Reh	Communicating more with your teacher and peers
1D Duna	Xavier L	His insightful contributions during whole class discussions
1F Muluurr	Olivia B	Being kind and helpful
1NB Girriin	Shams G	Always following school expectations
2K Jiling	Aydan S	Demonstrating the 5L's all week
2C Duna	Divan B	His sound division skills
2BM Muluurr	Isaac M	His great use of taught vocabulary in his story

Student of the Week - Term 2 Week 7 (3 - 6 Awards) Focus: Being Respectful

Student of the Week certificates are awarded to students who demonstrate behaviour consistent with our school expectations of Excellence, Safety, Respect and Responsibility

Class	Student	Presented for:
3SG Muluurr	Eva Mc	Completing excellent work about prefixes
3NG Jiling	Ethan R	His thoughtful contributions to our Acknowledgement of Country
3/4M Muluurr	Sabrina N	An excellent effort in winning the NAIDOC colouring in competition
4R Jiling	Hindreen A	Challenging herself in literacy and maths
4H Muluurr	Jessie Mc	Outstanding improvement in his attendance
5/6H Jiling	Zina B	Always work hard everyday to complete all work
5/6C Duna	Godwin I	Being resilient and always striving to achieve his personal best
5/6A Girriin	Freder D	Always striving for personal best
5/6MW Ngarrany	Ella T	Consistent application and effort in all areas
K/6 CB Jiling	Audrey B	Being a kind member of the class and completing all tasks
1/6M Muluurr	Kallie B	Her Super Star day
1/6B Ngarrany	Tylah G	Being a wonderful helper in the classroom

Student of The Week - Term 2 Week 8 (3 - 6 Awards) Focus: Being Respectful

Student of the Week certificates are awarded to students who demonstrate behaviour consistent with our school expectations of Excellence, Safety, Respect and Responsibility

Class	Student	Presented for:
3SG Muluurr	Abhitej S	Sharing his mathematical ideas about division
3NG Jiling	Sami U	Her enthusiasm in writing descriptive narratives
3/4M Muluurr	Alana F	Excellent effort and application in class
4R Jiling	Blayze B	Improved effort and attitude in all areas
4H Muluurr	Ben B	Improved effort and attitude towards his learning
5/6H Jiling	Tylah w	Working hard on solving division problems in maths
5/6C Duna	Tarhnie P	Always striving to achieve her personal best
5/6A Girriin	Habib H	Always striving for personal best
5/6MW Ngarrany	Tre'John D	Improved efforts in all areas
1/6B Ngarrany	Kallum R	His wonderful artwork for NAIDOC Week



Coffs Harbour Public School 2021 Term 4 Calendar



Wk	Monday	Tuesday	Wednesday	Thursday	Friday
10	6/12	7/12	8/12 Leaders Lunch	9/12 PB Assembly	10/12
11	13/12 Attendance Party Year6 Farewell Reports Home	14/12 Presentation Day	15/12 Year 6 verses Teachers Games	16/12 Last day for students Rewards Day	17/12 Staff Development Day (No Students)



Coffs Harbour Public School 2022 Term 1 Calendar



Wk	Monday	Tuesday	Wednesday	Thursday	Friday
1	24/01	25/01	26/01	27/01	28/01 Staff Development Day No Students today
2	31/01 Staff Development Day No Students today	01/02 1st Day of 2022 for Students Yr 1 - Yr 6 Kindergarten Best Start	02/02 Kindergarten Best Start	03/02 Kindergarten Best Start	04/02 1st Day of School for Kindergarten 2022
3	07/02	08/02	09/02	10/02	11/01