



INNOVATION, EXCELLENCE, CONNECTIONS, FUN

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10 October 2023

Principal's Report

Welcome Back to Term 4! It was so lovely to see everyone walking through the gates yesterday with great big smiles ready to start Term 4. We hope you had an excellent two weeks over the school holiday period and that you were able to spend some quality and fun times with your children. We are looking forward to a busy and exciting term to finish the school year.

Staffing

Just a reminder that this term, Mr Wynn will be taking the first five weeks as leave and I will be relieving as Principal throughout this time. Miss Barbagallo will be relieving as Assistant Principal throughout this period taking on the leadership of Stage 2. Mrs Hetherington will be on leave for the first two weeks, with Mrs Wright taking on the relieving Assistant Principal role with responsibility for Year 1. Mrs McCoy, our School Administration Manager will also be on

leave for three weeks with Mrs Galdes taking on this role in her absence. We are so fortunate to have such strong leadership across the school to ensure the school continues to run smoothly during this time.

School Fun Run

Wow! What an exciting end to the term we had with the School Fun Run. The P and C and community raised over \$25, 000 to support the school. I would like to thank the P and C for their continued support and hard work in making this event as successful as it was. The day was filled with fun and excitement with our kids having an absolute blast getting slimed and colour all over them. Of course, as a result of the fantastic fundraising from the entire school community we were able to reach our goal and have Mr Wynn slimed, which was a highlight for many. Thanks again to our amazing P and C Committee.



Relieving Principal

Current Notes

Please follow the links to all current notes and please note their closing date. Please ensure you put your child's full name and class name on all notes.

Morning procedures

Just a little reminder about our morning procedures. Parents are welcome to walk their children into school and are welcome to wait with their children in the COLA area in front of the library. In this area you are welcome to chat with other parents and your friends. This area is not supervised by our staff and children will be under the care of their parent or carer. Parents are welcome to walk children to our supervised areas in Area 1 and Area 4 and kiss and drop your child in these supervised areas. Thanks for your help with this as it allows teachers to supervise our children in the playground in the morning without that crowding and congestion of large numbers of people.

Open Classrooms

We have been overwhelmed with the high numbers of parents and friends visiting our classrooms during the Open Classroom opportunities this year. This term there will be several opportunities for parents to visit and join in. It is important for our children to understand that as parents we can't attend everything. It is a great lesson for our students around the need to make choices and prioritise. Have a look at the events for this term, plan what works for you and involve your child in the decision making. Our Open Classrooms this term will be on:

Stage 2 (Not Krakatoa) Open Classroom	Monday October 16	9.30am-11am
Stage 1 Open Classroom	Tuesday October 31	9.30-11am
Kindergarten Open Classroom	Thursday November 16	9.30am-11am
Stage 3 & Krakatoa Open Classroom	Monday November 27	9.30-11am

Shanan Wood

Event

Date

Closing Date

Reading Eggs 2023 – for all students

[Click here to download the Reading Eggs Note](#)

Mathletics 2023-for all students

[Click here to download the Mathletics Note](#)

General Voluntary Contributions

[Click here to download the Voluntary Contribution flyer](#)

Stage 3 Overnight Excursion

Mon 6-9/11/23

[Click here to download the Stage 3 Camp Final Payment Plan Note](#)

[Click here to download the Stage 3 Camp Behaviour Agreement flyer](#)

[Click here to download the Stage 3 Excursion Dietary and Medical Note](#)

[Click here to download the Stage 3 Camp COVID Information flyer](#)

A deposit of \$100 will be required by Tuesday 14th March, 2023. Deposits are **non-refundable** as student numbers will be confirmed with the bus company on this day. Please be aware, we will confirm the final cost and update the **instalment plan below** once we have finalised accommodation and activities:

Payment ID	Payment Amount	Payment Due
Deposit (Non-refundable)	\$100	Already paid
Payment 2	\$100	Tuesday 9 th May, 2023 (week 3)
Payment 3	\$100	Tuesday 30 th May, 2023 (week 6)
Payment 4	\$100	Tuesday 20 th June, 2023 (week 9)
Payment 5	\$100	Tuesday 25 th July, 2023 (week 2)
FINAL PAYMENT	\$105	Tuesday 15th August, 2023 (week 5)
Total Cost	\$605	Final payment due on or before Tuesday 15th August, 2023

Please note:

For any above Excursion/Incursion Notes attached, ALL Notes must be returned by the return date of the note for the purpose of Risk Management, confirming numbers with Venues/Performers and payments received.

Online Payments cannot be made after the return date of the note. Only Cash will be accepted after the return date, as long as the note has been returned on time.

REFUNDS are not possible after the return/closing date as all above Excursions/Incursions are priced and planned to include all students.

Kindergarten 2024 Enrolments



Kindergarten Students for 2024

Kindergarten orientation for students beginning in 2024 will occur on Friday 17th November. Parents and new students are invited to attend. This event will begin at 10:30am and conclude around 12:30pm. This will be a great way for you and your child to explore the school areas and meet several of our staff and student leaders. The day will include some fun exploration activities and conclude with a Teddy Bears Picnic. We look forward to meeting and greeting you all.

Learning and Support Drop in Discussion Sessions For Kinder Students beginning in 2024.

These drop in sessions will be held on Thursday 19th October in the library.

The first drop in session is from 9:10 to 10:30, the second from 2:00 to 3:00pm

Our School Counsellor, Caroline Hadfield will be available for you to discuss any severe learning or social concerns you may have in regards to your child. If you believe your child will have special needs in Kindergarten 2024 please drop in to one of these sessions for a chat to voice your concerns and allow us to put measures in place to facilitate the best outcome for your child.

Regards

Rose Antonelli

Kindergarten Assistant Principal

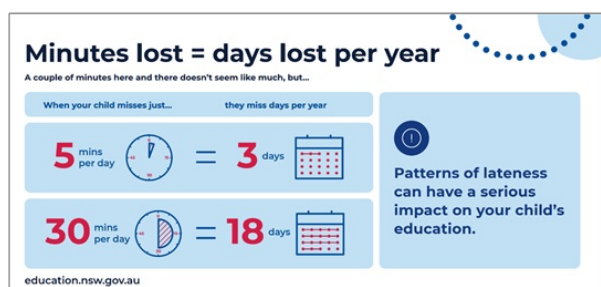
Attendance Matters!

Last term, it was fantastic to see how many students had an attendance rate of 90% or above. Nearly 300 students reached the 90% target, with over 200 having a rate of 95% or above. The Department of Education has stated that the expected attendance rate is 95% for every child, so that's over half the school reaching our goal.

Instead of providing a reward to each child last term, we decided to reward the class with the best attendance rate overall. There were two lucky winners – Triassic class and Apollo class. Each student in those classes received an ice block as their reward in Week 10.

I wonder if your child can achieve an attendance rate of over 95% this term, and if their friends in their class can help get them over the line to be the winning class for term 4, 2023.

Each day here or there adds up very quickly. Missing school means your child is missing opportunities to learn and also to make those important social connections face to face. Poor attendance can also have long term impacts on a child's engagement in their learning and affect their mental health.



Let's make a big push to have every child at school every day they are well, joining in and having fun. How many can make the expected attendance rate of 95%? Which class will win this term?

Alison Patrick

Assistant Principal Attendance

The Anxiety Project - Child Development Workshop

This Term we will be holding a Child Development Workshop that will span over three weeks. The aim of this workshop is to share the knowledge and practical strategies that staff and students have been learning with our families. The workshop will also dive deeper into child development and provide specific parent strategies to better support your children during feelings of worry and anxiety.

The Workshop will run over three dates – 2nd 9th and 23rd of November - keep an eye out for an email that has gone home with the finer details of the Workshop.

RAISING ROBUST, RESILIENT CHILDREN

Teaching our children that our anxious feelings are a warning sign, not a stop sign is an important part of building resilience. Moderating our feelings and responses as the adult play a key role in teaching children to grapple with anxiety.

Adults can coach children through their emotions to build resilience. This builds the pathways in the brain needed to handle anxiety.

Did You Know?

**DOES MY RESPONSE
SUPPORT THEM, OR THEIR
ANXIETY?**



Looking to learn more about how to help strengthen your child's resilience? Child Development Workshops for families are being held at Cambridge Gardens PS starting Week 4, Term 4.

The Anxietyproject

Warm regards

Casey Hetherington

The Anxiety Project Implementation Coach

Stage Two Open Classrooms

Stage Two are excited to be welcoming our parents and caregivers back into our classrooms next Monday the 16th of October! The classrooms will be open from 9:30am-11:00am where you are invited to participate in literacy and maths alongside your children. You are also welcome to bring along some morning tea to enjoy.

On the day a staff member will be greeting visitors

at Gate A, which will be open 5 minutes prior to the commencement of your child's session. Please remember all visitors must sign in using the QR code which will be placed on the wall at Gate A.

Tell Them From Me Surveys

We look forward to seeing you then!

Stage Two Teachers

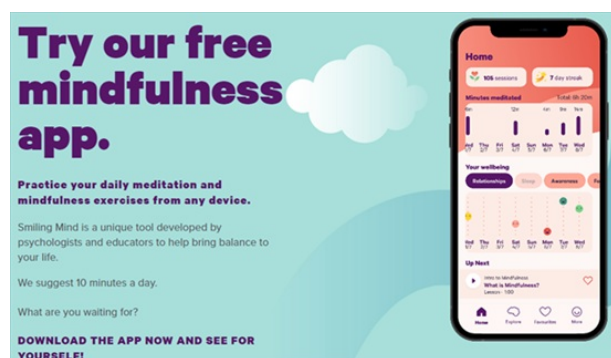
Smiling Mind

Mindfulness is paying attention to what is happening in the present moment. It may be what you're feeling, hearing, or anything else you notice. By teaching children meditation and mindfulness skills we help them increase their well-being and enable them to meet the stresses of the world with presence, self-compassion, and openness.

Studies show that the benefits of mindfulness for kids include:

1. Increased focus, attention, self-control, classroom participation and compassion.
2. Improved academic performance, ability to resolve conflict and overall well-being.
3. Decreased levels of stress, depression, anxiety, and disruptive behaviour.

The free Smiling Mind App is a great way to bring mindfulness into your home!



Gemma Barbagallo

Smiling Mind Group Coordinator

Each year we ask teachers, students in Years 4 to 6, and parents to participate in the Tell Them From Me online survey. These surveys provide us with different perspectives about the engagement and wellbeing of our students. They give us very valuable information which can be used to identify strengths and successes as well as areas to target for improvement. All surveys are completely confidential and we cannot identify who has completed the surveys or the responses made.

Parent survey

Our school will be participating in the **Partners in Learning Parent Survey**. This survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement. Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carers' views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, iPads, tablets, laptops or computers and will typically take 15 minutes or less to complete. It is completely confidential. Although participating in the survey is entirely voluntary, your responses are very much appreciated. More information about the survey is available at:

[Click here to view more information](https://education.nsw.gov.au/student-wellbeing/tell-them-from-me.html)

<https://education.nsw.gov.au/student-wellbeing/tell-them-from-me.html>

To access the survey for our school go to:

[Click here to complete the survey](https://nsw.tellthemfromme.com/login.htm?sessionId=D94256A7C09E5DBF6C4D46C24149A38B.w1worker1)

<https://nsw.tellthemfromme.com/login.htm?sessionId=D94256A7C09E5DBF6C4D46C24149A38B.w1worker1>

Once you have completed the survey, please advise the school, and let us know the names and classes of all of your children who attend our school as they will receive a special class award as a thank you for your input.

Student survey

All of our students in Years 4, 5 and 6 are also invited to complete the student survey. This allows our students to have a voice in how they believe our school is performing.

The student survey is conducted during class time and is also completely confidential. However, if you do not wish your child to participate in this survey, please advise the school office before Friday 13th October, 2023.

Alison Patrick

Assistant Principal Attendance

Big Show Colour Run

On behalf of the whole school, I just wanted to say a huge thank you to our wonderful P&C for their organisation of the Big Show Colour Run on the last Friday of Term 3. It was a fantastic way to end the term, with people from our whole community getting involved in the fun. Due to the hard work of our P&C, teachers, students and our local community we raised over \$25,000 to go towards improving facilities and equipment within our school. Thank you so much for your support of our wonderful P&C and our school.

Click on photo to enlarge:



Beau Hunter

Year 6 Fundraiser – Spider Drinks



Do you like soft drink? Do you like ice cream? Then you'll LOVE the Year 6 fundraiser.

On Friday 20th October, Stage 3 will be raising funds for the Year 6 farewell by selling spider drinks. The spiders will cost \$2.50 and can be purchased on the day at recess time. Stage 3 would love to sell every student a spider on the day.

Felicity Nelson
Event Coordinator

are always good for stocking fillers for Christmas.

Issue 7 needs to be ordered online by the 27th October

Regards
Rose Antonelli

Library News

I hope everyone had a relaxing and fun filled break. There have been some changes to the structure of the library and library lessons this term. The library will be run and organised by Mrs Hayley Alo, Mrs Stephanie Day and Miss Lindsay. Mrs Alo is welcomed back after a year of maternity leave caring for her new daughter and son. With these changes there is also a change in the library timetable. Please note any changes made for your child's class and have their library bags and books ready for return and borrowing on the specified days below.

Week 4 will be planning week for all teachers and as a result there will be no library classes during this week. The library teachers will cover allocated teacher release during Week 4.

Library Timetable for Term 4

Monday	Tuesday	Wednesday	Thursday	Friday
Renaissance	Waterloo	Dynasty	Willandra	Saxon
Babylon	Triassic	Apollo	Byzantine	Vikings
Pompeii	Neolithic	Aztec		
	Humanity	Krakatoa		
		Holocene		

Book Club

Book Club order forms will continue to go home as we receive them from Scholastic. There may be some good value books available in the next 2 issues which

Live Life Well

Nutrition Snippet

SANDWICH FILLING IDEAS

Are the kids getting sick of the same old sandwich fillings? Look no further!



Use leftovers from dinner to make a delicious sandwich or wrap filling such as:

- Salmon patty and salad sandwich
- Falafel, hummus and tabouli wrap
- Bolognese roll

Check out more [super sandwich filling ideas](#).

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

VEGIE AND PEPITA MUFFINS

Serves: 12 Prep time: 15 mins Cooking time: 25 mins



Ingredients

1 cup pumpkin, cut into 1 cm dice
1 zucchini, grated & liquid squeezed out
3 spring onions, finely sliced
1 cup baby spinach leaves, chopped
2 eggs
1 cup reduced-fat milk
½ cup sunflower oil
1 cup wholemeal flour
1 cup plain flour
2 tsp baking powder
2 tbsp pumpkin seeds
Salt & pepper

Method

Step 1: Preheat oven to 180°C. Line a muffin tray with muffin cases.
Step 2: Place pumpkin in a microwave-safe bowl, cover with water and cook in the microwave for 3 minutes or until slightly softened. Drain and mash.
Step 3: Add the zucchini, spring onions and spinach to the pumpkin and mix.
Step 4: Lightly beat together the eggs, milk and oil and pour over the vegetables. Season with a pinch of salt and pepper.
Step 5: Sift the flours and baking powder over the top and stir until just combined.
Step 6: Spoon the mixture into the muffin cases and sprinkle with pumpkin seeds. Bake for 25 minutes or until cooked through and golden.

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Alanna Vella

Live Life Well at School Coordinator

P&C News

P&C Newsletter

The Big Show

Wow what an incredible end to Term 3 we had with the Big Show. It was great to see the smiles on the students faces as they were covered in colour & slime. Thank you to the families that attended on the day to watch the event, and for all your support with fundraising. We were overwhelmed with the support and as you could probably tell Mr Wynn was shocked that our goal of \$25,000 was achieved. The students and the teachers loved watching him be slimed. Never in our wildest dreams did we imagine we would achieve this!

Congratulations to class Apollo for who were the lucky class to reside in the VIP Tent on the day. This class raised the most money per number of students in the class. We hope they enjoyed their day, they looked fantastic in their capes.

Well done to our two fundraising queens, Haldyn from Byzantine & Emma from Apollo who both managed to raise over \$1,000 each. What a fantastic achievement!

We are happy to report the prizes are being finalised and we hope to have these distributed over the coming weeks.

Special thanks to all the volunteers who gave up their time to source donations, plan the event, sew capes, shop, bake cupcakes, blow up hundreds of balloons, mix slime, transport slime, make photo boards, blow bubbles, cut 400 zipper dooipers, slime kids, pack up and all the other little bits and pieces along the way. These events consume a lot of volunteered hours, and we are extremely grateful to those people that help. Without your generosity these events simply would not be possible.

Massive shout out to SKD Bricklaying, Michelle Pearce, Natalie Hunter (Natty Things), Raging Waters Sydney, McDonalds Cambridge Gardens, Coles Cambridge Gardens & Woolworths Jordan Springs who generously donated towards this event. Your generosity is very much appreciated!

We are working with the school to discuss quotes for new marquees and additional playground equipment. Keep your eyes out for the updates.

Kind Regards
Belinda

AGM

Our next AGM and meeting will be held on Tuesday 7th November 2023 at 7pm in the school office. Please join us as we have positions available.

You're Invited!

We have some **SHOES TO FILL!**

President - leads the team & the meetings

Vice-President - supports the president

Secretary - takes notes & handles the paperwork

Treasurer - keeps track of all the money

Fundraising Officer - ideas for fundraising



Click here to download the P&C Meeting - Actions and Decisions September 2023 Newsletter

Contact Us

P&C are more than happy to discuss matters pertaining to the P&C. Please get in touch via Facebook or email cambridgegardenspublicschoolpandcaffiliate.org.au and we will get back to you as soon as possible. For all matters pertaining to school business, please discuss with the school via telephone or direct message on Facebook.

Katy

On behalf of the P&C

Canteen – Kids Pantry Canteens

Kids Pantry

CANTEENS

SIPS

- Flavoured Milk \$3.00
- Juice \$2.00
- Juice Bomb \$3.00
- Milo \$2.50
- Up & Go \$3.00
- Smoothie \$2.50
- Water \$2.00

NIBBLIES

- Cheese Snack \$2.50
- Chocolate Mousse \$1.50
- Custard Cup \$1.50
- Chips \$2.50
- Fruit Salad \$2.00
- Fruit Snacks \$1.00
- Grazing Platter \$5.00
- Hash Brown \$1.50
- Ham & Cheese Pocket \$2.00
- Jelly Cup \$0.50
- Muffin \$0.50
- Pikelets \$0.50
- Popcorn \$2.00
- Vegetable Sticks \$1.50
- Whole Fruit \$2.00
- Yoghurt Pouch \$1.50

HOT BITES

- Beef Pie \$4.00
- Cheeseburger \$5.00
- Chicken Breast Nuggets (6) \$4.50
- Chicken Burger \$5.00
- Chicken Wings & Rice \$5.00
- Chicken Quesadilla \$5.00
- Garlic Bread \$1.50 (V)
- Hamburger \$5.00
- Hot Dog \$5.00
- Lasagne \$5.00
- Nachos \$5.00
- Noodles \$4.00 (V)
- Mac 'n' Cheese \$5.00
- Penne Bolognese \$5.00
- Potato Gems \$2.50 (V)
- Sausage Roll \$4.00
- Spring Rolls (5) \$5.50
- Sauce \$0.50
- Cutlery \$0.50

PIZZA

Tomato OR BBQ base

- Garlic and Cheese \$5.50
- Hawaiian \$4.50
- Margarita \$5.50 (V)
- Meat Lovers \$5.00
- Pepperoni \$5.00
- Supreme \$5.00

SANDWICHES & WRAPS

Toasted add \$0c

- Assorted Spreads \$2.50 (V)
- Cheese \$3.00 (V)
- Chicken, Lettuce and Mayo \$5.00
- Egg, Lettuce and Mayo \$4.00 (V)
- Ham, Cheese & Tomato \$4.00
- Salad \$4.00 (V)
- Sweet Chilli Chicken \$5.00
- Add Chicken \$2.50

SALADS

- Garden Salad \$4.00
- Caesar Salad \$5.00
- Greek Salad \$5.00
- Add Chicken \$2.00
- Dressing \$0.50

FROZEN BITES

- Frozen Juice Cup \$2.00 (V)
- Ice Man \$2.00 (V)
- Moosie \$2.00
- Quelch Stick \$1.20 (V)
- Smoothie Bite \$0.50 (V)
- Snap Stix \$2.00 (V)
- Twisted Frozen Yoghurt \$2.50
- Vanilla Ice Cream Cup \$2.00 (V)

• Everyday food
• Vegetarian
• Starting from

4. ORDER

To start ordering lunches simply select your Student and click "Buy Now", and you can order for the day, week. It's that simple!

5. CHECKOUT

Once you have completed your order, view your order summary in the "cart" and proceed to "checkout". Select your preferred form of payment and submit, all orders are confirmed via email.

NOTE ON PAID ORDERS

Note that only paid orders will be sent to your canteen, not those still sitting in your cart. To start ordering lunches simply select your Student and click "Buy Now", and you can order for the day, week. It's that simple!

MY SCHOOL CONNECT

www.myschoolconnect.com.au

My School Connect has a 7 day a week Support Line, contact 1300 030 915

OUR SCHOOL TUCKSHOP IS NOW ONLINE!

Download the free app or access www.myschoolconnect.com.au

1. REGISTER YOUR ACCOUNT

Register on any device, simply login to www.myschoolconnect.com.au and click on "Create Account", follow the prompts to add your email and password.

2. ADD YOUR STUDENT

And make sure that you select your school and classroom details.

3. SELECT "TOP UP"

To add money to your account via Credit Card or Paypal, you can choose Direct Deposit but allow 3-5 working days to process prior to ordering. You can also pay as you go, simply skip the pop up screen for adding funds and start ordering.

(Please note Merchant Fees applies to Credit Card or Paypal Transactions)

Camp Australia

Outside School Hours Care Newsletter

07/09/2023

Cambridge Gardens Public School

A message from your Coordinator

Dear Parents and Guardians,

We hope this newsletter finds you well and that you've had a fantastic week. At our OSHC we've been busy with a wide range of activities, promoting physical, creative, and culinary experiences for the children. Here's a recap of what we've been up to:

Physical Activities Galore: Last week was a whirlwind of excitement as we engaged in numerous physical activities to keep our little ones active and energetic. We had soccer matches, netball games, thrilling sessions of "Stuck in the Mud" an adventurous "Night in the Museum" and the colourful game of "Colour Tips." Our children had an absolute blast, showcasing their skills and teamwork.

Creative Minds at Work: In addition to physical activities, we nurtured creativity through various projects. The kids had a blast making Pom Poms for Beanie, which they proudly took home to show off their crafting prowess. We also embarked on our "Spinner" projects, creating dazzling Spinner battles filled with fun and laughter. The children's imagination soared as they indulged in these creative pursuits.

Culinary Adventures: Our little chefs also joined in the fun with some delicious cooking activities. One of the highlights was preparing "Fried Rice with Veggies," where the kids not only enjoyed the cooking process but also relished the scrumptious food they prepared together. It's always heartwarming to see them explore new tastes and learn valuable life skills.

Next Week's Theme: "Creative" Exploration: As we look ahead to the coming week, our theme will revolve around fostering creativity even further. We have an exciting lineup of activities planned, including:

- Photo Frames with Puddle Pops:** Get ready for a crafting adventure as we create beautiful photo frames using Puddle Pops. Each artistic talent will shine through!
- Sand Art:** A tactile and mesmerizing experience awaits as we explore the world of sand art. Watch as vibrant colours come to life with each grain of sand.
- Tissue Caterpillars:** Crafty caterpillars will crawl their way into the child's heart in this fun and imaginative project.
- Colouring In:** We'll provide a variety of colouring sheets to encourage the child's creativity and artistic expression.

Of course, we'll also continue to offer cooking and outdoor activities that spark curiosity and foster new skills.

We greatly value your feedback and open communication. If you have any comments, questions, or suggestions, please don't hesitate to reach out to us. Your insights help us continually improve the OSHC experience for the children.

Thank you for entrusting us with the care and education of your little ones. We look forward to another exciting week filled with laughter, learning, and creativity.

Warm regards,
Mairaj & OSHC Team

Activities coming up

- Creative
- Cooking Masterclass
- Outdoor Activities

Make a booking!

Join in the fun of Outside School Hours Care activities and experiences with Your OSHC and Rocketeers.

[Book now](#)

Register free and book in 24/7 via our app

To attend our program, you must register your child. You can register an account with us at go.campastralia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.

Download on the App Store | GET IT ON Google Play

Find out more and book now at www.campastralia.com.au

UNIFORMS BACK TO SCHOOL 2024



BACK TO BASICS SCHOOLWEAR
52 COX AVENUE
KINGSWOOD NSW

Our Website



SHOP INSTORE OR ONLINE

Monday to Friday - 8:00AM to 4:30PM
Saturday - 9:00AM to 12:00PM

Our stores will be closed from December 21st 2023
and will reopen on January 3rd 2024

JANUARY TRADING HOURS 2024

Monday to Friday - 8:00AM to 5:00PM
(Closed Australia Day - Friday 26th of January)

Saturdays 9AM - 3PM	SAT 6 TH	SAT 13 TH	SAT 20 TH	SAT 27 TH
Sundays 10AM - 1PM	SUN 7 TH	SUN 14 TH	SUN 21 ST	SUN 28 TH

BACK TO BASICS SCHOOLWEAR

52 Cox Ave Kingswood 2747
Ph: (02) 4721 7422
basics@backtobasicschoolwear.com.au - www.cowanlewis.com.au
COWAN & LEWIS PTY LTD ABN 76 000 412 779

Go4Fun is coming to Penrith Term 4, 2023

Starts 12 October 2023 | Thursdays | 4:30pm to 6:30pm
Nepean Aquatic Centre



Healthy
active
happy
kids

Go4Fun is a free 10 week
healthy lifestyle program for
7-13 year old children and
their families to become fitter,
healthier and happier!

To check your eligibility and register:
visit, go4fun.com.au or call 1800 780 900



CAMBRIDGE GARDENS PUBLIC SCHOOL

POLO SHIRT	\$ 38.00
SHORTS	\$ 30.00
SUMMER DRESS	\$ 64.00
SPORTS POLO	\$ 38.00
SPORT SHORTS	\$ 38.00
FLEECE ZIP JACKET	\$ 51.00
FLEECE SLOPPY JOE	\$ 43.00
FLEECE TRACKPANTS	\$ 35.00
MICROFIBRE JACKET	\$ 73.00
MICROFIBRE TRACKPANTS	\$ 58.00
BUCKET HAT	\$ 20.00
CAP	\$ 20.00
SCRUNCHIE	\$ 8.00
WHITE SOCKS	\$ 8.00 EACH
	or
	\$ 20.00 for 4

Prices effective 05/09/23 - Subject to change without notice - Includes 10% GST

BACK TO BASICS

SCHOOLWEAR & SPORTSWEAR

52 Cox Ave, Kingswood NSW 2747
Phone: (02) 4721 7422
Email: basics@backtobasicschoolwear.com.au

COWAN & LEWIS PTY LTD ABN 76 000 412 779

Gateway Family Services – Term 4 2023

Gateway Family Services Term 4, 2023 Parenting Programs Summary



Program	Date & Time	Location	Registration
Cool Little Kids <i>Cool Little Kids is a 6 week program that gives parents skills to help their child manage and overcome anxiety.</i>	Every Friday 27th Oct – 1st Dec 10:00am – 11:30am	Tanderra OOSH 14 Raymond Road SPRINGWOOD	Ph: 4720 6500 OR Email groups@gatewayfamily-services.org.au
Circle of Security <i>Learn how to be a strong, wiser & kinder parent with your kids. Suitable for parents of 0-12 year old.</i>	Every Monday 23rd Oct – 4th Dec 10:00am – 12:00pm <i>* Childcare available - must register *</i>	Nepean Multicultural Access Building 1, 29 Swanston Street ST MARYS	Ph: 4720 6500 OR Email groups@gatewayfamily-services.org.au
Tuning in to Teens—ONLINE <i>Tuning In To Teens is a 6 week program that supports you to help your adolescent develop emotional intelligence.</i>	Every Monday 23rd Oct – 27th Nov 6:30pm – 8:30pm	Online via ZOOM	Ph: 4720 6500 OR Email groups@gatewayfamily-services.org.au

For more information and Individual Flyers go to:

www.gatewayfamily-services.org.au or www.facebook.com/GatewayFS

Gateway Family Services parenting programs are funded by DSS and DCJ.

Gateway works collaboratively with community partners to bring parent groups to communities from St Marys to Blackheath.

Gateway encourages, supports & respects diversity in families & communities. Our Groups are open to everyone.



Term 4
2023

Cool Little Kids Program

6 week parenting program - FREE to register



Cool Little Kids is a 6 week program that gives parents skills to help their child manage and overcome anxiety.

If you have a 3-6 year old child with excessive shyness, anxiety or fears, this program will equip you with skills to help support them.

The program will cover:

- Understanding anxiety and shyness
- Causes and risk factors for anxiety
- How to respond to your child's anxiety
- Skills and strategies to deal with fear
- Dealing with setbacks and difficulties
- Maintaining resilience long term



Help your child manage anxiety, excessive shyness and fears



Learn simple Cognitive Behaviour Therapy (CBT) strategies

DATES:
Fridays 27th Oct - 1st Dec

VENUE:
Tanderra OOSH
14 Raymond Road
Springwood, 2777

TIME: 10:00am - 11:30am

COST: FREE

REGISTER NOW



Register at 4720 6500 or groups@gatewayfamily-services.org.au



We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.



Term 4
2023

Circle of Security Parenting

7 week parenting program - FREE to register



Circle of Security Parenting helps parents develop secure relationships and stronger bonds with their children.

The Circle of Security course helps parents and carers of children aged 0-12 years learn:

- How to help your child feel more confident and secure
- How to help your child manage their emotional responses
- How to better understand your child's emotional needs



build stronger parent/child bonds



learn positive parenting skills



promote secure attachments

DATES:
Mondays 23rd Oct - 4th Dec

VENUE:
Nepean Multicultural Access
Building 1, 29 Swanston Street,
St Marys

TIME: 10:00am - 12:00noon

COST: FREE



CHILDCARE AVAILABLE
Bookings required



Register at 4720 6500 or groups@gatewayfamily-services.org.au



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Missing File - Tuning into Teens Parenting Program Flyer

2023

09.10.2023	Term 4 Commences – All Staff & Students return to school
12.10.2023	Schools Spectacular Dance Rehearsal – Departing at 7am at Penrith Station & returning approximately at 4:31pm Penrith Station.
16.10.2023	Open Classrooms Stage 2 - 9:30am to 11am
17.10.2023	Schools Spectacular Choir Rehearsal – Departing at 7:30am at Penrith Station & returning approximately at 4:30pm Penrith Station
20.10.2023	Years 3-6 Assembly – Hosted by Class Babylon in the hall at 9:30am
27.10.2023	Years K-2 Assembly – Hosted by Class Triassic in the hall at 9:30am
30.10.2023	Schools Spectacular Dance Rehearsal – TBC
31.10.2023	Open Classrooms Stage 1 - 9:30am to 11am
03.11.2023	Award Booklets Due for the Term 4 Week 5 Principal's Assembly. Booklets are to be given to class teachers to add to the recipient list.
03.11.2023	Years 3-6 Assembly – Hosted by Class Willandra in the hall at 9:30am
06.11.2023	Stage 3 Overnight Excursion – Leaving 06.11.2023 and return 09.11.2023
09.11.2023	Schools Spectacular Choir Rehearsal – Departing at 7am at Penrith Station & returning approximately at 4:30pm Penrith Station
09.11.2023	Stage 3 Overnight Excursion – students return keep updated on the School Facebook page for arrival time.
10.11.2023	Principal's Assembly Term 4 Week 5 – 9:30am enter via Gate A, held in Area 4 on the Artificial Grassed Area. All are welcome to attend.
13.11.2023	Schools Spectacular Dance Rehearsal – Departing at 7am at Penrith Station & returning approximately at 4:31pm Penrith Station
15.11.2023	Year 6 Fun Day
16.11.2023	Open Classrooms Kindergarten – 9:30am to 11am

17.11.2023	Years 3-6 Assembly – Hosted by Class Neolithic in the hall at 9:30am
21.11.2023	Schools Spectacular Dance Rehearsal – Departing at 7am at Penrith Station & returning approximately at 4:31pm Penrith Station
22.11.2023	Schools Spectacular Choir Rehearsal – Departing at 7am at Penrith Station & returning approximately at 4:30pm Penrith Station
23.11.2023	Schools Spectacular Choir & Dance Dress Rehearsal – TBC
27.11.2023	Open Classrooms Stage 3 – 9:30am to 11am
28.11.2023	Cambridge Gardens In-School Chess Tournament
01.12.2023	Award Booklets Due for the final Principal's Assembly for 2023. Booklets are to be given to class teachers to add to the recipient list.
01.12.2023	Years K-2 Assembly – Hosted by Class Waterloo in the hall at 9:30am
06.12.2023	Christmas Picnic
08.12.2023	Final Principal's Assembly for 2023 - 9:30am enter via Gate A, held in Area 4 on the Artificial Grassed Area. All are welcome to attend.
11.12.2023	Year 6 Farewell – Penrith Panthers Leagues Club 5pm to 8:30pm
12.12.2023	Christmas Coin Day Count Off-Dress Up – P & C
13.12.2023	Presentation Day
15.12.2023	Last Day of Term 4 – Students only
18.12.2023	Staff Development Day – Staff only
19.12.2023	Staff Development Day – Staff only

2024

30.01.2024	Staff Development Day – Staff only
31.01.2024	Staff Development Day – Staff only
01.02.2024	School commences Term 1 – Yrs 1-6 Students & Staff