



INNOVATION, EXCELLENCE, CONNECTIONS, FUN

34 Trinity Drive
Cambridge Gardens NSW 2747
Subscribe: <https://cambridgegps.schoolzineplus.com/subscribe>

Email: cambridgeg-p.school@det.nsw.edu.au

Phone: 02 4730 1201

Fax: 02 4729 1385



24 October 2023

Principal's Report

What a wonderful two weeks we have had at Cambridge Gardens Public School!

Open Classrooms

It was fantastic to have so many parents, carers and friends visit during our Stage 2 Open Classroom. As you are aware, we offer these visits each term to provide the options for everyone to share in the classroom activities and learning of their child as well as build the connection and relationship with your child's classroom teacher. The next Open Classroom opportunity is for our Stage 1 students and parents on the 31st of October from 9.30 until 11am.



Superhero Theme Fundraiser

On Thursday the 2nd of November, the students at Cambridge Gardens Public School are invited to dress in their favourite superhero costume and bring a gold coin donation with them to school. We will also be having a cake stall and sausage sizzle for students to purchase on the day. We will be raising money for the Adams-Bennett family who are currently dealing with the serious illness of Thomas one of our Year 2 students. The school has been overwhelmed by the support of the community with several local businesses and our wonderful P and C already donating to the event. We are so grateful that in times of need the community is always able to band together and support. It is one of the many things that makes our

school such a fantastic place to be and shows our understanding of our connections with each other. The message for the day is everyone needs a superhero sometimes. We hope this positive message will have a lasting impact on the family as they move forward with the school and community strongly supporting them.

We understand that while this event is about supporting a family in our community that sometimes these events bring up emotions and questions. As a school, we deal with things as we become aware of them but there will be times when your child may come home upset or asking questions. Our advice is to talk through your child's concerns and questions and provide them with the love and care that you can. When we are asked about things by students, we will ensure we recognise the students' emotions and ensure our students are being heard. Following that we would always focus on positive thoughts. If your child comes home distressed or concerned, please feel free to contact the school and discuss this with myself, Mr Attard, our Assistant Principal Student Wellbeing, your child's teacher or our School Counsellor, Miss Carolyn Hadfield. Miss Hadfield is on site on Wednesdays and Thursdays.

P&C AGM

Tuesday 7th November will be our P&C AGM starting in the staffroom at 7pm. I hope you can come along and celebrate and thank the 2023 P&C Executive for their wonderful and amazing efforts. Their efficiency, hard work and commitment has been much appreciated and they have achieved so much for our school in 2023. Look forward to seeing everyone there.

Staffing

I wanted to thank Mrs Wright for her professionalism and outstanding leadership over the last two weeks in relieving for Mrs Hetherington. We are so fortunate to have such strong leadership across the school to ensure the school continues to run smoothly at all times.

Spider Fundraiser

What a wonderful fundraising event run last Friday for our Year 6 students. I loved listening to the excitement of our students especially our Kindergarten students that could not believe they got to have ice cream and soft drink together at school! Thank you again for your continued

support and a big thank you to Mrs Nelson for her hard work in organising the event.



Have a great two weeks!

Shanan Wood

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.

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 Note	
Stage 3 Overnight Excursion	3	Mon 6-9/11/23
Click here to download the Stage 3 Overnight Excursion Behaviour Agreement		
Click here to download the Stage 3 Overnight Excursion Dietary and Medical Note		

[Click here to download the Stage 3 Overnight Excursion COVID Information Note](#)

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.

superheroes by wearing their most incredible costumes. Our school superheroes need their fuel so we'll have a sausage sizzle up and running during recess time. Students can pre-purchase their sausage sizzle for \$3.00. Simply fill in the note and return it to school with cash by Monday 30th October. If you prefer your child to purchase on the day, that will be accepted also.

There will also be an assortment of mouthwatering goodies available for \$2.00 each and face painting for 50 cents.

Your support and generosity will have a significant impact on our school family during this challenging time. We look forward to celebrating this day together, embracing our superhero spirit and extending our utmost support because everyone needs a superhero in their life sometimes!

Alanna Vella, Alison Patrick & Simon Bale
Event Coordinators

Kindergarten 2024 Enrolments



Stage 1 Fun!

We've kicked off Term 4 with much enthusiasm and energy as we enter into our final term for this year. Our young learners are continuing to shine, embracing each day as an opportunity to learn, grow and have a whole lot of fun!

Sun Safety

As the sun graces us with its warmth, we kindly remind our Stage 1 students to bring their school hats each day. It's essential to stay safe and protected from the sun's rays as we enjoy the outdoors during sport and our play times.

Superhero Spectacular!

Mark your calendars for our Superhero Spectacular coming up on Thursday 2nd November 2023. We're gearing up for a day of fun and laughter all for a special cause. We will be running this fundraiser to support a family at our school who are going through a challenging time. By coming together as a school community, we can truly make a world of difference and show our care and positive thoughts.

On this day, all students are invited to bring in a gold coin donation and transform into their favourite

Open Classrooms

We're thrilled to announce our last Open Classrooms for the year, scheduled for Tuesday 31st October from 9.30am-11am. Stage 1 parents and caregivers are warmly invited to join in the fun. It's a fantastic opportunity to engage in exciting classroom activities with your child. You are also invited to bring along a morning tea little picnic to share with your child during this time. A staff member will greet our visitors at Gate A which will be open five minutes prior to the session. Please make use of the QR code at the gate as our sign-in process.

Superhero Spectacular

Get ready to unleash your inner superhero on Thursday 2nd November as our Superhero Spectacular approaches! This day promises to be filled with superpowers, costumes and most importantly, a heartfelt cause. Students are encouraged to wear their favourite superhero costumes, along with bringing in a gold coin donation. There will be a sausage sizzle on the day for \$3, along with a cake stall with baked items for \$2 each and face painting for 50c so be sure to have your coins ready for the day!

Kindness

Let's also remember to have those conversations with our children about the significance of kindness. It's a cherished value not only within Cambridge Gardens Public School but a vital one to guide them through life and we always aim for our Stage 1 students to be shining examples of it.

The Stage 1 teachers are looking forward to a fantastic final term with Stage 1!



Felicity Nelson
Event Coordinator

The Anxiety Project - Child Development Workshop

Next week we will be commencing our 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 a final email that has gone home with the details of the Workshop.


A LITTLE BIT OF STRESS CAN BE GOOD!




According to research from Cornell University, short bursts of the stress hormone cortisol can increase the brain's openness to learning.

At school this can be when students are learning something new! It can feel uncomfortable, but this is the process of hormesis (good stress) in action.

Using positive self talk when we are challenged in new learning is a way of using stress for good!

Learn about how to help your child have positive self talk at our Child Development Workshops coming soon!





Year 6 Fundraiser – Spider Drinks

Stage 3 would like to thank the school community for all their support of the Spider Day.

Over 400 spider drinks were sold on Friday 20th October raising much needed funds for Year 6.

Congratulations to class Neolithic and the school leaders for efficiently serving staff and students many delicious spider drinks. Your enthusiasm and commitment to the task at hand was inspiring.

Thank you to all the families who donated soft drink and to Coles for their \$50 donation towards the ice cream.

Warm regards

Casey Hetherington
The Anxiety Project Implementation Coach

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>

To access the survey for our school go to:

Click here to complete the survey

<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.

Alison Patrick

Assistant Principal Attendance

We can't believe it's less than 2 weeks until Stage 3 head off on camp. It is definitely time to start packing!

All students attending camp should have received their itinerary in the form of a booklet. If your child has not brought this home, please get them to ask their class teacher for a copy.

A reminder that all medication listed on the medical forms should be given to Mrs Nelson no later than 30th October, 2023.

We will be leaving promptly on Monday 6th November and we ask that all students attending arrive at school at 7am. This allows us time to mark rolls, pack the coach and say our goodbyes as we head off to Dubbo and Bathurst.

Felicity Nelson

Camp Organiser

Cambridge Gardens Public School upgrade

NSW Department of Education – School Infrastructure

Cambridge Gardens Public School upgrade Project update | October 2023

Investing in our schools

As part of the NSW Government's plan to rebuild essential services, the 2023-24 Budget is delivering a record \$3.5 billion for new and upgraded schools in Western Sydney. This targeted investment in growing communities will ensure working families get access to a world class public education.

The 2023-24 Budget committed funding to progress with an upgrade to Cambridge Gardens Public School.

Cambridge Gardens Public School upgrade

These funds will help Cambridge Gardens Public School by delivering new and upgraded facilities, including upgraded playground surfacing, a basketball court and student restroom facilities.

The selection of surfacing will depend on the individual site and its needs. All new playground surfacing will comply with current Australian Standards.

Early planning has begun.

How can I get involved?

We are committed to working together with our school communities and stakeholders to deliver the best learning facilities for students. As the project progresses from the planning phase, we will share details with the community for feedback.

A dedicated project page has been published on the School Infrastructure NSW website, which is updated as the project progresses. You can also contact us via our community information line and email using the details below.

Want to know more about how we build and upgrade schools?

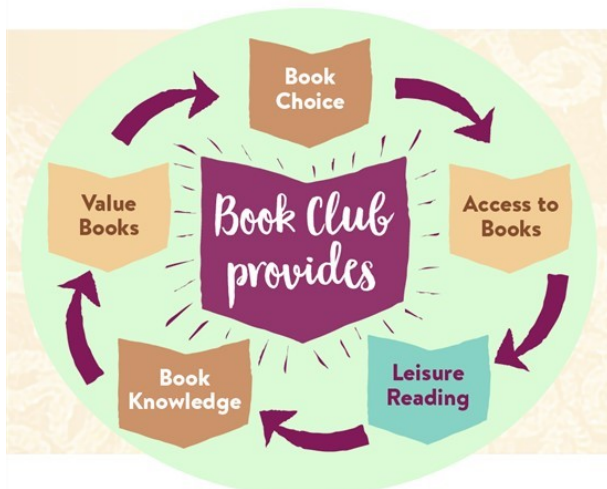
To learn more about School Infrastructure NSW, and how we deliver new and upgraded schools, simply scan the QR Code, or visit edu.nsw.gov.au/SchoolShowcase.



School Infrastructure NSW
Email: schoolinfrastructure@det.nsw.edu.au
Phone: 1300 482 651
www.schoolinfrastructure.nsw.gov.au



Book Club



SCHOLASTIC **Book Club**

ACCESS, CHOICE and PRACTICE

Scholastic strives to connect children with the books they will love to read. Enhancing their experience when accessing and selecting books increases the chance of choices that lead to their reading enjoyment and practice.



SCHOLASTIC BOOKSPLUS

Scanning the QR code will access additional content for the book including greater insight into the story, characters and creators.



THE LATEST TITLES ON BOOKSPLUS



SCHOLASTIC

ISSUE 7 OUT NOW!

SCHOLASTIC **Book Club**

Book Club rewards your School!

Every purchase you make earns your child's school 15% of your order value in Scholastic Rewards that can be used to purchase valuable educational resources that benefit your child.

Families order from Book Club.

The school earns Scholastic Rewards.

The school redeems Scholastic Rewards for additional resources

SCHOLASTIC **Book Club**

CLICK TO ENLARGE

Talent Show

It's talent show time again. Does your child have a talent they would like to showcase? If the answer is yes, please have them fill in an entry form which can be located outside Neolithic classroom. Entry forms need to be completed and put into the box by Friday 10th November, 2023.

A reminder that song choices must be appropriate for a primary school audience.

We can't wait to see all the comedy, drama, singing, dancing, instrument playing that is within the students in our school.

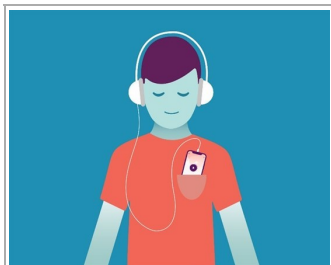
Performance dates will be advised later in the term.

Felicity Nelson

Event coordinator

Smiling Mind: Engaging the Senses

Sensory awareness is a strategy used in mindfulness to help bring children into the present moment. Mindful listening increases our capacity to pay attention to what is being taught.



Here's some easy ways to exercise mindful listening at home:

1. Try the guided meditation "Exploring Sounds" on the free Smiling Mind App! The narrator will lead you through the experience.
2. Put on your favourite song and listen very carefully to try and notice sounds you haven't heard before. You can write down 3 new things you heard within the song.

Gemma Barbagallo

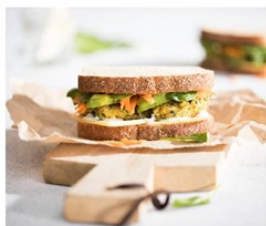
Smiling Mind Group Coordinator

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 pattie and salad sandwich
- Falafel, hummus and tabouli wrap
- Bolognese roll

Check out more [super sandwich filling ideas](https://healthy lunchbox.com.au).

healthy lunchbox.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 1cm 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.

healthy lunchbox.com.au



Cancer Council
Healthy Lunch Box

P&C News

P&C
NEWSLETTER

As you may be aware, our P&C annual general meeting (AGM) is coming up next month and we are looking for new members to join our team. We need people who are passionate about their child's education and are keen to work with the school, and other members of the P&C, to help plan for and support learning and lend a hand to plan for and run P&C events. An added bonus is the opportunity to help choose (and run) the fundraising activities P&C host during the school year.

7th
7:00pm
November

AGM MEETING

General Meeting
To be financial a \$2 payment must be made to the P&C account before the AGM



A BIG THANK YOU TO EVERYONE WHO DID FUNDRAISING FOR THE BIG SHOW. PRIZES HAVE NOW BEEN ORDERED. ONCE THEY ARRIVE TO SCHOOL THEY WILL BE HANDED OUT TO THE KIDS.



PAYMENTS BEFORE THE AGM CAN BE MADE TO:
CAMBRIDGE GARDENS P&C
BSB 062 589
ACC 00908028

THERE WILL BE A UNIFORM POP UP SHOP ON FRIDAY 10TH NOVEMBER AT 8.45



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

Kids Pantry Canteens

SIPS

- Flavoured Milk \$5.00
- Juice \$2.00
- Juice Bomb \$5.00
- Milo \$2.50
- Up & Go \$3.00
- Smoothie \$2.50
- Water \$2.00

NIBBLES

- 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) \$3.50
- Sauce \$0.50
- Cutlery \$0.50

PIZZA

Tomato OR BBQ base

- Garlic and Cheese \$5.50
- Hawaiian \$4.50
- Margarita \$3.50 (V)
- Meat Lovers \$5.00
- Pepperoni \$5.00
- Supreme \$5.00

SANDWICHES & WRAPS

Toasted add 50c

- 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 Chili 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 Many \$2.00 (V)
- Moosie \$2.00
- Quench 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

MY SCHOOL CONNECT
Facebook icon
Instagram icon
Twitter icon
Website icon

MY SCHOOL CONNECT

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)

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

Uniforms – Back to Basics

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

Camp Australia

Outside School Hours Care

Newsletter

20/10/2023

Cambridge Gardens Public School

A message from your Coordinator

Dear Parents and Guardians,

We hope this newsletter finds you well and that you are enjoying the changing season. We have some exciting updates and activities to share with you as we continue our journey of learning and fun at our OSHC centre.

Highlights of previous week:

World Play Day Celebration: Last week, our children showcased their creativity and teamwork during the World Play Day celebration with LEGO® bricks. They transformed imaginative ideas into hands-on creations. Be sure to check out the previous photos we captured and shared to see their amazing achievements.

Summer School Holidays Adventure: The upcoming summer school holidays promise an incredible adventure for your children. They will dive into the world of stop-motion animation using LEGO® bricks. Join us for two action-packed days of creativity and innovation in our Rocketeers program.

Next Week's Theme: "Mindfulness"

Activities: We'll focus on mindfulness, teaching children the importance of self-awareness and emotional intelligence. Kids will create "Emotions Jars" to explore their feelings. They'll also express gratitude by making Thank You cards for teachers and get creative with painting pots. In addition, we have a hands-on gardening project planned, where kids will plant trees, fostering a love for the environment.

Your Feedback: We're always eager to hear your thoughts and suggestions to ensure we provide the best care and learning experiences for your children.

Thank you for your continued support and trust in Camp Australia OSHC. We look forward to another enriching week ahead!

Warm regards,

Maisy & OSHC Team

Activities coming up

- Mindfulness
- Cooking Masterclass
- Outdoor Activities
- Planting Trees

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 pp.campaustalia.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.campaustalia.com.au

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

Go4Fun Programs

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



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 Swanton 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.





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

Register at 4720 6500 or groups@gatewayfamilyservices.org.au



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



DATES:
Fridays 27th Oct - 1st Dec

VENUE:
Tanderra OOSH
14 Raymond Road
Springwood, 2777

TIME: 10:00am - 11:30am

COST: FREE

REGISTER NOW



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@gatewayfamilyservices.org.au



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



Missing File - Tuning into Teens Parenting Program Flyer

Penrith City Council Events

Positively
PENRITH

You're invited to the
**CRANEBROOK
FAMILY
FUN DAY!**

Saturday 4 November

Cranebrook Skate Park and Field | 10am-3pm

FREE activities, craft workshops, food and fun in a family-friendly day.

Entertainment

Food Trucks | Workshops

Local and Council Services

Face Painting | and more!

PENRITH CITY COUNCIL

Find out more:
penrith.city/events

2023

2023

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
02.11.2023	Superhero Spectacular Fundraiser – Students can dress up as their favorite Superhero and bring a gold coin donation. Students can also purchase a sausage sizzle \$3.00ea, various treats \$2.00ea & have their face painted for 50cents.
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