



INNOVATION, EXCELLENCE, CONNECTIONS, FUN

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Cambridge Gardens NSW 2747  
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**Phone:** 02 4730 1201

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*21 November 2023*

## Principal's Report

Dear Parents and Carers

Welcome to Week 7!

How quickly the term is progressing and 2023 is coming to an end! The next few weeks has many of our celebratory events so keep a look out for times and dates in the newsletter, on notes and on FACEBOOK.

A big thank you to our amazing staff at Cambridge Gardens Public School. It was wonderful to return after seven weeks leave and see how well things have been going! A big shout out to Mr Shanan Wood for his excellent work as relieving Principal! Well done to Miss Gemma Barbagallo who relieved as Stage 2 Assistant Principal during this time as well. We are so lucky to have leaders with such skills and confidence that they can step into these roles with confidence and assurance. I would like to also thank those staff who also stepped

up at times during this period, including Mrs Melissa Galdes as our School Administration Manager and also Mrs Wendy Wright who also stepped into an Assistant Principal role earlier in the term.

On staffing news, a huge congratulations to Mr Shanan Wood, whose success and skills have been recognised as he will be heading to Londonderry Public School for 2024 as the relieving Principal. We wish Mr Wood great success at Londonderry Public School but will miss his great work as our Assistant Principal (Curriculum and Instruction). Well done to Mr David Sheaves who will continue to relieve in 2024 as an Assistant Principal at Oxley Park Public School in 2024. Mr Sheaves has been most successful in the role this year and it is a wonderful achievement for him to be asked to continue. Congratulations also to both Miss Alannah Antonelli and Miss Emilia Wynn who have been successful through interview in gaining permanent teaching positions commencing at Northbourne Public School in 2024. We have been so fortunate to have these two staff members as School Learning Support Officers over the years and then as teachers throughout 2024. They have both done a

great job on Year 1 this year and with their work with our dance groups. Thanks to Miss Wynn also for her work with our Kitchen Gardens initiative and also with our New Arrivals students. We will miss both these talent students,

A huge good luck to our dancers and singers this week at School Spectacular! They are practising hard this week and will be ready for the performances on Friday and Saturday. A big thank you to Mrs Deborah Smith, Mrs Rose Antonelli, Miss Alannah Antonelli and Miss Emilia Wynn for all their work and enthusiasm with this opportunity. There is a lot of organisation, early morning and late nights involved in this exciting event! Thanks to our wonderful parents and carers who support this activity especially in the punctuality around meeting at railway stations for drop up and pick up. It makes everything run so smoothly!

A big woo hoo to Allegra Bavarro in winning the Karen McKeown Christmas Card Design Competition! What a wonderful and creative entry and we look forward to seeing it featured on the Christmas Cards!



The staffing shortage continues to be an issue across NSW and continues to have an affect on our school. I would like to particularly thank our school executive and support staff who are stepping out of their roles and responsibilities to maintain the continuity of learning and the stability of the classroom environment during staff absences. A big thank you to our Assistant Principals, Mrs Rose Antonelli and Mrs Casey Hetherington who are covering Pompeii Class whilst Mrs Alison Patrick is on extended leave and also Mr Daniel Attard, Mr Shanan Wood and Miss Jo Austine who will work with Class Neolithic during Mrs Felicity Nelson's extended leave.

It is that time of the year, when I will be working with teachers around class structures and student placement for 2024. This

is the time to remind me if there are any issues around your child and their placement including past issues with other students or teachers. Please remind me in an email to the school email account, even if you believe I know from conversations this year or in the past. Whilst we can not guarantee that we can accommodate your concerns or requests, it is essential that we can find solutions where possible. Please drop in for a chat if you think it is necessary or you would prefer.

Have a wonderful two weeks!

**Adam Wynn**

**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.

### E v e n t

**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 Contributions flyer](#)

### 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

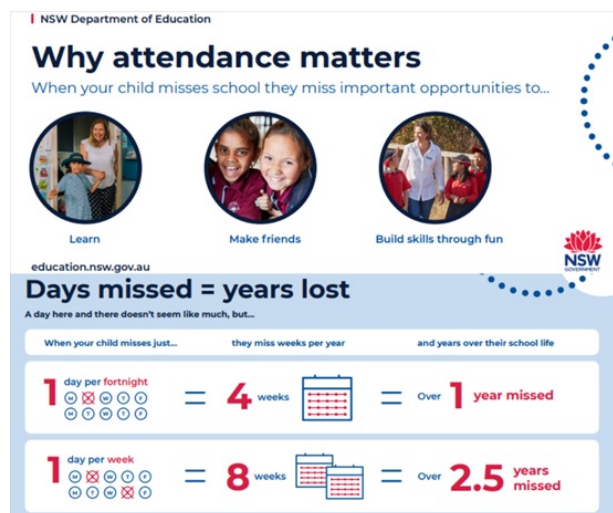


**Enrol Now Kindergarten 2024**

Head to our School's website to complete your online application or call for more information  
Phone (02) 4730 1201

The poster features the Cambridge Gardens Public School crest, a sunburst graphic, and an illustration of a girl sitting on a stack of books.

## Attendance Matters



**Why attendance matters**  
When your child misses school they miss important opportunities to...

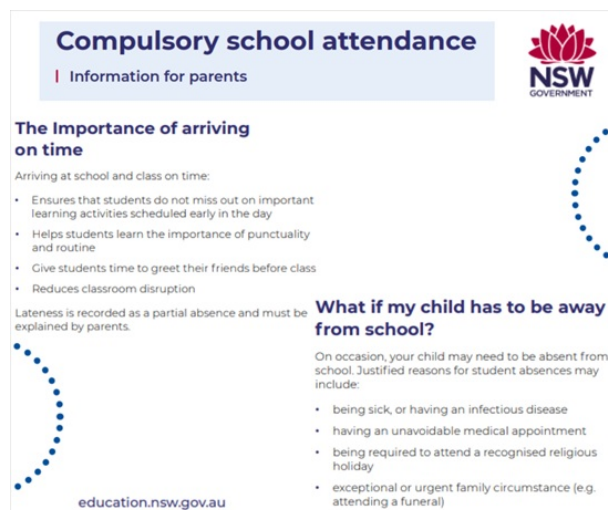
- Learn
- Make friends
- Build skills through fun

education.nsw.gov.au

**Days missed = years lost**  
A day here and there doesn't seem like much, but...

When your child misses just...	they miss weeks per year	and years over their school life
1 day per fortnight	= 4 weeks	= Over 1 year missed
1 day per week	= 8 weeks	= Over 2.5 years missed

The infographic includes icons of children and a calendar to illustrate the impact of absenteeism.



**Compulsory school attendance**  
Information for parents

**The Importance of arriving on time**  
Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

**What if my child has to be away from school?**  
On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

education.nsw.gov.au

## CGPS Christmas Picnic



**COME JOIN US FOR AN EVENING OF FUN AT OUR Christmas Picnic**

**Wednesday 6th December 5-8pm**

**Food Trucks • Carols • Hair Spray • Meet Santa • Colouring in winner announced • Light Display & heaps MORE!**

**ALL WELCOME**

The poster features a festive Christmas tree, Santa Claus, and a star.

## Presentation Day Assembly

On Wednesday 13<sup>th</sup> December we will be acknowledging the achievements of our students at our Presentation Day Assembly. Family and friends are invited to



join us for the special occasion. The assembly will be held under the COLA on top grass at 9.45am. We look forward to seeing you there.

**Laura Williams**  
**Presentation Day Coordinator**

it is a massive commitment and is greatly appreciated.

*Click on photo to enlarge:*



**Felicity Nelson**  
**Stage 3 Overnight Excursion Coordinator**

## Kindergarten News

Kindergarten had a wonderful time during their Open Classroom on Thursday. Parents and family members helped assist Kindergarten students to make and create some fantastic Christmas decorations for their class Christmas tree. Their decorated Christmas trees will be on display in the library during our Christmas picnic. Hope to see you all there.

*Click on photo to enlarge:*



**Rose Antonelli**  
**Kindergarten Assistant Principal**

## Kindergarten 2024 Orientation Day

The new Kindergarten students for 2024 came to visit Cambridge Gardens Public School on Friday 17<sup>th</sup> November. They explored various areas of our school and participated in several fun games and activities. What a delightful group of students they were. We look forward to seeing you all next year and can't wait for you to be part of the Cambridge Gardens Public School community.

*Click on photo to enlarge:*



**Rose Antonelli**  
**Kindergarten Assistant Principal**

## Stage 3 Overnight Excursion

During Week 5, most of Stage 3 were off enjoying themselves at camp. We went on a tour of a power station, visited a museum, went for a lap around Mt Panarama, went panning for gold, made damper, sang and danced around a campfire, pitched tents, made mud bricks, explored underground mines and of course we visited Dubbo Zoo! It was a busy but fun time and there were lots of smiling faces everyday.

I would like to thank all the students for their outstanding behaviour and attitude while we were away at camp. I would also like to thank the staff who attended camp,

WOW! The talent at Cambridge Gardens is amazing! Last week I had the pleasure of auditioning some singers, dancers, actors, comedians, pianists and magicians. Auditions are now complete and students should continue to practise their acts in preparations for performance day.

The Talent Show will be held in the school hall on Thursday 14<sup>th</sup> December, 2023. Estimated start time is 9.30am but may change depending on the number of acts.


***Felicity Nelson***  
***Organiser***

I can not believe the school year is already drawing to a close. Due to stocktaking procedures there will be no more borrowing books from the library this year. If your child still has a library book at home could you please ensure they return it as soon as possible. If you have received an overdue notice and believe your child returned the book, please do not hesitate to call or email the school in regards to this matter. There are occasional errors with the system and we are always happy to sort any issue out.

The Premier's Reading Challenge certificates will be handed out at the last Principal's assembly to students who participated in the Challenge at home. Well done to the students who have put so much effort into making reading a priority during their spare time.

## Book Club

**DON'T FORGET!**





**SCHOLASTIC**  
**Book Club**  
 orders are due:  
**1st December 2023**

**ONLINE ORDERS ONLY**  
**Book Club LOOP**  
 for Parents

**download the app or visit**  
**[scholastic.com.au/LOOP](http://scholastic.com.au/LOOP)**

**LOOP** is the Scholastic Book Club  
 Linked Online Ordering & Payment platform for parents.  
 To order and pay for Scholastic Book Club by credit card visit:  
**[www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP)**

GET IT ON  
 Google play

Download on the  
 App Store

**Sorry, no cash orders accepted**

Regards

**Rose Antonelli**  
 School Teacher Librarian

## Staff Profile

### Mrs Sam Ivimey – Student Learning Support Officer



1. How long have you been at this school? *4 Years-Full time and Volunteer- about 9 years*
2. Who or what inspired you to teach? *Helping out during speaking and listening groups*
3. What's your favourite year to teach and why? *Kindergarten*
4. What is your favourite English subject to teach? *Phonics*
5. What would you change for the better? *Stop animal cruelty*
6. What sport house are you in? *Newcombe (Green)*
7. What made you teach at this school? *Local and children went/go here*
8. What did you want to be growing up? *Vet*
9. How many playtime activities have you ran in the past years? *Around 10*
10. Would you substitute a c l a s s ? *"for sureeeee!!!!!!!!!!!!!!"*





*Mrs Ivimey was interviewed by  
Brianna-Rose C and Summer Hommel*

## **Nutrition Snippet**

### FOOD SAFETY

As the weather warms up, it's important to keep food in the lunch box cold and safe to eat.



**TOP TIP:** Use a cooler bag and ice brick or a frozen water bottle to keep the lunch box cold.

For more info and tips read our [food safety blog](#).

[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box

*Alanna Vella*

*Live Life Well at School Coordinator*

## **Nutrition Snippet**

### FESTIVE FUN

Get the kids in the kitchen decorating their own healthy and tasty Christmas pizza.



**Perfect for the lunch box, after school snack, party pleaser or dinner!**

Our [Christmas tree pizza](#) recipe is a healthy and tasty lunch box item that the kids will love!

For this recipe and more visit:

[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box

## P&C News

**P&C Newsletter**

Cambridge Gardens Public School

**PC & ASSOCIATION**

We have a new email address!

If you would like to make contact, email us at:

[admin@cgpspandc.com.au](mailto:admin@cgpspandc.com.au)

The P&C now have new contact details. Or you can contact us through our Facebook page.

**Our AGM will be held on Tuesday 12th December 2023 at 7pm. Immediately followed by the regular meeting. The meeting will be held in the staffroom. Everyone is welcome to come along.**



**P&C Newsletter**

Who doesn't love a raffle at Christmas time, well you are in luck. The P&C are launching their Christmas Raffle today, with some great prizes up for grabs. Hampers, tickets to Taronga Zoo, Luna Park and more. Raffle drawn Friday 8th December!

Tickets are:

- 1 for \$2
- 3 for \$5
- 7 for \$10
- 15 for \$20

Purchase your tickets here:

<https://myschoolconnect.com.au/cambridge-gardens-ps-affle>



As a school community and all the fundraising we have done this year we have some wonderful NEW additions coming to our school VERY soon. The P&C discussed with teachers and students for some things they would like to see at school.

Our younger children have asked for another set of footy goals for the younger grades and our teachers have asked for new gazebos for our sporting events. Both these purchases have been made and we are just waiting for them to arrive.

## 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](mailto: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

**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 (3) \$3.50
- Sauce \$0.50
- Cutlery \$0.50

**PIZZA**

Tomato OR BBQ base

- Garlic and Cheese \$3.50
- 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 Mory \$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





## OUR SCHOOL TUCKSHOP IS NOW ONLINE!

Download the free app or access [www.myschoolconnect.com.au](http://www.myschoolconnect.com.au)



### 1. REGISTER YOUR ACCOUNT

Register on any device, simply login to [www.myschoolconnect.com.au](http://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)

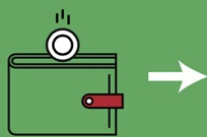


### 4. ORDER

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!



[www.myschoolconnect.com.au](http://www.myschoolconnect.com.au)



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

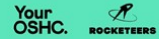
# Camp Australia

Outside School Hours Care

## Newsletter

03/11/2023

Cambridge Gardens Public School



### A message from your Coordinator

Dear Parents and Guardians,

We hope you had a fantastic week, and we're excited to share some of the highlights from our service. It's been a fortnight filled with creativity, teamwork, and fun, and we're looking forward to what's coming next!

#### Last Week's Highlights:

- Paper Plate Pumpkins:** Our little artists had a blast creating their own pumpkins. Their imaginative designs and colourful decorations added a festive touch to our service.
- Halloween Pop-Up:** Our Halloween celebration was a spooky success! Kids made cards with paper, enjoyed some not-so-scary stories, and had a delightful time.
- Iron-On Beads:** It was all about precision and patience as kids placed beads on the Iron-On Pegboard one by one, showcasing their fine motor skills.
- Choco Chip Cookie Delight:** The delicious aroma of freshly baked Choco chip cookies filled our centre as the kids tried their hand at baking. They not only prepared these mouthwatering treats but also relished every bite.

#### Coming Up Next Week:

**Theme: Magnetic Tiles**

Next week, we're diving into a world of imagination and teamwork with our theme - "Magnetic Tiles". This open-ended construction activity will encourage kids to work together, communicate, and bring their wildest architectural dreams to life. They will be challenged to create structures, including the thrilling Marble Run maze, requiring both verbal and non-verbal communication for success.

#### Outdoor Activities

In addition to our construction theme, we'll continue to promote outdoor activities. Your kids will have the opportunity to engage in healthy competition with soccer and volleyball games.

#### Art and Craft

Kids will make pop-stick pencil holders, snake paper chains and masks.

**Your Feedback Matters:** Please share your thoughts, suggestions, and questions with us. Thank you for your continued support!

Warm regards,

Mairaj & OSHC Team

### Activities coming up

- Construction
- Art and Craft
- 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 [app.campaustalia.com.au](http://app.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.



Find out more and book now at [www.campaustalia.com.au](http://www.campaustalia.com.au)

# 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 21<sup>st</sup> 2023  
and will reopen on January 3<sup>rd</sup> 2024

**JANUARY TRADING HOURS 2024**

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

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

**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 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](http://go4fun.com.au) or call 1800 780 900





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](http://edu.nsw.gov.au/SchoolShowcase).



School Infrastructure NSW  
Email: [schoolinfrastructure@det.nsw.edu.au](mailto:schoolinfrastructure@det.nsw.edu.au)  
Phone: 1300 462 651  
[www.schoolinfrastructure.nsw.gov.au](http://www.schoolinfrastructure.nsw.gov.au)




NEPEAN COMMUNITY & NEIGHBOURHOOD SERVICES  
In partnership with Koolyongarra Aboriginal Child and Family Centre






**Kooly Aboriginal Go4Fun | Term 1, 2024**

Thursdays  
8 February to 11 April  
4:30 pm to 6:30 pm  
Transport available  
Pool program  
Nepean Aquatic Centre, Penrith

**"We look at healthy eating and staying active on the program. We also bring families together!"**  
Reece,  
Aboriginal Go4Fun Leader

**Enquiries and to register call  
Kooly on (02) 4706 0280**

**Free!**

Spend time with friends and family to get healthy, active and happy with Aboriginal Go4Fun. Aboriginal Go4Fun is a ten week healthy lifestyle program for kids aged 7-13 and their families. A parent or carer is required to attend each session.

For more information visit [go4fun.com.au](http://go4fun.com.au)




## What happens at Go4Fun programs?

Fun games & activities



Build self confidence



Make new friends



Manage screen time



Supermarket tour



Learn about healthy eating for kids & family



Get active & have fun



Whole of family approach



## Gateway Family Services – Term 4 2023

Gateway Family Services

Term 4, 2023

Parenting Programs Summary



Program	Date & Time	Location	Registration
<b>Cool Little Kids</b> <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
<b>Circle of Security</b> <i>Learn how to be a strong, wiser &amp; 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
<b>Tuning in to Teens—ONLINE</b> <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.gatewayfamilyservices.org.au](http://www.gatewayfamilyservices.org.au) or [www.facebook.com/GatewayFS](https://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](mailto: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](mailto: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.



# 2023

## 2023

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
28.11.2023	Aboriginal and Torres Strait Islander PLP Presentation Afternoon – 3:30pm to 4:30pm
29.11.2023	2024 Student Leadership Speeches Assembly – 9:30am to 11am
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
04.12.2023	School Swimming and Water Safety Program - Commences
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.
08.12.2023	School Swimming and Water Safety Program - Finishes
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 – 9:45am to 11:45am
14.12.2023	Talent Show
15.12.2023	Last Day of Term 4 – Students only

<b>18.12.2023</b>	Staff Development Day – Staff only
<b>19.12.2023</b>	Staff Development Day – Staff only

## 2024

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