



INNOVATION, EXCELLENCE, CONNECTIONS, FUN

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12 September 2023

Click on photo to enlarge:

Principal's Report

NEPEAN BLUE MOUNTAINS DANCE FESTIVAL

Congratulations to our two amazing dance groups who performed with such skill and confidence at the Joan Sutherland Performing Arts Centre in Penrith last week. I was very excited to spend the matinee performance backstage with our Stage 1 group feeling and experiencing their excitement and getting a great look of their performance from the wings. For the night performance I was in the audience able to witness the beautiful costumes of our Stage 2 and 3 Group as well as see their outstanding performance. Both dances were tremendous! A big congratulations to Miss Antonelli in her planning, practicing, organisation and skill and bringing these students to such a wonderful performance level. A thank you to Miss Wynn for supporting and working with these dance groups and Miss Antonelli as well. Well done to all involved.



NSW MINISTER'S AND SECRETARY'S AWARDS FOR EXCELLENCE

What an honour it was to attend these awards at the Sydney Town Hall with the team from Cambridge Gardens Public School and having three members of our school community honoured on the night. A big shout out to Miss Alanna Vella, Mrs Kim Latter and Mrs Belinda Adams for being nominated and being successful in being recognised and applauded at such a high level. I have included below

the testament put forward on behalf of each individual that gained the award.

Click on photo to enlarge:



Alanna Vella
CAMBRIDGE GARDENS PUBLIC SCHOOL

Alanna Vella is an exceptional classroom practitioner. She demonstrates an outstanding knowledge of curriculum and a skilled pedagogy ensuring student achievement. Alanna has exceptional skills in classroom management and confidently builds individual and whole class wellbeing. She has demonstrated the ability to share this expertise with her colleagues ensuring her influence is not just in her classroom but across the stage team and the whole school. Alanna has shown outstanding ability to be part of Department of Education initiatives, confidently reflecting on her practice and implementing the new syllabus with integrity as an example to all. She demonstrates excellence in teaching each and every day.



Kim Latter
CAMBRIDGE GARDENS PUBLIC SCHOOL

Kim Latter is an outstanding educator, providing support and inspiration to the students and staff of Cambridge Gardens Public School. She has implemented and sustained our QuickSmart mathematics intervention strategy for our Aboriginal and Torres Strait Islander students for a number of years. She has been the driving force of this intervention, growing the initiative through her own observations and professional learning and sharing her knowledge and understandings with the staff of our school. Kim builds strong, caring, purposeful and supportive relationships with the students she works with, building their commitment and enthusiasm for their work and thirst to improve and succeed.



Belinda Adams
CAMBRIDGE GARDENS PUBLIC SCHOOL

Belinda Adams is a most worthy recipient of recognition. Belinda shows drive and initiative for the benefit of our school community. She seeks solutions and advocates strongly for the needs of our students and school across our school community within the Department of Education and with those who have the capacity to solve issues. Belinda has been a long time member of our school P&C Executive, working closely with the school and understanding protocols and processes to run major and minor events. She works persistently with those who can make a difference, to make a difference. Belinda is a pleasure to work with and an asset to our school.



STAGE ONE ZOO EXCURSION

What a great day I had joining our Stage 1 students at the zoo. The excitement and the learning was amazing with our students so interested in the various animals and habitats. A big congratulations to our students on their outstanding behaviour and their engagement in our lesson and in the exhibits.

Click on photo to enlarge:



DEALING WITH STUDENT DISTRESS OR CONFUSION

Unfortunately, our families and students sometimes experience difficult times and stresses in their home life and as a school we will always provide support and assistance as we can to help our students and their families. Sometimes these matters are shared across families, friends and our students and our children can become quite confused or upset by the information they hear. 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 comfort that you can. When we are asked about things by students, we will normally say that yes we know that, as well as, and yes it is sad or upsetting. Following that we would focus on

the positive, saying we hope things go well around a situation moving forward. 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, but we can contact her immediately if necessary. Our thoughts and best wishes go out to our families currently dealing with difficult circumstances.

STUDENT BEHAVIOUR

As a school our students display wonderful behaviour and a great understanding of appropriate and inappropriate behaviour. At times, usually around games, our students can become physical in their responses to conflict or disagreement. It is important that we always emphasise to our children that physical violence such as kicking, hitting, or punching is not acceptable at school, on the footy field or in the shopping centre. Over the last week or so, we have had an elevation in punching or hitting by a number of students which have been dealt with under our School Discipline Policy with serious consequences for those students. I ask all parents to remind their children that at no time is physical violence acceptable. Our children look to us as parents and teachers for guidance and it is important that we are clear on our expectations of behaviour.

SUPPORTING OUR SCHOOL AND P&C

One of the things that I am most proud of across our school community is our positive outlook and our respectful relationships. As individuals, we will always have differing opinions and ideas around many things. It is always important for us to be kind and to reflect on the motivation behind the actions of our school, our staff and our parent volunteers as well as other school community members. When you have an issue, concern or problem with something, please come and discuss it in the appropriate arena. Unfortunately, in this day and age, social media is often used inappropriately resulting in upset to our school staff or parent volunteers. We ask that if you want to voice a concern that you come to a meeting or private message the appropriate body. It is really upsetting and sad when people comment on FACEBOOK posts in a negative way resulting in other users also feeling comfortable to be very negative in their postings. I am aware that there

has been some negative feedback around the upcoming fundraising activity by our P&C. Decisions around these activities are considered very carefully and discussed at our P&C. Please come along and share your thoughts at these meetings. Please remember that fundraising activities are voluntary and that the results benefit all students. Please always consider the invaluable support of our P&C in the work they do for our students. Too often we lose great volunteers and workers. It would also be a shame if we needed to limit comments or block users on our social media.

Have a great 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 Contribution flyer](#)

K-2 Athletics Carnival

**Wed 13/09/2023 at
10:45am – 1:120pm**

■ [Click here to download the K-2 Athletics Carnival flyer](#)

Stage 3 Overnight Excursion

Mon 6-9/11/23
15/08/2023

Due

[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 2024 Information Evening

Cambridge Gardens Public School
Innovation, Excellence, Connections & Fun

Welcome to
Kindergarten
CLASS OF 2024

**INFORMATION
EVENING**

**Wednesday 13th September 2023
7.00pm - 8.30pm**



This night will provide information about:

- ✓ Our School's Vision - A message from the Principal
- ✓ Innovative programs in Literacy and Numeracy
- ✓ Opportunity programs our school offers
- ✓ Our enrolment process and our OOSHC
- ✓ Kindergarten orientation events in 2023

Come along, see our school and meet some of our staff and parents that make up our wonderful school community.



34 Trinity Drive Cambridge Park | www.cambridgeg-p.schools.nsw.gov.au
Email: cambridgeg-p.school@det.nsw.edu.au | Phone: 4730 1201

Attendance Matters!

We're getting to the end of Term 3, and there's still lots to learn and fun activities to participate in. It remains important that your child attends school every single day. Being at school is the best place for students to learn as well as to keep social connections and build life-long skills.

We understand that families are eager to see and reconnect with loved ones and take a well-deserved break, but please remember that planned travel should only be taken during scheduled school holidays. Students should be at school every day during school terms, including until the end of term, unless they are sick or are absent for a justified reason.

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
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1 day per fortnight	= 4 weeks	= Over 1 year missed
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1 day per week	= 8 weeks	= Over 2.5 years missed
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education.nsw.gov.au



Missing a day here or there may not seem like much, but absences add up and can negatively impact your child's learning and wellbeing. When your child misses one day a week, that's 40 days of school and 8 weeks of learning in one year. Over an entire school journey this adds up to 2.5 years of lost learning.

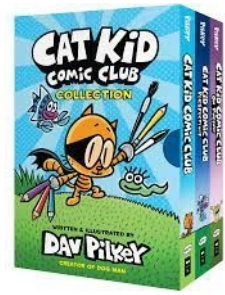
It would be great to see every child at school at school every day and on time every day – can you do it until the end of the term?

Alison Patrick

Assistant Principal Attendance

The Anxiety Project - Child Development Workshop

In Term 4, 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. Please keep your eye out for an email with dates and further information.



Rose Antonelli
Teacher Librarian

Warm regards

Casey Hetherington
The Anxiety Project Implementation Coach

Library News

Monday 11th September to 15th September (Week 9) is our staff planning week. Mrs Antonelli will have to cover classes during this week, **there will be no library lessons or borrowing in Week 9.**

The library staff have been busy accessioning and covering many new book resources for the students. These will all be available for borrowing from Week 10. Students are encouraged to borrow for the holidays and utilise some of their free time to read or be read to for pleasure.

Never underestimate the power of reading books to your children. They develop increased vocabulary knowledge, and a greater insight into what good writing sounds and looks like. Below are some images of the new books that are popular with students at present.

Click on photo to enlarge:



Click on photo to enlarge:

Stage 1 Fun!

Stage 1 recently embarked on a fun adventure to Sydney Zoo! It was a day filled with smiles, curiosity and lots of learning! There was lots of excitement in the air as we visited the elephants, giraffes, lions, zebras, meerkats, walked the primate boulevard, saw lots of marine life in the aquarium and came up close and personal with a crocodile!!

In addition to the incredible wildlife encounters, our students had the privilege of experiencing a wonderful Bungaribee Dreaming Aboriginal workshop. This unique opportunity allowed us to delve into the rich cultural heritage of Australia's First Nations People. During the workshop, we were introduced to a fascinating array of Aboriginal tools and artefacts and had Aboriginal ochre painting done on our faces. Our students also had the chance to witness the mesmerising sounds of the didgeridoo, which beautifully mimicked the calls of many Australian animals.

A huge thank you to Mrs Patrick for her organisation and planning for this excursion! And a huge well done to our students who exhibited the values of Cambridge Gardens Public School and represented our school with pride.

Click on photo to enlarge:



Alanna Vella
Assistant Principal - Stage 1

from the Interschool Chess Challenge Tournament in Term 1 competed in the Regional Semi-Final stage of the Interschool Chess Challenge. Steve Cochoco, David McMillan, Mukun Chen, Cayden Rigelsford and Ethan Robinson travelled to the Australian Christian College in Marsden Park for an intense day of high quality chess tournament play. Once again, the tournament format was a 7 round 'Swiss' format where the winners of each round would play each other in the following round and the losers of each round would also play each other in the following round.

There were 60 students from various schools in this stage of the competition. Our students played with great determination and sportsmanship, but unfortunately our team did not finish highly enough to progress through to the Regional Final. A special congratulations to David McMillan who was our highest ranked player on the day, winning 4 out of his 7 matches.

I would like to congratulate all of these students who have dedicated their own play time and time at home this year to keep learning and improving their chess skills. I'm looking forward to working with them all again next year.



James Kristof
Chess Coordinator

Interschool Chess Challenge Regional Semi-Final

On Wednesday 6th September, our five top-ranked students

Maths Games

On Wednesday and Thursday in Week 8, the fourth and final round of the Maths Games was held. This saw the culmination

of a series of maths challenges for each competition that took place over three months. The Maths Games was the non-competitive challenge where our results were not compared against students from other schools. A big congratulations to Allegra Bavaro who was the top scoring student in the Games with 16 out of 20 questions correct throughout the Games. Well done also to Steve Cochoco and Emily Denis who tied for second with 11 questions correct out of 20.

Lost Property

Missing File Float Right: Lost Property: JPEG

First it's cold, then it gets hot. As the day goes on, children are taking off jumpers and forgetting to collect them at the end of playtime. Our Lost Property racks are overflowing with school jackets and jumpers. There is even a pair of trackpants and a shirt waiting for an owner. Other items of clothing, such as branded hoodies and caps, are also needing to be collected.

All items which had a legible name have already been handed back, so if your child is missing an item, please come to the verandah outside Mrs Patrick's classroom to check if that item is hiding in Lost Property. The end of term is approaching fast and I would like to clear Lost Property out before then. Any remaining items will, as usual, be donated either to our wonderful P&C clothing pool, or to one of the local charity shops.

Hoping to see lots of parents either before or after school, or on one of our fun days, locating lost items.

Alison Patrick

4 What is your favourite year to teach? Year one.

5 What is your favourite class you have taught? Too hard to choose just one they are all special.

6 Dynasty or Holocene? Equal

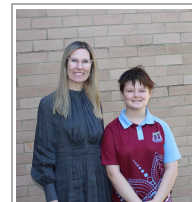
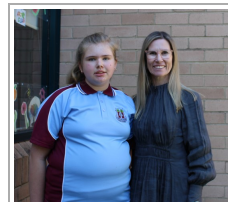
7 What is your favourite subject to teach? English or art

8 What could this school have more of? New musical instruments.

9 What inspired you to become a teacher? Her year two teacher.

10 What did you want to be when you grew up as a young child? A teacher

11: Did you enjoy this interview? Yes "I had the most wonderful and kind interviewers"



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

Staff Profile – Mrs Laura Williams



1 How long have you been teaching?
About 25 years.

2 How long have you been at C.G.P.S?
12 years

3 Rate your class 1-10. 10

Nutrition Snippet

HOW TO PACK A HEALTHY LUNCH BOX



A good lunch gives children energy and nutrients to learn, play and grow, and sets them up with lifelong healthy eating habits.

But what does a healthy lunch box look like? Find out in our [short video](#).

healthy lunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

MUST HAVES IN THE PANTRY

Having the right ingredients in the pantry will help you create healthy and delicious meals.



Here are our top 6 essential items to stock:

1. Brown rice
2. Wholemeal pasta
3. Rolled oats
4. Canned legumes
5. Canned vegies
6. Canned fruit

Check out our [blog](#) to find out how to use pantry staples in your cooking.

healthy lunchbox.com.au



Cancer Council
Healthy Lunch Box

P&C News



P&C Update

Tuesday 5th September 2023 Meeting

Volunteers needed:

Uniform Pop up shop held monthly is looking for helpers.

Below is an overview of highlights from the P&C meeting held on 5th September 2023.

Fathers Day Stall - Fathers day saw another succesful Fathers Day stall. Run a little differently this year but still a great success. Big Thanks to the team of volunteers who helped make it happen.

Top Cola / Basketball Court Resurfacing & Additional Toilets - Measuring and quotes has started and we cant wait to see the area finished.

Yarning Circle Update - Grant funds have been received. Work should commence late September. The final design has been signed off on.

The Big Show Update- Wow, thank you for your amazing support for our biggest fundraiser of the year. The students have loved to see the teacher sliming's as we have reached significant fundraising milestones. Our volunteers have worked hard to secure amazing prizes to be awarded in the lead up to the event.

AGM - Our AGM will be held on Tuesday 7th November with all positions available. Must be a current financial memeber to vote.

School Gazebos - The money raised from The Big Show is going towards purchasing new gazebos for sporting events. Quotes presented.

Year 6 Yearly Donation - The P&C annual donation of \$300 approved to assist year 6 expenses for the farewell.

The next P&C meeting is on Tuesday 7th November 2023 at 7pm

cambridgegardenspublicschool@pandcaffiliate.org.au

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) \$3.50
- 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 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 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 \$2.00

FROZEN BITES

- Frozen Juice Cup \$2.00 (V)
- Ice Many \$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.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

Click here to download the Latest Camp Australia

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



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



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.gatewayfamilyservices.org.au or www.facebook.com/GatewayF5

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.



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.



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@gatewayfamilyservices.org.au



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Misingn File - Tuning into Teens Parenting Program Flyer

2023

13.09.2023	K-2 Athletics Carnival – 10:45am – 1:20pm
13.09.2023	Kindergarten 2024 Information Evening 7pm – 8:30pm
15.09.2023	Award Booklets Due for the Term 3 Week 10 Principal's Assembly. Booklets are to be given to class teachers to add to the recipient list.
20.09.2023	K-2 Public Speaking Presentation Assembly - in the Hall
22.09.2023	Principal's Assembly Term 3 Week 10 – 9:30am enter via Gate A, held in Area 4 on the Artificial Grassed Area. All are welcome to attend.
22.09.2023	School Fun Run – P & C Fundraiser
22.09.2023	Last Day of Term 3
09.10.2023	Term 4 Commences – All Staff & Students return to school
16.10.2023	Open Classrooms Stage 2 - 9:30am to 11am
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
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	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.
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
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