



Term 1, Week 10 - April 4, 2024

Bligh Park Public School strives to be an inclusive school community where everyone aspires to reach their full potential.



Dates for Your Diary

April

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- *Monday 8 - Cricket gala day - postponed*

- **Tuesday 9** - Cross country
 - **Thursday 11** - Stage 2 Opera House excursion
 - **Friday 12** - Last day of Term 1
 - **Monday 29** - School Development Day
 - **Tuesday 30** - Students return for Term 2
-

Future Dates

Friday 3 May - ANZAC Day service

Tuesday 18 June - Athletics carnival

Thursday 28 November - Year 6 farewell

Recent Notes and Payments Due

- **Year 6 polo shirt orders - close Friday 5 April**
 - Cross country
 - Stage 2 Opera House excursion
 - Cricket gala day
 - **Intention to apply for Year 5 opportunity class in 2024 apply online by 17 May**
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Principal's Message



Dear parents/carers,

How time flies when you're having fun! It seems like yesterday that we were welcoming our new Kindergarten students, our new teachers and families through the balloon arch, and setting up our classrooms ready for learning. When you look back on the past newsletters for this term, you realise just how busy schools are! Amidst all of the busyness, we have had a relentless focus on **learning**. Our desire to engage you, our parents/carers in your child's learning, by discussing your child's learning goals with you at the partners in learning interviews and review meetings during Term 1 were a good starting point. Since that time, students have been encouraged to extend their learning journey through home reading and other home tasks.

Once again, we are proud to acknowledge the sporting achievements of our Bligh Park Public School students. Congratulations to Indianna (5/6S) who has been selected to participate in the NSW all girls' league national baseball tournament being held in Lismore in May. We wish her every success!

Harmony Day (friendship groups)

On Friday 22 March, students wore orange as they joined their friendship groups, spent time together and enjoyed a picnic lunch together to celebrate **Harmony Day**. Students listened to a story and then completed an activity, as they discussed ways of being inclusive, respectful and ensuring everyone has a sense of belonging. It was lovely to visit classrooms and see everyone joining in together and spending time with their buddies.



We are always grateful to our wonderful community for their support throughout the year as we share in the learning journey of our students. Thank you to the lovely family who provided a delicious Easter morning tea for staff.



Easter hat parade

Once again, the Easter hat parade is a wonderful opportunity to welcome our families into our school to celebrate together. The stars of the show were our adorable Kindy students, singing 'little Barry Bilby had a fly upon his nose', all their hard work and practice in class paid off as they performed with pride. The brief rain shower didn't dampen our spirits as students sang Aussie Easter to finish the parade. Thanks go to the K-2 team for their organisation and to our new P&C team for the lucky door prize raffle on the day. We hope you all enjoyed a lovely Easter celebration!





Hawkesbury Show

The Hawkesbury Show is coming up soon and our students have been working hard to create some amazing artworks using the theme 'farm buildings'. We have submitted artworks from students across the school, so be sure to check them out if you visit the show.

Each year, schools are given a wooden cutout to paint and this year we were given three 'Lucy the baby alpacas' to decorate. Well done to Jacqueline 3-6M, Kate 3/4F and Zainab 5/6A, whose designs were chosen for our entries. Our students have done a wonderful job with Ms Anderson to get them ready and we can't wait to see them on display!



Gold card morning tea

On Wednesday 3 April, we celebrated the wonderful achievements of our students who have earned 5 Gold Cards and an invitation to enjoy a special Principal's morning tea. Congratulations to:

First morning tea

Thomas (2S); Isaiah V (2S); Alea (2D); Reagan (2S); Lila (2D); Isla-May (2S); Riley (2S); Eli (2D); Cooper (2-3S); Lucas (2-3S); Ellie-Ann (3/4H); Damian (3/4W); Jesse (3/4W); Jade (5/6H); Avah (5/6S); Charlotte (5/6A)

Second morning tea

April (2S); Morrison (3/4H); Aubree (3/4F); Maddelyn (3/4H); Landon (3/4W); Riley (5-6F); Aleira (3/4F); Alanna (3/4F)

Third morning tea

Jayden (5/6H); Sapphire (3/4F); Indianna (5/6S)

Fifth morning tea

Dylan (5/6S)

Well done and keep up the good work!

Enjoy family time and have a restful break, we look forward to seeing you all back on 30 April!

Joan

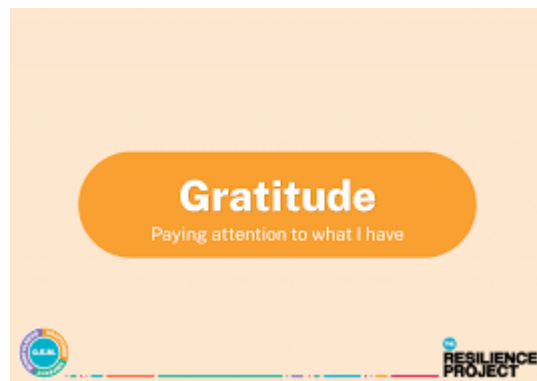




The Resilience Project



Resilience and wellbeing are key factors to ensure a happy and fulfilling future for our young people. Lessons are continuing in class each week using The Resilience Project, as we support students to use the language - Gratitude, Empathy, Mindfulness and Emotional Literacy. Use the GEM chat prompts below to start a conversation with your child at home.



Snapshot: Gratitude

Working on gratitude helps us to be thankful and appreciate what we have in our lives, rather than focusing on what we don't have or what we want. When we practice being grateful, we start to scan the world to look for positives – this only takes 21 days! Practicing gratitude every day increases our levels of energy and helps us to feel happier and more focused, determined and optimistic. It even helps us

have better sleep, lowers levels of anxiety and depression and we are less likely to get sick. So many benefits – let's all try to be grateful for the things and people in our lives every day!

Whole family activity:

Gratitude scavenger hunt

- As a family create a scavenger hunt list of things that make you happy or you are grateful for, you can make your own list or use the examples below:
- Something that makes you happy
- Something you love to smell.
- Something you enjoy looking at.
- Something that is your favourite colour.
- Something you like in nature.
- Something that is useful for you.
- Each member of the family uses the list and has to find as many things as they can.
- You can hunt for things inside or outside, or both. You can hunt for real things, or you can also do this using magazines or pictures from the internet.
- After a set amount of time hunting, come back together, have a look at what each person collected and let them explain why they are grateful for each item.

Family habit builder:

Every night at dinner, have each person talk about their favourite thing about that day.

Year 5 Opportunity Class in 2025

Intention to apply for Year 5 entry to an opportunity class in 2025

Opportunity classes are for primary school students who have high academic potential or who are intellectually gifted. Students successfully placed will usually have to leave their current school to enrol in a school with an opportunity class. Opportunity classes are offered in Years 5 and 6, with parents/carers applying in Year 4.

Testing and assessment

Applications for opportunity class placement are considered on the results of the opportunity class placement test. Students who wish to be considered for placement are required to sit the opportunity class placement test on Thursday 1 August 2024.

How to apply

Parents/carers must apply online between Thursday 4 April and Monday 20 May 2024 at:
<https://education.nsw.gov.au/oc>.

You must use your own email address and not one belonging to your child. Late applications are not usually accepted. If you intend to apply for opportunity class placement for your child, please complete the permission slip in School Bytes by Friday 17 May 2024 and complete the online application.

You must submit only **1** application for each student.

The school **cannot** apply on your behalf.

To apply go to the online form at: <https://education.nsw.gov.au/oc>

The big six - phonics

Phonics

How does phonics contribute to reading success?

Phonics builds on phonological awareness. During phonics lessons at school, children learn to connect the sound or phoneme to the letter of the alphabet or group of letters that is used to represent it. Learn more about phonics in the Guide for families on the For families section of the Hub.

What can parents can do at home to assist with phonics learning?

- Teach children to write their name. Use a capital letter at the beginning and lower case for the rest of the letters. Write it for them and let them trace it, copy it, make it from play dough or draw it in sand.
- Point out words and letters when reading together. 'There's the letter *M*, it says mmm for Mummy. Can you see the *S* that says sss for Sam?'
- Encourage children to find the letters in their name or the names of family members and in other places such as books, signs, product packaging and shop windows.
- Point out different fonts, different ways to write the same letter, when reading and in your local environment.

The 5 Big Ideas of Beginning Reading

Comprehension is the goal of reading. We use the other four big ideas to build up to reading comprehension. This can start with listening comprehension for pre-readers and readers who are still learning how to decode.

Phonemic Awareness



The ability to identify and play with individual sounds in spoken words. Practice blending phonemes prepares students to read words, and practice segmenting phonemes prepares them to spell words.

Phonics



Understanding how letters and groups of letters link to sounds to form letter-sound relationships and spelling patterns. It involves learning letter-sound correspondences and common spelling patterns. Phonics supports decoding and spelling and leads to fluent reading.

Vocabulary



Knowing what words mean and how to say and use them correctly. Many word meanings are learned through reading, but before students can read text on their own, vocabulary can be taught through oral language interactions and reading books aloud.

Fluency



The ability to read words, phrases, sentences, and stories correctly, with enough speed and expression. When decoding skills become automatic, students can more easily focus their attention on understanding words and text. Fluency is the bridge to comprehension.

Reading Comprehension



The ability to understand what you are reading. In addition to vocabulary and fluent reading of text, reading comprehension requires background knowledge, understanding sentence and text structures, monitoring understanding, and connecting ideas.



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<https://improvingliteracy.org>



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1 - Australian researchers (Deslea Konza (2014) include Oral Language as the 6th component.

MindQuest 2024



MindQuest caters for gifted and talented primary students from years 1 - 6. In the past these courses have proved successful for a range of students:

- gifted and/or talented students
- gifted underachievers
- students of well above average abilities with a special interest

If you believe that your child would benefit from attending the program, please visit mindquest.net.au

Dates & venues

June 15 & 16: Glenwood High School, Forman Ave, Glenwood, closing date Friday 17 May 2024

SRC



At Bligh Park what are we? Safe, Respectful, Responsible that's me!

Congratulations to 3-6M who received the Bluey award for the focus 'use equipment safely and responsibly.'

We would also like to congratulate Emerson 3/4W and Charlotte 5/6A for receiving the canteen vouchers for following the fortnightly focus.

Our next fortnightly focus is 'wear full school uniform'. This includes a school hat and school jumper. We will announce the winning class for this focus at the next school assembly during week 11, including the 2 individual students who receive the canteen voucher.

If you are seen following our focus, you will receive a SRC Bluey that may be drawn out in our fortnightly draw to receive a \$2 canteen voucher.

ANZAC Day

On Thursday 4 April, our school captains will be representing Bligh Park at the Hyde Park ANZAC Day Ceremony. They will lay a wreath on behalf of our school and pay their respects for our fallen soldiers and those who served for our country. We look forward to sharing some photos and more information about the ceremony in our next newsletter.

Our school ANZAC Day service will take place when we return to school next term. We will be sending a note home soon to request flowers to be sent in for us to make our wreaths to lay as part of the service.

With school holidays coming up, we hope everyone has a safe and happy break and we can't wait to be back at school next term!

Thank you,
SRC & Sports Captains.

Merit Awards



Merit Awards – Term 1 Week 8	
KA	Christian & Beau
KB	Ryder & Riley
1A	Kenzie & Kaela
2D	Zane & Bobby
2S	Laila & Jayden
3/4F	Scarlett & Evie
3/4W	Harrison, Mason, Emerson & Takoda
5/6H	Zack & Lachlan
5/6S	Izayah & Mase
3-6M	Harrison & Alessandro
5-6F	Braxtyn & Riley

Gold Awards



Gold Awards – Term 1 Week 8

KA	Kiesha
KD	Rylee
2D	Hannah & James
2S	Evelyn
3/4F	Lucas
3/4W	Kobie & Dakota
5/6A	Cherish
5/6S	Emily

Class of the Week



Congratulations to 2-4D for improved focus in learning

P&C News

The P&C have had a busy month! On Monday 25 March our AGM was held. The office bearers for 2024 were elected at this meeting and the results were:

- **Sarah Pearson-Bushell** – president
- **Daniella Cosentino** – vice president
- **Danielle Murphy** – treasurer
- **unfilled** – secretary
- **Rebecca Christian** – fundraising
- **Hayley Cox** – uniforms

We were pleased to run a lucky door raffle for the Easter Hat parade, congratulations to our winners on the day.

Preparations are underway for the Mother's Day stall coming up next term so keep an eye out for more information. Looking forward to a wonderful year with our new team.

Lost Property



Any named items are returned to the students. Unfortunately, there are a number of unlabelled items:

- lunch boxes/containers
- drink bottles
- jumpers

Please label all items with your child's name and class and check regularly that names have not washed/worn off.

At the end of each term, unclaimed uniform items are handed over to the P&C 2nd hand uniform stock for sale, other items are donated to charity.

Thank you.

Nutrition Snippet

HEALTHY GRAB-AND-GO SNACKS

Making homemade snacks can be cheaper, healthier and better for the environment, but sometimes you just need a **grab-and-go snack** that is not packed with sugar, salt and saturated fat.



Read our blog to find out our top **8 grab-and-go snacks** to pack when time is low

healthylunchbox.com.au

 **Cancer Council**
Healthy Lunch Box

Safe and healthy online habits

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES

- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of InAgee Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.





National Online Safety
#WakeUpWednesday

 @nationalonlinesafety
  /NationalOnlineSafety
  @nationalonlinesafety
  @national_online_safety

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Our local community offers...



**PLAYGROUP
IN THE PARK**

Merana provides a supported playgroup for children and their parent's/carer's

Everyone is welcome to come along and join us for a fun morning of activities and picnic in the park with friends

EVERY TUESDAY
(SCHOOL TERM 1 & 2)

9:30 am - 11 am

SOUTH WINDSOR NETBALL COURTS
MILEHAM STREET, SOUTH WINDSOR

Everyone is welcome!

Morning tea is provided
Please bring a hat

For more information, please call Merana on (02) 4588 5144 or admin@merana.org.au



ICE CREAM • SNOW CONE • FRESH JUICE

• SMOOTHIES • ICE CREAM SHAKES

• FRAPPES • MILK SHAKES • DESSERTS

• ICED COFFEE • ICED CHOCOLATE • COFFEE



Conveniently located next to Aldi
Shop 2, 1 Grose Vale Road,
North Richmond

Free Coding Holiday Activity

April School Holidays

Educational? Yes!

Fun? Yes!

Affordable? Yes! (it's free!)



Suitable for
beginner to
advanced
coders.

Ages 9 & 10,
11 & 12,
13 & 14,
15 to adult.

SIGN UP NOW:
codingau.com/freeactivity

Limited spots available

CODING AU