



Black Swan News

Grahamstown Public School

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Term 4, Week 7 16 November 2021

Book Fair

Last week we hosted our annual Book Fair. It was great to see so many students dress up as their favourite book character. Thank you for all your support with book purchases as we will now be able to purchase more resources for our school library.



SCHOOL EVENTS

Term 4

- 17 Nov – School Photo Day
- 23 Nov – Little Grahams sessions
- 30 Nov – Little Grahams Sessions
- 2 Dec – IHS Year 7 2022 Orientation Day
- 7 Dec – Little Grahams Sessions
- 16 Dec – Last day of Term 4

Illness

Staff and students must not attend work or school if unwell, even with mild symptoms of COVID-19. Any person with any COVID-19 symptoms must be sent home and not return to school unless:

- they have a negative COVID-19 test result and are symptom free or
- they have isolated for 10 days, when no medical certificate is available.

In circumstances where students or staff have other medical reasons for recurrent symptoms, a letter from their GP is sufficient to negate the requirement for a negative test.

Where a person has previously tested positive for COVID-19, NSW Health will provide them with a medical clearance that allows them to return to school or work. There is no requirement for the person to produce a negative test result. Refer to [NSW Health External link](#) for additional information including what is provided to the person in relation to release and recovery from COVID-19.

Attendance

All students are expected to attend school now unless they are unwell. This means students are either:

- at school
- at home because they are currently unwell
- at home because they have a medical certificate which states that they are unable to return to school due to an ongoing medical condition
- they have been asked by NSW Health to self-isolate

Please NOTE: Learning-From-Home packs have now ceased. Teachers are unable to teach face-to-face and teach children at home at the same time. If their class have returned full time, then they are expected to return as well.

Drop offs & Pick ups

To ensure your child's safety we would like to distribute students, parents and carers evenly around the entry/exit points for pick up and drop off. Please refer to the table below which outlines the way this will be managed here at Grahamstown PS. To avoid congestion at the front of the school, please consider using the back entrance and parking in the streets where the path has access points i.e. Burrowell Close, Bilmark Drive, Luskin Close and Bettina Close. In the morning, teachers will be at both gates. In Hastings Drive, please utilise the Kiss and Drop Zone quickly and stay in your cars where possible. Teachers will ensure your child enters the school safely. While waiting for your child/ren in the afternoons, please ensure that you maintain social distancing and avoid gathering in groups while waiting outside the gates. You must always wear a mask while waiting. Again, in Hastings Drive, you must not leave your car to collect your child if you are parked in the Kiss and Drop Zone. Children will be walked down to this area by staff. To avoid congestion, please arrive at school to collect your children as close to your allocated time as possible and leave immediately after collecting them. We understand that this may cause difficulty for some but appreciate your understanding while we endeavour to ensure the safety of all. This arrangement will be in place until further notice and only applies to those children who are picked up by an adult. NO child will be permitted to leave the school grounds unless they are in the company of an adult. If a child walks home on their own or catches the bus home, they will remain in class until 3pm.

Morning Drop Off	
Time for Drop off	Family name beginning with
8.30am - 8.45am	A-M
8.45am - 9.00am	N-Z
Afternoon Pick Up	
Time for pick up	Family name beginning with
2.40pm	A-D
2.45pm	E-K
2.50pm	L -N
2.55pm	O-S
3pm	T-Z

Visitors

Only essential visitors are allowed on school sites at this time. **When dropping off or picking up your child, parents and carers please do not enter the school site. If your child is arriving late to school please phone the office when you arrive at the front gate and direct your child to the office for a late note. If you are collecting your child early please phone the office when you arrive at school and your child will meet you at the front gate.**

Please wear a mask and physically distance while you are waiting for your child/ren at the end of the school day.

Masks and face coverings

Masks will be mandatory for all staff and all students in Year 7 and above while they are indoors on school sites unless eating or exercising. Masks are strongly recommended for primary students both indoors and outdoors unless eating or exercising. Anyone entering our school office is required to wear a face mask.

School Cleaning

Schools will continue to receive additional cleaning in line with advice from NSW Health. Schools have received extra supplies of soap, hand sanitiser, toilet paper, paper towels, disinfectant wipes and personal protective equipment.

Ventilation

Open or well-ventilated spaces reduce the risk of COVID-19. Where possible classroom doors and windows will remain open and fans and air-conditioners will be set to use outside air, where possible.

Canteen

The Canteen is operating however ordering will only be available through Flexischools and will start out with a limited menu while we navigate being back, and work out what it looks like for us working with the restrictions in place for schools. For the meantime we will be swapping our reusable packaging (bowls, cups, plates , Straws) and using disposable, biodegradable packaging.

Raymond Terrace Athletics Centre

Online registrations are open at www.raymondterraceathletics.com.au

A Registration day will be held at the Centre in Kangaroo St on Saturday November 20 from 10am till 1pm

at Raymond Terrace Athletics Centre, Kangaroo Street, Raymond Terrace

The competition season begins on December 4th

We accept Active Kids vouchers

Enquiries: Deidre 0418 962 185

Little Grahams

Our Kinder 2022 Little Grahams returned on Tuesday last week. It was fabulous to see their little faces again!



PBL

Each Monday all students are taught a lesson that relates to one of our PBL expectations. We follow the motto: Everyone, Everywhere, Every time. This helps our students understand what is expected of them at all times and ensures we have a consistent message throughout the school. If you wish to nominate a student for following the expectations in the community please email our school grahamstown-p.school@det.nsw.edu.au with your nomination.




Gracie Fellows

Gracie offers support to her school community at every opportunity. She has been noticed providing assistance at many school events and providing help to many of her younger peers.




Islay Bessant

Islay regularly offers her own time to assist the school staff in the Sensory Play area at break times. She is also heavily active in community events and a great role model for her community.

<h1>S</h1>	<p>SAFETY</p> <p>ACT SAFELY, BE ALERT!</p> <ul style="list-style-type: none"> ✓ Walk safely ✓ Act safely ✓ Keep left, keep moving
<h1>T</h1>	<p>TRUST & HONESTY</p> <p>OWN YOUR CHOICES!</p> <ul style="list-style-type: none"> ✓ Tell the truth ✓ Pay for your purchases ✓ Follow the rules
<h1>A</h1>	<p>ACTING RESPONSIBLY</p> <p>MAKING GOOD DECISIONS!</p> <ul style="list-style-type: none"> ✓ Toss your trash ✓ Right place, right time ✓ Hands off!
<h1>R</h1>	<p>RESPECT</p> <p>THINK TWICE, SAY IT NICE!</p> <ul style="list-style-type: none"> ✓ Mind your manners ✓ Consider others ✓ Look after our community
<h1>S</h1>	<p>SUCCESS</p> <p>BE A PROUD CITIZEN!</p> <ul style="list-style-type: none"> ✓ Be positive ✓ Be confident ✓ Be a S.T.A.R!!!

Assembly Awards Term 4, Week 4, 5 & 6

Kinder Llamas	K/1 Flamingos	1 Frogs
Hayley		Maliah
Cooper		Jesse
Chloe		Macy
Kaiden		Zara
		Mitchell
		Nathan
		Zaayil
		Will
		Myra
		Maxwell

1/2 Rabbits	2 Marsupial Mice	2/3 Meerkats
Kiralee	Alice	Matthew
Blake	April	Amleanah
Tiarniee	CJ	Bella
Alythia	Aiden	
Kobe		
Boston		
3 Lions	3/4 Taipans	4 Chameleons
	Blake	Katelyn
	Blaze	Alana
	Mason	Chloe
		Grace
		Sophie
		Olivia
		Matilda
		Bhavya
		Nicholas
		Toby
		Braxton
		Griffyn
4/5 Fireflies	5 Toucans	6 Butterflies
Rubijane	Piper	Chelsea
Jack	Lucy	Jaxon
Mason	Aiden	Ashton
Logan	Millah	Alesha
Jayda	Makiah	Chase
William	Lailah	Mia
Ahlieghaa	Emilee	Edith
Lakia	Maddox	Amelia
Ivy	Mia	Rory
	Liam	Bailey
		Emily
		Isabelle
		Sonny
		Timothy
		Gracie
6 Monkeys	MC Lizards	Badges
	Danielle	Millah – Whole Graham
	Jack	Aiden – Yellow
	Lucian	Maddox – Yellow
	Kyson	Marshall – Red
		Mason – Green
		Zac – Green
		Timothy – Yellow
		Chase – Red
		Alesha – Green
		Jaxon – Yellow
		Amelia – Yellow
		Bailey – Red
		Emily - Green

ATTENDANCE MATTERS!



The NSW Department of Education is targeting attendance as a state wide initiative . Here at Grahamstown Public School our current goal is to increase our daily attendance target to 95%

We are also looking to increase the percentage of students that attend school all day

DID YOU KNOW ?

When your child misses just...	This equals...	Which is...	And over 13 years of schooling that's...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly half a year
20 minutes per day	1 hour and 40 minutes per week	Over 2.5 weeks per year	Nearly 1 year
Half an hour per day	Half a day per week	4 weeks per year	Nearly 1 and a half years
1 hour per day	1 day per week	8 weeks per year	Over 2 and a half years

At Grahamstown Public School we are aiming to increase attendance with these current initiatives:

- ✓ A random raffle draw for students who are present at morning assembly
- ✓ Daily tracking of attendance in classes with students
- ✓ Attendance cup awarded to the class with the highest percentage each week



Graham says:

If you're well, come to school!

Every Student, Every Day, All Day, All the Way!

Healthy Lunch Box recipe

Couscous cakes



Ingredients

¾ cup couscous, preferably wholemeal
1 tsp reduced-salt vegetable stock powder
1 cup boiling water
1 clove garlic, crushed
¼ cup parsley or coriander
½ cup tinned chickpeas, drained & rinsed
2 large eggs, lightly beaten
1 lemon, zested
Olive oil

- Makes 8 patties

Method

Place the couscous and stock powder in a large bowl and add boiling water. Stir, cover and sit for 5 minutes.

Chop the garlic in a food processor. Add the parsley or coriander and pulse until finely chopped. Add the chickpeas and pulse until chopped.

Fluff the couscous with a fork. Add the chickpea mix, eggs and lemon zest and mix well. Refrigerate for 15 minutes. Press into a ¾ measuring cup to create cakes. Repeat with the remaining mix.

Heat olive oil in a frypan over medium heat. Add the couscous cakes in batches so not to over crowd. Press them down gently with a spatula to flatten. Cook until golden on both sides.

For more recipes visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Good for Kids good for life

Create screen free bedrooms

School aged children need 9-11 hours of sleep each night to help them play and learn during the day.

Did you know using screens can affect how long it takes for your child to fall asleep and how well they sleep?

Try these tips to reduce the negative effects of screens on your child's sleep:

- Avoid using screens an hour before bedtime. Wind down by reading or playing quiet games.
- Keep mobile phones and other screens in a dedicated place outside of the bedroom every night.
- Encourage your child to connect with friends earlier in the day so they are not tempted by messages and games at night.



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>