

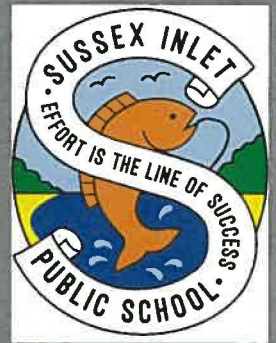
Sussex Inlet Public School Newsletter

Quality education in a supportive community

Phone: 4441 2053 Fax: 4441 1729

Web site: <http://www.sussexinlet-p.schools.nsw.gov.au>

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



2020/5

Term 1 Week 5 – 24.02.2020

K-2 Assembly Class Awards

KH: Jack M & Anna P
KC: Eden G & Zac M
K/1B: Aisha H & Will Z
1H: Evie H & Sarah T
1/2M: Eli-Ahnnan C & Tyler F
2N: Sam H & Kendra S



Clifford



Beau McD was very excited to be the first student to take home Clifford in 2020.



1/2M, 2N & K/1B
Were pleased to receive the assembly award for their great behaviour.

Dates to Remember

| | | |
|-------|---------|--|
| Thurs | Feb 27 | District Swimming Carnival |
| Fri | Feb 28 | 11.30am K – 6 Assembly Clean Up Australia Day |
| Mon | Mar 2 | 1/2M Parent/Teacher Information Session |
| Wed | Mar 11 | South Coast Swimming Carnival |
| Fri | Mar 13 | 11.30am K – 6 Assembly |
| Fri | Mar 20 | Harmony Day Lots of Socks |
| Fri | Mar 27 | 11.30am K – 6 Assembly |
| Tues | Mar 31 | School Photos |
| Thurs | April 2 | School Cross Country |
| Wed | April 8 | Fun Run Easter Hat Parade |

Clean up Australia Day

Our school will be participating in clean up Australia Day on Friday 28th February. Students will be cleaning the school and surrounding areas under the close supervision of their class teachers. To reduce the amount of plastics going to landfill we are encouraging students to share a reusable bag with their classmates and only bring reusable gloves such as gardening gloves if they feel this is necessary. Our playgrounds are already very clean and all students will be able to wash their hands properly after collecting the rubbish. This is a fun activity and helps students to demonstrate their pride for our beautiful school area.

Parent Teacher Information Session 1/2M

Monday 2nd March, 2.30pm in 1/2M classroom.

Looking forward to seeing you all there. Sherie Murphy

**Awards to be presented
K – 6 Assembly, Friday 28th February, 2020**

| | |
|-------------|----------------------|
| KH | Marlo B & Tom S |
| KC | Jessica R & Korbyn N |
| K1/B | Ava S & James P |
| 1/2M | Indiana M & Logan D |
| 1H | Leevi A & Deegan N |
| 2N | Katie D & Matthew D |
| 3S | Gracie F & Oscar M |
| 3/4C | Bonnie C & Hannah J |
| 4/5B | Tyson P & Kaylee A |
| 5/6G | Jaxson C & Tahlia T |
| 5/6R | Hayden W & Bailey K |

Sports Awards

Liam M, Harper C, Lewis W & Max K

Clothing Pool

We have a clothing pool with school and sports uniforms sizes ranging from 6 – 14. Prices \$2 - \$5. Please call into the office to see what is available.

Swimming Carnival Presentation



Age Champions



Swimming Carnival Winning House - Wahoo

Staff & Classes 2020

| | |
|------------------------------------|--------------------------|
| Principal | Ms Janelle Radke |
| Assistant Principal Stage 1 | Mrs Julie Hickman |
| Assistant Principal Stage 2 | Miss Jessica Seco |
| Assistant Principal Stage 3 | Ms Belinda Ryder |

Teachers

| | |
|-------------|-----------------------------|
| KH | Mrs Julie Hickman |
| KC | Mrs Corinne Hamilton |
| K1/B | Miss Lana Bruffey |
| 1H | Ms Sally Hanlin |
| 1/2M | Mrs Sherie Murphy |
| 2N | Mrs Rebecca Nevin |
| 3S | Miss Jessica Seco |
| 3/4C | Mrs Tricia Cameron |
| 4/5B | Mr David Booter |
| 5/6R | Ms Belinda Ryder |
| 5/6G | Ms Linda Glover |

Learning & Support

Mrs Tiina Hill
Mrs Rachael Banwell

Teacher/Librarian

Mrs Robyn Glasson

School Counsellor

Ms Leah Piazza

School Admin Manager

Mrs Val Williams

School Admin Officers

Mrs Gail Banks
Mrs Madeline Rayner

**School Learning Support
Officers**

Mrs Nicole Croker
Miss Mandy Cropper
Mrs Anne Elliott
Mrs Emma Powell
Miss Laura Ryan
Mrs Nicky Sennitt
Mrs Belinda Tekis

P & C News

Uniform Shop

The uniform shop will be open on Tuesdays 3.00pm-3.30pm and Thursdays 8.30am – 9.30am.

Canteen News

Canteen Roster - Monday & Tuesday closed

Week 5

| | | |
|-----------|----------|-----------|
| Wednesday | 26/02/20 | R. Smith |
| Thursday | 27/02/20 | J. Bruns |
| Friday | 28/02/20 | T. Fernie |

Week 6

| | | |
|-----------|----------|-------------|
| Wednesday | 04/03/20 | J. Proctor |
| Thursday | 05/03/20 | R. Faulkner |
| Friday | 06/03/20 | K. Jarrett |

Volunteers are required from 9.00am - 9.30am until 1.30pm. Call Chris Parth if unable to attend: 4441 2921 or 0408268929.

Community News

Jervis Bay Netball Club

Registration information <http://jervisbaync.nsw.netball.au> or see noticeboard.

INSIGHTS

Managing separation anxiety at school drop-offs



Going to school for most children is a positive experience however some children can struggle making the transition from their home environment to school. It's naturally distressing to see your child upset at school drop-off but there is a great deal you can do to make school drop-offs easier for you and your child.

Breaking the cycle of separation anxiety at school

A child's clinginess, crying or tantrums at school drop-off can be disturbing for you as a parent. Despite putting on a brave face, you can feel guilty that somehow you're the cause of this behaviour. Unless something traumatic has occurred then leaving your child at school is a normal part of life, something your child will get used to. The following strategies may help eradicate your child's tears and fears when you take them to school:

Tell the story

Prepare your child thoroughly each morning for what will happen when you leave your child at school. Repeat the story each morning before school so they can fully prepare for drop-off.

It takes two

Involve your child's teacher in the drop-off process as they will be the person who must deal with an upset child. In extreme examples, at the start of term or after a long absence, a later starting time may give your child a chance to say goodbye in more relaxed circumstances.

Give me five

Rituals are both personal and reassuring so develop a special goodbye ritual that you consistently use when you leave your child each morning. Your special ritual may be simple such as a special wave or kiss, or fun such as a high five, low five, fist pump bursting into a hand explosion. Then leave quickly without stalling or looking back. Avoid making leaving a bigger deal than it what it is.

Reduce the rush

Is your child a morning star or night owl? Many children are slow starters in the morning, which can mean that they're frequently rushed and arrive at school in highly anxious states. Do all you can to reduce morning stress, which may include earlier bed and waking times; laying out school clothes the previous evening and making minimal demands on their time.

This is the place

parenting*ideas

Location carries memory so choose carefully the place you say goodbye to your child. If a kiss or hug at the school-gate means a happy child, then you've probably found your goodbye place. Experiment with your goodbye location until you find one that works.

It's your job

If goodbyes continue to cause tears, tantrums or clinginess consider, if possible, saying goodbye to your child at home and allowing another adult – your partner or another parent – to take your child to school.

If separation anxiety continues

If your child's separation anxiety interferes with their concentration and learning, prevents them from making friends, is excessive and goes longer than a month, consider getting professional support. Separation anxiety left unchecked can lead to school refusal and other anxiety disorders later on.

For professional support consult with welfare teacher at your child's school, your local general practitioner or local council for suitable health care professionals in the area.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.