

A Safe, Respectful, Engaged Community

Coming Events

Week 6

Mon 4/3 - District AFL Trials
Tue 5/3 - K-2 Active Soccer
Afternoon 3:30pm
Wed 6/3 - SRC - All members
Thu 7/3 - 3-6 Active Soccer
Afternoon 3:30pm
Fri 8/3 - Primary Assembly 5/6D
Week 7
Mon 11/3 - 2nd Day of Ramadan
- PBL Points Begin
Tue 12/3 - K-2 Active Soccer
Afternoon 3:30pm
Wed 13/3 - SRC (Leaders)
Thu 14/3 - 3-6 Active Soccer
Afternoon 3:30pm
Fri 15/3 - School Photos (Day 1)
- K-2 Assembly 2S
Week 8
Mon 18/3 - NAPLAN
- School Photos Day 2
Tues 19/3 - K-2 Active Soccer
Afternoon 3:30pm
- P & C AGM - 7pm
Wed 20/3 - SRC - All members
Thu 21/3 - 3-6 Active Soccer
Afternoon 3:30pm
Fri 22/3 - Sydney Dream and Lead

- Whole School Assembly

Principal Report

I'm not sure about you but it is crazy to think that we are already into Week 6 of our new school year, 2024. The classes have all begun really settled and we can already see some quality teaching and learning taking place. This bodes well for another quality year of learning.

We continue to work on new school curriculum, particularly around the Explicit Instruction approach. This has been the backbone of our significantly improved results over the past 3 years. Staff continue to train in delivering this pedagogy at a high level so our students have the best opportunity to learn.

Our new playground is up and running and despite a large amount of army grubs that have discoloured the grass the students are utilisng it to its full potential. Excitingly, this year we will be finalising the last area of the playground to make it a quality learning space. The bottom quarter should be redeveloped by the end of the year with sandpit/long jump pit, car track, Yarning Circle, small basketball/soccer court and appropriate landscaping.

High expectations has underpinned everything we do at the school, from the behaviour of the students, to the quality of our environment and the high level of expected academic outcomes. This goes further than our school gates and filters into our community. We want our community to be proud of the school and for what it stands for. Advocating for our school in our wider community is an important aspect as well. We should be proud of everything we achieve at our school and the incredible results that have been achieved over the last few years.

'A rising tide lifts all ships'



School App

The Entrance Public School is going paperless yyin the near future so it is really important that all families connect with the school through the new school application 'School Bytes'.

School Bytes has two applications you can access.

- 1. Through an online parent portal.
- 2. Through the 'School Bytes' Application found through Apple and Google Play.

The Portal/App allows you to access all school information including:

- Notifying absences
- Paying for events (Goes late Term 1)
- Permission Notes
- Change of details
- Leave request
- School Reports
 Family account details (payments owed etc ...)

By the start of term two there will be no communication going home through notes, that is, it will all be through the applications and portal.

If you are having trouble accessing the School App, please contact the

front office.

Notes you should have

- Visiting author
 District Swimming (Rep
- Swimmers only)
- District League Trials
 Goal Setting Information

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School Bytes

The Entrance Public School is moving to a new Parent Portal and School App called School Bytes.

In this App you can manage absences, pay for excursions, give excursion permissions and a whole range of other opportunities.

To access School Bytes:

- Method 1 Parent Portal accessed via this link: <u>https://portal.schoolbytes.education</u>
- Method 2 Parent App
 - App Store <u>https://apps.apple.com/us/app/school-</u> <u>bytes/id6463097826</u>
 - Google Play <u>https://play.google.com/store/apps/details?</u> id=education.schoolbytes





Ramadan

At TEPS we have a number of families who participate in Ramadan. Ramadan is the ninth month of the Islamic lunar calendar, marking the period when the Quran, the holy book of Islam, was revealed to Prophet Muhammad (PBUH). During this month, able-bodied Muslims abstain from food, drink, and other physical needs from dawn until sunset. This act of fasting is one of the five pillars of Islam, fundamental practices that define a Muslim's faith and practices.

Ramadan 2024 in Australia is expected to start after sunset on Monday, 11th March 2024.



Term 1 Week 6

School Uniform

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Most students look wonderful in their school uniform. Unfortunately, some of our girls have begun to wear really short 'bike shorts' to school.

This is not school uniform.

As of week 6 notes will begin to go home reminding students about the correct school uniform.

The Entrance Public School Uniform is as follows:

- **Shoes** Predominantly Black
- Socks Navy
- Pants Navy Shorts/Skirts/skorts (Can wear Navy tracksuit pants in winter, long navy pants accepted) <u>Girls are not to wear Bike shorts.</u>
- Shirt School T shirt (Cultural design or Standard).
- Jumper Navy School Jumper or Navy Jumper. There is a sports Jacket as well.
- Hat School Baseball Cap or Bucket hat.



Please do not wear labelled clothing.

Morning Routines

Students are asked to be at school no earlier than 8:45am. If they do arrive before that time they are expected to sit in the COLA (3-6) or Kindergarten (K-2) area. Infants (K-2) will be asked to play in the Kindergarten playground at the top of the school. Parents are welcome to drop their children off and are encouraged to leave them before morning assembly.

Afternoon Routines

All gates around the school will open at 3:00pm. Parents are welcome to sit in the COLA area and wait for their children.

Teachers will bring classes down after the 3:15pm home bell.

Students catching the bus can line up at the bus lines.

Students can play on equipment if parents are watching.



Term 1 Week 6



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Swimming Carnival 2024



Last Friday 54 students attended the annual school swimming carnival at Toukley pool. Each student demonstrated great effort in their swimming. Whilst the weather was sweltering we still managed to have fun, everyone was excited to finish the day with a novelty relay. The points score:

1st Ospreys - 185 2nd Pelicans-178 3rd Seagulls- 168 4th Swans- 165

Congratulations to all the students. This Friday we will send a team of 23 students to Zone Swimming at Mingara. Good luck to those students attending. We will do a presentation of ribbons on Friday 8th March.



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Murphy Supporting Students Learning

Murphy is out and about working hard in our classrooms this Term. The children have been very respectful, making sure that all food is secured in closed lunch boxes or bags and the classroom floors are free of any rubbish and pencils/pens before Murphy's timetabled visit. Below is Murphy's Term 1 timetable. We have had a lot of feedback about some positive impacts Murphy has had on our students; whether it may be helping with coming into school of a morning, calming down after being upset, encouraging quiet work in the classrooms, listening to some wonderful reading or just putting big smiles on so many little faces. We just adore our Wellbeing Dog Murphy and are so proud of how clever he is.



Murphy's Timetable 2024 Term 1	Monday	Tuesday RDO	Wednesday	Thursday RDO	Friday
9:15 - 9:30	Assembly with Liana		Assembly with Liana		Assembly with Liana
9:30 - 10:00	Toileting & Play		Toileting & Play		Toileting & Play
10:00 - 10:20	3/4H with Jaki		4P with Jaki		4K with Jaki
10:20 - 10:40	3S with Jaki		3G with Jaki		2C with Jaki
10:40 - 11:00	2T with Jaki		1/2S with Jaki		1H with Jaki
11:00 - 11:25	Toileting & Play		Toileting & Play		Toileting & Play
LUNCH BREAK	Office – PR Liana		Office – PR Liana		Office – PR Liana
12:30 - 1:00	5/6S with Sarah		K-6C with Sarah		1K with Sarah
1:00 - 1:30	5/6D with Sarah		5/6K with Sarah		5/6C with Sarah
1:30 - 1:45	Toileting & Play		Toileting & Play		Toileting & Play
RECESS BREAK	Office – Rest		Office – Rest		Office – Rest
2:15-3:15	Jan's Office – Rest		Jan's Office – Rest		Jan's Office – Rest

PRESCHOOL & KINDERS will not have Murphy visits until Term 2.



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The Anxiety Project

We are fortunate to have so many parents in our school community who care so deeply for all of our students.

This year our school is undertaking a project to address childhood anxiety called The Anxiety Project. A central element of The Anxiety Project is for students to be braver and to 'have a go' - and not avoid difficult tasks or situations, which are within their ability to cope with.

We have undertaking professional learning and reading research from places like *The Harvard Centre for the Developing Child* which has shown us that behaviour by significant adults (like teachers) that inadvertently assists students to *avoid* difficulties, which are within their grasp to solve, can be counterproductive.

Below is a fact sheet which outlines the premises we are subscribing to for reducing 'avoidance' behaviour by our students.

We are seeking your support in undertaking these changes in our school culture so that it can become more of a 'have a go' school. Over the year you will notice some new 'have a go' posters and resources in the school.

If you can share with us any ideas about how we can support your child to learn better at school, we'd be happy to hear them.





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Anxietyproject

FACT SHEET

What is The Anxiety Project?

The Anxiety Project is a project designed by psychologist, Michael Hawton and the NSW Primary Principals' Association to assist Primary students to manage their anxious behaviour. It is a large-scale, evidence-based project, delivered through a series of cognitivebehavioural lesson plans and through the use of teacher-led and parent-led conversational techniques. These interventions are aimed at helping a child to learn skills to manage their anxiety.

The research on student anxiety shows us that:



70% of child anxiety is learned and that 30% of child anxiety is due to temperament and genetic factors¹. The good news is that early intervention means that most childhood anxiety can be unlearned.



Much of the potential for improvements in child well-being can be achieved through 'challenging' students to engage with problems not by avoiding them.²



The significant adults in a child's life - including their teachers - can take make an important difference to a student's ability to manage their anxiety through 'seemingly modest' interventions.³

This term teachers at our school have been learning how to hold use cognitive-behavioural techniques including how to ask guiding questions to help children to become a better emotional problem-solver and to help children to reframe the difficulties they are facing.

If as a parent, you are interested in learning some skills to identify and manage your child's anxiety, please contact the school. As part of The Anxiety Project, parent seminars will be run at the school, as well as access to a self-paced online program Anxiety Coach for a limited number of parents in each participating school. In the meantime, visit: www. parentshop.com.au/for-parents for further parent resources, blogs and articles. Kind regards,

Michael Hawton, MAPS, Psychologist

1 Creswell, C., Parkinson, M., Thirwall, K. and Willetts, L. Parent led CBT for child anxiety – helping parents help their kids (2019). Guildford Press. New York. P61.

2 Types of Parental Involvement in CBT with Anxious Youth: A Preliminary Meta-Analysis. Manassis, K. et al (27 other authors). Journal of Consulting and Clinical Psychology. 2014, Vol82, No6, 1163-1172.

3 Ahlin, E. M., & Antunes, M. J.L. Locus of Control Orientation: Parents, Peers and Place. J. Youth Adolescence (2015) 44:1803-1818.



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Student Representative Council (SRC)

Congratulations to all the students elected to SRC for this semester. The SRC works similar to our government system with classes bringing ideas (Bills) to the SRC (House of Reps) for discussion and voting. Supported ideas are then presented to staff (Senate) to confirm and make happen (Law).

The SRC has been responsible for murals, sports activities, playground plans, environmental clubs and fundraising ideas. All from the students in the school.

2024 SRC Representatives

Class	Rep 1	Rep 2
1/25	Shaniah T	Jahli C
25	Xavier M	Felix E
2Т	Vincent S	Wynter A
3G	Jerzey D	Reuben E
35	Reuben W	Daxon G
3/4H	Chelsea L	Tyson M
4К	Amreet K	Makiah J
4P	Jaxon F	Jariya R
5/6C	Noah D	Ariel F
5/6D	Evie C	Marakai W
5/6K	Matthew	Jacob V
5/6S	Μ	Nate T

School Photos

School Photos will be this Term. Dates are as follows.

Friday 15th March Monday 18th March





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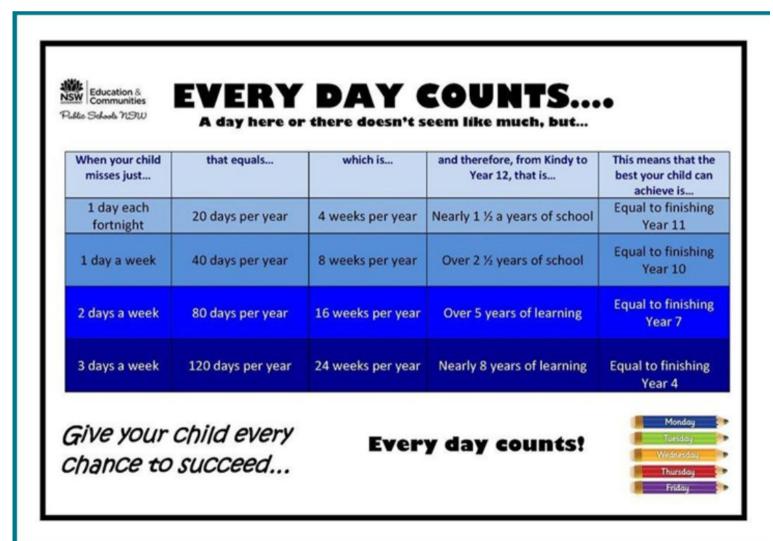
Goal Setting/Parent Teacher Interviews

You are invited to attend a meeting at school with your child's teacher to discuss how your child has settled in and share important information with each other.

If you would like a meeting, please choose two preferences from the times indicated below. Where possible, please choose a timeslot during school hours. The after-school timeslots are provided for working parents.

Notes went home last week. Contact the school if you missed out on them.

Monday	Tuesday	Wednesday	Tuesday	Wednesday
25 th March	26 th March	27 th March	2 nd April	3 rd April
1K, 1H, 2T, 2S	3G, 4K, 4P	5/6K, 5/6C, 5/6S	1/2S, 3S, 3/4H, 5/6D	KC, KD, KG



Term 1 Week 6



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Jump Rope for Heart

Dear Parents and Guardians,

I am excited to announce that The Entrance PS are participating in Jump Rope for Heart this Term – a fantastic fundraising and physical activity program by the Heart Foundation.

By participating in Jump Rope for Heart this Term, I'm expecting to get our students moving. We will have skipping ropes available on the school grounds and are encouraging everyone to help raise funds for lifesaving research and support programs.

Over the coming weeks your child will learn new skills, increase their physical activity, and learn about heart health. And the program will end with our school wide 'Jump Off Day' on where your child gets to show off their new skipping skills to their friends.

When you register your child online, you'll get access to additional skipping resources to help give your child a great reason to get away from the screens and get outdoors. Register and create your own secure webpage at www.jumprope.org.au/parents.

By signing up online, you and your child/ren can:

- Easily raise funds online.
- Track skipping skills progress and earn virtual badges along the way.
- Post updates to your page so family and friends can follow their progress.
- Access additional skipping resources.

Your child should have a 'Parent and Guardian Guide' flyer to take home, which includes further information on the program. If you didn't receive this, visit www.jumprope.org.au/parents for all the information that you need.

Thank you for getting involved in Jump Rope for Heart!

Yours sincerely,

Ms Leesa Jayne PDHPE Teacher Jump Rope for Heart Coordinator

Term 1 Week 6



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Be at School everyday

This year, The Entrance Public School will continue to implement its individualised attendance initiative 'Be at School Everyday' (BaSE). We will closely monitor and review daily student attendance to provide support and guidance in increasing student attendance across the school. Increased communication from the school and Department of Education staff will be a high priority to engage and support parents/carers in enhancing student attendance.

The law requires children to attend school each day that instruction is provided unless prevented by sickness or another valid reason. Regular attendance ensures that students have the best opportunity to learn. Lateness and irregular attendance disrupt a students' learning patterns and impacts on their social and academic progress.

Various communication methods will be used if your child has been identified by the school as having attendance patterns which are beginning to cause concern and be educationally at risk. Additionally, students with high attendance rates will receive positive acknowledgements to encourage and support appropriate attendance at school.

If you would like any additional information regarding The Entrance Public School's BaSE Initiative or other matters relating to attendance, including this letter, or support that may be offered to support student attendance, please feel free to contact the school office.



Class	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	AVG	
KG	0.0	99.0	<u>11</u>			<u> </u>					95.00	1st
1H	96.4	94.5	92.7								94.55	2nd
КС	0.0	93.0	96.0								94.50	3rd
5/6C	93.0	97.2	88.8								93.01	4th
2T	95.2	91.7	90.8								92.57	
4K	85.8	97.5	93.3								92.22	
2S	94.6	90.8	90.0								91.79	
3G	93.6	87.0	94.8								91.79	
1/2G	94.3	91.8	88.6								91.56	
5/6K	88.7	91.7	91.0								90.48	
4P	95.2	94.2	80.8								90.07	
KD	0.0	88.0	92.0								90.00	
5/6D	91.9	91.2	83.1								88.73	
1K	88.8	86.2	89.7								88.22	
3/4H	93.3	87.0	83.5								87.92	
3S	88.8	84.8	88.0								87.20	
5/6S	88.9	92.1	80.2								87.04	
Average	92.0	91.3	91.8								91.69	

School Average = 91.69%



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PBL Points - Positive Rewards System

Our Progressive Awards System runs each year. Each week a student receives 1 point if they have not gained a negative behaviour incident.

After a student earns enough points, they are awarded a Teacher Award. This continues with increasing awards the more points they earn each week. A child who has not received any major negative incidents or 2 or less minor negative incidents will be awarded the Community Award and school pin which matches their year group.

Each level a student passes enables them to attend an increasing number of award activities on Awards day. If a child achieves the 'Community Award' they will attend all activities.

Award	Certificate	Rewards Day Activity
Teacher Award		Class games
Assistant Principal Award	Construction of the same and th	Water Fun
Principal Award	Vermann Heursteinen	Lunch Provided
Community Award		To Be Decided.

Other Awards and Certificates include:

TEPS Tails – TEPS tails are handed out on the spot if a teacher 'catches' a student doing the right thing. They can be awarded for being a 'Safe, Respectful or Engaged' student.

Fortnightly Merit Awards – These are handed out at the Infants/Primary or Whole School assembly. Two for each class per assembly.

Splash Days – These are organised by the PBL team. Students are unaware of the reason or the reward until the day of the award.

Attendance Draw – This occurs every morning. A student's name is drawn out of a box each morning. If that student is in attendance they get to spin the wheel and receive either a mini, minor or major award.

Pizza Party with the Principal.



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P&CAGM

The Entrance Public School AGM will be held on Tuesday 19th March at 7pm at night time in the school library. The AGM is the time that you hear yearly reports from our President, Principal and sub committees. (Canteen and Fundraising)

Positions are open to be filled for the 2024 year.

These are:

- President
- Vice President
- Secretary
- Treasurer
- Committee leaders Canteen

- Fundraising

The P & C are always looking for new people to come and help steer direction for the school.

Any questions contact P&C at: 4332 2422

TEPS ACTIVE SOCCER AFTERNOON SESSION!

Running Each Week

Tuesday - K-2

Thursday - 3-6

Starting at 3:30 pm and finishing at 4:30 pm.

All welcome to enjoy the afternoon with expert coaches .

After school snack supplied



Term 1 Week 6



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Term 1 Week 6



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ONWARD - UPWARD

The Entrance Public School is implementing a new sustainability program; Waste Free Wednesday. This will begin on Wednesday 6th September (Week 8) and run for the remainder of the year.

Waste Free Wednesday

Students are encouraged to bring a waste free lunch box and avoid any plastic wrapping on Wednesdays. Students who engage in this initiative will receive TEPS Tails to encourage continued participation each week.

IDEAS FOR A WASTE FREE LUNCH:

 SNACKS & LUNCHES IN A REUSABLE CONTAINER
 DRINKS IN A REUSABLE BOTTLE
 USE BEESWAX WRAPS OR SILICONE SANDWICH BAGS

WHAT TO AVOID



 LUNCHES IN PLASTIC BAGS, CLING WRAP OR FOIL
 DISPOSABLE BOTTLES AND JUICE BOXES
 SNACKS PACKED IN SOFT PLASTICS E.G. CHIPS, MUESLI BARS, YOGHURTS



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recipes and information you can trust.

Nutrition Snippet

LUNCH BOX SNACKS Need some quick and tasty snacks?







Check out these recipes

that are easy to freeze and ready when you are!

- **Blueberry oat muffins** Oaty biscuits
- Chewy fruit and seed bors

For more ideas download our Snack Solution guide

Cancer Council Healthy Lunch Box

Pack your lunch box from these food aroups

Healthy Lunch Box



Term 1 Week 6



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your 2025 back to school costs

Achieve a savings goal for 10 months and ANZ will match it up to \$500. You need to:

- Be 18 years or older
- Have a current Health Care Card or Pensioner Concession Card
- Have a child in school, starting school next year, or be studying yourself
- Get a regular income (can be you or your partner)
- Agree to join in free online financial education workshops



Terms and conditions apply.

Term 1 Week 6



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April School Holiday Activities

COST: \$32 Half Day | \$53 Full Day AGES: 5 -12 years TIME: 8am - 12pm | 12pm - 4pm | 8am - 4p





ADDITIONAL INFO: Water bottle, morning tea/lunch/afternoon tea, closed in shoes, hat and sunscreen

Monday 15th April	8am - 12pm Arts & Crafts and Board Games 12pm - 4pm Survival Tag and Basketball
Tuesday 16th April	8am - 12pm Arts & Crafts and Nerf Wars 12pm - 4pm Basketball and Soccer
Wednesday 17th April	8am - 12pm Arts & Crafts and Gardening 12pm - 4pm Pickleball and Board Games
Thursday 18th April	8am - 12pm Boxing and Soccer 12pm - 4pm Arts & Crafts and Fitness
Friday 19th April	8am - 12pm Arts & Crafts and Board Games 12pm - 4pm Survival Tag and Nerf Wars
Monday 22nd April	8am - 12pm Arts & Crafts and Fitness 12pm - 4pm Boxing and Basketball
Tuesday 23rd April	8am - 12pm Arts & Crafts and Board Games 12pm - 4pm Basketball and Nerf Wars
Wednesday 24th April	8am - 12pm Arts & Crafts and Gardening 12pm - 4pm Mini Olympics and Pickleball
Thursday 25th April	PUBLIC HOLIDAY - CLUB CLOSED
Friday 26th April	8am - 12pm Fitness and Arts & Crafts 12pm - 4pm Pickleball and Nerf Wars
Monday 29th April	8am - 12pm Arts & Crafts and Board Games 12pm - 4pm Basketball and Survival Tag

CONTACT US:

Phone: 4332 7000 | Email: bateaubay@pcycnsw.org.au







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COME PLAY AFL

WITH THE BATEAU BAY BLUES

We invite you to join the Bateau Bay Blues for the 2024 AFL season.

Whether you are new to AFL or have played for many years, we would love see you at our home ground, Passage Rd.

Come join our Bateau Bay Blues family!

TRAINING TUESDAY / THURSDAYS

- Skills & ball techniques
- Strategy & teamwork
- Ø All girls / women's teams







PASSAGE RD OVAL BATEAU BAY

bateaubayafc
 theblues.org.au

Term 1 Week 6



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Ø **North Entrance Beach Auskick Program**

North Entrance Surf lifesaving Club- 77 Hutton Rd The Entrance North

DAYS: Fridays DATES: March 1 to March 29 inclusive TIME: 4.00pm – 5.00pm COST: \$50

Five weeks of NAB AFL Beach Auskick Tuition and activities (for boys & girls aged 5-12)

PLUS an AFL Beach Pack (tote Bag, Footy and Special Toy) To register and pay online scan the QR Code or use the link Below https://www.playhq.com/afl/register/370889



For more information email mitchell.ede@afl.com.au

Term 1 Week 6



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abbiyeomusictuition@gmail.com 0448855217 located in Budgewoi Singing Lessons **Beginner Guitar Beginner** Piano FREE 30 MINUTE TRIAL LESSON pricing on request

Term 1 Week 6



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415 THE ENTRANCE RD LONG JETTY 2261



Bridge is fun to play and easy to learn. Bridge develops skills associated with partnership, tactics, communication, memory, and probability.

Lessons are commencing at the Central Coast Bridge Club on Saturday afternoons, starting on April 20 at 1:30pm. There are six lessons and the cost is sixty dollars.(\$60)

If interested please contact the club on 4339 3824 (or 0466 055 969)

or email ccbridgeclub@gmail.com

Term 1 Week 6



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Acknowledgement of Country



Together we gather each day on Darkinjung Country, to share knowledge and experiences, as the Elders of this land have done for thousands of years before us. We pay our respect to those Elders and extend that respect to all Elders of the present, including those emerging. As we learn and play together, we acknowledge all Aboriginal people who participate and contribute to the knowledge and experiences we share each day at The Entrance Public School.