Dear Parents and Caregivers

Welcome back to term four at Lawson PS. The term will inevitably be a busy one, with Swim Scheme, reports, excursions, incursions and end of year festivities. We trust that you had an enjoyable holiday period with your families and friends. Staff have been busily preparing their teaching and learning programs, utilising the new syllabus documents and look forward to engaging your children with ongoing, exciting teaching and learning activities throughout the term.

**Assemblies** – We will have three class assemblies this term. Kindergarten will host week 3 (24 October), 3W will host week 5 (7 November) and 2/3B will host week 7 (21 November). We look forward to seeing your items and acknowledging outstanding workers and safe, respectful, responsible learners at Lawson PS.

**Presentation Day** – *We have moved the Presentation Day assembly to Friday 5 December*, as I will be on leave on Friday 12 December and Monday 15 December. Mrs Bate will be Relieving Principal during that time. Parents whose children will be receiving awards at the assembly will be provided with plenty of notice to ensure they are able to attend.

**Life Education** – Healthy Harold will visit the school in week 9 (1 December – 4 December). Mrs Bate will distribute more information about this incursion in the coming weeks.

**P&C Meetings** – Our P&C meeting dates for term four are 15 October, 19 November and 17 December. Meetings commence at 7pm and are held in the school staff room. All welcome.

**Leap into Learning Kindergarten Transition Program** – Mrs Hackney, Ms Heyne and Mrs Williams will be running our orientation program this year. The program will run from 9-11am on Friday 17 October, Thursday 30 October, Wednesday 12 November, Tuesday 25 November and Monday 8 December. Leap into Learning provides students with opportunities to connect with their peer group, buddies and teachers. Students who participate in the program have shown an increased connection to the school, confidence in commencing kindergarten and significantly decreased levels of anxiety around the transition. Parents are also encouraged to take part in the parent sessions that are run parallel to the orientation program. The parent sessions provide opportunities for new parents to connect with new and continuing families at the school, meet students, staff and P&C, open school banking accounts, purchase uniforms, participate in the healthy lunchbox program (run by MOCS) and more.

**State Principals’ Conference** – During week three, I will be engaging in professional learning with colleagues from all sectors and all states. The annual conference will be held from 21 October until 24 October and Mrs Hardge will be Relieving Principal during this time.

**School Photos** – Our 2014 photos will be taken on Tuesday 28 October. Students are required to wear full school uniform on the day (black shoes preferable). More information will be distributed shortly.

**Working Bee** – We will be holding a working bee this Sunday (12 October) from 10am – 12pm. If you are available to assist with weeding and hedge trimming on this day, your support would be greatly appreciated.
Sun Safety – As Lawson PS is a SUN SAFE SCHOOL, students are required to wear hats to play during break times. School hats are available for purchase from the uniform shop. Alternatively, you may purchase green school hats from Big W, Target, K-Mart, Best & Less and other department stores stocking school uniform items. Please encourage your children to apply sunscreen before leaving the house and ensure they have plenty of water to drink during these warmer months. Sunscreen is available for reapplication in each of our classrooms. Should your child require a specific type of sunscreen, please feel free to provide a bottle for school use, clearly marked with his/her name.

End of Year Reports – Staff will be writing reports for students in their classes throughout term four. Reports will be sent home on Tuesday 16 December. Should your child be absent from school on 16 or 17 December, his/her report will be sent home via post.

Christmas Concert – The end of year Christmas concert will be held on Wednesday 10 December.

Fun Day – Students in stage three have already commence preparations for our annual fun day. This will take place on Tuesday 9 December.

Year Six Farewell – Our year six students will celebrate the conclusion of their primary schooling with a night of fun, food and dancing on Tuesday 16 December. Mrs Hardge will provide additional information throughout the term.

Final Day of 2014 – Students’ final day of school will be Wednesday 17 December. Staff will remain at school for 18 and 19 December to participate in professional learning activities and collaborative planning for 2015. Students and staff will be informed of classes for 2015 at the beginning of term one, 2015. Although I would like to provide information around teachers and classes for 2015, staffing allocation depends on the number of students who present for school at the beginning of the school year and remain at school when enrolment data is collected in week three, therefore I am unable to provide any concrete information prior to that time.

Day One of 2015 – Students in Year 1 – 6 will commence the 2015 school year on Wednesday 28 January. Best Start Assessments will take place for incoming kindergarten students from Wednesday 28 January to Friday 30 January. Incoming kindergarten students’ first full day of school will be Monday 2 February. Parents of incoming kindergarten students will be provided with additional information during the Leap into Learning Orientation Program.

We are looking forward to another great term at Lawson PS.

Warm regards

Chantal Beltran
Principal
DEC tips for primary parents

**Tricks for encouraging kids to read** - Is your child a reluctant reader? Why not try helping them find the book that goes with a movie or DVD they’ve enjoyed, or are about to see. Encouraging your child to read can help them to build their imagination as well as giving them a better vocabulary. Kids who read different types of books develop a wide range of language skills and are better placed to understand different types of texts as they progress into high school. School A to Z has lots of tips and ideas on encouraging your child to read, at [http://bit.ly/HLpmB9](http://bit.ly/HLpmB9)

**How much water does your child really need?** - Staying hydrated is even more important during the warmer months. Every part of your body needs water to work properly and dehydration can lead to painful kidney stones. Many people don’t feel thirsty until they are already dehydrated, so packing a drink bottle with your child’s school lunch is a good reminder for them to drink during the day. Sports drinks and juices are popular with kids, but they often contain a lot of sugar. To find out the recommended daily intake of water for your child’s age at [http://bit.ly/ZjwUjo](http://bit.ly/ZjwUjo)


**Leaving your child at home alone** - At some point it will be necessary to leave your child home alone for a short period of time. There is no actual law in Australia that states what age a child can be left alone, but parents are legally responsible for their child’s safety and wellbeing. You may be nervous the first few times (although most kids are excited about the independence) so making some clear ‘home alone’ rules with your child gives them an understanding of their boundaries and how to stay safe. Read more here: [http://bit.ly/1u5vTa9](http://bit.ly/1u5vTa9)

**Team sports – more than health benefits** - As well as helping kids stay fit and healthy, team sports help them learn that things don’t go their way all the time and that they need to respect their peers. Sports also help children and teens with resilience, how to respond to setbacks and loads more benefits discussed here: [http://bit.ly/HlgxVO](http://bit.ly/HlgxVO)

### Term 4 Calendar

**Week 1**
- 7 October: Students return to school
- 8 October: UBM Dance Festival
- 9 October: Oral reading (Winmalee PS)
- 12 October: Working Bee

**Week 2**
- 15 October: P&C meeting 7pm
- 17 October: Fun food day

**Week 3**
- 24 October: Kindy assembly

**Week 4**
- 28 October: School photos
- 29 October: K-2 Excursion
- 30 October: Music Count Us In

**Week 7 & Week 8**
- 17-28 November: Swim Scheme
## Term 3 Principals Awards:

<table>
<thead>
<tr>
<th>Class</th>
<th>Students</th>
<th>Class</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>KB</td>
<td>Hugo C, Lula A</td>
<td>3W</td>
<td>Paige F, Ella C</td>
</tr>
<tr>
<td>KGH</td>
<td>Jay L, Emily H</td>
<td>4W</td>
<td>Xavier S, Jessica G</td>
</tr>
<tr>
<td>IG</td>
<td>Angelina T, Jasper M</td>
<td>5H</td>
<td>Patrick T, Jacklyn C</td>
</tr>
<tr>
<td>1/2E</td>
<td>Colin B, Natalie N</td>
<td>6H</td>
<td>Jordan C, Akailah W</td>
</tr>
<tr>
<td>2/3B</td>
<td>Poppy M, Mahalia S</td>
<td>SU1</td>
<td>Sarah B</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SU2</td>
<td>Anakin M</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SU3</td>
<td>Liam B</td>
</tr>
</tbody>
</table>

*Kindness is not a destination, it is a way of life. One day you will notice the little things were the big things. So embrace the kindness you are receiving.*
In October every year, a campaign is held to promote awareness about issues relating to mental health or wellbeing. The timing of the campaign centres around World Mental Health Day which is acknowledged each year on October 10th. Linked to this is Stress Less Day on October 26th. This year the focus is on looking at our strengths and differences and on being ourselves: ‘Be YOUNique!’ We are also encouraged to support those around us and to celebrate their individual qualities.

Linked to our Kids Matter focus, there will be a number of activities in which the children will be involved both within the classroom and across the school. These will mainly be linked to kindness and the effect it has on others.

Kindness: Little acts, big impacts.

We would also like to make you aware of some of the support services that are available within the community.

**FAMILY REFERRAL SERVICE - linked to Relationships Australia**  
(Phone: 1300 403 373 / Western Sydney – 9625 2580)  
Sometimes when there are challenges for a young person or within a family, you just don’t know where to go. The Family Referral Service is a wonderful starting point. This service can help with issues around: family support, drug and alcohol programs, mental health services, counselling, child care, housing, parenting education, youth support, respite care etc. Through this service, family advisors act to support individuals or families helping them to make links with additional services. Individuals and families can self refer.

**ATAPS for Children**  
**Medicare Local (Nepean – Blue Mountains)**  
ATAPS is funding for psychological services for children and their families. The target group is children from 0-11 years who are at risk of developing a mild to moderate mental health, behavioural or emotional disorder and likely to benefit from short term intervention. There must be genuine family financial disadvantage. Families maybe charged a co-payment of $10 per session. GPs must complete a Treatment Plan.  

**KIDS HELPLINE (1800 55 1800)**  
Kids Helpline is Australia’s only free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.  
There is also a service called **PARENTLINE** which provides support for parents: 1899 1300 52 or [www.parentline.org.au](http://www.parentline.org.au)
next P&C meeting
When? **Wednesday, 15th October**
Starting time? **7.00pm**
Where? **Staff Room**
P&C meetings are a great opportunity to get informed, and have a say about what’s going on at our school. Everyone is welcome.

magpie markets
The next markets for 2014 are on **Sunday, 19th October 2014**. If you have a child in KB or 4W, you are asked to volunteer to help on the BBQ.

Please contact your class rep, or fill in and return the form that is being sent home this week. Thanks in advance!

fun food day
Fun food day is coming up soon! Keep a lookout for note will be sure you possible, order forms, and requests for help! A coming home this week. Make get your order form in as soon as so you don’t miss out!

The date to put in your diary is **Friday October**. There will be treats to buy at recess, and super soup and rolls to for lunch.

Volunteers will be needed to donate treats, and help serve food on the day.
Uniting Care Mental Health is a division of Parramatta Mission. It provides a range of services to people with mental illness and their families and carers.

Am I a Carer?

A carer doesn’t have to be someone who cares for a person all the time. They can be anyone who is involved in helping someone with a mental illness. If you care for someone with a mental illness then get in touch with us. We can help you learn more about mental illness and provide individual support.

What Is the Family and Carer Mental Health Program?

As of 1st July 2006, NSW Health funded the Family and Carer Mental Health Program to achieve the following aims:

- To improve family and carer coping
- To increase carers’ knowledge of mental illness
- To enhance carers’ wellbeing, resilience, and relationships
- To assist carers in finding services to meet their needs and circumstances
- To provide individual emotional support to carers.

The Family and Carer Mental Health Program operates in partnership with Sydney West Area Health Service from Auburn to Lithgow. This includes the local government areas of Auburn, Blacktown, Baulkham Hills, Blue Mountains, Hawkesbury, Holroyd, Lithgow, Parramatta and Penrith.

The Family and Carer Mental Health Program provides:

- Carer Education and Training
  - Carer education and training aims to build resilience and improve the ability to cope with the challenges of caring for someone with mental illness.
  - Education and training:
    - Focuses on carer strengths
    - Provides information and skills
    - Offers opportunities to share experiences

- Individual Carer Support
  - Emotional support
  - Information
  - Individual Advocacy

- Planning and Infrastructure
  - Support to Carer Support Groups
Kids Artfest ENTRY FORM

Please complete all details using BLOCK LETTERS.

PERSONAL DETAILS:

SURNAME: ..............................................................

GIVEN NAME: ..........................................................

AGE/ GRADE: .............................................................

ADDRESS: ........................................................................

........................................................................

........................................................................

........................................................................

........................................................................

POSTCODE: ..............................................................

PHONE NUMBER: ......................................................... EMAIL: ..............................................................

EXHIBITING DETAILS:

<table>
<thead>
<tr>
<th>Title of Work</th>
<th>Medium</th>
<th>Size</th>
<th>Chkd In</th>
<th>Chkd Out</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I will be exhibiting at Blue Mountains Artfest. I understand and agree to the Conditions of Entry.

..............................................................

Signature

PLEASE RETURN THIS ENTRY BY FRIDAY 24th October, 2014 TO:

ArtFest Committee c/- Wentworth Falls Public School, Falls Rd, Wentworth Falls, NSW. 2782
or Email: art@bluemountainsartfest.org.au