

# Appin Park News

LEARNING  
FOR LIVING  
I SHOW RESPECT  
I AM RESPONSIBLE  
I CARE

3rd February, 2022

## Save the Date

### February

15&16 Parent Teacher  
Conferences  
21 School Council

### March

2 Curriculum Day  
14 Labour Day  
15-23 Somers Camp  
21 School Council AGM  
29-1 Grade 3/4 Camp

Hello Everyone

Welcome to our first newsletter of 2022. Our newsletter comes out every Thursday, so please check your child's school bag. It contains information about upcoming events and photos and stories from our classrooms. The newsletter is also available via Compass. A reminder that all families should use Compass to report absences and complete permission notes. All covid information will be sent out via Compass. If you are having difficulty accessing Compass, please contact us at the office.

We have had a smooth start to the year and thank all our families for preparing your children for the return to school. We have welcomed several new families to our school as well as our 2022 foundation students who have begun their primary school journey.

### Parent Payments

Thank you to families who have made financial contributions already this year. Please contact the office if you wish to do so or have any questions. To our new families please return any CSEF forms to the office so they can be processed.

### Student free day

A student free day is planned for Wednesday 2<sup>nd</sup> March. All staff will be undertaking professional learning on this day to support our curriculum learning goals for 2022 with a focus on spelling. Their Care will be open on this day, bookings via the website.

### Traffic Safety around Appin Park PS

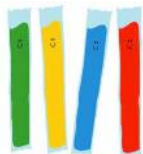
We appreciate that parking can be difficult around our school. Please adhere to parking restrictions as signposted along Appin Street. Use either the front gate or path from the back carpark to access school. The temporary fencing has gates that can be moved by adults, checking for trucks and cars prior to opening. Please do not walk through the drive though at drop off and pick up time.

### Parent Helpers

While we love having parent helpers in our classrooms, we ask that for the moment we limit the number of adults coming in and out of buildings and supporting in classrooms due to covid prevention measures and restrictions. Hopefully into March this will become easier. Any parents coming in to support in classrooms would be required to wear a mask, be vaccinated and have voluntary working with children check.

**Please, please, please name all student belongings. Particularly hats, drink bottles, containers and jumpers.**

*Fiona Carson - Principal*



**ICY POLES**  
50 cents each every  
Friday lunchtime.



**Book Club orders due Friday 11th  
February. Please note we do not accept  
cash orders. All orders need to use "Loop"  
- Book Club's online ordering system.**

## Student Wellbeing

Students feeling positive, happy and having a sense of belonging is important to all of our staff. Sometimes things can become overwhelming and your child may need a little extra support. Please talk to their teacher if you have any concerns regarding their learning and how they are going, but you may also like to talk to either Fiona Carson (Principal) or Wendy Martin (Wellbeing Coordinator). The academic development of every student is very important, but no more important than the development of the whole person. Their emotional and mental health is a real focus. Our aim is for every student to be happy and confident with who they are. We are fortunate to have Bec Lanham as the School Chaplain. She is available to all students and their families, to support them in many ways. Please contact the office if you would like to organise a time to talk with Bec.

## Specialist Programs

Our specialist programs at Appin Park allow every student to participate in a weekly session of Phys Ed, Art and Italian. Specific times are dedicated to extra curriculum subjects, with structured programs, run by Wendy Martin (PE and Art) and Lisa Gardner (Italian).

### ART (timetable for Term 1)

Monday: FV - 10am; 1/2A - 11.30am; 1/2E - 12.30pm

Tuesday: 3/4B - 9am; 3/4S - 10am; 5/6G - 11.30am; 5/6K - 12.30pm

Art allows all students to show their imagination, creativity and express themselves using different media. Students need to have their own old shirt/art smock to wear for their Art session. This can be kept in their classroom. A variety of activities will be undertaken throughout the term including drawing self-portraits, designing and painting, along with some box construction.

### PE (timetable for Term 1)

Wednesday: 1/2A - 9am; 1/2E - 10am; 3/4B - 11.30am; 3/4S - 12.30pm

Tuesday: 5/6G - 9am; 5/6K - 10am; FV - 11.30am

During PE sessions, students will be exposed to many minor games which concentrate on developing all fundamental movement skills, including balance, running, throwing, striking and kicking. Not only is there a focus on specific physical skills but also the development of learning how to contribute to a team in a positive manner, whether it be as a leader or as a player, and to further develop resilience by working hard to show improvement and not give up. On their PE days, students should wear runners and their brimmed hat and make sure that they have a water bottle with them. It is strongly recommended that asthmatics have any reliever medication either with them or in the office at school, in case it is needed. Being an asthmatic doesn't mean your child is excluded from participating in physical exercise however their condition will be assessed before and during each session, if needed. Classes and units may also allocate a time for a sport session.

**\*\*\*Athletics sports day** for the whole school will be held on **Tuesday 5<sup>th</sup> April** at the Appin Park Athletics Track. All students will compete in sprint, distance and hurdle running events, shot put and vortex throw along with triple, high and long jump. Further details will be forwarded home prior to the day.

### ITALIAN (timetable for Term 1)

Friday: 5/6K - 9am; 5/6G - 9.45am; FV - 10.30am; 1/2E - 11.30am; 1/2A - 12pm; 3/4S - 12.30pm; 3/4B - 1pm

Students will learn the basics of Italian language as well as learning aspects of the Italian culture.



## TERM 1 PARENTING PROGRAMS

### 2 Hour Information Sessions

### Group Program

#### Emotion Coaching Connecting with your kids

(Based on the Tuning in Kids Program)

For parents/carers of children aged between 2-10 years

- This session aims to provide information on
- Emotional intelligence and why it's important
  - Looking at children's brain development
  - Tuning into your children's emotions to help manage behavior
  - Learn about 'emotion coaching' – helping children to understand and regulate their emotions
  - Looking at the different styles of parenting

#### Adolescent Parenting

For parents/carers of children aged between 12-18 years

- This session aims to provide information on
- Adolescent development and its impacts
  - Challenges facing adolescent s & parents/carers
  - Understanding our child's emotions & help to regulate
  - Building resilience
  - Connecting with your teenager
  - Problem solving
  - Family Values

#### Tuning into Kids

For parents/carers of children aged between 2-10 years

- This 5-week parenting program aims to support families to
- Be more aware of your child's emotions
  - Develop and understand your child's emotions
  - How to support learning and regulate emotions
  - Learn through children's emotional experiences to connect, teach and problem solve

Come along to Gateway Health  
on Wednesday 16<sup>th</sup> February 2022  
from 12.30pm – 2.30pm

Bookings are Essential

To enroll contact Andrea at Gateway Health on  
0457 279 796

Presented by Gateway Health  
on Tuesday 22<sup>nd</sup> February 2022  
from 7pm – 9pm via Zoom

Bookings are Essential

To enroll contact Andrea at Gateway Health on  
0457 279 796

Come along to Gateway Health on  
Wednesdays from 2<sup>nd</sup> to 29<sup>th</sup> March 2022  
from 9.30am – 11.30am each week

Bookings are Essential

To enroll please contact Jane  
at Gateway Health on 0429 984 203