

CARRAMAR PUBLIC SCHOOL

Term 2 Week 2 2021

Learning to Live

The Horsley Drive & Denison Street, CARRAMAR NSW 2163

www.carramar-p.schools.nsw.gov.au



ANZAC DAY SERVICE @ CARRAMAR PS



Principal's Message



Dear Parent/Carers,

Welcome back to Term 2, I trust you had an enjoyable two weeks with your child. We started the term with a respectful and beautiful Anzac Day Ceremony. A big thank you to the parents/carers who sent flowers for this event.

We have a busy Term 2 planned as we prepare for the mid year reporting process. This process will require every parent/carer to attend a 3 Way Conference that will involve students sharing their progress and referencing learning goals. At this meeting you will be given your child's Mid Year Report. A note will be sent home closer to the day for parents/carers to select a 3 Way Conference Meeting day and time.

I am pleased to advise our community that with the eased Covid restrictions, we are now able to hold our Parent Group Meetings. Our next meeting is next Monday 3 May. At this meeting I will share information about the **External Validation Process** and the **New School Strategic Improvement Plan**. Both of these processes are key to the success of student learning. Come along to the meeting to hear all about these. **A reminder about Covid rules, staff and students require a Covid test if they have cold and flu symptoms, this is still a requirement of NSW Health and the Department Of Education.**


With the cold weather arriving it is important to ensure your child's clothing is clearly labelled with your child's name and class. Students often remove jumpers and jackets when the day warms up and if these items are misplaced, returning them to their owner is impossible if they do not have a name on them.

I am noticing a growing number of students are not bringing a healthy or appropriate lunch. I often see students with a packet of chips or biscuits as their lunch. Our canteen has healthy options that you can opt to order or make a healthy sandwich at home. It is a matter of little planning. Students should also have some healthy snacks (fruit, carrots, celery etc) to support our Crunch and Sip program.

Live Life Well @ School
HEALTHY KIDS ARE SMART KIDS

Research tells us:

- Eating a variety from the 5 Food Groups is linked to better mental health
- Eating lots of sugar has been linked to hyperactivity, distracting others, and aggressive behaviour
- Students who eat breakfast have better memory and concentration
- Poor diet can lead to poor behavior and lower brain power



www.healthykids.nsw.gov.au

Live Life Well @ School
HOW TO PACK A HEALTHY LUNCHBOX

Not sure what should go in your child's lunchbox? Just remember that the lunchbox should look like the "Food Plate"!



- Pack food from all 5 Food Groups
- Grains and vegetables should be the bulk of the lunchbox
- Leave "sometimes foods" at home

What's in your child's lunchbox?
Fill it with the **5**

- 1 fruit
- 2 vegetables
- 3 dairy
- 4 wholegrains
- 5 lean meat & alternatives



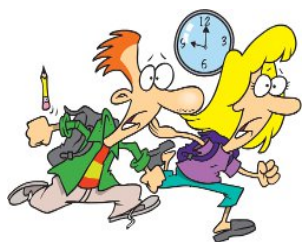
www.healthykids.nsw.gov.au

**"A Gentle
Reminder"**

It is understood that occasionally students may be involved in incidents at school with other students that may lead to them being injured, hurt or emotionally impacted. Students may go home and report such incidents to their parents. Students are encouraged to immediately report incidents to a teacher at school. This will enable the school to be aware of the incident and follow up and investigate the incident. The school Discipline Policy and Anti Bullying Guidelines can be followed and applied to resolve the incident.

If the incident occurs in the playground the teacher on duty is the best contact, however, students can also let their class teacher know about the incident. We cannot address issues or follow up on incidents if they are not reported.

If parents wish to follow up on an incident, the correct procedure is to speak to the class teacher and/or an executive staff member. **Parents are reminded that they MUST NOT approach or speak to other children** with the intention of discussing or resolving an issue. This is the school's job. Parents must understand that there are laws that prevent adults from speaking to students.



Attendance News

The first 2 weeks of this term has shown that lateness is a concern this term and it will be a focus for the rest of the term. Students need to ensure they arrive at school before the 9am bell. Regular late attendance such as twice a week, is considered too often. If this occurs letters will be sent home to request an improvement. If there is no improvement the Home School Liaison Officer may become involved.

Mr Anthony Mazzitelli

Proud Principal

**School Hours: 8:55am to 3:00pm
Monday to Friday
9728 3616 or 9724 2553**

Office Hours: 8:30am to 3:00pm

TERM 1 – 2021

First Day	Friday	29 January
Last Day	Thursday	1 April
SDD	Wed	27 January
SDD	Thursday	28 January

TERM 2 - 2021

First Day	Tuesday	20 April
Last Day	Friday	25 June
SDD	Monday	19 April

TERM 3 – 2021

First Day	Tuesday	13 July
Last Day	Friday	17 September
SDD	Monday	12 July

TERM 4 – 2021

First Day	Tuesday	5 October
Last Day	Thursday	16 December
SDD	Monday	17 December

Please drive and park safely around our school.

Our children rely on you !

SCHOOL ZONE OFFENCES WHAT ARE YOU RISKING? *



Children are small, harder to see, behave unpredictably and are extremely vulnerable. They need **YOU** to take extra care when driving and parking around school zones.



No Parking

You have 2 minutes to drop-off or pick-up and must stay within 3 metres of your vehicle.



No Stopping

Under no circumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.



Bus Zone

You must not stop your vehicle in a Bus Zone unless you are driving a public bus.



Mobile Phone Use

Do not use a hand held mobile phone while driving.



Speeding Offences

The fines and demerit points for speeding offences in school zones have been increased.



Pedestrian Crossings

Do not stop on or near a marked crossing.



Driveways

Do not stop on or across a driveway.



Lane Filtering /Overtaking

Motorcyclists must not overtake or lane-filter in an active school zone.



Double Parking

Do not double park in a school zone.



Footpath and Nature Strip

Do not stop on a footpath or nature strip.



*Fines current as of July 2017. Fines and demerit points are subject to change.