

LEONAY PUBLIC SCHOOL



Welcome back to another busy term at our school. We start the term with Learning From Home as per Term 3. We are very excited about welcoming our Kindergarten and Year 1 students back on Monday 18 October. All other students return on Monday 25 October.

Students will be grouped in cohorts and operate under this system to minimise movement and mingling. More detailed information regarding our Return to School Plan was emailed to all families on Wednesday this week. Please contact the office if you did not receive this important information. (Also check your junk box.)



World Teacher's Day

Australia will celebrate World Teacher's Day on Friday 29 October. In what has been an incredibly challenging year for many people, the teachers at Leonay PS have continued to work extremely hard to ensure our students are engaged in meaningful learning. I personally thank them for all their hard work and dedication.

Tell Them From Me

Each year the school asks students (years 4-6), teachers and parents to complete the Tell Them From Me survey to gauge information on current school practices and processes. This survey is optional. The link below will take you to the parent survey. It should not take more than 10 minutes to complete.

<http://nsw.tellthemfromme.com/9kmpn>

2022 Kindergarten Orientation Program

Kinder Orientation will look a little different this year to previous years under the current COVID-19 guidelines in place. The parent session was held this week and Ms Rothwell and I got to meet some of our new 2022 students and families. Ms Rothwell will be conducting Kindergarten Enrolment Interviews during the week starting 25 October. All other Kindergarten sessions scheduled will be held online at this stage based on current restrictions. It is not too late to enrol in Kindergarten for next year. Please contact the office immediately.

Enrolments for 2022

In order for the school to prepare for 2022, would you please return the information slip at the end of the newsletter if:

- Your family is definitely moving and your children won't return to Leonay PS in 2022.
- Your family will be on holidays and may return late in Term 1 2022. Year 1-6 start date is Tuesday 1 February 2022. Kindergarten start date is Thursday 3 February 2022.

The information slip is attached at the end of the newsletter. Thank you for your assistance in this important matter.

Contact Information

Please ensure that you notify the office in writing of any changes to address, phone numbers (especially mobile phone) and emergency contacts. It is vital that the information we have is up-to-date at all times in the case we need to make contact with you.

Lighting Upgrade

Starting next Monday 18 October Leonay PS will have contractors onsite after hours from 3pm to around 11pm each night completing an upgrade of all lights to LEDs.

P & C Meeting

Next meeting - Tuesday 19 October, commencing at 7pm via Zoom.

Miss Payne
Principal

School Visitor Check-in

A single School Visitor Check-in system for every school across the state is coming from 18 October!

The Department of Education has partnered with Service NSW to provide a streamlined, digital school sign-in system for visitors and contractors at every NSW government school.

Benefits of the new system include:

- ◆ Accelerating your check-ins to as fast as 20 seconds!
- ◆ Linked to NSW Health's COVID-19 contact tracing ensuring every school is compliant with the NSW [COVID-19 mandate.External link](#)
- ◆ Giving every school greater access to streamlined NSW Government services.
- ◆ Watch our short [parent videoExternal link](#) to see how it works for parents .

Assembly Awards

Congratulations to the following students who received awards last week. These were posted to families. Not only did we have our usual merit awards but we also created a Consistent Lockdown Learner from Home award. Congratulations to the four students from each class who received these awards.

| | | |
|------|-------------|---|
| KD | Everly C | A Tremendous Effort Towards Remote Learning From Home |
| KD | Samuel Z | A Consistent Effort in Home Learning Tasks and on Zoom |
| 1W | Isabelle L | A Consistent Effort to Try Her Best in Home Learning |
| 1W | Kian A | Tremendous Effort Towards Remote Learning From Home |
| 1/2P | Angus W | Outstanding Engagement and Interaction on Google Classroom |
| 1/2P | Emily C | A Consistent Approach to Remote Learning From Home |
| 2R | Rory E | Being a Positive Presence on 2R's Google Classroom Stream |
| 2R | Harrison M | Completing Term 3 Home Learning in Style |
| 3D | Jax G | Outstanding Diligence to Mathematics Tasks While Learning from Home |
| 3D | Mattheus C | Tremendous Effort Towards Remote Learning From Home |
| 3/4A | Ella B | Always Going Above and Beyond with Her Home Learning Tasks |
| 3/4A | Violet R | Consistently Responding to Feedback and Striving to do Her Best |
| 4M | Connor H | Being a Positive and Supportive Presence on our 4M Google Classroom Stream |
| 4M | Sarah D | Outstanding Diligence to Spelling Tasks While Learning from Home |
| 5/6L | Amelia C | Showing Dedication and Enthusiasm to Use Her Creativity Throughout Learning From Home |
| 5/6L | Kian W | Showing Dedication in His Leadership Role As Well As His Learning From Home Tasks |
| 5/6T | Madison W | A Consistent Effort Towards Home Learning |
| 5/6T | Linkoln H-D | Fantastic Efforts in Learning From Home |

Dates to Remember - 2022



Years 1-6 students return in 2022 on Tuesday 1 February.

Kindergarten students start on Thursday 3 February.

Year 6 Fundraising 2021



Buy a raffle ticket or 3.....

to support Year 6

\$5 = 1 ticket

\$10 = 3 tickets

The raffle is drawn on November 12

Signed Penrith Panthers

Jersey



From Mr. Irvine (Chaplain)

Hello to all the students and families at Leonay Public School.

Welcome back to school and to term 4 of 2021. Well, what a year it has been, we started with everyone attending school, learning well, enjoying sport and being able to mix and mingle as we liked. Then as winter came so did the Delta strain and bringing with it, lockdowns, restrictions, learning and teaching from home. This brought a lot of change into our lives. Now the shackles are coming off and everything, including school is opening back up again. Guess what we are faced with yet again? CHANGE!

I don't know about you, but when I'm faced with change there is something that follows very closely behind, WORRY! I worry about what the future holds, how these new changes are going to work, whether everything has been thought through properly and how this is going to affect me. The problem with this, is that I focus more on the worry and change and less on what I can do about it.

An American Footballer, Tim Tebow said,

"Don't worry about what you can't control. Our focus and energy needs to be on the things we CAN control. Attitude, effort, focus - these are the things we can control."

Here are some helpful things that you can do when faced with worry.

Stay in the moment

We often worry about things that haven't happened, as our thoughts and emotions quickly go to a fearful future. Bring yourself back to the present.

- ◆ Slow your breathing (use smiling minds app).
- ◆ Find a place to relax and give your body time to un-wind and un-tense.
- ◆ Bring yourself back to where you are.

Challenge yourself

Avoiding what makes you worried can bring short term relief but can build up in the long term.

- ◆ How you think is how you feel.
- ◆ Set yourself small achievable goals to work through your worries.
- ◆ Look at the facts of what is happening, rather than just jumping to the worst-case scenario.

Finding a way through

- ◆ Take 10-15 minutes to write down what is on your mind and worrying you.
- ◆ Talk with others about how you feel and allow them to share their worries.
- ◆ Be kind to yourself, acknowledge that you feel this way and allow yourself time.

As school goes back, if you find yourself needing to talk through anything that is happening for your family, I want to remind you that I have been set aside to do exactly that. I will be back onsite from Monday 18 October on Monday, Wednesday and Friday. Please do not hesitate to contact the school.

Got It!



Preparing to Return

Unsure how to prepare your child to return to school?

Step 1: Get information from your school

- Your child's school will be in touch to explain the various new procedures in place. If you have not received information or are unsure of anything, you should contact the school.



Step 2: Talk to your child about returning

- Talk to your child about the changes the school has let you know about and tell them the teachers will be there to help if they are unsure about anything.
- Reassure them with calm words and actions that going to school will be safe and fun.

Step 3: Talk to your child about their feelings

- Encourage your child to share their feelings and any concerns they have before and after returning to school.
- Reassure them that it is normal to have big and sometimes mixed feelings such as excitement or worry.
- Practice some deep triangle breathing together and let them know they can do it on their own at school to help with any big feelings there.

Triangle Breathing



Use your index finger to trace a triangle on the palm of your hand as you take deep breaths

Got It!



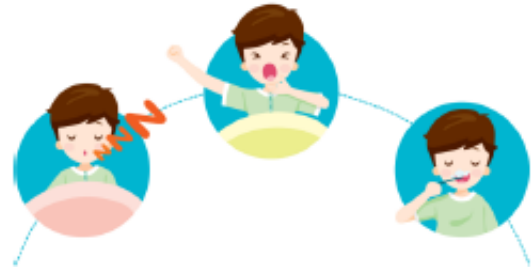
Re-establishing routines

Will your child and family need some adjustment to get back into school learning?

Getting your child and family into a regular routine in the weeks leading up to returning to school will help make the transition and change easier to manage.

The week before:

- Return to usual school day wake up, morning and bedtime routines.
- Ensure they are getting enough sleep.
- Practice having breakfast, lunch and snack times that coincide with typical school breaks.
- Create a calendar that counts down the days until their return.
- Practice getting ready to go to school e.g. finding their uniform and packing their bag.



The day before:

- Include your child in packing their school bag and getting their uniform ready.
- Talk with them about the plans for the next day including the morning routine, what to expect when they arrive at school and afternoon pick up plans.



The morning of:

- Allow extra time to get ready.
- Keep yourself calm to help your child remain calm.
- Repeat all the information you discussed with them the previous night about what their day will look like.



Got It!



Saying Goodbye at the Gate

Are you worried about how the first back to school drop off will go?

School drop offs might look different when school resumes, some children and parents might find saying goodbye difficult. We can prepare our children for this by:

Planning ahead:

- Talk about whatever details you already know – who will be where to drop and pick them up. Reassure them the teachers will help them if any changes are made.
- Create a quick goodbye 'ritual' for each child e.g. a secret handshake, special wave or triple kiss just for this occasion.
- Organise for a buddy to walk into school with them or for them to keep a special item that helps them feel "brave".



Practice, Practice, Practice!

- Practice small periods of separation prior to school starting e.g. hanging out the washing while your child stays inside or leaving them with a friend while you go to the shops.
- Practice your goodbye ritual so your child knows what to expect.



At the gate:

- Remain calm, confident and be consistent.
- Give your child your full attention.
- Say a proper goodbye (but keep it brief) and tell them when you'll be back e.g. "I'll be back later today after school". Do not sneak away when your child is distracted and don't linger.
- Perform your goodbye ritual once only.
- Reassure them that their teacher and school staff will be there to help.



NBMLHD Got It! August 2021



Leonay Public School

"To do your best"



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Leonay Public School

Movement of Families in 2022

Family Name: _____

Child/ Children's Names: _____

Please indicate with a V:

My child/ children will **not** need a class place at LPS in 2022. My child

/children will be attending _____ school in 2022.

My child/ children will return late to LPS in 2022 due to travel/ holidays.

Date of return: _____

Signed: _____ (Parent/Carer)

Date: _____

(Please return the note to the school office as soon as possible)