

## Learn to Live

Term 4, Week 2 (23rd October, 2020)

### Important Dates:

Please mark these dates on your calendar

#### Term 4 - October

<b>Fri 30</b>	Kindergarten Transition (Group A)
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#### Term 4 - NOVEMBER

<b>Fri 6</b>	Kindergarten Transition (Group B)
<b>Tue 10</b>	C.A.R.E.S - Year 4 only
<b>Thu 12</b>	C.A.R.E.S - Year 4 only Book Fair starts
<b>Fri 13</b>	Kindergarten Transition (Group A)
<b>Fri 20</b>	Kindergarten Transition (Group B)
<b>Wed 25</b>	Book Fair Ends

#### Term 4 - DECEMBER

<b>Tues 1</b>	Kindergarten Transition (Group A & B)
<b>Wed 16 Dec</b>	Last day of Term 4

Students are required to bring a drink bottle each day as the bubblers are not currently in use!

**Principal:** Mrs C Frith

**Assistant Principal Stage 1:** Mrs N Bridges

**Assistant Principal Stage 2:** Mrs K Jansons

**Assistant Principal Stage 3:** Mr P Earl

## Enews Updates

- ◆ C.A.R.E.S (Year 4 only)
- ◆ COVID Update for families
- ◆ Kitchen Garden (KB, KC & K/1G)
- ◆ Kindergarten Transition update (2021 Kindergarten)

### UNIFORM SHOP CLOSED TO VISITORS

The Uniform Shop volunteers will fill online orders only and leave them at the office for collection. You can order via the following link: [Uniform Shop](#)

## School Activities Update



### Garden Classes - Term 4

Early Stage 1 - KB, KC, K/1G

### Sport Days - Fridays

K-2 (9.55 - 10.55)

3-4 (12.25 - 1.25)

5-6 (1.55 - 2.55)



### PE Days (sports uniform)

Tuesday: 2/3C, 3/4K, 3/4Z, 3/4S, 5/6P, 5/6S, 5/6T

Wednesday: KC, KB, K/1G, 1/2F, 1/2W

Thursday: 1/2H



### Library Days

Tuesday: 3/4K, 3/4S, KB

Wednesday: 2/3C, KC, 5/6P

Thursday: 5/6S, K/1G, 5/6T

Friday: 1/2W, 3/4Z, 1/2F, 1/2H

### Music

Monday: 5/6S, 5/6T, 5/6P

Tuesday: KC,

Wednesday: 2/3C, 3/4Z, 3/4K, 3/4S

Thursday: 1/2H, 1/2F, K/1G, KB, 1/2W



### Choir

3-6: Sopranos Tuesday 8:00am, Altos Thursday 8:00am in the Main Hall

K-2: 8:15am Thursdays in the Music Room

**Postponed**  
until further notice

Grose Road, Faulconbridge NSW 2776

PO Box 249, Springwood 2777 **Phone:** 4751 2208 **Fax:** 4751 3933

**Website:** <http://www.faulconbri-p.schools.nsw.edu.au/>

**Email:** [faulconbri-p.school@det.nsw.edu.au](mailto:faulconbri-p.school@det.nsw.edu.au)

**Access student portal:** <http://portal.det.nsw.edu.au>



## **Principal's Report**

Dear Parents and Caregivers,

This term we are working hard to catch up on many of the events the students have missed throughout the year due to COVID-19 restrictions.

### **Athletics Fun Day**

Our Athletics Fun Day was held last Friday, 16<sup>th</sup> October at Tom Hunter Park. Students from years 3-6, and year 2 students turning 8 this year were able to participate in races and field events. Students walked to and from Tom Hunter Park and were very well behaved. The teachers all commented on what a great day we had with the students. 6 school records were broken on the day. The level of participation was extremely high in all events. A big Thank You to Mr Cleary and the stage 2 teachers for their organisation of the event.

### **Book Week Parade**

On Wednesday this week we had our annual book week parade at school. All the students and staff dressed up and had fun as we paraded around the quad area. The students looked fabulous, as you will see in the photos.

We were treated yet again to a Mr Thomson story about 'Barry who loved to dance'. Thank you to Mr Thomson for your creative energy that inspires us all. He was ably assisted by Mr Earl, Mrs Harrison, Ms Waddell and Mr Smith.

Thank you also to Mrs Capuyan who organised the whole event.

### **Poetry Competition**

The poetry competition was launched yesterday. We had a visit from poet, Stephen Herrick, who spoke to Stage 3 and Stage 2 students, and then assisted with the launch.

### **On a sad note...**

Those of you who have been at our school for a few years now may remember Mr Howard Wilson who was a true gentleman and a valued volunteer at our school. Howard passed away on 7<sup>th</sup> October after a long illness that had prevented him from continuing to volunteer over the last 12 months. Howard was 95 years old, and he would come along every week to listen to students read. It is a true hallmark of our school that community volunteers span the generations and actively engage with our students. Last year his contribution to our school was recognised by P&C and they instigated the Howard Wilson Reading Award to encourage students to read and recognise their improvement. We were fortunate enough to have Howard present those inaugural awards in 2019. Howard will be greatly missed.

### **Attendance Term 4**

Thank you to everyone who has supported their children to attend school every day. Our daily attendance this week has improved on previous weeks. Attendance at school has been demonstrated to be a significant factor in students learning outcomes and wellbeing. Establishing and maintaining regular routines also assist students to develop their independence as they get older. All students in Kindergarten to Year 11 are required to attend school until Wednesday 16 December, the last day of teaching for 2020. Prior to this date, students in all year groups are engaged in meaningful work based on the curriculum and syllabus requirements. We expect to see every student at school every day. If there is an absence, please send a note with your child on the day they return to school or email the school. Absences for sick of 3 days or more should be covered by a medical certificate, where possible.

If parents are seeking permission for their child to be absent from school for a period of more than 10 days an Extended Leave application should be completed at least one week prior to the planned absence.

## Principal's Report cont'd

### World Teachers Day

World Teachers' Day is being celebrated in Australia next Friday, 30 October. The day is a great opportunity for us to recognise and appreciate teachers and the important role they play in shaping the next generation. This year, we are focusing on teachers feeling valued in the work that they do, particularly as it has been such a different year this year. Every teacher in our school is a university trained professional with expertise in teaching children.

- We know children and how they learn.
- We know the content and how to teach it.
- We plan for and implement effective teaching and learning.
- We create and maintain supportive and safe learning environments.
- We assess, provide feedback and report on student learning.
- We engage in professional learning, and we engage professionally with colleagues, parents and carers and the wider community.



At a primary school level, we take on a duty of care for each our student also. We are often called on to take on a widening role supporting students wellbeing, health and developing their social skills and resilience to develop into healthy, active adults. Today I would like to personally thank our teachers for their hard work and dedication to the students of Faulconbridge Public School. Our teachers consistently 'go the extra mile' for students. They are a fantastic group of educators, and their expertise and professionalism should be celebrated.

Please see the media release from the Australian Institute of Teaching and School Leadership at the end of this newsletter.

### Traffic congestion

Please be aware of the traffic and parking restrictions in the streets around the school. It has been brought to my attention that some parents are parking illegally ignoring traffic signs and parking across driveways. Please be respectful of our neighbours and their right to access their own properties. In the interests of safety please adhere to the signposted parking spaces, particularly in Meeks Crescent. It is a narrow winding street at the Grose Rd end and if cars are parked on both sides of the street it impedes traffic flow. I would hate for there to be an accident where a student or parent was injured due to people not obeying the road rules and parking restrictions.

We participated in  
Global Handwashing Day!



**SARAYA** Australia & New Zealand

## Principal's Report cont'd

### Bicycle Safety

Students under the age of 10 should not be riding to and from school unless they are under the supervision of an adult.

### Footpaths

Since 23 July 2018, children under 16 years of age are allowed to ride on a footpath (increased from children under 12 years of age). Allowing children under the age of 16 on the footpath will help keep them safe until they have the skills, decision making and knowledge of the rules to ride safely on the road.

An adult rider who is supervising a bicycle rider under 16 may also ride with the young rider on the footpath. Children aged 16 or 17 can ride on the footpath, when accompanied by a child under 16 and a supervising adult.

When riding on a footpath, riders must keep left and give way to pedestrians.

For more information on how to stay safe when riding on the footpath, see our [Safe Riding Tips](#).

### Helmets

The helmet laws for cyclists of all ages in NSW help prevent head injuries and brain damage from falls and crashes. The Road Rules state that a bicycle rider on roads and road-related areas must wear an approved bicycle helmet securely fitted and fastened. This applies to all bicycle riders, regardless of age, including children on bicycles with training wheels and any child being carried as a passenger on a bike or in a bicycle trailer.

### School Crossing Supervision

Mr John O'Sullivan is currently unwell and continuing on leave until the end of the year. Mr Gary Foster will be filling in for Mr O. for the rest of the year.

### Cub Award Morning Tea

Congratulations to our Cub Award winners for 2020:

Term 4 Week 1	K-2	3-6
	Mady W - 1/2F	Miah T - 5/6S
	Will W - 2/3C	Archie L - 5/6T
	Brady W - 1/2W	Leah M - 3/4S

Term 4 Week 2	K-2	3-6
	Argus S - 1/2W	Gabe D - 5/6T
	Kirrleigh B - 1/2F	Archie L - 5/6T
	Chelsea Z - 1/2F	Flynn J - 3/4K

Mrs Carol Frith  
Principal



Congratulations to our lucky book draw winners!



# Athletics Fun Day

Last Friday, the Athletics Fun Day was held at Tom Hunter Park for our Stage 2 and 3 students. After two failed attempts, due to poor weather, both students and teachers were excited to get out of the classroom and enjoy a good day of competition. First was a quick walk to the park, then the students were able to put on their running gear and compete for points for their houses – Bracken, Pyne and Doyle.

The slightly modified day included three running events (800m, 200m, 100m) and two field events (Shot Put & Long Jump) as well as house relays to finish off the carnival. After lots of throwing, jumping and running from all students, the winning house at the end of the carnival was Doyle, with Pyne second and Bracken coming in third place.

A special mention must go to one of our Year 6 students – Zara Nicholas. It is always difficult to break school records, particularly at a school that is over 50 years old. Zara managed to break 5! From the start of the day it was very clear that Zara was determined to do something special and that's exactly what she did. She managed to break the 100m, 200m, long jump and shot put records and for good measure she had a go at the discus event and broke that record too. It was an amazing achievement and both students and staff were lucky to witness it. To top off a great day for the Nicholas family, Rose Nicholas was also able to break the discus record as well.

All students who attended should be very proud of their efforts and it was great to see everyone having a go at the different events whilst also cheering on their fellow competitors.

Mr Cleary

## Age Champions:

Senior Girls – Zara Nicholas

Senior Boys – Oliver Trinh

11 Years Girls – Chloe Wass

11 Years Boys – Carter Huggins

Junior Girls – Rose Nicholas

Junior Boys – Ethan Henderson

## School Records

Zara Nicholas – 100m (13.93s) – Previous record – (14.55s)

Zara Nicholas – 200m (28.40s) – Previous record – (30.13s)

Zara Nicholas – Long Jump (5.07m) – Previous record – (4.40m)

Zara Nicholas – Shot Put (8.85m) – Previous Record – (8.43m)

Zara Nicholas – Discus (30.75m) – Previous Record – (22.70m)

Rose Nicholas – Discus (18.83m) – Previous Record – (18.14m)



## BOOK PARADE 2020 – Thank you for Your Support!

On Wednesday 21<sup>st</sup> October, Faulconbridge Public School had a fantastic morning, celebrating Book Week 2020 together! Although we missed our parents and community, the teachers and students really got into the spirit of the day! Costumes were wonderful and many thanks go to our parents and caregivers for helping their children with preparations for the day!

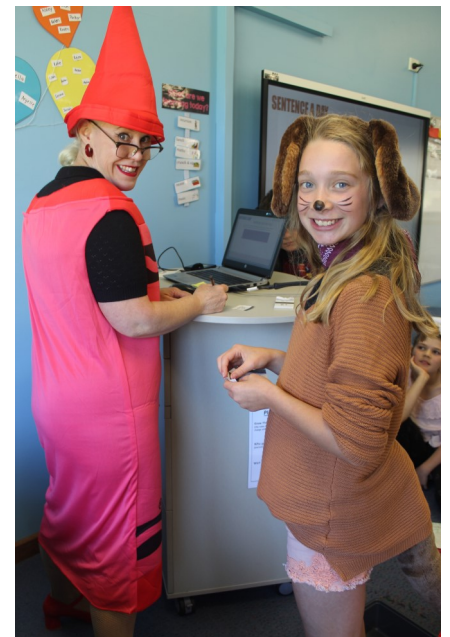
A special shout out goes to Mr Thomson and Team, for their standout dramatic performance! Both students and staff enjoyed it immensely.

Please keep your eyes out for photos from the day, which will appear on our Facebook page and website.

Mrs Jill Capuyan  
Teacher/Librarian









## Steven Herrick Visit – Thursday 22<sup>nd</sup> October

Steven Herrick is an Australian author who writes fiction, poetry and verse-novels for children, young adults, and adults.

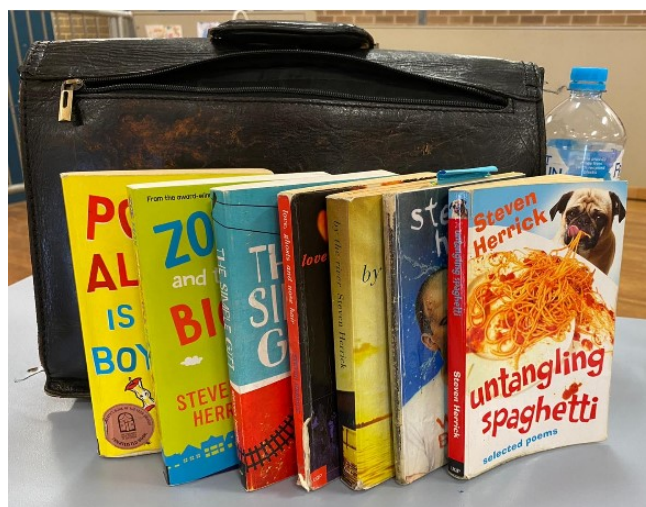
We were lucky enough to have Steven Herrick visit our school as part of Book Week celebrations.

Stage Two and Three were treated to a wonderful presentation by Steven and our entire school was entertained by him as he assisted in launching our Faulconbridge Public School Poetry Competition!!! (more information to come!)

Laila T – “He was really interesting, funny and had amazing jokes that we could relate to.”

Archie L, Gabe and Chloe W – “He was so funny! It was awesome! We loved it!”

Mrs Jill Capuyan  
Teacher/Librarian



## Media Release from AITSL

### Australia values teachers much more than they know

19 October 2020



Today, the Australian Institute for Teaching and School Leadership (AITSL) launches a two-week campaign encouraging the community to show their support for the work of teachers. The campaign will culminate on Friday 30 October, the day Australia celebrates World Teachers' Day.

The campaign kicks off with the launch of a new report that highlights the important link between teachers feeling valued and positive outcomes for students.

The Spotlight report, *Teaching: A valued profession*, reveals that although the community supports teachers, they are much more circumspect about feeling valued. Ensuring teachers feel valued in society and are satisfied with their jobs is integral to teachers having positive attitudes about their work and ability to influence student achievement. They are more likely to engage in continuous professional development, improve confidence and satisfaction, and remain in the profession.

The report highlights a 2019 Monash University study which found that while 82 per cent of the public felt teachers were respected and 93 per cent of the public felt that teachers were trusted, only 29 per cent of teachers felt that the Australian public appreciated them. Similarly, the 2018 OECD Teaching and Learning International Survey (TALIS) shows only 45 per cent of Australian teachers in lower secondary schools believe that the teaching profession is valued by society.

The difference between what the public thinks and what teachers think comes down to several factors, including the negative portrayals of teaching that dominate the media. For example, an analysis of newspaper headlines and articles between April 2017 and March 2018 in Queensland, found that over half of the 270 relevant articles expressed a negative attitude toward the teaching profession, while only 31 per cent were positive and 14 per cent were neutral.

"This year has shown us just how agile, committed and dedicated our teachers can be in the face of tremendous stress and upheaval," AITSL CEO Mark Grant said.

"Now, more than at any time, we have the opportunity to better understand what is involved in successful teaching, and to recognise the fundamental value that teachers provide to the community. As we approach World Teachers' Day in 2020 this report is an important reminder of the incredible value that the community sees in our teachers. In a year unlike any other let's join together to celebrate our amazing teachers," Mark Grant said.

"World Teachers' Day on 30 October is the perfect opportunity to show our teachers how much we value them, we support them, and we acknowledge the brilliant work they do every day to advance the learning lives of students across Australia," Mark Grant said.

To read the Spotlight report visit: <https://www.aitsl.edu.au/research/spotlight/teaching-a-valued-profession>

Find out how you can get involved in thanking teachers this World Teachers' Day at [www.aitsl.edu.au/wtd](http://www.aitsl.edu.au/wtd)





# Transport Access Program

## Faulconbridge Station Upgrade

Project update

October 2020

### Upcoming work in October

Construction on the Faulconbridge Station Upgrade is progressing well, with footpath upgrade, lift shaft excavation and toilet upgrade work continuing throughout September. Construction activities in October will include:

- upgrading the ramp between the footbridge and Railway Avenue commuter car park
- concreting work and installing steel structures for the two lifts
- installing electrical services and concrete work on the platforms
- installing new power supply service to the station (connection with services on Sir Henry Parade)
- upgrading the bathrooms and station waiting room on the platform.

Equipment to be used during this work will include excavators, compactors, mobile cranes, elevated work platforms, delivery and concrete trucks, power and hand held tools.

### Temporary traffic changes – Sir Henry Parade

From **Monday 26 October 2020** until **late November 2020** between **7am and 6pm** there will be **five shifts** of work to upgrade the power supply to the station (weather permitting). Work during the day involves creating a trench across Sir Henry Parade in sections to install underground power supply services and restore the road surface following.

To maintain the safety of our workers and the community, there will be a temporary single lane closure operating under the direction of traffic controllers between **7am and 6pm, between Monday and Friday**. Signage will also be in place to help pedestrians and motorists with the temporary traffic and access changes. Further notifications will be provided should there be any disruptions to power.

### Temporary traffic changes – Great Western Highway

Throughout our work, there may be occasional temporary traffic changes at **Great Western Highway near Faulconbridge Station, including single lane road closures** to accommodate large vehicles undertaking construction work and to enable concrete work at the Great Western Highway lift work area.

Subject to approval, from October until end of the year, we will receive intermittent delivery of steel from a large delivery truck using the Great Western Highway (westbound) between **Monday and Friday** from **10am and 2pm**. Traffic control and signage will be in place to help pedestrians and motorists with the temporary traffic changes.

## Temporary access changes – between footbridge and commuter car park

**Work continues in October**, to upgrade the ramp between the footbridge and Railway Avenue commuter car park. This includes installing a retaining wall, earthwork and construction of the new concrete footpath/ramp. Pedestrian and vehicle access will be maintained at all times. Directional signage will be in place to help pedestrians and motorists with these temporary changes.

## Toilet reopens and waiting room closure

On **Monday 12 October 2020**, the former male toilet on the platform will reopen as a family accessible toilet for customers. The station waiting room and former female toilet will then close for refurbishment and are expected to reopen in December 2020.

## Standard construction hours

**Our construction hours are now 7am to 6pm every day, including public holidays.**

We understand extending construction hours to weekends and public holidays may cause disruption for the community and all efforts will be made to minimise impacts where possible and ensure strict environmental conditions relating to noise, vibration and dust management are adhered to.

## Keep in touch

If you would like to be added to the project distribution email list, or for more information on the Faulconbridge Station Upgrade, please contact us on **1800 684 490** or email [projects@transport.nsw.gov.au](mailto:projects@transport.nsw.gov.au).

For all urgent enquiries or complaints regarding construction activities, please call our 24-hour Construction Response Line on **1800 775 465**.

Thank you for your patience as work continues on important transport infrastructure across NSW.

### Italian

Il presente documento contiene importanti informazioni sulle iniziative nel campo del trasporto pubblico nella vostra zona. Se desiderate i servizi di un interprete, contattate il Servizio traduzioni e interpreti al numero 131 450 indicando di voler parlare con Transport for NSW al numero (02) 9200 0200. L'interprete vi aiuterà a condurre la conversazione telefonica.

### Spanish

El presente documento contiene información importante sobre proyectos de transporte público en su área. Si requiere los servicios de un intérprete, llame al Translating and Interpreting Service al 131 450 y pídale que llamen a Transport for NSW, teléfono: (02) 9200 0200. Luego el intérprete le ayudará con la traducción.

### Greek

Το παρόν έγγραφο περιέχει σημαντικές πληροφορίες σχετικά με δημόσια έργα μεταφορών στην περιοχή σας. Αν χρειάζεστε τις υπηρεσίες διερμηνέα, παρακαλούμε επικοινωνήστε με την Υπηρεσία Μεταφράσεων και Διερμηνείας στο 131 450 και ζητήστε τους τηλεφωνήσουν στις Συγκοινωνίες στη ΝΝΟ στο (02) 9200 0200. Ο διερμηνέας θα σας βοηθήσει στη συνέχεια με τη μετάφραση.

### German

Dieses Dokument enthält wichtige Informationen über die Planung der öffentlichen Verkehrsmittel in ihrer Umgebung. Falls Sie einen Dolmetscher benötigen, wenden Sie sich bitte an die Dienststelle für Übersetzer und Dolmetscher unter der Nummer 131 450 und bitten diese Transport for NSW unter der Nummer (02) 9200 0200 anzurufen. Ein Dolmetscher wird ihnen dann mit dem Übersetzen des Texts helfen.



This document contains important information about public transport projects in your area. If you require the services of an interpreter, please contact the Translating and Interpreting Service on **131 450** and ask them to call Transport for NSW on **(02) 9200 0200**. The interpreter will then assist you with translation.

## NSW Department of Education – School Infrastructure

# Works notification

**6 October 2020**

Dear community member,

The Department of Education Compliance & Safety team is conducting state-wide inspections as part of the Asbestos Resurvey Program. Round 1 of this program is scheduled for October 2020 and involves a total of 102 schools across NSW.

This is a proactive inspection program to verify the presence and condition of asbestos containing material on school sites and update the Asbestos Register accordingly.

During October you may see contractors at your local school wearing protective clothing such as high visibility vests, coveralls, gloves and footwear which are a regulatory requirement. The health, safety, and well-being of the school and the local community is our highest priority. Please be assured these inspections will not pose a risk to the local community.

The community will be notified if an area requires attention or remediation.

Thank you for your cooperation during this important work.

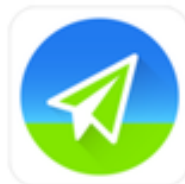
### **For more information contact:**

School Infrastructure NSW  
Email: [schoolinfrastructure@det.nsw.edu.au](mailto:schoolinfrastructure@det.nsw.edu.au)  
Phone: 1300 482 651  
[www.schoolinfrastructure.nsw.gov.au](http://www.schoolinfrastructure.nsw.gov.au)



## Download the free [School Enews app](#) to receive alerts!

- 1) Open App Store, Play Store or Windows Store
- 2) Search for "enews"
- 3) Download the "School Enews" app (icon on right)
- 4) Open the app and search for our school



## Subscribe for Email Updates

You can also subscribe below for updates sent to your email account. Note: Every email that we send to you has a link to unsubscribe. All "Year" lists are automatically graduated to the next year on 1 Jan. For all other lists, you will have to unsubscribe yourself.

## Email Subscribe

- List: ☐ Newsletters
- ☐ Kindergarten
- ☐ Pre Kindergarten
- ☐ Year 1
- ☐ Year 2
- ☐ Year 3
- ☐ Year 4
- ☐ Year 5
- ☐ Year 6
- ☐ Creative Arts (CAPA)
- ☐ P & C
- ☐ Sport

Name:

Email:

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## Newsletters

- 08 Apr 2016 [T1 Wk 10 newsletter](#)
- 29 Mar 2016 [newsletter T1 Wk 10](#)
- 15 Mar 2016 [P & C Newsletter - Term 1 Week 8](#)
- 01 Mar 2016 [Newsletter T1 W6](#)
- 16 Feb 2016 [W4 T1 Newsletter & School Grounds Map](#)
- 02 Feb 2016 [Wk 2 T1 Newsletter](#)
- 08 Dec 2015 [Wk10 T4 Newsletter](#)
- 24 Nov 2015 [Term 4 Week 8 Newsletter](#)
- 10 Nov 2015 [Term 4 Week 6 Newsletter](#)
- 29 Oct 2015 [Information Book](#)
- 27 Oct 2015 [Newsletter T4 W4](#)
- 13 Oct 2015 [Upgraded Parent Communication](#)
- 13 Oct 2015 [Newsletter T4W2](#)
- 01 Sep 2015 [Newsletter W8 T3](#)
- 18 Aug 2015 [Newsletter T3 W6](#)
- 18 Aug 2015 [Newsletter T3 W6](#)
- 05 Aug 2015 [Newsletter T3 W4](#)
- 22 Jul 2015 [Newsletter T3 W2](#)
- 24 Jun 2015 [Newsletter T2 Wk10](#)
- 09 Jun 2015 [Newsletter T2 Wk8](#)

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**+ Kindergarten**

**+ Year 1**

**+ Year 3**

**+ Year 5**

**+ Creative Arts (CAPA)**

**+ Sport**

**+ Pre Kindergarten**

**+ Year 2**

**+ Year 4**

**+ Year 6**

**+ P & C**

# School Travel for 2021



Applications for student travel in 2021 opened from Monday 12 October 2020.

Students who require a School Opal card or travel pass for 2021 can now apply online. A new application should be submitted if a student is applying for a school travel pass for the first time or requesting an additional pass as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who have changed school/campus, changed address, repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should re-apply or update their details.

\*Applications must be completed by the student's parent or legal guardian if the student is aged under 16 years. Students 16 years and over must complete the application form themselves.

Where there is a change of distance eligibility based on a student's grade, the system will automatically update a student's entitlement if they meet the new criteria. If they do not meet the new eligibility criteria, they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition which is due to expire will receive a notification advising them to re-apply.

Term Bus Pass holders will receive a notification to re-apply.

If a student needs to update their information or re-apply, they should go online to <https://apps.transport.nsw.gov.au/ssts/updateDetails>

Applications need to be submitted before **31 December 2020** to ensure that current student entitlements are updated and their current entitlement/card remains valid. If their application is submitted after 31 December 2020, the system will automatically cancel an entitlement/card and a new one will need to be issued.

Students in the Opal network applying for a SSTS or Term Bus Pass entitlement for the first time will receive their card at their nominated postal address. Cards will be mailed out from January 2021.



# Gateway Family Services

## Term 4, 2020



## ONLINE Parenting Programs Summary

Due to COVID-19 restrictions, we will be offering the following ONLINE programs.

To register please phone: 1300 316 746 or 4720 6504.

**\*\* RESTRICTED PARTICIPANT NUMBERS\*\***

Program	Date & Time	Registration
<b>Tuning In To Kids</b> <i>Emotionally Intelligent Parenting            Learning to better talk &amp; understand            your child to help manage your child's            emotions &amp; behaviour.            Suitable for parents with            2 –8 year olds.</i>	Every Tuesday 27th Oct - 1st Dec 7:30pm - 9:00pm <b>NO Childcare</b>	Gateway— 1300 316 746 (free call) Or 4720 6504
<b>1-2-3 Magic &amp; Emotion Coaching</b> <i>Learn how to understand &amp; manage            your child's difficult behaviour.            Suitable for parents with            2 -12 year olds.</i>	Every Wednesday 11th Nov - 2nd Dec 10:00am - 11:30am <b>NO Childcare</b>	Gateway— 1300 316 746 (free call) Or 4720 6504
<b>1-2-3 Magic &amp; Emotion Coaching</b> <i>Learn how to understand &amp; manage            your child's difficult behaviour.            Suitable for parents with            2 -12 year olds.</i>	Every Thursday 29th Oct - 19th Nov 10:00am - 11:30am <b>NO Childcare</b>	Gateway— 1300 316 746 (free call) Or 4720 6504
<b>Circle of Security</b> <i>Learn how to be a strong, wiser &amp;            kinder parent with your kids. Suitable            for parents of 0 -12 year old.</i>	Every Thursday 22nd Oct - 10th Dec 7:30pm - 9:00pm <b>NO Childcare</b>	Gateway— 1300 316 746 (free call) Or 4720 6504

For more information and Individual Flyers go to:

**[www.gatewayfamilyservices.org.au](http://www.gatewayfamilyservices.org.au) or [www.facebook.com/GatewayFS](https://www.facebook.com/GatewayFS)**

Gateway Family Services parenting programs are funded by DSS and DCJ.

Gateway works collaboratively with community partners to bring parent programs to communities from St Marys to Blackheath.

Gateway encourages, supports & respects diversity in families & communities. Our Programs are open to everyone.



## Nutrition Snippet

### MEAT-FREE MONDAY.

Get your family having more veg by making Monday 'Meat-free'.



#### Try these meat-free meals:

- Mushroom, spinach and lentil lasagne
- Green frittata
- Eggplant tagine

Any leftovers can be used in the lunch box the next day!

[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box

## MENTAL HEALTH MONTH

Take a moment for you!  
Take a photo that represents your strength, resilience or happy place!



# #TAKEAMOMENT4U

Take, tag and post your photo on Instagram!  
Spread the word!



Health  
Sydney  
Local Health District

NSW Department of Education

## Refill your water bottle here



Reminder. Please ensure that your child brings a drink bottle to school each day, as bubblers are not currently in use.

Don't drink straight from a water bubbler