



# St Clair Public School Newsletter



Issue: 7 Thursday 25<sup>th</sup> June 2020

## Term Dates 2020

Term 2	Term 3	Term 4
June 26 – Closing Date for OC Placement Applications July 2 – Semester 1 Student Reports go Home July 3 – Last Day of Term 2	July 21 – Students Return July 22 – Scripture Resumes Aug 3 to 7 – Education Week Sept 25 – Last Day of Term 3	Oct 12 – Students Return Dec 16 – Last Day of Term 4

## The Principal's Message...

### The "New Normal"

There are still a number of restrictions and procedures in place due to COVID-19. Once again I thank all our community members for supporting the school with these changes which include:

#### • Drop Off & Pick Up Routines

For the time being our current drop off and pick up routines remain the same. For morning drop off, parents and carers are not to enter and remain in the school but to instead say good bye to their children at either the front gate, front office gate or side gate. The students know they are to then move to the top walkways or top basketball court. Please do not allow your children to arrive at school before 8.30am as there is no formal supervision provided. For afternoon pickup, parents and carers only are welcome to wait at the bottom basketball court and meet their children there from 2.50pm.

#### • School Canteen

Our school canteen has reopened but only for lunch orders and only on Wednesdays and Fridays. This will be in place for the foreseeable future. Please make sure your children have something for recess and lunch every day, along with water, as the bubblers remain out of use.

#### • Assemblies

Assemblies will commence again in Term 3, however the structure for assemblies has changed significantly. Department guidelines indicate assemblies should be completed in 15 minutes and there are to be no non-essential visitors so unfortunately parents, carers, families and friends won't be able to be a part of our assemblies. At this stage we will have a K – 2 assembly and a Year 3 – 6 assembly on a fortnightly basis. During assembly time, awards will be presented and students given any important messages or information. Our wonderful student leaders will be running each assembly.

#### • Scripture

Scripture will recommence from Wednesday 22<sup>nd</sup> July.

#### • Birthday Cakes

If your child is celebrating a birthday and wants to share this celebration with their classmates by sharing cakes, they must be individual pre-packaged cakes (similar to the individual cupcake packs you can purchase in supermarkets).

### Semester 1 Student Reports & Parent / Teacher Interviews

Student reports are in the final stages of being checked and will go home next Thursday 2<sup>nd</sup> July. Parent / Teacher interviews will be organised for early next term. More information will come home once the format for interviews has been decided.

### Community Health Centre Parking Concern

Please do not park in the community health centre's car park. This is the building next to the school. I have been advised by the manager that it appears some of our parents are doing so and when asked not to, they have made some inappropriate comments to the staff. Please remember this is your community and I ask that you treat everyone with respect. Thank you to the vast majority of our community who always do so!

Stay safe and well.

Warm Regards,

*Dale Bruce*  
Principal

### Opportunity Class Placement 2021

The 2021 Year 5 opportunity class placement process was put on hold in April 2020 due to the COVID-19 situation.

We now have a revised and simplified timeline for the OC placement process to ensure that students and families can have certainty about their placement as soon as possible. The changes include:

- A new date for online applications. Parents must apply **between 9 June 2020 and 26 June 2020**. Late applications cannot be accepted.
- A new test date - Wednesday 16 September 2020.

To ensure fair and consistent assessment of students across New South Wales, students will be offered places based only on their test results this year – there will be no school assessment scores.

There will also be no opportunity for appeals given the tight timeframes.

For further detailed information I encourage you to visit

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

## Wrap with Love

“Cold humanity is our concern, people caring about other people.”

Dear St Clair Families,

“Wrap with Love” is a non-denominational, non-racial and non-political organisation. It relies on volunteers to knit or crochet a wool square. The squares are then sewn together to create a wrap to help people from Australia and all over the world stay warm.

This is one simple way to help people in need.

It is that time of year again to get out our knitting needles and help others. I am inviting all knitters and crafts people from the STEPS community, to knit or crochet a wool square, to help make a knitted wrap, for people in need to stay warm.

### Instructions for making the square

- Squares for the wrap are to measure **25cm x 25cm**
- **Use 4mm needles**
- **8 ply wool yarn**
- **Cast on 50-55 stitches**
- **Knit in garter stitch.** No stocking stitch please (one row plain, one row purl) as the square will curl.

**Completed wraps are made up of 28 squares.**

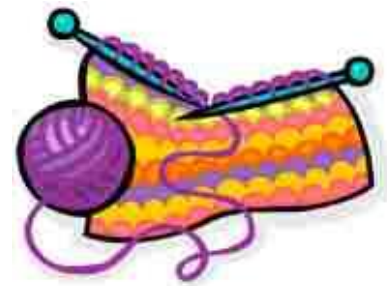
I hope that crafts people from our community can contribute knitted squares. Let's see how many completed wraps we can achieve this year.

Please give your squares to your child and ask them to pass them onto me (Mrs Papasinos) by 4<sup>th</sup> August 2020. This will allow time for the squares to be sewn together.

Thank you for your generosity and support in advance.

Kind regards,

Mrs Papasinos



## P & C News

As we near the end of Term 2, the P & C would like to thank all the Staff at St Clair PS for their amazing support of our students and families during the last few months.

Our next P & C Meeting is scheduled for **Tuesday 4th August at 7pm** (Week 3 Term 3) to be held in the staffroom.

We will be adhering to COVID-Safe practices and wish to invite all interested parents to help us plan our next fundraising ideas for the school.

Please keep an eye on our Facebook page for any updates.

Thank You

## Awards

### Mini Merits Trade ups

Bryson N-M, Yousif M, Kay A, Kieran A, Bella C, Cydney S, Caleb E, Cooper J, Kaemon R, Jacob W, Darrin H-S, Anastasia A, Jayden S, Ava N, Jack J (Class 9), Logan S, Peter L, Isla M, Hunter M, Chrissy S, Rathushaan M, Alexis D x3, Hannah D, Emma S, Ella C, Jayden B, Gulnaz K x2, Chloe M, Sylvanas W, Alexya L x2, Marley L, Gazardiel S, Lachlan H, Jacob X, Nazeef S, Jordan M, Levi G-W, Khloe T x2, Shane S (Class 8), Mason F, Duggu T x2, Emily B, Logan O, Shayne S, Tyler M, Lucas M, Elaine C x2, Om U, P.T x2, Oliver C, Jessica B, K.F, Mahi P x2, Mackenzie H, Chaise M, Amy H-L, Koray K, Jenny A, Holly F, Emily Wr, Paame M, Kingston F x2, Scarlet F, Nate N, Janessa L

### Principal Awards

K.F, Kaemon R, Jacob W, Nazeef S, Logan O, S.F, Isla M, Riley W, Alexis D, Gulnaz K, Bella C, Chrissy S, Duggu T, Cooper G, Hunter M, Elaine C, Holly F, Khloe T

### School Award

Jessica B, Riley W



## Kindergarten 2021 Enrolments

Is your child starting Kindergarten in 2021? Call the office today to organise an enrolment form to be sent out to you. If you know of any family, friends or neighbours with children starting school next year, please ask them to contact the school office on 9670 1966 for further details.



### Nutrition Snippet

#### WHAT IS A SERVE?



1 medium piece

OR



2 small pieces

OR



1 cup chopped

**One serve of fruit is about 150g or one cup**

- Try weighing and measuring different fruit to see how much you eat.
- Aim for 2 serves a day.

For fruit recipes and more visit

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



Cancer Council  
Healthy Lunch Box

### Nutrition Snippet

#### WHAT IS A SERVE?



½ cup of cooked vegetables

OR



½ medium potato

OR



1 cup of salad

**One serve of veges is about 75g or 1/2 a cup cooked or 1 cup raw.**

- Try weighing and measuring different veges to see how much you eat.
- Aim for 5 serves a day.

For vege recipes and more visit:

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



Cancer Council  
Healthy Lunch Box

## Student Work – Class 3

Class 3 students have been doing some writing about their experiences during the recent learning from home phase, and how they were affected by COVID-19. No doubt, many of us can relate to their thoughts. We hope you enjoy these samples of their work!

### How COVID-19 Affected Me in 2020

When COVID-19 happened, I was isolated with my mum, dad, grandma and also my brother. But of course, my dog, my two cats and my fish joined me. My grandma's voice is loud, so it was pretty rowdy in the house.

What I missed the most was my wonderful friends and my smart teachers. My friends are a big part of me, so not seeing them stirred up my emotions. My teachers are also a big help to me and I missed their smiling faces.

When in isolation, I reflected on my favourite school memories. I remembered when my friends and I heard a student play an 'Undertale' song on the piano. Another memory was going to Young Leader's Day and buying food. It was McDonalds! I also thought about how we always talk about random stuff. I missed that!

What I liked to do in isolation was to call Jenny and Madison so we could play Roblox and do things together because we were bored.

The most interesting thing that happened was when my mum got so much food at the shop and me and my brother ate it in one day. We were hungry!

I felt bored, sad, crazy, tired and hungry in isolation. I felt so many emotions, because it was boring and fun. I also yelled a lot.

Day 1 of isolation was exciting because I got to stay home and work on my computer and see everyone virtually. The last day of lockdown was very sad because I really wanted to stay home, but happy because I needed to see my friends.

By Anna S

### How COVID-19 Affected Me in 2020

In my isolation bubble there was my mum, dad, sister, brother, my pets and me.

My feelings during isolation were frustration, happiness, anger and boredom.

I really missed seeing my friends and doing my library monitor job.

An interesting thing that happened during lockdown was when my older sister Jayde had a baby girl named Molly May.

In lockdown I missed coming to school because online learning was hard and very complicated.

In quarantine I liked calling my relatives and playing online games with them.

I thought it would be hard and it was! On the final day of isolation, I felt happy because I was going back to school.

By Harrison B

### How COVID-19 Affected Me in 2020

When COVID-19 happened, I was in an isolation bubble with my mum, dad and my annoying sixteen-year-old sister.

My feelings during isolation were bored, annoyed, stressed, sad, depressed, upset, frustrated and rage. What I missed most about school was talking to people in person. What I liked the most while in quarantine was doing work in normal comfortable clothes. My favourite memory of school was getting awarded a badge. An interesting thing that happened during lockdown was, I bought \$200-dollar Air pods at BIG W, because I needed new headphones.

On the first day of isolation I felt excited and happy, because I finally got to stay home. On the last day of online learning, I felt excited and happy because I was heading back to school. I thought I may even miss doing online learning.

Sandra S

### How covid-19 Affected Me in 2020

The people in my isolation bubble were my mum, dad and my crazy siblings Scarlett and Kingston. My feelings during isolation were bored, upset, stressed, annoyed and I also felt a bit of excitement.

When we started learning at home, I was excited to start remote learning because it was something new. What I liked the most was doing Zoom calls every day. It was great to see everyone, not physically, but virtually. What I missed the most was being at school. My favourite memory was playing invisible soccer and being with my friends.

On the last day of lockdown, I was stressed with the internet, but I was excited to be heading back to school. An interesting thing that happened during lockdown was that my sister and I switched rooms and we were both really happy about that.

Holly F





# What are the benefits of students participating in regular physical activity?



## Engagement



Physical activity increases blood flow and nutrients to essential areas of the brain that stimulate learning. This enhances cognitive functioning, attention and memory. Physical activity also stimulates the release of adrenaline which improves attention and enables children to become alert and ready to learn.<sup>1</sup>

## Skill development



Participation in physical activity provides students with opportunities to develop movement skills and feel a sense of achievement. Participating with others can help students develop their skills in self-regulation, problem solving, leadership and decision making.<sup>4,14,15</sup>

## Health outcomes



Physical activity improves physical fitness, sleep, mental health and wellbeing, bone and functional health and contributes to maintaining a healthy weight.<sup>2,5</sup>

## Academic performance



Academic achievement improves with physical activity and may boost standardised test scores, even when time is removed from the academic timetable. Students who are physically active are more likely to achieve than those who are sedentary.<sup>4,6,7,11,12,13</sup>

## Wellbeing



Participation in physical activity helps students to feel more confident, happy and relaxed. Active students are more connected to their school which can improve their sense of fair play, their resilience and ability to develop and maintain positive friendships.<sup>9,10</sup>