



# newsletter

VOL: 40 No. 16

SHELLEY PUBLIC SCHOOL

18th June 2021



## Principal's Report



As we near the end of a productive Term 2, this will be our final newsletter for the term. Thank you to all the boys and girls and the teachers for your hard work and participation throughout the term. Next week will be a very busy one with a Super Star Morning Tea, Public Speaking Competition Finals (students only) and the K-6 End of Term assembly.

### Resources Pack Fees

Next term, we have our Footsteps Dance program commencing in Week 1. For the small number of families who have not yet paid for resource packs, we urge you to do so by the end of term. Students who have not paid for Footsteps dance (as part of the Resource pack) will be unable to take part, and will be involved in an alternate learning program. We would like all our students to be able to participate in Footsteps Dance and any other external activities in Semester 2. If you are experiencing financial difficulties, please contact the office to discuss a payment plan.

### Semester 1 Reports

Student reports for Semester 1 will be sent home at the end of next week. Please take the time to read your child / children's report carefully with them and encourage discussion about their achievements.

Staff have committed a significant amount of time to preparing these reports. The teachers use their judgement about student progress against learning outcomes based on a range of work undertaken during the semester – it is not simply based on test results or pen and paper assessments. Increasingly teachers are looking for evidence of deep learning, often shown by transferring knowledge to new situations and applying knowledge in new ways.

Children develop many of their attitudes about their learning based on the conversations they have with important adults in their lives. Reports are a great opportunity to celebrate with your child, the learning they have been undertaking. They are also an opportunity to reinforce the home-school partnership.

Please don't hesitate to contact the office to make an appointment to see the class teacher if you would like to discuss any aspect of the report.

Deputy Principal's Report

Super Stars

Insights / Parenting Ideas

Dates to Remember

# Warm & Fuzzy



## SRC Mufti Day Wednesday 23rd June

GOLD COIN DONATION  
Supporting  
Stewart House

## NAIDOC Week 2021

"NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'. This committee was once responsible for organising national activities during NAIDOC Week and its acronym has since become the name of the week itself."

The theme for NAIDOC Week in 2021 is **Heal Country, heal our nation**.

NAIDOC Week takes place in our school holidays (4th-11th July), but will be acknowledged in our classrooms in the first weeks of term.

From [www.naidoc.org.au](http://www.naidoc.org.au)



"Country is inherent to our identity.

It sustains our lives in every aspect - spiritually, physically, emotionally, socially, and culturally.

It is more than a place.

When we talk about Country it is spoken of like a person.

Country is family, kin, law, lore, ceremony, traditions, and language. For Aboriginal and Torres Strait Islander peoples it has been this way since the dawn of time.

Through our languages and songs, we speak to Country; through our ceremonies and traditions we sing to- and celebrate Country – and Country speaks to us.

Increasingly, we worry about Country.

For generations Aboriginal and Torres Strait Islander people have been calling for stronger measures to recognise, protect, and maintain all aspects of our culture and heritage for all Australians.

We have continued to seek greater protections for our lands, our waters, our sacred sites and our cultural heritage from exploitation, desecration, and destruction....

To Heal Country, we must properly work towards redressing historical injustice. While we can't change history, through telling the truth about our nation's past we certainly can change the way history is viewed. After 250 years, our children and our future generations deserve better...

We cannot afford to let pass the very real opportunity that now presents itself for reform based on a fundamental change in the relationship Australia has with Aboriginal and Torres Strait Islander peoples.

Heal Country, heal our nation."

## Education Week 2021

Education Week is an annual state-wide event that celebrates the NSW public education community. This year, Education Week will run from Monday 26th to Friday 30th July 2021.

"This year's theme is '**Lifelong learners**' and celebrates education as a lifelong journey from before a child enters an early childhood setting, progressing to primary and secondary school, and continuing their learning journey into adulthood; learning a trade, entering tertiary education, or the workforce.

Continuous learning is critical for success throughout life and everyone can be a lifelong learner.

We are developing lifelong learners and our education system is available for a lifetime.

From the first days in child care to post-school pathways, our education system is preparing young people to be agile thinkers and lifelong learners.

Learning can look different for individual students and our system is equipped to provide learning support for all of our students.

Learning often takes place beyond the classroom and we should celebrate all types of learning that occurs at all levels across our education system."

Education Week is in our third week back next term and we will be hosting Open Classroom activities on the morning of **Tuesday 27th July**. (Please note, to fit with CoVID guidelines, some of these activities may take place outside the classroom, in our outdoor learning spaces). More information will be provided early next term - but please put the date in your diary!

(NB. Our K-2 Athletics Carnival will also be held on the same day).



**Shelley Public School**  
School Enrolment Application

Before you start, please read the following:

- What is this online application for?**
  - Local enrolment into NSW Government schools only
  - Children living in NSW who are Australian or New Zealand citizens or Australian permanent residents
- Can temporary residents apply using this form?**

No. Please go to our website for **temporary residents and international students** for this type of enrolment.
- What will I need to complete this application?**
  - Your child's medical details - Medicare and doctor details
  - Parent contact details
  - Emergency contact details

**Resume your application within 30 days**  
If you don't have all the information you need right now, that's okay - the application will be auto-saved as you go. Any saved progress will be kept for 30 days.

**What happens once you apply?**  
After completing the online application part of the process, you will need to make an appointment to visit the school to progress the application.

**Get started with your application**  
We use these details to verify the student you are applying for lives within the school's intake area.

Enrolling for:

Students residential address:

NOTE  
If you are not eligible to use this online enrolment process, or you don't want to, you can always use existing enrolment processes to complete an application. You can find out more on our [guide to a public school website](#)

## Kindergarten 2022

It is June already - and before we know it, we will be planning for Kindergarten 2022 orientation.

We are currently accepting applications for enrolment in Kindergarten 2022. **If you have a child who will be turning 5 before 30th July, 2022 and you are intending to enrol them for next year, please complete an application as soon as possible.**

Applications (both Local and Out of Area) can now be completed online via our school website at:

<https://shelley-p.schools.nsw.gov.au/>

If you have a neighbour or friends with pre-school children who are intending to commence next year - please advise them to complete their application in the next few weeks.

Our student numbers for Kindergarten have a significant impact on school organisation for 2022. We ask for your assistance in ensuring applications are made as soon as possible.

## School Equipment

Before heading back to school in three weeks, we encourage students to check their school equipment and ensure they have everything ready for second semester. The holidays are a good opportunity to replenish pens, pencils and other equipment!



## Parenting Ideas

This week I have included two Parenting Ideas articles. The first article about School Reports, I have repeated a number of time over the years at report time. Please take a few moments to read the article before reports are sent home next week. Remember, your reaction to their school report can affect the way students see themselves as learners and as people!

The second article deals with an important issue for our students: Establishing digital boundaries for a good night's SLEEP! "It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study\*." This article provides some tips for parents to ensure your child is getting enough sleep – and not being distracted by digital devices.



## Safe and Happy Holidays

As this will be the final newsletter for the term, I wish everyone a safe and happy holiday. We look forward to seeing you all back for the start of Term 3.

**Remember** - Monday 12th July is a Staff Development Day, so there is NO SCHOOL for students.

**Students return to school on Tuesday 13th July - and our 3-6 Athletics Carnival will be held on Wednesday 14th July.**

*Jo-Ann Campion*

## STUDENT CONTACT CARD

Our student contact card is sent home each week for parents to observe, sign and return to school the next school day. The purpose of the card is to provide weekly contact between school and home. The card shows:

- The child's academic involvement and general behaviour for the week.
- Opportunity to arrange meetings between classroom teacher and parents.
- A rating level from 0 to 4 with 0 being the level to strive for.



SHELLEY PUBLIC SCHOOL						
STUDENT CONTACT CARD						
Student's Name:					Class:	
Week	Behaviour Level	Application to Classwork For The Week			Teacher's Comments	Parent's Signature
(at school week)	Exc.	Good	Satisf.	Unsatisf.		
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

Interview Required if Ticked

Teacher ☐ Date: \_\_\_\_\_ ☐ Date: \_\_\_\_\_ ☐ Date: \_\_\_\_\_

Parent ☐ Date: \_\_\_\_\_ ☐ Date: \_\_\_\_\_ ☐ Date: \_\_\_\_\_

SHELLEY PUBLIC SCHOOL	
BEHAVIOUR LEVELS FOR ALL SCHOOL AREAS	
(PLAYGROUND / CLASSROOM / EXTRA CURRICULA)	
GENERAL DESCRIPTION	
<b>LEVEL</b>	<b>Please refer to the Classroom and Playground Behaviour Flowchart</b>
<b>0</b>	Your child has been safe, respectful and responsible this week.
<b>1</b>	Your child has been involved in one or more of the following:
<ul style="list-style-type: none"> <li>calling out</li> <li>mock or play fighting</li> <li>running on hard surfaces</li> </ul>	<ul style="list-style-type: none"> <li>interfering in other people's games</li> <li>off task</li> <li>swearing in conversation</li> </ul>
<b>2</b>	Your child has been involved in one or more of the following:
<ul style="list-style-type: none"> <li>disruptive behaviour</li> <li>minor incident</li> </ul>	<ul style="list-style-type: none"> <li>offensive behaviour</li> <li>unsafe behaviour</li> </ul>
<b>3</b>	Your child has been involved in one or more of the following:
<ul style="list-style-type: none"> <li>aggressive behaviour</li> <li>bullying</li> <li>stealing</li> </ul>	<ul style="list-style-type: none"> <li>fighting</li> <li>repeatedly disobeying a teacher</li> </ul>
<b>4</b>	Your child has been involved in one or more of the following:
<ul style="list-style-type: none"> <li>immediated assault</li> <li>use and/or possession of dangerous implements or weapons</li> </ul>	<ul style="list-style-type: none"> <li>repeated inappropriate behaviour</li> <li>vandalism</li> <li>serious incident</li> </ul>





## Deputy Principal's Report



**Pinnacle our Highest Award  
Congratulations Archie 6F**



**Congratulations to our Week 8 Shelley Super Stars:  
Nevan 2J, Brandon 5/6D, Hariata 5P, Manmeet 5P, Fateh 3F**



**Congratulations to our Week 9 Shelley Super Stars: Jude 1H,  
Katherine 4P, Aliyah 4P, Finau 6F, Leo 3F, Ira 2L, Kai 1H**





## White Awards



## 3-6 Play Area



**SAVE THE DATE**



**Saturday 28th August**  
**from 7:00pm**

Entry: \$15 and a  
 wrapped bottle per person

**Theme: Australian**



## Shelley Super Stars

**Congratulations to the following students on achieving their:**



▶ Harlan 5J



▶ Anderson 4G  
Daniel 6E  
Thomas 5/6D

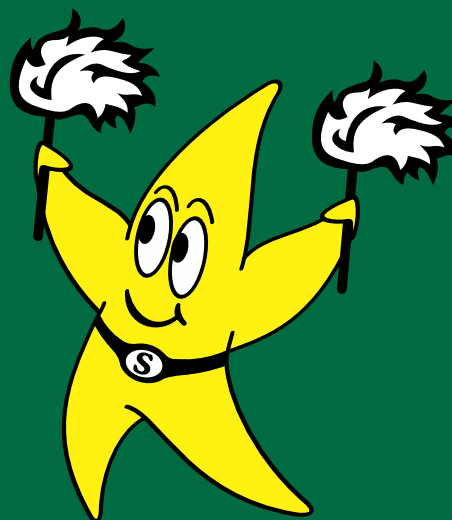


▶ Navya 1T  
Olivia 2J



▶ Rakai 2J  
Yaowaret 6E

These students will be presented with their badges on Monday 21st June at the K-6 Assembly



*Leanita Williams - Deputy Principal*

## Student Banking - Commonwealth Bank

Getting Involved in School Banking is Easy! All you need is a Commonwealth Bank Youthsaver account.

**Student Banking  
begins on  
Monday 21st June**

If your child doesn't have a Youthsaver account, you can open one at [www.commbank.com.au/schoolbanking](http://www.commbank.com.au/schoolbanking) or at a Commonwealth Bank branch.

## Dates to Remember



### Week 10

Monday	21st June	<b>Super Star Morning Tea</b> Student Banking Begins
Tuesday	22nd June	Public Speaking Competition Final
Wednesday	23rd June	<b>Warm &amp; Fuzzy Mufti Day</b>
Thursday	24th June	<b>End of Term Assembly 11:20am</b>
Friday	25th June	Last Day of Term 2

### Term 3 Week 1

Monday	12th July	Staff Development Day
Tuesday	13th July	<b>Students return to school</b>
Wednesday	14th July	<b>3-6 Athletics Carnival</b>
Friday	16th July	PSSA Round 6



## Notes and Money to be Returned by Due Date

Year	Event	Due Date
K-6	Student Resources	asap
Year 4	Year 4 Camp Instalment - \$70	16th July
Year 5	Year 5 Camp Instalment - \$60	25th June
Year 6	Year 6 Camp Instalment - \$70	25th June



**Please note: copies of all notes and Newsletters are available on the Shelley website.**

## Speechy Corner

### Make an obstacle course with your child on the weekend!

**How:** Grab some chairs and any play equipment your child has and make an obstacle course in the backyard or lounge room. Give your child instructions to follow while climbing through the obstacles (e.g. crawl under the chair and then jump like a kangaroo)

**Why:** These will help build your child's vocabulary of position concepts and simple action words, as well as encourage your child to listen for information. Increasing the steps in an instruction will help your child work on processing language and retaining it.

**What do I look for:** Make sure you have their attention before giving them an instruction. Ensure your child is completing each instruction before they are moving on to the next part of the obstacle course.

**How do I make it harder:** Allow your child to give you or siblings instructions to complete with the obstacle course – complete these instructions wrong at times to see if they can correct you. Give longer, more complex instructions with each turn.

**Sophie Gill - Speech Pathologist**



# INSIGHTS

by Michael Grose - No. 1 parenting educator



## Reduce our national sleep debt

Many parents underestimate the importance of sleep for children's learning and well-being. As a community we lack a great deal of knowledge about what's required to get a good night's sleep.

Recently I spoke at an overseas conference and sleep, or rather lack of sleep, was high on the agenda.

Professor Harlene Hayne, head of the Psychology Department at the University of Otago, revealed that increasing the amount of sleep children receive is one of the most powerful strategies for improving their mental health and well-being.

The links between sleep debt and poor mental health, including anxiety and depression, are indisputable. Anxiety goes down and confidence and well-being improves when kids get enough sleep.

Many kids today are sleep deprived. Teenagers, in particular, don't get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Not getting enough sleep leads to sleep deprivation, which is akin to jet lag, where kids don't function at their optimum. Lack of sleep leads to irritability, decreased creativity and memory lapses. It also has strong links to anxiety and depression.

Sleep maximises the brain growth which occurs with toddlers and teens. Sleep also consolidates learning: sleep research has shown that the brain practises what it has learned during the day when a child or young person is asleep. So sufficient sleep consolidates past learning as well as keeping kids fresh to maximise their future learning.

Sleep experts stress that while adults may not have control over biology we can assist children and teens to establish good sleep patterns. Children usually carry good sleep habits into adolescence. If you struggle to get young children to sleep or constantly battle kids who want to stay up longer, some knowledge of good sleep habits may be useful.

### Good sleep habits include:

**1. Regular bedtimes.** Kids may fight this, but make sure kids keep regular bedtimes during the week and allow them to stay up a little later on weekends. Children need between 10 and 12 hours of sleep each day, while teens need a minimum of nine hours.

**2. A 45 minute wind-down time before bed.** This includes: removing TV and other stimuli, calming the child down and limiting food intake (and caffeine for teens). The wind-down time informs the body clock that sleeping-time is near.

**3. A bedtime routine:** Have a bedtime routine, such as story-reading and teeth-cleaning, that signals psychologically that it is time for sleep. A set routine means that kids can predict. It also means that some children will fight bedtime so you need some good strategies in place to get kids to bed and make sure they stay there.

**4. Keeping bedrooms for sleep.** Bedrooms that resemble caves are recommended. It gets tricky with mobile phones and other information technology, but it's smart to keep mobiles and laptops out of bedrooms at sleep-time. This goes for parents too. I've noticed most parents sleep in technology-free bedrooms (apart from a clock-radio) yet their kids will have technology-full rooms.

**5. Maximise the three sleep cues.** These include: darkness (maintaining a cave-like bedroom); lowering body temperature (baths can be good for this); and melatonin (work within their cycle).

With mental health being on the agenda for all Australians and New Zealanders there is no better start than attending to good sleep habits. If your kids get less sleep than they should, check out the five habits above and work out which of these you can adjust to move things in favour of them getting more sleep.



[parentingideas.com.au](http://parentingideas.com.au) [parentingideas.co.uk](http://parentingideas.co.uk) [parentingideas.co.nz](http://parentingideas.co.nz)

Michael Grose Presentations

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[twitter.com/michaelgrose](https://twitter.com/michaelgrose)

## Establishing digital boundaries for a good night's sleep



It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study\*.

There are many reasons for young people's poor sleep habits including school demands, co-curricular and/or work commitments, perceived pressure from parents and educators and consumption of energy drinks. Young people's digital device habits can have a significant, negative impact on their sleep.

Handheld devices emit blue light which hampers melatonin production. This can result in the delayed onset of sleep and potentially shorten critical phases of the sleep cycle. Research confirms that children who have not yet gone through puberty are particularly vulnerable to blue light exposure in the evening as they have larger pupils, compared to post-puberty adolescents.

### Strategies to stop screens from sabotaging your child's sleep

Parents can have a positive influence on their child and teens' digital habits and doing so will yield positive results for their child's sleep and subsequent learning and wellbeing.

#### Establish a digital bedtime

Kids should switch off digital devices 60 minutes prior to falling asleep. Reinforce this habit by establishing a 'landing zone' such as a kitchen bench, or desk in a study or sideboard where digital devices go for charging and storage. Many students report that they 'need' to complete homework or submit assignments late at night. Verify the validity of such statements and work in partnership with your child's school to limit this type of required screen activity at night. Parents need to also be good role models by switching off before bed too.

#### Tech-free zones

Bedrooms should be tech-free zones so consider buying an alarm clock if your child uses a mobile phone to wake themselves up. Keeping devices out of bedrooms removes the tech-temptation to use them throughout the night, reduces the likelihood that they'll reach for them upon waking and lessens the chance of cyberbullying incidents. Ensure any devices left in bedrooms are on airplane mode and that the device is away from their line of sight.

#### Ensure a daily dose of 'greentime'

Exposure to natural blue light from sources such as the sun is critical for regulating circadian rhythms and promoting sleepiness at night. Ensure your child/teen is exposed to bright, natural, daytime light preferably before midday each day.

#### Use blue light filters

Most devices include options for 'night mode' or 'dark mode' that reduce blue light exposure. Dimming the brightness of the screen in the settings or applying a filter on a desktop or laptop also assists.

#### Do a screen swap before bed

Encourage passive tech activities before bed such as watching TV, listening to an audiobook, music or podcast, or reading on an e-reader.

It can be a challenge navigating digital boundaries with your child or teen particularly when it involves sleep, which is vital for health, wellbeing and learning. Talk to them regularly about the importance of sleep using science and facts to substantiate your claims.

\*The Australian Department of Health recommends between 9-11 hours of sleep for children (aged 5-13 years) and between 8-10 hours of sleep for adolescents (aged 14-17 years). A 2019 study published by the Australian Institute of Family Studies found that a quarter of 12-15 year olds were experiencing a concerning lack of sleep and more than half of the 16-17 year olds in the study were not getting the recommended 8-10 hours/night.

Source: <https://aifs.gov.au/sites/default/files/publication-documents/lsc-asr-2018-chap4-sleep.pdf>



### Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit [www.drkristygoodwin.com](http://www.drkristygoodwin.com)





INVITE YOU TO COME AND TRY

# Baseball



**WHEN** Sunday 18 July 10am - 12pm  
Sunday 25 July 10am - 12pm

**WHERE** Ashley Brown Reserve  
Northcott Road, Lalor Park  
(carpark is off Kennedy Parade)

**COST** Free

**AGE** T-Ball - 4 - 8yr olds  
Modball - 9yr olds  
Liveball - 10yr olds+

**FOR MORE INFO CONTACT**

David Rowley (President) on 0418 241194  
or [kingslangleybaseball@gmail.com](mailto:kingslangleybaseball@gmail.com)



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## SYDNEY REGION ABORIGINAL CORPORATION



Excursions & Workshops  
Incur an Extra Cost

# SCHOOL HOLIDAY ACTIVITIES

5-15 YEARS



Circus Show & Workshop



Movie Days



Harry Potter Workshop

**\$40 per day or 3 days for \$100**

**28th June 2021 - 9th July 2021**



NAIDOC Events



Kids Magician Show



Lego Master Builders



Kids BINGO



TBS Ninja Penrich

**PLEASE CALL OUR OFFICE ON (02) 4721 1536 TO BOOK YOUR PLACE**





**childrenfirst**  
growing potential

# SHELLEY VACATION CARE PROGRAM

## JUNE/JULY 2021 MAIN EVENTS

Shelley Outside School Hours - Inside Shelley Public School  
Hadrian Ave Blacktown Ph: (02) 9621 2022 Email: sosh@childrenfirst.asn.au

WEEK 1	ACTIVITIES
Monday 28.6.2021	Wear your PJs and bring your favourite stuffed toy. Virtual reality thrills, Pictureka, Roller Bowling, World/SOSH Record Setting.
Tuesday 29.6.2021 <b>International Yoga Day!</b>	Join us for some yoga poses. Scentos Love Bug, Pass the Pig, Froggy Cups.
Wednesday 30.06.2021	<b>DIY Tie Dye Shirts - bring a white t-shirt to dye.</b> Pencil Shaving Art, Handball Rounders, Ocean in a Bottle.
Thursday 1.7.2021 <b>\$15 extra cost of Incursion</b>	<b>Incursion - Quiddich and Electronic Gaming 10:00am-12:00pm.</b> Harry Potter scavenger hunt, Bingo party, Word Doodle challenge, Sequence.
Friday 2.7.2021	Minute to Win It challenges, matchstick puzzles, shuffle ball, Easiest Fudge Ever.
WEEK 2	ACTIVITIES
Monday 5.7.2021	Celebrate National Hawaii Day with grass skirt making. Finger Hair Tie game, Paper Bag Books.
Tuesday 6.7.2021	Aboriginal flag handprint, memory chess game, Munhanganing, Christmas in July craft.
Wednesday 7.7.2021 <b>\$15 extra cost of Excursion</b>	<b>Many Beach with HGOSH. Please arrive at SOSH by 9:00am sharp!</b> Bouncy egg experiment, water dipped flower creation, triangle tug.
Thursday 8.7.2021	Uluru painting, DIY scratch art, Wana, Whac-a-mole.
Friday 9.7.2021 <b>\$15 extra cost of Incursion</b>	<b>Wheelchair Basketball 9:30am-12:30pm</b> Cooking experience, Turtle Tag, air hockey, paper towel art.
WEEK 3	ACTIVITIES
Monday 12.7.2021	Grow a Rainbow experiment, Let's Create Puffy Pain, Mouse Trap, dice games.

**BOOKINGS MUST BE MADE BY WEDNESDAY 23rd JUNE - PAYMENT MUST BE MADE BY FRIDAY 25th JUNE**

Please contact the centre on 9621 2022 if you have any questions.  
We look forward to sharing in some holiday fun with your children.

### IMPORTANT THINGS TO REMEMBER:

- Please bring a hat for outdoor play.
- Children will need to bring morning tea, lunch, afternoon tea and snacks.  
**Food is not provided during Vacation Care.**
- Lunch is occasionally eaten while we are out on excursions.  
Please do not pack hot lunches on these days.
- Children are permitted to bring DS, iPods and other electronic devices (must not be able to access wifi on these devices). **Games must be age appropriate.**
- Staff take no responsibility for lost or damaged games/consoles.
- Mobile phones are not permitted at the centre.
- Children are encouraged to wear enclosed shoes and shirts with sleeves.
- Please advise staff if your child will be absent for a day you have booked in for.

We are an  
**ALLERGY  
AWARE  
Centre**

**REMEMBER the  
Food Groups when  
Packing Your Childs Lunch**

