

Singleton Heights Public School Newsletter

Term 1

Week 2

4 February 2021



R E S P E C T | R E S P O N S I B I L I T Y | E X C E L L E N C E

Principal's Report

Welcome back to the start of a new year at SHPS! We really do hope your children can reach for great heights this year! Welcome to our new families that have relocated from other areas, and welcome to our new Kindergarten students and families. Your first day at primary school seemed to go very smoothly. Thank you to the parents for being so supportive during these strange, social distancing times that we are stuck with. I enjoyed a lovely morning tea with many of our Kinder parents and I look forward to working closely with you and your children in education, this year and beyond.



The Year Ahead

Our wonderful classroom teachers are busy settling your children in to new grades and classes and I have been very impressed with the exemplary behaviour from our children so far, and with their immediate engagement in learning across the school. We are setting high expectations for success this year, with a new four year School Improvement Plan to be published at the end of this term. Our school will also be undertaking an External Validation by members of the Department of Education, who will be measuring our success against the School Excellence Framework. More about this later in the term.

Swimming Carnival Y3-6 Wed 10th Feb

Our annual Swimming Carnival will be held on Wednesday, 10th February, for students in Years 3 to 6. This carnival will be restricted to students only, as parent spectators will not be permitted to attend. Limited parent volunteers will be asked to help out on the day, with timekeeping. More information will be provided in a note later in the week. On this note, please ensure you mark the correct box in regards to the level of your child's swimming ability, as this will determine whether we place students in competitive races on the day.

Please ensure student medical forms are returned well before the day of the carnival. These are the yellow forms that were sent home on, Monday, 1st February.

Mari Awards

Just a reminder to families that any Mari awards collected last year, or any year that your child has been enrolled at SHPS, can be included in your child's count. Multiples of three (3, 6, 9, 12, 15) can be returned to school for various prizes and certificates. Mari Badges are earned when your child receives 15 Mari awards – Grey badge, 30 Mari awards – Bronze Badge, 45 Mari Awards – Silver Badge and 60 Mari Awards – Gold badge. We are still awaiting the recipient of the first Silver badge, and I am sure some of our students are close to this achievement.



Our Vision: POSITIVE RELATIONSHIPS, HIGH EXPECTATIONS, AUTHENTIC LEARNING

SCHOOL STAFF



Teaching Staff 2021

Early Stage 1 (Kindergarten) – Mrs Simone Meredith (Assistant Principal), Mrs Wendy Mackenzie, Mrs Angela Austin, Miss Terina Saunders.

Stage 1 (Year 1 and 2) – Mrs Sue Winsor (Assistant Principal), Mrs Wendy Kempster, Miss Crystal Degabriele, Mrs Vicki Caelli, Mrs Elizabeth Linsley, Mr Joel Andrews, Mr Nathan Heien.

Stage 2 (Year 3 and 4) – Mrs Sally Rees (Assistant Principal – off class), Mrs Janelle Cox, Mrs Tara Winsor, Mrs Kylie Stafford, Mrs Melissa Mungoven, Miss Laura Lantry, Miss Julie Brooker (Miss Tolmie relieving at the beginning of the term).

Stage 3 (Year 5 and 6) – Mrs Bianca Vern (Assistant Principal), Miss Charlotte Lewis, Mr Matt Orr, Miss Claire Huntley, Mrs Karen Thompson.

K-6K – Support Class – Mrs Jo Tonon (Term 1)

Mrs Faustini, Miss Harden, Miss Smith, Mrs Morrow Mrs Gray and Miss Tolmie will all be in student support roles across the school. Mrs Barwick will return to the librarian role 2 days a week, and Miss Hazelwood will be librarian for the other 3 days. Mrs Baker will continue to teach Computers to our Year 1 to 6 classes.

Support Staff

Our school is incredibly lucky to have a vast array of support staff that work in various capacities to support your children. Below is a list of the staff who you may touch base with at some point, in relation to your child's education.

School Administration Manager – Mrs Pam Watson

School Business Manager – Mrs Joanne Tucker

School Administration Officers – Ms Donna Bates and Ms Simone Buckley

Community Liaison Officer – Mrs Alison Dagg

School Counsellor – Mon, Tue and Thu – Mrs Cherie Clemson

Defence School Mentor – Ms Claire Daubeney

School Chaplain – Mrs Jessica Leyshon

Itinerant Support Teacher – Hearing – Mr Joel Stacey

We also have many wonderful School Learning Support Officers (SLSOs) who take on vital roles in supporting your children at the school.

Captain and Vice Captains for 2021

I would like to introduce our new school leaders for 2021:

Captains: Cooper L and Ava W

Vice Captains: Piper W, Lyndsay W, Riley T, Cody H.



P&C Meeting

Our first P&C meeting will be held on Tuesday, 16th February, from 6pm in the school staffroom. If you are intending on attending the meeting, you will need to RSVP to the P&C secretary on email:

The Annual General Meeting will be held on Tuesday, 16th March, from 5:30pm, with the general meeting opening at 6pm. Executive roles will be vacated at the AGM, and executive will be elected or re-elected during this meeting.

P&C
Parents and Citizens Association
Our Children ~ Our Future

COVID Guidelines

Parents are reminded that their child must not attend school if they are unwell, even with the mildest of symptoms. Students must return a negative COVID-19 test and be symptom free prior to returning to school.

Parents and carers can enter the school to:

- ◆ purchase and pick up uniforms from the uniform shops
- ◆ meet with school staff for an appointment
- ◆ drop off and pick up students in Kinder, Year 1 and Year 2 – please limit your time on the school grounds (10-15 minutes maximum). Drop off is between 8:40-9:10am and pick up is from 3:10pm.
- ◆ Staff and students are not required to wear masks while at school. Staff and students are permitted to wear their own mask if they choose.
- ◆ School bubblers will be able to be accessed by students. However, we continue to encourage students to bring water bottles from home that they can refill when needed.

Playgroup start up

We are anticipating starting Playgroup back up, in Week 5 this term. It will be held on a Tuesday in the hall, as our Community Room is now a Kindy classroom again!



Uniform shop

Our uniform shop is run by P&C volunteers. It will only be open on Thursday mornings from 8:45 to 9:30 am.

Good for Kids good for life

GET SET FOR HEALTHY SNACKS!

Healthy snacks are important to keep kids' energy levels up and meet their nutritional needs.

Choose snacks based on vegetables, fruit, milk, cheese, yoghurt and wholegrain breads, crackers and cereals.

Some tips to make choosing healthy snacks easy:

- Include a vegetable and fruit snack each day.
- Keep a range of healthy snacks in the fridge and pantry e.g. vegetables and fruit, pikelets, popcorn, yoghurt and cheese.
- Cut up vegetables and fruit so they are easier to grab for snacks during the week.
- Get your kids to help prepare snacks.
- Add vegetables into homemade snacks (muffins, scones and slices).
- Show your kids you enjoy eating healthy snacks.



WHAT DO THESE ROAD SAFETY SIGNS MEAN?



YOU CAN STOP
HERE FOR
2 MINUTES ONLY

You can drop your child off here but you must either stay in the car or within 3 metres of the car. Mobility sticker permit holders may stop for up to 5 minutes.



YOU CANNOT
STOP HERE

You cannot drop your child off here.



YOU CANNOT STOP
HERE UNLESS
DRIVING A BUS

Children cannot be dropped here unless they are arriving by bus.

Hours of operation may apply to some signs.
This means that the restrictions apply for those times only.

NSW PARENT/CARER ONLINE WORKSHOP



Join us for an online workshop where you will have the opportunity to listen, share and learn with parents and carers who support young people on the autism spectrum, from across New South Wales.

During the online workshops, we will cover four topics:

- diversity of autism
- working together with your child's school
- understanding sensory processing
- understanding behaviour.

These workshops are part of a series of sessions but you can choose if you would like to register for each session or just the individual ones you are able to join.

*Please note that this is not a webinar but is an online workshop where we will work collaboratively together online across the sessions.

Location:
NEW SOUTH WALES
via zoom online

Dates & Times (AEDT):

Diversity of Autism Tues 2 Feb, 2021 10:00 AM - 12:00 PM	Sensory Processing Tues 9 Feb, 2021 10:00 AM - 12:00 PM
Understanding Behaviour Tues 16 Feb, 2021 10:00 AM - 12:00 PM	Working Together Tues 23 Feb, 2021 10:00 AM - 12:00 PM

http:// For more information and to register, visit www.positivepartnerships.com.au or contact Rachael Dillon rdillon@autismspectrum.org.au

NSW PARENT/CARER ONLINE WORKSHOP



Join us for an online workshop where you will have the opportunity to listen, share and learn with parents and carers who support young people on the autism spectrum, from across New South Wales.

This online workshop is for parents, full-time carers and grandparents. Join other families to learn more about autism and ways to strengthen the home-school partnership.

During the online workshops, we will cover three topics:

- diversity of autism
- understanding behaviour
- working together with your child's school

Location:
New South Wales
via zoom online

Date:
Wednesday 24th February 2021

Time
Wed 9:30 AM - 2:30 PM (AEDT)

http:// For more information and to register, visit www.positivepartnerships.com.au or contact Alison Macrae amacrae@autismspectrum.org.au








FRUIT




HEALTHY MADE DELICIOUS

SHPS Canteen Menu
Term 4, 2020 – Term 1, 2021

ALL ORDERS MUST BE RECEIVED BY 9:10am

ORDERING OVER THE COUNTER

Please print clearly on lunch bags

NAME	JACK JONES
CLASS	2 C
Selection	1 x Meatball sub \$5.50

GOING HOME EARLY

If you have ordered your lunch, notify the canteen before leaving.

NO REFUNDS WILL BE GIVEN IF ORDERS ARE MADE AND NOT COLLECTED.

flexischools

Flexischools ordering closes at 9:10am daily.

SUSHI Tuesday ONLY

1 roll per serve

- ✓ Carrot & cucumber \$2.50
- ✓ Avocado & cucumber \$3.00
- ✓ Tuna & avocado \$3.50
- ✓ Soy sauce \$0.10

2 rolls per serve

- ✓ Rice paper rolls (Hoisin chicken) \$5.50

HOT FOOD

- Sausage roll \$3.00
- Chicken nuggets (6) \$5.00

PASTA

- ✓ Beef lasagne \$5.50
- ✓ Chicken pasta bake \$5.50
- ✓ Vegetable lasagne \$5.50

SNACK WRAPS

- ✓ Ham & cheese \$3.50
- ✓ Chicken & cheese \$3.50

BURGER / SUB / WRAP

- ✓ Chicken burger \$5.50
- ✓ Meatball sub \$5.50
- ✓ Mexican wrap \$5.50

TOASTIES

- ✓ Cheese & tomato \$4.00
- ✓ Ham & cheese \$4.00
- ✓ Ham, cheese & pineapple \$4.50

SAUCE \$0.50

- ✓ Tomato / BBQ / Sweet chilli / Sweet & sour

✓ Everyday Food • Occasional Food

SALADS

- ✓ **Summer Salad Bowl** \$5.00
Lettuce, tomato, carrot, cucumber, pineapple, beetroot, cheese
- ✓ **Extras** \$1.00
Chicken, Ham, Egg or Tuna
- ✓ Italian dressing \$0.50
- ✓ **Caesar Salad** \$5.50
Bacon, egg, croutons, parmesan, cos lettuce & dressing

SANDWICHES

- ✓ Cheese \$3.00
- ✓ Cheese & tomato \$3.50
- ✓ Salad \$4.00
- ✓ Tuna \$4.00
- ✓ Ham & cheese \$4.00
- ✓ Egg & lettuce \$4.50
- ✓ Chicken, lettuce & mayo \$5.00
- ✓ Chicken & salad \$5.00
- ✓ Ham & salad \$5.00
- ✓ **Extra - Wrap or Roll** \$1.00

SNACKS

- ✓ Pikelet \$0.50
- Anzac biscuit \$0.50
- Choc bliss ball \$0.50
- ✓ Cheese & crackers \$1.00
- Garlic bread \$1.00
- Grain waves \$1.50
- ✓ Custard cup \$1.50
- ✓ Piece of fresh fruit \$1.50
- ✓ Frozen yoghurt \$2.00
- ✓ Fresh fruit salad \$2.00

DRINKS

- ✓ Water (300ml) \$1.00
- ✓ **Milkshake** \$2.00
- ✓ Chocolate / Strawberry Flavoured Milk \$2.50
- ✓ Chocolate / Strawberry 100% Juice \$2.50
- ✓ Tropical / Apple & blackcurrant Juice Bomb \$2.50
- ✓ Watermelon / Orange passion / Apple cola Glee \$2.50
- ✓ Tropical / Raspberry Up & Go \$2.50
- ✓ Chocolate / Strawberry V8 Juice \$2.50
- ✓ Apple berry / Tropical

ICE BLOCKS

- ✓ **Quelch** \$1.00
- ✓ 99% Fruit juice stick
- ✓ **Juicies** \$1.50
- ✓ Wild berry / Orange / Lemonade or Tropical
- ✓ **Ice Monys** \$1.50
- ✓ Blue raspberry / Red berry blast
- ✓ **Moosie** \$1.50
- ✓ Chocolate

RECESS

A selection of fresh homemade items. These items will differ daily.

Salad cups, Scones, Vegetable fried rice, Dip & veggie sticks, Pasta salad, Tomato & cheese pizza slices, Fresh fruit smoothies, Apple & cinnamon scrolls.








VEGETABLES & LEGUMES