

# Stroud Public School Newsletter



## WHAT'S ON

### Term 3

#### Week 9

Thursday 14 Sept

R U OK Day

Assembly - Bottlebrush  
presenting a song.  
2:30pm.

#### Week 10

Monday 18 September

Day 2 of the Dental Van

Thursday 21 September

Assembly

## Care, Respect, Responsibility and Fairness

Erin Street Stroud 2425

Phone: 0249945255

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

TERM 3 WEEK 8

FRIDAY 8TH SEPTEMBER 2023

## Principal's Report

*Without our School Administration and Support Staff (SASS) our school would not function! This week we acknowledge and thank them.*



Mrs Forbes, Mr Davis, Ms Parkinson, Mrs Snowdon and Mrs Waters are our SASS staff and we are so grateful for all they do. They work tirelessly to support your children and our teachers. They do an insurmountable amount of background work that we don't see to ensure our school runs smoothly and efficiently. I am deeply appreciative of their commitment and dedication to our wonderful school - thank you SASS staff.

In September we have a focus on Child Protection. This week in particular is National Child Protection Week.



NATIONAL  
CHILD  
PROTECTION  
WEEK

STARTING FIRST SUNDAY IN SEPTEMBER

NAPCAN  
www.napcan.org.au

The 2023 theme is 'Where we start matters.' As a school community, we aim to promote a safe and supported life for every child and provide resources and support for parents and carers when they are needed. Students will learn about how to stay safe online and their rights as children to be safe, supported and valued. I have attached the United Nations 'Rights of the Child' document at the end of this newsletter.

Please continue to regularly log into your School Bytes Portal and check the calendar for what is on and what is coming up. The simplest way is to download the NSW Education Parent App on your device and add Stroud Public School. This will have a direct link to the School Bytes Portal.



Next term our school will be a host site for a community run Youth Mental Health First Aid course. There are details at the end of this newsletter. I encourage parents and carers to enrol and attend if you are able. I have completed the course myself previously and it reinforced to me how united we need to be as a community to support positive mental health in our young people.

Congratulations to Zane who competed in the Hunter Regional Athletics Carnival in the Senior Boys high jump. It was an extremely competitive field and we are very proud of his efforts.

In Week 10 I will be taking long service leave to spend some additional time with my family. Mrs Fletcher will 'be in the chair' in my absence and Wattle will have a casual teacher for Monday - Wednesday.

Have a wonderful weekend!

**Erin Wilson**

**Principal**

## CANTEEN

Term 3, Week 9	Helen + Helpers LAST CANTEEN FOR TERM
Term 3 Week 10	NO CANTEEN

Find us on  
**Facebook**



### Superb Lyrebird Facts

Banksia researched the incredible Superb Lyrebird. Here are some facts they discovered:

- They live in NSW rainforest areas.
- They feed mainly on insects, spiders, worms, small frogs and other invertebrates.
- They are masters at mimicking sounds including other bird calls and human generated sounds such as car alarms and chain-saws.
- They forage in the leaf litter through the day and roost in trees at night.



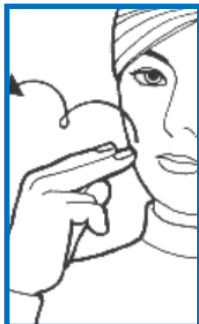
## Merit Awards - Week 7 and 8

	Week 7	Week 8
Wattle	Layla, Bailey	Ivy, Valley, Phoenix, Darcey
Bottlebrush	Will S, Zazen, Sienna	Matilda, Ethan
Banksia	Bohdi, Ryan	Violet-Rain
Mrs Wilson	Phoenix, Mia, Jesse	Romey, Tristian



### **Bottlebrush - singing and AUSLAN performance.**

On Thursday 14th September at the regular weekly assembly, Bottlebrush will present a song they have been practising. It will be wonderful to hear them sing and present the song in AUSLAN. Our assemblies commence at 2:30pm.



In case you're wondering, this sign means 'sing' or 'singing'.

## Bike Safety

Riding a bike or scooter to school is a great way to encourage fitness, healthy lifestyles and sustainable living. I love seeing our students ride their bikes to and from school and I want to encourage safe riding.

Recently I have been made aware of some issues surrounding bike and road safety that I wish to bring to our school community's attention including riding in the middle of roads, helmets undone, throwing oranges onto roads and not crossing roads safely.

Primary aged students are safest when they are supervised by an adult when riding.

Teach your children to be safe riders by always:

- wearing a correctly fitted and worn helmet
- using a well-maintained bike or scooter
- following the road rules
- riding to and from school together.



Please continue to speak with your child about important it is to be safe on our roads and contact the school if you would like to discuss this further.

## Curriculum update - from our APCI, Mrs Pass

This term, K-6 are exploring number patterns (e.g. 2,4,6,8,10). Here is some information on how you can help your child learn number patterns at home:

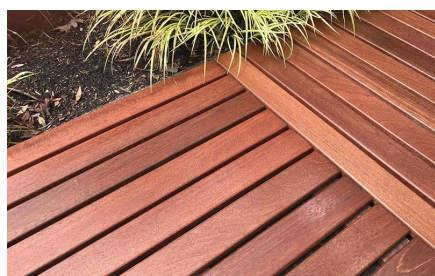
### Why are patterns important?

Patterns are the heart of mathematics! Children need to understand that numbers follow a predictable, repetitive sequence in order to count, add, subtract, multiply or divide. Young children begin to understand patterns as they observe things that repeat over and over again in their environments such as colours, shapes, and events (e.g. bathroom tiles that create a pattern). As they get older, they identify patterns by observing how numbers are similar or different. They then apply this knowledge to add, subtract, multiply and divide.

### Pattern Scavenger Hunt

'Pattern Scavenger Hunt' is an activity that helps kids to understand patterns. It is suitable for K-6.

1. Go for a walk around your backyard, a park or the shops and look for number, shape or colour patterns in the environment
  2. Point out and discuss any patterns you see by asking:
    - How could you describe this pattern?
    - How do you know this is a pattern?
    - Is there a part of the pattern that repeats over and over?
  3. Take a photo of each pattern on a camera, phone or iPad
- Here are some examples of photos from a Pattern Scavenger Hunt. If you go on a Pattern Scavenger Hunt, please share some photos with your child's teacher. We would love to see the patterns that you find!





## Touch football

Thank you to Miss Snowdon and all the parents who transported children down to Maitland on Thursday for the Touch Football Gala Day. It was a very busy day with many teams from around the region participating. Gala days are different to knockout competitions in that they encourage participation and fun as opposed to progressions through rounds. They are a great way for students to experience a sport they may not have a lot of knowledge of. Thanks Miss Snowdon for offering training through lunchtimes leading up to the gala day.



### Lots to do at recess and lunch!

We are tightening up some of our procedures at recess and lunch to make sure they are enjoyable and safe for all.

Students must wear a hat unless they are under the COLA.

Students are regularly made aware of areas that are out of bounds.

Touch football is just that - touch, absolutely no tackles or dangerous play whatsoever. Touch is also only for students in years 4 - 6.

All equipment needs to be looked after and returned once used including soccer balls, handballs, skipping ropes and small games such as connect 4, dinosaurs and lego.

Tuesdays and Thursdays Miss Morris will offer grounding and yarn time at lunch.

Tuesdays and Wednesdays Mrs Hattam will supervise sport on the front oval, unless she is engaged in reflection room.



### Happy birthday!

Happy birthday to Jesse! Have a wonderful birthday!

## Teddy Bear's Picnic with Kinder, Year 1 and the Preschool

On Wednesday, Stroud Preschool children and staff walked up to Stroud and had a teddy bear's picnic with Kindergarten and Year 1. It was a lovely morning in the sunshine, complete with teddies, teddy biscuits and fresh oranges. Everyone had fun with the parachute! We love having our preschool friends visit.



## P & C News

The P & C held a wonderful meeting last Wednesday evening and it was great to have so many parents attending.

On the agenda was the Alderley Creek Camp of which there is further information with this newsletter. Please, please support this fundraiser. It allows the P & C to support so many initiatives within our school. I urge you to support it if at all possible. The university students will love your home cooking - I promise!



The Colour Run was the second big item on the agenda. Wow! 26 children have already registered and over \$2500 already raised. Incredible! Please register online at [schoolfunrun.com.au](http://schoolfunrun.com.au).

Please support Helen in ensuring the canteen has enough volunteers to run each Friday. The children love having a lunch order however it is only possible if there are volunteers. Call Helen on 0417224080 for more information.



United Nations Convention on

# The Rights of the Child

In 1989 the United Nations Convention on the Rights of the Child was created as a commitment to help all children and young people feel safe, supported and valued. It has since been signed by nearly every country in the world. Together, we can use these rights to make sure that every child and young person in Australia can learn, play, grow and live safely.

## Article 1

Everyone under 18 has these rights.

## Article 2

All children have these rights, no matter who they are, where they live, what their parents do, what language they speak, what their religion is, what gender they are, what their culture is, whether they have a disability, whether they are rich or poor. No child should be treated unfairly on any basis.

## Article 3

All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

## Article 4

The government has a responsibility to make sure your rights are protected. They must help your family to protect your rights and create an environment where you can grow and reach your potential.

## Article 5

Your family has the responsibility to help you learn about your rights, and to ensure that your rights are protected.

## Article 6

You have the right to be alive.

## Article 7

You have the right to a name, and this should be officially recognised by the government. You have the right to a nationality (to belong to a country).

## Article 8

You have the right to an identity – an official record of who you are. No one should take this away from you.

## Article 9

You have the right to live with your parent(s), unless it is bad for you. You have the right to live with a family who cares for you.

## Article 10

If you live in a different country than your parents do, you have the right to be together in the same place.

## Article 11

You have the right to be protected from kidnapping.

## Article 12

You have the right to give your opinion, and for adults to listen and take it seriously.

## Article 13

You have the right to find out things and share what you think with others, by talking, drawing, writing or in any other way unless it harms or offends other people.

## Article 14

You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.

## Article 15

You have the right to choose your own friends and join or set up groups, as long as it isn't harmful to others.

## Article 16

You have the right to privacy.

## Article 17

You have the right to get information that is important to your well being from radio, newspaper, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and help you find and understand the information you need.

## Article 18

You have the right to be raised by your parent(s) if possible.

## Article 19

You have the right to be protected from being hurt and mistreated, in body or mind.

## Article 20

You have the right to special care and help if you cannot live with your parents.

## Article 21

You have the right to care and protection if you are adopted or in foster care.

## Article 22

You have the right to special protection and help if you are a refugee (if you have been forced to leave your home and live in another country), as well as all the rights in this Convention.



## Article 23

You have the right to special education and care if you have a disability, as well as all the rights in this Convention, so that you can live a full life.

## Article 24

You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

## Article 25

If you live in care or in other situations away from home, you have the right to have these living arrangements looked at regularly to see if they are the most appropriate.

## Article 26

You have the right to help from the government if you are poor or in need.

## Article 27

You have the right to food, clothing, a safe place to live and to have your basic needs met. You should not be disadvantaged so that you can't do many of the things other kids can do.

## Article 28

You have the right to a good quality education. You should be encouraged to go to school to the highest level you can.

## Article 29

Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.

## Article 30

You have the right to practice your own culture, language and religion – or any you choose. Minority and indigenous groups need special protection of this right.

## Article 31

You have the right to play and rest.

## Article 32

You have the right to protection from work that harms you, and is bad for your health and education. If you work, you have the right to be safe and paid fairly.

## Article 33

You have the right to protection from harmful drugs and from the drug trade.



## Article 34

You have the right to be free from sexual abuse.

## Article 35

No one is allowed to kidnap or sell you.

## Article 36

You have the right to protection from any kind of exploitation (being taken advantage of).

## Article 37

No one is allowed to punish you in a cruel and harmful way.

## Article 38

You have the right to protection and freedom from war. Children under 15 cannot be forced to go into the army or take part in war.

## Article 39

You have the right to help if you've been hurt, neglected, or badly treated.

## Article 40

You have the right to legal help and fair treatment in the justice system that respects your rights.

## Article 41

If the laws of your country provide better protection of your right than the articles in this Convention, those laws should apply.

## Article 42

You have the right to know your rights! Adults should know about these rights and help you learn about them, too.

## Article 43 to 54

These articles explain how governments and international organisations like UNICEF will work to ensure children are protected with their rights.



Every child,  
in every community,  
in every country,  
needs a fair go.



NAPCAN  
www.napcan.org.au





## ROAD SAFETY INFORMATION

**YOU ARE RESPONSIBLE FOR YOUR CHILDREN'S SAFETY WHEN THEY ARE TRAVELLING TO AND FROM SCHOOL.**

# Ride a bicycle safely

As younger children are still developing the skills needed to ride alone, the safest place to ride bikes, scooters and skateboards is within fenced areas.

Until children are at least 10 years old they should ride away from vehicles and driveways. As they are learning to ride it is important to ride or walk alongside them and talk about how to be a safe bicycle rider.

Children between 10 years old and 12 years old should ride away from busy roads.

Children under 16 and adult riders accompanying and supervising them may ride on the footpath, unless there are signs specifically prohibiting cycling.

Teach your children to be safe bicycle riders by getting them to always:

- follow bicycle road rules including:
  - ride to the left on footpaths
  - give pedestrians right of way on footpaths
  - watch out for cars entering or leaving driveways
- wear a correctly fitted bicycle helmet – it's the law
- wear bright-coloured clothing such as a vest so other road users can see them.

### For further support

Go to the department's Road Safety Education program at [education.nsw.gov.au/road-safety-education](http://education.nsw.gov.au/road-safety-education) or visit [education.nsw.gov.au](http://education.nsw.gov.au) and search for road safety education.

For older children, think carefully about the following when judging their ability to ride on their own:

- How safe is the travel route?
- What are their riding skills like?
- How aware are they of their surroundings in the traffic environment?
- How well can they manage unexpected hazards?

Your school will have procedures about students bringing bikes onto school grounds. Ensure your children follow these at all times.





## REGISTRATIONS NOW OPEN

Returning families purchase your memberships on Swim Central

Get back into the swim of things



Events start at 25m.  
Swim against your OWN time  
Swimmers of all ages and abilities are welcome



Swim Season starts Oct  
12th  
come and **TRY FOR FREE**  
for 2 weeks if you are new.



FREE BBQ for week 1 to  
welcome all our new  
families and to say HI to  
our returning families



It's a  
splashing  
good time



## **Alderley Creek Camp Catering September 25<sup>th</sup>-29<sup>th</sup> 2023.**

Hi everyone,

We have done really well so far filling spots on our menu and rostering on servers for camp catering but there are still quite a few spots left needing to be filled. Monday we need at least 3 more people to help serve on the first night. Tuesday is looking a bit thin and it would be great to have some more deserts filled. If anyone could make some vegetable kebabs for barbeque nights that would be a huge help too.

If preparing meals, we usually look at doing 2-3 times what you would usually prepare for a family, and if you are making cakes or slices usually one or two large ones will be needed. Whatever you can prepare is a huge help.

Serving isn't a lot of work and you get a free meal and drink included. The Uni students really appreciate the food we serve up so come along and help if you can. The more helpers we can get the easier it is on everyone involved. Serving usually runs from 4.30-9pm of that evening.

I'm looking to have final numbers and dietary details finalised by 12<sup>th</sup> September so I may need to modify the menu after that date.

Please check that I have your details correct and that your name is down for the correct meals and days.

If anyone has any great Dairy or Gluten free recipes please share, these are always difficult to come up with new, tasty options.

Feel free to give me a call, text or DM if you have any questions. Thank you.

Kate 0408534139

## **ALDERLEY CREEK CAMP CATERING – Mon 25<sup>th</sup> Sep - 29<sup>th</sup> Sep 2023.**

<u>GROUP</u>	<u>DAY</u>	<u>MAIN</u>	<u>DESERT</u>	<u>SERVE</u>
<i>Group 1</i>	Mon 25/9	Beef-Sam Osborne	Fruit Plate - CANTEEN	Kate T-S
42 People		Lamb- <b>HELP NEEDED</b>	Fruit Slice – <b>HELP NEEDED</b>	Clint Os-
<b>Curry/Casserole</b>		Chicken – Kelsey Sykes	Self-saucing Pudding –	<b>HELP</b>
		Lentil Curry – Angie O'Neill	Chocolate Brownie –	<b>HELP</b>
		Salad – <b>HELP NEEDED</b>	GF Dessert – <b>HELP NEEDED</b>	<b>HELP</b>
		Rice & Papadum - CANTEEN		

<b>BBQ Night</b>	Tue 26/9	Steak/Snag/Kebab – CANTEEN	Fruit Salad - CANTEEN	Kate T-S
		Veg. Kebab – <b>HELP NEEDED</b>	Stick Date Pudding – <b>HELP</b>	Maddi Rog-
		Veg. Patty – <b>HELP NEEDED</b>	Pavlova – <b>HELP NEEDED</b>	Jake Rogers
		Noodle Salad – Diane Dufty	Lemon Cheesecake Slice –	Todd Evans
		Toss Salad – Sophie Mataka-tea	GF Dessert – <b>HELP NEEDED</b>	Heath
		Chat Potato – CANTEEN		

<i>Group 2</i>	Wed 27/9	Steak/Snag/Kebab -CANTEEN	Fruit Plate - CANTEEN	Kate T-S
42 People		Veg. Kebab – <b>HELP NEEDED</b>	Brownie – Lisa Reyes	Sarah Win-
<b>BBQ Night</b>		Veg. Patty – <b>HELP NEEDED</b>	Carrot Cake – Bec Evans	Tanika
		Potato Bake – Sarah Winter	Self-saucing Pudding –	Todd Evans
		Pumpkin Salad – Tanika	GF Dessert – <b>HELP NEEDED</b>	<b>HELP NEEDED</b>
		Greek Salad – Sam Osborne		

<b>Pasta Night</b>	Thu 28/9	Beef – Simon Hadwin	Fruit Salad - CANTEEN	Kate T-S
		Pasta bake -Kelsey Sykes	Pavlova – Diane Dufty	Clint Os-
		Chicken – <b>HELP NEEDED</b>	Peach Slice – Lisa Smith	Sophie Ma-takatea
		Lasagne-Tilly Munn	Apple Crumble –Sam Os-	<b>HELP</b>
		Vegetarian option – Sam Osborne	GF Dessert – Sophie Ma-takatea	<b>HELP NEEDED</b>
		Pasta - CANTEEN		

**COOKIES for all 4 days** – Multiple people required to bake: Bec Evans, Lauren Munn, Heath, Lisa Reyes (GF/Dairy Free),



**STANDARD  
MENTAL HEALTH FIRST AID**

**FOR 18 YEARS AND OVER**

**IN STROUD THURS 16<sup>TH</sup> AND FRI 17<sup>TH</sup> NOVEMBER 8.30AM-3.30PM**

**STROUD PUBLIC SCHOOL HALL ERIN ST**

Learn how to assist adults who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves.



# **MENTAL HEALTH FIRST AID<sup>®</sup>**

**For Anyone. For Everyone.<sup>®</sup>**

**THIS 2 DAY COURSE HAS BEEN SUBSIDISED BY THE LIONS CLUB OF STROUD AS A COMMUNITY SERVICE**

**THE COST FOR THE 2 DAY COURSE IS \$75 INCLUDING MANUAL, COURSE MATERIALS, TEA, COFFEE AND LIGHT SNACKS. (price is often several hundred dollars or more)**

**COMPLETE AN OPTIONAL ASSESSMENT TO BECOME AN ACCREDITED MHFAider VALID FOR 3 YEARS**

**NUMBERS ARE LIMITED TO 23 PEOPLE.**

**PLEASE E-MAIL YOUR BOOKING OR ENQUIRY TO: [stroudlionsclub55@gmail.com](mailto:stroudlionsclub55@gmail.com)**

**For more information please see: <https://mhfa.com.au/courses/public/types/standardedition4>**

**Our trainer is Clinical Psychologist, Geoff Bowser. After a career leading schools, Geoff has been in private practice in Newcastle for almost a decade and is now also offering clinical psychology services nationally via Telehealth. He is a Licensed Instructor for Youth, Standard and Older Person Mental Health First Aid courses and a Consultant Instructor Trainer for MHFA (Aust.)**