



**Term 1,  
Weeks 5 & 6,  
2024**

## FROM THE PRINCIPAL

### TERM 1

#### MARCH

- 7th Peer Support
- 12th Sneak Peek KHS
- 18th P&C Meeting
- 18th to 22nd Dental Van
- 21st Harmony Day Peer Support
- 22nd National Ride2School Day
- 28th Easter Hat Pde
- Grandparents Day
- Syd West Swimming

#### APRIL

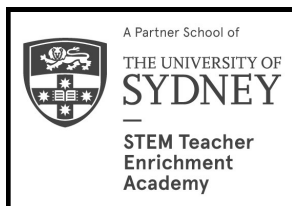
- 3rd Peer Support
- 4th Backflips Against Bullying
- 8th to 12th Autism Wk
- 8th 3 Way Interviews
- 11th Peer Support
- 12th Last day Term 1
- 30th Students first day Term 2
- ANZAC ceremony

#### MAY

- 3rd BPS Cross Country
- 6th P&C Mother's Day Stall
- 8th Musica Viva

Dear Parents / Carers,

It's hard to believe this week we are already halfway through first term. As always, there's been some wonderful things happening at BPS.



Stage 2 teachers are enhancing their skills to teach STEM at the University of Sydney's STEM Academy and can't wait to share what they have learned with their students and the school.

Our annual "Meet the Teacher" evening was well attended, especially in Stage 1 and 2. Thank you to the parents / carers who came along to find out about plans for the 2024 school year. Thank you to our teaching staff who stayed back to facilitate these meetings.

The zone swimming carnival was held last week in Glenbrook. Our 22 strong team of swimmers represented our school with great sportsmanship and skill. We patiently await official results to be sent through to us. Thank you to Mrs Gillian and Gyorgyi for supporting our students on the day.

Last Friday our students got stuck into "Clean Up Day". While we encourage students to look after our school (and wider) environment every day, this day is a good reminder for us to take some time and focus on keeping our school grounds clean and tidy. Thank you Mrs Harris for coordinating this for our school.

The P&C Disco last Friday was well attended and lots of fun was had by all. Thank you to the P&C fundraising committee for coordinating this bi-annual event for our students. Thank you also to the staff who remained behind after school hours to assist.

On Monday, our school leadership team had a very early start to get to the National Young Leaders Day in Sydney. Our leaders had a wonderful day hearing from Anastasia Wodmer (Australian Memory Champion), Bryson Klein (Ninja Warrior Champion), Stephen O'Keefe (Cricket star) Eva Amores (author) and Matt Cosgrove (author). Thank you, Ms Oreleon for organising this day for our students.

Our Peer Support program will commence this Thursday. Our Stage 3 students will lead these sessions over four weeks. They have been working hard with the Stage 3 teachers to prepare the content which will focus on growing student safety through building better relationships. The sessions will explore students' strengths and assist students to develop clarity about positive relationships. Students will also learn about resilience, standing together to resist bullying and including others.

Year 6 parents – don't forget the Katoomba High School Sneak Peek and Katoomba High School open night which is scheduled for 12 March.

Warm Regards,  
Kristin Hardge  
Principal



### KATOOMBA HIGH SCHOOL SNEAK PEEK 2024

Our local year 6 students are invited  
to have a **Sneak Peek** at  
Katoomba High School

**Tuesday 12 March 2024, 10am–1pm**

Buses will be provided to and from

local primary schools.

Students are required to bring their recess. A BBQ lunch will  
be provided.



### Parent Information evening

Katoomba High School warmly invites prospective parents  
and students for Year 7 2025, to come along to the school hall  
to meet the teachers and find out about  
the school. Tours will also be available.

**Tuesday 12 March 2024**

**6:30pm to 8pm**

**School Hall**

Any questions can be directed to Amy Kiah, Year 7 2025 Advisor, at  
[amy.kiah1@det.nsw.edu.au](mailto:amy.kiah1@det.nsw.edu.au)



## YEAR 6 / EXPRESSION OF INTEREST

Dear parents/carers of Year 6 students

To enrol your child in Year 7 for 2025, you will need to complete an Expression of Interest for Year 6 to Year 7 transition.

Forms can be located on the enrolment page of our school website or by using the direct links below from 6th March through to the 25th March.

The Expression of Interest process is available online at [https://](https://year7.enrol.education.nsw.gov.au/?schoolCode=1246)

[year7.enrol.education.nsw.gov.au/?schoolCode=1246](https://year7.enrol.education.nsw.gov.au/?schoolCode=1246). After you submit an EOI and it has been assessed, your child will be offered a place at a high school.

If your child will not be attending a NSW Government high school next year, please let us know by completing a Placement Not required form at [https://](https://year7.enrol.education.nsw.gov.au/no-placement/?schoolCode=1246)

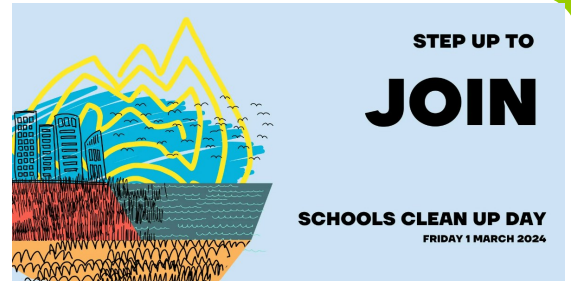
[year7.enrol.education.nsw.gov.au/no-placement/?schoolCode=1246](https://year7.enrol.education.nsw.gov.au/no-placement/?schoolCode=1246).

If you are unsure whether they will be attending a NSW Government school (you are planning to apply for a private school, or you are moving interstate), we ask that you still complete an EOI and follow up with the school once a decision has been made. The online process will guide you through your options and collect the information required to make this process as smooth as possible.

For parents/carers who are not able to complete an application form online, please see Sue in the office for a paper form which will need to be returned no later than 25th March.



## CLEAN UP SCHOOLS DAY



On Friday the 1st March our school participated in the annual Clean Up Schools Day. Our students moved throughout the school grounds and surrounding footpaths collecting litter in biodegradable rubbish bags supplied by the Clean Up Australia team. It was great to see so many students voicing their concern about the impact of litter on our waterways and surrounding bushland and the birds and animals that share our home in the beautiful Blue Mountains. We can all make a difference to the amount of rubbish sent to landfill by lunchboxes” and avoiding sending lots of packaged foods. Mrs Ruth Harris

## STUDENT REPRESENTATIVE COUNCIL

Congratulations to all our elected Student Representative Council members who received their badges in our week 6 Whole School Assembly. It was great to have so many parents in attendance for this special occasion.





## Merit Awards



K-C Lea D-G

K-H Sage W & Ryan K

1-2RP Ayla C, Finn S & Archie S

1-2KM Harley R & Padmai W



3-4G Harvey D & Abigail C

3-4H Lacey A, Coco C, Lucas F & Flynn K

3-4M Jerome B, Poppy H & Maple H

3-4Y Georgie S, Clara H & Lachlan McA





5-6K Lauren C, Otto F & Kyan P  
5-6M Alisa C  
5-6OW Astrid N & Carter B

## **“SNOWY” THE SNOW LEOPARD**



Congratulations to 1-2L,  
this week's recipients of  
“Snowy” .



## **HOUSE POINTS TROPHY**

The House Points Trophy is awarded fortnightly at our whole school assembly to the House that has collected the highest number of House points in the previous 2 weeks. Teachers can award House points for a range of successes such as positive behaviour, lovely class work and effort in activities. Congratulations to this fortnights winning House the Wombats!







## Principal Awards Whole School Assembly

K-C Marcy L & Cooper M  
K-H Fern M & Tyler L  
1-2RP Anna T & Rigby M  
1-2KM Janayer S & Sabine J  
1-2L Cienna T



3-4G Abigail C & Will H  
3-4H Kate M & Poppy D  
3-4M Finn Mca & Argento S-R  
3-4Y April J

5-6K Amy H & Lucas G  
5-6M Charlotte G  
5-6OW Isaac F & Heidi H

**“CAUGHT YOU  
BEING GOOD”**

Congratulations to our  
fabulous  
“Caught You Being Good”  
recipients.





# Our Wonder Wall

## EARLY STAGE 1

Claudia Mcl, Fern M,  
Lenny K-C & Marcy L

## STAGE 1

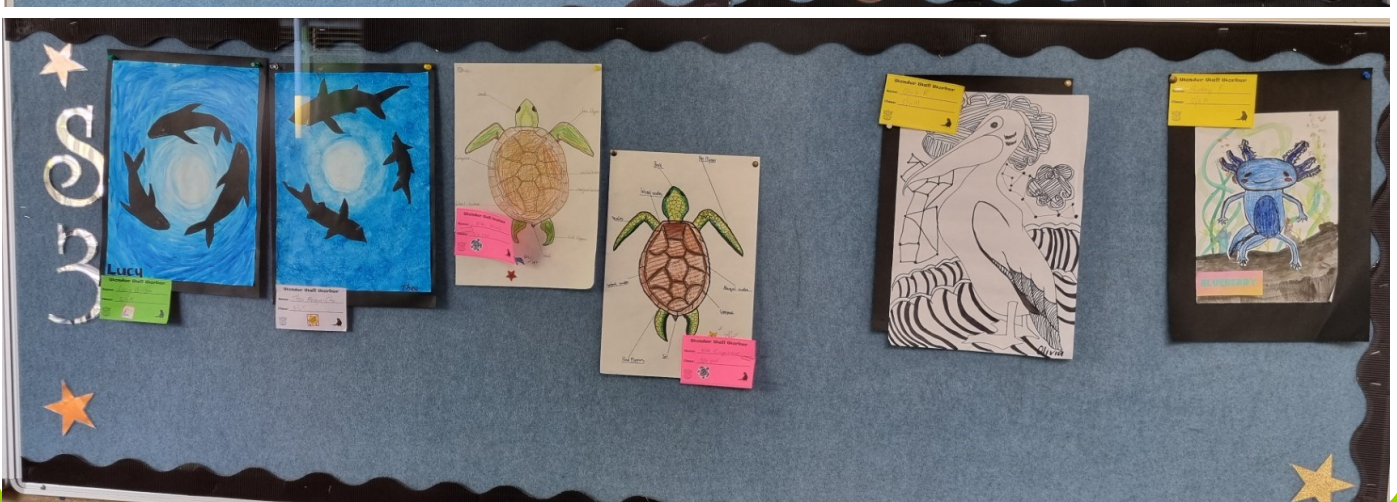
Atticus L & Rhys K

## STAGE 2

Kora H, Adria R, Willow S,  
Myles G, Lucy H, Zack L,  
Annabelle P & Everett M

## STAGE 3

Lucy W, Elke S, Ella K,  
Olivia R & Audrey F



## KISS & DROP / PICK UP



Kiss and Drop/Pick up Zones are designed for your convenience and for your child's safety. Designed for quick entry and exit, these zones minimise congestion and risk when used properly by all parents and carers. These zones operate under the same conditions as no parking zones, which means you may stop to drop off or pick up children for a **maximum of 2 minutes**. You're required to remain in, or within 3 metres of, your vehicle. Fines do apply.

IT IS IMPORTANT FOR ALL OF US TO BE AWARE OF AND FOLLOW THE **ROAD SAFETY RULES** TO ENSURE THE SAFETY OF OUR CHILDREN. PLEASE REFER TO THIS LINK FOR FURTHER INFORMATION: <https://roadsafety.transport.nsw.gov.au/downloads/keeping-our-kids-safe-around-schools.pdf>

## EXTENDED LEAVE –TRAVEL or HOLIDAY

A reminder that under DoE procedures, parents/carers are required to complete an Application for Extended Leave—Travel and provide travel documentation, if they are travelling or holidaying outside of the school vacation period. Where the principal considers the travel appropriate during the school term, the absence will be recorded as holiday leave and a certificate granted.

## SCHOOL VISITOR/VOLUNTEER CHECK IN

In line with DoE policy, all visitors to our school need to check in by scanning the QR code, or via the office tablet. This includes morning and afternoon home reading volunteers. Thank you for your cooperation.

## PAYMENTS

A gentle reminder that all payments **MUST** be submitted on either Compass or in person at the school office by the due date on the note. Owing to our Department of Education system we cannot process money that comes in later than the day. If finance is an issue **PLEASE** complete an assistance form, available from the office, **PRIOR** to the due date.





## WHOLESOME KIDS CAFÉ NEWS

This year started slowly for the Canteen but as the term has progressed, so have the number of lunch orders. We are now finding ourselves busier than ever. The addition of online ordering has also contributed to the increase in lunch orders. Whilst it has been a rocky

start to Compass, we're hoping that all issues are now resolved and all parents can access it when needed. Check it out, it makes life so much easier.

This year we have decided to trial an Autumn/Winter menu in Terms 2 & 3 where we will rest some items and add some warmer items for our kids. Everything from Pesto Pasta salads to baked beans to weekly soups plus more. Keep an eye out for that one. We'll be making full use of our amazing school vegetable & herb garden.

Thank you!

The school disco has now come and gone, and it was incredibly hectic in the canteen. There is no way that Alison and Paul would have been able to have done it without the help of some pretty amazing volunteers. We'd like to thank each and every one of them including Cath, Carly, Eric, Chris, Elena, Geoffrey, Seb, Lenny, and Finn (don't think we didn't notice you helping mum out in the cake stall!)

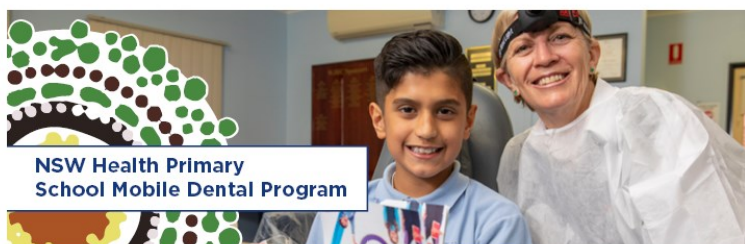
**From the Garden** The special for week 6 was Spanakopita, made from Silver beet from our very own School garden. Many thanks to Mrs Windsor and the Green Team for the excellent ingredients. It turned out beautifully. Hopefully we'll be able to bring many more special items using our own home grown vegetables and herbs.

Paul & Alison

The Canteen Team



### Primary School Mobile Dental Program



**NSW Health  
Mobile Dental Program**



The NSW Health Primary School Mobile Dental Van will be visiting Blackheath Public School in Term 1 Week 8, offering a free dental check-up for your child/ren.

An information pack has been sent home.

Please complete and return the included 'Treatment Consent Form', at your earliest convenience, if you would like your child/ren to participate.

## P&C NEWS

Happy autumn to everyone!  
What a great disco we had!  
Thank you for all the  
volunteers helping on the  
day. It means a lot to us.



**Blackheath Public School P&C Association**

The official page of Blackheath Public School Parents & Citizens Association.

We would like to apologise for the delays in the kitchen at the disco.  
We had less volunteers than was arranged and it slowed things  
down a little. We are looking into how we can avoid this from  
happening again. Thank you for your support and  
understanding.



We are still looking for volunteers for the Canteen, no  
experience needed!



We would like to invite everyone to our gardening day! Working  
bee day is coming up on the 24th of March. Details are on the flyer below and will  
also be sent out on compass.

Have a fabulous week

Laís





## School refusal in primary school: Myths vs facts

### MYTH

I'm a bad parent because I cannot get my child to school

### FACT

Difficulty going to school is due to a number of factors and not a reflection of parenting skills. Remember to have compassion for yourself and that help is available.

My child is just being naughty or lazy

School refusal is not a matter of misbehaviour but a child's way of telling you how they feel about going to school. The reasons for avoiding school are complex and vary for each child. Working out the underlying cause of their distress will help you get them the right support.

No one else has this much trouble getting their child to school

Up to 5% of all school children in Australia have difficulty getting to or staying at school. Parents are not alone however you may feel isolated about it at times. It is important to seek support for yourself as well as for your child.

I should just force my child to go to school

Parents should not threaten, shame or punish their child for not going to school. Continue showing care and compassion, and work with them, their school and health professionals to improve their confidence and attendance. Small steps may work best.

It's normal for kids to not want to go to school

If this happens more frequently and your child gets anxious or upset about going to school, then this is a problem that needs attention right away.

There's no harm in missing a few days here and there

Missing one day per week adds up to 2 months of missed school in one year. Poor attendance in primary school leads to bad habits and can have serious long term effects on a child's learning, social development, family relationships, health and wellbeing.

It's not a big deal

Children who repeatedly miss school also miss critical learning and social opportunities. By law all children in NSW are required to attend school every day.

They will grow out of it

This issue is unlikely to go away on its own and may get worse as your child gets older. Ongoing difficulties make it less likely your child will complete school or join the workforce and may increase their risk of mental health problems.

### Taking care of yourself

School refusal is difficult to manage and stressful for parents and carers. It's important for your own health and wellbeing to seek support from friends, family and professionals. You can also join an online support group. Remember: when you are well and feel supported you will be more able to help your child manage their distress and return to school.

### Nepean Blue Mountains Local Health District

PO Box 63  
Penrith NSW 2751  
Telephone: (02) 4734 2000  
Fax: (02) 4734 3727  
Email: NBMLHD-enl@health.nsw.gov.au

Wade: [www.health.nsw.gov.au](http://www.health.nsw.gov.au)  
Facebook: [www.facebook.com/NBMLHD](https://www.facebook.com/NBMLHD)  
Instagram: [instagram.com/nepeanbluemountains](https://www.instagram.com/nepeanbluemountains)  
Twitter: @NBMLHD  
YouTube: Nepean Blue Mountains Local Health District

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## Is going to school really difficult for your child?

When a child becomes worried about going to school, refuses to go to school or struggles to stay at school, they may be experiencing school anxiety or phobia. We call this school refusal.

School refusal is an issue that may cause emotional distress for your child and family. It is important to recognise that your child's behaviour is not deliberate or defiant.

Children can communicate their anxiety about school through a range of behaviours:

- Difficulty getting out of bed
- Dragging out morning routines
- Tearfulness, emotional distress or complaints of feeling sick
- Difficulty parting with you at school
- Spending time out of class, or in the school office or sick bay
- Wanting to go home early, and avoiding school after weekends, school holidays, or on sport or camp days

Tips for helping your child return to school

- Make time to connect, show empathy and acknowledge they're having a hard time. Try to work out what is worrying them
- Discuss solutions together and support them to choose one to try
- Speak with their school as soon as possible. Let your child know that everyone wants them to feel comfortable about going to school

- Set up and stick to good night-time and morning routines
- Limit access to electronics during school hours unless for school work
- Encourage them to finish homework
- Don't encourage fun activities such as shopping, video games or treats during school hours
- Don't punish or blame them if they are unable to go to school
- Be sure to notice and praise any efforts and small successes

### Support options

- Talk with your child's school to develop a plan to address any difficulties. Be persistent and ask for more help from the classroom teacher, school counsellor, or assistant principal
- If your child is complaining of physical aches and pains have them checked by your GP
- See your local GP for a Mental Health Care Plan or referrals for further care, such as a paediatrician or psychiatrist
- Contact your local Community Health Centre for free counselling and support for yourself on 1800 222 608 (or 02 4560 5714 in the Hawkesbury area)
- If nothing else is working, visit [education.nsw.gov.au](http://education.nsw.gov.au) for information on alternative schooling options

### Additional online resources

- [raisingchildren.net.au](http://raisingchildren.net.au)
- [headspace.org.au](http://headspace.org.au)
- [relationships.nsw.org.au](http://relationships.nsw.org.au)



# NAPLAN Information for parents and carers

## 2024

The National Assessment Program – Literacy and Numeracy (NAPLAN) for 2024 will occur in Term 1, between Wednesday, 13<sup>th</sup> March and Monday, 25<sup>th</sup> March. The assessments are completed online with the exception of Writing for Year 3 students. The test period is longer to accommodate schools with fewer devices to complete NAPLAN Online. Students who are absent at the time of testing can complete missing tests during the test period.

NAPLAN assesses literacy and numeracy skills of our Year 3 and Year 5 students in the following areas:

- Language conventions (spelling, grammar and punctuation)
- Writing
- Reading
- Numeracy

The assessments provide parents and school with an understanding of how individual students are performing at the time of the tests.

All students in Years 3 and 5 are expected to participate in NAPLAN. Students with a disability may qualify for adjustments that reflect the support normally provided for classroom assessments. A student with a disability that severely limits their capacity to participate in the assessment, or a student who has recently arrived in Australia and has a non-English speaking background, may be granted a formal exemption.

Our teachers will ensure their students are familiar with the types of questions in the tests and will provide appropriate support and guidance.

You can help your child prepare by reassuring them that NAPLAN is just one part of their school program, and by reminding them on the day to simply do their best. Excessive preparation or coaching is not recommended.

A comprehensive fact sheet on NAPLAN is available from <https://www.nap.edu.au/naplan/for-parents-carers>

PhilipYeong





Blackheath Kookaburra Kindergarten is taking enrolments for 2024.

Kookaburra Kindy is a community run preschool in beautiful Blackheath.

We have provided quality preschool education to children aged three to five for 70 years.

Our Educators are enthusiastic, warm and caring. They use the children's abilities, strengths, and interests to individualise learning.

Kookaburra uses play based learning that follows the EYLF (Early Years Learning Framework).

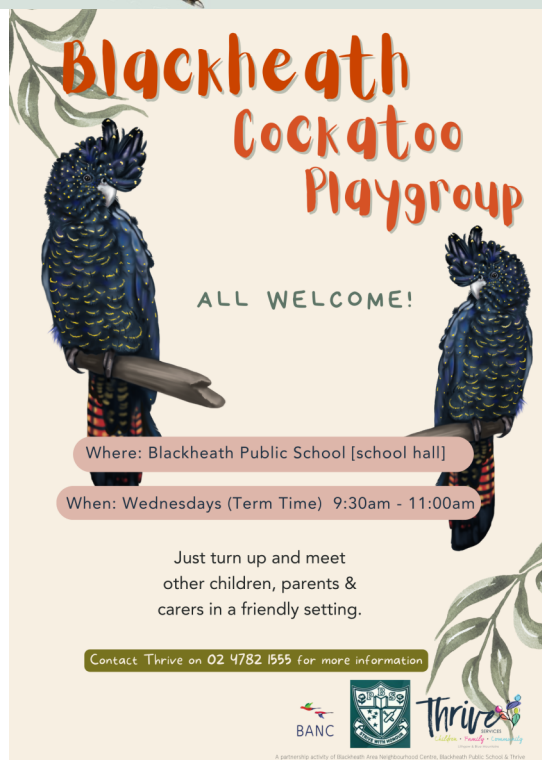
We aim to support families and children in our community to reach their full potential and provide assistance and advice where possible.

Fee Relief is available.

Times: Hours: 08.30am – 4pm  
Days: Monday – Friday

E-mail: [contact@kookaburrakindy.nsw.edu.au](mailto:contact@kookaburrakindy.nsw.edu.au)  
Ph: 47878977

**CALL OR EMAIL KERRIE TO BOOK A TOUR OF THE PRESCHOOL TO SEE OUR LOVELY LEARNING AREAS AND NATURAL PLAYGROUND AND TO MEET OUR WONDERFUL TEAM.**



## Blackheath Cockatoo Playgroup

ALL WELCOME!

Where: Blackheath Public School [school hall]

When: Wednesdays (Term Time) 9:30am - 11:00am

Just turn up and meet other children, parents & carers in a friendly setting.

Contact Thrive on 02 4782 1555 for more information

**BANC**

**Thrive**

A partnership activity of Blackheath Community Centre, Blackheath Public School & Thrive Services




## Young Writer's Workshop

with **Jodie McLeod**



14 March, 2024  
4 p.m. - 5.30 p.m

Writer, copywriter, editor and author/publisher of three children's books: the award-winning 'Leonard the Lyrebird', its follow-up, 'Lilah the Lyrebird' and 'The Black Cockatoo'.

**RoseyRavelston Bookshop -Lawson-**  
**0423 311 319**

Let your imagination run wild with fun writing prompts, descriptive writing tips, character creation and more!

**Tickets: \$10.00**  
Payments in advance via Bank Transfer to:  
Children's Book Council Australia (NSW Branch)  
BSB: 633 000  
Account: 205 548 159

## Young Illustrator's Workshop

with **Tohby Riddle**

27 March, 2024  
4 p.m. - 5.30 p.m


Australian artist and writer/illustrator of picture books and illustrated books that have been published in many countries, and translated into many languages, around the world. Tohby has been nominated for the 2022 Hans Christian Andersen Medal.

**The Good Earth Bookshop - Wentworth Falls-**

Get inspired! Join us for an exciting art workshop with one of our own Blue Mountains author/illustrators.

**Tickets: \$10.00**  
Payments in advance via Bank Transfer to:  
Children's Book Council Australia (NSW Branch)  
BSB: 633 000  
Account: 205 548 159

## REGISTER FOR 2024!



Come play soccer with the Blackheath Football Club!

Details - \$140 for the season (April – August), and \$130 per additional sibling. Active Kid Vouchers accepted.

One training session per week at the Blackheath Oval, and weekly games at the Marjorie Jackson Oval in Lithgow.

Check out our website for more information and to register: [Blackheathfc.com](http://Blackheathfc.com)