



SCHOOL NEWSLETTER

Term 1 Week 6 2023

Thursday 2nd March

Rosary Park Catholic School

Station Street, Branxton NSW 2335

P: (02) 4938 1541 E: admin@branxton.catholic.edu.au

Website: www.branxton.catholic.edu.au

We acknowledge the Wonnarua people-the first custodians of this land

Built on Faith, Knowledge, Respect

IMPORTANT DATES

The Catholic Diocese of Maitland-Newcastle has an abiding commitment to promote the safety, welfare and wellbeing of children and vulnerable adults - particularly those who participate in the life of the Diocese. All employees are required to undergo a National Police Check and, where legislated, hold a Working with Children Check. Diocesan workers are expected to personally adopt and enact the Diocese's Safeguarding Commitment Statement.

Weekly Mass Times: 6pm Saturday Branxton; 8am Sunday Greta.

March		Fri 31 st	PUPIL FREE DAY
Wed 15 th till Mon 27 th	NAPLAN will be held with it moving to Term 1 – Years 3 and 5.	April	
Mon 6 th – Fri 10 th	Wellbeing Week	Tue 4 th	School Cross Country – 8am start
Wed 8 th	Waste Free Wednesday – no packaging	Thur 6 th	Last Day of Term 1
Tue 21 st – Mon 27 th	Harmony Week	Thur 6 th	P&F Easter Raffle
Fri 24 th	Harmony Day – Wear Orange to School	Mon 24 th	First Day of Term 2
Thur 30 th	Polding Swimming at Homebush	Tues 25 th	ANZAC DAY – No School
Thur 30 th	U12's 9 a side Rugby League	Fri 28 th	U10's 9 a side Rugby League

Principal's Message

Dear Parents/Carers,

Pope Francis: **"Love of God and love of neighbour are inseparable. They are two sides of the same coin: lived together they are the true strength of believers."**

Parent Teacher Conversations

The beginning of each school year is such an important time and one whereby teachers are working hard to formulate positive relationships with their students. A learning environment based

on trust, where students feel safe to share their ideas and comfortable to make mistakes can set the scene for a successful school year, for each child.

Our teachers have been forming these positive relationships over the last few weeks by getting to know your child; finding out their strengths as learners, their passions, hobbies, challenges and goals they have for the year ahead. It has been a joy to watch Kindergarten begin their journey of primary school. The provocations set up by our Kinder teachers (as part of Successful Foundations) has created a wonderful space for our little ones to play.

Research has shown that students achieve more in school when their parents are actively involved in their education. Parental involvement not only enhances academic performance, but also has a positive influence on a child's attitude and behaviour. A parent's interest and encouragement in a child's education can influence the child's attitude towards school, classroom conduct, self-esteem, absenteeism, and motivation in a positive manner.

As communicated previously we are NOT holding parent/teacher interviews in term 1 as we have done in recent years but will hold these with the involvement of your child on late term 2. Further details will follow. We remain focussed however on an open dialogue between home and school so if there is anything of concern t you wish to discuss with us, please make contact via admin@branxton.catholic.edu.au.

Parents on school grounds

As part of our commitment to the safety and wellbeing of our children, our policy is that parents drop their children off at the gate and do not enter the grounds to take their children to the classroom. This is not because of any COVID restriction from the past, but because of a long-held child protection policy we have implemented at Rosary Park. We have children in our community who are the subject of court orders, so this policy ensures we can maintain the safety of all our children by monitoring the adults on the school site. In addition, seeing some children with their parents on site can cause anxiety for a child if their parent is not present.

Volunteers at Rosary Park

If you wish to volunteer in our school (canteen, etc) you need to complete our Diocesan Volunteer clearance. The link below contains a number of forms to be completed including a police check. This process normally takes a number of weeks to be finalised.

<https://www.mn.catholic.org.au/people/volunteer/>

Cultures of thinking

This is a major focus of our approach to learning at Rosary Park. It features prominently in our School Improvement Plan.

Cultures of thinking is defined as *"places where a group's collective as well as individual thinking is valued, visible, and actively promoted as part of the regular, day-to-day experience of all group members"*. The concept draws on the research of Ron Ritchhart at Harvard University, which shows that when schools become cultures of thinking, the learning of all members improves.

For teachers at Rosary Park, cultures of thinking means we value the thinking of every child in our classrooms, from Kinder to Year 6, knowing that thinking leads to learning. We value thinking by making time for thinking, using language that values thinking and prompts deeper thinking, making our own thinking and that of the students visible, and using classroom routines that encourage thinking.

As cultures of thinking is not an add-on to the curriculum, just a better way of engaging children in their learning, teachers come away from professional learning in this area ready to improve their classroom practice immediately. I look forward to us continuing to evolve thinking in the classroom.

2023 Athletics Carnival

This will again be held at Maitland Athletics Centre for K-6 children on Thursday 29 June. You are most welcome to join us as all children compete on the day!

NAPLAN changes for 2023

Since 2019 Education Ministers have been considering a range of changes to NAPLAN. These changes include bringing forward the testing. From this year, tests will be undertaken in March instead of May.

Now that the tests are undertaken fully online, reporting can be done earlier in the year with parents and schools scheduled to receive individualised reports in July 2023. Benchmarks will be more meaningful and clearer to reflect the personalised online tests that students undertake. They will be set against a challenging but reasonable standard of literacy and numeracy expected for the child at the time of testing.

Education ministers agreed in 2019 to set proficiency standards for numeracy and literacy assessed by NAPLAN.

These new standards will give teachers and parents better information about what a student can do. The names of the new standards are based on advice from ACARA's First Nations Australians Advisory Group and parent bodies. They are **Exceeding, Strong, Developing and Needs additional support**.

These will be accompanied by detailed descriptions that are useful for teachers and families. The descriptions will be developed by a panel of teachers. They will simplify reporting, replacing the current 10 NAPLAN bands and national minimum standard, allowing parents and carers to know at-a-glance whether their child is where they need to be in literacy and numeracy, which are skills that underpin all other learning.

These will provide parents and schools with easy-to-read information about what they mean for a student's strength in literacy and numeracy. The statistical benchmarks for the new categories of achievement will also be confirmed by teachers with relevant experience.

Gifted Education

We are now in our sixth year of the CSO (Catholic Schools Office) key initiative that promotes and supports gifted students in our school. An integral component of this initiative is the role of the GEM (Gifted Education Mentor) who supports students and teachers in our school. Mackenzie Gageler is the GEM at Rosary Park. Every Tuesday she is off class to work with students and teachers. We are focusing on our pedagogy in Mathematics to utilise the learning outcomes of our Gifted students.

Our Commitment to Learning

It is extremely important that children are at school every day and they are there for the *whole* day. As you know we have a brief Monday morning assembly only as we make a school wide commitment to commencing literacy teaching promptly each morning- that is Spelling Mastery Years 3-6 and Initial Lit in Kindergarten -year 2. If your child is late, they are missing vital and explicit learning in spelling and reading.

Similarly, their learning continues until 3pm. Normally our afternoon timetable consists of HSIE, Science and Creative Arts activities which are also a very important part of a child's learning with creativity, collaboration and problem solving forming key aspects of these lessons.

I would discourage you from continually taking your child early as not only is it disrupting your child's learning, it interrupts other children's learning and the class teacher's focus on teaching with constant phone calls to the classroom. If there are extenuating circumstances as to why your child

needs to leave early, please write to your child's teacher giving reasons why. Our staff and children thank you in anticipation for your commitment to learning for all our children.

Please ensure that you explain your child's absence from school preferably via Compass. You have seven days to do this. The Education Act mandates that we as a school and system are to monitor children's attendance at school.

Children with excessive days off school may be asked to provide medical certificates and attend a school meeting to improve attendance.

Online Safety

Office of Safeguarding eSafety Schools are often asked how to safeguard children in terms of "digital safety", our advice is always to monitor very closely what your child is doing when using technology. Every year new social media sites become popular, which then results in issues for students who may have negative comments made about them, in some cases cyberbullying also occurs.

The Australian Government has excellent information on the following website around safety, I encourage parents to visit this site whenever you are unsure how appropriate content is for your child <https://www.esafety.gov.au/parents>.

The comments we often hear from parents are "I don't want my child to miss out", "everyone else is online", "my child has a tantrum if I refuse them screen time" and so on. Rather than worrying that our child will be left out, focus more on what you believe to be in their best interests. All social media sites have age limits for good reasons, such as inappropriate content and reduced security.

Your digital footprint can **NEVER be erased**.

Mobile Phone Policy

Rosary Park's Mobile Phone Policy states that we understand that there are times when a student may require a mobile device or smart watch at school to use in some circumstances for afterschool use.

Personal Technology refers to any device of a technological nature that students are able to bring to and from school. It includes, but is not limited to, mobile phones/smart phones, Apple/Android Smart watches, iPods, iPads, tablet/slate devices and electronic gaming devices.

For the purpose of this policy, it **DOES NOT** refer to current laptop computers/tablets a part of the 1:1 Device Program respective Program Participation Agreement.

Rosary Park Catholic School, Branxton recognises the important role that Personal Technology does, and can, play in the lives and education of our students.

Our expectation is a mobile phone device is brought to school for parents to communicate with their child on their way to/from school. It is not brought to school for any other purpose. The expected method regarding changes in travel arrangements is that parents contact the school office informing them of any changes which will then be communicated to the child.

Students and staff will adhere to the following expectations in reference to the use of a Personal Technology Device (PTD) at school:

1. As a rule, if a student has a PTD at school, it must be switched off at all times, on aeroplane mode or ideally left at home. It must be out of sight. This specifically includes before school, recess, lunch, on bus duty and during classes.

2. Apple/Android smart watches must be on **Do Not Disturb mode** at all times. It is preferred that these *are left at home*. If a child uses the device to communicate or call someone whilst at school, the device is no longer permitted at school.

Whilst permitting students to access PTD for the above mentioned purposes, **the school accepts no responsibility for the loss, theft, damage or misuse of any device**.

Kind regards,

Sallyanne Stanbridge (Principal)

Assistant Principal's Message

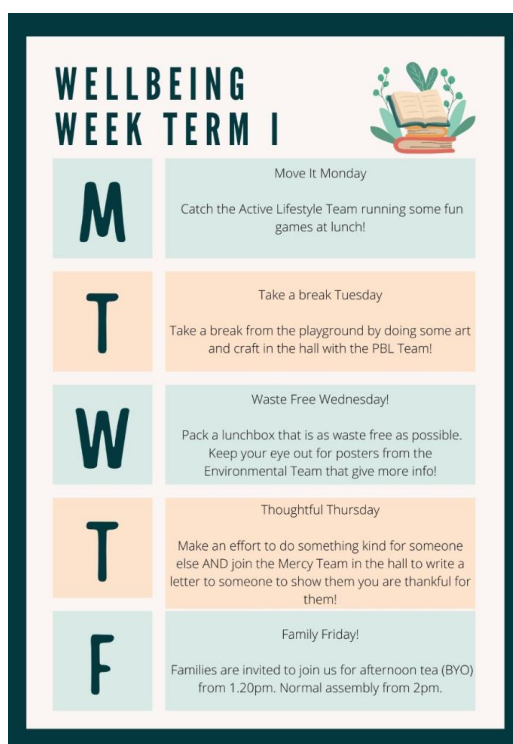
Wellbeing Week

Student Wellbeing is an important part of what we do as a school at Rosary Park. This year, wellbeing is a focus for us, and staff will complete a student wellbeing course comprising of a mix of online and face to face lectures and readings.

Each term we have a dedicated "Wellbeing Week". Week 7 (next week) is Wellbeing Week. During this week we do not set homework and staff have no planned afternoon meeting. Staff and students are asked to spend time with their families or participating in activities they enjoy with their family and friends.

In addition to this, we have a series of activities planned to engage students and focus on positive lifestyle choices. Our student leadership teams have come up with initiatives to help make this special week engaging for all students. To encourage autonomy and build leadership skills, Year 6 leaders and members of the four leadership teams have planned and will run the following activities for wellbeing week. We look forward to seeing many children enjoying these activities during the week.

We are excited to open the gates for families to enjoy afternoon tea together here at school on Friday 10th March. Hope to see you here!



Positive Behaviour for Learning (PBL)

In the last newsletter and at our recent parent information night, we shared information around our PBL and how our focus at Rosary Park is on encouraging and rewarding positive behaviours. Sometimes this is not enough and a student displays behaviours that require closer monitoring. Our PBL Framework for when poor choice behaviours arise is included at the end of this newsletter. Our focus is on restorative questions (listed below). These help a child to identify and own their choices, outline the impact these choices have had on the people around them and make a plan to move forward in a more positive way.

Restorative Questions

What happened?

What were you thinking at the time?

What have you thought about since?

Who has been affected by what you have done?

In what way?

HARMONY WEEK

Harmony week is celebrated from 21st-27th March. During Harmony Week we acknowledge the diverse backgrounds of the people that call our country home. Australia is one of the most successful multicultural countries in the world and we celebrate this during Harmony Week. The very first Harmony Week occurred in 1999 and since then government agencies, churches, schools and other community organisations hold events celebrating the core values of inclusiveness, respect, and belonging for all Australians regardless of cultural background, language or beliefs.

At Rosary Park we will celebrate Harmony Week with a number of activities designed to acknowledge the cultural diversity of the families within our school community. We will bring the week to a close on **Friday 24th March** with a fun day where we encourage children to **wear orange to school** as a visible sign of our commitment to embrace what makes each



**CELEBRATES HOW ALL
OF OUR DIFFERENCES
MAKE AUSTRALIA A
GREAT PLACE TO LIVE!**

HARMONY.GOV.AU



of us unique and promote the acceptance of diversity in our school community.

More details to come. To learn more about Harmony Day, please click on the following link.

<https://www.harmony.gov.au/>

Warm Regards,

Janelle Dixon, Assistant Principal

Religious Education Coordinator's Message

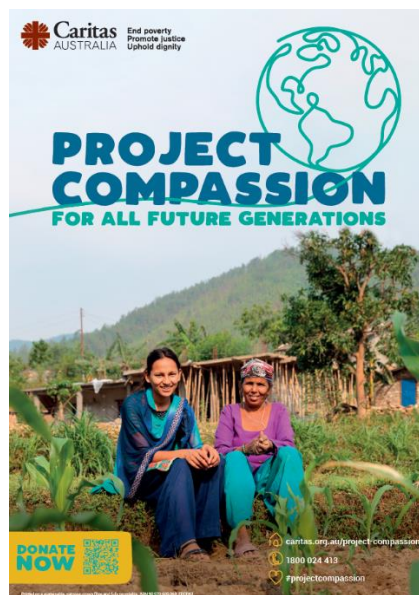
Ash Wednesday



Last Wednesday we held our liturgy for Ash Wednesday. This day marks the beginning of the church season of lent; the forty days leading up to Easter. Fortunately, this year we were able to receive the traditional Ash Wednesday ashes. Our Year 5 children led us in prayer and in the setting of our sacred space.

As Christians, lent represents a time where we reflect on our lives and think about ways we can live Jesus' message more willingly in our lives. During lent we pray more, we give up something we take for granted so we can empathise with those living in poverty and we give time or money to support those experiencing poverty.

Project Compassion



During lent, Caritas Australia launches a campaign called "Project Compassion" to help raise money for people in Australia and all over the world living in poverty. You will have received a mission box for your family to support this cause during the season of lent. If you would like to learn more about the work of Project Compassion, please click the following link.

<https://www.caritas.org.au/project-compassion/community/>

Joshua Garnsey

Religious Education Coordinator

Primary Coordinator's Message

Spelling Mastery

Students in years 4-6 have returned to daily Spelling Mastery lessons. Spelling Mastery builds dependable spelling skills for students in grades 3-6, through a highly structured direct instruction method. The program helps students understand the relationship between sounds, word parts, and spelling patterns. It encourages students to learn strategies to spell correctly rather than relying on memory alone.

Children are placed into spelling levels according to their skill development. The lessons are straightforward to help efficiently and effectively teach the spelling skills students need to become proficient in reading and writing.

The program consists of levels A through to F. Due to COVID restrictions, Spelling Mastery lessons were not able to start last year until term 2, as we were not able to mix students from different cohorts together in classes. Because of this, students will finish off their lessons from last year, before moving up to their new level. Years 3-6 will start their new Spelling Mastery levels in Term 2.

Friday Assembly

Last Friday saw our return to sharing time at our Friday assembly. Each grade is given the opportunity to share what they have been learning in class, with our school community. This can involve a short presentation of class work, a song or poem or perhaps an artwork to share. The dates and grades can be found below.

3 March (week 6)	Year 2
10 March (week 7)	Year 3
17 March (week 8)	Year 6
24 March (week 9)	Year 1

Kind Regards,

Amber van Duuren
(Primary Coordinator)

Library News

Dear Parents/ Carers

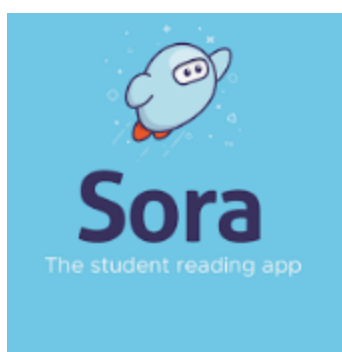
The NSW Premiers Reading Challenge (PRC) kicks off on the 27/2 and we are encouraging the students to choose at least one PRC book a week so they can complete the challenge and gain a lovely PRC Certificate. Please encourage your children to take part and borrow a PRC book on their borrowing day. The rules have changed as well, so students are able to log roughly half of the books they read as choice books (so not PRC nominated books!) Please see below!

1. The Challenge opens on 27 February 2023. You must complete your online Student Reading Record by 18 August 2023 (11:59 pm) to complete the Challenge.

2. You must read a certain number of books to complete the Challenge. Please refer to the [Booklists](#) page for more information.

Challenge level	Total number of books to be read	Minimum number of PRC books	Maximum number of Personal Choice books	Booklists included as PRC book choices
K-2	30	20	10	K-2, 3-4, 5-6
3-4	20	10	10	3-4, 5-6, 7-9
5-6	20	10	10	5-6, 7-9
7-9	20	10	10	5-6, 7-9, 9plus
3-9	20	10	10	All booklists

Also, all students of the Catholic Diocese are entitled to **SORA** which is an online reading app that you can download from the app store on your device or phone. Children are able to browse loads of interesting categories from ebooks, magazines, audio books and loan and return much like at a public or school library. I have included a set of instructions on what you will need to do once you have downloaded the App as students will need to choose ACEN member collection and then log-in with their school log-in and password. [SORA.docx](#)



Sporting News

Cross Country:

Our Cross-Country event will be held at school on the **Tuesday the 4th of April**. We will be **starting the event at 8am**. This is an optional event, and students who are participating are required to run the following distances based on the age they are turning this year:

Age Distance Qualifying Time	Age Distance Qualifying Time
Girls 8/9 yrs 2kms 13 mins	Boys 8/9 yrs 2kms 11 mins
Girls 10 yrs 2kms 13 mins	Boys 10 yrs 2kms 11 mins
Girls 11 yrs 3kms 18 mins	Boys 11 yrs 3kms 16 mins
Girls 12/13yrs 3kms 18 mins	Boys 12/13 yrs 3kms 16 mins

More information and permission notes will be available in the coming weeks.

Please see following some information about Diocesan Sport.

Maitland-Newcastle Diocesan Sport Website

Step 1. Go to csnsw.sport website



Step 2. MN Primary Tile

Scroll down to the Diocesan/Associations section of the home page and select the Maitland Newcastle Primary Tile



Step 3.

You Are now on the MN Primary Sport Website.

- The Maitland Newcastle Primary Tile allows parents to view basic information for Primary pathway sports including event information and results, the current year's diocesan sports calendar and important notices for sports including wet weather information will now be found here.
- Any further questions beyond the sport specific information on this website should be directed to your school sport coordinator.
- **No parent should register their child for any diocesan sport without seeing the school sport coordinator before applying.**



Thank you to Erin and Matthew Young on the generous donation new Rugby League Jerseys!



And a little more sports news

Regional Soccer Trials

Last week, Owen S, Sam R and Bryce B went to the Regional Soccer Trials in Maitland. We congratulate them on their achievement.

Rugby League Gala Days

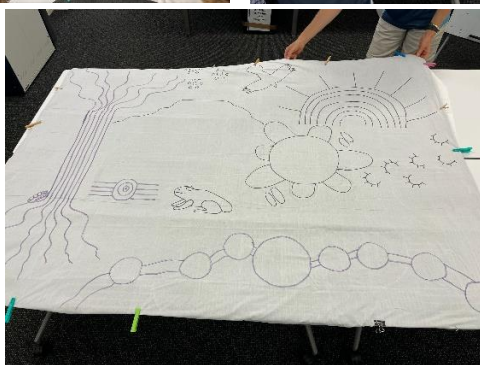
This Year, Rosary Park will be participating in two Rugby League Gala Days. One for Under 10's and one for Under 12's. These Gala Days are 9-a-side events that are non-competitive with an emphasis on fun and participation. Teachers have gone into classes over the last two days and collected names of students who play or have played Rugby League and would like to attend. There will be more information to come in a note, but we wanted to tell parents and carers the dates and venues for their diaries. They are as follows:

The Under 12's Gala Day will be held on Thursday 30th March at Mount View Park, Cessnock.

The Under 10's Gala Day will be held on Friday 28th April at Morpeth Oval.

Aboriginal and Torres Strait Islander Education

We have begun our picnic rug project with some Year 5 students helping with the designing phase. This rug is a collaborative project that each year group will be invited to help with on Thursdays at Lunch. This rug will be used by Year 3 for their fruit break time.



Families who have opted in for 2023 Personalised Learning Pathways will receive a note home this week to nominate a time for a brief conference with Miss Easton and Mrs Dougherty. Please choose a suitable time and return the note by Friday 10th of March.

Miss Easton
Teacher - Aboriginal and Torres Strait Islander Education

Ukulele lessons for year 2

Howard Ward is our band leader. In term 2 he is going to start a ukulele group for year 2 children. The lessons will occur from 2pm-2:30pm every Wednesday and will cost \$20 per child. **Please register your interest at the office.**



UKULELE SUPERSTARS!!



Dear Parents,

There is an Exciting new program running at Rosary Park for our Year 2 students in Term 2!

A 30 min Group lesson will be held on Wednesday Afternoons.

We are lucky at Rosary Park, as we have a few Ukuleles available but you're welcome to bring your own.

Mr Ward will make sure all Ukuleles are tuned and have a great selection of tunes ready to go.

It will cost students \$2 per session which can be paid in full for Term 2 at the office.

Look forward to lots of performances with the **"UKULELE SUPERSTARS!!"**

Uniform Survey

Dear Parents and Carers,

The Rosary Park Uniform Committee would like you to complete the following survey to gauge interest from the wider school community on uniform changes.

The committee now needs your input on two uniform items. Previously, parents voted to change the colour of our school sports shirt, this survey asks parents to vote on their preferred colour. When voting is finalised, this will become the new sports shirt for all Rosary Park students. The second item for voting is an optional beanie in addition to the winter uniform. Parents are asked to vote on their preferred style of beanie. Please find the link below to a survey about changes in our Uniform.

The final date for you to respond is: 13/03/2023.

Please click the link below to the survey.

<https://forms.office.com/r/KXAKQvWwaA>

WASTE FREE WEDNESDAY

When: Wednesday March 8th, Term 1 Week 7

What: children need to bring waste free lunch and recess (No packaging) children who have a waste free lunch box will receive a raffle ticket to go in the draw to win a prize

Why: to reduce the amount of waste our school is producing and support a more sustainable school.



From the Environmental Team

WASTE-FREE LUNCHES

A waste-free lunch has no throw-away packaging. Everything in a waste-free lunchbox can be eaten, reused or composted. It's an easy way to provide a healthy lunch with less processed food.

Children learn to **REDUCE, REUSE, RECYCLE** and **COMPOST**

REDUCE...



Reduce the amount of waste we send to landfill. The average Australian household throws away almost 16kg of garbage each week!



Reduce the amount the school spends on waste collection. Waste that is compostable provides food for the worm farm.



Save money and cut food waste by buying food in bulk e.g. seasonal fruit and veg, food in larger packs or tubs (such as low-fat yoghurt, cheese and crackers) and place into small reusable containers.



Use food that doesn't need packaging – such as an apple, a banana, a small carrot or a boiled egg.

REUSE...

- Use containers that can be washed.
- Drink bottles can be refilled with water.
- Prepare extra for dinner and pack leftovers in lunchboxes.



AVOID...

- Steer clear of plastic wrap and foil.
- Don't use disposable items like plates, knives and forks.
- Avoid individually wrapped serves of food or packaged items e.g. chips, small yoghurts.
- Write your name on containers to avoid losing them.



COMPOST...

- Tell your child to put any scraps into the green waste bin – or take it home for composting.
- Encourage your school to compost or have a worm farm.





WHAT TO PACK

1. **Main lunch item**
2. **Nutritious snacks**
3. **Vegetables or fruit**
4. **Water**
5. **Crunch & Sip**



Health
Iwawarra Shoalhaven
Local Health District

Weekly Awards

Congratulations to those children who have received awards this past fortnight.

Week ending 17th February, 2023 (Week 4)


Class	Class Award One	Class Award Two	MJR Award
Kinder Blue	Evie E	Eva S	Lincoln H
Kinder White	Myla W	Mason B	Hugh M
Year 1 Blue	Ava M	Dylan R	Aiden L
Year 1 White	Harley R	Bronson Q	Ayla B
Year 2 Blue	Indy M	Hudson L	Holly N
Year 2 White	Campbell C	Louella T	Sofia P
Year 3 Blue	Sasha A	Hudson W	Jaxon B
Year 3 White	Levi C	Elke B	Jaiden X
Year 4 Blue	Evie S	Hugh M	Sam J
Year 4 White	Calen C	Mikayla G	Lola M
Year 5 Blue	Samantha R	Louis D	Scarlett T
Year 5 White	Rae K	Aria B	Jonah M
Year 6 Blue	Owen S	Lilah B	Ava J
Year 6 White	Miley R	Sophia H	Bailey C

Week ending 24th February, 2023 (Week 5)

Class	Class Award One	Class Award Two	MJR Award
Kinder Blue	Vivienne S	Harvey C	Zoe C
Kinder White	Stella M	Carter M	Charlie I
Year 1 Blue	Quinn M	Grayson B	Emily R
Year 1 White	Scarlett C	Brooklyn Y	Vinnie L
Year 2 Blue			Annabelle B
Year 2 White	Cruz J	Elliana D	Aubree M
Year 3 Blue	Flynn C	Ellie A	Amarlie K
Year 3 White	Charlize L	Linda P	Hunter B
Year 4 Blue	Karmichael A	Luke W	Shelle C
Year 4 White	Johnny N	Alex L	Ellie Y
Year 5 Blue	Evelyn M	Korban L	Ella R
Year 5 White	Aliyah P	Liana R	Elsa G
Year 6 Blue	Brody B	Robert C	Lacey N
Year 6 White	Joel C	Cohan Y	Chelsea S

Principal's Awards

Jackson L, Nevada A, Alfie W, Jaxon B, Kendra C, Emmett C, Lily A, Cooper S, Hudson W, Cooper T, Holly N, Elijah C, Liam H

Rosary Park Catholic School Positive Behaviour for Learning (PBL) Framework			
 <p>At Rosary Park Catholic School we promote positive student behaviour to support a safe and respectful learning environment for all students. The students are encouraged to show respect, act safely and be prepared to learn at all times. This is achieved through following the Mercy Values of our school, sharing God's love and demonstrating respect, compassion, hospitality, justice, service and courage in all that they do. Teachers at Rosary Park Catholic School promote positive behaviors by awarding student merit certificates and a weekly Mercy award to a student who has displayed the Mercy value for that week. Teaching staff also give out gotchas in the playground and classroom to students displaying positive behaviours. The gotchas are tallied at the end of the term and the colour house that displays the spirit of Rosary Park Catholic School by collecting the most gotchas will be presented with the Spirit Cup.</p>			
Behaviour Status	Possible Behaviour/s Patterns	Management Strategy (Proactive & Reactive Examples)	Key People Responsibilities
Initial Concerns	<p>Chatting/moving around the classroom, off task, work refusal, calling out, initial excluding others/name calling, consistent incomplete work, out of character behaviour (minor hands on),</p> <p>If initial concerns continue, parents should be notified at the discretion of the teacher (discuss with grade partner or stage leader if unsure).</p>	<p>The management strategies identified in initial concerning behaviours may include:</p> <ul style="list-style-type: none"> Moved within the classroom Seated separately to prevent interruptions Time to think about and discuss behaviours individually with class teacher Time out with another class/teacher Walk with teacher at lunch time Community service – assist younger students, sweep, clean up. 	<p>Student - Listen to teachers, follow prevention strategies to improve behaviour, put management strategies in place, debrief with student behaviour motivators, keep records of behaviours, contact parents if behaviours continue, find ways to praise and reward the child.</p> <p>Grade partner – support classroom teacher, offer a time out space in their classroom.</p>
Minor (note: this may not mean a definite yellow card)	<p>Repetitive calling out, showing disrespect to adults, playing in toilets, inappropriate language, hands on, contact (including barging), defiance, property misuse, continuously off-task, Cyber Safety breach (where individuals are not impacted), inappropriate bus behavior, disrespecting property (own or others).</p>	<p>The management strategies identified in a Minor incident may include:</p> <ul style="list-style-type: none"> Time off playground Community service – assist younger students, sweep, clean up. Class teacher notification Minor slip issued and recorded on PBS matrix Restorative conversations between staff and students involved 	<p>Student - Listen to teachers, follow prevention strategies to improve behaviour, put management strategies in place, debrief with student behaviour motivators, keep records of behaviours on Compass, inform parents, discuss behaviour/s with stage leader</p>
Major (note: this may not mean a definite red card)	<p>Abusive language, physical fighting, physical contact with intent to harm, repetitive defiance and disrespect, Cyber Safety breach (where individuals are impacted), dishonesty (stealing, lying, cheating), repetitive harassment or bullying, inappropriate bus behaviour, leaving school grounds without permission, vandalism or wilful damage of property.</p> <p>Note: continued major behaviours will result in a behavior plan meeting including.</p>	<p>The management strategies identified in Major incident may include:</p> <ul style="list-style-type: none"> Parent Notified Major slip issued Minimum one school reflection session having restorative conversations with teachers and/or exec Teacher on duty records on Compass. 	<p>Student - Engage in restorative conversations with staff and impacted students</p> <p>Parents/Guardians – support school processes</p> <p>Relevant teacher – record behaviour/s on Compass, inform class teacher, discuss with exec, inform parents of incident and agreed consequence</p> <p>Class Teacher – involvement in discussions/decision making, follow up with positive parent communication in a timely fashion</p> <p>LST – behaviour support if required</p> <p>Assistant Principal/Principal – support class teacher</p> <p>School Counsellor – assist classroom teacher and parents with supportive strategies</p>
Behaviour Plan	<p>Implications if consistent behaviour in colour status</p> <p>Students may not be eligible for participation in representative sport, extra curricula activities and other school activities (this includes overnight camps/treats).</p> <p>Students also may not be eligible for involvement or nomination in leadership roles, Sport Captain or School Leadership.</p> <p>Participation in curriculum related excursions/incursions/activities may be conditional after discussion between AP/Principal/Parent/Student.</p> <p>Individual time frames to be determined Potential suspension (internal/external) Potential alternate enrolment/expulsion from Rosary Park Catholic School.</p>	<p>The Management Strategies identified in Meeting Expectations, Mild and Moderate are applicable in this behaviour status</p> <ul style="list-style-type: none"> Restorative Meeting/Mediation Individual Behaviour Plan – Parent Interview (including student) Internal/External suspension Risk assessment NVCI – Crisis Management Review of enrolment/expulsion 	<p>Student /Parents/Guardians - participate in behaviour plan meetings- set goals</p> <p>Class Teacher – set goals and follow behaviour plan guidelines</p> <p>Assistant Principal/Principal - participate in behaviour plan meetings, support teachers and LSA's to implement the plan</p> <p>School Counsellor - support teacher and student with strategies to limit outbursts/encourage positive behaviours</p> <p>Student Support Unit/CSO - provide guidance and support for exec and staff dealing with highly challenging behaviours, commit to attending behaviour meetings where possible.</p> <p>Relevant external agency – e.g. Police Liaison Officer</p> <p>Regional Service Advisor RSA – support in enacting consequences outlined in behaviour plan</p>

Note that not all behaviours or patterns of behaviour need be present for a student to be allocated to a status. External agencies could be consulted at any level. Repetitive behaviour in any category will automatically move a student up to the next level.

Term 1 2023 Staff Newsletter

Welcome to the Good for Kids Term 1 2023 e-Newsletter

Please share this newsletter with all school staff including teachers, school admin and school canteen managers. You could also print a PDF copy to put up on your staff noticeboard.



© Lara Ward - "The heart of a child"

Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.

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Good for Kids update- What we do

Good for Kids is a team of teachers and health professionals who support schools to promote healthy eating and physical activity. Based in the Population Health Unit Wallsend, our team are passionate about encouraging and promoting healthy lifestyle habits for children across the Hunter New England region.

We provide support in a variety of ways including:

- Meeting face to face, videoconference or a phone call to support your school's health promoting practices
- Canteen support to meet the NSW Healthy Canteen Strategy
- Resources and support to implement the 'SWAP IT' Lunchbox Program
- Free professional development opportunities, including whole staff meetings and the NESA accredited PACE modules and school champion training workshops
- Access to free playground stencils, smoothie blender bike, resources, and presentations
- Teacher e-newsletter and newsletter snippets each term

Please contact us at HNELHD-GoodForKids@health.nsw.gov.au to find out more!



Developed by Hunter New England LHD



HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>



Check your mail!

The Good for Kids team have posted a 2023 goodies package to your school, so make sure you check your mail so you don't miss out! Included in the package is an A2 Good for Kids Health Promoting Schools Calendar, which you can also download and [print here](#).



Latest Research



NATIONAL CENTRE OF
IMPLEMENTATION SCIENCE

Are you interested in learning more about our research partnerships, latest publications, news and events?

Have you ever been involved in our trials in your school like 'SWAP IT' or PACE?

[Visit the National Centre of Implementation Science](#)

The National Centre of Implementation Science (NCOIS) is an Australian National Health and Medical Research Council Centre of Research Excellence.

NCOIS focuses on prevention strategies related to diet, physical activity, weight status, tobacco and alcohol, in community settings, such as early childhood education and care, schools, sporting clubs and workplaces.

Implementing the Physically Active Children in Education (PACE) program optimally and sustainably

Read more about our award-winning program and the research at:

[Optimising Implementation - National Centre of Implementation Science](#)
(oxwebdevelopment.com.au)

In four initial studies, our researchers found PACE to be effective, feasible and scalable across multiple Local Health Districts spanning metro, regional, rural and very remote areas. Teachers rated the program as highly acceptable, and we saw an increase in teachers' scheduling of total physical activity across the school week by approximately 27 minutes. This included an increase in the scheduling of energisers by 21 minutes and active lessons by 5 minutes.



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<https://goodforkids.nsw.gov.au>



Energiser of the term

Scheduling short classroom energisers can increase student focus, concentration and create an engaging learning environment that contributes to student wellbeing.

Wiggles

Here's how to play ...

Students begin jogging on the spot, then on the teacher's signal, students are asked to wiggle their:

- 1.fingers
- 2.finger and wrists
- 3.fingers, wrists and forearms
- 4.fingers, wrists, forearms and elbows
- 5.fingers, wrists, forearms, elbows and shoulders
- 6.fingers, wrists, forearms, elbows, shoulders and rib cage
- 7.fingers, wrists, forearms, elbows, shoulders, rib cage and hips
- 8.fingers, wrists, forearms, elbows, shoulders, rib cage, hips and knees
- 9.fingers, wrists, forearms, elbows, shoulders, rib cage, hips, knees and toes
- 10.fingers, wrists, forearms, elbows, shoulders, rib cage, hips, knees and toes

Change it up:

- 1.Start from toes and work your way up (toes, knees, hips, etc.)
- 2.Repeat activity with jogging as a cool down.

Acknowledgement: [EatSmartMoveMoreNC](#)



Active Travel

Register Now- National Ride2School Day!



National Ride2School Day will be held on Friday 24th March 2023. Join more than 350,000 students in Australia's biggest celebration of active travel and encourage students, parents and teachers to discover the joy of riding and kick-start healthy habits. Click here or scan the QR code to access resources.



Professional development opportunities

What is PACE (Physically Active Children in Education)?

As part of the Good for Kids, Good for Life program, schools are supported to implement physical activity for all children across the school week. PACE is a free program that supports schools and teachers to increase students' physical activity levels, through training, resources and equipment.



SIGN UP NOW



How do I get my school involved?

- Email your interest to: HNELHD-GoodForKids@health.nsw.gov.au
- Register on the PACE portal, click the sign up button above
- Encourage staff to register on the PACE portal and complete the NESA accredited online modules
- Keep an eye out for our upcoming NESA accredited face-to-face school champion workshops in terms 3 and 4, 2023



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<https://goodforkids.nsw.gov.au>



Nutrition Resources

Superhero Foods HQ

Superhero Foods is an online resource for Australian teachers and health educators. Get access to resources and activities that are aligned to the Australian Curriculum and quick healthy recipes. Superhero Foods aims to make nutrition education fun to empower kids to make healthy lifestyle choices. To find out more click [here](#) or scan the QR code.



Vegetable Week (27 March – 31 March) & 'The Big Veggie Crunch' (30 March)- Register Now!

Get involved!

Vegetable Week, featuring the fun event 'The Big Veggie Crunch,' is a free, quick and easy school-based event for NSW primary schools, funded by NSW Health.

'The Big Veggie Crunch' is an attempt by NSW primary school students to break the record for the highest number of children eating vegetables simultaneously – and to get kids excited about vegetables! In 2022, an amazing 111,760 students registered across 452 schools.

It's a fantastic and veg-citing way to start your school year with a health-promoting crunch. The website has a whole vegetable patch of digital resources to help your school.

Vegetable Week 2023 will run in week 10, term 1 (27 March – 31 March). The Big Veggie Crunch will be on Thursday March 30, 10am. [Register here](#) for the 2023 event.

Congratulations to the 2022 Healthy Kids Association competition winner:

Holy Cross Primary School, Glendale.

winning a \$400 Vegepod voucher just by registering for the Big Veggie Crunch.



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<https://goodforkids.nsw.gov.au>



Healthy School Canteens

The Healthy Food Information Service (HFIS) is available for schools, canteen managers and licensed canteen providers and is dedicated to supporting schools to implement the NSW Healthy School Canteen Strategy. HFIS is contactable by phone on 1800 930 966 (Mon-Fri: 9am-3pm) or by email healthyfood@health.nsw.gov.au

Menu Checks are now due every 3 years. Your school will be invited to complete an application by HFIS when it is time to submit.

The Good for Kids team can also provide your school with canteen support. Contact your School Support Officer or email HNELHD-GoodForKids@health.nsw.gov.au to get started. We also have plenty of information and resources for canteens on our website [here](#).



The banner features the NSW Government logo and the text 'Healthy Eating Active Living'. The main title is 'The Healthy Food Information Service' with the subtitle 'Support for your school and licensed canteens'. It describes the service as a one-stop shop for support and tools. A list of services includes: tools about healthy food and drink choices, answers to questions about the Food Outline Criteria and the NSW Healthy School Canteen Strategy, links to additional support, help with changes to your canteen, support to fill in your Menu Check form, a copy of your school's current Menu Check form, and a menu check. At the bottom, it provides contact information: 'Please call or email the Healthy Food Information Service' with phone number 1800 930 966 and email healthyfood@health.nsw.gov.au. It also mentions 'With health and the Department of Education'.

Canteen Recipe: Mexican Bowls

Try adding a Mexican Bowl special to your canteen menu- we guarantee it will be a crowd favourite!

Serves: approx. 8 bowls (serving size may vary depending on size of bowl used)

Classification: Everyday recipe

Ingredients:

- Pita breads, chopped into small pieces and oven-roasted
- 400g can 4 bean mix, drained and rinsed
- 2 tomatoes, diced
- 1 green capsicum, diced
- 120g lettuce leaves, chopped
- 400g can corn kernels, drained and rinsed
- 1 cup reduced fat cheese, grated
- 1 jar mild tomato salsa
- 1 tablespoon of natural Greek yoghurt, to top each bowl



Method:

1. Pre-heat oven to 180 degrees and roast pita bread pieces on a lined tray for 15 minutes. Alternatively, place pieces in a sandwich press until toasted.
2. In a large bowl, combine all ingredients except pita bread and mix
3. Portion into bowls and serve with pita bread pieces and spoon of yoghurt.

Tips:

- You could also add in a protein such as skinless chicken or fish pieces
- Replace yoghurt with avocado

Acknowledgement: Sourced from Healthy Eating Advisory Service- This is an Everyday recipe



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<https://goodforkids.nsw.gov.au>

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Funding Opportunities



Sporting School Grants opening soon!!

The Sporting Schools grant program for primary schools helps to provide a range of sporting programs that will increase children's interest and participation in sport. It also aims to create stronger links between children and local sporting clubs, nurturing a lifelong love of sport.

Sporting Schools funding is available for primary schools to deliver Sporting Schools programs before, during or after school hours using one of the national sporting organisation partners. Australian primary schools can apply for funding once per school term, with TERM 2 application opening soon!

Term 2, 2023 applications open 8am AEDT **Monday 27 February, 2023** – 5pm AEDT **Friday 10 March, 2023.**

To find out more, click here or scan the QR code.

Junior Landcare Grants



Junior Landcare grants help bring sustainability into classrooms across Australia to teach children how to care for their local environment. The Junior Landcare grants offer funding support for schools and are available for projects that inspire kids to get hands-on with ideas that focus on sustainable food production, improving waste management practices or enhancing native habits.

The next Junior Landcare Grant announcement will be in February 2023. To find out more, click here or scan the QR code.



Follow Good for Kids on Social Media



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<https://goodforkids.nsw.gov.au>



Health Promoting Schools Calendar 2023

TERM 1

Encourage students to have 2 servings of fruit and 5 servings of vegies each day this term!

WEEK	MON	TUE	WED	THU	FRI
1	January 23	January 24	January 25	Australia Day January 26	January 27
2	January 30	January 31	February 1	February 2	February 3
3	February 6 National Lentils Week	February 7	February 8	February 9	February 10
4	February 13	February 14	February 15	February 16	February 17
5	February 20	February 21	February 22	February 23	February 24
6	February 27	February 28	March 1	March 2	March 3
7	March 6	March 7	March 8	March 9	March 10
8	March 13	March 14	March 15	March 16	March 17
9	March 20 World Oral Health Day	March 21	March 22	March 23	March 24
10	March 27 Kaleidoscope Week	March 28	March 29	The Big Veggie Challenge March 30	March 31
11	April 3	April 4	April 5	April 6	April 7

TERM 2

Encourage students to 'swap the screen' for more physical activity this term!

WEEK	MON	TUE	WED	THU	FRI
1	April 24	ANZAC Day April 25	April 26	April 27	April 28
2	Sustainable Foods Week May 1	May 2	May 3	May 4	May 5
3	May 8	May 9	May 10	May 11	May 12
4	National Road Safety Week May 15	May 16	May 17	May 18	World School To School Day May 19
5	May 22	May 23	May 24	May 25	May 26
6	May 29	May 30	May 31	June 1	June 2
7	June 5 King's Birthday	June 6	June 7	June 8	June 9
8	June 12	June 13	June 14	June 15	June 16
9	June 19	June 20	June 21	June 22	June 23
10	June 26	June 27	June 28	June 29	June 30

TERM 3

This term let's focus on drinking water. Encourage students to choose water as their drink of choice!

WEEK	MON	TUE	WED	THU	FRI
1	July 17	July 18	July 19	July 20	July 21
2	July 24	July 25	July 26	July 27	July 28
3	July 31	August 1	August 2	August 3	August 4
4	Dental Health Week August 7	August 8	August 9	August 10	August 11
5	August 14	August 15	August 16	August 17	August 18
6	Heritage Books Edition Week August 21	August 22	August 23	August 24	August 25
7	August 28	August 29	August 30	August 31	September 1
8	September 4	September 5	September 6	September 7	September 8
9	September 11	September 12	September 13	September 14	September 15
10	September 18	September 19	September 20	September 21	September 22

TERM 4

The days are longer and warmer. Encourage students to get active and try new games or sports!

WEEK	MON	TUE	WED	THU	FRI
1	October 8	October 9	October 10	October 11	October 12
2	October 15	October 16	October 17	October 18	October 19
3	October 22	October 23	October 24	October 25	October 26
4	October 29	October 30	November 1	November 2	November 3
5	National Bicycling Week November 6	November 7	November 8	November 9	November 10
6	November 13	November 14	November 15	November 16	November 17
7	November 20	November 21	November 22	November 23	November 24
8	November 27	November 28	November 29	November 30	December 1
9	December 4	December 5	December 6	December 7	December 8
10	December 11	December 12	December 13	December 14	December 15
11	December 18	December 19	December 20	December 21	December 22



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See more ideas on the Good for Kids website:
<https://goodforkids.nsw.gov.au/>



Good for Kids
support primary schools to implement whole school strategies to get students more active more often and develop healthy eating habits. Everyone has a role to play - contact your Health Promotion Officer for more information.


HI@LHD.GoodforKids@health.nsw.gov.au

KEY DATES

28th August - 22nd September
Erit and Vee month

October:
Mental health month
Term 2 and 3:
NSW Premier's Sporting
Challenge!

NAIDOC week
starting JULY 2, 2023




BRANXTON LIONS CLUB

Awareness Day *and* Clean up Australia day

SUNDAY March 5th, 2023

Clean up the Environment in your community!

Clean Up



Where: Lions Park, Dalwood Road Branxton
Time: 10:00am to 1pm

Email: Branton_Lions@outlook.com
or **Call:** Wendy 0417 657 915



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