

# SCHOOL NEWSLETTER

# Term 3 Week 8 2023 Thursday 7 September

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

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.

# **IMPORTANT DATES**

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

SEPTEMBER		OCTOBER	
Sat 16 <sup>th</sup>	Branxton Holy Communion – 6pm	Fri 27 <sup>th</sup>	Stage 2 & 3 Netball Gala Day Maitland
Mon 11 <sup>th</sup>	Whole School Dress Rehearsal for Concert	DECEMBER	
Tues 12th	Whole School Concert @ CPAC 2 performances 5pm & 6:45pm	Mon 4 <sup>th</sup>	Step Up Morning for 2024 classes
Fri 22 <sup>nd</sup>	LAST DAY OF TERM 3	Wed 6 <sup>th</sup>	Year 6 Farewell Liturgy and Dinner 5:00pm
OCTOBER		Fri 8 <sup>th</sup>	End of Year Awards 9:45am
Mon 9 <sup>th</sup>	FIRST DAY OF TERM 4		Swimming Carnival – for swimmers 8 years and over.
Tue 17th	P&F Meeting – 6pm via Zoom	Fri 15 <sup>th</sup>	last day of term 4
Fri 13 <sup>th</sup>	Our Lady of the Rosary Feast Day – parents invited to join us from 2pm NO ASSEMBLY		
Fri 20 <sup>th</sup>	Colour Run		

# **IMPOTANT DATES FOR 2024:**

Thursday 1st February 2024 Monday 5th February 2024 Year 1-6 return to school Kindergarten students begin.

# Principal's Message

## In every age O Lord, you have been our refuge. Psalm 89:3-6.

Dear Parents/Carers,

I trust that all families enjoyed family time last Sunday in celebrating fathers, grandfathers, and significant male figures in our lives.

#### National Child Protection week: 3-9 Sept 'Every child in every community deserves a fair go'.

National Child Protection Week is a campaign held annually across Australia to raise awareness of child abuse prevention.

In 2023, NCPW is centred around the theme, 'Where we start matters'. Where we start our lives in terms of where we live, the resources available to us, and the opportunities presented to us make a significant difference to our life outcomes.

Where we start as a service sector in offering children and their families support and assistance makes a significant difference to life outcomes. Where we start as decision makers in addressing large complex policy problems such as child abuse and neglect, also has a significant personal, social and economic outcome.

We can stop child abuse and neglect – and reduce its impact – by working together to make sure every child in every community has a fair go.

The Office of Safeguarding is the organisational expression of the Diocese of Maitland-Newcastle's abiding commitment to promote the safeguarding of children and vulnerable persons, working closely with the Diocese's parishes, schools, social services, early education and out-of-school hour care programs.

This NCPW, we will be looking at what children are telling us, what families are telling us, what the evidence is telling us, and how to translate this knowledge into action. We know that too many children are not growing up safe and supported and that child protection systems are overloaded. There are many opportunities to change the trajectory for these children.

The 15th of September will see us mark the Perpetual Day of Remembrance. As a diocese, we mark the 15th as a day of sorrow, remembrance, and real hope for a better future for everyone.

In recognition of National Child Protection Week 2023, schools have been asked to decorate their gate, in-line with the theme, 'Where we start matters'.

Rosary Park has decorated our gate and we are in the running to win a \$4000 cash prize. By participating in Decorate Your Gate for National Child Protection Week, we are making a powerful statement that child protection is a top priority for our school and our wider community.

Check out the photos in the newsletter!

#### Working Together – some reminders

Elisha Ayton our canteen supervisor is only employed for 15 hours/ week and all of our P & F executive help out with special occasions such as the Father's Day stall as VOLUNTEERS ONLY.

As such they are not available for parents who forget or are unsure of the procedure for a given event. It is each parent's responsibility to keep up to date with this information via our usual communication platforms.

For canteen, any absent student orders, Qkr issues or volunteer enquiries (including not being able to make it for the rostered volunteer shift) please only use the Facebook messenger app through the RPCS Facebook page to contact the canteen manager.

Any not urgent issues or volunteer registration enquiries parents please email <u>elishaayton27@hotmail.com</u> or the school email and it will be forwarded to Elisha.

The canteen manager cannot accept private mobile messages and calls.

The canteen manager can only assist with canteen and student order related enquiries not school or P and F issues. Please contact <u>admin@branxton.catholic.edu.au</u> for assistance in this regard.

When special events involving the canteen are organised with cut off dates these dates are **non-negotiable** due to supplier order cut off dates and minimal delivery days to Branxton by many food companies. We advertise regularly on all school platforms and provide significant notice to order or respond to events so that everything runs smoothly for organisers and volunteers.

All relevant event information is provided on all school platforms (compass, newsletter, Facebook page and Year Facebook pages) and unfortunately IT IS NOT POSSIBLE to answer individuals personally. Parents must instead check Compass and the Facebook page to find these regular posts and information.

The canteen manager is employed for 15 hrs per week and is not available for non-urgent matters outside these times. Thank you for your understanding.

#### MAT Life skills program

This is a therapeutic martial arts program which focuses on emotional wellbeing, social & selfawareness, and management. Year 5-6 have participated in the program already this year and in term 4 all of year 2 will participate, with the cost covered by the school. We hope to further expand this program at our school in 2024.

#### Parents and Friends model

Rosary Park still operates a traditional Parents and Friends group, with an executive.

In recent communication shared with you from the Catholic Schools office, all communities have been instructed that by 31 December 2025 a Parent Engagement Group (PEG) must be in action in all schools of the diocese. The PEG *does not contain* an executive as such but would still hold termly (or monthly) meetings, and run usual school activities like Mother's Day stall, Colour Run etc. In addition, it works to promote the school educational goals widely amongst the parent community, with activities held throughout the year to promote learning and wellbeing.

At this week's P and F meeting we again discussed this model and parents voted that they would like Lizzie Watkin Diocesan Parent Liaison officer to join our next P and F meeting to answer any questions for us- (6pm Tue 17 October in the staffroom or Zoom)

a. The focus of this meeting group is to be on authentic community engagement and include an educative component that builds capacity amongst parents and carers.

b. The educative component is to be determined in collaboration with the principal and may reflect goals or implementation strategies articulated in School Plans or the Annual School Improvement Plan (SIP). c. Meetings of the group should be held regularly. They may be held each month during the school term or once a Term. This decision should be made at the Inaugural PEG meeting and agreed to by the majority.

d. The PEG operates using a structured meeting with a published agenda.

e. Note/Minute taking is to be managed by the principal or a volunteer to be identified for this purpose. The principal will maintain and store copies of Minutes. Copies of the Minutes shall be made available to the community.

f. At the first or Inaugural meeting, the group should co-construct group operating norms to ensure empowerment of all.

g. The group will maintain an ability to fundraise if desired by the community. Subgroups can be formed for this purpose and will report directly to the principal (or their delegate). A report will also be made available to the PEG.

h. Any funds remaining following the dissolution of a P & F Association are to be held in the school account in a separate dissection account titled 'PEG' and the acquittal of funds is to be treated using the rules set out in the Constitution.

i. "Project groups" such as garden, craft, hospitality groups can be developed based on need and the interests of the school and parent body. These groups will report directly to the Principal (or their delegate). A report will also be made available to the PEG.

j. For the purpose of funds management for the PEG, the school Principal will maintain and report on the financial records for the PEG with these records to be made available at PEG meetings. Auditing of the funds will be included as part of the routine auditing process by the CSO.

k. The principal will deposit all fundraising monies into the school Catholic Development Fund (CDF) account with use of any funds to be made following collaborative decision making and recording of such decisions at a PEG meeting.

I. The Principal (or their Delegate) will provide to the PEG the balance of the account at each meeting as well as any expenditure in line with decisions made at previous meetings.

m. If funds are to be used for the purpose of holding a fundraising event (such as a BBQ), the school can cover the cost of these expenses with the monies to be reimbursed following the event unless the PEG agree to monies being used for this purpose.

n. Any use of funds will need to be managed in accordance with Sections 4, 5 and 19 of the P&F Constitution to ensure s83c of the Education Act and appropriate governance requirements complied with.

o. Federation Delegate(s) are to be elected as this maintains a diocesan parent presence.

### <u>Staffing</u>

Jack Montgomery is nearing the end of his successful university internship in term 3 and will then be awarded his Bachelor of Education from Newcastle University. Jack will continue teaching 1 White for term 4 whilst Mackenzie Gageler remains teaching 2 Blue for term 4.

We congratulate Mackenzie Gageler who was recently appointed the Religious Education Co-Ordinator position (permanent) for 2024. She has been acting in the role since term 2.

As Annmaree Hooker has retired, Nichola Ellis has been appointed to the permanent full time Learning Support Teacher position at Rosary Park. She has been acting in the role since the start of term 3.

We are currently advertising for permanent and temporary staff for 2024.

Congratulations to Tiffany Nolan and her husband Mitch on the birth of a girl, Piper Grace on 23 August.

# Rosary Park Bushfire Survival Plan

Our school is in a bushfire prone area. As a result, we have a clearly defined bushfire survival plan, attached to this newsletter. The plan has been developed in consultation with NSW Fire and Rescue, NSW Rural Fire Services, local Police and the Safety and Wellness team from the Catholic Diocese. Copies of this plan have been provided to these organisations.

As the plan outlines, it follows these principles in the event of a bushfire:

- 1. Evacuate
- 2. Shelter onsite in the hall.
- 3. Evacuation to St Nicholas Centre Branxton if we cannot remain in hall
- 4. Evacuation to Branxton Golf Club

It is important that you consider as part of this plan, how you would collect your child from Rosary Park at short notice, if this plan was to be enacted.

As part of this plan, the school follows a strict maintenance plan where surrounding scrub (Asset Protection Zone- outside of the school boundaries) is cleared annually as well as the guttering and downpipes. Arborists monitor trees on site on an annual basis as well as ongoing grounds maintenance to reduce undergrowth fuel load on the site.

Our school practices regular lockdown and evacuation procedures (every term), as well as visits from the local fire brigade. Children are also familiarised with fire safety through lessons in the Personal Development Health Physical Education Syllabus.

Thank you for taking the time to familiarise yourself with this document to prioritise the safety of all in our school community. It is important, in particular, that you give consideration as to how you would collect your child in the event of a bushfire evacuation.

#### Class Structures for 2024

In 2024, our school will remain at 14 classes with our school population will growing to around 375 children. We will have two classes per grade Kindergarten to Year Six.

I will be on leave from Monday 18 September returning to school on Thursday 12 October. Please contact Janelle Dixon (Assistant Principal) in my absence.

Kind regards, Sallyanne Stanbridge (Principal)

# Assistant Principal Message

We have had such beautiful weather this week and it is great to see the children coming to school in their summer uniforms again. This week has been a transition period and all children need to be in their summer uniform by next week, Monday 11<sup>th</sup> September.

I take this opportunity to remind you of the uniform expectations at Rosary Park. We can all agree that it is a lovely sight when children all wear their uniforms correctly with pride. Please remember that socks must not be the short "no show" length. All socks must be visible above the shoe and long enough to cover the ankle bone.

I also ask parents to remember that there are strict guidelines when it comes to the wearing of jewellery. Children may wear one necklace with a religious symbol on it. They may also wear one signet ring and one plain bangle. Earrings must not be hoops big enough for a small finger to catch and rip it out. Wearing earrings that dangle below the ear lobe is also against our uniform guidlelines.

Hair that is long enough to touch the collar needs to be tied back and any clips/bands/ribbons must be small in size and in school colours. Please do not forget to pack a hat each day to protect your child from the sun. If a child does not have a hat they will be asked to remain in the shade during break times.

School Summer Uniform Guidelines



# School Sports Uniform: Summer

	Blue and White Sports Polo with school logo
PANTS	Navy microfiber shorts with school initials
shoes/socks	<b>Predominately-white</b> joggers. Plain white socks (no sport logo such as Puma, Adidas), worn above the ankle



#### Summer Uniform - Girls

TUNIC	Blue & white check summer dress
SHORTS/SHIRT	Blue shorts, white emblem shirt with Peter Pan collar
	Black Shoes (lace up or Velcro) with white socks, to be worn above the ankle

Summer l	Jniform - Boys
TOP	School blue shirt with embroidered logo.
SHORTS	Navy shorts, not cargo.
SHOES	Black Shoes (lace up or Velcro) with navy socks to be worn above the ankle.
SHOES	

Please assist us to ensure everyone is in uniform at Rosary Park. If something is broken or your chid outgrows part or all of their uniform, please let us know at school so we are aware that you are working on purchasing something new.

I look forward to seeing you at our school concert "Junkyard Jukebox" next week at the Cessnock Performing Arts Centre. Tickets are still available to purchase through the CPAC website.

Warm Regards,

Janelle Dixon Assistant Principal

# **Religious Education Coordinator's Message**

# Father's Day

Thank you to all the families who joined us for our Father's Day breakfast on Friday. It was lovely to welcome you into our school!

#### Prayer:

Lord, thank you for all fathers.

For the new ones, who endure sleepless nights with infants in arms.

For the busy ones, who juggle the pressures of home and family life.

For the steadfast ones, who nurture and care for our special vulnerable children.

For the patient ones, who always seek to forgive and engage with their pre-teens.

For the persistent ones, who cleverly find new ways to connect with their mini-adults.

For the father uncles, who step in to cradle and care for nieces and nephews.

For all granddads, who love and support their precious grandchildren.

For the foster dads that are called to gather and cover the fragile ones.

For the Sunday dads who care for our children and lead them in faith.

For the dads who give far beyond their own resources, who overcome disability to cherish and love. Thank you, Lord, for all our beautiful fathers. Help us to support them and keep them in our prayers. May you bless them now and on their special day.

Amen.



# Perpetual Day of Remembrance (15<sup>th</sup> September)

Thank you for your commitment to stand with our brothers and sisters who are suffering and to shine the light of Christ in our Church and neighbourhoods. Together we can be a sign of hope. In faith and hope we pray.

'We sing for those' | Perpetual Day of Remembrance

#### Year 6 Religious Literacy

This week students in Year 6 sat the Diocesan Religious Literacy Assessment. This is a test that all students in Year 6, 8 and 10 sit. It is designed to assess students on Catholic content and concepts. The test consisted of 3 sections:

Section 1:25 Multiple Choice Questions based on units of work across the Stage 3 course.

Section 2: Three short answer questions based on the Year 6 Liturgy unit.

Section 3: 5 short answer questions based on the Year 6 Sacraments of Service unit.

#### What is Religious Literacy?

If we define the word literacy using a dictionary, we will find the simplistic but accurate definition: literacy means the ability to read and write, but when we delve deeper into the word it means competence or knowledge of a particular subject, or a particular type of knowledge. So, in Religious Literacy we are talking about a knowledge of the core teachings, Scriptures, history and tradition of our Catholic faith.

When we ask what a religiously literate person is, this is what we are referring to. Even if students are not religious or have no religious affiliation, they can still be religiously literate. They can have a basic understanding of all of the components that make up a religious tradition.

A religiously literate person will possess:

- a basic understanding of the history, central texts, beliefs, practices and contemporary manifestations of several of the world's religious traditions as they arose out of and continue to be shaped by particular social, historical and cultural contexts.
- the ability to discern and explore the religious dimensions of political, social and cultural expressions across time and place.

## Save the Date:

On Friday 13 October we will celebrate the feast of Our Lady of the Rosary. Our school is named after Mary the mother of Jesus and the Rosary is the important prayer of Mary. On 13th we will have a games afternoon, cake stall and wear socks for Socktober, a fundraiser for Missions. There will be NO awards assembly on Friday 13 October. Parents are invited to join us from 2pm for a game's afternoon.



# **Learning Support News**

#### Dear Families,

Our Wellbeing Room is going to be open more regularly during lunch times and afternoon tea for any students that want to come and play games, learn new skills, and make new friends. We have recently purchased some new resources for this space, however, if families happen to have any toys, games or books in good condition that are no longer being played with in your household, we would greatly appreciate any donations.

Thank you, Nichola Ellis Learning Support Teacher

# Pre-loved School Uniforms Urgently Needed Please!

As we move from the cooler months of wearing winter uniform into the warmer, summer uniform time, can we please ask that any pre-loved and no longer needed uniforms (that are in reasonable to good condition), are sent to school for us to have as spares in our uniform pool? This pool of spare uniforms is then used to assist families who might need a bit of a hand with outfitting their children for school or for when someone might have an accident, slip in the mud, tear a hole and need to change into something clean.

We desperately need boys summer shirts and shorts in sizes 8, 10 and 12; girls summer dresses in sizes 8, 10 and 12 as well as sports uniform shirts and shorts. If you have winter uniforms (dresses, blouses, long sleeved shirts, long pants or sports track suits) that will no longer be worn by your children, we are happy to take any sizes. We would ask that all items of clothing are clean and stain free please.

Thank you for considering this recycle of clothing – helping each other and the environment is a win-win for everyone!

Mrs Karen Forbes

# **Sports News**

Last week we had students in Stage 2 and 3 attend a soccer gala day in Lake Macquarie. All teams played extremely well and showed outstanding sportsmanship to both their own team and other schools and their teams.



A thank you to all parents who were able to get their child to these gala days, it is much appreciated. Thank you also to Mr Standing, Miss Rodwell and Miss Prosser who coached our soccer teams.



Congratulations also to the following students who were our Age Champions from our school Athletics Carnival this year:

Junior girl and boy: 11years girl and boy: Senior girl and boy: Jesse Cavanagh and Emily Allgood Bryce Bogacz and Phoebe Cole Cohan Young and Lara Dilley



Mackenzie Gageler Sports Coordinator

# **Aboriginal Education News**

Year 5 and 6 have been busy working on our Story Poles this term. They have been incorporating the Rosary Park mercy values into the designs. We have been drawing our designs from the new book we have purchased called "The Symbolism Iconography and Language of Eastern NSW Aboriginal Art" by Lesley Salem.





Year 4 have also been using the images to create designs for signage around the school and we hope to be able to include Wonnarua Language on these after consultation with Elders.

Year 1 have been reading "The Butterfly" by Nai Nai Bird. It is a creation story of the butterfly in the Homeland of the Butchulla People. They are summarising and retelling the story using their own words, symbols and imagery and making a book for the Year 1 classes to have in their room for everyone to enjoy.



We would like to thank the Gillings Family for their beautiful donation of clapping sticks from their time at the Mundy Mundy Bash

# National Child Protection week: 3-9 Sept 'Every child in every community deserves a fair go'.



# Year 3 Taronga Zoo excursion

On Friday 18<sup>th</sup> August Year 3 travelled to Taronga Zoo in Sydney for their excursion. Students had been learning about Living things in Science and linking this to their learning in Maths, English and Visual Arts.

To say the students were excited to see their favourite animals was an understatement! Some of the highlights included the Capybaras, the Seal Show and the Gorillas.

We'd like to express our appreciation for our wonderful parent volunteers who assisted students in exploring the zoo. Thank you to Jess T, Tegan C, Rachel L, Kylie C, Tegan K, Rachel R, Melinda S, Chantal A and Rachel I.



















Year 3 Teachers Naomi Rodwell & Emelia Lindus

# Cick a goal for Zane

ON MONDAY THE 4TH SEPTEMBER STUDENTS WERE INVITED TO KICK A GOAL FOR ZANE FOR A GOLD COIN DONATION. AS A SCHOOL WE RAISED \$200 WHICH WILL GO TOWARDS THE DIPG FOUNDATION. THANK YOU TO ALL FOR YOUR DONATIONS.



# Weekly Awards

Congratulations to those children who have received awards this past fortnight. Week ending Friday 18<sup>th</sup> August 2022 (Week 5)

Class	Class Award One	Class Award Two	MJR Award
Kinder Blue	Marshall C	Jasper W	Louis E
Kinder White	Zoey A	Maci H	Johan C
Year 1 Blue	Emily R	Dylan R	Harrison A-L
Year 1 White	Leo B	Tony P	Teagan S
Year 2 Blue	Vy N	Liam H	Will M
Year 2 White	Boston B	Noha M	Stanley H
Year 3 Blue	Ellie A	Addison K	Hannah C
Year 3 White	Hunter B	Susan P	Anika F
Year 4 Blue	Kingsley J	Sam D	Evie S
Year 4 White	Nevaeh D	Cameron N	Darcy H
Year 5 Blue	Sienna M	Louis D	Ella-Grace W
Year 5 White	Alexis B	Dante S	Rose D
Year 6 Blue	Robert C	Macy D	Lilah B
Year 6 White	Shonoa A	Miley R	Chelsea S

### Week ending Friday 25<sup>th</sup> August 2022 (Week 6)

Class	Class Award One	Class Award Two	MJR Award
Kinder Blue	Amarni L	Jasper W	Harvey C
Kinder White	Jett I	Tanner H	Charlie L
Year 1 Blue	Amelia H	Quinn M	Dylan R
Year 1 White	Maici B	Alexis I	Koa V-W
Year 2 Blue	Baxter D	Brailyn L	Emily S
Year 2 White	Elliana D	Harry M	Alfie T
Year 3 Blue	Liam D	Flynn C	Amarlie K
Year 3 White			
Year 4 Blue	Emily A	Kyson C	Shelle C
Year 4 White	Cooper C	Nevaeh D	Jema M
Year 5 Blue	Evie M	Hudson R	Emitee O
Year 5 White	Ruby H	Bryce B	Elsa G
Year 6 Blue			
Year 6 White	Lina P	Kai M	Emily-Rose A

# **Principal's Awards**

Nevada A, Ella R, Amelia S, Alfie T, James L, Indy M, Aden P, Zoe C, Ellesse S, Rawson D, Will M, Tanner H, Mackenzie H, Eyden G, Lacey N, Layla H

# Profitable parenting Taking risks and asking questions

With guest speaker and author, Daisy Turnbull

# 12TH & 13TH SEPTEMBER 2023

Parents and carers are invited to take part in free, online presentations that will empower you with engaging and practical ways to raise your child or young person to be resilient and ready to take on the world!

The Diocese of Maitland-Newcastle's Federation of P & F Associations has invited teacher and high-profile author, Daisy Turnbull, to share practical advice with parents and carers on ways you can develop your child's independence and confidence.

Daisy's presentations will draw on the knowledge of some of the world's leading psychologists, but it's her relatable style and realistic suggestions that reflect her experience as both a parent and the Director of Wellbeing in schools that will leave you feeling empowered to navigate the modern-day challenges associated with raising children and teens.



# FREE ONLINE EVENTS for parents and carers of children and teens

#### BUILDING RESILIENCE AND INDEPENDENCE IN YOUR CHILD

#### Most suitable for parents and carers of children ages 5-10 years

In this session, Daisy will encourage parents and carers to get outside their comfort zone, by encouraging their children to take more risks. She'll explain how this approach helps nurture kids' independence and resilience, by teaching them to recognise and assess consequences for themselves, readying them for life and all that it brings.

Attendees will leave this session with loads of fun ideas on ways that they can connect with their children that will also help to build their young one's physical and social skills, responsibility, and character.

DATE Tuesday 12 September TIME 7.30pm - 8.30pm

Registrations essential at:

www.mn.shor.tn/PFBuilding

#### FOSTERING COMMUNICATION AND CONFIDENCE IN YOUNG PEOPLE

#### Most suitable for parents and carers of young people ages 11-18 years

This session is for parents and carers seeking to build a stronger connection with their tweens and teens. Daisy will help parents and carers to better understand the social and emotional needs of young people and provide them with ideas on how they can help them to navigate common concerns that arise during adolescence including friendships, consent, self-compassion, managing conflict, mental health, boundaries and media influences.

Attendees will leave this session with (realistic) conversation starters that will promote their teens' awareness of the world and encourage them to take responsibility and understand consequences and risks in a fast-changing world.

DATE Wednesday 13 September TIME 7.30pm - 8.30pm Registrations essential at: www.mn.shor.tn/PFFostering









# **Twilight Bushland Storytime**

# Thursday 7th September, 5.30-6.30pm at Cessnock Library

Cessnock City Library is celebrating the Our Bushland Festival with a special Twilight Bushland Storytime.

The whole family is invited to join us for stories, songs and craft about our beautiful bushland and its creatures. Meet the library's new collection of native animal puppets!

> Ages: The whole family! Cost: Free Where: Cessnock Library



CESSNOCK

Bookings essential. Book under 'What's On' at www.cessnock.nsw.gov.au/libraries or call Cessnock Library on 4993 4399 or Kurri Kurri Library on 4937 1638



# Let's Energise!

National Health & DAY Physical Education

Good for Children, Good for Schools, Good for Communities

#### Wednesday 6th September

To celebrate National health and physical education day, join the Good for Kids team at 10am on Wednesday 6th September for a record-breaking energiser!

Our goal is to have as many schools and students as possible, across the Hunter New England area, jump on our Facebook page for a live energiser!



# **Nutrition resources**

#### Fruit & Veg Month kicks off this week!

Fruit & Veg Month is a Healthy Kids Association event designed for primary schools in NSW. It encourages students to increase their fruit and vegetable intake through activities across the whole school, in the classroom and at home. Schools who register will receive free resources including: posters, reward stickers, teacher booklets, classroom activities and more!

#### 462 schools participated in 2022



Fruit & Veg Month is held from Monday 28 August to Friday 22 September.

To register your NSW primary school, use the <u>easy online form</u> found on the Fruit & Veg Month page.

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# Kinder orientation resources



Kinder Orientation is the perfect time to provide information to new families on healthy eating and physical activity so their kids can have the best start at school.

#### Good for Kids has a range of resources available!

If your school hasn't already, you can order hard-copy resources for our term 4 deliveries.

Order resources here!

You can also show <u>this video presentation</u> at parent information sessions or make it available to your new families.



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



#### Spring Holiday Activities Eor Kids @ Your Library Pre-booking essential as places are limited.

### KIDS EVENTS

 IMAGINATURALISTS ART WORKSHOP – for children ages 7-12

 Tuesday September 26
 Cessnock Library
 12.00 – 1.00
 \$5.00

 Tuesday September 26
 Kurri Kurri Library
 3.00 – 4.00
 \$5.00

 Creatively explore the magic of bees with the wonderful Gillian Hewitt - artist, scientist and educator.

 BEE HOTEL WORKSHOP – for children ages 6-12

 Thursday October 5
 Cessnock Library
 2.00 – 3.00
 FREE

 Monday September 25
 Kurri Kurri Library
 2.00 – 3.00
 FREE

 Give our bees a helping hand by building a little upcycled bee hotel to hand in your garden.

 SEED BOMBS FOR BEES – for children ages 5-12

 Thursday September 28
 Cessnock Library
 2.00 – 3.00
 FREE

 Wednesday September 27
 Kurri Kurri Library
 2.00 – 3.00
 FREE

 Make some seed bombs full of bee-friendly flower seeds and keep them for a rainy day, or give them as a gift – includes calico bag to store them and decorate.
 FREE

 THE PILLOWCASE PROGRAM: PREPARING FOR EMERGENCIES FOR KIDS – ages 5-12

 Thursday September 28
 Cessnock Library
 10.00 – 11.00
 FREE

 Thursday October 5
 Kurri Kurri Library
 10.00 – 11.00
 FREE

 Fun interactive workshop teaching kids practical skills to help them build disaster
 resilience and prepare them for emergencies – what will you pack in your emergency

 pillowcase?

 STORY HUNTER CREATIVE WRITING WORKSHOP: PICTURE PERFECT - ILLUSTRATE

 YOUR OWN STORYBOOK - for children ages 8-13

 Friday September 29
 Cessnock Library
 10.00 - 12.00
 FREE

 Newcastle Writers Festival's Story Hunter program presents this fabulous creative writing workshop, facilitated by childrens book illustrator Kirrili Lonergan - learn the tips and tricks of illustrating a picture book.

FILM & CRAFT – for children ages 5-12					
Tuesday October 3	Cessnock Library	2.00 - 4.00	FREE		
Wednesday October 4	Kurri Kurri Library	2.00 - 4.00	FREE		
Enjoy an afternoon at the movies, followed by craft.					

INDIGENOUS DANCE WORKSHOP – for children ages 5-12				
Friday October 6	Cessnock Library	10.00 - 11.00	FREE	
Friday October 6	Kurri Kurri Library	2.00 - 3.00	FREE	
Learn some Aboriginal and Torres Strait Islander dance moves in this special cultural				
workshop run by the wonderful Genus and Sam from Youth Express.				

# TEEN/TWEEN EVENTS

TINY ART WORK SHOP – ages Wednesday September 27 Wednesday September 27 This fun painting activity is per using glow paint and blacklight	Cessnock Library Kurri Kurri Library fect for creative teens an		FREE FREE tiny canvases	
TABLETOP GAMING WITH Aar Thursday September 28 Thursday September 28 Gaming guru Aaron is hosting like-minded folks to learn some	Cessnock Library Kurri Kurri Library tabletop games at the libr		FREE FREE n in the fun with	
YOUTH OUTREACH @ HUNTLEE – ages 10-18 Friday September 29 Huntlee Park 11.00 – 1.00 FREE Come and join the library and CYCOS crew at Huntlee Park! Play large games, grab some free merchandise and discover what activities and resources are there for our local children and young people for the school holidays and beyond. No need to book, just come along!				
ZINE MAKING WORKSHOP – a Wednesday October 4 Wednesday October 4 Author and zine maker Bastian the ins and outs of zine making	Cessnock Library Kurri Kurri Library Fox Phelan leads this en		FREE FREE activity. Learn	
SINGING BOWLS – ages 8-14 Thursday October 5 Thursday October 5 Did you know that some bowls Tibetan singing bowls for a min stress.				
WARHAMMER PAINT OR PLAY – ages 10-18 Friday October 6 Cessnock Library 2.00-4.00 FREE Cessnock Library has signed up to be part of the Warhammer Alliance program! Help to paint some of our new collection of Warhammer miniatures (supplies provided) or bring along miniatures of your own to play!				

Please ring Cessnock Library on 49934399 or Kurri Kurri Library on 49371638 to enquire, or email <u>library@cessnock.nsw.gov.au</u>.

Bookings essential – head to the What's On page at <u>http://www.cessnock.nsw.gov.au</u> to book your spot!







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