



Comleroy Road Chronicles



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Principal: Mrs Kristen Barglik

Principal's message

Dear parents and carers,

It has been a settled start to 2020 and our Kindergarten and new students seem to be settling in well. We are looking forward to a very productive school year.

During the second week of this term our first P&C meeting for the year was held and a new executive team was elected. I would like to take this opportunity to congratulate our 2020 P&C executive team and thank them in advance for their contributions to our school.

President: Scott Dent

Vice President: Josh Smith

Vice President: Kerrie Dalley

Treasurer: Jo Vella

Secretary: Alisha Carter

Canteen: Jo Williamson

2nd Hand Uniform Shop: Rayshell Hill

The fundraising co-ordinator position remains open so if this is an area you are interested in please contact the school.

Helping your child with literacy at home

Children learn how to read by being read to, by reading with others and by reading to themselves. Read with your children every day and look for any opportunity to read in every-day life. Here are some helpful strategies to support your child's /children's literacy development:

- Make reading fun and enjoyable.
- Let your child choose books and re read books they like.
- Talk about the book you are reading and encourage them to predict what could happen in the story by looking at the pictures and reading the title.
- Discuss what is happening in the pictures and how they add more information to the story.
- Ask your child questions about the book like, "What do you think might happen next?" "Why do you think that?" "What would you do in that situation?"
- Talk about what happened in the story after reading it. Ask them which part they liked and why. Encourage your child to think about the characters feelings and how they may feel if they were in a similar situation.
- Take turns at reading and choose a variety of things to read.

Attendance

It is a legal requirement that your child is present at school for the whole school day, each day the school is open. **Students must have all absences explained in a note (within 7 days of the absence) which has been signed by a parent or carer.** If your child is absent for 2 consecutive days without an explanation the classroom teachers will make a phone call home to follow up.

The school is to be notified of extended absences or infectious diseases. If you are planning an extended holiday, you need to contact the school as there are new requirements, and approval for leave from school of this nature can only be given by the Principal or Director. School attendance is checked regularly by the Home School Liaison Officer and unexplained absences monitored. Continued and/or unexplained absences may lead to school review and follow up action.

Meet the teacher evening

Thank you to all those families who joined us for our meet the teacher evening on Tuesday 18 February. This evening was a valuable opportunity for us to learn more about your children and ensure that every student is known, valued and cared for here at Comleroy Road PS. Feedback from parents and teachers was extremely positive. For those of you who missed it, a note will be sent home outlining the key messages for each class.

Thank you for your continued support.

Kristen Barglik

Principal

Dates to remember

February 2020

Wednesday 26 Zone swimming carnival

March

Monday 2 Halogen leader's day

Friday 6 School assembly

Friday 27 School photos

April

Thursday 2 School cross country

Thursday 9 Easter hat parade

Upcoming events are posted on our school website.

www.comleroyrd-p.schools.nsw.edu.au

Our school newsletter and notes are also available through School Enews. Register your email address **on the school website** to receive a full colour newsletter direct to your inbox.



COMLEROID ROAD PUBLIC SCHOOL

SAFE: I make wise choices to ensure no harm comes to anyone.

RESPECTFUL: I appreciate everyone for who they are. I will use positive words and actions to ensure everyone feels accepted.

February 2020 **3 February** Kindy's first day

LEARNERS: I am always ready to do my best. Education is a life-long process. It gives me opportunities for life.



BIRTHDAYS

Happy birthday to the following Students that celebrate their birthday in:

February

Isabella, Lauren, Charlee, Nakita, Zara, Luke, Ryan, Quade

March

Daniel, Adam, Jacob, Eli, Brock, Edgar, Liam, Hudson, Jordan

We hope you had / have a wonderful day!

Comleroy Road P&C Association

Next Meeting: Tuesday 3 March

6:30 – 7:30 in the staffroom.

Contact details for the P&C:

President–TBA

The P&C have a Facebook page. Search for Comleroy Road P&C and like the page to keep informed about the great work the P&C do.

Safety first campaign

Council community enforcement officers will be regularly monitoring illegally parked vehicles around the school for the remainder of this term. Any driver found to be illegally parked around the school will be issued with a penalty notice.

Please be reminded that there is a turning circle for vehicles to use to ensure pedestrians are kept safe. Many of our parents have been observed making a U-turn instead of using this turning circle which has resulted in a few close calls.

Please be mindful that at drop off and pick up there are many children about and their safety (as well as your own safety) is everyone's priority.

Supervision of students

Teachers are required to be on the school site by 8:30am. Many students are arriving at school well before this. There is no supervision of students prior to the morning bell at 8:40am. If students arrive before this time they are required to sit on the silver sits and wait for the supervising teacher to commence duty. For their own safety students should not be at school prior to 8:30am.

Opal cards

It has come to our attention that many students who regularly travel on the bus to and from school don't have opal cards. Any student who travels on the bus needs to apply for an opal card. As students tap on with their opal card, Busways uses this data to assess whether the service is required or not. Please visit <https://apps.transport.nsw.gov.au/ssts/home#/> to apply for an opal card or replace a lost one.

Busways

This week is Busways 'Be Bus Aware' week. Please be mindful to always be safe & responsible on and around buses.

BE BUS AWARE

Bus Safety Week - 24 February to 1 March 2020

**We all have a part
to play in bus safety**



BeBusAware.com.au

Swimming Carnival Wrap Up

Our school swimming carnival was again a huge success. It was great to see so much enthusiasm and determination by all students that competed. Well done to everyone for having a go and trying your best.

From our carnival a number of students qualified for the small schools swimming carnival which was held at Hawkesbury Oasis on the 6 February. All of our students demonstrated great sportsmanship and were outstanding representatives for our school.

We saw a number of amazing individual and team results with Vienna O'Connor coming 1st in her 50m age race for freestyle, our senior boys relay team placing 2nd and our junior girls relay team placing 3rd. Special mention to Kye Duffy who came 3rd in butterfly, 3rd in backstroke and 2nd in 12yrs boys 50m freestyle. Kye's fantastic efforts resulted in him finishing 3rd overall in the senior boys category.

Good luck to Vienna O'Connor, Naomi Smith, Paige Gerisch, Holly Williamson-Knobbs, Kye Duffy, Adam Jordan, Hunter McAdam and Dechlan Hill who will now be competing at the Hawkesbury Zone swimming carnival on the 26 February.







Information for parents and carers

Large scale distressing events impact our communities in many ways. As with the drought the recent bushfires have impacted a number of our communities and have been unsettling and stressful for many students. Children cope with traumatic experiences in different ways and there is no one 'standard' pattern of reaction. If you are concerned about your child, it's important to discuss your concerns with their teacher(s) and seek support from the school counsellor or other professionals you know.

Distress may be related to:

- having been directly at risk/exposed to fires (loss of homes, pets, personal belongings)
- being concerned about family or friends
- being exposed to distressing media coverage including injured wildlife, and
- feelings and memories resulting from previous experiences and other instances of grief and loss.

There is no such thing as a typical reaction. Some may show much distress or they may ask many questions and appear preoccupied with the event. Some of these reactions may appear immediately but others may not show themselves for weeks or even months later.

Some reactions may include sleep disturbances, regressive behaviour (thumb sucking), nightmares, fear of the dark, clinging to parents/carers, loss or increase in appetite, physical complaints that have no medical basis, aggressive behaviour, competition with sibling for parental attention, withdrawal and/or loss of interest in regular activities.

Children look to the significant adults in their lives for guidance on how to manage their reactions. Parents and teachers can help children cope by remaining calm and reassuring them that they will be all right.

Children are usually very resilient and for most children these reactions will gradually reduce over time with the support of families. After a traumatic event, children need comfort, reassurance and support, and to know that they are safe and are being looked after.

How you can support your child

- Children need comfort, reassurance and support, and to know that they are safe and are being looked after. Try to spend more time with your children and provide them with plenty of affection through cuddles and hugs.
- Let them be more dependent on you for a while and try to re-establish daily routines, for example routines around mealtimes, bedtimes and returning to school. Keep to your regular routines and activities as much as possible.
- Listen to your children's concerns. Listen closely to what they are asking or saying, and if they are looking for factual information, or if the questions are expressing anxiety about the bushfires. Try to keep your own feelings to yourself when talking about their feelings. Let them know that you understand how they feel. Correct any misunderstandings or confusion.
- Keep your responses appropriate to the age and emotional maturity of your child. Young children often need reassurance more than facts.
- Monitor their exposure to television/social media stories regarding the fires. Children can be distressed by watching repeated images. Explain to them that it may not be a good idea to keep watching repeated images.
- Include your child in planning any changes resulting from the current situation.
- Support your child to stay connected to friends.
- Be aware of how you talk. Adults need to be conscious of the presence of children when discussing the effects of natural disasters. It is a good idea not to let children overhear adult conversations about worrying things if they cannot join in at their own age or stage of development.

Most importantly, look after yourself. When you are feeling cared for you are better able to respond to the needs of your children.

Where to get help

While most children will bounce back after a traumatic event, some children may show prolonged distress and may benefit from professional support. Please contact your school to discuss the most appropriate support for your child.

If you would like additional support, the following services are available:

- The school counsellor
- Your local GP
- Kids Helpline – 1800 55 1800 – kidshelpline.com.au
- Headspace – 1800 650 890 – eheadspace.org.au
- Parent Helpline – 1300 1300 52
- Beyond Blue – 1300 22 4636
- Mensline – 1300 789 978
- Lifeline – 13 11 14

COLO HIGH SCHOOL

OPEN DAY 2020

Striving for excellence



MONDAY 2 MARCH 2020
6:00–7:30PM
COLO HIGH SCHOOL



For more info, visit colo-h.schools.nsw.gov.au