



Comleroy Road Chronicles



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Principal: Mrs Kristen Barglik

Principal's message

Dear Parents / Carers,

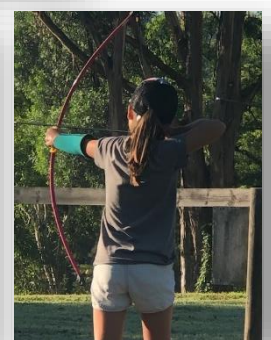
I would like to begin this newsletter by thanking you all for your support during these uncertain times. Apart from the cancellation of our major community events this term, school will go ahead as normal. I urge you to continue talking with your children about hygiene practices and can assure you that we are implementing the advice from the leading health experts in this country. I will continue to update you with any changes as they arise.



Over the last couple of weeks I have had the privilege of attending a couple of event with our school captains and vice captains. The first was the National Leaders Day held at the International Convention Centre in Darling Harbour. We listened to many inspirational speakers who highlighted the challenges and obstacles they encountered along their journey. They all spoke about how resilient they had to be when things didn't go according to plan. We speak to the students regularly about resilience and as I walk around the classrooms and playground I can see how hard everyone is working on building their strategies to manage challenging situations.



The second event was the Hawkesbury Leadership Camp at Lutunda with the leaders of other Hawkesbury schools. The leaders engaged in many activities that challenged their skills and strengthened their team work ability. Along with challenging our students to take risks and be inquisitive about learning it also challenged them to think about what impact their leadership could have on Comleroy Road PS.



This week we are focusing on being self-aware. Making honest and accurate judgements, taking responsibility, being well organised, thoughtful and empathetic, and showing initiative are all characteristics of this disposition. Encourage your children to be aware of their own emotions, needs and perspectives.

Next week we will be focusing on being reflective. Being reflective is about building on previous learning and experiences, using feedback positively, setting goals, and knowing strengths and weaknesses. Being reflective encourages students to become self-aware. Encourage your children to learn from their mistakes and think about how they could have handled situations differently.

Helping your child with writing at home

- Encourage your children to draw and write about interesting things.
- Support your children to hold their pencil correctly when writing.
- Encourage your children to talk about their drawings and writing.
- Take interest in what they are writing and ask them to tell you what they are learning to write at school.
- Use different materials to draw and write and encourage them to use their imagination.

- Support your child to write and encourage them to write your shopping list, or write about their favourite person or their favourite book.
- Create a song, poem or story book with your children.
- Ask them to write a letter or an email to a friend or someone in their family about something that has happened that is interesting or exciting.
- Encourage your child to have a journal, diary or booklet that they can write in every day, especially when on a family holiday.
- Encourage your child to create cards and invitations for celebrations or special occasions.

Bus zone

Outside the front of our school is a designated bus zone. You are **not** allowed to park your car **or stop** your vehicle in this area between 8:30 - 9:05 am and 2:45 - 3:10pm. There is also a no parking sign which means you are not allowed to stop for more than 2 minutes from 9:05 - 9:30am and 3:10 - 3:30pm. These restrictions are put in place for the safety of you, your children and all the children here at Comleroy Road PS. Council regularly patrol this area and will fine those who do not comply with these road rules



Attendance

Your child's attendance is monitored every day. If your child is absent one day a fortnight they will miss out on 20 days of school a year. That equates to 4 weeks of missed learning and an attendance rate of 80%. The image below highlights the impact of student absence on student learning.

Have a lovely weekend and thank you for your continued support.

Kristen Barglik
Principal



EVERY DAY COUNTS....

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Dates to remember

March

Friday 27 School photos

April

Thursday 9 Last day of term

Monday 27 Staff Development Day

Tuesday 28 Students return

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.

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:

March

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

April

Indiarna, Vienna, Charlie, Ryan, Kaly, Lily, Joshua

We hope you had / have a wonderful day!

Comleroy Road P&C Association

Next Meeting: Tuesday 7 April

6:30 – 7:30pm in the staffroom.

Contact details for the P&C:

President– Scott Dent

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.

Student banking

The Commonwealth Bank has informed all schools that student banking is suspended for the rest of the term. Banking should resume at the beginning of Term 2. We will advise of any changes to this information as soon as we know.

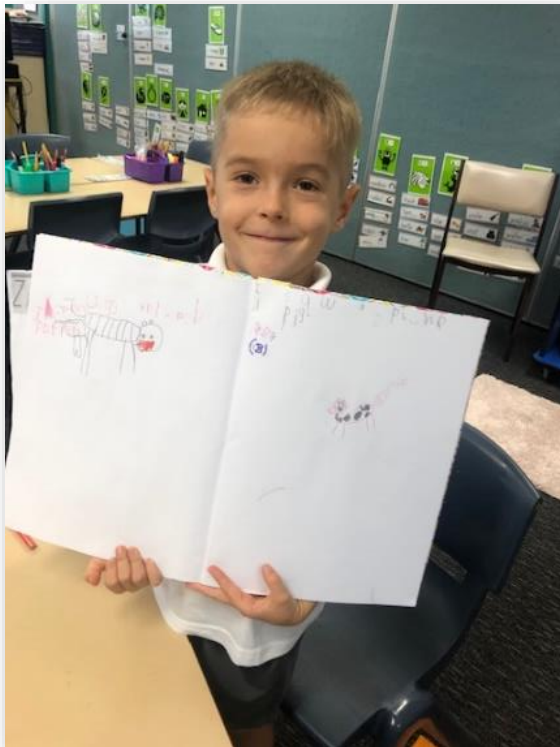


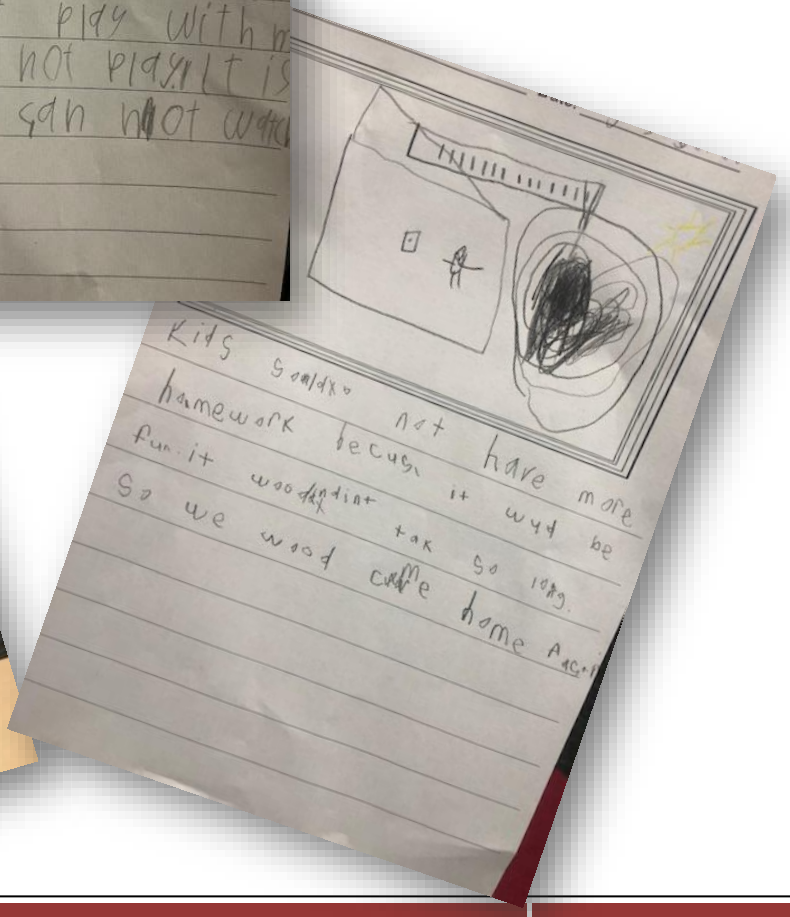
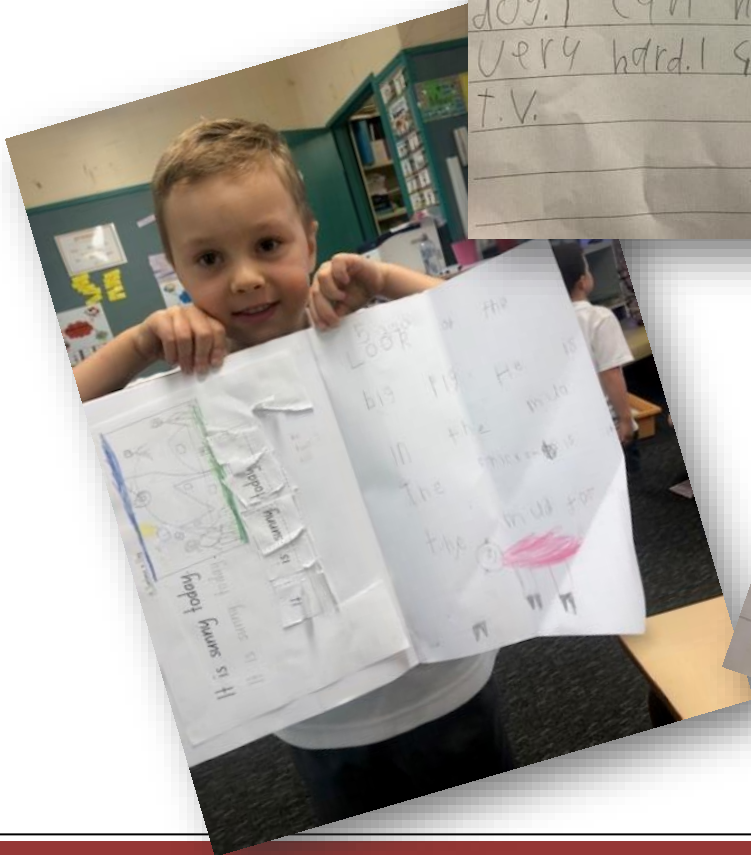
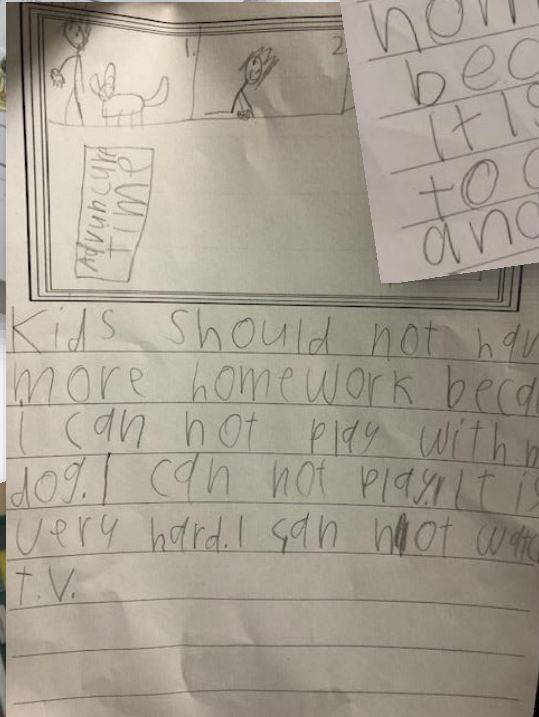
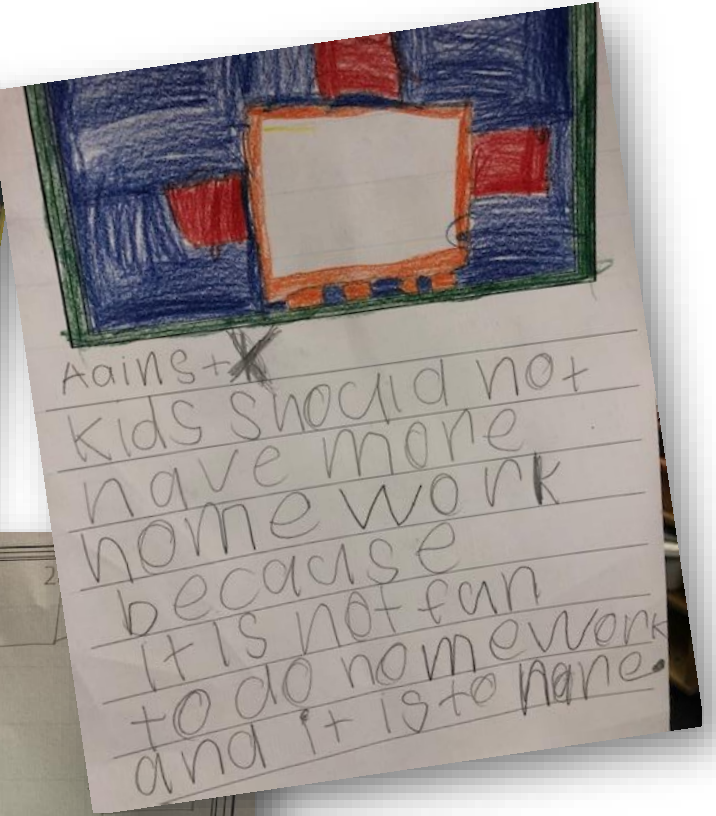
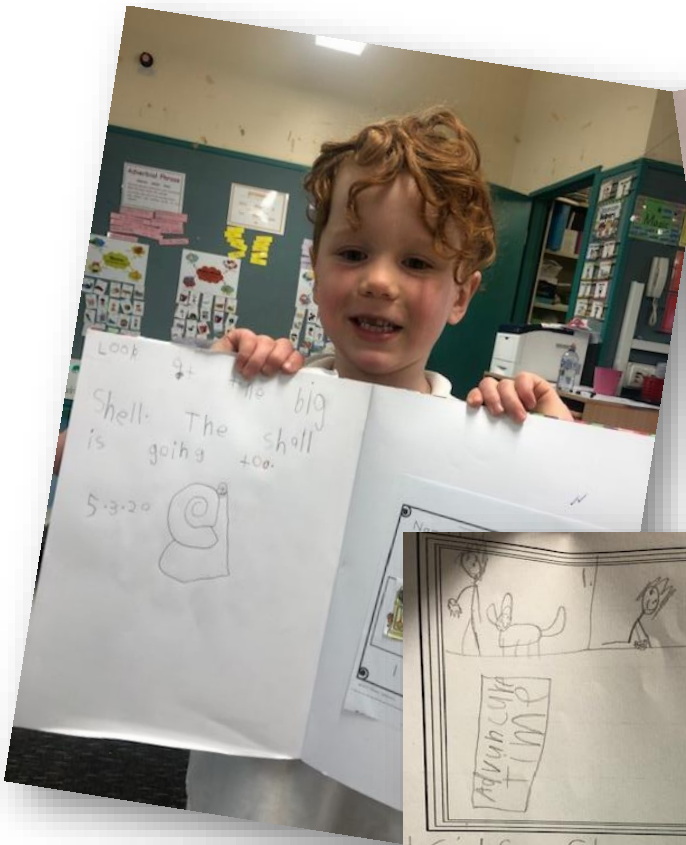
Opal cards

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. To apply for a school opal card or to report a lost or stolen card, go online to www.opal.com.au/en/about-opal/opal-for-school-students/



Kindergarten and Year 1 have been working hard on their writing. Here is a sample of what they have been up to lately.





HEALTH WARNING CORONAVIRUS (COVID-19)

INFORMATION FOR TRAVELLERS

Developed a fever or cough?



FEVER



COUGH



SORE THROAT



**SHORTNESS
OF BREATH**

[KNOW THE SIGNS]



Australian Government
Department of Health

www.health.gov.au



Medicare funded dental care for children

Children eligible for the Child Dental Benefits Schedule can receive Medicare funded treatment.

Medicare funded dental treatment for children at your local dentist

The Child Dental Benefits Schedule (CDBS) is a Medicare funded program providing dental care for eligible children for a range of services, including examinations, cleaning, x-rays, fillings, fissure sealants, extractions and root canal therapy. The CDBS does not cover orthodontics, cosmetic dental treatment, and mouthguards. If you receive Family Tax Benefit Part A or a relevant government payment, your child may be entitled to up to \$1000 worth of dental treatment over a two-year period.

Where can I get treatment through the CDBS?

Most local dentists provide all of the services covered by the CDBS. When you make the appointment, let your dentist know you would like treatment under the CDBS. Your dentist can check your eligibility if you are unsure.

All children (under 18 years old) can access free public dental services in NSW. All children seen by public dental services receive the same care regardless of their eligibility for CDBS and no fees are charged, even if CDBS benefits have been fully used up. To find your nearest public clinic, visit health.nsw.gov.au/oralhealth

How to check if your child / children are eligible?

The program is means tested for those receiving Family Tax Benefit Part A and some other government payments for children aged between 2 and 17. If you are receiving Family Tax Benefit Part A, you should have received a letter from the Department of Human Services letting you know you are eligible for the CDBS. If you are only claiming Family Tax Benefit Part A annually, you will not have received a letter but you may still be eligible.

If you are unsure, it's quick and easy to check your eligibility. Call Medicare on 132 011 (7 days a week, 24 hours a day) or your dentist can check for you.

How does the \$1000 cap work?

Eligible children may have up to \$1000 of dental treatment over a two-year period. It begins at the start of the calendar year and any money not spent in the first year is carried over to the second year. You cannot claim benefits from both private health insurance and the CDBS for the same services.

Find out more by asking your dentist or visit www.humanservices.gov.au



Australian Dental Association
NSW Branch

To find an ADA dentist, visit www.ada.org.au/findadentist

ADAGS COMMUNITY



Road safety

Keeping your children safe when dropping off and picking up at school

Here are a few things you can do to help keep your children and others safer during drop-off and pick-up times during the school week:

- Make sure your children are fastened in the correct child car seat for their age and size and that it is fitted correctly.
- Stick to the 40km/h speed limit in a school zone and look out for children who may be about.
- Watch for flashing lights on buses. They let you know that there may be children crossing or about to cross the road. A 40km/h limit applies when school bus lights flash.
- Always give way to pedestrians particularly when entering and leaving driveways.
- Always park and turn legally around schools. Manoeuvres such as U-turns and three-point turns are dangerous during busy school drop-off and pick-up times.
- Drop your children off and pick them up on the school side of the road in your school's designated drop-off and pick-up area. Never call out to them from across the road – they may run to you without checking for traffic.
- It's safest for children to get out of the car through the Safety Door, away from passing traffic. This is the rear footpath side door of the car.

For more information on keeping our kids safe around schools visit the parents section on [safetytown.com.au](https://www.safetytown.com.au)



Lives lost on NSW roads.
Our goal is zero.



Staying Connected With Our Children

Now is the time to stay close to our children.
They need to feel us beside them so they don't feel as worried as they are.
We need to be honest with them and let them know that good people from around the world are working very hard to keep them safe and healthy.
Our children will believe us, we love them deeply.

Be Honest

"COVID 19 is a sickness like a cold. Some people will get it. Maybe someone in our family might get sick. We are all a little bit scared. Being scared is a sign that we are concentrating on being safe. There are really good people like doctors who know what to do. They are helping to figure it out."

Validate Their Feelings

"I know I might look worried sometimes. Mums or dads get worried too, just like children. I know it can make you feel scared. But I am ok."
"It is ok to be feeling scared, or worried, or whatever you are feeling right now. You can share that with me whenever you need to."

Acknowledge Day to Day Disruptions

"Even if school and your after school activities stop for a while, they will start up again. How about we think about some ways of doing versions of these things together at home if we need to?"

Remind Them

"I love you, and that is one thing that will never change."

Here are some ways that parents and carers can share connection, comfort and care with their children right now.

Look to History

"There have been sicknesses like this before. And they have stopped. Clever people from around the world have worked them out together. The scientists are doing this right now with this one."

Remain Available

"You can talk with me whenever you need to. I will answer any questions you have. If I don't know the answers, I will find out and then I will tell you."

Have fun

Share some time with your children that is just for them, and let them lead the play.

"Let's do some things that you like to do."

Create some quiet time

Find a regular time where you can just be still with children. Stroke their hair. Watch a favourite show on TV. Listen to music together. Let them decide if they want to talk. Be present with them. Enjoy it.



Australian
Childhood
Foundation

childhood.org.au