

Effort Earns Success



Principal's Message

"One child, one teacher, one pen can change the world" Malala Yousafzai

Dear Parents and Carers,

What a joy it has been this past week seeing the children walk through the front gates and return to face-to-face learning. Our hearts were very full as the students were reunited with their friends and teachers. The looks of excitement on the children's faces have been a joy to behold. Our classrooms have been buzzing with activity and the children have been making the most of their opportunities to reconnect with their teachers and friends. The staff had smiles from ear to ear watching the children reconnect. Teachers are currently working on student wellbeing as well as assessing where each student sits with their literacy and numeracy skills.

Once again, I would like to acknowledge the incredible job the Copacabana PS staff have done in readiness for return to school and another thank you to our families for partnering with us during the learning from home period, you were exceptional! Lastly, thank you to our students for your amazing resilience throughout this time.

World Teachers' Day NSW



Australia celebrates World Teachers' Day this year on Friday 29th October. Teachers (with the wonderful support from our parents and carers) have ensured education continues across the country this year, despite major challenges. In many ways it has reinforced the significant role teachers play in the lives of our children and students, our families and communities. I would like to express my heart felt appreciation to the Copacabana PS teachers and the amazing work they do, day in and day out with the students across the school. What a privilege it is to work with such a dedicated and professional team.

Check-In Assessments (Years 3,4,5 and 6)

Next week students from Years 3-6 will participate in a Reading and Numeracy Check-In Assessment. The Check-In Assessment is a NSW Department of Education online reading and numeracy assessment available to support schools to assess and monitor student learning following the period of learning from home. The Check-In Assessments will supplement existing school practices to identify how students are performing in Literacy and Numeracy and to help teachers tailor their teaching more specifically to student needs.

2022 Planning

Should you be leaving our area in 2022, please contact the office to advise **as a matter of urgency**. We are currently updating our projected student enrolment numbers for 2022 and the accuracy of this information will allow us to plan for the required number of classes at Copacabana Public School from the start of the 2022 learning year. Likewise, if you are enrolling in Kinder or moving into our area, please also touch base with the school's office. We appreciate your cooperation in advising us of this as soon as possible.

Coming Events

November

Week 5

Monday 1st

Year 6 Check in
Assessment

Leadership EOI's go out

Tuesday 2nd

Year 4 Check in
Assessment

Wednesday 3rd

Year 3 Check in
Assessment

Thursday 4th

Year 5 Check in
Assessment

Friday 5th

Leadership EOI's
returned

Week 6

Monday 8th – Friday 12th

Prefect
speeches



Opportunity Class Placement Tests

The following information is for parents of students currently in Year 4 who earlier this year nominated their child to sit the OC Placement Test for Year 5 2022. Due to the ongoing COVID restrictions, this year's Opportunity Class Placement Test has been rescheduled to Wednesday 17th November 2021. The test will be administered as a computer-based test and will be held here onsite rather than at a central location. This is to ensure placement of students in opportunity classes on Day 1, Term 1, 2022.

Detailed instructions on how to apply and the link to the online form will be available at:

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>.

Applications open on 19 October 2021 and close on 17 November 2021.

Tell Them From Me (TTFM) surveys

The Tell Them From Me (TTFM) surveys provide schools with student, teacher and parent perspectives about the engagement and wellbeing of their students. This information is valuable to schools and can be used to identify strengths and successes, as well as areas to target for improvement. All students in Years 4,5 and 6 as well as all staff will be completing the TTFM survey online during term 4. More information on how to access the parent survey will be provided before the set survey date.



Yours in Education,

Mary Hunt



News From The Office

NSW School Updates App

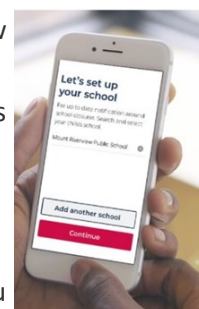
We are encouraging staff and parents to download the NSW School Updates app. NSW families can now get notified when their school becomes non-operational, wherever they are.

The app will complement the other means of communication available to parents and carers from schools and the Department of Education to ensure families receive timely, accurate information in a crisis. The app is free and available now for iOS and Android users.

[Download for iOS - App Store](#)

[Download for Android - Google Play](#)

You can opt in for notifications about the operational status of as many NSW public schools as you choose.



Health advice for students and staff

NSW Health advises all staff and students to get tested immediately if you have any of the following COVID-19 symptoms, even if mild and even if you are vaccinated. You do not need more than one symptom to get tested. Do not wait for symptoms to progress or change. Common symptoms include:

- fever (37.5 C or higher) or history of fever (night sweats, chills)
- headache
- cough
- sore throat
- shortness of breath (difficulty breathing)



School Bus Travel from Term 1 2022

Students who need a School Opal card or travel pass for 2022 can apply now. A new application will need to be submitted if they are applying for a school travel pass for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who change address, school, campus location, or who have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should renew or update their details before the end of term 4. This will ensure that schools can endorse applications and current entitlements are updated and remain valid. School Opal card holders will have the changes applied to their existing card.

Applications for the School Student Transport Scheme (SSTS) open at the start of Term 4 2021 for travel in 2022, so parents/students can apply or update details early and be ready for the start of the new school year. Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

See further information attached below or go to: <https://transportnsw.info/school-travel-apply>

Wellbeing



Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators, with a particular interest in the early years, adolescence and resilience. She has written seven major books including the bestselling *Mothering Our Boys* and her 2020 release, *From Boys to Men*. Maggie is host of the ABC podcast, *Parental As Anything*. She is the mother of four sons and a very grateful grandmother. For further details visit maggiedent.com

Helping your family manage uncertainty

Resilience

Uncertainty is part of life and yet our brain, which creates our thoughts and feelings, loves certainty and predictability. The pandemic has created more uncertainty in families, schools and communities than most people can recall in their lifetimes. With no clear end point, more stress and anxiety may well be triggered. In small doses anxiety heightens your sense of focus, giving you an increased level of energy, and increases your chances of managing a potential challenge that has appeared. In large doses, this anxiety is problematic, as it can cause feelings of being overwhelmed and even panicked.

The lesson of being real

Many fears and unexpressed emotions lie beneath the stress of navigating uncertainty. Be prepared to share your emotions with your children, especially feelings of sadness. They experience grief every time they lose the opportunity to spend time with loved ones, go on holiday or return to school to see friends.

Grief is not a sign of weakness. It shows you are human. Let your children see you cry and give them the agency to know what to do. They can grab a tissue, they can give you a hug and, if they're old enough, they can make you a cuppa.

Your children need to see that when bad things happen to adults, they can feel upset for a time. There are many ways you can help children cope with uncertainty.



Normalise uncertainty

Teach your children that nothing is permanent. Good things come and go. So will tough times. Change is a part of life and can be positive or challenging. Share stories about how your family recovered from hard times. Adaptability and flexibility are key components of resilience, which can be nurtured in childhood.

Make choices that ease fear and anxiety

Remind your children and young people that they are not powerless. Resting, reading and relaxing are great tools to ease fear and anxiety. This might include taking deep breaths, listening to music, or making others laugh. Getting outside to play or walk the dog is another simple way to ease the nervous system.

Focus on the things you can control

Simple habits and routines really make a difference. When everything is changing routines and rituals such as regular family mealtimes, bedtimes and wake up times help maintain a sense of normality. These rituals provide an important anchor helping them feel in control.

Encourage your kids to have a 'gratitude attitude'

Though times are no doubt tough for many, you can choose to feel grateful for the things you have, and the people love, and you can model this mindset with your children.

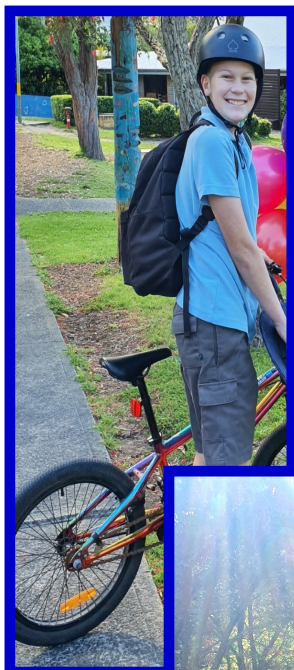
Maintain hope

Hope is an important antidote to feeling stuck in fear. Encourage feelings of hope by sharing wonderful memories via photos or videos which can lift everyone's spirit. Plan a new experience to happen when that becomes a possibility. Children and young people need to understand that life can be an unpredictable ride and together you can adapt and find a way through to each new day.

The greatest tool you have as a parent in these times is to remember that you are the 'safe base' for your children and young people. If you can embody that, and help them feel that no matter what, your love and support is a certainty, then the uncertainty around us all becomes a lot more manageable.



WELCOME BACK TO SCHOOL





WELCOME BACK

A Message from your P&C...

Welcome back everyone!

Qkr! Update

The next time you use the Qkr! app, it may ask you to update your child's profile with a phone number and/or email address. This is a change that the P&C has requested to make it easier for the Canteen and Uniform Shop managers to contact parents/carers when there is any issue with your canteen or uniform order. Please be reassured that we do not store this data and will not use it for any other purpose. When prompted, please add YOUR (parent/carer) details, not your child's. We are sorry for any inconvenience this change may have caused.



Canteen



Kim is very excited to be back in the canteen. The canteen is open for lunch orders only on Wednesdays, Thursdays and Fridays. There will be a simplified menu initially. Drinks will be available to order and will be sent out to students in the lunch order baskets. There will be no frozen treats available and no over-the-counter sales. Please remember to place your orders on Qkr! by 8:50am on the day.

Unfortunately, we are unable to have parent volunteers in the Canteen at this stage. If you have any questions about the Canteen, don't hesitate to send Kim an email at copacanteen@gmail.com or message her on Remind (class code @copasnacks).

Uniform Shop

Our online Uniform Shop is open on Qkr! and deliveries have commenced. You will notice a separate uniform menu in Qkr! along with our canteen menu. If you haven't yet downloaded the Qkr! app, it is completely free and there are no additional costs to parents for ordering using the app.

Due to Covid restrictions, we are still unable to open our physical store at school. Our uniform shop managers will be working hard to fill orders, which they are only allowed to do outside of school hours. It is anticipated that orders placed by Sunday evening will be delivered to your child's class on the following Tuesday and orders placed by Wednesday evening will be delivered on Friday.

Please note, if you are new to the school, or have a Kindergarten child starting in 2022, we will be offering a face-to-face uniform sale later in the term. This will be by appointment only and more details will be provided closer to the date. This will allow new families to try on uniform items and discuss their uniform requirements with Beckie and Jem, our uniform shop managers. Stay tuned for more information. If you have any questions, please don't hesitate to contact Beckie and Jem at copauniformshop@gmail.com.

Next Meeting

Our next meeting will be on Tuesday 9th November at 6:30pm over Zoom. If you would like to attend, please contact Linda at copapandc@gmail.com. If you ever have any questions about the P&C, please don't hesitate to contact me at copapandc@gmail.com. I look forward to hearing from you.

Meeting

Lucy Wenzke - President

QKR! UPDATE



The next time you use Qkr! you may be prompted to update your child's profile with a phone number and email address. Please add YOUR (parent/carer) contact details.

Your details will only be used if the canteen or uniform shop need to query an order. We will not store your details or use for any other purpose.



For quicker, hassle-free school payments, try Qkr! today

Introducing Qkr! (pronounced 'quicker') by MasterCard, the secure and easy way to order and pay for school items from your phone at a time and place that suits you.

With Qkr! you can:

- Pay for school fees, uniforms, excursions and more;
- See your receipts on the app and get them sent by email if required.



Getting started is easy - try it yourself today

Step 1 Download Qkr!

on your Android phone or iPhone. iPad users can download iPhone app



Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10km's of the school, or search for our school by name.

Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

Search for our school name

If you have made a purchase you can select our school from 'Previous Location'

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'





Add your children's details in Student Profiles

Select
'Add student profile'



Add each
child's details



Manage each
child's details in
Student Profiles



Purchase school items

Select a menu
from our school



Select child
you are
ordering for



Select your items



Tap 'Checkout'
then confirm and pay

Making payments

Add up to 5 cards to your wallet



At checkout select which card to
pay with.

Pay with any cards accepted
by the school.

Once your payment is approved you
can continue to the home page, or
view your receipt.

Please see below our new Price list for the uniform shop:



Copacabana Public School Uniform Price List

Any queries please contact the School Office or the Uniform Shop Managers at
copauniformshop@gmail.com

GIRLS		PRICE
Senior skirt* (year 5 & 6 only)		\$35
Junior Option 1 Dress (Kindy – year 4)		\$44
Junior Option 2 Skort* (Kindy – year 4)		\$30
BOYS		
Button up short sleeve shirt		\$25
Grey cargo shorts		\$30
Grey cargo Pants		\$38
UNISEX SPORT UNIFORM		
Polo shirt		\$25
Navy sport shorts		\$25
JUMPERS & TRACKSUIT PANTS		
Hoodie jumper		\$42
Hoodie with zipper		\$46
Navy tracksuit pants		\$25
MISCELLANEOUS ITEMS		
Navy broad brim school hat		\$12
Calico library bag		\$5
Navy canvas chair bag		\$18
Navy school bag		\$45

* Senior skirt & junior skort are worn together with the unisex polo shirt

Coast OOSH
trading as
Avoca Before- and After School Care



If you need care for your children, when you are not there...

Daily hours: Before School 6.30 – 9.30 am / After School 2.30 – 6.30 pm

Vacation care: 7 am – 6 pm

Please contact us with your needs and we will send you an enrolment form and an information package.

We have permanent and casual places available.

How you can reach us:

- * **Landline:** 02-43826601
- * **e-mail (preferred):** avocaschoolcare@gmail.com
- * **Facebook:** Julee Dean (Avoca School Care)
- * **Blog:** <http://avocaschoolcare.blogspot.com>

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McGrath



Thank you!



At Bupa Dental Erina, we want to make it easier for your kids to access preventative dental care.

If you are a Bupa customer with selected combined Hospital and Extras family cover with general dental, you'll pay nothing for your kids' regular dental check-ups and other preventative services, up to yearly limits. Subject to waiting periods, fund and policy rules. Child dependants only."For full T&Cs, read [here](https://www.bupadental.com.au/no-gap-dental) (LINK: <https://www.bupadental.com.au/no-gap-dental>)

Book online today (LINK: https://www.centauportal.com/d4w/org-27/extended_search?location=274&sourceID=&randomNumber=c06e512046c885139f953c667755e12e8c777e15d1e917f82f1766ab1cb624ed&shortVer=true)

Learn more about the Child Dental Benefits Schedule

Call our friendly team at **02 4367 7500** to discuss whether your kids are eligible for the Child Dental Benefits Schedule (CDBS). The CDBS is a Government initiative that covers up to \$1000 worth of basic dental services over 2 years to help prevent and treat dental diseases. For full T&Cs read [here](https://www.servicesaustralia.gov.au/individuals/services/medicare/child-dental-benefits-schedule) (LINK <https://www.servicesaustralia.gov.au/individuals/services/medicare/child-dental-benefits-schedule>)



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JUNIOR BLASTERS

AGES 5-7 | 60 MINS | 6+ WEEKS

- Learn ball skills, including catching, throwing and teamwork, through fun game-based activities.
- Sign up now for your Starter Kit.
- Returning Junior Blasters score a Returner Kit with a ball, a backpack + one free add-on.



STARTER KIT



RETURNER KIT

MASTER BLASTERS

AGES 7-10 | 90 MINS | 6+ WEEKS

- Everyone gets a chance to bat, bowl and field in short, modified games of cricket.
- For kids with basic cricket skills.
- Sign up now for your Master Blasters Kit featuring a drink bottle and cap!



MASTER BLASTERS KIT



