

Effort Earns Success



Principal's Message

"Individually we are one drop, together, we are an ocean" Ryunosuke Satoro

Dear Parents and Carers,

I would like to acknowledge the amazing resilience and dedication of our community during one of the most extraordinary times we have ever experienced. Thank you for your assistance and support, as together we have navigated our way through an entire term of home learning. I am immensely proud of our wonderful students for their hard work, resilience and commitment to their studies. You are truly inspirational!

A sincere thank you to our wonderful parents and carers who have supported their child/ren to ensure the continuity of learning. This has been a unique and challenging journey to say the least. Finally, a very big thank you to the staff of Copacabana Public School for your passion, adaptability and hard work throughout the term. It certainly has been an incredible team effort by all. I hope that during the holiday break you can take a little bit of time out to relax, unwind and enjoy some special activities with your family.

Students and staff **return to learning from home next term on Tuesday 5 October due to** the public holiday on Monday 4 October. If there are **any changes to school operations** announced by the NSW Premier and the Department of Education during the school holidays this will be **communicated** to all families via email and our Facebook page.

*Thank
you!*



Coming Events

September

**Friday 17th—last day
of Term 3**

**Naplan reports sent
home (Years 3 and 5)**

October

**Tuesday 5th October—
first day of Term 4**



Road map for students returning to school

The Premier announced that NSW Public Schools will return to face-to-face learning either through a 'staged return' or 'full return' depending on NSW Health conditions in their area.

Please find below a summary:

- **Learning from Home (Level 4)** This is our current operations level. We will commence **Term 4 – Tuesday 5th October under this level**. We will communicate to the community if there are any school operational changes.

- **Full return (Level 3)** Areas across NSW that are removed from stay-at-home rules will return to school under Level 3 settings. This is a full return for all cohorts to schools, with reduced mingling and on-site activities. Once again, the school will communicate any school operational changes **if we move** to this level.
- **Staged Return (Level 3 plus)- Gradual return from 25th October** When stay-at-home rules are still in place, but other community vaccination and transmission conditions are met, students will return to school in a staged way. This is a staggered return for **prioritised** cohorts, with no mingling or on-site activities. Students will return to face-to-face learning with NSW Health-approved COVID-safe settings on school sites in the following order:
 - from 25 October – **Kindergarten and Year 1**
 - from 1 November – **Years 2, 6 and 11**
 - from 8 November – **Years 3, 4, 5, 7, 8, 9 and 10**

Our staff really miss our vibrant and active school life and fabulous students and look forward to getting physically back into the classroom as soon as it is safe to do so. The return to school roadmap is subject to change depending on new information expected through the Public Health Order and additional advice from NSW Health. You can stay up to date with the most recent advice on the Department of Education website.

Advice for Families: <https://education.nsw.gov.au/covid-19/advice-for-families>



Learning from home

Students in **Yrs. 3-6** will continue their learning through the Google Classroom platform at the commencement of Term 4.

Learning Packs Collection – (Term 4 – Weeks 1 and 2)

- **Kindergarten – K/1W and KB**

Kindergarten Learning Packs, for the first three weeks of Term 4, will be available for collection on Tuesday the 5th of October (First day of Term 4) at 9.30am. These packs will need to be collected from the school's front entrance on Pueblo St.

9.30-10.00am - KB & K/1W (Kindergarten only)

- **Stage 1 – (Years 1 and 2)**

Learning from home packs for Stage 1 students (Years 1 & 2) can be collected from the school's front entrance on Monday the 11th of October. Online work will be uploaded to your child's SeeSaw account for Term 1, Week 4. Please adhere to the following times according to your child's class:

9.30 - 10.00am - K/1W (Year 1 only), 1M, 1/2LP

10.00 - 10.30am - 2C and 2/3R (Year 2 only)

We kindly ask that you wear a mask when collecting the packs and that you move off promptly in support of the mandatory social distancing guidelines. Again, we thank you for your continued support as we patiently await the staggered return to face-to-face learning.

2021 NAPLAN Reports



NAPLAN results have arrived for students in Years 3 and Year 5. Due to current COVID restrictions, our school will be posting your child's NAPLAN report to your residential address, so please keep an eye out for your child's NAPLAN report in the mail.

Planning for 2022

As we move into our planning phase for 2022, we kindly ask if you could notify the school office by phone or email if your child/children will not be returning to Copacabana Public School next year. The number of students at our school affects the planning for classes and school organisation for 2022.

Kindergarten Enrolment – 2022

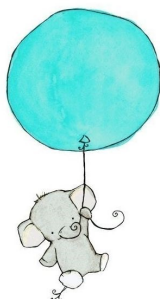


Any families who may have a child starting Kindergarten in 2022 and have not yet enrolled, we encourage you to start the enrolment process as soon as possible. Children can start Kindergarten at the beginning of the school year if they turn 5, on or before 31 July that year. If you know of any friends or other community members who have children who are due to start next year, please encourage them to make contact the school via phone or email.

School Security

Community members are encouraged to contact school security on **1300 880 021** if they notice anything unusual or suspicious over the holiday period.

Congratulations



It is with the greatest pleasure that we announce the arrival of Chet David Bryson! Baby Chetty was born on Sunday 12th September. On behalf of the Copacabana PS community, I'd like to extend our congratulations to Mrs Danielle Bryson and her husband Mitch.



Yours in education,

Mary Hunt

Principal

Wellbeing – Parenting Ideas

Riding the COVID Wave



Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including Spoonfed Generation, and the bestselling Why First Borns Rule the World and Last Borns Want to Change It. Michael is a former teacher with 15 years' experience, and has 30 years' experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

Parenting Ideas - Riding the COVID waves

The disruption caused by the pandemic continues, with the scale of its impact dependent on geography. Families in three of the nation's states are no strangers to lockdowns and the disturbance they bring to normal life. Regardless of where you live, the sense of the pandemic is always present, ready to disrupt daily life at short notice.

We crave connection and certainty

Human beings crave certainty and human connection, both of which are severely impacted by the current pandemic. Just when life appears to return to normal, COVID case numbers can flare, sparking changes to our daily lives. As demonstrated by the massive increase in people seeking psychological support services over the last 18 months, these are difficult times for us all.

Every family has its own COVID related story consisting of loss, disappointment, hardship, frustration of some kind. While there is no magic bullet that will make living through these uncertain times easy, here are some strategies to help you and your family stay upright while you ride the COVID waves of uncertainty and change.


Model a coping mindset

Let's start with a coping mindset, the hardest and most important strategy. The leader in any group is the person who remains calm in a crisis, so as parents we need to do all we can to keep our acts together, or at least look like we are in control. Kids of all ages, but especially primary-aged students, take their cues from parents, the most important people in their lives, about how to view events. If catastrophising, anxiety and anger are modelled, then inevitably younger family members will mimic these behaviours. More significantly, these behaviours contribute to their feelings of lack of control. Alternatively, when acceptance, perspective and optimism are on display, kids learn how they can cope with uncertainty and change. This is not to suggest that parents aren't struggling, and that we shouldn't show our vulnerability to children. However, children and young people feel safer and more secure when their parents radiate a sense of calm and composure in the face of difficulty. Challenging, but essential.

If ever there was a time to make wellbeing come alive in a family, it's now. If you have previously believed kids' wellbeing is less important than homework, music or sports lessons and chores then it's time for a priority rethink. Mental health practices are most successful when they are embedded into family life, rather than being focused on when life gets hard. While no means limited to these, the most significant wellbeing practices include sticking to daily routines (to maintain feelings of control), taking regular exercise (to get rid of built-up stress and promote feel-good endorphins) and prioritising sleep (to maximise the brain's capacity to manage stress).


If you find that you're arguing with your child over minor issues such as leaving clothes around the house, then it's time to let the small stuff go and focus on the bigger issues. You may need to set the parenting bar a little lower, focus less on academics, even relax screen time limits for a time if they are a source of conflict. Expect behaviour blow outs from children who have lost their own bearings – in some cases access to friends, school, and schedule. Give kids space if they regress, rather than reward tantrums with plenty of your attention, which will reward and keep the behaviour going.

There are no hard and fast rules about living through this pandemic. COVID didn't come with a 'how to' manual, so most of us are writing our own rules as we go. Embrace any ideas that work for you and your family and let go of those that aren't right for you. Be mindful, that the tide will eventually turn, the waves more predictable and our capacity to deal with hardship will have been enhanced by this experience.



Tjudibaring

Local AECG - Central Coast




We welcome our local community to our
**Tjudibaring Aboriginal Education and Consultative Group (AECG)
 Annual General Meeting (AGM):**

Zoom link
<https://nsw.aecg.zoom.us/j/64652500138?pwd=WC1lbnRldDdVQkxkdjZREkxVRFpzM0Rlc0Q=>

Meeting ID: 646 5250 0138
Passcode: 2021

When: 7:30pm - 8pm
Wednesday 13th October



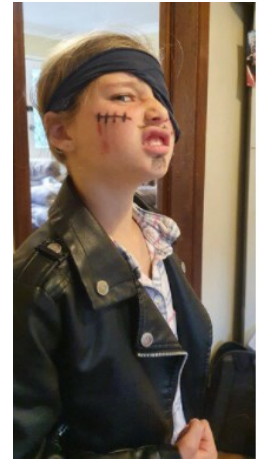
Where: Zoom from the comfort of your home

During this meeting Full Financial members will be able to nominate, vote and elec the 2022 Tjudibaring A.E.C.G Executive team. There will be a small catch up meeting held directly after the AGM process is finished.

Enquiries & RSVP to
Tjudibaring.aecg@outlook.com - Jade Bush (President) & Tara Johnson (Secretary)

FLAT TEACHERS





P & C Report

We're looking for a Treasurer

Our wonderful treasurer, Marlene, will be stepping down at our next AGM (March 2022) and we are wondering if there is a parent or relative out there who might be interested in stepping into the role. We have plenty of time to provide a thorough handover and training with both Marlene and our bookkeeper. No previous experience is required. If you, or someone you know, has a few hours a week free, and would like to help out the school in a very tangible way, please get in touch. If you have any questions about the role or would like some additional information to help you decide if it's right for you, please send us an email to copapandc@gmail.com.

Canteen

Due to Covid restrictions, the Canteen remains closed at this time. Any changes to the operation of the Canteen will be communicated on the Remind App and the **P&C Facebook** page.



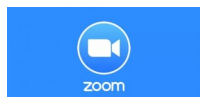
Uniform Shop

Likewise, the uniform shop also remains closed, and we are unable to fill online orders as our Uniform Shop managers are not allowed onsite.

When restrictions ease however, we are excited to announce that uniform orders will be moving to Qkr! You will be able to order quickly and easily from your phone and orders will be delivered to your child's classroom. This will provide greater convenience to parents along with the security of not having to send cash or credit card details to the school.

As soon as anything changes, we will communicate it on the **P&C Facebook** page.

Next Meeting



Our next meeting will be on Tuesday 12th October 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.

Stay safe everyone.

Lucy Wenzke - President



Avoca OOSH - Newsletter - Term 3.

With the events of the past lock downs the centre has been supporting children whose parents are essential workers.

I would like to thank the educators that have come to work each day and maintain some sort of normality to the children attending. The children have been wonderful and appear to be enjoying attending the centre.

Each week we ask the children their preferences for afternoon tea.

We always provide a fruit and veg platter for the children each afternoon. We have encouraged the children to choose what they would like each afternoon.

Their choices for the afternoon have been tacos, homemade pizza, scones with Jam and cream, Mac and cheese, fish fingers and potato gems, salad wraps, fruit Jelly and ice cream.

The children have made vegan bliss balls, these have been a winner, some bliss balls have been rolled in hundreds and thousands which the children have loved.

The centre prides itself on being a healthy food provider with the support of Central Coast Council's Bite and bounce campaign. I feel that letting the children make choices in regard to what they eat in these strange times gives them a sense of control in some parts of the day.

Vacation care is fast approaching, we have a limited number available for care due to COVID.

I am hoping that life will soon return to some sort of normality and we can see all those happy faces back at the school soon. I have missed the children greatly and I know the educators have missed them as well.

I look forward to term 4 with a positive attitude and a zest for supporting all the children again.

Stay safe and Happy.

Julee Dean



K-2 Assembly Week 8

Class	Student
KB	Felix Tapping
	Carter F
	Rueben R
	Mabel H
K/1W	Bella S
	Harmony W
	Patrick A
	Lewis D
1M	Annika D
	Airlie O
	Max B
	Ruby M
1/2LP	Macey B
	Jordan S
	Ethan K
	Georgie S
2C	Bella F
	Ezra T
	Braedan K
	Joshua W
2/3R	Tommy D
	Max M



K-2 Assembly Week 9

Class	Student
KB	Fletcher D
	Khalisha O
	Jettie B
	Sunny T
K/1W	Evie S
	Lachlan H
	Cohen O
	Charlotte M
1M	Ewan S
	Orion C
	Nellie C
	Zavier L
1/2LP	Izzy S
	Escher C
	Tom C
	Jack T
2C	Owen M
	Isabella W
	Teddy S
	Helena V
2/3R	Jake I



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Thank you!