

THE LATEST NEWS FROM

BRISBANIA PUBLIC SCHOOL

UPCOMING EVENTS

20 SEPT

Assembly of Excellence

21 SEPT

CC Public Speaking Competition

Last day of Term 3 for students

22 SEPT

PUBLIC HOLIDAY

National Day of Mourning for
The Queen

School closed

23 SEPT

Staff Development Day

@ Gibberagong EEC

School closed



MISS PARREY'S MESSAGE



THANK YOU FOR A GREAT TERM

Week 10 already! Wednesday is the students' last day and Friday is our Staff Development Day. The office will be closed on Friday. A reminder that it is the Public Holiday on Thursday.

A heartfelt thank you to the wonderful staff of Brisbane PS who go above and beyond each day for the students and each other.

Our brilliant students have worked tirelessly this term to complete class work, engage in Athletics Carnivals, STEM challenges, Central Coast Dance Festival, Tournament of the Minds, Soccer, Rugby League, Public Speaking, Debating, Sport In Schools K-2, Waste Reduction Project and of course the musical, just to name an assortment of opportunities.

The staff trust you have enjoyed our open classrooms, Book Parade, Dads' Day breakfast, Musical and Athletics Carnivals and involvement in the Science Week STEM challenge.

I hope you have a wonderful holiday with family and friends after a very busy term.

We will see you back at school on Monday 10 October for Term 4. Year 5 are off to The Great Aussie Bush Camp for the first 3 days.

TELL THEM FROM ME SURVEY

It would be appreciated if parents/carers could take the time to complete the TTFM survey via the following link, prior to the holidays. <http://nsw.tellthemfromme.com/kxg5j> Thank you to parents/carers who have already completed the survey.

Results from the survey, coupled with teacher and student responses assist the school with planning for improvements via our School Improvement Plan.

2023

It is crucial that we know our numbers for 2023 asap. If your child is in Kindergarten to Year 5 and is leaving at the end of the year or during Term 4, please email the school with name, class, reason and new school for our files.

BRISBANIA PUBLIC SCHOOL

High Street Saratoga NSW 2251

brisbania-p.schools.nsw.gov.au

02 4369 1246

brisbania-p.school@det.nsw.edu.aufacebook.com/brisbania/

HEADSTART KINDERGARTEN 2023

We are very excited to be holding our 5 week HEADSTART program for our Kindergarten 2023 students on the first 5 Fridays of Term 4– 14, 21, 28, October and 4, 11 November. Mr Stott and Mrs Duruz will welcome our Kindy 2023 students at the High St gates each week, prior to exciting activities in our double Kindergarten room– B Block.

MENTAL HEALTH MONTH – OCTOBER

It starts early due to the holidays, check out some ideas from the Department of Education in the following pages.

PRINCIPAL'S AWARD

2VF- Honey, Elke, Paige, Pixie– Excellent Persuasive writing on Whether Summer or Winter is better?
2B- Excellent Persuasive writing on Should plastics be banned?

ASSEMBLY AWARDS

STAGE TWO

3S - Charlotte R

3T - Kashel K, Tilly O, Lucas B

4L - Hugo M, Lincoln R, Max H

4M - Eli B, Sam F, Archie W

4/5S - Sierra D, Emily T

YCDI

Max W, Callan C, Aiden G, Summer R, Selyna G, Jayden W,

Declan O, Evie A, Lily N

LEADERS

Ruby C

ACKNOWLEDGE

Miles B

EARLY STAGE ONE AND STAGE ONE

KK - Mia H, Brayden C,

KK - Will P, Porter H, Arlo K, Koloa C

K/1N - Herbert H, Kleo S

1H - Luca S, Kai N, Leo D, Sofia K

1/2C - Malakai W, Zac H

2B - Ava R, Hannah K

2VN - Levi M, Emily O

YCDI

Koloa C, Ava M, Rafferty B-B, Zachery P, Zahra L,

Ella B, Ella K, Inez P, Jake J, Evie C, Summer S, Elke N

LEADERS

Elke N, Paige R, Max S, Brayden R

| NSW Department of Education

Tune in: experience, discover, join in and connect

Connection Calendar for young people

Tune In and connect to your friends, your family, your community and your mental health and wellbeing.

Discover what's on these school holidays @Share our Space

Click through the calendar or use the link below to explore and connect

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26 See if your school is open through the Share our Space program	27 Come up with a motto for your family	28 Start your day with 5 mindful moments	29 Before dinner, talk about the best thing that happened today. What made it so good?	30 Use a tracking app to commit to exercising every day during October	1 Make a fun music video	2 Pick a local spot on the map and lead your family there
3 Unplug – have a device-free day	4 Phone a friend for a chat – rather than message them	5 Loan a friend something you know they would value	6 Kick a ball, drop a basket, go to the skate park with friends	7 Try box breathing. it's as easy as 1. 2. 3. 4	8 Surprise your family with a new tasty healthy meal	9 Get ready for the start of Term 4 – pack bags, sort clothes, and have an early night
10 World Mental Health Day – Tune In to you and your mental health	11 Discover new and different ways to relax	12 Message a friend doing their HSC and wish them good luck	13 Lay quietly and listen for calming sounds. What do you hear?	14 Think about someone you admire, what values do you share with them?	15 Arrange to meet up with a friend	16 Do a 'Just Dance' challenge from Youtube
17 Discover a new app for you or a friend	18 Help out with a chore that you usually don't do	19 Sketch or photograph your favourite spot	20 Take up an old skill or hobby or try a new one	21 Create a lucky dip of favourite movie titles – for a family movie night with the lucky draw	22 Complete a journal entry each day for a week	23 Offer to help cook dinner
24 Drink more water, it's great for your body and brain	25 Watch Old People's Home for teenagers series on iview	26 Before you go to sleep – try a calming countdown	27 Master a new skill – like juggling	28 Recognise World Teachers' Day	29 Stay active	30 Grandparents' Day – if you can, call your grandparents and have a chat
31 Reachout if you need to – don't keep any worries to yourself au.reachout.com						

education.nsw.gov.au/student-wellbeing/mental-health-month



HEALTH

Tune in: experience, discover, join in and connect

Connection Calendar for children

Tune In and connect to your friends, your family, your community and your mental health and wellbeing.

MENTAL
HEALTH
MONTH
OCTOBER

Discover
what's on these
school holidays
[@Share our
Space](#)

Click through the calendar or use the link below to explore and connect

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26 See if your school is open through the share our Space program	27 Draw a family logo	28 Start your day with 5 mindful moments	29 Before dinner, talk about the best thing that happened today. What made it so good?	30 Plan a fun exercise you will do every day during October	1 Make a list of your 5 favourite songs	2 Make a map of your neighbourhood
3 Have a day without TV, computers or consoles	4 Write a note to a friend and put it in their letterbox	5 Share a game, toy, book with a friend or someone in your family – and think how the new owner might use them	6 Create an obstacle course with household items – and beat your best time	7 Try box breathing. it's as easy as 1,2,3,4	8 Discover new fun and healthy food ideas	9 Get ready for the start of Term 4 – pack bags, sort clothes, and have an early night
10 World Mental Health Day. Tune in to you	11 Find out which famous or historical people you share your birthday with and learn five new things about them	12 Learn a new joke to tell at dinner time	13 Lay quietly and listen to calming sounds. What do you hear?	14 Think about someone you admire, what values do you share with them?	15 Arrange to meet up with a friend	16 Do a Just Dance challenge from YouTube with your family
17 Discover your local Aboriginal language	18 Help out with a chore that you usually don't do	19 Sketch or photograph your favourite spot	20 Finish an old craft project you started – or start a new one!	21 Create a lucky dip of favourite movie titles – for a family movie night with the lucky draw	22 Complete a journal entry each day for a week	23 Offer to help cook dinner
24 Try and have 5 glasses of water today	25 Go to bed early and read a book	26 Before you go to sleep – try a calming countdown	27 Use an old jar and plant some seeds and see what grows	28 Today is World Teachers' Day	29 Create your own game and show someone how to play it	30 Grandparents' Day – if you can, call your grandparents and have a chat

31
[Kids Helpline is a safe and easy way to share any worries you might have. 1800 55 1800](#)

education.nsw.gov.au/student-wellbeing/mental-health-month

HEALTH

Tune in: experience, discover, join in and connect

MENTAL
HEALTH
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Connection Calendar for families

Tune In and connect to your friends, your family, your community and your mental health and wellbeing.

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Click through the calendar or use the link below to explore and connect

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26 See if your school is open through Share our Space	27 Create a family love	28 Start your day with 5 mindful moments	29 Before dinner, talk about the best thing that happened today. What made it so good?	30 Sign up for Black Dog one foot forward walking challenge	1 Kick off the month by creating your ultimate 'feel good' playlist	2 Explore your neighbourhood. Let your kids decide where to turn and see where you end up
3 Tech-free day. Enjoy reading, walking, cooking or playing family board games together	4 Give your plants some TLC	5 Donate 5 items each to charity - and think how the new owner might use them	6 Create an obstacle course with household items - and beat your best time	7 Spend 5 minutes on your own and focus on your breathing	8 Enjoy a family 'cook in' where everyone helps to cook - and clean up, and if you can, give to a good cause	9 Get ready for the start of Term 4 - pack bags, sort clothes, and have an early night
10 World Mental Health Day - Tune in to you and your mental health	11 Grab a coffee/ tea or sparkling water and read a book outdoors	12 Wish a student doing their HSC good luck	13 Lay quietly and listen to the sounds of your home. What do you hear?	14 Consider volunteering in your local area, as a family	15 Phone a friend for a chat and a laugh	16 Do a 'Just Dance' challenge from Youtube with your family
17 Discover new apps	18 Do something kind for yourself	19 Ever tried origami? Today might be the day	20 Take up an old skill or hobby or try a new one	21 Movie night. A classic you love or a new release. Don't forget the popcorn and PCs	22 Try eating something new - and fresh	23 Spring clean a spot where you like to spend time
24 Stay hydrated today. Drink your recommended water intake.	25 Watch old People's Home for teenagers series on iView	26 Before you go to sleep - try a calming countdown	27 Share your feelings with someone you trust, and listen to them as well	28 Recognise World Teachers' Day	29 Stay active	30 Grandparents' Day , and share a family memory or photo
31 Write down any worries you have, and put them into perspective. And contact help if you need it	education.nsw.gov.au/student-wellbeing/mental-health-month					

HEALTH

Central Coast Dance Festival

Last week saw the conclusion of the Central Coast Dance Festival for 2022. Both our Junior and Senior Dance Groups were very excited to have the opportunity to perform on stage at Laycock Street Theatre. Miss Pagan & Mrs O'Hara could not be prouder of our wonderful dance troupes! They absolutely shone on stage.

We also had our Year 6 students, Milly I and Jasmine B, represent our school as MC's for one of the festival performance nights. Lana H also proudly delivered her personal Acknowledgment of Country on the night. Well done to all three girls for their outstanding enthusiasm and commitment.

We are so incredibly proud of all our talented students!



P&C NEWS

CANTEEN 🍰🍷

Our lovely canteen Managers - Paula and Rose have a super special for all the students to enjoy this last week of Term 3. When you purchase a yummy "Super Salad Box" you will receive a "frozen juice cup" to enjoy. Order through Flexischools. More information in the flyer in the newsletter.

If you are interested in helping in the canteen please contact Paula the Canteen Manager for more details. All volunteers will need a Working with Children's certificate and it is preferred to be fully vaccinated against Covid-19.

CRAZY CAMEL 🐪🎨📅

All students will be busy doing their art work for Crazy Camel in this last week of term. In Term 4, parents and carers will have the opportunity to view the students' art work and order a selection of gifts to purchase with your child's art work printed onto it. Gifts include - Tea towels, notebooks, diary, bags and calendar.

MEETING 😊

It was good to get together on Zoom for our meeting on Thursday night. We look forward to planning more fun events for the students and our Brisbania families in Term 4.

UNIFORM SHOP 🛍️👕

Would you like to connect to other parents at Brisbania?
Do you have a couple of hours to spare on Friday mornings?
We are looking for volunteers in our Brisbania Public School P&C Uniform shop.
1. Volunteer Co-ordinator position
2. Volunteer shop assistant

If you are interested please contact Caitlin 0416 207 330 for more information.

Enjoy the school holidays and we look forward to a great Term 4. ☀️

Lindsay Ivins
P&C President
0415 210 028
brisbaniapublicschool@pandcaffiliate.org.au

Canteen Promotion Term 3 Week 10

Spring into spring break!

Have you tried our super salad boxes from the canteen. All served with fresh lettuce, tomato, cucumber, beetroot and carrot.

Add your choice of chicken, cheese, ham or tuna for a yummy lunch.

Order via Flexischools and receive a frozen juice cup in orange or apple/black currant for this week only.

Thank you for supporting your school canteen.



PLEASE HELP US!



Together we can make a difference!
Please assist us if you can by donating some of the following food items to help disadvantaged families and homeless on the Central Coast.

All donations can be dropped off to the Office.
Thank You from CCDR Care 4 Coast



SNACK SIZE BAKED BEAN, FAMILY SIZE BAKED BEAN, SNACK SIZE SPAGHETTI, FAMILY SIZE SPAGHETTI, RICE, CHEESE SNACKS (LE SNACKS ETC), SULTANAS, POPPERS, BOTTLES OF WATER, SINGLE PACKET BISCUIT, CUP OF SOUP BOX OF COFFEE SACHETS, BOX OF SUGAR SACHETS/STICKS, HANDI-PACK CHIPS/POPCORN, PASTA SAUCE, DICED CANNED TOMATOES, MISCELLANEOUS SNACK TREATS, 1LITRE LONG LIFE MILK, ZIPLOCK BAGS (MEDIUM & LARGE)

CHIME project

School Holiday
Family Event
Thursday
29 September
2022

CENTRAL COAST
FAMILY SUPPORT SERVICES

PROMOTING POSITIVE MENTAL HEALTH AND PARENTING

Managing Mental Illness can make it hard for families to find time to relax and enjoy family time.

For families with children up to 12 years with a parent who experiences mental illness and lives in the Wyong LGA community

Thursday 29th September 2022
10:00am - 2:00pm
The Entrance Community Centre
Battley Ave, The Entrance

- Fun family focussed activities
- Puppet making and play
- Art materials & lunch included

Central Coast Family Support Service

Registrations essential as spaces are limited

☎ 4340 1585 ✉ ccfss@ccfss.com.au 🌐 www.ccfss.org.au

Tips for Staying on Track



Quality Time

Spending quality time with our children helps build positive relationships, improves self-esteem, and is essential to optimal development.

Parents already spend a lot of time with their children, but often the majority of that time is driving them to school and activities, or cooking and other jobs of parenting.

Our lives can get so busy that **quality time** with our children can fall off the radar, but it is important to find a few minutes each day to prioritise connecting with your child. Quality time tells our children that we care about them, and has been proven to be beneficial to their overall development and happiness.

The Benefits of Quality Time:

- ♥ Improved mental and emotional wellbeing
- ♥ Deepened empathy for others
- ♥ Stronger parent-child relationships
- ♥ Less behaviour issues
- ♥ Improved physical health



Health
Central Coast
Local Health District

(02) 4328 7370

CCLHD-gotit@health.nsw.gov.au

Planning and scheduling quality time means we are better able to prioritise our time, and our kids look forward to quality time and know when to expect it.

Start with 5-10 minutes a day to connect with and enjoy your child.



Activities to try at Home



Ways to spend quality time with children:

- ♥ Take pictures together. Photos create memories that stretch quality time beyond the time you physically spent together.
- ♥ Cook together. Your child gets to spend time with you and learn some helpful life skills as well.
- ♥ Eat dinner together as a family.
- ♥ Read a story.
- ♥ Go for a walk or exercise together.
- ♥ Do some craft together. Draw pictures or make cards for grandparents or neighbours.
- ♥ Play together. Build an indoor cubby house with an old sheet, build a fort out of boxes, play doctor, or have a family games night.
- ♥ Build quality time into your morning and bedtime routines. Set aside time to really talk together, read together, or relax together – whatever suits your family.



Remember, it is **quality not quantity** – even 5-10 minutes a day of one-on-one time is beneficial.

Having fun with children creates connection. Connection builds relationships. Relationships are what we need to raise our children. So start having more fun, more of the time.

- Bridgett Miller



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Activities to try at Home



Being Playful & Having Fun!

Playfulness is an excellent parenting strategy. It can be a way to avoid conflict, de-escalate a situation, disarm someone, and give them a sense of having a co-conspirator (that you are on their side!). Being silly and having fun also helps children develop social and language skills through play.

Ways You Can Be Playful:

- ▼ Use a puppet to read the bedtime story
- ▼ Play tickle games
- ▼ Use silly voices
- ▼ Make deliberate silly mistakes that prompt your child to correct you
- ▼ Forget how to do something simple (like brushing your teeth) and have your child teach you
- ▼ Pretend to be confused (e.g. say "Here is your hat", and hand over their pants)



Entertaining Wishes Through Fantasy

Have you ever shared a wish with someone? Maybe you said "I don't feel like going to work today, I wish it was still the weekend". How different would it feel if instead of pointing out the reality of the situation (that it's a Monday and you have to go to work), they joined in your fantasy by saying "I wish every day was the weekend!". Entertaining wishes through fantasy can be a fun way to connect with your child and validate their wishes (without necessarily needing to grant them!).

TERM 4 2022

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	10 October Year 5 CAMP- GABC	11 October Year 5 CAMP-GABC	12 October Year 5 CAMP-GABC	13 October	14 October Headstart K 2023 Session 1
2	17 October	18 October	19 October	20 October Aboriginal families BBQ 7pm P&C meeting	21 October Headstart K 2023 Session 2 Mini fete
3	24 October	25 October	26 October AECG AGM at Chertsey PS	27 October	28 October Headstart K 2023 Session 3
4	31 October	1 November	2 November	3 November	4 November Headstart K 2023 Session 4 Zone Ball Games
5	7 November Swim Scheme	8 November Swim Scheme	9 November Headstart at EHS Swim Scheme	10 November Swim Scheme	11 November Headstart K 2023 Session 5 Remembrance Day
6	14 November Swim Scheme Drama Festival	15 November Swim Scheme Drama Festival	16 November Headstart at EHS Swim Scheme AECG Award evening at Kincumber HS	17 November Swim Scheme P&C meeting AGM	18 November Yr 6 at EHS Sports Gala day Swim Scheme
7	21 November Life Ed	22 November Life Ed	23 November Life Ed Headstart at EHS	24 November Life Ed	25 November Life Ed
8	28 November	29 November Yr 6 to 7 Orientation Day	30 November	1 December	2 December
9	5 December	6 December	7 December	8 December Presentation Day Years 1-6 9:15am Reports Home	9 December Reverse Santa You Did It activity and BBQ
10	12 December Year 6 Farewell and Graduation @ Davistown RSL	13 December	14 December	15 December 9:30am Kindergarten Graduation	16 December End of year Stage activities
11	19 December Last day of Term 4 for students	20 December Staff Development Day	21 December	22 December	23 December