THE LATEST NEWS FROM

## **BRISBANIA PUBLIC SCHOOL**

28 MARCH

29 MARCH

30 MARCH

31 MARCH

Kindergarten Fairy Tale Day

Wellbeing sessions



#### How can it be Week 10 already!

The school holidays begin on Thursday next week, 6 April, following our Assembly of Excellence and Easter Hat parade for K-2 followed by the P&C Easter Raffle draw.

Parents/carers of students receiving an award at Assembly of Excellence will receive a Dojo from their class teacher/s.

Please send in your Easter egg donations to the office by Monday 3 April. See the P&C's section for details on how to purchase raffle tickets.

Harmony Day last week was delightful with 5 performances to entertain students. Thanks to Paula and Rose for our cultural lunches and their support, as always. Please see the article later in the newsletter for photos and a fuller write up.

NAPLAN assessments have been completed for 2023, however Brisbania PS has been asked to be part of a trial for NAPLAN item tests in May.

Kindergarten have their Fairy Tale day on Wednesday and we can't wait to see the students' outfits, and the teachers!

Our Staff Development Day for Term 2, on 24 April, will have an Aboriginal Education focus, as directed by the Department of Education. There will be an address from the Deputy Secretaries, Yarn starts and links to 8 Ways pedagogy, reviewing and ensuring that we are improving outcomes for our Aboriginal students with guidance from Strong Strides Together and a talk in our bush tucker garden on the plants, uses and how to hold lessons for students around our bush tucker plants.

Anzac Day follows on 25 April with the school term starting for students on 26 April. We will celebrate ANZAC Day on the first day back. Mrs Carey is organising a special assembly. The Davistown RSL will be holding their dawn service on ANZAC Day with three of our Student Leadership Team participating in the ceremony.

#### **BRISBANIA PUBLIC SCHOOL**



02 4369 1246

High Street Saratoga NSW 2251 brisbania-p.schools.nsw.gov.au



brisbania-p.school@det.nsw.edu.au



facebook.com/brisbania/



Thank you to 3/4L and 3/4M parents/ cares who are trailing COMPASS communication at present.

#### **MISS CHAPMAN**

Miss Chapman will be taking up a new position at Point Clare PS for the remainder of the year from Term 2. We wish her all the best and thank her for all she has brought to Brisbania PS.

Hamish M brings home medal from State Little Athletics.

Congratulations, Hamish.





#### **P&C NEWS**

#### **GENERAL NEWS**

Stay Tuned for upcoming events. Below is a list of key dates:

#### 3 April – Eggs and donations for the easter raffle

Please drop your egg donations up to the office. These will be assembled and prepared for the raffle on the 3<sup>rd</sup> of April, so if you could drop them up this week that would be great.

#### 5 April - School Disco

The P&C is excited to be hosting the first disco of the year!

What you need to know:

- There are two disco time slots:
  - K-2 will be getting their boogie on: 4.30-5.30pm
  - 3-6 will dance the night away: 6-7.30pm
- The Student Representative Council selected the theme of "my favourite sport" for both discos.
- \$5 entry fee
- Students will be supervised by teachers while in the disco.
- A BBQ will be available 4 7.30 pm on the basketball courts. Parents are invited to stay and have a chat.

The P&C is made up of volunteers and to ensure this night is a success we need your help. Last year's disco BBQ was a huge success and we would love to see that happen again. If you can help with set up from 3:15pm or cooking the BBQ, or serving anytime during the afternoon/evening please text Lisa on 0408 296 141. Thank you!

#### 6 April – Easter Hat parade and easter raffle

#### MEETING 🚱

Come along to our next meeting on the 27 April. Click our link here for all the volunteering opportunities coming up.. <a href="https://signup.zone/A7SfyxtPM4HneTPmm">https://signup.zone/A7SfyxtPM4HneTPmm</a>

#### **Events**

Coming up we have the School Disco on the 5 April. This is a P&C hosted event. The night will be filled with great music, great food and I'm sure lots of laughs. We can't wait to see the kids dancing the night away.

On the 6 April, we have the school Easter Hat parade and easter raffle. Look out for the post on the Facebook page for the raffletix link. We would love as many donations as possible for the Easter eggs, please have them to the school no later than the Monday 3 April.

#### **P&C** Association

We often call for new members and put out there that it would be great to have you join the P&C. Recently we have been chatting amongst the Executive team and it was discussed that maybe we could explain further on what's involved in joining the P&C and what the role would be for new members.

Really it's no more than coming along to the meetings once a month, anyone can come, you don't have to be a member to come to the meeting, if you want to vote on motions and decisions that the committee are making, then you will need to be a financial member. The details of this are below. The major benefit to being part of the P&C is when we have functions and events that we call upon our community to come help us on the day or organise small things leading up. This may be cooking on the BBQ, selling food or goods to kids and families at stalls or simply helping organise things on the day. We are all volunteers so any help is a big help.

Generally, we are an easy-going bunch of parents and would love to see some new faces there each month. So, if you ever want to have a chat about what it's all about, give me a call or text on my number below, it's only \$2 to join!

Our bank details to be able to pay the \$2 are:

Brisbania Public School P&C BSB:032596

Acct:: 218938

#### CANTEEN (29)

If you are interested in helping cook and serve some delicious recess and lunch for the students please contact Paula and Rose in the canteen. Pop over to the Flexischools site to see the yummy menu for our kids this term.

#### UNIFORM SHOP (2)

Please pop in and visit the team on Friday morning at the Uniform Shop to see the range of items available.

Have a great week.

**Shane Murray** 0431 930 678







IT'S TIME FOR BRISBANIA'S

DISCO

Wednesday, 5 April
THEME: The SRC have selected "My Favourite Sport"

K-2 disco: 4.30 - 5.30pm 3-6 disco: 6 - 7.30pm \$5 entry

There will be a BBQ 4-7.30pm (or until we run out!)

Volunteers are needed to make this night a success. We particularly need help with the BBQ - cooking and serving. Please contact Lisa on 0408296141 if you can help. Thank you!







You are invited to Brisbania Public School's annual



# Breakfast

Tuesday 9 May 2023 7:45-8:45am in the COLA

Muffins, including gluten free, will be available with juice or water for adults and students and tea and coffee for adults only

Donations to support our Environmental Education focus will be gratefully accepted.

> Brísbanía PS's PEC Mothers' Day Raffle will be on sale online. The draw will follow the breakfast.

Following the breakfast our APCIs will be running a parent workshop on the new K-2 English and Mathematics Syllabus and how to assist your child at home.

We hope you can attend both events.

## Anticipated Costs for 2023

In addition to voluntary school fees of \$50 for 1 child, \$70 for 2 children and \$80 for 3 or more children, the following are anticipated costs for each stage that need to be paid for each child. Please be aware that additional activities may be added throughout the year including mufti days and fundraisers. Learning Packs include numerous subscriptions for use in lessons.

Early Stage One	Stage One	Stage Two	Stage Three
Term One	Term One	Term One	Term One
Learning Packs \$100	Learning Packs \$100	Learning Packs \$100	Learning Packs \$100
Wellbeing sessions \$36	Wellbeing sessions \$36	Wellbeing sessions \$36	Wellbeing sessions \$36
Cultural Infusion incursion \$25 (For Harmony Day)	Cultural Infusion incursion \$25 (For Harmony Day)	Swimming Carnival \$12	Swimming Carnival \$12
(	Year 2 Swimming Carnival \$12	Possible Stage Two Excursion \$40	Year 6 shirts per shirt \$50
		Cultural Infusion incursion \$25 (For Harmony Day)	Cultural Infusion incursion \$25 (For Harmony Day)
Term Two	Term Two	Term Two	Term Two
Life Education \$12	Life Education \$12	Life Education \$12	Life Education \$12
Possible Kindergarten excursion \$40	Stage One excursion \$40		Year 6- Canberra \$400 TBC
		University of NSW Competitions TBA	University of NSW Competitions TBA
		Central Coast Dance Festival \$50	Central Coast Dance Festival \$50
Term Three	Term Three	Term Three	Term Three
Musica Viva \$10	Musica Viva \$10	Musica Viva \$10	Musica Viva \$10
Sport in Schools \$40 TBC	Sport in Schools \$40 TBC	Possible Stage Two Excursion \$40	
K-2 Athletics Carnival \$5	K-2 Athletics Carnival \$5	8-12 year olds Athletics Carnival \$10	8-12 year olds Athletics Carnival \$10
	Year 2 only 8-12 year olds Athletics Carnival \$10		
Photos TBA	Photos TBA	Photos TBA	Photos TBA
Term Four	Term Four	Term Four	Term Four
Life Education \$10	Life Education \$10	Life Education \$10	Life Education \$10
Christmas Luncheon \$10	End of Year celebration \$20	End of Year celebration \$20	End of Year celebration \$35
·	Year 2 only Swim Scheme		Year 5- The Great Aussie Bush Camp \$350 TBC
Year 6 Mini Fete \$7.50	Year 6 Mini Fete \$7.50	Year 6 Mini Fete \$7.50	Year 5- Year 6 Mini Fete \$7.50
	·	Gymnastics \$40 TBC	Gymnastics \$40 TBC
		Zone Ball Games \$5	Zone Ball Games \$5
			Central Coast Drama Festival \$75
			<b>Year 6</b> Trivia night \$10
			Year 6 Farewell \$50



## Coach 2 Cope: Families and Carers

Supporting the mental health and wellbeing of children & young people

Are you concerned about the impact mental health has on the young people in your life?
Would you like to learn simple ways to respond to them during times of distress?



EquiEnergy Youth is a charity dedicated to reducing psychological distress, self-harm and the risk of suicide in young people. Our programs aim to connect young people with safe & effective adults with the capacity to effectively respond to them during times of distress and improve mental health outcomes.

As a result of a PhD research project and thousands of hours of clinical experience, Dr Stephen Spencer has developed a simple method to guide adults on how and when to respond to young people in distress to achieve a positive outcome. Steve will coach you on the following;

- \*A 5 step evidence-based psychological first aid framework (TAR3) for you to follow when responding 'in the moment' to episodes of distress and behavioural challenges. For example, TAR3 is the equivalent of the DR ABC process for responding to first aid.
- \*Guidance on simple ways you can help young people build coping, resilience and positive help seeking behaviour and the vital role you play in promoting this.
- \*Context on why child & adolescent mental health occurs and what you can do to improve mental health outcomes for the young people you support.
- \*Coaching in the use of scripts and engagements strategies to adopt when responding to distress using the TAR3 Psychological First Aid Method.

Live via Zoom – Tuesday the 4th of April from 5.30pm to 6.30pm
(Attendance is complimentary)
Please be quick as spots are limited
Use this link to register via Eventbrite

https://www.eventbrite.com.au/e/coach-2-cope-families-and-carers-by-dr-stephen-spencer-phd-tickets-551771251667

### Brisbania PS - Term 1 2023

Week	Monday	Tuesday	Wednesday	Thursday	Friday
11	3 April	4 April	5 April	6 April	7 April
			DISCO FOOD from 4pm K-2 - 4:30 to 5:45pm 3-6 - 6 to 7:30pm	Assembly of Excellence K-2 Easter Hat Parade 11:30am	GOOD FRIDAY





