

- MV12 -

# CARINGBAH PUBLIC SCHOOL

## NEWSLETTER



www.caringbah-p.schools.nsw.edu.au

Term 4, Week 4  
3rd November 2011

PH: 9524 7217  
FAX: 9540 3655

### REMINDERS

Friday 4th November,  
12.00pm  
Child Protection  
Information Session  
in School Library

Day 3,  
Tuesday 8th November

Tuesday 15th November  
P & C Meeting, 7.00pm

Term 4 Band Fees and  
Term 3 Dance Fees now  
due



## PRINCIPALS REPORT

### Application for Year 7 Selective High School placement in 2013.

Application is required in November 2011 for parents or carers of Year 5 students who wish their children to be considered for placement in Year 7 at a selective high school in 2013.

There are 17 fully selective and 23 partially selective high schools, a virtual selective class provision (Western NSW Region) and 4 selective agricultural high schools in NSW offering places in Year 7. Three of the agricultural high schools offer boarder places.

Parents with internet access are requested to apply online. Online application will be available from **24 October to 21 November 2011.**

Application information is available on the internet at:  
[www.schools.nsw.edu.au/shsplacement](http://www.schools.nsw.edu.au/shsplacement)

For parents without internet access, application forms will be available at the school from 25 October 2011.

### Transition to Kindergarten

Thank you to Assistant Principal [REDACTED] our current kindergarten teacher, [REDACTED] our kindergarten teacher for 2012 and parents who informed and made welcome the new Kindergarten 2012 parents at the Information Session last week. Special thanks go to the many young students from Year 5 who looked after our new Kindies. They did an excellent job.

### Trivia Night

Thankyou to the P&C and particularly [REDACTED] for organising such a wonderful night. It was another example of our strong community working together to raise funds for the school to support the purchasing of resources for students. A good time was had by all.

### Win an iPad

School A to Z – the department's new online school community for parents – is offering you a chance to win one of five iPad2 devices.

To be in the running, visit <http://www.schoolatoz.nsw.edu.au/about/win-an-ipad> and sign-up to receive regular updates packed with information and resources to help you support your child's learning and development.

School A to Z offers you practical help with homework and study, child wellbeing and health, technology use and keeping kids safe online. For help on the go, download the free School A to Z mobile application: <http://www.schoolatoz.nsw.edu.au/about/mobile-applications>

### Local schools, local decisions

You have until Friday 18 November to contribute to the online forum of the NSW government's 'local schools local decisions' planning process. The NSW Government wants to hear from people about giving schools greater control over decision-making in order to improve teaching and learning, and achieve the best outcomes for students.

Everyone with an interest in public education is invited to contribute ideas on five areas of reform:

- making decisions
- managing resources
- staff in our schools
- working locally
- reducing red tape.

To have your say go to the online forum at:  
<http://haveyoursay.nsw.gov.au/localschools>

### **World Diabetes Day**

November 14 is World Diabetes Day.

The day aims to raise awareness of the disease and ways to prevent lifestyle-induced (Type 2) diabetes, which is increasing in our society.

Adopting a healthy diet, high in protein and low in sugar and simple carbohydrates, and incorporating regular exercise, is a good start.

For more information on preventing and living with diabetes, including help in different languages, go to the Australian Diabetes Council website: [www.diabetesnsw.com.au/](http://www.diabetesnsw.com.au/)

### **Child Protection information Session**

On Friday 4 November at 12.00pm, there will be an information session in the school library regarding child protection programs in an effort to reinforce some very important messages for our children and keep you informed about child safety information.

The Police School Liaison Officer for our local area, Senior Constable Deb Wilson will be present to provide information regarding the role of the Police Department in this very important issue as well as experts from the DEC.

For those who are unable to attend, please find attached some simple suggestions and ideas to assist you to support your child from our District Guidance Officer. For parents and families wanting more substantial information please access the website links provided or contact the support services listed.

You may like to approach our school counsellor [REDACTED] phone [REDACTED] for some advice or assistance.

Alternatively you may like to approach your doctor for some advice or assistance. Your doctor can provide you with a referral to a psychologist or another type of counsellor.

Another option is your local community health centre. Psychologists and social workers at these centres can refer people to more specific services if needed.

Caringbah Community Health: 95221000  
Menai Community Health: 9543 1111  
Engadine Community Health: 9520 4644.

Helplines are also available to assist you. They are usually staffed by social workers or psychologists with additional specialist training or trained volunteers.

Child Protection Helpline: 132 111  
Lifeline: 13 11 14 (24 hour service)  
Parent Line: 1300 1300 52

(24 hour service telephone counselling, information and referral service for parents).

Parents may find the following websites useful:

[http://www.community.nsw.gov.au/parents\\_carers\\_and\\_families/parenting/keeping\\_kids\\_safe.html](http://www.community.nsw.gov.au/parents_carers_and_families/parenting/keeping_kids_safe.html)

<http://www.schoolatoz.nsw.edu.au/web/dec-schools-a-z/wellbeing>

<http://www.napcan.org.au/>

<http://kids.nsw.gov.au>

<http://raisingchildren.net.au/>

If you require any further assistance please do not hesitate to contact the school on 95247217.

***Marcia Vallance***

***Principal***