



# Passfield Park School

*The newsletter for our school community*

53 Guernsey Avenue  
Minto NSW 2566

September 15, 2017

Phone: 9820 1700

Passfield-s.school@det.nsw.edu.au  
www.passfield-s.schools.nsw.edu.au

*Together we learn, participate and strive every day to achieve our best.*



Our charity, Passfield Park Kids Inc., was set up in 2013 to support the therapy needs of our students. The committee meet once each term. If you would like to find out more or be a part of this wonderful charity, please call Cheryl (in the office).

## *From the principal.....*

Dear parents and friends of Passfield Park School  
My name is Sandi Sutherland. I'm the new assistant principal and currently relieving principal while Wendy is on leave. Whilst I have only been at Passfield Park School this term, I already feel very welcome and part of the Passfield Park School "family". This is thanks to our wonderful staff, our incredible students and parents and carers who have been so friendly and helpful making me feel part of the team. As I move around the school each day I am very impressed by the obvious commitment from all our staff to our students. It's lovely to watch the positive and happy interactions happening across all areas of the school.

It has been a very busy term with the children engaged in lots of great learning both at school and through programs in the community. In Week 6 we had our very successful Celebrating Learning Assembly. It was wonderful to see so many families and friends at school to help us celebrate our clever students. The presentations by each class were amazing and highlighted the huge effort put in by both students and staff.

Recently we have received the great news that two of our classes, White and Orange, have been successful in the Film By The Sea competition. They submitted a short film made by the students and it has been chosen to be shown at a Premier Film Night in October. The students and staff in those classes are very excited about walking down the red carpet! We are very proud of them all.

I hope you are all looking forward to the holidays. I wish you and your family a happy, restful and safe two weeks and I am looking forward to another great term to end off the year

Kind regards  
*Sandi Sutherland*

## *Diary Dates.....*

Sep 22	Last day of T3 for students
Oct 9	Day 1 T4 for students and staff
Nov 17	High school formal and reunion
Nov 24	Schools Spectacular
Dec 4-6	High school camp

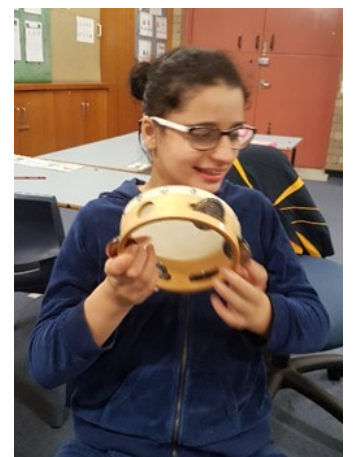


## **Orange**

Orange Class enjoyed learning all about the weather and seasons whilst studying the text 'Big Rain Coming' by Katrina Germein. We are so excited about the movie we made with our buddies in White Class retelling the story. We like to watch it every day and sometimes more than once! We entered our movie into the Film by the Sea festival and are thrilled that it has been selected.

We invite any members of our school community to join us on October 27, 2017 at Bankstown Sports Club to see our film premiere. Tickets can be purchased via the internet at <https://www.trybooking.com/PNDU>  
We are very proud of all the students in Orange Class. Everyone has made great progress with their learning goals!

*Amanda, Sonia, Jeanette, Di Beers and Sukhraj*



**Check out our school website**  
[www.passfield-s.schools.nsw.edu.au](http://www.passfield-s.schools.nsw.edu.au)

## Blue and Yellow

Blue and Yellow Classes combine each Friday for Aboriginal languages and participate collaboratively and effectively as a group. They are starting to master singing the National Anthem in D'harawal language and with the assistance of Leumeah High School students are beginning to learn a new song with actions called 'Banana'. They have also been learning about how Aboriginal people communicate through songlines, and art using symbols. The students have recently designed their own rock art and are in the process of carving the design into clay. They are doing an incredible job and assisting each other to design and carve. A small group of students also go to Orange Class in the afternoon to share their expertise and assist students in learning D'harawal language and participate in activities.

Leumeah High School Aboriginal Representation Council (ARC) boys came to Passfield Park School to perform traditional songs and dances for our students. Everyone enjoyed watching and loved the opportunity to join in and perform alongside them in the Turtle dance.



Each Monday, Blue and Yellow Classes also combine to go bowling for sport and to Hungry Jacks for community access. The students have all shown an amazing improvement in their bowling. They are choosing their own bowling ball, looking to see whose turn it is and looking to see where the ball should be rolled to knock down as many pins as possible. Since the screens at bowling have been updated, they are also able to view a video of their bowl and reflect on how they went. Students are being good sports by cheering on their friends and really look forward to this each Monday. At Hungry Jacks, most have discovered the best value meal is the Super Stunner, or chosen the meal that best suits their taste and are able to order accordingly. They wait patiently for their order to be filled and are learning to listen or look for their order number to know when it is ready. Students use beautiful manners and the staff at Hungry Jacks have commented on what a fantastic group of kids they are.



Belinda Stiebel, Mandy,  
Kris, Sarah Clissold and Sharon

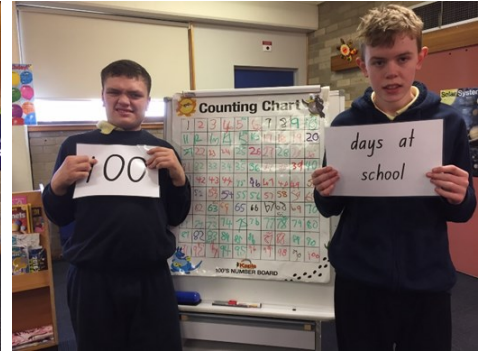
## Purple

On the first day of school this year, Purple Class began using a counting chart to record the number of days they had been at school. To encourage participation and ensure the activity was motivating for each student, we decided the class would celebrate when we reached our 100th day of school. Each day a different student has had a turn to write the next number on our chart. On Friday, July 21, Purple Class celebrated their 100th day by having fun with a variety of counting songs and activities on the interactive whiteboard followed by a pizza party with Green Class. It was a great success and we have now started a new chart to count and record each school day with the aim of celebrating our 200<sup>th</sup> day for 2017 at the end of the year!



Our students enjoy selecting their footy tips each week and football is always a keen topic of interest in the classroom. So Purple Class was buzzing with enthusiasm with the State of Origin themed Maths, English and Art activities that Mrs Patrick created for them earlier this term. Thanks Mrs Patrick, Purple Class' artwork is now proudly on show in our room and we welcome visitors to stop and enjoy the display.

*Di, Diana and Kris*

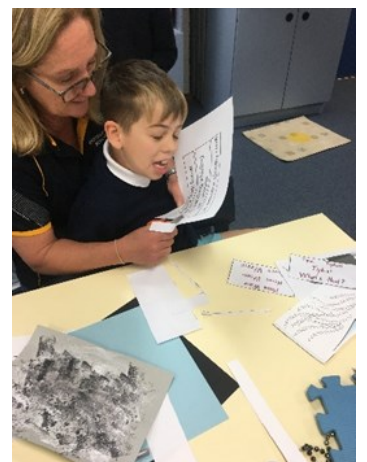


## Red and Crimson

Welcome back to Semester 2 in Red and Crimson Classes. We are excited to welcome Sandi and Vito. This semester, we are learning about My Body in personal development, health and PE; Seasonal Change in science; Celebrations in history with bowling and ball skills for sport.

So far this term, students have been excited to complete a book study on 'We are Going on a Bear Hunt', with students recreating different parts of the book through drama activities and various craft activities. While enjoying art activities, students have been working very hard on their fine motor skills by cutting, using different mediums.

*Sandi, Sarah H, Bella, Narelle and Nicole*



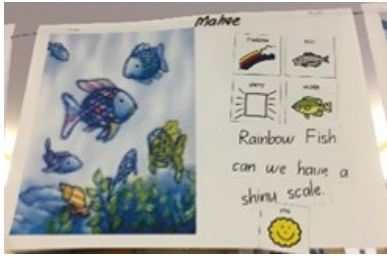
Shop at Woolworths to earn one sticker for every \$10 spent from July 26 to September 19, 2017 and send your stickers to the office to help Passfield Park School purchase resources.

All our school community – staff, parents, grandparents, neighbours and friends can collect stickers for our students. The more stickers we collect the more resources we will receive, free of charge. We look forward to receiving thousands of stickers.

## Silver

We have had a lot of fun during Term 3. We have enjoyed studying the book 'Rainbow Fish' and learning about different forms of transportation. Have a safe and happy holiday and we will see everyone next term.

*Jenni, Rob and Molly*



## White

White Class has been learning all about the weather and seasons. We have been reading the book 'Big Rain Coming' by Katrina Germein. We worked on a special project with our friends in Orange Class which we shared with everyone on our open day to celebrate learning at Passfield Park School. We hope you enjoyed it. We have learned a new clapping game in maths to help with our skip counting. Sam-Yuk-Go is a fun game where we clap instead of saying the number we are counting by. Counting by 2's 1, clap, 3,



clap, 5, clap we can often get above 20 before someone gets mixed up. With the warmer weather we have been having, we have had lots of fun with all our friends in the playground. We have been playing basketball, netball, ten pin bowling and lots of other new and fun games.

*Karen, Diana and Julie*



# Important Information

**There will be no assembly on Tuesday, September 18, 2017.**

# Education and Book Week 'Celebration of Learning'

On Tuesday, August 24, 2017, we held a special assembly, learning expo and afternoon tea showcasing book studies each class were participating in. It truly was a 'celebration of learning' with many members of our community coming to support our school. Thank you to our dignitaries for taking time out of your busy schedules to support our school.

Our students were very pleased to share this special day with their families and special friends who all play a role in their development and learning. Each class put in a terrific effort throughout their book study and sharing of short films, slide shows of work and performance. Pink and Silver Classes studied *Rainbow Fish* and performed beautifully singing and signing to 'Giving Makes You Special'. Red & Crimson Classes shared artwork and a video of the children 'Going on a Bear Hunt'. Orange and White Classes studied 'Big Rain Coming' and collaboratively created a short film which was entered and successfully accepted in the 'Films by the Sea' film festival – congratulations! Green and Purple Classes participated in an author study on Jeannie Baker focusing on select texts including 'Where the Forest Meets the Sea' and 'Circles'. It was lovely to see a slide show of all the students hard at work. Blue and Yellow Classes created a puppet show film retelling the story of 'The Cat in the Hat'. It was very creative and all students took on roles in the creation.





## Mental health basics: Suggestions for families

<https://www.kidsmatter.edu.au/mental-health-mothers/mental-health-basics-promoting-mental-health/suggestions-forfamilies>

Things can happen in children's lives that make the risk of developing mental health problems more likely. It is usually not possible to eliminate all the risk factors that affect your children, but there are things you can do to reduce the impact of stress and help them build strengths for effective coping. The following suggestions identify the sorts of things you can do to support children's resilience in the face of challenging circumstances.

### How you can help

- Spend time with children by having fun playing games, going to the park or going somewhere together as a family.
- Try to maintain routines as much as possible. Routines and consistency help children feel secure.
- Build and maintain supportive relationships with family, friends and early childhood staff. Talk with them about how they can best support you and your child during hard times. Tell staff about any concerning behaviour you are noticing at home.
- Try to help children to understand and manage their feelings; this can help them develop coping skills.
- Help children learn to cope with loss and change by providing support and reassurance, honesty and clarity. Help them also to understand that loss and stress are a normal part of life.
- Acknowledge children's feelings and try to understand and respect them, especially when they are going through a difficult time. Offer support and reassurance by asking questions and letting them talk about their feelings.
- Try to support children in building their internal protective factors (eg good communication and problem-solving and social skills) by acknowledging and encouraging their skills when guiding their behaviour.

### Listen to children's concerns

Having a caring adult to turn to when they are troubled, someone who will listen, understand without judging, and help them solve problems, is a critical protective factor for children's mental health. Listening to children and understanding their concerns lets them know they are important to you. Remember, however, that children may not always be able to explain how they feel. By observing their behaviour and gently inquiring about it you can often get a clearer picture of how they are feeling.

### Provide reassurance

Children often worry that the bad things they experience will happen again or get worse. For example, in a family breakup, when one parent or carer leaves the family, children often become anxious that the remaining parent or carer will also leave them. Similar worries are common when someone dies or is

13/09/2017

© Commonwealth of Australia

1

hospitalised. Often these kinds of fears are expressed through behaviours rather than words, such as becoming clingy, or being fearful about sleeping by themselves. Showing you understand children's fears and providing reassurance and support is important for helping them cope. Making sure that children know what to do and who to seek help from in case you are unavailable or unwell is also very important - particularly when chronic illness or stress may affect your capacity to provide support.

### Provide security

Various kinds of stress and change can be very disruptive to family life. Maintaining regular routines, such as bedtimes and mealtimes, reduces disruptive impacts and helps to provide a sense of stability and security for children. Similarly, children are reassured by knowing that a responsible adult is taking care of them and looking after their needs.

### Build children's strengths - and allow for vulnerabilities

Providing encouragement and positive feedback for children's developing coping skills helps them to build confidence in their ability to manage difficult situations. Acknowledging and appreciating the help and support that children provide to you during stressful times also helps to build their strengths.

At the same time, it is important to give children permission to not always have to be strong. Children who take on significant caring roles when parents or carers are struggling often hide their vulnerabilities. Their desire to avoid burdening parents and carers can cause additional hardship for these children, who need to know that support is available to them as well.

### Talk to school staff

School staff can provide more effective support for children at school when they understand some of the pressures they may be facing in other parts of their lives. It is often very reassuring for children as well as for parents and carers to know that teachers or other school staff understand their difficulties and are ready to provide support. Staff at your child's school may also be able to provide you with support and advice, or help you find support services that can assist you and your children.

### Seek additional help

If your child shows signs of emotional or behavioural difficulties, it is important to seek professional help early, so that problems can be addressed before they get worse. Getting support for yourself, through family and friendship networks, your child's school, or mental health or community services, is also very important.

Getting support helps to build your own resilience so you can provide more effective care for your children. For more have a look at our information about [knowing when to get help](#).

### See also:

Mental health basics: Suggestions for schools and early childhood services

Mental health basics: Further resources



13/09/2017

© Commonwealth of Australia

2