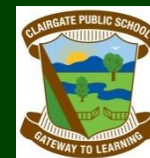


CLAIRGATE CHRONICLE



Colorado Drive, St Clair NSW 2759
P: 9670 1408 F: 9834 3869
E: clairgate-p.school@det.nsw.edu.au

Care, Excellence, Innovation, Opportunity
in a positive, dynamic environment

Term 1, Week 2

Wednesday, 3rd February 2021

Term 1 - Important Dates to Remember

Wednesday,
10th February

- Swimming Carnival

A note from the Principal

Welcome to the 2021 school year, I hope you all had a wonderful, refreshing break. We especially welcome new students and families to our school – including our new Kindergarten families.

An Excellent Start - 2021

What a great start we've had to 2021. Huge thanks to all who made this possible – and many thanks to our wonderful staff for coming in early and preparing programs and resources throughout the holidays to fully engage and challenge our students. We had many teachers come in through the holidays getting their rooms sorted and helping others with their rooms.

Kindergarten

Our Kindergarten students started today and I can already let you know that they had a beautiful start to "big school". We will be welcoming them onto the big playground soon. Special thanks to the Kindy teachers and Teacher Aides who have worked tirelessly to give our beautiful new students a great start to big school.

Welcome to our new Teacher

- Miss Kaitlyn Chester – a new Learning Support Teacher – welcome to our Clairgate family!

Literacy and Numeracy Support

The NSW Education Department has provided extra financial support to provide support for any students who may have dropped back in Literacy or Numeracy due to Covid. Extra teachers have been employed to provide this support in every class.

Covid Protocols still in place

In an endeavour to be as cautious as possible, we will continue many of the Covid protocols we had in place

for last term. This means parents/caregivers need to drop children at the gate in the mornings to walk to the main quad area. Kinder/Year 1 and Year 2 parents may, if they feel it necessary, walk their children to the blue line on the pathways. For the afternoon pick-up, parents may wait on the front grass closer to the fence, (or outside at other exits) and children will walk to their parents at 3.00pm. Kinder parents may wait on the left side of the path near the volleyball nets for their children.

Some information for you:

- **Parent Volunteers** – Parent volunteers are now allowed to help in classrooms (with strict protocols in place). Teachers may choose to ask 1 or 2 parent volunteers to support their Reading/Maths program for a timed session. Volunteers may volunteer in one class only and must arrive and leave at a designated time (no waiting on school grounds).
- We have a new **Service NSW app** at school. All visitors to school will need to sign on using this Service NSW app. They will also need to manually sign the **External Visitors Form** for our school records. Both these sign on protocols are required by the NSW Department of Education.
- **Uniform Shop** – This will be open from 8.30-9.30 on Thursdays, commencing next week. All visitors to the uniform shop must sign in using the Service NSW QR code and sign the External Visitors Form.
- **Mobile phones and smart watches (or any device that can be internet, recording or video enabled – eg an ipad)** – just a reminder that we do not allow children to have these devices for personal use during school time. If you would like your child to carry one of these devices to and from school for safety or other reasons – that is fine, however they will need to be handed in to the office as soon as students arrive at school. It is a better idea for these valuable devices to remain at home.

Hope you enjoy the next fortnight.

Kind regards,

Mrs Michelle Lawrow

CLAIRGATE PUBLIC SCHOOL	
Principal – Mrs Lawrow	Librarian Mrs Thurling– Assistant Principal 2/3
Deputy Principal - Mrs McNally	Science/Tech RFF – Mr Wilkinson
K/1P – Miss Paulic - Assistant Principal K/1	Support Teacher LD Mrs Robinson
KB – Miss Barnett	Support Teacher LD Miss Chester
KSK – Miss Soo Kee	Support Teacher LD Mrs Wiles – Mon/Tue
K1/P - Mrs Wiles - Wed	Support Teacher LD Mrs Murray – W/Th/F
1G – Miss Grace	Support Teacher LD Mrs Camilleri – Th/F
1L – Mrs Linnert	Support Teacher ESL – Mrs Grady
1/2K – Mrs Rogers	Admin/Business Manager – Mrs Makaruk
2T – Mrs Tegjeu	Admin Manager/Admin Officer – Mrs Doughty
2R – Miss Timbs	Admin Officer - Mrs Johnston
3/4W – Mrs Whalen	Canteen Manager – Mrs Younan
3B - Miss Bartlett	General Assistant – Mr Glen Geerin – M/W/Th
4C – Mrs Camilleri/Mrs Manuel	General Assistant- Mr Neil Mutton - Fri
4R – Mrs Rudd	Cleaner/School Support – Mrs Kelly
5/6A – Mrs Judge Assistant Principal - 4-6	Cleaner – Mrs Delipitar
5/6A Wed – Mr Wilkinson	Clothing Pool Manager – Mrs Cook
5/6D – Mrs Anderson	SLSO – Mrs Borel
5/6G – Mrs Lipitz	SLSO – Mrs Roberts
5/6C – Mr Bamford	SLSO – Mr Thurling
Wingarū – Mrs Mercer – Assistant Principal	SLSO – Mrs Brunton
WM – Mrs Morrison	SLSO – Mr May
SLSO – Mrs Channells	
WG Mrs Gabriel/Mrs Mercer	Music Teacher – Mrs Azzopardi
SLSO–Mr Manuel	P&C President - Mrs Ledger
WC – Mrs Cheung	School Counsellor – Mr Kokotovic – Monday
SLSO – Mrs Westerberg	

A note from the Office

Welcome back to all our existing and new parents and students. A quick reminder regarding making payments:

When making payments to the school for Excursions, Bookpacks etc, you can pay by Cash or Eftpos in the office (when COVID rules allow this to happen) and by using POP (Parent Online Payments). Instructions for using the POP system are attached to this newsletter. If you have any queries about payments, please call the office for assistance.

When returning notes to the school, please remember to write your child's name and class in the space provided. If you are sending cash to school, please place your note and payment in a paper envelope clearly marked with:

Students Name and Class

Event you are paying for eg., Swimming Carnival

Cash amount enclosed

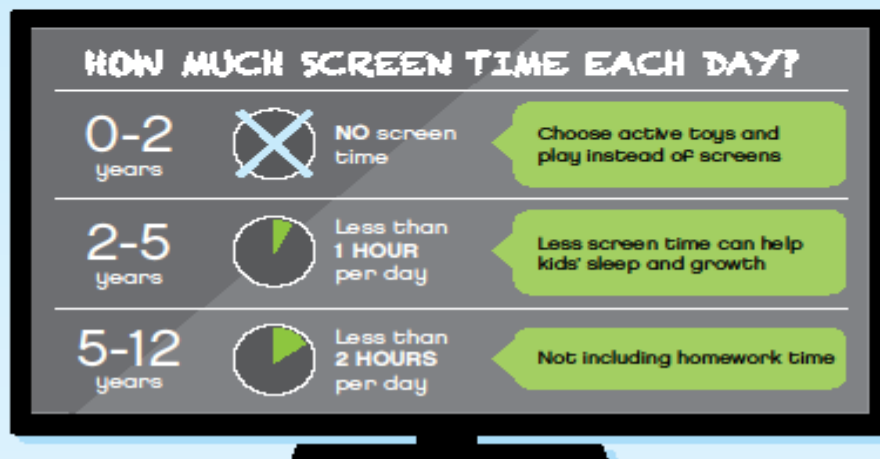
If you make a payment using the POP system, please remember to send the permission note to school.

All notes and money are to be placed in the Money Box at the front of the office.

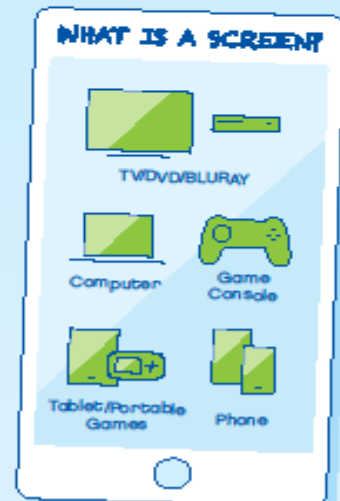


TURN OFF SCREENS + get active!

Screens can be great for learning, play and communication. Too much screen time can be unhealthy. Try to sit less and move more.



Source: Australian Physical Activity and Sedentary Behaviour Guidelines and Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 Years)



TIPS TO MANAGE SCREEN TIME

- Eat together as a family. No screens at meals for parents and kids
- Before screen time - sleep, play outdoors, read and enjoy family time
- No screens in bedrooms, especially at night
- Take toys or books instead of screens when going out
- Monitor kids' screen time. Set limits if needed
- Sit less. Move more. Move every hour
- Help kids sleep. Stop using screens 1 hour before bed
- Parents - be a good role model. Reduce your screen time too
- Dance to music, or play video games that get you on your feet

From the Deputy.....



Welcome back, everyone.

This year, at Clairgate, we will be extending the use of the self regulation tool strategies known as the Zones Of Regulation. The concept is explained below and complements the Kindness On Purpose whole school approach we have been using for the last four years. It also works in partnership with the class-based Bounce Back program and moves towards individual self regulation.

All these wellbeing programs support the “ **The Wellbeing Framework for Schools** ” of the school and the NSW Department of Education and Communities that... **students have responsibility to be active learners who exercise self-regulation appropriate to their age and level of understanding.**



By Leah M. Kuypers. Book available from www.socialthinking.com.au

Who Can Benefit?

The Zones of Regulation™ strategies can be used with early childhood to high school age students in mainstream classes and to all levels of students with special educational needs. The Zones program is geared toward all students but particularly those who struggle with self-regulation, including anger management, sensory processing, anxiety, flexibility, or self-control.

What is self-regulation?

Self-regulation is the ability to adjust the display of emotions through behaviour to attain goals in socially acceptable ways. This includes regulating sensory needs, emotions, and impulses to meet the demands of the environment, reach goals, and behave in a socially appropriate way. To successfully self-regulate three components need to be integrated: sensory processing, executive functioning and emotional regulation.

Sensory Processing: How you make sense of the information perceived by your sensory receptors, and how you organise that information to act upon it in a purposeful way.

Executive Functioning: The cognitive processes involved in the conscious control of thoughts and actions. The ability to self-regulate depends on the effectiveness of numerous mental operations, including attending to two or more activities simultaneously, flexible thinking, organising actions, and impulse control.

Emotional Regulation: Processes that are responsible for controlling emotional reactions in order to meet goals. This includes monitoring, evaluating, and modifying the intensity and timing of emotional responses.

What does “The Zones of Regulation™” teach?

The Zones of Regulation™ curriculum includes learning activities to help students recognise when they are in the different zones (states of arousal). Calming techniques, thinking strategies and sensory strategies are explored, enabling students to develop a toolbox of strategies from which they can choose to help self-regulate.

Students gain an increased vocabulary of emotional terms, skills in reading facial expressions, perspective on how others see and react to their behaviour, insight about events that trigger their behaviour, and problem-solving skills. Executive functioning skills are addressed in order to increase flexible thinking, awareness of impulse control, and understanding the big picture.

What are The Zones of Regulation?

The Zones of regulation categorises states of alertness and emotions into four coloured zones:

The Blue Zone: Low states of alertness, such as sad, sick, tired or bored. The body and/or brain is moving slowly or sluggishly.

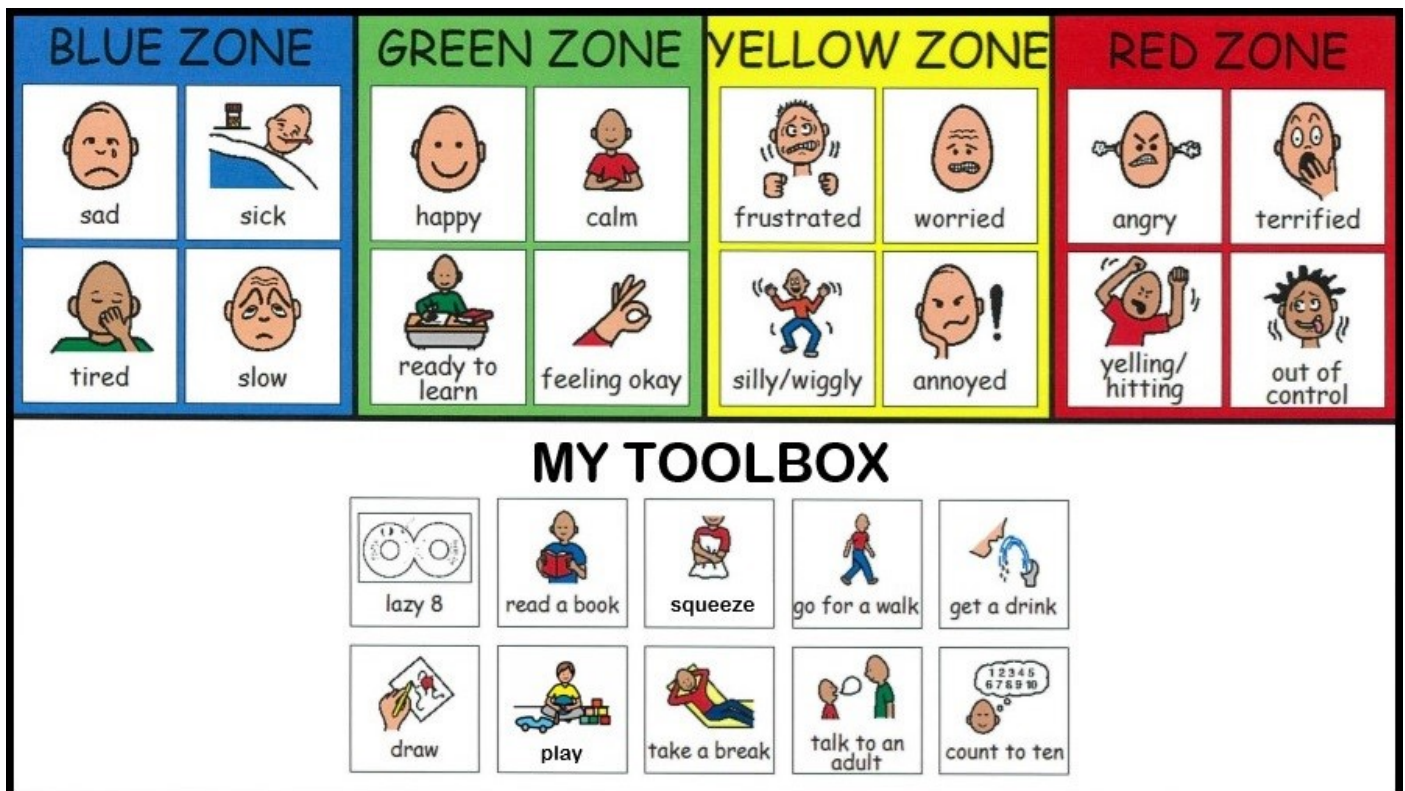
The Green Zone: A regulated, in control state of alertness that students generally need to be in for schoolwork and being social.

The Yellow Zone: A heightened state of alertness. A person may be experiencing stress, anxiety, frustration or excitement, and become wiggly, squirmy or sensory seeking. The Yellow Zone is starting to lose control.

The Red Zone: Extremely heightened states of alertness or very intense feelings, such as anger, rage, panic or elation. Being in the Red Zone is best explained as not being in control of one's body.

Everyone experiences all of the Zones- the Red and Yellow Zones are not the “bad” or “naughty” zones.

All of the zones are expected at one time or another.



Some visuals and ideas around the Zones of Regulation.

Stay tuned for more information and tips in upcoming newsletters.

Library News

Week 2 2021

Why Space?

This year's Childrens' Book Council of Australia Book Week theme is New Worlds, Old worlds, Other worlds. We will be exploring all three aspects of this theme during the year. The Library is decorated with a space theme as we discover Other Worlds.

Students will be exploring fiction and non fiction texts relating to space. They will be using their research skills and our school's subscription to World Book Online to learn many new amazing facts about the other worlds out there!

To log on the our world book online subscription use the username clairgate and the password clairgate .

www.worldbookonline.com

Reminders

Every borrower needs a bag. Please make sure your child's Library bag is **labelled** with their name.

If you have any **spare plastic bags** at home to donate we'd love to reuse them as Library bags. Please ask your child to drop them in to the Library returns box.



Contact:
donna.thurling@det.nsw.edu.au

Calendar Dates

National Simultaneous Storytime May 19th

Book Fair: August 23rd – 25th

Book Character Parade: August 25th



What day is Library day?

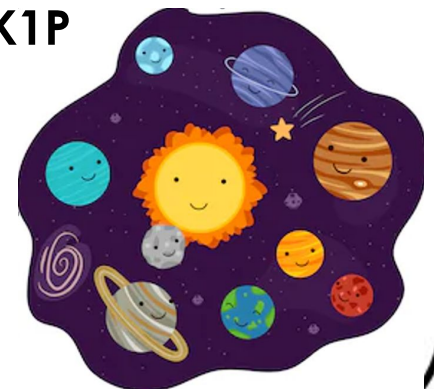
Monday: 2T, 4R, 34W, 1L

Tuesday: 3B, 56D, 2R, Wingaru

Wednesday: 56G, 56C, 4C

Thursday: 12K, 1G, KB, 56A

Friday: KSK, K1P

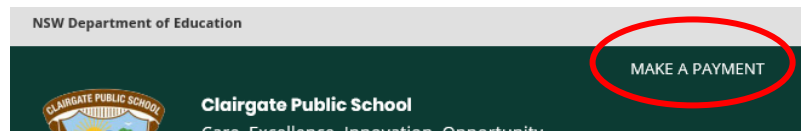


PARENT ONLINE PAYMENTS (POP)

Using POP is an easy process to pay your school fees and excursion payments.

1. Go to the Clairgate website <https://clairgate-p.schools.nsw.gov.au/>

2. Click on the MAKE A PAYMENT tab

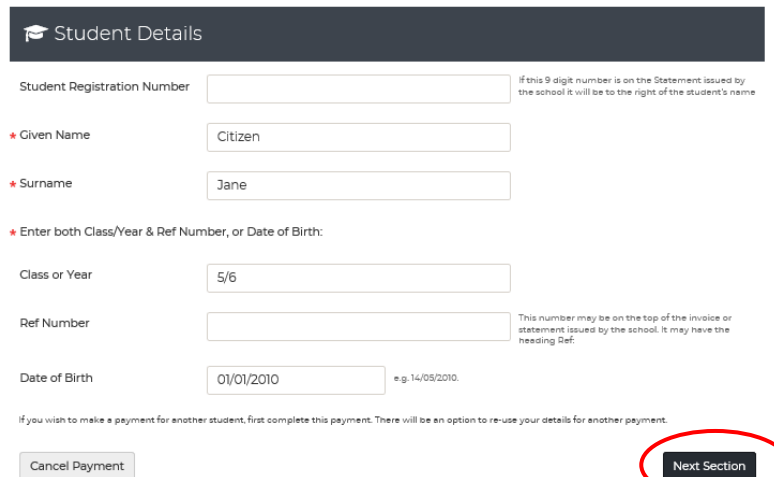


NSW Department of Education

Clairgate Public School
Care. Excellence. Innovation. Opportunity.

MAKE A PAYMENT

3. Complete the Student Details section. * indicates a mandatory field



Student Details

Student Registration Number If this 9 digit number is on the Statement issued by the school it will be to the right of the student's name

* Given Name

* Surname

* Enter both Class/Year & Ref Number, or Date of Birth:

Class or Year

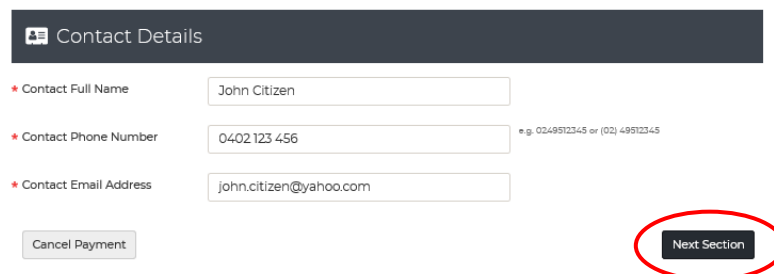
Ref Number This number may be on the top of the invoice or statement issued by the school. It may have the heading Ref:

Date of Birth e.g. 14/05/2010.

If you wish to make a payment for another student, first complete this payment. There will be an option to re-use your details for another payment.

Cancel Payment Next Section

5. Complete your details. * indicates a mandatory field



Contact Details

* Contact Full Name

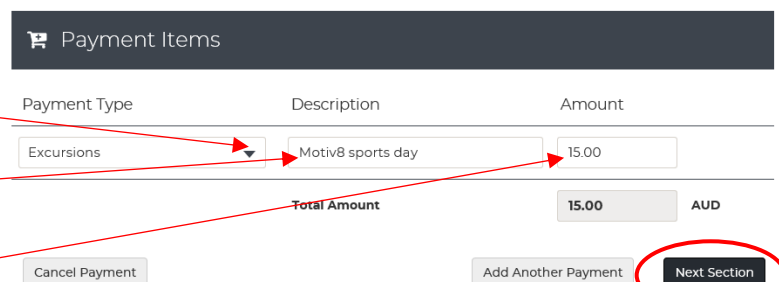
* Contact Phone Number e.g. 0249512345 or (02) 49512345

* Contact Email Address

Cancel Payment Next Section

6. Click Next Section

7. Select Payment Type drop down box



Payment Items

Payment Type	Description	Amount
Excursions	Motiv8 sports day	15.00
Total Amount		15.00 AUD

Cancel Payment Add Another Payment Next Section

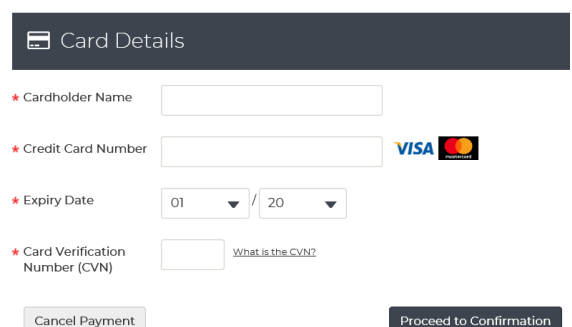
8. Type in a short description

9. Enter the amount you are paying

Select add another payment and repeat steps 7-9 if paying for a few different items.


10. Select Next Section

11. Enter your card details and Proceed to Confirmation.



Card Details

* Cardholder Name

* Credit Card Number 

* Expiry Date /

* Card Verification Number (CVN) What is the CVN?

Cancel Payment Proceed to Confirmation