

4 NOVEMBER 2019

Term 4 Week 4

- 7 Nov - P&C Meeting, 7pm
- 13 Nov - Parent Wellbeing Workshop
- 26 Nov - Variety Christmas Party
- 4 Dec - Graduation & Secondary Social Event
- 11 Dec - Cromehurst Christmas Concert
- 16 Dec - Primary Awards
- 18 Dec - Students last day Term 4

Cromehurst News

Blue Class

This term Orange Class has started a Bike Safety and Education Program using the new bike donated by the Dwyer Family. Each Monday the students are learning to Be Safe when riding a bike or scooter by wearing their helmet and staying on the path. Millie, Sofie and Grace are learning to turn corners and to navigate obstacles. Ashlee and Rachael are learning how to pedal independently and Eddy is building up his leg strength and endurance to independently pedal around the whole bike path without stopping. A big thank you once again to the Dwyer family for their fantastic fundraising efforts for the bike and thank you to the wonderful Joanne Sheppard (student physiotherapist) for her assistance during this time.

Nicola & Meredith



Inside this issue:

Orange Class	1
Principal's Message	2
Athletics Carnival	3
General News	4-6
P&C News	7
Awards	8
Notes	9-12
What's on	13



Principal's Message

Welcome to week four

Last week many of our students attended the Interschool Athletics Carnival at Homebush. All of the students represented our school and participated in a range of events receiving places in their age event. Congratulations to all of our students who entered events and to those who received ribbons and trophies. Thank you to parents who volunteered on the day to assist all of our students to participate safely and have a positive experience. Photos of the day appear later in this edition.

Our back bus bay remains out of operation due to the damaged driveway which has been assessed as a Health & Safety risk for vehicles and pedestrians. Infrastructure NSW (formerly known as Asset Management) are in the process of obtaining quotes to rectify it. Once rectified we may use it again. In the meantime, all afternoon pick-ups will remain at the front bus bay and pick up from Teen Time will be via the front playground. We hope to have this rectified as soon as possible.

Our school is committed to working to ensure the safety of our students at all times. Child safety is a priority at all times both at school, at home and in the community. The NSW Police Legacy has produced the 2019 Child Safety Handbook: a resource for parents, carers and teachers. The handbook's emphasis is on prevention and can be accessed at this link:

[NSW Police Legacy Child Safety](#)

[Handbook](#). I strongly urge you to follow the link and use the information in it to have conversations with your children and as a reference guide.

School sometimes receive requests to provide (or not provide) information to parents following the cessation of their relationship. Sadly sometimes relationships break down and the court makes orders that change the contact parents can have with their children or the role they play in making decisions about their children's education. These can be Family Court Orders or Apprehended Violence Orders. Parents can also reach agreement about issues such as contact in a parenting plan.

If this happens it is important that you provide the school with a copy of any court orders or plan that could impact on your child's education.

In the absence of any notification to the contrary, the school is required by law to assume that both parents continue to retain a shared and equal parental responsibility for their children and should be involved in making any decisions regarding their children's education. This means that the school will recognise that each parent has equal duties, obligations, responsibilities and opportunities in relation to matters involving the school including semester reports, review meetings and other relevant information regarding their child.



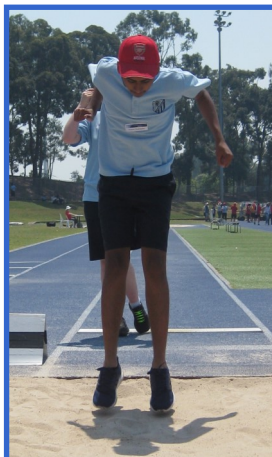
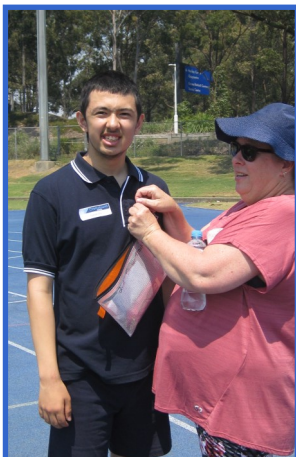
If any changes occur in your family relationships which have the potential to impact on the relationship between the school and your family, please advise the school immediately and provide a copy of any court orders that may be obtained. These orders will be stored securely and only accessed by staff who need to see them in order to plan for your children's learning and support and related issues.

Finally, there are only eight weeks left of the school year (and less than nine weeks to Christmas). Please save the dates for our Graduation & Secondary Social Event (4 December), our Christmas concert (11 December) and our primary awards assembly (16 December). We hope to see as many families at these events as possible.

Christine

Interschool Athletics Carnival

Students from Cromehurst attended the Interschool Athletics Carnival at Homebush. The first event was a march past and then singing the national anthem. All day the students were cheering on their friends and having fun participating in races. The primary students who attended had so much fun in running races, bean bag races, push the wheel along race and ball and scoop race. The seniors had fun participating in running races and field events like shot put and long jump. The students followed the school expectations of Learning Together, Being Friendly and Being Safe while at the carnival. The photos below show what a wonderful day was had by everyone. We were so excited to receive at the end of the day a trophy for fantastic participation at the carnival. Well done to all the Cromehurst students who went to the carnival!



General News

Signs of the week

o



With pointer finger extended from fist, touch the ring finger of the other (spread) hand.

p



With pointer finger extended from fist, form a circle at the fingertip with pointer finger and thumb of other hand.

q



Form a circle with pointer finger and thumb. Place extended pointer finger of other hand through circle, resting on thumb.

r



With pointer finger extended from fist, form an 'r' shape on other palm.

s



With little fingers extended from fists, hook little fingers together.

t



Holding one hand flat, horizontal with palm forward; tap the pointer finger of your other hand on palm, near wrist on the blade.

u



With pointer finger extended from fist, touch the little finger of the other (spread) hand.

DIGITAL CHILD SAFETY HANDBOOK

We are pleased to advise that a new edition of this valuable safety resource is now valuable online with updated safety content.

We urge all parents and carers to download this latest edition and discuss the safety content with your children.

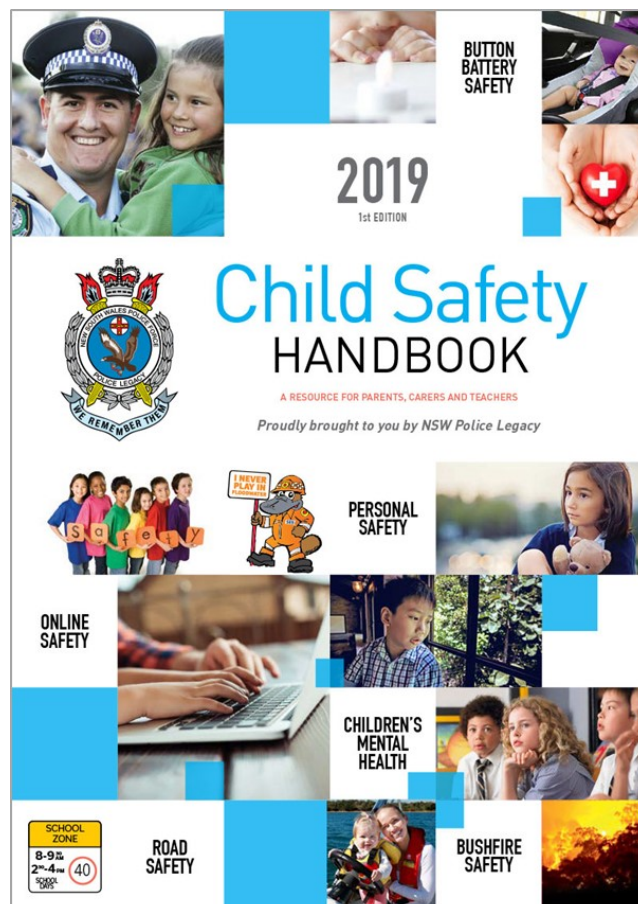
**NEW
EDITION
AVAILABLE
NOW**

Child Safety Handbook App available for download:



Visit <http://nsw.childsafetyhub.com.au/>

[Read the Child Safety Handbook](#)





DREAMNIGHT AT THE ZOO

Variety are once again offering tickets to our students and their families to the 'Dreamnight at the Zoo' event being held on Thursday 5 December 2019.

Each ticket is for a student plus 4 family members.

Parking is complimentary and the carpark is open from 5pm for this event. Zoo entry begins at 5.30pm and the event finishes at 8.30pm.

Please contact the school office if you would like to receive tickets. The tickets are limited and will be allocated on a first come first serve

CAREFLIGHTS CHRISTMAS MAGIC MANIA

CareFlight are offering our school tickets to their 'Magic Mania' performances at 12.30pm, 2.30pm and 4.30pm on Saturday 14 December 2019 at Quay centre (Sydney Olympic Park Sports Centre), Homebush.

If you would like to receive tickets please complete and return the form in the What's On section of this newsletter.



Live Life Well @ School

LUNCHBOX IDEAS



Receive fortnightly e-newsletters by sending your name, email address and postcode to lookatlunches@gmail.com

Let's Look at Lunches is a Northern NSW Local Health District resource



Health
Northern Sydney
Local Health District

As outlined a couple of weeks ago, this term's P&C meeting will be held offsite at 7pm this Thursday 7 November. In an effort to engage with parents who can't make a meeting during the day and give us an opportunity to mingle and have more informal networking we will try holding our meeting at a more convivial location than the school staffroom for a change! As the last meeting for the year it will also give us a chance to chat, unwind and celebrate another great year.

So the details:

When: 7pm this Thursday 7 November

Where: Flat Rock Brew Cafe & Nano Brewery - 290 Willoughby Road, Naremburn

This is the enterprise of good friends of mine whose eldest daughter completed community service at Cromehurst on her own last year. The atmosphere and fare of the establishment is excellent and it's open from 3-11pm so if you fancy a bite to eat before or after they will gladly help you!

If you have anything you want included on the agenda please let us know at cromehurstpandc@gmail.com.

Look forward to seeing new and regular faces there!

Karen Hickmott

P&C President

cromehurstpandc@gmail.com / 0413 807 413

P.S. Look out for the P&C voluntary contribution request letters that will be coming home in your child's bag this week. This money is used to fund incursions, subsidise the Graduation Dinner and cover the cost of fuel for the school buses amongst other one off items.

Please make sure that you make your payments to the P&C account and **not** via the school POP system.

CROMEhurst SCHOOL

Term 4 Week 3
28 Oct - 01 Nov 2019

Assembly Awards

Name	Class	Awarded For:
Saskia	Blue	Sharing the playground equipment with her peers
Abdullah	Rainbow	Independent sharing with his friends
Jessica	Purple	Working well with her peers during group games
Tara	White	Great desk work during geography
Millie	Orange	Pressing the switch to ask for 'more food' calmly
Lucy	Aqua	For fantastic focus during communication
Heather	Red	Accepting changes on community access
Lizzie	Green	Correctly answering science questions about recycling
Noah	Art & Music	For active participation in Art and Music this week. Fantastic!

PBEL

Positive Behaviour Engaging Learners



Stars of the Week

To create a consistent whole school approach for safe and effective learning.

This week our students of the week are:

Olav - Learn Together
Grace - Be Safe
Zac - Be Friendly



GRADUATION AND SECONDARY SOCIAL EVENT 2019

Our annual Graduation & Secondary Social Event is a wonderful opportunity for our school community, secondary school students and their family and friends to socialise outside of the school environment. The evening will farewell our graduating students **Sam, Bronte** and **Jodi** and celebrate the achievements of our secondary students with the presentation of awards.

All Cromehurst parents, secondary school students, family members, staff and other members of our school community are warmly invited to join us on this special night.

Date: Wednesday, 4 December 2019

Venue: Roseville Golf Club

Time: 6.00pm for 6.30pm start

Cost: \$55 per person for a 3 course meal
A child's meal will also be available to all students for \$15

As this is a school function with students attending, no alcohol will be served in the dining room but can be purchased at the bar and consumed on the terrace.

Please complete and return the enclosed form with payment by Friday, 15 November 2019.

Please note that staff will not be available for student supervision on the night.

Notes (continued)

Graduation & Secondary Social Event 2019

Please find attached cash, cheque (made payable to Cromehurst School) or the receipt number for my Parent Online Payment (POP) for the following guest/s attending the annual Graduation & Secondary Social Event being held on Wednesday, 4 December 2019.

Name/s _____

Number of adult meals required _____

Number of child meals required _____

Please indicate your child meal options & quantity

___ Chicken schnitzel, chips & salad or

___ Fish, chips & salad

Cash / Cheque for _____

POP Receipt No. _____

Please list any special dietary requirements _____

If possible, please seat us with _____

Please return with payment by Friday, 15 November 2019.

Thank you to the Cromehurst P&C for their fundraising efforts and contribution towards the cost of this celebration for our graduates.

Notes (continued)

Positive Wellbeing Workshop Wednesday 13 November 2019 - 10.00–11.00am Cromehurst School

As a result of feedback from parents we have planned a presentation titled **Modelling Positive Wellbeing and Resilience**

On Wednesday 13 November, Tina Wang (school counsellor) and Melinda Ritsinias (communication teacher) will be presenting the workshop at Cromehurst School.

The workshop will cover:

- What is Positive Wellbeing?
- Using self-compassion as a tool - caring for yourself so you can care for others.
- Addressing difficult emotions - label and acknowledge the distress and pain.
- Practical strategies - how do I do it?
- Wellbeing lessons being delivered across the school
- Specific strategies students can use in their everyday life.

We look forward to seeing you there!

Please complete the form below and return to the school by **5 November 2019**.

Communication Workshop

Name: _____

I **will / will not** attend the Positive Wellbeing Workshop at Cromehurst School on Wednesday 13 November at 10.00am.

CareFlight's Christmas Magic Mania

PO Box 6333 Alexandria 2015

Telephone: 02 96993925

Fax: 02 96901280

"CAREFLIGHT'S Christmas MAGIC MANIA"

A project by Magic Mania for special needs children and families throughout New South Wales

We would like to invite any members and their families from your organisation to "MAGIC MANIA". It will be held on **Saturday 14th December 2019** at **QUAYCENTRE (Sydney Olympic Park Sports Centre)**, Homebush.

There are three (3) available show times commencing promptly at **12.30pm, 2.30pm and 4.30pm**, although we ask those needing assistance to arrive **at least 30 minutes prior**.

We are offering FREE tickets to this event to all special needs as well as care givers and family members who would like to attend. These tickets to you are completely **FREE OF CHARGE** and made possible by the generosity of your local business and professional people. If you could please reply by email or fax by Wednesday 11th December. We request that you email or fax us the number of tickets you require. If you need any further information, please do not hesitate to call **Jenny Goodman** during business hours on

02 9699 3925

Yours sincerely

Jenny Goodman

Jenny Goodman project coordinator
Magic Mania



FOR YOUR FREE TICKETS PLEASE EMAIL OR FAX:

FAX: 02 9690 1280

careflightsmagicandmoviemania@magicmania.com.au



NUMBER OF TICKETS: **SHOW 1 @ 12.30PM** _____

SHOW 2 @ 2.30PM _____

SHOW 3 @ 4.30PM _____



CONTACT NAME: _____

ORGANISATION from or heard about show from _____

Your Tel: _____ Your Fax: _____

POSTAL ADDRESS: _____

YOUR EMAIL ADDRESS: _____

☐ Please tick if you would like your tickets emailed (saves paper and postage)
Proudly supporting

CareFlight

Po Box 6333 Alexandria 2015