

# Message Stick



*Educating Communities*

William Street, East Maitland 2323

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6 February 2019 No. 1 (Week 2 Term 1)

*Respect, Responsibility, Learning, Co-operation and Participation*

## MESSAGE FROM THE PRINCIPAL

### Welcome Back!

Welcome back to all of our returning families, and a special welcome to all of our new families. All at EMPS look forward to another exciting and productive year of working with you and your children to facilitate the very best learning and personal growth opportunities that we can. It will undoubtedly be another very busy year as we all strive to reach our personal best.

I trust that everyone returns to school rested and refreshed after a safe and enjoyable holiday season and has had a terrific Week 1.

### Special Welcomes!

Our Kindergarten students for 2018 joined us last Friday. They even came to their very first whole school assembly! The first day of school is always a very big day - for students and parents, and our newest 'recruits' are working hard at learning new routines, making friends and becoming accustomed to life at 'big school'.

We also welcomed a large number of first time students to EMPS in Years 1 - 6 last week.

We heartily welcome all of our new students and families to East Maitland Public School.

### Staff 2019

I must begin with a farewell to Mrs Watsford who was successful in securing a permanent teaching position at Kurri Kurri Public School. We thank her very much for her wonderful contributions to our school community over the past three years and wish her well as she takes on her role in a new school. KKPS are very lucky to have her!

Please find following a list of East Maitland Public School staff and their classes/roles for 2019

CLASS	TEACHER	CLASS	TEACHER
KD	Macey Dixon	3J	Kate Jordan
KF	Janine Ford (ES1 Supervisor)	3S	Jonathan Smith (AP S2)
KP	Erin Porter		
KV	Harry Vallance	3/4C	Brittney Callaghan
1D	Shae Duffield (AP S1)	4SG	Andrew Smith & Kirran Gurr
1M	Laura McDonald		
1S	Ira Soldas	4/5R	Matthew Rowley
2G	Bronwyn Glover	5DC	Tom Duck & Sally Cribb
2L	Alison Wood (M)/Alli Linnane (T-F)	5R	Rachael Riley
2O	Emma O'Neill		
		5/6N	Allyssa Nelson (AP S3)
MC Red	Angie Coleman (AP MC)		
MC Yellow	Alison Williams (nee Quirk)	6R	Renee Rooimans
MC Blue	Dylan Reid	6S	Bryson Swab

OTHER	TEACHER
RFF	Karon Lindner
RFF	Michelle Newman-Jennings
RFF	Julie Seymour
RFF	Helen Moor
RFF	Elena Peters
RFF (Term 1 only)	Kimberly Nisbet
RFF (Term 1 only)	Leah Parmenter
Learning and Support	Kim Wheeler
Librarian	Tracey Hookway
Counsellor	Louise Pratt
Student Wellbeing, and Learning & Support Coordinator	Jenny Williams
Pedagogy Mentor	Caroline Linnane (AP RFF)
Deputy Principal	Tracey Mather
Principal	Kim Dudgeon
Office	Karen King Maxine Jongerden Meagan Freeman
Student Learning and Support Officers (SLSOs)	Karen Atkinson Melissa Campbell Emma Thomas Rebecca Elbourn Ohna Knight Deanne Soper Leanne Newstead (MC) Trish Brown (MC)
General Assistant	Phil Howell

## Composite Classes

This year we have three classes comprised of students from consecutive 'year' groups. (3/4, 4/5 and 5/6). The reason for having these classes, in this case, is purely due to the number of enrolments in each 'year' group in relation to our staffing entitlement. Neither of these factors are things over which we have control.

Although most of our classes are comprised of students from one 'year' group, it could be said that every class is a composite class! As I am sure that everyone is aware, students being in the same 'year' group based on their date of birth does not result in a uniform level of skills, interests, understandings and experiences in a class. The range of skills, interests, understandings and experiences varies in all classes. Students are selected for all classes based on factors such as their demonstrated social skills, maturity, independence and resilience. Students are not placed in composite classes based on academic ability. Introducing students to new friends in different 'year' groups is an opportunity to practice social skills and broaden peer groups.

Students at East Maitland Public School are taught at their point of need and reflective of their stage of learning as set out in the key learning areas of the NSW Syllabus for the Australian Curriculum regardless of their class placement.

As always, if you have particular concerns about the learning needs of your child/children, please make arrangements to discuss them with the relevant class teacher who I am sure will be able to allay any concerns.

## Bell Times

Please note the school bell times below:

9:00am - 11:20am	Morning Lessons
11:20am - 11:30am	Eating Time (Lunch)
11:30am - 11:50am	First Half of Lunch Play
11:50am - 12:10pm	Second Half of Lunch Play
12:10pm - 1:40pm	Middle Session Lessons
1:40pm - 2:00pm	Recess Eating and Play
2:00pm - 3:00pm	Afternoon Lessons

## Afternoon Pick-up

In order to maintain the smooth and effective running of the school towards the end of the school day, please bear the following reminders in mind when you pick up your children in the afternoon. We thank you in advance for your understanding and cooperation.

### Parents of K - 2 Students

The front gates are opened from approximately 2:50pm each afternoon. (K: The pedestrian gate near the COLA; Years 1 & 2: The driveway gates near the main building - 'Walkers Gate'.)

Please remain outside of the gate until it is opened. **Please also note that the administration office is not a thoroughfare. Please refrain from entering the school via the main building.** There is plenty of time to be prepared for the 3:00pm bell. Please likewise refrain from waiting directly outside of classrooms. I am sure that you can understand the disruption that is caused to classes at the end of the day if students are alerted to your presence.

### Parents of Years 3 - 6 Students

All students in Years 3 - 6 should be collected from the 'Walkers' Gate'. Should you have a particular concern about a child in Years 3 - 6 accessing the 'Walkers' Gate', please contact their class teacher so that a buddy (or other) system can be arranged. It is important that students learn independence within a controlled environment and that classes are not unduly interrupted during the afternoon learning session. **Parents of students in Years 3 - 6 should not be meeting their children outside the classroom.** If you also have students in K - 2, older siblings can meet you at the 'Walkers' Gate' or at their siblings meeting point.

## Important Dates

During the first half of this term, so far there are a couple of important dates to remember:

- Monday, 11 February: Swimming Carnival;
- Wednesday, 6 March: School Photographs.

Please also note that the final day for Term 1 is Friday, 12 April 2019.

## Michael Grose

We will continue to bring you parenting insights by Michael Grose. Whilst individual articles may be more or less relevant to you, we trust that you find his articles both interesting and helpful. This week's article, 'Make this year your child's best ever at school', should be of interest to everyone. I particularly note his comments regarding sleep and arrival at school on time!

## Changed your details over the holidays???

Just a reminder that if you have had a change in personal details such as address or contact numbers; work, mobile or home, please ensure that you notify our office ASAP.

Please note that any change of address details will require **proof of address**. (Documents such as a rates notice or home-related bills, such as telephone, gas or electricity, including name and address).

Kim Dudgeon

## Make this year your child's best ever at school

*A new school year means a clean slate for students. Here are 7 ideas to help you make the most of the fresh start and make this year your child's best year ever at school*

A new school year means a fresh start for students. Regardless of your child's performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are seven ideas to help you make the most of the fresh start and make this year your child's best year ever year at school:

- 1. Commit to your child going to school every day on time.** One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day - and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.
- 2. Help kids start each day well.** A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.
- 3. Establish work & study habits.** The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school's expectations. Find out the work expectations from your child's or young person's school and help them establish a work routine that matches.
- 4. Make sure your child gets enough sleep.** Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night's sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.
- 5. Insist kids exercise.** The old saying about 'a healthy body and a healthy mind' is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.
- 6. Focus on being friendly.** Schools are very social places requiring kids to negotiate many different social situations each day. Yet we often only focus on academic learning. There are strong links between social success, and academic success and wellbeing. Encourage kids to be **open and tolerant**; to be **friendly**; to be **sensitive** to others; to be **involved** in plenty of activities and to be social **risk-takers**. These are all characteristics of socially successful kids. At the same time discourage anti-social behaviours such as over-competitiveness, self-centredness and lack of sharing.
- 7. Develop self-help skills.** Successful students are often well organised, self-directed and self-motivated. Personal organisation seems to come more naturally to girls than boys, however both genders benefit from coaching in this important area. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you'll find that the rest will fall into place



We have had three wonderful years of Drumming instruction at EMPS, however, for the moment we are taking a break.

There will be no Col Hatchman DRUM CORP. this year!



# Work at the biggest event in NSW

## NSW State election 23 March 2019

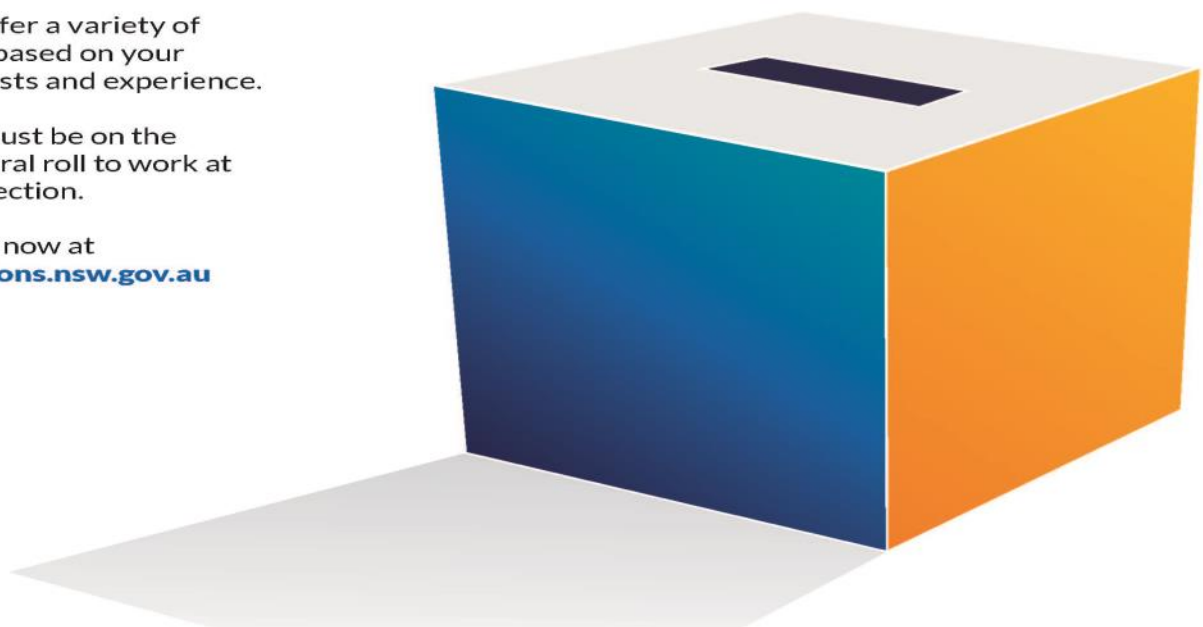
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Get paid to help deliver  
democracy.

We offer a variety of  
roles based on your  
interests and experience.

You must be on the  
electoral roll to work at  
the election.

Apply now at  
[elections.nsw.gov.au](https://elections.nsw.gov.au)





# P&C NEWS

Welcome to all families for 2019!!

It is never too late to come along to a meeting and check out what we are all about. Meet & greet some of the wonderful members.

If you wish to join the P&C and have a say in fundraising goals for our children's school, then please come along to one of our meetings.

The P&C meets once per month. We try and switch our days and meeting times to include a few night meetings in order to accommodate working parents and carers.

**1<sup>st</sup> Meeting of the Year is this Thursday 7<sup>th</sup> Feb @ 9.15am, meet in the staff room. AGM will be held in March and will be an evening meeting. Please follow our facebook P & C page. We will update with the date.**

DON'T FORGET TIMES

HAVE CHANGED

FOR UNIFORM SHOP

Friday 8.30 – 9am

THE  
UNIFORM SHOP



**We are looking for Volunteers Please!!**

Our Uniform Shop is solely run by volunteers! All funds made go straight into the P&C to be spent back in our school. No one is paid, everyone is there donating their time to help our school. We are ALWAYS on the lookout for some volunteers to help. A shift only takes approx. 40mins and you are rostered on with an experienced person. Please keep in mind that without our wonderful volunteers we are unable to keep the uniform shop open.

If you are free and could donate some valuable time to help please contact us at [eastmaitlandpublicschoolpandc@gmail.com](mailto:eastmaitlandpublicschoolpandc@gmail.com) or leave your contact details at the office and we will contact you. You can volunteer as many or as few times as you like.

EAST MAITLAND PUBLIC SCHOOL  
UNIFORM SHOP  
CHANGE OF HOURS

THE  
**UNIFORM SHOP**  
**NEW Opening times:**

**Tues 2.15-2.45pm**  
**Fri 8:30-9am.**

**Cash only – no EFTPOS**

**Online Orders Available.**

[eastmaitlandpublicschoolpandc@gmail.com](mailto:eastmaitlandpublicschoolpandc@gmail.com)

## ONLINE UNIFORM SHOP IS HERE!

Please log in using Flexi schools – your same login used for canteen.

Orders will be packed and distributed during the Tuesday pm and Thursday am Uniform Shop Volunteer shifts.

**Opening times:** Tues 2.15-2.45pm + Friday 8:30-9am. Cash only – no EFTPOS

## LOOKING FOR HELPERS FOR 2019!!

### Term 1 Uniform Shop Roster

Week	Tues	Friday
2	05/02 Suze & Narelle	8/02 Tara & TBA
3	12/02 Kim & Kylee	15/02 Tara & TBA
4	19/02 Suze & Bente	22/02 Tara & TBA



Not a member of our P&C Facebook page?

Simply type “**East Maitland Public School P&C**” into the search bar and apply to join. We use it as an informal way of reaching families and sending out reminders! It is only for P&C information and not run by the school. You do not need to be a member to join.

<b>Canteen Roster</b>			
<b>Week commencing Monday, 11 February 2019</b>			
<b>11/02</b>	Emma Mears	Phillipa Smythe	
<b>12/02</b>	Zoe Bouquet	Naomi Sams	
<b>13/02</b>	Jordan Croker	Carlie Livingstone	
<b>14/02</b>	Leighsa Cox	Trish Watts	
<b>15/02</b>	Emma Stammer	Kathryn Blackmore	Sally Priestley
<b>Week commencing Monday, 18 February 2019</b>			
<b>18/02</b>	Jessie Goodwin	Kathryn Coote	
<b>19/02</b>	Julie Wood	Gail Leckie	
<b>20/02</b>	Sandra Baxter	Grisel Milford-Chilvers	
<b>21/02</b>	Tara Peterson	Rhianna Ebrill	
<b>22/02</b>	Janee Binnie	Denyse Potts	Kim Wakeman
<p><b>If you are unable to come on your day please phone or msg Jacki - school 4933 7524 or mobile 0419143528.</b></p>			



## CANTEEN NEEDS HELP

If you are free and could donate some valuable time to help, please contact Jackie Cassidy at [eastmaitlandpublicschoolpandc@gmail.com](mailto:eastmaitlandpublicschoolpandc@gmail.com) or leave your contact details at the office and we will contact you. You can volunteer as many or as few times as you like.



## Make Your School Cool Entries!! Make Your School Cool starts, Monday, October 15th, 2018!!

You have a chance to WIN 2 x fully installed Daikin US7 units **valued at over \$9000** in the classroom of your choice\*. To enter simply fill out the registration form below.

If anyone sees a CLEMENTS vehicle out and about safely take a photo or record the rego details. Go to the CLEMENTS facebook page @clementscare, comment on the post at the top of the page with your photo or rego details (include the suburb of sighting) and name our school!

# This Week's EMPS Award Winners

## Infants Awards

<b>KD</b>		<b>KF</b>	
<b>KV</b>		<b>KP</b>	
<b>1D</b>		<b>1M</b>	
<b>1S</b>		<b>2G</b>	
<b>2L</b>		<b>2O</b>	

## Primary Awards

<b>3J</b>		<b>3S</b>	
<b>3/4C</b>	Xavier Woodward Ayden Eckford Ruby Fuller	<b>4SG</b>	
<b>4/5R</b>		<b>5DC</b>	Ricky Cook Toni-Rae Benham Bryn Hockey
<b>5R</b>	Sam Rowling Kayne Talevski Jordan Catt Talulah Elbourn	<b>5/6N</b>	
<b>6R</b>	Amillia Lee Millie Janson Jack Bourke Owen Cox Eliza Andrews-Maher		
<b>6S</b>	Connor Cassidy Jaamal Nean Rai Berry	<b>MCC B</b>	
<b>MCC R</b>		<b>MCC Y</b>	

## Events / Reminders

<b>11/02</b>	Swimming Carnival
<b>6/03</b>	School Photo Day
<b>27/03</b>	School Cross Country
<b>29/03</b>	Book Fair
<b>29/03</b>	Grandparents Day
<b>2/04</b>	Zone Cross Country
<b>8/04—11/04</b>	Year 6 Canberra Excursion
<b>12/04</b>	Last Day of Term 1

## Year 6

### 2019 Canberra Excursion

The full cost is \$430.

Deposit of \$100 is due Friday, 8 February 2019.

Final payment of \$330 is due Friday, 29 March 2019.

*This can be paid by instalments at the office or via  
POP*



# 2019 Registration Days

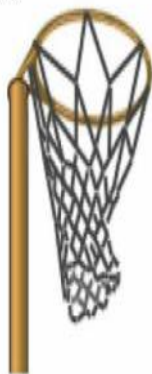
RUGBY BLACKS NETBALL



Season Starts March 30<sup>th</sup>, 2019

## Registration Categories

- Net Set Go: Ages 6-9
- Juniors: Ages 10-18
- Seniors: 18+



## ACTIVE KIDS VOUCHER

Available for all school aged children

- Registration is now **OPEN** for Returning Players online through MyNetball.
- Registration Dates for players new to MRBNC will be held at Marcellin Park on:
  - Saturday 2<sup>nd</sup> February 9am-12pm
  - Thursday 7<sup>th</sup> February 5pm-8pm

All Registered Players will receive a training shirt for the season.

## Fieldsend ELC



Fieldsend ELC is a Long Day Care Centre located in the heart of East Maitland educating and caring for children aged 6 weeks – 6 years.

## Vacancies available!



Our service;

- 59 place centre
- Home like environment
- Air conditioned playrooms
- Spacious and natural outdoor environments
- Latest educational resources
- Qualified, experienced and professional staff

We provide;

- Nappies
- Linen
- Healthy and nutritious meals
- Water stations
- All excursions and incursions FREE!!!

## Contact us

**Fieldsend ELC**

**PH: 49 337 976**

34 Fieldsend St, East Maitland

E: [enquiries@fieldsendelc.com.au](mailto:enquiries@fieldsendelc.com.au)

Or find us on Facebook

# Register now!



## Maitland Saints AFC



Chris Challen 0400 212 391  
[juniorsecretary2018@gmail.com](mailto:juniorsecretary2018@gmail.com)  
 Open for boys and girls 5-17yo



Sign up for junior footy **play.afl**