



## Acting Principal's Message

Dear Parent/Guardian,

Welcome back to the 2022 school year! Last week was such an exciting week as Years 1-6 returned on Tuesday and Kindergarten joined us on Thursday. All children across all grades have settled in beautifully, with Year 6 doing a tremendous job as buddies to our kindergarten children. The RAHT kits have also been collected by the majority of our parents/guardians and I thank you all for your support in completing these tests every Monday and Wednesday.

Mr Rufo had surgery in the middle of January, and is now resting and recovering at home. We wish him all the best for a speedy recovery.

## Welcome to New Staff

As Mr Duilio Rufo is on leave for Term 1, there are some changes to the Leadership Team for Term 1. I will be in the role of Acting Principal, Mr Luke Smith is the Acting Principal and Mrs Anne Sturt is the Acting Religious Education Coordinator. I look forward to working with the Leadership Team throughout this term and for the year. I would like to welcome our new staff for 2022:

- Mrs Natalie Warren – learning support teacher
- Miss Gretel McMillan & Mrs Lynn Marini – learning support assistants
- 

We have some staff that are in different roles this year:

- Mrs Brianna Polson – learning support teacher and library teacher
- Mrs Carmel Warby – English as an Additional Language or Dialect (EAL/D)
- Mrs Lisa Bechley – clerical officer
- Mr Joel Hartcher – PE and 6W (Mondays)

We would also like to welcome Miss Danika Graham, a fourth year practicum student. Danika will be in 6W for 4 weeks, then will return in Term 2, to work in 2W for 6 weeks. We know she will learn a great deal from our staff and students and I would like to thank Mr Moore and Mrs Hunt for supporting Danika through her practicum experience.

## Dates to Remember

**8 FEB KINDER PHOTOS**

**11 FEB HUNTER WATER SHOW  
KINDER, YR 1 & YR 2**

**15 FEB P & F AGM 7PM  
ZOOM**

**18 FEB REGIONAL WINTER TRIALS**

**22 FEB DIO PSSA SWIMMING  
CARNIVAL**

**23/24 FEB SCHOOL PHOTOS**

**25 FEB POLDING TENNIS/BASKET  
BALL TRIALS**

**25 FEB PP MEETINGS YR 4 - 6**

*To bring Christ and His message, in all its richness, into the hearts and lives of all.*



### **P&F**

Our first P&F Meeting for the year will be held next Tuesday 15 February at 7:00pm via Zoom. The link for the meeting is:

Maretich, Kaylene is inviting you to a scheduled Zoom meeting.

<https://mncatholic.zoom.us/j/67881783012>

**Password: 590486**

Please note this is different to the link from last year. Catherine Garrett-Jones will also be at the meeting to discuss options for the P&F moving forward. I encourage all parents/guardians to join us for the meeting.

### **COVID-Protocols**

We are expecting another delivery of kits this week, to allow staff and students to home test for the first 4 weeks of school. This early detection of COVID-19 is part of a layered approach to keep our community safe. The other layers are: vaccination of all staff unless a medical exception is granted, masks worn by all staff, ventilation, cohorting to keep students in different stages in different areas and hand sanitising. Masks are not mandatory for primary school children, however, children are very welcome to wear a mask to school, these masks need to be surgical masks not cloth masks.

Children who test COVID-positive or are in isolation as they are household contacts, are in isolation for seven days, and are asked to follow NSWHealth guidelines. The Catholic Schools Office, has developed online learning packages for these children in isolation due to positive COVID tests. Please ensure your child gets plenty of rest when they are unwell, and only commence the online packages when they feel better.

Children who are unwell for any reason, even if their RAHT result is negative, should remain at home until they have recovered.

We will communicate the distribution of the extra RAHT kits later in the week. Please be aware, we have been informed by the CSO that primary aged students **cannot** take their RAHT kits home, parent/guardians need to collect these from school, the kits also **cannot** be picked up at regular drop off and pick up times, to reduce potential congregation around the school. We understand this can be difficult with parents that work during the school day, so other adults can pick up RAHT kits, or alternatively, you can contact the school to make alternate arrangements. Full advice on the pick up of RAHT kits will be sent via Compass later in the week.

If your child tests positive, please contact the school notify us of the date the positive result occurred. We will then send out an alert to the cohort that has possibly exposed. School will not be closed, and neither do children who may have been exposed need to stay at home to isolate. Instead, continue to monitor for symptoms and do a RAHT or PCR.

### **Communication**

Compass is the primary communication method used at St Therese's, as well as the school Newsletter. Please refer to these for all school-based information. There are grade Facebook pages that are organised by parents, as a way to connect parents with each other. The grade Facebook pages are not operated by the school, and do not have official school information. This term there will be official interview periods where parents/guardians can meet with teachers to discuss goals for your child:

- Week 4/5 – Personalised Planning Meetings for funded students
- Week 6 – Parent/Teacher Meetings for Years 1-6
- Week 8 – Kindergarten Parent Teaching Meetings

Bookings for the Personalised Planning Meetings are open on Compass, Parent Teacher Meetings will be opened by the end of the week and Kindergarten books will be opened in a few weeks. Personalised Planning Meetings will be held onsite, with Parent Teacher Meetings occurring remotely – this is in-line with COVID protocols.

Please note that teachers are available, by appointment, should you have questions or concerns about your child, you do not need to wait for parent teacher meetings to discuss your concerns. Please email

the school on [admin@newlambton.catholic.edu.au](mailto:admin@newlambton.catholic.edu.au) or call the school office on 0249 57 4922 to arrange a meeting. Staff will respond to parent queries within 48-hours.

### **Playtime Changes**

This year, we are trialling a change to eating and playtime routines

- 10:15 – 10:25am the whole school has fruit break where children also have a quick run around, go to the toilet, get a drink etc.
- 11:25 – 11:55am Lunch
- 12:55 – 1:05pm whole school break for a quick run around, go to the toilet, get a drink etc.
- 2 – 2:30pm Recess

So far, the feedback has been positive, as children have a break every hour at least, which then optimises learning time.

### **Drop off and Pick up**

Please be aware of maintaining social distancing when dropping off and picking up your child/ren each day. Please also adhere to the traffic signals and parking around the school. On Burke St please do not remain outside your car to chat to staff or other parents, as this cause a traffic jam that can impact Bridges Road.

At this time, there is still uncertainty about what will happen with COVID. I encourage you all to remain positive, as St Therese's has implemented all COVID protocols to keep our staff, students and families safe. 2022 has so much to offer, such as the Winter Olympics, that I am enjoying watching. One of my New Year's Eve resolutions is to remain positive, especially when things seem overwhelming or worrying. We are all in this together!

**Kaylene Maretich**  
Acting Principal

## **Acting Assistant Principals Message**

### **Welcome**

It was so great to start the 2022 school year face-to-face with our students and, despite the usual concerns and anxieties of a new school year (along with the current COVID situation still hanging over our heads), it was a great first week back! It is so important for our children, their development and emotional security that, when situations arise where we may feel worried or anxious as parents, we take extra care as to what we say and do in the presence of our little ones. These young people are so often looking to us for guidance and reassurance. It is important, therefore, that the way we respond and the energy we give off, helps to give our children the security to face life and its challenges with courage, resilience and a 'can-do' mindset. So together, I am looking forward to a great year ahead at St Therese's, no matter what challenges lie ahead for us individually or as a community.

**Future Notifications** – throughout this term, and the year ahead, you can look to this section of the Newsletter for reminders and information about many aspects of school life, including:

- Office of Safeguarding & Working With Children Checks (WWCC)
- Uniform reminders
- Our Positive Behaviour expectations
- Curriculum Developments & Initiatives
- School routines (including morning drop-off & afternoon pick-up)
- Good News Stories
- Staff Professional Development (PD)
- Special Events

**Compass** – Please also keep a regular eye on Compass for updates and alerts throughout the term.

In addition to the welcome I have listed below in the RE News section, I would like to thank everyone for their support as I am stepping into the role of *Acting Assistant Principal* for Term 1 whilst Mr Rufo is away. Mrs Anne Sturt will officially be taking on the role of *Acting REC* from this week onwards, throughout Term 1.

**Luke Smith, Acting Assistant Principal**

*To bring Christ and His message, in all its richness, into the hearts and lives of all.*



## **RE News**

### **Welcome**

Welcome back to another school year and thank you for choosing to send your child to St Therese's. As a Catholic school, Jesus Christ is at the heart of all we are and do. Throughout the year, especially within the domain of Religious Education and our Catholic Identity, we acknowledge and celebrate this in many ways. We thank you for your support as the first educators in faith of your children and we invite you to, not only, continue taking an active role in the faith life of your child but to unite with us as a Catholic community throughout the year. May God bless you and your families with much love, joy and peace throughout the year ahead and may God grant us all the strength to pass through the challenges of life with grace.

Please remember that we continue to offer an online **Prayer Liturgy & Assembly each Friday afternoon on Zoom at 2:30pm.**

We would love to see as many of you as possible join with us in this way!

**ID:** 676 1390 6420

**Password:** 859 740

**Opening School Liturgy 2022** – More information will come soon regarding our opening school liturgy and the presentation of our leaders for 2022.

### **Sacramental Program 2022**

This year, we are thankful to be able to continue with the Sacramental program for many of our students and families. This will primarily concern those students in **Years 4 & 3**. However, if your child is in Year 5 or 6 and has missed completing any of these sacraments, please get in contact with me to arrange their registration. Essentially, there will be one sacrament taking place each term throughout this year. The process will begin with an online information & registration session for each sacrament, followed by a period of preparation at home with your child and concluding, several weeks later, with receiving of the sacrament. The basic outline is listed below (with dates for Confirmation yet to be approved):

**Term 1 – Year 4** students: Reconciliation (*Registration/Info evening: Thur 10<sup>th</sup> Feb – Sacrament to take place over Wed 16<sup>th</sup> & 23<sup>rd</sup> March*)

**Term 2 – Year 4** students: Confirmation (*Registration/Info evening: Thur 5<sup>th</sup> May – Sacrament dates TBA*)

**Term 3 – Year 4** students: Holy Communion (*Registration/Info evening: Tue 26<sup>th</sup> July – Sacrament to take place during Parish masses on the weekends of 10/11<sup>th</sup> and 17/18<sup>th</sup> Sept*)

**Term 4 – Year 3** students: Reconciliation (*Registration/Info evening: Tue 18<sup>th</sup> Oct – Sacrament to take place over Wed 23<sup>rd</sup> & 30<sup>th</sup> Nov*)

A note has gone home to Year 4 students earlier this week with more details, including the Zoom code below for Thursday's first registration & information evening:

**Zoom ID:** 692 9895 6629

**Password:** 127074

**Luke Smith**

**Religious Education Coordinator**

## **School Community News**

### **Canteen News**

Welcome back to school and our Canteen service. Any new parents/grandparents who would like to volunteer for one day a month at the school Canteen would be very welcome. Please contact the office on 49 57 4922 to get a copy of the Volunteer Handbook. I can be contacted on 0447 509 968 to answer any questions you may have. Volunteering is a great way to support the school and the kids love to see you here.

**Belinda (0447 509 968)**

**Canteen Supervisor**





### **School Fees**

Please note that a school fee statement will be sent home on Tuesday 8<sup>th</sup> February. This statement will have 2021 fees only on it.

Later in the month a 2022 fee statement will be emailed out. If you have a Health Care Card, please contact the office to complete the correct form. Any questions please contact the office on 49574922 and ask for Vicki.

### **External Providers**

If your child will be seeing a provider (eg; speech, OT) this year at school, please complete the attached application form and return to school.

If you require further information, please call the office on 4957 4922

### **2022 School Photos**

School photos will be on Wednesday 23<sup>rd</sup> and Thursday 24<sup>th</sup> February. All payments must be online. See attached flyer for shoot code.

Remember to send your child in full dress uniform. Next week's newsletter will contain a list of when each class will have their photo taken. If you would like a family photo you will need to book this online.

***Vicki McSpadden***  
**Bursar**

### **Canteen Supervisor**

Holy Family Primary School at Merewether Beach are currently advertising for a Canteen Supervisor for one day a week with the possibility of increasing these hours for special events at the school that require hospitality. If this is something that may be of interest to you, you can view the advertisement here [Job - Catholic Schools Office, Diocese of Maitland-Newcastle \(mn.catholic.edu.au\)](https://www.mn.catholic.edu.au/job-catholic-schools-office-diocese-of-maitland-newcastle) or on Seek, or you can email your interest to the Principal, Ann Jackson, at [ann.jackson1@mn.catholic.edu.au](mailto:ann.jackson1@mn.catholic.edu.au). The starting date has been extended until Term 2 - 26th April.

## **Sport**

### **Regional Swimming Carnival**

Congratulations to all students who competed in the Regional Swimming Carnival at Lambton Pool yesterday. Thank you, children, for the sportsmanship you showed towards your peers and the respect you showed all teachers and helpers – a wonderful representation of our St Therese's core values and school spirit. Names of students who made it to Diocesan level will be in next week's Newsletter.





**Steve Manning**

**President**

**New Lambton Football Club Est 1917**

**Inter-District & Arnett's**

M: +61 410541160 | E: [president@newlambtonfc.com.au](mailto:president@newlambtonfc.com.au) |

[www.newlambtonfc.com.au](http://www.newlambtonfc.com.au)

Novocastrian Park, Alder Park & Regent Park New Lambton, NSW  
2305 Australia

New Lambton Football Club is the largest Club in Northern NSW with more than 1500 members. Volunteers are the lifeblood of the club and the community. Volunteers offer their time so that your children can play the game they love without recompense so please treat them with respect, dignity & fairness as our game does not happen without them.

WE PROUDLY SUPPORT GOT YOUR BACK SISTA  
SAY NO TO DOMESTIC VIOLENCE.



Registrations are open!



Our MiniRoo & InterDistrict Registrations are now open for the 2022 season!

We' are accepting all junior registrations at this time, from Under 6's to Under 18's.  
New to the Club players are welcome to register now.

We've got handy instructions, with links to Active Kids, on our website so go check those out.

<https://www.newlambtonfc.com.au/player-registrations/>

*To bring Christ and His message, in all its richness, into the hearts and lives of all.*





# St Therese's Primary 2022 School Photos

All 2022 School Photos are to be ordered online.

To view packages and to place your order please visit

[www.newcastleschoolportraits.com](http://www.newcastleschoolportraits.com)

and enter your code.

## 222464

Orders to be done before photo day to avoid late fee.

Payments can be made with any Mastercard/Visa cards.

### School Packages

Qty Ordered <input type="text"/>	<b>A Pack</b> <b>\$74</b>	 Portraits included: Colour 1-(5x7) 2-(2.5x3.5) 4-Wallets with an extra set in BW & a 8x12" Enlargement & Free low res Digital Image of individual.	 Cover, Traditional Class Photo, Composite Year Photo.
Qty Ordered <input type="text"/>	<b>B Pack</b> <b>\$52</b>	 1-(5x7) 2-(2.5x3.5) 4-Wallets with an extra set in BW & 8x12" Enlargement	 Cover, Traditional Class Photo, Composite Year Photo.
Qty Ordered <input type="text"/>	<b>C Pack</b> <b>\$45</b>	 1-(5x7) 2-(2.5x3.5) 4-Wallets	 Cover, Traditional Class Photo, Composite Year Photo.
Qty Ordered <input type="text"/>	<b>D Pack</b> <b>\$35</b>	 Traditional Class Photo, Composite Year Photo.	 Cover, Traditional Class Photo, Composite Year Photo.
Qty Ordered <input type="text"/>	<b>E Pack</b> <b>\$25</b>	 1-(5x7) 2-(2.5x3.5) 4-Wallets & low res digital image	 Cover, Traditional Class Photo, Composite Year Photo.
Qty Ordered <input type="text"/>	<b>F Pack</b> <b>\$75</b>	 Portraits included: Colour 1-(5x7) 2-(2.5x3.5) 4-Wallets with an extra set in BW & a 8x12" Enlargement & Free low res Digital Image of individual.	 Hardcover Book includes Title Page, Traditional Class Photo, Composite Class Photo, Principals Message & Autographs Page.
Qty Ordered <input type="text"/>	<b>Photo Album</b> <b>\$27</b>	 8x10" 30 Page Photo Album	 8x10" 30 Page Photo Album

Family Package are also available online but must be ordered by 9pm the night before Family photo day.

### Family Packages

Qty Ordered <input type="text"/>	<b>Family A Pack</b> <b>\$26</b>	 1-(5x7) 2-(2.5x3.5) 4-Wallets & Digital Low Res image of family
Qty Ordered <input type="text"/>	<b>Family B Pack</b> <b>\$36</b>	 1-(5x7) 2-(2.5x3.5) 4-Wallets & 8x12" Enlargement & Digital low res image of family

Newcastle School Portraits

Capturing your memories for over **30** Years

[www.newcastleschoolportraits.com](http://www.newcastleschoolportraits.com)  
21 Broadmeadow Rd, Broadmeadow 2292  
4965 4114







## 2022 SCHOOL FEE INFORMATION FORM

This form is issued per school for ALL your children enrolled in the Maitland Newcastle Diocese. The information on this form is used to raise the annual billing and apply the correct discounts and concessions.

Parents/carers are asked to complete and return this form to school/s per enrolment by **30 November 2021**.

<b>PARENT/CARER NAME/S</b>		
<b>NOMINATED PERSON RESPONSIBLE FOR SCHOOL FEES</b>		
<b>ADDRESS</b>		
<b>ACCOUNT EMAIL ADDRESS</b>		
<b>FAMILY STRUCTURE - LIST ALL CHILDREN ENROLLED IN SCHOOLS IN DIOCESE</b>		
<b>STUDENT NAME/S</b>	<b>SCHOOL NAME – STUDENT IS ATTENDING IN 2022</b>	<b>YEAR GROUP</b>
<b>INTENDED PAYMENT METHOD</b> (tick one) Payment frequency options are available to suit parents/carers with the aim of having all fees paid in full <b>by 30 November 2022</b> . If you are wishing to establish a direct debit please click <a href="#">here</a> for School Direct Debit Authority (CDF). If you are wishing to change an existing direct debit authority, please contact the school office.		
<input type="checkbox"/> Bpay	<input type="checkbox"/> Direct debit	<input type="checkbox"/> Direct over the counter at school
<b>INTENDED PAYMENT FREQUENCY</b> (tick one) School Fee Payments must commence by <b>31 March 2022</b> .		
<input type="checkbox"/> Weekly	<input type="checkbox"/> Fortnightly	<input type="checkbox"/> Monthly <input type="checkbox"/> In Full by 30/06/2022
<b>FEE CONCESSION</b> (tick one) Please contact the school office for applicable form.		
<input type="checkbox"/> Health Care Card Holder	<input type="checkbox"/> Pensioner Card Holder	
<b>DIOCESAN PASTORAL CONTRIBUTION</b> (tick one) This is a voluntary contribution to support initiatives of the Pastoral Ministries within the Diocese.		
<input type="checkbox"/> I elect to pay \$300.00	<input type="checkbox"/> I elect not to pay	<input type="checkbox"/> I wish to contribute \$
<b>FEE PAYER'S SIGNATURE</b>		<b>DATE</b>





## APPLICATION FOR A CATEGORY 5 CONTRACTOR TO PROVIDE SERVICES TO A STUDENT IN A DIOCESAN SCHOOL

<b>1. Details of responsible adult and student</b>			
1.1 Responsible adult's name			
1.2 Mobile		1.3 Email	
1.4 Relationship to student			
1.5 Student's name			
1.6 Grade			
1.7 Class teacher			
<b>2. Details of category 5 contractor and requested access</b>			
2.1 Contractor's name			
2.2 Trading or company name			
2.3 Address			
2.4 Mobile		2.5 Email	
2.6 Contracted service to be provided			
2.7 Frequency / duration	<input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Weekly <input type="checkbox"/> Fortnightly <input type="checkbox"/> Monthly    Other: _____ Start time for service: _____      Duration of service: _____		
2.8 Start date of service		2.9 Review / end date of service	

**3. Declaration and consent for the contractor to provide the contracted service to my child**

I, \_\_\_\_\_ am the responsible adult  
Name of parent / guardian  
making this application for a third-party contractor to provide a service in St Therese's Primary  
School

By signing this document, I:

- State that I have used reasonable care to ascertain that the Contractor has the appropriate qualifications, licences, certifications and professional memberships necessary to provide the contracted service to my child, as listed in section 2.6 of this application.
- State that I have used reasonable care to ascertain that the Contractor holds public liability insurance.
- Consent for the Contractor to have unsupervised access to my child for the purposes of conducting the contracted service.

I confirm that I have advised the Contractor that:

- Prior to being given access to the School, the Contractor must show their current WWCC status, using the *Service NSW* application. Being unable or refusing to do so will result in the Contractor being refused entry.
- The Contractor will be required to complete a *Safeguarding Commitment for Contractors Working with the Diocese of Maitland-Newcastle* form and submit it to the School.
- The contractor is granted access to the School for the singular purpose of providing my child the contracted service and should minimise contact with any other child.
- He/she will consult with my child's class teacher or the School leadership about any relevant information that the Contractor may have in relation to my child and will share information about my child.

Signed:

\_\_\_\_\_

Date: \_\_\_\_\_

# Emerging Minds.

National  
Workforce  
Centre for Child  
Mental Health

## Supporting children's return to school during COVID-19

### EMERGING MINDS

The return to school in 2022 is set to occur within the context of the ongoing COVID-19 pandemic. While the start of the school year can be a time of excitement and anxiousness, uncertainty during times of transition can be unsettling, both for children and the adults who support them.

Across the country, education settings are navigating how to operate and provide a safe environment for children and educators. The broader community is also continuing to adapt to rapid changes and expectations brought about by the Omicron variant.

It is natural for children, parents/caregivers and families to feel a heightened sense of anxiety during these times. While sustained periods of uncertainty can have longer term mental health impacts, there are actions you can take to support children's wellbeing. Parents/caregivers, educators and extended family can play an important role in helping children manage the feelings that come during times of uncertainty and reduce future risk of mental health concerns.

### Ways to help children

- **How you feel matters.** Children use the people around them to judge how safe situations are – when you feel safe and calm, so do your children. Being a calm presence in uncertain times is hard, but understanding your emotions and how they might be seen by your child is a great first step. If you are calm, you are showing your child you are there for them; they can rely on you to listen and to help them understand their emotions, thoughts and behaviour. If you are struggling, seek information and support from reliable sources, such as the [Raising Children Network](#) and [Emerging Minds](#).



- **Talking to children** in a calm, considered and matter of fact way, and providing them with information that they can understand, in a way that suits their age and interests, is important. It is also OK to tell children that you don't have all the answers, but that there are ways to ask for help or information from others when needed. Making space to have these conversations and letting children know that tricky things can be discussed is helpful.
- **Reassure** your child it's okay (in fact, it's normal) to feel worried or 'different' during these times.
- **Naming your child's experience** can help them to understand and process their emotions – even if their language skills are still developing, or they're non-verbal. Take time to **notice** and **describe** the thoughts, feelings and sensations you think they may be experiencing, based on your observations.
- **Remind** children of times when they have managed difficult experiences/transitions in the past – times when they have used their strengths, skills and knowledge to help them.
- **Involve children in problem-solving.** Having conversations with children and inviting them to come up with ideas to solve problems is empowering. For example, if children are feeling nervous about their first day of school, ask what they think will help them to feel OK.

The National Workforce Centre for Child Mental Health (NWC) is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program.

1 | January 2022

Visit our web hub today!

**emerging  
minds.com.au**





- **Give children opportunities** to make choices and to be in control at times. It might be choosing what t-shirt they want to wear, the filling in their sandwich, or taking charge of a new job around the house. It also helps to share the things they can do to keep themselves and those around them safe.
- **Don't just say everything is OK if it's not.** Being told things are 'fine' when their own physical and emotional experiences are telling them otherwise can affect a child's sense of trust. During times of uncertainty, explain how the people around you are working hard to keep everyone safe and make sure school can start soon.
- **Celebrate transitions.** Taking time to celebrate significant transitions and successes, big or small can help families focus on positives amid the enormous challenges of an ongoing pandemic. Having an element of fun can support everyone's wellbeing.
- **Reach out to educators.** If you are worried about your child during uncertain times, reach out to their educators to let them know about your concerns, and organise a time to talk and make a support plan together.
- **Acknowledge the situation** and talk with your child about what is happening, in a way that is appropriate for their age. These fact sheets offer tips to help you talk to your [baby, toddler, primary school-aged child](#) or [teen](#) about 'tough times' and adversity. It's OK to admit that you don't know what might happen next, but let your child know you'll be there to support them through it.
- **Foster new and old relationships.** Friendships with peers can go a long way to help children during transitions and times of uncertainty. Supportive relationships with other parents can also support children's wellbeing.
- **Be prepared for vaccination conversations.** For many children, going back to school in 2022 will involve their first COVID-19 vaccination in the weeks before school starts or early in the first school term. The topic of vaccinations is likely to come up in children's conversations at school, so it can be helpful to get ahead and have a conversation with your child before school starts – particularly if your child is still waiting for their vaccination appointment. These conversations are an opportunity to provide information which can reassure children, and to answer any questions or concerns they have before they're raised with peers. It's also an opportunity to provide children with the facts around COVID-19 vaccines and health risks, to help protect them against any misinformation or disinformation they may come across. If parents are unsure of how to

there are some helpful tips available through the [Australian Government Department of Health](#).

- **Plan for unexpected times at home.** It can be helpful to plan for times that children cannot attend their education setting unexpectedly and at short notice – for example, if they are identified as a COVID close contact. This can help both parents and children to feel prepared and therefore calm and in control, which can in turn impact positively on children when unexpected events disrupt their routines. Being prepared can also include having realistic expectations of yourself at times where you're confined to your home spaces with children and young people.



## Examples of ways to talk with your children about returning to school

### Phrases that reflect children's experiences, acknowledge and validate their emotions:

*'It's okay to feel nervous about the first day of school.'*

*'I understand that you feel disappointed that school isn't starting when we expected it to. I know that you were really looking forward to seeing your friends.'*

*'I can see that you're feeling very unsure about doing school from home. It's your first time learning from home, and first times can often feel like this.'*

*'I hear from what you are telling me that not being able to play with your older friends at school is upsetting, and you're feeling left out of their games. There are many things we have to do because of COVID that are very difficult.'*

*'A lot has changed at school since you were last there. It's frustrating that you can't go to your favourite areas of the playground now. I understand.'*

*'It sounds like you might be feeling a few different emotions about going back to school. That's very normal – there will be many kids who feel both*

*Think, Grow, Shine.*



**Uniform  
Valued at  
\$75**

**\$29** 2 Weeks Training  
& **FREE Uniform**

Ph 0411 669 669 (77 Munibung Rd Cardiff)



SYDNEY  
ACADEMY  
OF CHESS



## CHESS!!

Learn to be a chess champion! Coaching for students at St Therese's Primary School (New Lambton) is held on **Mondays** from **8:10 AM - 9:10 AM**.

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part, you can now enrol online: <https://sydneyacademyofchess.com.au/payment> and Enter the code: **YHL7LY35HR**

For all enquiries please e-mail [enrol@sydneyacademyofchess.com.au](mailto:enrol@sydneyacademyofchess.com.au) or call us on 97451170

*To bring Christ and His message, in all its richness, into the hearts and lives of all.*





# Good for kids good for life



## What makes a healthy lunch box?

A healthy lunchbox is made up of everyday foods from the five food groups – grain foods, fruit, vegetables, dairy and meat and alternatives. Eating a range of everyday foods will give your child energy to play, learn and grow.

Follow this guide for an easy everyday lunchbox:

**Crunch&Sip®:** 1 serve of fruit or vegetables

**Recess:** 1 serve of fruit or vegetables + 1-2 everyday snacks

**Lunch:** Sandwich/wrap/roll or leftovers containing everyday ingredients

**Drink:** Water

Add an **ice brick** to keep the food cool and safe



SWAP IT | Good for Kids, Good for Life ([nsw.gov.au](http://nsw.gov.au))



Health  
Hunter New England  
Local Health District

[HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
<http://www.goodforkids.nsw.gov.au/>



# Good for kids

## good for life



### Alternatives to Sandwiches

If your child doesn't like sandwiches or wants more variety in their lunchbox try these ideas:

- Try everyday meals like salads, soup, pasta or fried rice. Save leftovers from dinner to save time.
- Prepare freezer friendly lunch box items like zucchini slice or mini frittattas – ready to grab and go in the morning.
- Pack sandwich ingredients separately for your child to put together just before eating.



#### Fried Rice Salad

1. Heat oil in a large fry pan or wok over high heat.
2. Sauté diced onion, capsicum, carrot and ham.
3. Add cooked rice, corn kernels, green onions & soy sauce. Stir fry for 2-3 minutes, mixing well
4. Transfer to a bowl to cool.
5. Spoon salad into containers and top with cherry tomatoes and coriander.
6. Store in the fridge ready to be added to the lunchbox.

For full recipe and more visit:

<https://www.goodforkids.nsw.gov.au/primary-schools/swap-it/recipes/>



Health  
Hunter New England  
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au  
<http://www.goodforkids.nsw.gov.au/>



**Good for kids**  
good for life



Since 2006,  
Good for Kids - Good for Life  
has been providing support and  
professional development opportunities  
to schools in the region to improve  
children's health.

your school is invited to take part in  
**The 'PACE' Program**

Good for Kids invite your school to  
participate in the evaluation of  
a program that supports classroom teachers  
with the scheduling and delivery of  
physical activity for their classes.

If you would like to know more about this program,  
please contact Rebecca Jackson

[rebecca.jackson3@health.nsw.gov.au](mailto:rebecca.jackson3@health.nsw.gov.au)



*We acknowledge the  
traditional owners and  
custodians of the land that  
we live and work on as the  
first people of this  
country, and pay our  
respects to Elders past  
and present.*



**Health**  
Hunter New England  
Local Health District

