

Green Valley Voice

Green Valley Public School

We're here to inspire students to be the best they can be

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Issue 7 Term 2 Week 4

Monday 16th May 2022

PRINCIPAL'S REPORT

On Friday last week I was pleased and proud to be able to accept an award for a Certificate of Excellence from our Executive Director Mrs Deb Summerhayes. Mrs Summerhayes has responsibility for schools across Metropolitan South and West of Sydney.

The award is in recognition of the work of schools and their communities over the extremely challenging times we have all faced in 2020 and 2021. The award from Mrs Summerhayes is reproduced in this newsletter and will be on display in the school foyer.

One of the pleasures of being a principal is accepting recognition such as this on behalf of many people. In this case it is on behalf of the entire GVPS community. It is a privilege to lead this community and I feel very fortunate indeed.



I am glad to be able to report that this week a school based decision was made to financially support the full cost of most (and most likely all) events this year such as PSSA (normally \$70/season), excursions (usually range from \$15-\$50), visiting performers/shows (usually around \$5-\$15). We don't want any students to miss out on these educationally enriching experiences because of financial difficulties a family may be going through. We are dedicating \$100 000 of our budget this year to supporting families. Typically we usually allocate around \$10-15 000.

You do not need to apply to access these funds, they are applied to all events and this will be communicated on permission notes that go home.

Should you require support for school uniform purchase, these funds can be accessed for this purpose as well. Enquire at the office for uniform support only.

Mr B Warwick

Principal

COVID-19

Students and staff must not attend school if unwell, even with mild symptoms of COVID-19. Any person with any COVID-19 symptoms must be sent home and not return to school unless:

- they have a negative COVID-19 test result and are symptom free or
- Students who are household close contacts need to complete a RAT for 5 days. A negative test each day is required to keep going to school whilst a close contact.
- They have tested negative on a RAT or PCR. In circumstances where students or staff have other medical reasons for recurrent symptoms, a letter from their GP is sufficient to negate the requirement for a negative test.

K-2 ASSEMBLY

WHEN: 24th May

TIME: 2pm

HOSTED BY: 2P

K-6 ASSEMBLY

WHEN: 27th May

TIME: 9.10am

HOSTED BY: 3G & 3M

VACCINATIONS FOR STUDENTS

The following message is from NSW Health.

Millions of children around the world have already safely received the COVID-19 vaccine. The vaccines help protect us against serious illness and possible long-term effects from COVID-19, and also helps protect friends, family and the community by reducing the spread of the virus. Vaccinating children can help keep kids in school by reducing the likelihood of school closures and disruptions to school activities. Get your child vaxxed today: <https://www.nsw.gov.au/.../get.../vaccination-for-5-11-years-old>

Booster vaccinations are also available and recommended for anyone 16 years and older who received their second dose of the COVID-19 vaccine at least 3 months prior. For further details refer to NSW Health's Booster vaccination page.

OOPS

Due to the cold weather, we are asking parents to send a change of clothes with their child in case of toileting accidents during the day. We only have a

small amount of spare clothes that we can change students into. We would appreciate the washing and return of these clothes as soon as possible. If you do not wish to return underwear, we request a gold coin donation. Thank you for your assistance.

PSSA

Season 1 PSSA sport will commence on Friday 27th May. PSSA is played each Friday afternoon at various venues in the local area. It is for students in years 3-6. Students leave school at 12.00pm and travel by bus. Students return at 3.00pm. Training will commence in Week 5. This year the \$70 fee for PSSA entry and buses will be covered by the school. NIL COST TO FAMILIES. Season 1 sports are: Mixed Newcombeball, Mixed Netball, Boys Soccer, Girls Oz-Tag, Mixed Rugby.

P&C USED UNIFORM SALE

WHEN: Thursday 19th May
TIME: 2.55pm
WHERE: Kinder shelter
COST: \$2.00—\$5.00

Open Monday and Wednesday
8.30am – 9.00am

GVPS
UNIFORM SHOP

Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just... they miss days per year

5 mins per day = 3 days

30 mins per day = 18 days

education.nsw.gov.au

Patterns of lateness can have a serious impact on your child's education.



REJECT RACISM

ARCOs

Our commitment to anti-racism education

With your support, we do the very best we can to ensure culturally inclusive, cohesive, safe and engaging learning experiences for all our students. If at any time you find that you have a concern about racism in our school, you are encouraged to come to the school and talk with a member of staff so that your concern can be resolved. The NSW Department of Education has a Complaints Handling Policy to ensure that complaints are handled fairly. In the case of complaints relating to racism in schools, you can also contact the school Anti-Racism Contact Officers (ARCO) on telephone 9607 8710 or via email greenvalley-p.school@det.nsw.edu.au



Your ARCOs are
Mrs Scott-Glasscock and Mrs Cruz

racismnoway.com.au

ប្រសិនបើលោកអ្នកពិបាកយល់សេចក្តីដែលចុះនៅក្នុងឯកសារនេះ ឬចង់បានព័ត៌មានបន្ថែមទៀត សូមទូរស័ព្ទទៅ កិច្ចបំរើអ្នកបកប្រែភាសាតាមទូរស័ព្ទ លេខ 131 450 រួចស្នើសុំឱ្យគេទូរស័ព្ទទៅសាលារៀនជូនលោកអ្នក ។ លោកអ្នកនឹងជុំវិញរកកិត្យាករណ៍ព័ត៌មានកិច្ចបំរើនេះឡើយ
Telephone Interpreter Service 131 450

KHMER

إذا وجدت صعوبة في فهم محتويات هذه الوثيقة أو أردت الحصول على مزيد من المعلومات، فيرجى أن تتصل بخدمة الترجمة الهاتفية على الرقم 131 450 وأن تطلب منهم الاتصال هاتفياً بالمدرسة نيابةً عنك. تُقدّم لك خدمة الترجمة هذه مجاناً.
Telephone Interpreter Service 131 450

ARABIC

Nếu quý vị không hiểu tài liệu này hoặc muốn biết thêm chi tiết, xin vui lòng gọi đến Dịch vụ Thông dịch qua Điện thoại (TIS) số 131 450 và nhờ họ điện thoại đến trường.
Dịch vụ này miễn phí cho quý vị.
Telephone Interpreter Service 131 450

VIETNAMESE

ACTIVE KIDS ARE SMARTER KIDS



FRIDAY 20 MAY 2022

Until they're ten, children must always hold an adult's hand when crossing the road

WALK.COM.AU



@nationalwalksafelytoschoolday



@natwalktoschool



@natwalktoschool

#WSTSD



SUPPORTED BY THE AUSTRALIAN GOVERNMENT AND ALL STATE, TERRITORY AND LOCAL GOVERNMENTS



YEAR 6 KRISPY KREME FUNDRAISER

ORIGINAL GLAZED, BOX OF A DOZEN - \$20
ASSORTED BOX OF A DOZEN - \$25

ALL ORDERS AND FULL PAYMENT WILL NEED TO BE HANDED IN NO LATER THAN **TUESDAY 7TH JUNE (WEEK 7)**

DELIVERY DATE WILL BE WEDNESDAY 22ND JUNE (WEEK 9)



DIARY DATES

Dates are subject to change due to unforeseen circumstances. Changed dates are underlined>.

MAY

10-20 NAPLAN

18 P&C Meeting 6pm

19 P&C Second hand uniform sale

20 'Walk Safe To School Day'

24 K-2 Assembly—2P

25 National Simultaneous Storytime, 11am "Family Tree"

27 K-6 Assembly (3G&3M)

27 PSSA Season 2 Round 1

JUNE

1 Children's Parliament Workshop (LCC)

6 3-6 Assembly (SRC/Prefects) 2.10pm

7 Last day for Krispy Kreme doughnut orders

8 SRC Fundraiser 'Wear Red Day' for Redkite

13 Queen's Birthday Holiday

14 Stage 3 Rush for Gold online excursion

15 Children's Parliament Workshop (LCC)

16 ES1 Excursion

16 Stage 3 Gold Rush Day

15 Children's Parliament Workshop—LCC

20 Author visit for Refugee Week Jol Temple K-6

21 K-2 Assembly—1P

22 P&C Meeting 6pm

22 Krispy Kreme Delivery

24 K-6 Assembly—10&5/6L

JULY

1 Last day Term 2—Buzz Day Pizza/PJ Day

18 Staff Development Day

19 Students return for term 3

19-22 NSW Health dental program

26 Musica Viva - Timmy and the Breakfast Band

27 P&C Meeting 6pm

28 OC Placement test

AUGUST

3 Children's Parliament (Heckenberg CS)

5 Education Week K-6 Assembly (1P & 5/6V)

15 3-6 Assembly (SRC/Prefects) 2.10pm

18 GVPSSA Athletics Carnival

19 Premier's Reading Challenge ends

24 Children's Parliament (Heckenberg CS)

24 P&C Meeting 6pm

SEPTEMBER

2 K-6 Assembly (5/6P & KN)

7 Children's Parliament (Heckenberg CS)

12 3-6 Assembly (SRC/Prefects) 2.10pm

Before & After School Care

THESE CENTRES SERVICE OUR SCHOOL

Valley Heights Pre-School
Cnr Currawong St & Green Valley Rd
GREEN VALLEY 9826 0266

United OOSH
50 Starling St
GREEN VALLEY 98267824

Christian Elizabeth Learning Centre
299 Whitford Rd
GREEN VALLEY 9826 7338



P&C MEETING DATES 2022



TERM 2 27 April 6pm | 18 May 6pm | 22 June 6pm

TERM 3 27 July 6pm | 24 August 6pm | 21 September 6pm

TERM 4 19 October 6pm | 16 November 9am (AGM)

STAY CONNECTED WITH YOUR P&C

facebook.com/gvpssp

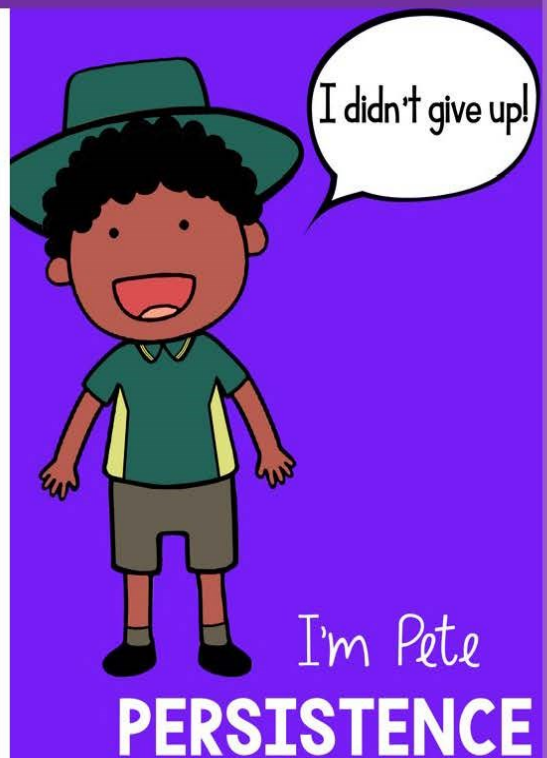
Email: greenvalleypublicschool@pandcaffiliate.org.au

* Dates & times may be subject to change

2P

CHALLENGE ACCEPTED

As part of our You Can Do It program, 2P has been learning about being **persistent** to achieve their goals. 2P learnt about persistence when they had to complete some pretty tricky tasks.



insights



Are you asking your kids to step up?

by Dr. Deborah Gilboa



We do a lot for our kids, because we love them and often they need us. But we forget that one of the best things we can do for our kids is to help them learn to do for themselves and for others.

Do you ask your kids to do chores, to help out on a regular basis? You would be surprised how many parents – who were raised doing chores – don't ask the same of their kids. If you do give them chores, do you sometimes go behind them and redo the work when they're done? Don't! If it's not done right, get your child to fix it.

When I ask why parents don't give chores or why they don't challenge their kids with hard things – and I do, all over the world – parents tell me it's because kids are too... busy! They're working their tails off on classwork, teams, clubs, groups, trying to excel at 100 different things! So adults are willing to take on every other responsibility in their lives in order to facilitate these goals. And it's hurting kids.

We drive them everywhere – fewer teens are seeking drivers' licences each year. We type their work, do their research and try to buy them anything they or we think might possibly increase their success. We solve every problem and bulldoze over every potential obstacle. And kids accept this as the natural order of things.

We are stepping in front of our kids, when in fact we should be stepping back and allowing our kids to step up.

It's sounds like tough love, but it's not. This is parenting. This is making sure that our kids, in just a few short years, don't still need us to do everything for them. Our kids know that we are expert problem-solvers. Now it's their turn to step up and learn to help themselves and others.

So how can we let kids step up? Here are a few tips you can try right now with kids of any age.

1. When your child or teen comes to you with a problem, don't fix it. Say "You're a good problem-solver. What do you think?" And then listen to the answer.
2. Expect them to fail, and talk about what they'll do when (not if) that happens.
3. Give them tasks to do that help the whole family (not only themselves) and make sure they do them, until it's done well. Be patient, but firm.

It's crucial that you take a step back and let your kids make mistakes and learn from their experiences. You aren't going to be there in adulthood to clear the obstacles they face or solve the struggles. They eventually will have to make decisions and find solutions on their own and they will be ill-prepared if they weren't allowed to make those

parenting*ideas

mistakes under supervision while you're right there to show empathy and give support!

You may be thinking "but what if there's an emergency and I have to jump in?" Well, first define emergency.

Two percent of the time, kids need an adult to jump in front of them and solve the problem. They need an adult to protect them from a life-threatening issue that overwhelms their internal resources such as when they experience bullying, mental health issues and eating disorders.

The other ninety-eight percent of the time kids need a compassionate adult to take an interest, from a distance, without fixing anything. So step back so that a child or a young person can step up and handle problems and dilemmas themselves.

You can attend our upcoming webinar, Step back so kids step up, at no cost!

About the webinar

Children and teenagers are capable of so much more than they are often given credit for. Closing the expectation gap between what adults believe kids and young adults are capable of, and allowing them to create their own solutions to the challenges they face will greatly impact their resilience, and society as a whole. In this webinar, Dr. G will outline the practicalities of doing that, and the guiding principles that will make it possible.

When

Wednesday 18 September 2019 8:00pm AEST.

Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a membership.

How parents can redeem the voucher

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-step-back-so-kids-step-up>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **STEP** and click 'Apply Coupon' (valid until 18 October 2019). Your discount of \$37 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These details are used to login to your account and access your parenting material
7. Click 'Place Order'

**Dr. Deborah Gilboa**

Internationally respected parenting and youth development expert, Deborah Gilboa, MD, is the founder of AskDrG.com. Known as Dr. G, she is an industry leading speaker, author, social influencer, and media personality. Dr. G inspires audiences with relatable stories and tools to develop life skills in children, teens and young adults ages 2-22. Connect with Dr G on Twitter, Facebook, Instagram or via her website.



GIRL GUIDES AUSTRALIA

EDENSOR PARK GIRL GUIDES

Guides enjoy cooking, craft, games, camping and lots more

Gumnuts: (5-7 years) Friday nights 7pm-9pm

Brownies: (7-10 years) Friday nights 7pm-9pm

Guides: (10-15 years) Wednesday nights 7pm-9pm

**except school holidays*

Madge Mallory Hall, Bonnyrigg Avenue, Bonnyrigg
(Across from *Bunnings*)

Phone Marie on 9607 8696 or drop in for a visit






SkoolBag

Stay up to date with important alerts
from Green Valley Public School
with the Skoolbag App.

1. Get your favourite mobile device
2. Open the App Store/Play Store
3. Search for "SkoolBag"
4. Download the free app
5. Open the app and add your school(s)



for more info visit skoolbag.com.au

SkoolBag

Red Kite fundraiser

REDKITE IS AUSTRALIA'S LEADING CHILDHOOD CANCER SUPPORT CHARITY AND HAS DIRECTLY SUPPORTED FAMILIES WITHIN OUR SCHOOL COMMUNITY GOING THROUGH DIFFICULT TIMES.

There are containers in each classroom and in the office for those who would like to donate throughout the year.

We appreciate any support from the school community.

SRC 2022



Healthy Lunch Box recipe

Zucchini muffins.



Ingredients

2 zucchinis, grated & liquid squeezed out

1 carrot, grated

125g tin corn kernels, drained

1 small red onion, finely diced

1 cup baby spinach leaves, chopped

1 cup wholemeal self-raising flour

6 eggs, beaten

1 cup reduced-fat tasty cheese, grated

Method

Preheat oven to 180°C. Line a 12-hole muffin tin with muffin liners.

Heat a non-stick frypan over medium heat and cook the onion until translucent. Allow to cool.

Place all ingredients into a large mixing bowl and mix until well combined.

Divide the mixture between the 12 muffin liners. Bake for 25 to 30 minutes or until muffins are golden and a skewer comes out clean.

For more recipes visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

COMMUNITY SPONSORSHIP

Community advertisements are at the request of the sponsor and are not necessarily an endorsement by the school of the products or services of the advertiser.

This space is available for advertising.

**The cost of an advertisement is \$50.00 per term for business card size in full colour.
If you wish to take up this offer, please contact the school office for more details.**

Christian Elizabeth Early Learning Centre

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Phone 02 9826 7338

Mobile 0466 617 774

Email christianelizabethelc@outlook.com

Web www.christianelizabethelc.com.au



**VALLEY HEIGHTS
PRESCHOOL**
Long Day Care Centre

HIGH QUALITY EARLY LEARNING EDUCATIONAL CENTRE

Before & After School Care **9826 0266**

161 Green Valley Road (Cnr Currawong Street) Green Valley 2168

- Educational School Readiness Program
- Language and Literacy
- Pre-reading and Writing
- Mathematics
- Science and Exploration
- Physical Development
- Music and Movement
- Creative Arts
- Accredited Centre
- University Trained Teachers

Our Trading hours:


Tuesday Children's: 6:00pm till 7:00pm

Adults: 7:00pm till 8:00pm

Long's Martial Arts Academy

Thursday children's: 6:00pm till 7:00pm


Adults: 7:00pm till 8:00pm



We are Active Kids Provider
Please come & Trial for two weeks Lesson for ONLY \$15
Once you join Received FREE Uniform

For More Information come & talk with us.

Green Valley Public School (Hall)
173 Green Valley Road, Green Valley NSW 2168
Call Us on: 0403 723 368





CHÙA VIÊN GIÁC

VIEN GIAC TEMPLE

www.chuaviengiag.org.au

Bhikkhuni Thích An Thiện
Abbess

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