



Tower Talk

Term 4, Week 2
16th October 2023

Tower Street Public School
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TowerStreetPS



School Enews app

Coming Events

- 17th October 2pm
PLP Celebration Afternoon
- 19th October
EHGH\$ Transition Begins
- 25th October 7pm
P & C Meeting
- 27th October
World Teacher Day
- 31st October
Bankstown Dance Festival
(Rehearsal and Performance)
- 2nd November
Reverse Garbage Incursion
- 9th November
Kindy Orientation Begins
- 20th November
Prefect Elections
- 23rd November
Sports Captain Elections

Principals Message

Welcome back to Term 4!

What a great start we've had to Term 4. It is fantastic to see students return to classrooms ready to learn after the holiday break.

Term 4 is an exciting time at school and this year will be no exception. Our staff are working hard on reviewing our School Improvement Plan and planning for our 2024 school priorities. We will be seeking input from parents and carers as we evaluate what we have achieved this year and what our next improvement areas will be.

Library News

Thank you, parents and grandparents for our beautiful new books!

Due to the huge success of our Book Fair last term, we have been able to buy a wonderful range of brilliant new books for our school library.

Thank you to our amazing families for supporting our school and encouraging our students to grow in their love of reading.

From reading near the fairy garden to book tasting in the library, it has been so lovely to see all of our new books being enjoyed!

The school only accepts **LOOP** orders on-line

SCHOLASTIC
Book Club LOOP
for Parents

Current Book Club orders due: 20.10.2023

Term Dates

- 15th December
Last day of Term 4
- 31st January
First day of Term 1



Awards

Silver

Amity
Bradley
Lawrence
Jayden
Kaia
Ellie
Angus
Nicholas
Selena

Claire
Hamza
Nevaeha
David
Maria
Annabeth
Taylor
Billy
Emilia

Samantha
Jordi
Katia
Aiden
Dawud x2
Ronan x 2
Nour x 2
Wynter x 2
Tia x 2

Gold

Dawud
Taylor
Aaliyah
Ronan
Nicholas
Kaia
Claire
Aiden
Selena

Platinum

PBL

Each fortnight we have a whole school PBL focus that we address and work on across the school. Classes complete lessons based on the PBL focus and practice the skills in the classroom, playground and at home. We include the fortnightly focus in each edition of Tower Talk so parents and carers can be included in the learning happening at school. Our whole school PBL focus for the fortnight is:

'We wear our school hats when we are in the sun.'



Courage tool – We have the courage to help our friends to be sun safe.

Caring tool - We care about how we look in our full school uniform.

- Making sure we pack our school hat in our bag in the morning.
- Making sure we pack our hat into our bags after each play session.
- Making sure we put our hats on our heads when we are playing or learning in the sun.
- Making sure our name is written in our hat.

Captain Tower is our PBL mascot and he is here to help parents / carers be involved with our PBL focus.

Here are some questions you could ask your child to help them learn and practice our PBL focus this fortnight at home and school.

Does your school hat have your name clearly written inside?



Do you have your school hat in your bag ready for school?

Why is it important to wear a school hat when in the sun?



School Bytes

New finance system – School Bytes

In the very fast paced world we live in, we understand the need for you, our parents/carers to have the flexibility to make payments outside of school hours and furthermore, the ability to receive and respond to communication at a time that best suits your needs.

As a result, we are excited to announce our school will be engaging the services of School Bytes who offers a simplified digital system for school payments and parent/carer communication. **Our school will begin using School Bytes from the Tuesday 7 November.**

Changes you can expect:

- The students **Statement of Account** and **payment reminders** will be sent directly to parents/caregivers via email.
- Emails will be sent to you from noreply@mail.schoolbytes.education
- The student's **Statement of Account** email will include the **make a payment** button that will take you to the school's online payment portal.
- If the activity involves a cost, the **make a payment** button will allow you to pay securely, quickly and easily via credit or debit card after granting permission (Visa and Mastercard only).
- Online forms including permission notes, will be sent to you directly via School Bytes with a link enclosed. Select the link to open the secure online form.
- The online form will have information about the activity with a section for a digital signature (either with a mouse or your finger) prior to submitting.

What do you need to do to prepare for the change?

- **You do need to ensure your email address and contact details up to date**, you don't want to miss critical information being sent to you.
- Monitor your inbox for communication we send to you.
- Respond to digital correspondence received via email or complete the online digital form and submit.
- Ensure emails sent to you from noreply@mail.schoolbytes.education are not marked as spam/junk in your email system.



Tell Them From Me

The Tell Them From Me Partners in Learning Parent survey is designed to measure, assess and report insights from the parent point of view at the school and system levels. The focus of this NSW survey is on student wellbeing, engagement and effective teaching practices.

We urge all parents to take part in this survey to help us with our Strategic Improvement Plan to better meet the needs of our students. We value the feedback and views of our parent body and ask that you please take the time to complete the survey. **We will share the link for this survey with our community next week.**

Students Supervision – Student Safety

A friendly reminder that our morning supervision for students does not begin until **8.30am**. **The safety of our students is our priority, so we ask that students do not arrive at school prior to this time.**



If you require your child to be supervised prior to 8.30am we encourage you to enrol your child at our Before and After school care provider, 'OSH Club'. **This service operates daily onsite and begins at 7.00am.** If you would like further information, feel free to contact OSH Club at: towerstreet@oshclub.com.au

A small number of students continue to arrive prior to the commencement of playground supervision at 8.30am. **Students should not be left unattended in our school playground prior to 8.30am. It is unsafe to leave your child unsupervised. Our school gates will now remain closed until 8.30am. We ask that families assist the school by ensuring your child is not arriving to school before 8.30am.**



Kindergarten Orientation

We are excited to be welcoming our 2024 Kindergarten students and their families to begin our Kindergarten Orientation program beginning on **Thursday 9 November from 9.15am-11am.**

If you are yet to finalise your child's enrolment for Kindergarten for 2024 or have friends or neighbours who are yet to finalise their child's enrolment please encourage them to contact the school office urgently. We are looking forward to welcoming our families!

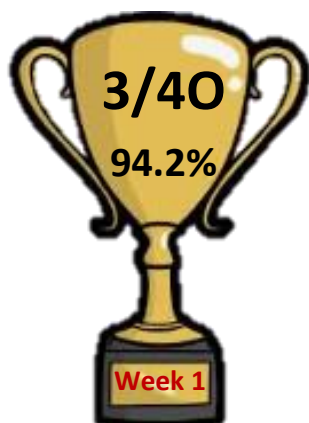
Attendance

The beginning of term is a great time to establish new morning routines to ensure children are attending school on time every day. It is important that children are attending school every day unless they are unwell. Even one or two days away from school can impact on a child's sense of belonging and disrupt learning routines.

When school days are missed due to illness or medical appointments, we ask that parents send a note explaining their child's absence on the next day of school attendance.

Thank you for valuing school attendance and working in partnership with our school.

Congratulations to this week's class with the highest attendance 3/4 Orange!



A graphic from the NSW Department of Education. At the top left, it says 'NSW Department of Education'. The main title is 'Why attendance matters' in a large, bold, dark blue font. Below the title, it says 'When your child misses school they miss important opportunities to...'. There are three circular images: the first shows a teacher and a student, the second shows two children smiling, and the third shows a teacher and students. Below each image is a small blue label: 'Learn', 'Make friends', and 'Build skills through fun'. At the bottom left is the website 'education.nsw.gov.au' and at the bottom right is the NSW Government logo.

Selective High School Applications

Here is some information regarding Selective High Schools. The process for Selective High Schools in 2025 is beginning now. **This process is open to students who are currently in Year 5.**

What are selective high schools?

Selective high schools cater for intellectually gifted students who may otherwise be without sufficient classmates of their own academic standard. Selective high schools help these students to learn by grouping them with students of similar ability and using specialised teaching methods to support the learning needs of gifted students.

Year 7 enrolments are available at:

- seventeen fully selective high schools
- twenty-five partially selective high schools
- four agricultural high schools, three of which have boarding places where students live at the school for the school term.
- one virtual secondary school, Aurora College, for students in rural and remote areas.

Key dates:

- Applications for Year 7 entry to selective high schools in 2025 open on **9 October 2023** and close on **20 November 2023** at our [Selective High Schools and Opportunity Classes Year 7 website](#).
- All candidates are required to sit the Selective High School Placement Test on **Thursday 9 May 2023**.
- Schools are not required to provide school assessment scores in 2023 but, after applications close, principals will be asked to provide additional information about applicants online.

Please visit the [Selective High Schools and Opportunity Classes website](#) for updates and complete information about the placement process.

If you would like further information regarding Selective High Schools or the application process an information booklet is available from the school office.

If you wish to make an online application for your child please use this link: [Selective High Schools and Opportunity Classes Year 7 website](#) before **20 November 2023**.



Congratulations!

Congratulations to Lawrence who was successful in gaining a position in a selective high school for 2024. Well done Lawrence!



Grandparents Day

We will be holding a Grandparents Day Picnic Lunch on **Thursday 26 October**. Grandparents are invited to join students for a picnic lunch from 1.15pm-2pm and share a story or game with their grandchildren.

Bring your own picnic lunch, picnic rug or chairs and enjoy the afternoon with your grandchildren. An invitation will be sent home this week.

Student Leaders 2024

The process to select our 2024 Student Leadership Team continues this term. Mr Probert will be coordinating the process this year. Our 2024 Student Leadership Team will include:

- Boy School Captain & Girl School Captain
- Boy Vice Captain & Girl Vice Captain
- 2 Prefects (the 2 candidates with the next highest number of votes)

Candidates will need to complete an election poster (designed through Canva at school) by **Term 4 Week 5**. These posters will be displayed at school in the lead up to the election.

Candidates will prepare and submit a 1–2-minute speech by **Term 4 Monday Week 7**. Speeches will then be presented in the hall and voting will commence immediately after the speeches.

Mrs Ambrose will announce the Student Leadership Team following the election and in preparation for initial leadership training which will begin in Term 4 Week 7. This year students from Picnic Point HS will mentor our 2024 Student Leadership Team in the final weeks of Term 4.

During a special assembly in Term 1 2024, our Student Leadership Team will be presented with their official leadership badges. Parents and carers will be invited to attend this special ceremony.

Our Student Leadership Team will have a variety of responsibilities and duties and must be reliable and enthusiastic in performing them. We look forward to the process and wish all candidates' good luck!

If you have any questions about this process, please contact Mr Probert.

Anaphylaxis Reminder

Please be aware that our school strongly discourages nut-based products coming to school in students' lunchboxes for recess or lunch. This includes **peanut butter, choc-hazelnut spread such as Nutella or any product containing nuts** such as muesli bars or trail mix. We have a number of students with **severe allergy to nuts**. We appreciate our community's cooperation and understanding in this matter. We must work together to ensure we provide a safe environment for **all** students.

School Canteen Update

The process to engage a new canteen operator is being processed by the Department of Education. As soon as this process is complete I will share this information with the school community.

I appreciate your patience as this process is being finalised.

P&C NEWS

P&C Meeting

The last P&C meeting was held online via Teams on **Wednesday 13 September**. Thank you to all the parents and carers that were able to attend the meeting. Meeting Minutes from this meeting will be shared soon via the Enews App.

The next P&C Meeting is scheduled for **Wednesday 25 October at 7pm** and will be held online via Teams. Everyone is welcome to attend this meeting.

Student Parliament News

Birthday Buckets



Have you seen the weather forecast for the next few weeks? It is going to be so hot, and Year 6 know the perfect way to keep you cool!

Order a Birthday Bucket and be spoilt with a card, stickers, a birthday song and a Quelch ice block to share with your classmates and teacher as you celebrate turning a year older.

Order your \$20 Birthday Bucket at the office. We can't wait to surprise you with your special birthday delivery.

Year 6

Got It Program & Parent Information Session



Got It! will be running a 'Raising Emotionally Intelligent Children' seminar, for all parents and carers of children at Tower Street Public School.

This seminar will cover:

- Child brain development and how it effects emotions and behaviours.
- Emotional intelligence
- Styles of responding to children's emotions
- Emotion coaching – how to do it and practice

The Proposed Date: **Tuesday, 7th November (Week 5).**

An expression of interest form will be shared with parents/carers with 3 timeslots options 9-11am, 1pm-3pm or 3.15pm-5pm. Please select the option that would work best for you – the timeslot that most parents are able to attend will be finalised as the session time.



Got It!

Getting on Track in Time Program



What has happened so far at Tower Street Public School?

Following the screening of K-3 children during Term 3 that many of you participated in, the Got It! team has valued the opportunity to talk with parents about their hopes and concerns. For some families these conversations have led to an invitation to participate in our Term 4 program. For some families it has resulted in information being provided about resources, programs and services that may be of assistance or being linked in with the school for follow up.

What is happening this term?

Our small group program, CARE2Kids, is now running each Tuesday during Term 4. The group facilitators will be clinicians Dora, Emma, Haylie, Carli and Jesseca.

The Got It! team will be sharing information and resources during Term 4 to support child and family wellbeing.

Whilst we were only able to invite a small number of families to participate in our group program, all families are welcome to contact the Got It! Team with questions they may have about the program or content of the newsletters.

Who are we again?

Got It! is a social and emotional wellbeing program that works with schools and families to help children to understand and manage their emotions and behaviours.

The Got It! team is part of the South West Sydney Local Health District Mental Health service and the program is delivered in partnership with the NSW Department of Education.

Contact us!

Swsld-gotit@health.nsw.gov.au

(02) 4621 5000



Health
South Western Sydney
Local Health District

SLEEP HYGIENE

Why is sleep important?

Sleep restores children physically. It helps them learn and remember things, and it boosts immunity to help them stay healthy. Sleep also helps children's development and growth. For example, because children's bodies produce growth hormone when they're asleep, they often need more sleep at times of rapid growth. It is important for children of all ages to regularly get enough sleep so they can play, learn and concentrate during the day.



Sleep recommendations based on age

As children get older they need less sleep, and everybody has different sleep needs. You may be able to tell when your child has not had enough sleep by their mood, behaviour and ability to concentrate. The advice in the table below is only a guide and was retrieved from the Sleep Health Foundation.

Age	Recommended	May be Appropriate	Not Recommended
Newborns 0-3 Months	14 - 17 hours	11 - 13 hours 18-19 hours	Less than 11 hours More than 19 hours
Infants 4-11 months	12 - 15 hours	10 - 11 hours 16 - 18 hours	Less than 10 hours More than 18 hours
Toddlers 1-2 years	11 - 14 hours	9 - 10 hours 15 - 16 hours	Less than 9 hours More than 16 hours
Preschoolers 3-5 years	13 - 13 hours	8 - 9 hours 14 hours	Less than 8 hours More than 14 hours
School-aged Children 6-13 years	9 - 11 hours	7 - 8 hours 12 hours	Less than 7 hours More than 12 hours

Strategies to Help Your Child Sleep Better

Avoid screen time one hour before bed and keep screens out of the bedroom. Blue light from screens might suppress melatonin levels and delay sleepiness.

Have a consistent bedtime routine to make bedtime predictable. Include time to relax and connect with your child, for example, reading a book together.

Keep regular sleep and wake times as it will help your child understand when it is time for sleep.

No caffeine or sugary drinks in the evening.

Daily exercise and time outside helps promote good sleep.

Keep older children's naps early during the day and short.

If your child is checking the time often, move the clock to a spot where they can't see it from bed to help reduce anxiety.

It's harder to sleep if hungry or too full. Avoid heavy meals within 1-2 hours of going to bed.

Help your child to feel safe at night.

If your child is scared of the dark, acknowledge their feelings and reassure they are safe and you are nearby. A nightlight may help.

Avoid scary media (TV, YouTube, games), particularly before bed.

Which strategy could you put into practice for your child?

It is always a good idea to praise your child when you notice that they are trying to make changes to sleep patterns or trying a new routine. Difficulties sleeping can really impact on your child's mood and emotional wellbeing during the day so if your child has persistent difficulties sleeping, seek help from your General Practitioner.

Helpful Websites:

Sleep Health Foundation sleephealthfoundation.org.au

Raising Children Network raisingchildren.net.au

Adapted from 'Sleep tips for children' via <https://www.sleephealthfoundation.org.au/sleep-tips-for-children.html> and 'How to sleep better: 10 tips for children' via <https://raisingchildren.net.au/toddlers/sleep/better-sleep-settling/sleep-better-tips>

Email: SWSLHD-gotit@health.nsw.gov.au

Phone: 4621 5000



Health
South Western Sydney
Local Health District



This week we officially launch Year 6's newest fundraiser 'THE BIRTHDAY BUCKET!!'

Fundraising that helps Year 6 students and you!

BIRTHDAY BUCKETS!

1x Quelch ice block for everyone in your class.

A birthday card from your teacher and classmates.



\$20

A Happy Birthday balloon and sticker for you to keep.

A special birthday song and dance for you, performed by Year 6

Place your **order at the front office or online a week prior** to your child's birthday for an exciting delivery of a Birthday Bucket to your child's classroom so he/she can celebrate with classmates.

NOTE: Advance booking is required- last minute orders will not be accepted.

Birthday Bucket Order

Name: _____ Class: _____

Date of Birthday Bucket Delivery: _____

\$20 cash is enclosed

\$20 payment has been paid online. Receipt Number: _____

Signed: _____ Date: _____