



Rosehill Public School Newsletter

Term 1 – Week 7 March 10, 2023

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From the Principal

School Times

Before School

Staff members are rostered on duty from 8:30am. Before this time there is no formal supervision. Students should not arrive at school before that time. School starts at 8.55am, please ensure your child arrives on time.

After School

Please ensure that students are collected promptly at the end of the school day.

Building Resilience- Kids Matter

Resilience is the ability to cope with life's ups and downs and bounce back from adversity. Viewed from this angle, typical life challenges can also be viewed as opportunities to learn about oneself and to grow as a person. There is evidence that resilience can be taught – just like training to strengthen muscles or gain new technical skills. Given its potential to improve children's short and long-term outcomes, building resilience is a topic of great interest and debate for researchers, practitioners who work with children and parents. Children who experience difficult emotions and come to terms with the complexities of life are richer for the experience. This is a reassuring message, because parents won't always be able to protect their growing children from disappointment.

This is not the same as stepping back and telling children to simply "get over it," especially when some children face so much hardship that caring adults are unable to protect them, or the situation is out of their control. During these times, children have a fundamental need to express the range of emotions (sadness, anger, worry), and to have these emotions validated. At these times, resilience can mean that a caring adult may help a child to better make sense of the world around them, connect with people, and even seek out support when they experience difficulties.

Good problem-solving skills and the ability to work towards realistic goals also gives children a feeling of control over their lives and a sense of positive self-worth.

Someone who is resilient and has positive mental health and wellbeing will be able to:

- learn from their experiences and grow
- have good relationships with others
- be capable of managing their own emotions and express empathy for others
- have good communication skills
- have good problem-solving skills

- set realistic but rewarding goals and actively work towards them.

These resilience characteristics contribute to positive mental health and wellbeing and reduce the risk of social or emotional problems later in childhood. There is also emerging evidence to suggest that resilient children are more likely to achieve academic success.

Have a great weekend.

Mr T. D'Amore
Principal

Our Preschool News

Holi Celebrations – Week 7

Holi is a popular ancient Hindu festival, also known as the 'Festival of Love' and the 'Festival of Colours'. It is celebrated by many of our preschool children and families.



This week, we celebrated Holi at preschool. Holi is a popular Hindu celebration that is widely enjoyed within our preschool community and is known as the Festival of Colours. To celebrate, everyone plays and chases each other with colourful powders and water.

The children helped to make coloured powders for the celebration using flour and food colouring in mortars and pestles. There were many amazed and awestruck comments from the children about the changes to the colour of the powder and their excitement for the upcoming celebration.

Our educators used the powders we made to spread colour on us in recognition of Holi. We all danced along to music and had a colour party outside!

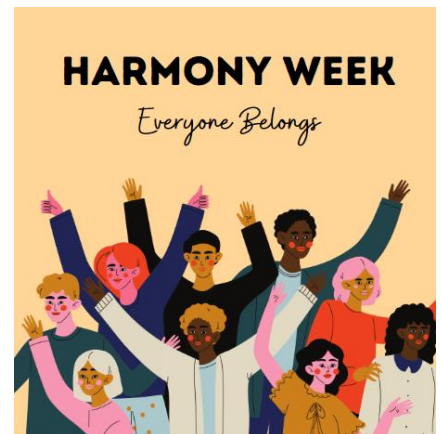
At Rosehill Preschool, we recognise that diversity contributes to the richness of our society and provides a valued evidence base about ways of knowing and being.



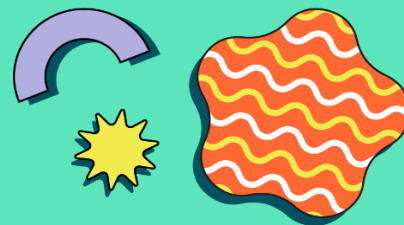
Harmony Week – Week 9

Harmony week is a celebration of harmony amongst diversity. We will be celebrating the cultures of the children and educators at preschool. The children will develop respect for differences and become aware of different ways of thinking and being, with a special focus on Aboriginal and Torres Strait Islander cultures and perspectives.

Please send your child to preschool in traditional cultural dress or in orange on Tuesday 21st March and Thursday 23rd March.



Newsletter



G'day friends and families,

I just wanted to give you all a quick update about Your OSHC. Here at Rosehill School, my name is Anthony and I have recently started here as your new service manager.

My first order of business was to tidy up the OSHC space and work with the children to create an immersive, fun and bright place to learn and grow in. This is now well underway and I'm now working towards stage 2 of the OSHC refresh including the recruitment of permanent educators for our service and setting daily routines and amazing experiences! Stage 3 will be a renewed programming experience followed by a menu overhaul in stage 4 (due for completion by term 2.)

I would love to hear any feedback or suggestions you have and I can be reached at nswrosehillps@oshccampaustralia.com.au or text/call [0452 247 733](tel:0452247733) I will also be fully available in the OSHC office from 9:30-11:30 Mondays and from 12:30-2:30 Thursdays so feel free to drop in and say hi ☺

***School holiday Rocketeers bookings are now live, register**

quick to avoid missing out* (April 19th Sydney Zoo excursion is nearly fully booked)

Visit <https://campaustralia.com.au/schools/634C> to view more info and to book sessions.

Stay tuned for further updates including educator profiles!

Activities snapshot

- Handball Championships 13th – 17th March
- Gardening Club
- Cooking Classes
- Cricket Sessions
- Arts & Crafts
- Homework Help
- Talent Quest

What's on the menu

- Veggie Rice Paper Rolls
- Tomato and Veg Noodles
- Fresh Fruit Platters
- Mexican Pizza
- Banana Oat Muffins
- Cereal Bar
- Fresh Veggie Plates



Anthony

Service Manager

Anthony joins the team with many years of management experience and youth disability support work experience.

Anthony attended OSHC and Vacation care in his younger years and has fond memories of the amazing educators and fun times he had, Anthony is now committed to shaping our service to be the best place for children to learn, grow, and play before and after school. *"I love to cook, listen to and perform music, learn new subjects and go camping on long weekends, I look forward to our OSHC journey together!"*

Visit our blog

New articles are added each week for parents and cover various topics to help families.

[Visit our blog](#)

RPS Community Corner

Road Safety – Keeping our kids safe around schools.

To improve road safety around RPS, our community members need to familiarize themselves with parking restrictions around our school and teach children to be safe around traffic.

Please note these important points during Drop-Offs and Pick-Ups,

PEDESTRIAN SAFETY

Always check that it is safe before you cross the road, looking both ways. Where available, always use the Pedestrian Crossing and hold your child's hand when crossing the road.



SCHOOL ZONE SPEED LIMIT

Slow Down for children - Motorists must drive no faster than 40 km/h through school zones. Increased fines and demerit points apply for school zone offences, with use of mobile phones and speeding among those included.



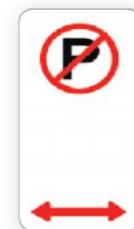
NO STOPPING

You cannot stop in this area for any reason. You are not allowed to stop or park in or partly in this area. Dropping off and picking up of passengers or goods in a 'no stopping' area is not permitted.



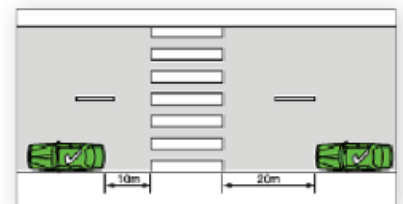
NO PARKING

You can stop in a NO PARKING zone for a maximum of two minutes to drop off and pick up passengers. You must stay within three meters of your vehicle at all times.



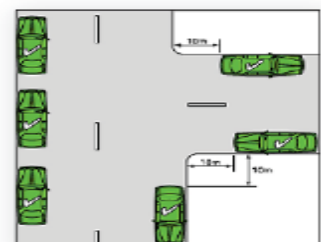
PEDESTRIAN CROSSING

You must not park your vehicle within 20 meters before pedestrian crossing or 10 meters after a pedestrian crossing unless there is a control sign permitting parking.



INTERSECTION

You must not stop within 10 meters of an intersection.



Double Parking

You may not stop on the road adjacent to another vehicle at any time even to drop off or pick up passengers.



Helmets and Safety on wheels

Your child must wear a helmet when riding a bike, scooter- skateboard. The helmet should be well fitted and secured at all times.

Fines and demerit points

Please visit this link for more information:

[Schools - Staying safe - NSW Centre for Road Safety](#)



Jaya Samtani
Community Liaison Officer

This is a paid advertisement. The school does not endorse the services or products mentioned. Some providers lease spaces in the school, but their services / products are not a part of the operation of the school. The school cannot guarantee the quality of any of the services as they are private providers-please deal with them directly.

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