



Welcome to this week's school newsletter! We're excited to share highlights, celebrate achievements, and keep you up to date with all that's been happening in our school community.

Stage 3 Camp: Adventures, Challenges and Memories

In Week 3, our Year 5 and Year 6 students had an amazing time on their two-night camp at the Berry Sport and Recreation Centre. Throughout the camp, the students participated in a range of fun activities that helped them stay active and learn important skills such as teamwork, leadership, resilience, and independence. It was wonderful to see them deepen and build friendships and create lifelong memories together.

Water Dragons



Echidnas



Eden

Kayaking was one of my favourite activities because I got to spend time with my friends and it was really fun playing all the games. The personal skill that we learnt while we were kayaking was teamwork because we had to work as a team to paddle our kayak. It was a bit challenging to turn left, right and to paddle at the same time but we got through it and at the end of the day I felt like a professional kayaker.

Putra

My favourite activity was probably the cook out where we got to cook damper dough over a fire which we had to start from scratch instead of using a matchstick to start the fire.

Aaditya

My favourite activity at camp was kayaking. We got to paddle around and play games at random stops with Baz. There were water dragons in the trees and the rocks. We had fruit breaks after the games were finished. I also learnt that making a fire is easier than it looks with the flint and steel and teamwork in kayaking to go faster and win and not crash.

James

My favourite part of camp was mountain biking. There were kangaroos on the track and there was a baby kangaroo and there also were obstacles to go on.

Edward

Mountain bike riding was my favourite because I already know how to ride a bike and when I was riding around it felt majestic when the breeze blew past me. I built up my confidence when I was riding on the bike and felt cool when I went past some people and I even caught up with Baz, our instructor and I also said hi to him.

Bo

Berry, a camp where you try new things, was super fun and the activity I enjoyed the most was kayaking. For kayaking we had to get into pairs and use paddles to sail over the murky river water. At first, I was nervous to go kayaking but it turned out to be one of the funnest and funniest experiences during camp. We played games, ate fruit, and some people even saw water dragons! With kayaking we had to work with a partner. It was hard to be in sync with her but eventually we learnt how to work together as a team. Kayaking was a great experience that I loved a lot.

Oliver

My favourite part of camp was canoeing, when we got into the water we had to slowly paddle in the middle of the river. When you canoe you need to have communication skills, teamwork and you need to steer a lot. Our group was having a race against this other group to see who could get back first and we decided to name our group Lewis Hamilton and the other group Max Verstappen. Our group won!

Kayaking/Canoeing



Mountain Biking



Cookout



Archery Tag



Photo Challenge



CWPSSA District Athletics Carnival

Despite the wet and cold weather, the CWPSSA District Athletics Carnival was a successful day of competition! From track races to field events, each participant gave their best. Congratulations to all our competitors who participated and thank you to our families for embracing the weather and cheering them on from the stands!

2025 District Athletics Competitors:

Shawn

Abdulrahman N

Ethan B

Caitlin

Siena

Cheyenne

Sasha

Winshar

Pele

Melek

Lola

Muhammad N

Isaac T

Felix

Hayley

Lilo

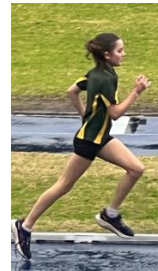
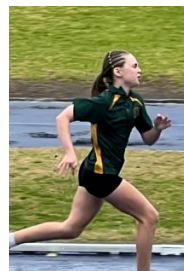
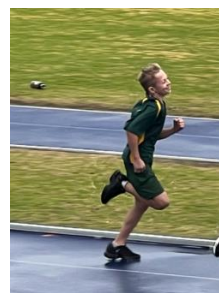
Kai K

James

Leni

Sadie

Bo



Ganugan News

Cooking fun in our Ganugan with Year 4 – This week we prepared, cooked and ate broccoli, kale and spinach.



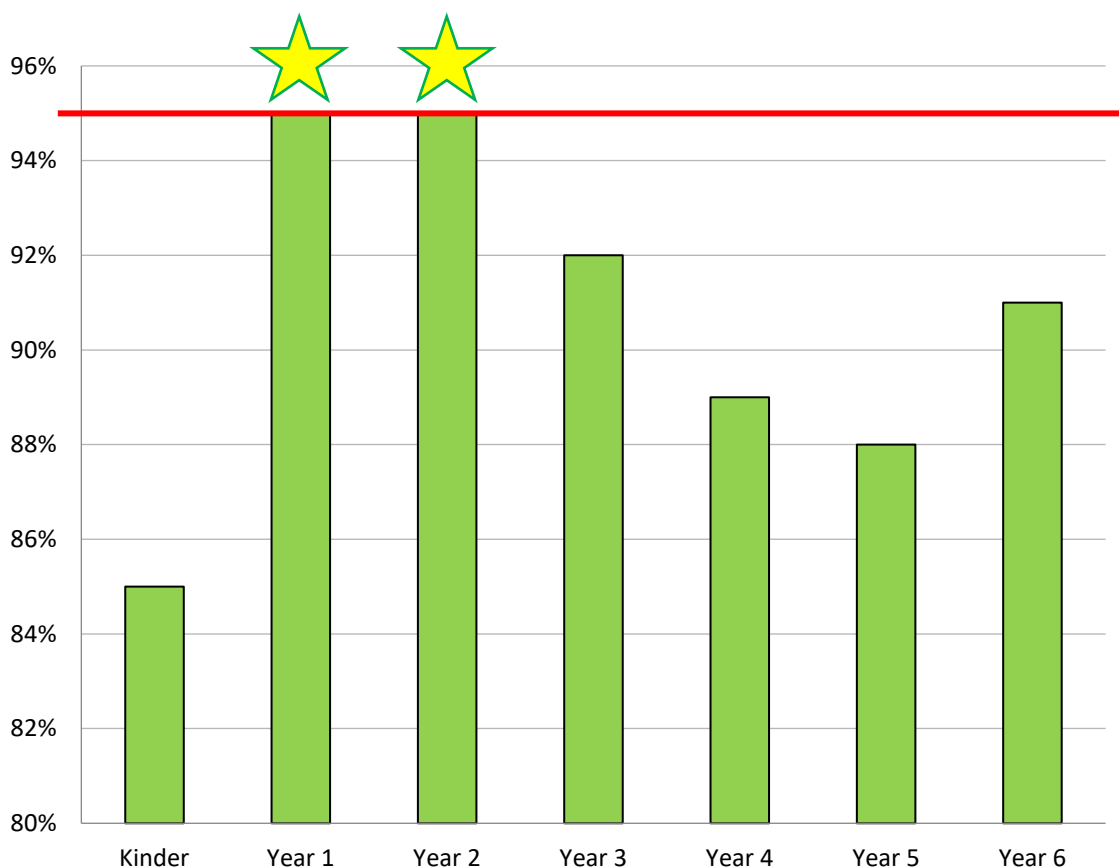
Attendance – Every day counts!

We are almost mid term everyone! Let's see if we can meet our 95% target more often this term.

Please remember though, that for the safety and wellbeing of others, please keep your child at home if they are unwell. You can ring us to let us know or respond to your SMS message. If your child is absent for more than two days due to illness, please provide a medical certificate on their return to school.

The attendance graph below is for the period 31 July – 13 August 2025. The red line is the NSW Department of Education's expected 95% attendance marker.

Congratulations, Year 1 and 2 - 95% attendance!



Here are three tips to support regular school attendance and respond when child says they don't want to go to school:

1. Stay calm, listen, and validate - but keep the routine.

When your child says they don't want to go, acknowledge their feelings ("It sounds like something's hard today") but stick to the routine. Predictable structure helps reduce anxiety and builds trust.

2. Focus on connection instead of consequences.

Avoid threats or lectures. Instead, ask gentle questions to find out what's going on and work together on small solutions - like arriving a bit earlier to feel settled. Children are more likely to attend when they feel safe and connected.

3. Celebrate effort, not just attendance.

Praise small wins like "You got out of bed even when it was hard" or "You walked through the gate today." This builds your child's confidence and resilience over time.


Coming events

Week 5 - Book Week!	Week 6	Week 7
<ul style="list-style-type: none"> ● Mobile Dental Bus K-6 Monday 18 August – Wednesday 22 August ● Tuesday 19 August: 9 – 11am: Playgroup ● Wednesday 20 August: Spelling Bee final ● Wednesday 20 August: Responsible Pet Program (K-2) ● Thursday 21 August 10:15am: Book Week Parade and BYO Picnic Lunch (families welcome) ● Thursday 21 August 10:45 – 11:45am and 2:30 – 3:30pm: P&C 2nd hand book stall for families (Library) ● Friday 22 August 8:30 – 9:30am: P&C 2nd hand book stall for families (Library); Zoomers puppet show (K-2) 11:45 – 1:15pm and Marella Baez illustrator visit (3-6) 9:55 – 10:55am. 	<ul style="list-style-type: none"> ● Monday 25 August – Friday 29 August: Check in Assessment Years 3-6 ● Monday 25 August - Wednesday 27 August: Mobile Dental Bus ● Tuesday 26 August 9 – 11am: Playgroup 	<ul style="list-style-type: none"> ● Monday 1 September 7- 8 pm: P&C Meeting ● Tuesday 2 September 9 – 11am: Playgroup ● Tuesday 2 September 9 – 11am: Father's Day stall ● Thursday 4 September: P&C Pie Drive delivery. Pick up from the hall.

For your diary

What is due?

What is overdue?

<ul style="list-style-type: none"> ● Monday 8 September 2:15pm: Whole school assembly – Year 4 (Acacia 2) class item; parents welcome ● Wednesday 17 September: P&C Disco. K-2: 4.30 -5.30pm. Year 3 -6: 6-7 pm. Library. 	<ul style="list-style-type: none"> ● Monday 18 August: P&C Pie Drive orders ● Book week payment and permission notes 	<ul style="list-style-type: none"> ● There are no items currently due 
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Mrs Sarah Martin
Relieving Principal

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Facebook: www.facebook.com/ConistonPS

Public Education Week

Public Education Week is an annual celebration of NSW public education and the achievements of our schools, teachers and students. This year's theme was Ignite Your Potential.

This year the achievements of Mrs Sarah Martin, our relieving Principal, were recognised when she was named one of five finalists for the **Secretary's Award for Diversity, Inclusion, and Belonging**.



This award recognised her commitment to inclusion and equity driven practices, which is something Mrs Martin strives to do every day. She's led initiatives that build staff capacity in understanding neurodivergence, disability, and trauma-informed practice, and helped shift school cultures by supporting teams to make learning accessible and empowering for all students.

A huge congratulations to Mrs Martin on this wonderful achievement.

Our school came alive with celebrations for Education Week, centred on the theme **"Igniting Potential."** Students took part in activities that showcased their creativity, curiosity, and commitment to learning, reminding us that every spark of effort can grow into something remarkable. While we know not all parents and carers could join us on site, we value the way you continue to fuel that potential from home - through your encouragement, conversations and support of your child's learning journey. Together, we're lighting the path for every student to shine.

Mrs Nadine Risi
Assistant Principal Curriculum and Instruction



Book Week



We will be celebrating Book Week in Week 5 this term and everyone is feeling excited!

The 2025 theme 'Book An Adventure' encourages readers to explore the exciting worlds within books, much like embarking on a real-life adventure. It invites students to see stories as journeys of discovery, bravery, and imagination.

Book Week at Coniston PS is going to be a busy time with a book character dress up parade followed by a parents and families picnic lunch in our playground. Our P&C are holding a second hand book sale in the library with lots of beautiful pre-loved children's books to buy along with bookmarks and surprises too. Our younger students in Years K-2 are going to be entertained by a visiting puppet show entertainer and a graphic novel illustrator is coming to present an exciting workshop to our 3-6 students!

Please join us at school during Book Week for all the fun!

Thursday 21 August

- Book Character Dress Up Parade in the school COLA area starting at 10.15am.
- Students are encouraged to dress up as their favourite book character or as something to support the 2025 theme 'Book an Adventure'.
- All parents are invited to join us and watch our fun filled dress up parade. Prizes will be awarded to reward students for consistent borrowing of library books. One student per class will receive a prize in our Borrower's Raffle Draw!
- BYO Picnic lunch after the parade until from 10.55am to 11.45am. Please share lunch time with us! Bring a picnic rug, some lunch and yummy treats to share with your children.
- P&C second-hand Book Sale will be open in the library at 10.55 am – 11.45 am and 2.30pm – 3.30 pm.

Friday 22 August

- Puppet Show for K-2 students. A permission note requesting payment has been sent home. Please return it to school by **Monday 18 August**.
- Illustrator workshop for 3-6 students. A permission note requesting payment has been sent home. Please return it to school by Monday 18 August.
- P&C Second Hand Book Sale will be open in the library from 8.30am – 9.30am.

Looking forward to a great Book Week!

Mrs Smith
Teacher Librarian





Book Week Celebrations Coniston Public School Term 3 Week 5

Book week will be celebrated at Coniston PS this term and we are looking forward to a magical time of fun celebrations!

Parents and community please join us for our Dress Up Parade and P and C 2nd Hand Book Sale .

Looking forward to a fun Book Week!

Mrs Smith – Teacher Librarian

Book Character Dress Up Parade

Students are encouraged to dress up as their favourite book character for a fun-filled parade.

Thursday 21 August

10.15am

Where: COLA

Parents/carers please
Join us for our parade
and stay for a picnic lunch!
picnic lunch!
P&C



P and C 2nd Hand Book Sale in the library

Shopping Times:

Thursday 21 August

10.45 am – 11.45 am

2.30 pm – 3.30 pm

Friday 22 August

8.30 am – 9.30 am

Visiting Illustrator – Marcelo Baez for Years 3 - 6

Graphic novel illustrator Marcelo Baez will visit our 3 – 6 students to present an exciting workshop. The workshop will be on Friday 22 August. The cost will be \$ 11 per student.

Please return note and money by Monday 18 August.



Puppet Show Workshops for Years K - 2

Julie Zommers is going to visit

our school to present her

puppet show and workshop

to our students in K-2. It will

be on Friday 22 August.

The cost will be \$11 per student.



Please return money and note by Monday 18 August.

Borrower's Prize Draw

This competition is to reward regular borrowing from the school library.

Each week when a student borrows a book/s they will receive a ticket in the draw. One winner for each class will be drawn at the Book Parade and a prize awarded.



HPAG class

Clean Energy Sparks Bright Ideas Across the Illawarra

A new kind of energy is lighting up dinner table conversations across the Illawarra and it's coming from our Year 5 HPAG EXTEND students who are currently taking part in a new STEM Sprint that aims to inspire future clean energy innovators by exploring real-world problems and challenges we face with rapidly increasing energy demands and a direct need for sustainable sources.

Thanks to the support of BlueScope WIN Community Partners, Green Gravity, and Inside Industry, students participated in the Clean Energy Tour, touring the steelworks to better understand renewable energy innovations taking place and those planned for the future. Back at the visitor's centre students were getting hands-on with solar panels, hydrogen fuel cells, saltwater electrolyzers, wind turbines,

Students will use what they've learned to design and test their own clean energy solutions, leading up to the Innovate for Impact Showcase, where teams will pitch ideas to local industry mentors. It is a fantastic opportunity to grow young minds, spark big ideas, and show students they really can help shape the future. We can't wait to see what they come up with!

Mr Russ Taunton (IAST) & Ms Erin Lam (HPAG Extend)

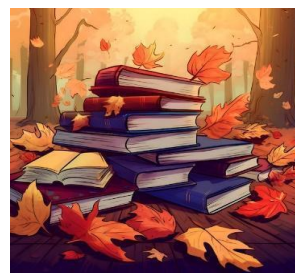


P&C News

Future events

Term 3:

- **Second hand children's book fair** – keep collecting your good quality pre-loved children's books ready to donate to the P&C's book sale. The book sale will be held on **21 – 22 August** to coincide with the school's Book Week parade (Thursday 21 August 10.15am). Books will be for sale on Thursday 21/8 from 10:55 - 11:45am (BYO Picnic Lunch time) and 2:30 – 3:30pm. Books will again be for sale on Friday 22/8 from 8:30 – 9:30am. We will need volunteers to set up on Wednesday 20/8 and to sell books at the indicated times. We hope you can assist by donating and/or working at the book sale.
- **Father's Day Stall** Tuesday 2 September (new date). Volunteers will be needed to set up and sell.



- **Pie Drive** – orders are due by Wed 20 August and will be delivered on 4 September. Volunteers will be needed to process the orders and distribute the pies.
- **Disco** in the Library Wednesday 17 September: K - 2 4:30 – 5:30pm and Years 3 – 6 6 – 7pm. The school staff run the disco, and the P&C will provide the students with a drink and snack as they leave. There is no cost for the disco – it's a gift from the P&C to say thank you!



Term 4:

- **Fun Run** Friday 7 November - more information to come
- **Celebration Day** Wednesday 17 December – volunteers needed to distribute the ice creams – more information to come

Next P&C Meeting: Monday 1 September 2025, 7pm in the school library

Lunchbox ideas

Cool lunchboxes

An insulated lunchbox with an ice brick can keep the lunchbox 12°C cooler and the lunchbox foods safe.

Try adding a frozen:

- Water bottle
- Plain milk popper
- Reduced fat yoghurt

Frozen reduced fat yoghurt pouch

Frozen ice brick

Frozen plain milk popper

Frozen reduced fat yoghurt tub

Playgroup

Communities & Justice

PLAYGROUP

Multicultural Supported Groups

مجموعات اللعب المدعومة متعددة الثقافات
လူမျိုးပေါင်းစုံ ကလေးကစားပွဲခင်း
Muhimu Watoto Dada Kikundi

FREE
Welcome
to ALL!

<p>Mondays 9:30 AM-11:30 AM</p>	<p>IMS Office - Level 1, 67-69 Market St, Wollongong</p>
<p>Tuesdays 9:00 AM-11:00 AM</p>	<p>Coniston Public School 123 Auburn St, Coniston</p>
<p>Thursdays 10:00 AM-12:00 PM</p>	<p>Wollongong West Public School 442 Crown St, Wollongong</p>

ALL WELCOME!

Contact Paulina to register your interest
Mobile: 0431 123 389
Email: ppesavento@ims.org.au

*The groups are run in English

www.ims.org.au | info@ims.org.au | 02 4229 6855

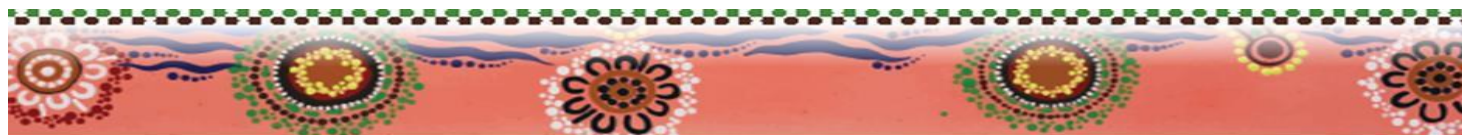
www.facebook.com/ims.org.au
www.instagram.com/illawarramulticulturalservices

NSW Health Primary School Dental Program

NSW Health is working with the Department of Education and public primary schools to offer FREE dental check-ups and preventive care, to all students as part of a school-based mobile dental program. Our school has been selected to participate in this program and the Dental Bus will be at our school from 18-27 August. Attached is an information sheet with more details about this program.

Your child will have brought home the information and consent package with all the details and forms you need to complete. **If you haven't already done so, please return forms to the office.**

Interpreters are available to help you complete the forms if needed.



NSW Health Primary School Dental Program

NSW Health is working with the Department of Education and public primary schools to offer FREE dental check-ups and preventive care, to all students as part of a school-based mobile dental program. Our school has been selected to participate the program.

Many parents may not realise two important things about their children's teeth:

1. Good oral health is essential for children to successfully learn and participate at school, and
2. NSW Health offers free public dental health services to all children under 18 years of age.

Learning and behaviour difficulties at school can start with tooth and gum problems. That's because decay and gum disease can cause pain and difficulties in eating, sleeping, talking, concentrating, and learning, which can in turn affect a child's behaviour in class. A child with tooth decay may feel self-conscious about the way their teeth look and feel, making it harder for them to join in class and social activities.

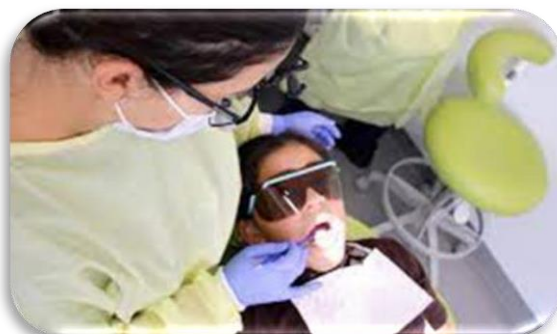
Our school is participating in the program and offering students the opportunity to have FREE dental check-ups in a comfortable and familiar environment at school. With a parent/carers consent, students can receive a FREE dental check-up and free preventive care.

The program is scheduled to visit our school from 18/08/2025 to 27/08/2025

A Parent Information and Consent Pack will be sent home with each student, and includes information sheets, consent forms and the program privacy statement. Parents/carers who want their child to receive care are advised to:

1. Read all the information provided in the pack
2. Carefully complete all the fields of the consent forms
3. Return the consent forms to the school as soon as possible

More information about the program or how to access public dental clinics is available on the NSW Health website at <https://www.health.nsw.gov.au/oralhealth/primaryschool dental/Pages/default.aspx>



What's On in Term 3

Find out
more



Every Friday

Big Art Fridays

On Fridays, we **pARTy**



August 1 - 29

Big Art Comp

We're creating a storybook... and you could have your story published!



Special thanks to
AUSTRALIAN LITERACY & NUMERACY FOUNDATION

August 11 - 15

National Science Week

Featuring out of this world science & LEGO® activities!



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August 18 - 22

Book Week

Book an adventure!



After School Care

 Fun Activities
 Social Interaction
 Yummy Snacks

Every school day in Term 3!



September 2

Free webinar for families

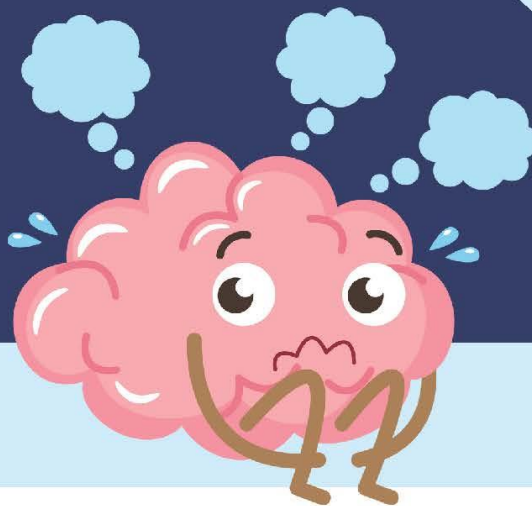
How to be a connected parent
with Lael Stone



Live Life Well @ School

FOR
PARENTS

Small Steps Childhood Anxiety Seminar



Are you noticing your child experiencing anxiety?

Illawarra Shoalhaven Local Health District in partnership with Wayahead are offering two free seminars for parents and carers of primary school aged children.

- ✓ Learn about childhood anxiety and how it affects children.
- ✓ Understand the anxiety cycle and why it can become a problem.
- ✓ Discover practical strategies to support your child through anxiety.
- ✓ Explore how taking small steps can help children build confidence and manage their anxiety. Learn how to guide them through the process.

Choose the time that suits you:

Day seminar:



When:

Wednesday 17 September 2025



Time:

12:00pm - 1:30pm



Where:

Online



[Register now](#)

Evening seminar:



When:

Wednesday 17 September 2025



Time:

6:00pm - 7:30pm



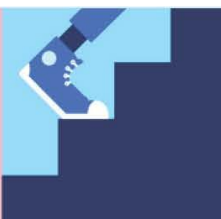
Where:

Online



[Register now](#)

NB: This seminar will not be recorded.



In partnership with:

Wayahead®
Small Steps



Wollongong City Council Disability Inclusion Action Plan 2026 - 2030



Let's Talk

Speak up for disability inclusion

Do you have a disability?
Do you care for or support someone with disability?
We want to hear from you!

We are making a plan to help people with disability feel safe, welcome and included in our community. We want to hear from you about how we can improve public spaces and Council's services and programs.

You can share your ideas:

- Online
- By phone
- In person
- In a way that works for you

Need Easy Read, Auslan or another type of support to take part? We can help.



Talk with us

Scan the QR code or visit our.wollongong.nsw.gov.au
Call us: 4227 7111
Email: engagement@wollongong.nsw.gov.au



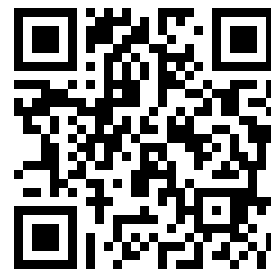
Wollongong City Council wants your ideas for disability inclusion

Wollongong City Council is making a new Disability Inclusion Action Plan and wants to hear from people with lived experience of disability. This includes children, young people, families, carers, support workers, and school staff. Council wants to know what helps – and what makes it harder – for people with disability to join in, access services, and feel welcome. You have until Monday 15 September 2025 to get involved:

- Visit our.wollongong.nsw.gov.au
- Call 4227 7111
- Email

engagement@wollongong.nsw.gov.au

Council would love to hear your ideas! You can also let them know if you need help to take part.



Illawarra Surf Life Saving Club Open Day



ILLAWARRA SURF LIFE SAVING CLUB OPEN DAY

Sunday 14 September 2025
10am-1pm

- ✓ Join a club
- ✓ Find out about becoming a patrolling member
- ✓ Learn about our nippers programs for kids
- ✓ Find out about our surf sports competitions and programs



Illawarra Surf Life Saving Clubs

Scan the QR code to find your local Illawarra club

More Information

slsillawarra.com.au