



Coniston Connection

Newsletter Term 1 Week 8

Community involvement – P&C

At the recent P&C (Parents and Citizens) meeting, our annual general meeting was held. We are pleased to announce the following parents / carers as our P&C Executive for 2025.

President: Melissa Conti

Vice-presidents: Siang Jean Hoe, Amanda Hawke

Secretary: Colleen O'Connell Pocknall

Treasurer: Jordan Gillman

Our P&C has already organised a range of events for 2025 and are keen to support the school.

One of the big wishes is to place at least one 'cubby house' in the playground. The school has pledged some funds to support this wonderful idea.

Did you know that you don't have to be a member of the P&C to be involved in events? You can volunteer your time to support them in many ways.

One great way to do this is by helping out at our Bunnings BBQ on 14 June at Kembala Grange. If you have an hour or two to spare, please reach out to Conistonps.pandc@gmail.com or leave a message with our office staff. The more helpers we have, the less time each of us will have to spend at the BBQ.

Volunteering is one of those amazing opportunities that benefits the volunteer as well. So, if you would like to connect with our school community, have some fun, meet new friends or boost your own wellbeing, why not join in when you can. P&C opportunities are advertised in the newsletter.



On behalf of the students and staff, thank you to our wonderful P&C and our volunteers. We wouldn't be the school we are, without you.

To all the members of our community who volunteer at the school or in the wider community – thank you!

Have a wonderful fortnight!

Coming Events

Week 9

- Tuesday 25 March: Stage 3 'Art of Place' excursion
- Thursday 27 March: Cross Country Carnival

Week 11

- Tuesday 8 April: Illawarra South-east Performing Ensemble – free for our students
- Thursday 10 April: Athletics Carnival
- Friday 11 April 9:15am: Easter Hat Parade
- Friday 11 April: Last day of Term 1

Term 2 Week 1

- Monday 28 April: First day for staff
- **Wednesday 30 April: First day for students**
- Friday 2 May: **Photo Day – green shirt**

Term 2 Week 2

- Tuesday 6 May: P&C Mother's Day stall
- Wednesday 7 May: Stage 3 Science Space Excursion
- Friday 9 May: District Cross Country Carnival

Dates for your diary

- Monday 19 May 2:15pm: Whole school assembly – 5/6A (Banksia 3) class item

What's due?

- Friday 28 March: Stage 3 Berry Camp EOI and deposit
- Thursday 3 April: Athletics Carnival permission and payment
- Wednesday 30 April: Stage 3 Science Space Excursion

Attendance – Every day counts!

The attendance graph below is for the period 6 - 19 March 2025. The red line is the NSW Department of Education's expected 95% attendance marker.

Congratulations, Year 1 & Year 3 - 98% attendance!



NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

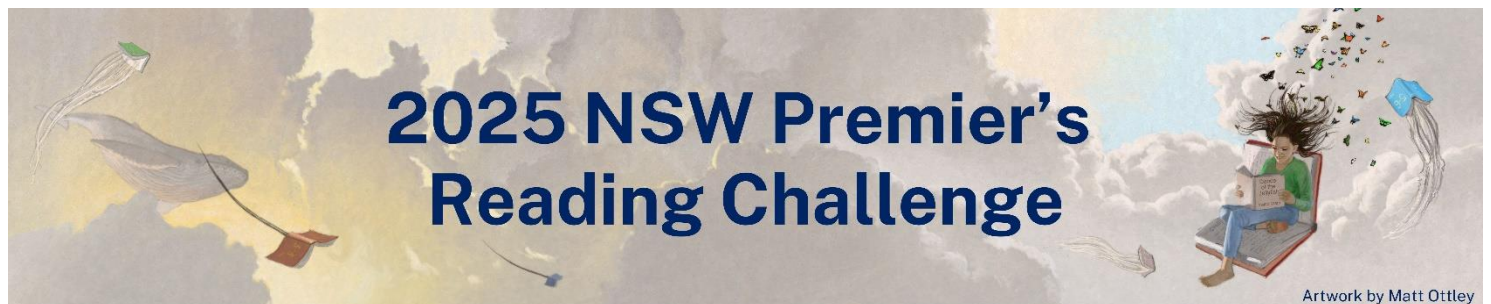
education.nsw.gov.au



Library News

We have new lounges in the library!

Everyone enjoys them especially during lunch time activities!



Premier's Reading Challenge

The 2025 NSW Premier's Reading Challenge has started at Coniston PS and all the students are excited! The reading challenge is an initiative which aims to develop a love of reading for leisure and pleasure. It encourages students to engage with quality literature and promotes the benefits of reading. The Premier's Reading Challenge involves all students in K-6.

K-2 classes will share Premier's Reading Challenge books with their teachers and will complete the reading challenge in class at school. If students in Years 3-6 wish to participate in the reading challenge they need to read 20 Premier's Reading Challenge books independently and enter them online on the Premier's Reading Challenge Student Site. The PRC student site can be accessed through the Student Portal.

Please find the link below:

<https://online.det.nsw.edu.au/prc/studentExperience.html#/>

All students have been introduced to the reading challenge in library lessons and will be supported throughout the challenge at school. Students in Years 3-6 were given an instruction sheet to take home to help when entering books online. Please see me if your child needs an instruction sheet to follow.

The 2025 NSW Premier's Reading Challenge finishes at the end of August.

Happy reading!

Mrs Smith
Teacher Librarian



SRC Fundraising

The Student Representative Council and Year 3 student, Sophie Shumack, raised \$286 for the Melanoma Institute during a fundraiser this month. The charity works to raise awareness and fund research into skin cancer. The SRC hosted a mufti day with sun safe clothes, sunglasses and hats and Sophie sold handmade bracelets. The SRC would like to thank everyone for their generosity in supporting its first fundraiser of the year.



wollongong.melanomamarch.org.au
[Wollongong | Team Clint](#)

<https://wollongong.melanomamarch.org.au/page/TeamClint-27403523>

Easter Basket Guessing Competition

The SRC are hosting an Easter basket guessing competition. Guess the number of the eggs in the basket of goodies for only 50 cents a guess. Guesses can be made each day, during the first half of play time. Find the SRC representatives on the back field to pay and register your guess. Guess as many times as you like! The winner of the basket will be announced in Week 11 at the Easter Hat Parade. All proceeds will go towards future SRC student activities.



Pens/markers recycling

Do you like to recycle?

Do you have any old pens or markers that do not work anymore?

At Coniston PS, we care about our earth.

Instead of throwing out all your pens etc, you can now bring them in and place them into the Oficeworks box. Once filled, these will then be taken back to Oficeworks and our school will go into a draw to win a voucher!! How cool is that?

Pens, biros, textas and whiteboard markers are all accepted. You will find the box in the office. There will also be one in Mrs Hill's classroom. Every marker makes a difference!

Thanks everyone!!

Mrs Hill





SchoolEnews

Schools send alerts and notes, newsletters, digital permission notes, events and more.



Paper notes will usually only be sent home if they have a permission slip that needs to be returned to the school. We acknowledge that some families may not always be able to access our communications electronically or would prefer a paper note. Please let our school office know if you would prefer paper communication.

How to install School Enews

iPhone and iPad Users

- 1) Press App Store icon on your device
- 2) Press Search and type in "School Enews"
- 3) Press "Get", the app will download
- 4) Press "Open" and accept "push alerts"
- 5) Search for your school

Android Users

- 1) Press Play Store icon on your device
- 2) Press magnifying glass and type in "School Enews"
- 3) Press "Install", the app will download
- 4) Press "Open"
- 5) Search for your school

Configure Push Alerts - ESSENTIAL TO GET NOTIFICATIONS

- 1) Press "Settings / Cog" icon
- 2) Turn off the lists you don't want

Other Smartphones and Tablets

Visit <http://app.schoolenews.com> for more apps



School Enews delivers news directly to parents!

Subscribe for Email Updates

- 1) Visit your www.coniston-p.school@det.nsw.edu.au
- 2) Scroll down to Newsletters and Notes
- 3) Under the "Subscribe" heading, tick on appropriate lists
- 4) Enter in your name and email address.
- 5) Click Subscribe (IMPORTANT: An email will be sent to your email address, you MUST click the "Activate Now" inside this email that is sent to you)

Swap it!



NEW everyday lunchbox ideas

Kids love variety and there are always new things to try.
Have you tried any new everyday lunchbox items recently?

Here's some ideas:

- Mini rice wheels
- Roasted fava beans
- Zucchini slice
- Scones – plain, fruit or with a thin spread of topping



Mini rice wheels



Fruit scone



Roasted fava beans

Outside School Hours Care at Coniston Public School OSHC



At our OSHC service, we're dedicated to providing a safe, fun, and enriching environment for your children for before and after school care. Our experienced staff offer a range of exciting activities, from arts and crafts to outdoor games, ensuring that your child has a chance to relax, learn, and make new friends.

With a focus on care, creativity, and community, we give parents peace of mind knowing their children are in a supportive and caring space. Join us today and let your child explore, grow, and thrive with us!

Our passionate staff located in the hall from the hours of 6:30am – 8:30am & 3:00pm- 6:00pm are here to answer any questions you may have, share the exciting activities we offer, and ensure you feel confident and comfortable with our OSHC service. We're always happy to show you around and discuss how we can support your child's growth and development in a fun and nurturing environment!

www.campastralia.com.au



Coniston Public School OSHC



Inspiring before and after school programs



Your OSHC. by



Our Before School, After School and Pupil Free Day experiences are tailored to your child and designed to inspire their confidence, creativity, and independence. Our inspiring experiences include science experiments, cooking classes, group sport and so much more.

Extraordinary holiday adventures



ROCKETEERS by



Every school holiday break is a new mission for your child to embark on. With hundreds of fantastic feature experiences every mission, your child will be engaged from morning until evening. Your child's holidays could be filled with trampoline parks, big sporting carnivals and filmmaking workshops.

Register with Camp Australia

Once registered, you'll be able to easily make and manage your bookings online via our Parent Portal.

Register now at pp.campastralia.com.au



Stars of Wollongong Dance for Cancer

One of our parents is dancing to raise funds for the Cancer Council!

<https://stars.cancercouncil.com.au/fundraisers/darrenframe/stars-of-wollongong>

Darren is a dedicated Construction Manager who spends his days collaborating with Project Managers and Supervisors, coaching and supporting his team to grow both professionally and personally. Whether it's managing projects or helping his crew reach new heights, he's always ready to lead and inspire, but now he's stepping into a new challenge: the dance floor!

Darren's motivation for joining *Stars of Wollongong Dance for Cancer* hits close to home. Having lost his father to cancer in 2010 and with his wife, a Radiation Oncology Medical Physicist, working passionately to calibrate cancer treatment tools, Darren is determined to raise awareness and funds for cancer research. He's also passionate about promoting the wellbeing of his work family and helping to create a positive, supportive environment for his team, all while honoring his family's experiences.

A few things you might not know about Darren: he grew up in the small town of Russell Vale, is happily married to Maddy with two sons, Ethan and Isaac, and has been running D.Frame Electrical since 2003. When it comes to dancing, well, let's just say his skills are *underdeveloped*, but with his 'give it a go' attitude, he's ready to learn. While he's not usually the first on the dance floor, if a great beat hits, he's always up for a groove!

The poster features a dark blue background. At the top left is the Cancer Council logo (a yellow flower) and at the top right is the WAVE FM 96.5 logo (a blue wave). In the center, the word 'STARS' is written in large, glowing blue-outlined letters, with a glowing yellow star replacing the letter 'A'. Below this, the words 'OF WOLLONGONG' are written in white. To the left of the bottom section, there is a paragraph of text in yellow and white, followed by the date and venue in white. Below that is a yellow 'DONATE NOW:' label and a QR code. To the right of the QR code is the D.Frame Electrical logo. On the far right is a portrait of Darren Frame, a man with a beard wearing a blue button-down shirt.

 Cancer Council

 WAVE FM 96.5
THE ILLAWARRA'S BEST MUSIC

STARS
OF WOLLONGONG

Please support Darren Frame from D. Frame Electrical as he dances to raise funds for a cancer free future!

Saturday 31st May 2025
WIN Entertainment Centre

DONATE NOW:



BOOK UNIACTIVE'S STATE-OF-THE-ART FACILITIES FOR YOUR 2025 SCHOOL SPORTS PROGRAMS

Take advantage of the diverse range of quality sports facilities located at UniActive to host your school's sport elective. Our Sports Officers will lead your students in engaging, safe and inclusive sports activities, and we're flexible to tailor the activities to meet your needs!

If your school is interested in creating a strength and conditioning focus or an aquatics focus for your sport elective, our team of Health & Fitness and Aquatics professionals can also help!

OUR SPORT FACILITIES

✔ SPORTS HALL

Our Sports Hall is a versatile facility designed for a wide range of indoor activities, with available configurations as follows:

- Badminton: 6 courts
- Volleyball: 2 courts
- Basketball: 2 courts
- Netball: 2 courts

✔ SPORTS HUB

Our Sports Hub is a premier indoor facility with 3 multipurpose courts, suitable for basketball, volleyball, netball and futsal.

- ✔ 8 GRASS OVALS/FIELDS
- ✔ 1 HOCKEY TURF
- ✔ 2 OUTDOOR TENNIS COURTS
- ✔ INDOOR SQUASH COURTS

OUR HEALTH, FITNESS & AQUATICS FACILITIES:

✔ SPORTS MEZZANINE

Our mezzanine floor is ideal for high-performance strength and conditioning, including functional training areas; pin loaded and cable strength machines as well as dedicated lifting cells, lifting platforms and a dedicated indoor 200m running track. Our Personal Trainers and Group Exercise Instructors will guide the students through an array of exercises in a safe and age-appropriate manner.

✔ DEDICATED GROUP FITNESS SPACES

We have a dedicated group fitness studio, sports lounge, cycling studio and Pilates Reformer studio where we offer a wide variety of group exercise classes, including Less Mills programs (Bodypump, Bodybalance, Core, RPM), boxing, yoga/pilates and Zumba.

SUGGESTED PACKAGES

We make it easy by putting together some suggested options for your sport elective. Participate in each of the items listed within the packages throughout the term, with some being repeated, depending on the length of your program.



✔ INDOOR COURT SPORTS

- Basketball
- Dodgeball
- European Handball
- Futsal
- Netball
- Volleyball



✔ OUTDOOR FIELD SPORTS

- Rugby
- Soccer
- Touch Football
- AFL
- Cricket
- Oztag



✔ RACKET SPORTS

- Badminton
- Squash
- Tennis



✔ GROUP FITNESS CLASSES

- Body Balance
- Body Pump
- Boxing
- Core
- FMT
- Pilates
- RPM
- Yoga
- Zumba



✔ AQUATICS

- Swim for Fitness
- Aqua Group Fitness
- Swim School
- Carnivals

DESIGN YOUR OWN PACKAGE

If the suggested packages aren't what you're looking for or you want the option to pick and choose for a variety of sport, health, fitness and aquatics options, we will work with you to create a specialised program for your school! Rotate between activities or simply pick your students' favorites!



Strings and Recorder Camp 2025

The Riverina Strings and Recorders Camp is open to ALL NSW public school students in Years 3 to 12 who play violin, viola, cello, double bass, classical guitar or recorder; descant, treble, tenor or bass. The camp caters for students from beginner to advanced level players, including those not currently playing in a school group or orchestra. The camp provides students with valuable opportunities to further develop their music knowledge, performance skills and social skills.

Students experience instrument specific tutorial sessions, small and large ensemble playing, a recording session, evening concerts and a formal concert at the end of camp.

Camp dates: Monday 26 May to Friday 30 May 2025 (Term 2 Week 5)

End of Camp Concert: Friday 30 May 2025, 11:00 am at Warrambui Conference Centre

Camp Venue: Warrambui Conference Centre, 322 Greenwood Road, Murrumbateman NSW 2582

Cost: Live in students \$520. Day students \$360. Payment details will be sent with acceptances.

Applications close Monday 7 April 2025 (Term 1 Week 11). Acceptance will be confirmed after the closing date.

<https://artsunit.nsw.edu.au/local-arts-programs/rural-south-and-west/riverina-strings-and-recorders-camp>



Festival of Democracy

Parliament of New South Wales

FESTIVAL OF DEMOCRACY

Tuesday
15 April
9.30am – 3pm



Free activities for children up to 12 years at the Parliament of NSW

Visit Australia's oldest Parliament, learn about democracy in NSW, step inside history with guided tours and get creative in workshops and role plays.

- Make craft animals and objects
- Visit our heritage rooms
- Learn how to vote and make a law
- Participate in a committee role play
- Enjoy live music and more...



FREE ENTRY
Activities 9.30am to 3pm

LOCATION
Parliament of New South Wales,
6 Macquarie Street
Opposite Martin Place

Enquiries P: (02) 9230 2047 or
E: dps.education@parliament.nsw.gov.au

BOOKINGS ESSENTIAL



The public café will be open.

FREE

Free Positive Parenting Strategies for Families of Children with a Disability

If you are a parent or carer of a child with disability, you want to support them to get the most out of everyday life, like their daily routines, socialising with others and building independence. We would like to highlight that there's now free online support available so that you can help them with the key life skills they need and build your confidence, too. [Stepping Stones Triple P Online](https://triplep-parenting.net.au) provides a toolkit of practical, proven strategies that you can use straight away and adjust to your family's needs. Developed by the world-acclaimed Triple P – Positive Parenting Program, it can make life less stressful, to help the whole family adapt and enjoy life more. Do it online, anytime. Plus, it's free! Learn more at: triplep-parenting.net.au



When extra steps are needed, help them with key life skills

Proven, positive parenting strategies for families of children with disability

Now free in Australia

WHY STEPPING STONES TRIPLE P ONLINE MAKES ALL THE DIFFERENCE

As a parent or carer of a child with disability, you want to support them to get the most out of everyday life. You can help them with the key life skills they need to handle daily challenges, like getting ready in the morning, socialising with others, being independent, self-care, and with nighttime routines. Positive parenting strategies can make a real difference. Backed by research, proven by parents. Plus, it's free!

- Manage everyday life with more ease, like daily routines, communication, mealtimes and family outings.
- Create a safe, loving environment for your child's development that suits your family's unique needs.
- Build their social skills to grow relationships at home and in the community.
- Address specific behaviours and boost everyone's emotional wellbeing.
- Make life less stressful and help the whole family adapt and thrive.
- Raise happier, more capable kids who can meet life's challenges.
- Practical, simple strategies you can use straight away – based on over four decades of ongoing research.
- Join more than 100,000 families who have been helped by Stepping Stones Triple P, now available online.

Free support for your positive parenting journey

This is your complete positive parenting toolkit to choose what works best for your family, for parents and carers of children with developmental disability, neurodiversity or additional needs up to 12 years old. This program supports families to encourage behaviour they like, manage daily tasks and strengthen relationships – for happier kids and homes.

- Interactive, easy-to-use online program, including videos, activities and a downloadable workbook.
- Each module takes about an hour or less to complete and you can do just a few minutes at a time.
- Available anytime, at your place, at your pace! No need to travel, be somewhere in-person, arrange childcare, or worry about waitlists. Access it on your computer, phone or tablet.

Help give your child the key life skills they need with Stepping Stones Triple P Online – for parents/carers of children with disability under 12.



START YOUR FREE PROGRAM TODAY!

triplep-parenting.net.au

Funded by the Australian Government Department of Health and Aged Care





READY-SET-CONNECT



Hello, Wollongong!

FREE NDIS NETWORKING EVENT

📅 Tuesday 08/04/2025

🕒 10:00 AM to 12:30 PM

📍 Kembla Grange Race Course
Princes Hwy Kembla Grange
NSW

WHO?

Support coordinators, support workers, people with disability, teachers, parents and carers are all welcome.

WHY?

Get to know NDIS providers servicing your local area and boost your contacts in a fun and informative networking session.

HOW?

Register at oncommunity.net.au/Ready-Set-Connect

JOIN US

EVENT SPONSORS



Part of the Night n Day Group



PCYC

PCYC BULLI BASKETBALL COMPETITIONS

Registrations open March 24th!



When

Mon-Thurs
4pm -10pm



What

u10s, u12s, u14s,
u16s and Mixed
Adults



**Scan for
registration
details**

Contact Details

Coniston Public School
123 Auburn Street
Coniston NSW 2500

P: 02 4229 1117
E: coniston-p.school@det.nsw.edu.au
W: coniston-p.schools.nsw.gov.au
Facebook: www.facebook.com/ConistonPS