

Coming events

TERM 1 2023

Week 3

Monday 6 February
Kindergarten First
Day 9.25am-3.00pm

Week 4

Kindergarten 9.25am-
3.25pm

Week 4-5

Kindergarten Best
Start assessment

Week 5

Parent Exchange of
Information Sessions

Week 7

Monday March 6
District Swimming
Carnival
Tuesday March 7
Parent Helper
Information Session
Wednesday March 8
P&C Fun Run

Week 8-11

Wednesday 15 March-
Monday 27 March
NAPLAN

Week 9

Tuesday 21 March
Harmony Day

Week 10

Friday 31 – Celebrate
World Autism Day
(Sunday 2 April)

Week 11

Thursday 6 April
Easter Hat Parade

PRINCIPAL NEWS

Dear Parents/Carers

SRE

Scripture and Ethics classes commence on Thursday 23 February. Just a reminder the lessons will be held every Thursday as follows:

- K-2 12.20pm-12.50pm
- 3-6 12.55pm-1.25pm

These lessons are delivered by authorised representatives of approved religious groups. A Penshurst West Public School teacher is present at all our scripture classes. Students who have opted out of scripture will attend non-scripture where they will be supervised in a separate area. Students have the option to read, do private study or complete independent tasks. No lessons will be provided. Parents may change their child's selection by advising the school office in writing, at any time during the school year.

VISITORS TO THE SCHOOL

Please remember that ALL visitors to the school are required to visit the office before going to one of our classrooms or contacting students in the playground. This is important as it enables the school to have a register of who is in the school at any given time particularly in case of an emergency and most importantly to keep our children safe. Outside of school hours, the easiest way to discuss something with your child's teacher (and less disruptive to their class) is to ring the office and organise an appointment.

RESILIENCE TIPS

Skills in resilience are promoted in NSW Public Schools because through them children fare well in life. Research shows children with good resilience perform better at school and are less likely to take part in risky behaviour, particularly as they enter the teenage years.

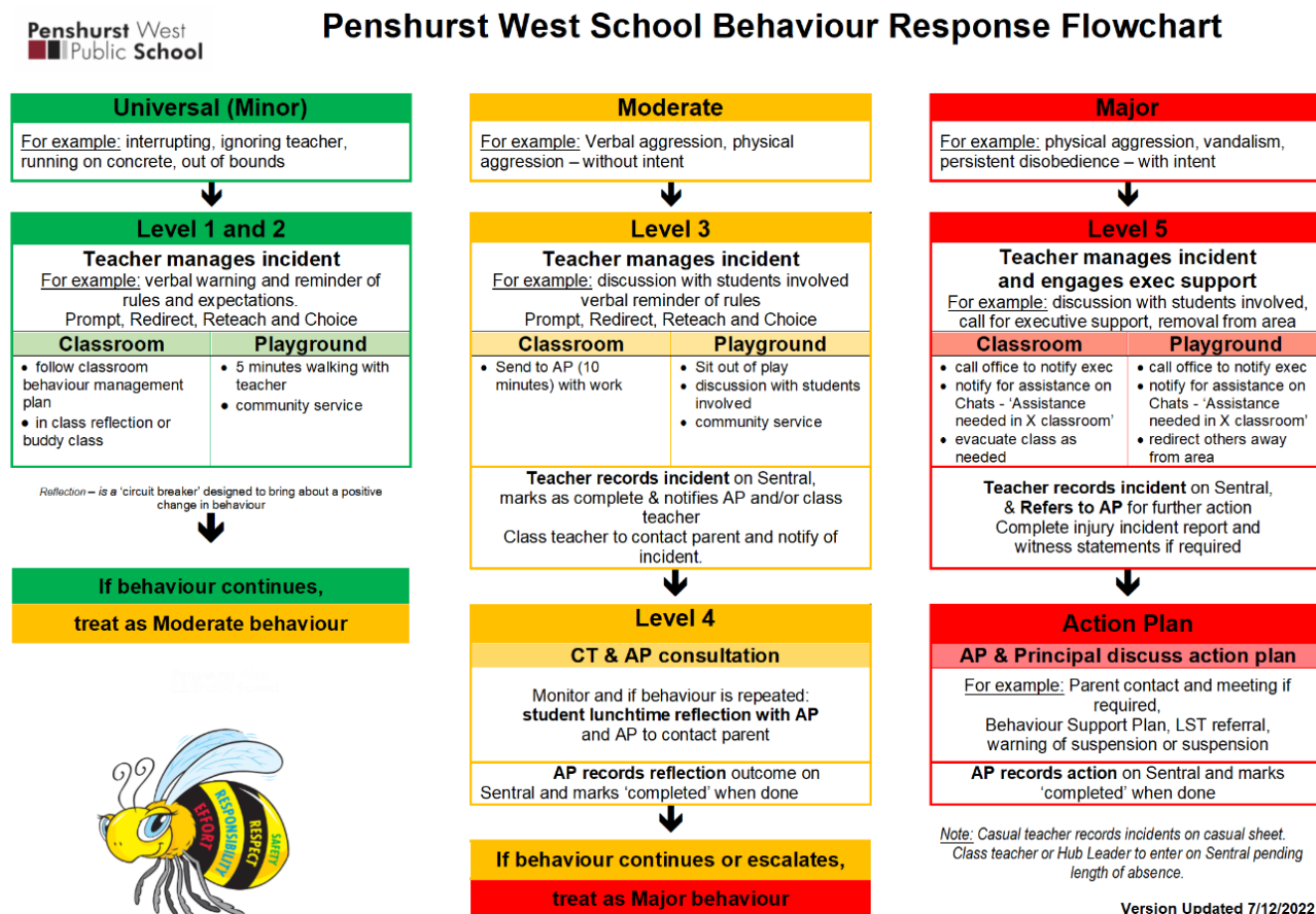
- **Get connected.** Building strong, positive relationships with loved ones and friends can provide you with needed support, guidance and acceptance in good and bad times. Establish other important connections by volunteering or joining a faith or spiritual community.
- **Make every day meaningful.** Do something that gives you a sense of accomplishment and purpose every day. Set clear, achievable goals to help you look toward the future with meaning.
- **Learn from experience.** Think of how you've coped with hardships in the past. Consider the skills and strategies that helped you through difficult times. You might even write about past experiences in a journal to help you identify positive and negative behavior patterns — and guide your future behavior.
- **Remain hopeful.** You can't change the past, but you can always look toward the future. Accepting and even anticipating change makes it easier to adapt and view new challenges with less anxiety.
- **Take care of yourself.** Tend to your own needs and feelings. Participate in activities and hobbies you enjoy. Include physical activity in your daily routine. Get plenty of sleep and create consistent bedtime rituals. Eat a healthy diet. Practice stress management and relaxation techniques, such as yoga, meditation, guided imagery, deep breathing or prayer.
- **Be proactive.** Don't ignore your problems. Instead, figure out what needs to be done, make a plan and take action. Although it can take time to recover from a major setback, traumatic event or loss, know that your situation can improve if you work at it.

WHAT IS POSITIVE BEHAVIOUR FOR LEARNING (PBL)?

Positive Behaviour for Learning (PBL) provides the framework for a whole school, evidence-based approach to behaviour support. Penshurst West PS takes an instructional approach to behaviour, recognising that we need to teach the behaviours required. At Penshurst PS, we believe a positive school environment, where all students are included and feel safe and supported improves student learning outcomes. We are currently looking into more signage to be displayed around the school to remind students of the positive behaviour expectations that will help to make everyone feel safe, included and happy at school.

As shown at the Meet the Teacher session the teachers talked about the school behaviour system. It is really appreciated if you can talk to your child about the importance of following the school expectations of behaviour as this helps create a safe and happy place for all to be.

Here is the system for you to discuss with your child.



PHONES AT SCHOOL

A reminder that any student who brings a phone to school is to take it to the office when they arrive at school and collect it at the end of the day. It is for the safety of the children and the phones that they are not to be kept and used during the day. Please support us and remind your child of these expectations.

Lauren Phillips
Principal

Meet our school Captains / Vice Captains / Prefects



Lily Howe – School Captain

What do I love about being a student at PWPS?

What I love about being a student at PWPS is the amazing teachers at the school. Things like our big play area and beautiful workspace. I have been at the school since Kindergarten and have made relationships that will last forever.

What type of leader do I want to be this year and how will I be a good role model?

A positive role model is the type of leader I want to be this year. I want to be a person that people can come to for help. I want people to trust me to represent this school here at PWPS, with our school values. That is the type of leader I want to be this year.



What do I love about being a student at PWPS?

What I love about being a PWPS student is that it is a fun place to learn with the kindest teachers. Lots of Penshurst West's students love to learn together and look out for each other.

What type of leader do I want to be this year and how will I be a good role model?

The type of leader I want to be is a leader that sets a good example and always shows the school values in how I act and treat others. I want to help everyone get along and help the teachers with any jobs they need.



Owen Reid – School Captain



Clare King – School Vice-Captain

What do I love about being a student at PWPS?

PWPS has always been a safe place for me to learn. This school has given me better friends than I could have ever asked for. PWPS has given me opportunities to express myself and try new things. I know that when I leave, I will cherish the memories that I have made here.

What type of leader do I want to be this year and how will I be a good role model?

I want to be a leader who people can talk to if they need help. I want to help make this school an even better place than it already is. I will be a good role model to students by displaying all four values both in school and outside of school.



What do I love about being a student at PWPS?

I love being a Vice Captain because I love seeing children with a big smile across their faces, laughing and having fun.

What type of leader do I want to be this year and how will I be a good role model?

I will be a good role model by leading by example and showing all the school rules and values. I am approachable and happy for kids of all ages to come and talk to me.



Mateo Fulton Ratuyada – School Vice-Captain



Emma Sanders – School Prefect

What do I love about being a student at PWPS?

I love seeing my friends at school because they make me feel happy. I love playing games at lunch and recess. I love the teachers here because they encourage me to do my best and I love seeing how much this school has grown from when I was a kid in Kindy all the way to Year 6.

What type of leader do I want to be this year and how will I be a good role model?

I want to be a nice and helpful leader that encourages students to try their best. I will be a good Prefect so I can be a good influence on other kids, by leading them to be good students. I will also try my best to help anyone with anything.



What do I love about being a student at PWPS?

I love being a student at PWPS because I have great friends and very supportive teachers, that make learning more interesting and fun.

What type of leader do I want to be this year and how will I be a good role model?

This year I want to be a leader that students can rely on. I will be a good role model by displaying the school values and ensuring that everyone feels included at our amazing school.



Cristian Halacas – School Prefect

CELEBRATION TIME – Student Awards

Congratulations to our award winners who consistently display our school's core values.

GOLD AND SILVER AWARDS



GOLD / SILVER AWARDS

Left to Right:

Alexis B – 5/6B

Matthew E – 5/6O

Judah C – 5/6B

Jeyden H – 4-GT

Ryder A – 3K

Samyog K – 3K

BRONZE - RESPECT



BRONZE AWARDS (Left to right)

Judah C – 5/6B, Clarisse D – 5/6O, Emily T – 4/5S, Asmara A – 3/4B, Noa N – 3K, Luna E – 2S, Rachel L – 1/2C Stanley F – 1J, Kalaya P – K/1P, Frankie K -KC , Zachary D – 4-6GT, Liam C – 1-5M

PSSA STARTS – Round 1

Good luck to all of our teams.



Newcomball



Oztag



Basketball

CONGRATULATIONS

A very big congratulations to Matthew E and Matthew S for being selected in the 2023 Georges River Boys Touch Football Team.

We are very proud of you and wish you well for the competition.



(Matthew S pictured. Matthew E absent)


SUPPORTING EACH OTHER

This year, we have two ex-students, Lillian King and Abigail McKenzie, participating in the World's Greatest Shave.


If you would like to support this wonderful and very important cause you can follow the link

<https://secure.leukaemiafoundation.org.au/registrant/TeamFundraisingPage.aspx?teamID=142411&langPref=en-CA>

Leukaemia Foundation




Log in



Lil and Abby

We're taking part in World's Greatest Shave to help beat blood cancer.

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