

Together we grow



Carool

PUBLIC SCHOOL

Term 4 Week 2

15 October 2021

From the Principal's desk

Welcome back to Term 4. It has been wonderful to be able to start the term here at school on site together. I'm sure you are joining our staff as we cross our fingers hoping that we continue this way for the term, and we remain learning at school together. Our students have returned to school settled and eager to learn. We've had a terrific start to the term, busy learning in our classrooms.

We are still operating under Level 3 COVID Safe Operations which we are all very familiar with. These restrictions include non-essential visitors not allowed on site (which includes parents), no off-site excursions and modified activities at school. Unfortunately, we currently have on hold our volleyball program, swimming lessons, surfing program, Yr 6 to Yr 7 transition days, our school camp and planned day excursions. This also means that if we remain under Level 3, our usual annual events such as Yr 6 farewell and presentation day/night will need to be modified. I know this is disheartening; however, I want to assure you that our staff are making sure we are still bringing the fun into our school. We will hold another Friday Fun Day next week to continue to build culture and joy in these challenging times. Watch this space for more information about next week's Friday Fun Day!

Message from Mrs McMahon

Hello everyone! Our beautiful school community has been in my thoughts during what has turned out to be another difficult year with disrupted learning. I have been regularly checking in with Mrs Eadsforth and I must say I am very proud of the learning that continued to happen last term. Congratulations to students and families. I also hope that you are all keeping mentally and physically well as this is so important during this time. I have loved reading the fortnightly newsletters and seeing what is happening at our beautiful school on the hill.

I have enjoyed my time in my current role as a member of the

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Education

UPCOMING EVENTS

OCTOBER

Fun Fridays - Kinder and Enrolment Orientation (for all other grades)

- Each Friday for Term 4

Thursday 28

- P & C general meeting 4pm followed by a Centenary planning meeting commencing at 5pm at Bilambil Hall

Book Club catalogues have gone home today. Orders with payment are due back by Monday 25 October. Or you can order and pay online visit www.scholastic.com.au/LOOP

The following student/s celebrate their birthday in September/October:

Henry, Ziggy & a Year 4 student



state-wide COVID intensive learning support program. It has been a wonderful learning experience working with some terrific educators and teams across the state. I am extremely grateful for the opportunity I have had.

In other news, I have been offered a new position for the next few years as the Assessment Officer K-6 for the Curriculum Reform with the NSW Education Standards Authority (NESA). This is a very exciting opportunity, and one in which took a great deal of time to process in terms of my position as Principal at Carool Public School. This was a decision that I did not take lightly, however, in saying that I have accepted this opportunity. As much as it saddens me, in the best interests of the whole school community and allowing the school to move forward the principal position at Carool Public School will become vacant this term. This will be filled through standard processes and until then Mrs Eadsforth will remain as Relieving Principal.

It is with a heavy heart that I write this, however, I know this is the best decision. Thank you for your support and commitment you show to our school and our students. Carool Public School holds a very special place in my heart and always will.

Take care

Mrs McMahon

Enrolment

We are asking for your help in telling the wider community how special and unique our school is. We would love more enrolments for 2022 and we need you to help spread the word that our school is a great place for children to learn and grow. It's quite unbelievable how many times we hear the comment 'We didn't know there is a school in Carool!'

All our families received a package this week that included school brochures, Kindergarten 2022 brochures and laminated flyers. We are asking our current families to help us by talking to local businesses and see if they will display our flyer. We also ask that you hand out brochures to anybody interested, or leave them somewhere central. If you could also talk about our great school on social media, that would be very helpful too! Thank you very much for your support.

Parent / Teacher Interviews

I encourage any parent that would like to talk to the teachers about their child's progress at school to please call the office and make an interview time. We are very happy to host a Zoom video conference or talk on the phone and discuss your child's progress and time at school.

P&C

Our little school is so lucky to have parents volunteering their time to support our students and school. We have our regular core crew who turn up to our meetings 2-3 times a term. Our next meeting is **Thursday 28 October at 4pm** which will be held at Bilambil Hall. I've let you all know nice and early so you can pop it on the calendar. We would love for more of our families to join us. Under Covid restrictions, vaccination will need to be confirmed and masks worn at the meeting.

Centenary

Our centenary committee is steadily working making plans for our special day on 7 August 2022. The committee is meeting again on Thursday 28 October at 5pm which is straight after our P&C meeting. We will hold this meeting at the Bilambil Hall (near bottom shop/post office). In keeping with the latest Public Health Order (PHO) anyone attending our meeting must be fully vaccinated and able to provide proof of this or hold a medical exemption. Masks must be worn and attendees must physically distance. If you are unwell, please do not attend. Again, we'd love more of our current families to be involved and encourage you to come to our next meeting.

School Visitor Check-in

A single School Visitor Check-in system for every school across the state is coming from 18 October! The Department of Education has partnered with Service NSW to provide a streamlined, digital school sign-in system for visitors and contractors at every NSW government school.

Benefits of the new system include:

- Accelerating your check-ins to as fast as 20 seconds!
- Linked to NSW Health's COVID-19 contact tracing ensuring every school is compliant with the NSW [COVID-19 mandate](#)
- Giving every school greater access to streamlined NSW Government services.

Watch our short [parent video](#) to see how it works for parents or our [contractor video](#).

Who can use School Visitor check-in

Visitors such as parents and carers (not required if just dropping off and picking up children), contractors, service providers and volunteers.

Students or visitors under the age of 18 are not required to use School Visitor Check-in.

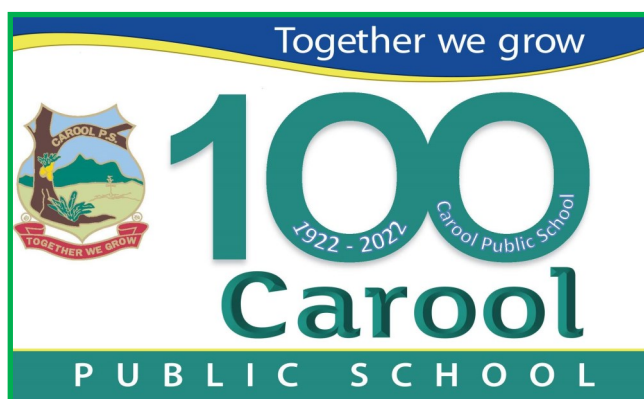
School Visitor Check-in will be ready from 18 October at all NSW Government schools.

For more information visit [School Visitor Check-in](#) on the department website.

Drink Bottles

Please ensure your child has a drink bottle in their bag each day. Bubblers are still not able to be used but we do have taps that can be used to refill drink bottles. All our drinking water is filtered.

Belinda Eadsforth
Relieving Principal



Next Centenary
planning meeting will
be held on
Thursday 28 October
5:00 pm at the
Bilambil Hall

ASSEMBLY AWARD RECIPIENTS

**Congratulations
to the following
Ziggy, Ryke,
Harlen and a
Year 4 student**



Breakfast Basics

When it comes to breakfast, some children love it while others struggle to eat before they start their day.

One in five Australian children regularly skip breakfast. This can make them tired, restless and irritable. Children who skip breakfast are also more likely to be disruptive at home and school.

Eating breakfast improves memory, concentration and brain function. Something is always better than nothing. Breakfast fuels bodies ready for the day physically and mentally. Here are some helpful ideas you can try with your family.

Easy ideas for kids that skip breakfast:

- Glass of milk
- Homemade [breakfast muffin](#)
- Homemade [breakfast bar](#)
- Raisin toast

Non-cereal ideas:

- Savoury or sweet pancakes, pikelets or scones: They can be frozen ready to grab and go each morning
- Smoothies are perfect: Any fruit mixed with milk & yoghurt will work. You can even try adding some cauliflower or zucchini if you are game!
- Toasted wholegrain muffins: Top with avocado, egg, beans, cheese & tomato or just peanut butter
- Toasties: Never overlook a toastie for breakfast. Use your favourite fillings – you can even try banana!
- Eggs in a muffin tin! Add any vegies you have and eat these [Breakfast Muffins](#) or [Brekkie Boats](#) hot or cold. Pre-make and keep ready to eat on school mornings

Get your child involved!

Children are more likely to eat something that they have helped prepare. Overnight oats are a great idea because your child can help make them the night before. Soak some oats in milk, add sultanas, grated or chopped fruit (fresh or dried), nuts or seeds and yoghurt. Then store in the fridge and eat over the next couple of days.

