



Russell Lea
PUBLIC SCHOOL



Newsletter

Term 4 Week 2 Friday 21 October 2023

Important Dates

Please refer to our website calendar for a full list of 2022 school dates

<https://russelllea-p.schools.nsw.gov.au/russell-lea-public-school-calendar.html>

October 27
Stage 2 Excursion

October 22
World Teachers Day

October 31
PSSA Group Photos

November 18
RLPS Disco

November 25
School Spectacular K-6

November 30
End of year concert



Celebrating NSW's Top Public Speakers

This week Ava joined 11 students from around the state to compete in the final of the Multicultural Public Speaking. She delivered two incredible speeches that were thought provoking, entertaining and humorous. She even made mention of our wonderful school.

The competition required students to deliver a prepared speech and an impromptu speech. In both Ava was the first speaker, articulating her message with great courage and poise. It is remarkable to see a 10-year-old gather their thoughts and provide deep insight into important issues. Ava engaged the large audience with her words, well-timed gestures and voice tone.

Congratulations Ava, you demonstrated why you were chosen as one of NSW's best public speakers.

Dan Sprange
Principal

Colour Run

Our third Colour Run was a great success. Although the run is a fundraiser for our P&C it ends up being so much more. After a long period of being unable to run these events, the opportunity to be part of a community event again resulted in strong parent involvement. Coordinated by Liv Sendelbeck and supported by parents helping with the BBQ, warm up, music and colour 'application', the event brought great joy to students. It is hard to explain the excitement students get from participating. Feeding off group energy and anticipation of the course ahead they are in the moment and full of positivity. As they run they get progressively coloured and less worried about avoiding it. It is a beautiful sight for those watching from the sidelines. We have missed these events and look forward to sharing many more in the future.



It takes a community

This week we have been very reliant on our parents in various events and programs. Our Kindergarten Orientation morning tea was provided by our current Kindergarten parents and our new parents were introduced into the RLPS uniform by the parent run Uniform Shop. Our canteen volunteers turn up every week to ensure students are fed and the P&C executive work constantly throughout the year liaising with the school, organizing events and advocating for ideas that make a difference to students. Our ethics teachers front up and teach students every Tuesday and designated parents run our choir, vegetable garden and Playgroup. When we put the call out for help to deliver the Colour Run many parents stepped up. Volunteering ensures many events can be successful but more importantly they bring us together. The trust and connections made through these events often last a lifetime. The restrictions from COVID meant that many parents have missed these opportunities and have not been able to make the first step to school volunteering. If you get the chance sign up for something small when the call for volunteers goes out and enjoy connecting with others and making a difference.



Kindergarten Orientation

In 2023 we expect to have 62 Kindergarten students start school with us. This week we welcomed each family in our first orientation session. Parents were provided with information relating to a smooth school transition and our new students were given a taste of 'big school'. We look forward to further sessions and getting to know each family better.



Are You Returning To RLPS in 2023?

We are currently planning staff and resource allocations for 2023. To do this effectively we need advice on student enrolments for the 2023 school year. Please assist us in this process by completing this form and submitting it by Monday 10 October 2022.

<https://docs.google.com/forms/d/e/1FAIpQLScNj4ixoJXzlaL6XZ2cJzm7PjzbAefi0BxV-ioKDbBeSMC9hg/viewform?vc=0&c=0&w=1&flr=0>



Playgroup – You Are invited

Each Friday morning during school terms Playgroup is held in the school hall from 9.15 to 10.45am for parents and children aged 0 to 6yrs. Playgroup is a great way to connect with other parents and give your child a chance to become familiar with the school environment. Many activities are planned throughout the term and attendance is by gold coin donation. We hope to see you there.



ENGAGING ADOLESCENTS

A course is for all parents of (tech-obsessed) teenagers. You will improve communication, build trust, strengthen the bond you already have with your teen, develop realistic expectations, and tackle any difficult conversations to achieve behaviour modification. All this while fostering safe independence!

The course starts with a face-to-face 4 hour group workshop on Sunday 30th October. It is followed up with 2 x 1 hour online group sessions on Wednesday evenings at 7pm on 16 Nov & 7 Dec. This will give you an opportunity to practice the skills and apply the theory and get feedback.

What others have said about this course:

“A ‘must-do’ for anyone involved in helping to raise healthy, resilient young adults.”

“There were no smoke & mirrors in the delivery of this course, it got straight to the nuts and bolts of how to effectively and respectfully parent. Totally brilliant!”

“This course really helped me to identify behaviour I should just ignore, behaviour I should be encouraging, and behaviour I need to manage.”

DATE

Sunday 30 October 2022

TIME

12.00pm - 4.00pm
(Arrive 11.45 for registration)

VENUE

Drummoyne Community Centre, 10 Cometrowe Street, Drummoyne

COST

\$15 per person

[Click here to register](#)

No refunds unless event is cancelled

For questions or more information contact Drummoyne Community Centre on 9719 8102

Open to parents of teens who live or go to school in The City of Canada Bay area

Lunch provided



Delivered by local Psychologist and founder of Digital Nutrition, Jocelyn Brewer. Jocelyn is an accredited facilitator of the Engaging Adolescents Workshop. She is a Sydney-based psychologist with a special interest in the psychology of technology and staying human in a digital age. In addition to degrees in Arts, Education and Psychology, Jocelyn has completed a Masters in Cyberpsychology.

Creative Writing

at Russell Lea Public School

Four Thursdays in Term 4, 2022

*Improve literacy, build confidence, develop creativity,
increase braininess and have a lot of fun.*

- Highly engaging workshops which **build skills and techniques**, and **make writing enjoyable. Lively and fun atmosphere.**
- **Learn from real writers.** Imaginative approach led by published writers.
- Four-week pilot program **starts Thursday 10th November.**
- Save \$100: we accept **Service NSW Creative Kids vouchers.**
- **Any questions?** bookings@writingworkshop.com.au / 0468 543 933
- **ENROL NOW** <https://www.writingworkshop.com.au/russell-lea>



What parents say

It is rare in our kids' overly full and ordered lives to get real opportunity to be lateral and creative in their writing. It suits our daughter down to the ground, and makes her feel special and validated. (parent of 7-year-old)

The sessions were always focused, well planned and very stimulating. The children were privileged to have access to such a professional writer who was able to encourage and extend them. (parent of 10-year-old)

What participants say

I love the writing workshop soooooo much... (8-year-old)

I liked the way that it made me more creative and dramatic... I became less shy about presenting (11-year-old)

The **Writing** Workshop



www.writingworkshop.com.au



Sewing Bee Club

Are you familiar with Days for Girls?

Days for Girls works with community organisations to create and deliver washable sanitary pad kits and education to young women internationally.

Days for Girls Strathfield is seeking volunteers to attend a monthly Sewing Bee Day on Wednesdays from 10am to 12pm at Burwood Library & Community Hub.

Volunteers will gather to make the packs. It is a hands-on project for those who enjoy fellowship and the opportunity to sew.

The Sewing Bee session will be held on Monthly on Wednesdays.

Sewing experience preferred but not essential

Working from home opportunities for experienced sewers if required.

Monthly Wednesdays

26 October 2022

16 November 2022

Time: 10.00am – 12.00pm

Venue: Burwood Library & Community Hub, Burwood

To find out more contact Faye Helou from Days for Girls Strathfield on fhelou@daysforgirls.org or contact Burwood Council on 9911 9855 or www.burwood.nsw.gov.au for assistance.



Youth Recreation & Life Skills Programs

ACTIVITIES INCLUDE:

- > Boxing
- > Soccer
- > Ultimate Frisbee
- > Flag Gridiron
- > Aussie Rules
- > Mental Health Workshops
- > Hip Hop, focusing on rhyming
- > Rap & Song Writing activities

PLUS
GIVEAWAYS
& PRIZES

FREE

for all young
people aged
12 – 18yrs



SCAN FOR MORE INFO

Music Program

Day: Thursday
Time: 3.30pm to 4.30pm
Dates: 29 September 2022
& 6 October 2022
Venue: Burwood Park Community Centre,
2B Comer Street, Burwood

Youth Mental Wellbeing workshop

Find out more about alcohol and drug resources – standard glass of wine, beer or spirits.

Day: Thursday
Time: 2pm to 3.30pm
Date: 29 October 2022
Venue: Burwood Park Community Centre,
2B Comer Street, Burwood

Boxing Program

Day: Thursday
Time: 3.30pm to 4.30pm
Dates: 13 October 2022
to 10 November 2022
Venue: Burwood Park Community Centre,
2B Comer Street, Burwood

Mixed Sports Program

4 Week Sports Program: Soccer, Ultimate Frisbee, Flag Gridiron & Aussie Rules

Day: Thursday
Time: 3.30pm to 4.30pm
Dates: 17 November 2022
to 8 December 2022
Venue: Burwood Park Community Centre,
2B Comer Street, Burwood

17 November 2022 – Soccer
24 November 2022 – Ultimate Frisbee
1 December 2022 – Flag Gridiron
8 December 2022 – Aussie Rules

In partnership with:

