



Russell Lea
PUBLIC SCHOOL



Newsletter

Term 2 Week 2 Friday 6 May 2022

Important Dates

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

May 10-13
NAPLAN Testing

May 25
National Storytime
Zone Cross Country

May 30 – June 1
Stage 3 Camp

June 8
RLPS Open Day

June 22
Stage 3 Incursion

June 8
RLPS Open Day and 90th
Celebrations



Recognising Our Mums

On a daily basis we have the privilege of witnessing the love and care our mums put into the raising of the children who attend RLPS.

We hear the words of encouragement, the pep talk at the front gate and the expectations gently expressed. We see the warm comforting smile, the hugs, the patience exercised and the emotional stretch made to get everyone through the day. We feel the advocacy, the fostering of strengths, the commitment to always be there, and the warmth and safety shared.

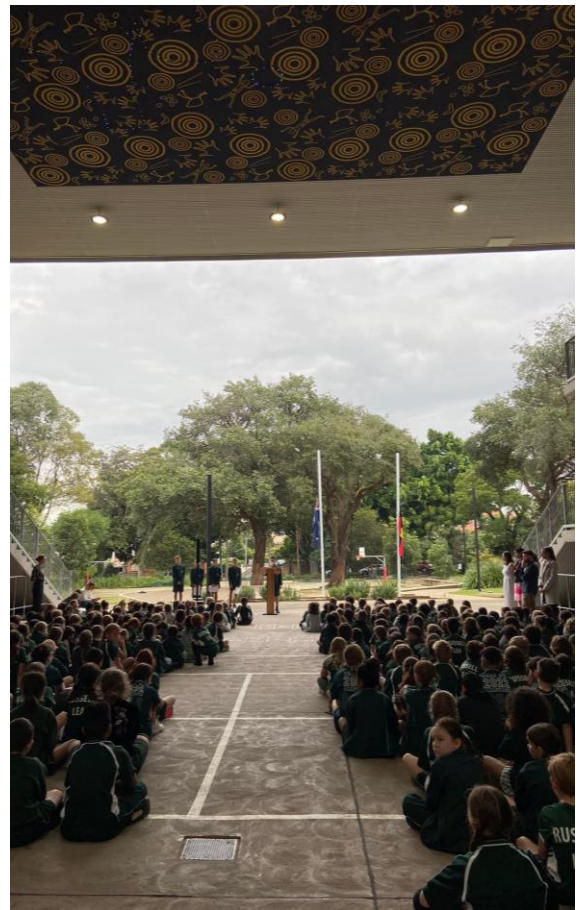
While being a mum can be exhausting and relentless, the subject of these efforts rewards like no other. We are only witness to a small portion of the love and care shared, however the product of this love shines in our students every day. They carry it transparently and in turn share it with others. It helps them overcome challenges, look forward to the future and sleep well at night. It sets them up to be their best and to love the world around them.

As our students celebrated with their mums today it was clear they see and understand how lucky they are to be loved by you.

Dan Sprange
Principal

ANZAC Ceremony

On Wednesday we remembered our ANZACs in a ceremony run by our student leaders. Our leaders spoke well and students listened carefully to their words. The flowers generously donated were made into wreaths and after the ceremony taken to our local cenotaph. We will remember them.



Assembly Timetable

Given the changes to COVID restrictions a new assembly timetable has been created and is provided below. Throughout the term we will have separate K-2 and 3-6 assemblies with K-6 assemblies running in the last week of each term. Our school leaders (including House Captains) will run each assembly and each class will have an opportunity to share an item on the week noted in the timetable. Parents are invited to attend each assembly, especially when their child's class is sharing an item.

K-2 Assembly

Term 2			
Weeks	Leaders	Class	Character Strength
1	School Leaders	ANZAC Day	Fairness
2			
3			
4	Captains and Vice Captains	1/2D	Humour
5			
6	Vice Captains and Prefects	1/2F	Appreciation of Beauty and Excellence
7			
8	Prefects and Captains	1/2MY	Perseverance
9			
10	School Leaders		Perspective

Term 3

Weeks	Leaders	Class	Character Strength
1			Self Regulation
2			
3			
4	Captains & Banksia	1/2P	Teamwork & Leadership
5			
6	Vice Captains & Blue Gum	1/2O	Zest
7			
8	Prefects & Waratah	All Kindergarten	Honesty
9			
10	School Leaders		Forgiveness

Term 4

Weeks	Leaders	Class	Character Strength
1			Prudence & Love
2			
3			
4	Captains and Wattle	KL	Social Intelligence
5			
6	Banksia and Blue Gum	KM	Hope
7			
8	Waratah and Wattle	KR	Judgement
9			
10	Presentation Day		Humility

3-6 Assembly

Term 2			
Weeks	Y6 Leaders/Class	Character Strength	Captains Reports
1	ANZAC Day	Fairness	
2			
3	5/6L	Humour	Captains
4			
5	TALK FEST	Appreciation of Beauty and Excellence	
6			
7	5/6B	Perserverence	Prefects
8			
9		Perspective	
10	School Leaders		Vice Captains
Term 3			
Weeks		Character Strength	Captains Reports
1		Self Regulation	
2			
3	5/6E	Teamwork & Leadership	Banksia
4			
5	3/4A	Zest	Blue Gum
6			
7	3/4S	Honesty	Waratah
8			
9		Forgiveness	
10	School Leaders		Wattle
Term 4			
Weeks		Character Strength	Captains Reports
1		Prudence & Love	
2			
3	3/4P	Social Intelligence	Banksia & Blue Gum
4			
5	3/4R	Hope	Wattle & Waratah
6			
7	House Captains	Judgement	Prefects
8			
9		Humility	
10	Presentation Day		

Annual Survey

As part of our school planning and evaluation cycle we want your feedback on what we do well and what we can do better. A survey has been created to collect this feedback and we encourage you to contribute here:

<https://forms.gle/MpoucTkTPX39saKi6>

Completing the survey will take a couple of minutes (longer if you want to provide extended comments).

Understanding the views and needs of our community is an essential part of our school development journey so we appreciate your participation. The survey will remain open until the end of Week 3 and the results will be shared in the Annual School Report.

DRAMA SCENE

DRAMA CLASSES AT LUNCH TIMES



WEDNESDAY Lunch Times ALL YEARS

*TERM 2
Spots Open!*



Enrol Easily On Website



www.dramascene.com.au

Ask Steph Waites 0407 235 914



Student Leadership

Students at RLPS understand leadership is about making the world a better place. Each year we are inspired by the many ways in which students demonstrate this. Sorcha has demonstrated her leadership in many ways over her years at Russell Lea. She is a very capable competitor in a range of sports and is regularly selected for representative teams. She models dedication, commitment and fair play whenever she takes to the field. Recently Sorcha decided to make a difference beyond the school gates. She has decided to cut her hair and donate it to make wigs for cancer patients. Her hair will be cut on Monday at the 3-6 Assembly. She has set up a fundraising page (See link below) and says "I am so excited to finally be able to cut my hair to help make wigs for cancer patients, I am so excited because I have been waiting for so long to do it because of COVID-19." At the time of writing she had raised over \$3,500.

You can help her help others by donating here:

<https://hairwithheart.variety.org.au/.../hair-with-heart>



**Hair with
Heart**

Rhys and the Chocolate Factory

Great to see Rhys strengths being acknowledged with a lead role in a major production. If you want to see him bring this role to life book through ticketek:

<https://premier.ticketek.com.au/shows/show.aspx?sh>

Date	Start time	Charlie Bucket
Sat, June 25	1.30PM	Rhys Vaiasinni
Sunday, June 26	1.30PM	Rhys Vaiasinni
Fri, July 1	7.30PM	Rhys Vaiasinni
Sat, July 2	7.30PM	Rhys Vaiasinni
Sun, July 3	7.30PM	Rhys Vaiasinni
Fri, Jul 8	7.30PM	Rhys Vaiasinni
Sat, July 9	7.30PM	Rhys Vaiasinni

NOTEABLE THEATRE COMPANY

Proudly Presents

RHYS JAMES HANKEY

as

CHARLIE BUCKET

WONKA
TICKETS ON SALE NOW
BOOK TODAY
THIS GOLDEN TICKET ENSURES ADMITTANCE.

JUN 24 - JUL 9
THE CONCOURSE THEATRE CHATSWOOD
NOTEABLETHEATRECOMPANY.COM

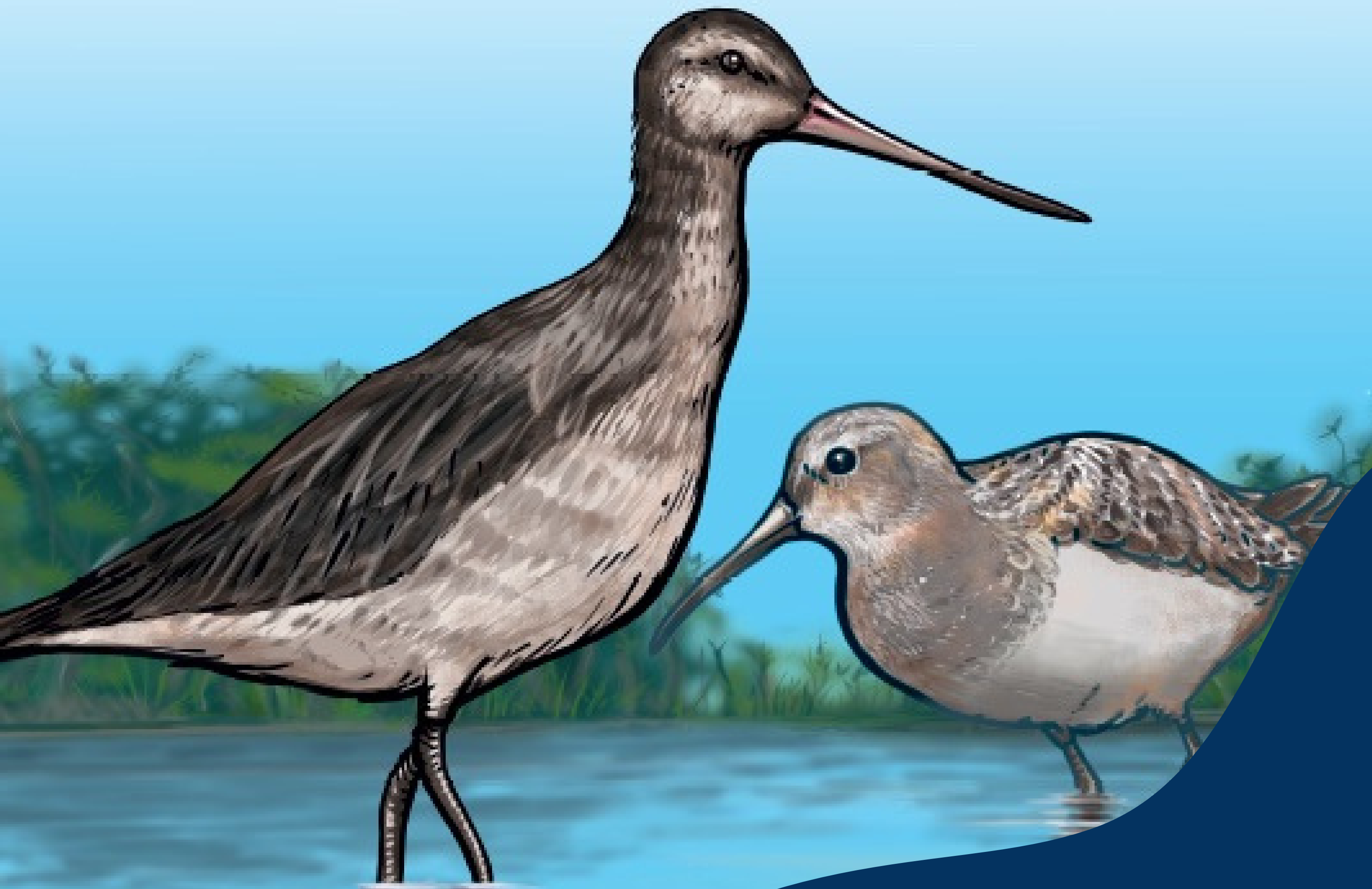
ROALD DAHL'S
CHARLIE
AND THE CHOCOLATE FACTORY


THE CONCOURSE
CHATSWOOD


TICKETEK


WE'RE
COVID
SAFE

Licensed exclusively by Music Theatre International (Australasia)



FASCINATING FLIGHT OF THE **BAR-TAILED GODWIT**

For World Migratory Shorebird Day, Council will be hosting a family-friendly event at Five Dock Library to celebrate the miraculous journey of our resident migratory shorebird, the Bar-tailed Godwit.

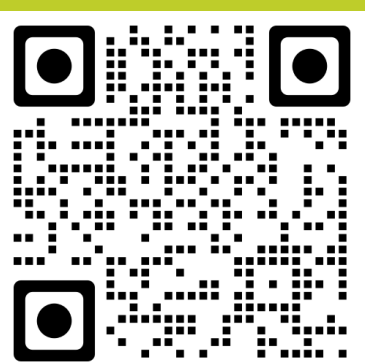
Join us for afternoon tea with Birdlife Australia to learn about the plight of these special birds and find out what Council is doing to keep them safe. There will be fun art and craft activities for kids, and participants will be able to sign a pledge to help protect the birds.

Registrations are required as places are limited.

For more information call 9911 6555.

**THURSDAY,
12 MAY AT 4PM
FIVE DOCK LIBRARY**

REGISTER NOW:



BIT.LY/GODWITTALK



FEARLESS PARENTING

A program to support your child manage anxiety and become more emotionally resilient. Give your family a toolbox of strategies, skills, and knowledge to manage anxious feelings and stop unnecessary worrying. Support your child in developing their own toolkit of coping skills to overcome anxiety.

Fear-Less Triple P is based on extensive research by clinical psychologists to support families of anxious children. Understand what's in your control to change and enjoy being a parent more!

Facilitated by Dympna Kennedy. Priority of access is given to DCC members and local parents in the City of Canada Bay area and surrounding suburbs.

DATE

Tuesday Evenings
10 May to 14 June 2022

TIME

7.00pm – 9.00pm

VENUE

Drummoyne
Community Centre
10 Cometrowe Street,
Drummoyne

COST

\$60.00 for the
6 week program.

**SUITABLE FOR PARENTS &
CAREGIVERS OF CHILDREN**

AGED 5-14 years

(Course fees are negotiable for families experiencing financial hardship at this time)

Healthy Happy Schools

Term 2 2022

In This Issue

- Earth Day 2022
- NSW Government vouchers for families
- VegKIT
- SunSmart
- Vaping
- COVID 19 resources
- B Creative Term 2 classes
- Go4Fun Term 2
- Sydney LHD Canteens
- National Schools Tree Day

**From the Sydney Local
Health District School
Health Promotion Team**

Contact us:
slhd-hci@health.nsw.gov.au

Earth Day 2022



The Earth Day 2022 theme is focused on accelerating solutions to combat our greatest threat, climate change, and to activate everyone – governments, citizens and businesses – to do their part. Everyone accounted for, and everyone accountable. From planting trees to a big cleanup there are many ways to get involved in this years event. Find out more about our impact and how we can contribute to a better planet.

[CLICK HERE](#)



Government Voucher Schemes

Active Kids Voucher

The Active Kids program provides two \$100 vouchers for school-enrolled children (aged between 4 to 18 years) to use towards sport and active recreation costs each year.



[CLICK HERE](#)



[CLICK HERE](#)



Creative Kids Voucher

A voucher of up to \$100 per calendar year is available for students aged 4.5 to 18 years old enrolled in school to be used for a range of creative activities, including arts, drama, dance, digital design, coding, and music lessons.

First Lap Voucher

The First Lap voucher program provides a \$100 voucher for parents, guardians and carers of children aged 3-6 years who are not enrolled in school, towards the cost of swimming lessons.

First Lap voucher

[Claim your \\$100 voucher now](#)



[CLICK HERE](#)





Before and After School Care Voucher

The Before and After School Care Voucher Program is an exciting initiative that offers families with a \$500 voucher per child, to support the cost of accessing before and after school care services.

Families can claim the voucher from Service NSW between 28 February and 30 September 2022 and must redeem the voucher at a participating before and after school care service by 31 December 2022.

[CLICK HERE](#)



VegKIT

VegKIT is a five-year project designed to deliver tools and interventions for increasing children's vegetable intake. Primary schools are ideally placed to increase children's vegetable intake by helping to improve children's familiarity, understanding and knowledge of vegetables through learning experiences and interactions. VegKIT resources and tools can be used in existing programs or assist with the development of new initiatives. Click here for more information

[CLICK HERE](#)



SunSmart for Primary Schools and OSHC

Schools are a unique environment to promote sun protection to children and lead the way to build sun-safe environments, behaviours and information. If your school would like to become a SunSmart school or renew your membership, see below.

[CLICK HERE](#)



THE FACTS ABOUT VAPING

Vapes are electronic devices designed to deliver vapourised liquids into your lungs when you breathe in. Vapes aren't water. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

DO YOU KNOW WHAT YOU'RE VAPING?

NICOTINE

Many vapes contain nicotine making them **very addictive**

FRUITY

The nicotine in 1 vape can **=50 cigarettes**



If you vape you are **3 times** more likely to take up smoking cigarettes



Vaping has been linked to **serious lung disease**



Vape aerosol **is not water vapour**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.

VAPES ARE DESIGNED TO BE APPEALING TO YOU

The flavours (e.g. watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing. **Many vapes also contain nicotine, which you can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.

FRUITY ICE



RISKS TO YOUR PHYSICAL AND MENTAL HEALTH

Vapes may expose you to chemicals at levels that have the potential to cause negative health effects. Vaping can impact your lungs and fitness. It can also leave you at increased risk of depression and anxiety. **Vaping has been linked to serious lung disease.** Importantly, many of the long-term harms of vaping are still unknown.

You're not vaping water. When you inhale from a vape you can be exposed to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

Vapes have even been known to explode causing serious burns.



GOOD REASONS TO NOT VAPE

You don't want vaping to come between you and your friends.

Have a reason or two that you can tell your mates why you don't want to vape.

For example, "Vaping is not for me because I don't know what's in it" or "I care about my health and fitness and don't want vaping to ruin it" or "Vapes may taste or smell good, but I've heard they can contain nicotine and I don't want to get hooked like a cigarette smoker".



Do you know what you're vaping?

Get the evidence* and facts at [health.nsw.gov.au/vaping](https://www.health.nsw.gov.au/vaping)

*All statements are backed by evidence which can be found on the website



COVID-19 Links and Resources:

Remember to visit the NSW Health Website for COVID-19 information and advice:

<https://www.health.nsw.gov.au/>

Or the Australian Government Department of Health website:

<https://www.health.gov.au/>

Bookings now available for all children aged

5 TO 11 YEARS

Book your child in for their COVID-19 vaccination today at vaccination.slhd.nsw.gov.au





Dancing Reciters

Is your child interested in developing dancing, speech and drama skills?

Dancing Reciters is a weekly program run by an experienced instructor who is certified in Speech, Drama and Ballet for students in Year 1 to Year 4.

Come along and bring your friends
This program is an ideal place to comfortably practice public speaking and exercise.

Nine week program - one hour workshops

Just Dance - An entertaining and interactive form of dance.

Speech & Drama - Poetry, public speaking, monologues, duologues, prose, improvisation, etc.

Recite - Perform work to the group in a collaborative and fun setting.

Registration is essential. Book online at <https://www.eventbrite.com.au/e/dancing-reciters-tickets-217807707717> or contact Burwood Council on 9911 9999 or www.burwood.nsw.gov.au for assistance.



Fridays
3.30pm to 4.30pm
29 April to 24 June 2022
Venue: Burwood Park
Community Centre,
2B Comer Street,
Burwood
Cost: FREE



**Join our canteen managers
Facebook group**



**CLICK HERE
for the
Menu Check
application form**

National Schools Tree Day

Inner West Council supports schools to participate in National Schools Tree Day (Friday 29 July 2022). Council can provide up to 50 free native plants to Inner West schools. These plants may include grasses, shrubs, vines and other groundcovers which are ideal as a standalone planting or for planting under large trees to help mulch and protect them and create habitat for other native species.

- Up to 50 plants
- Only what Council's nurseries have available at the time, but we try to provide a good mix of shrubs, grasses & groundcovers
- No species requests
- Only ONE request per School from a staff member, not a parent or the P&C unless staff member has made prior contact.

Click [here](#) to make a request, selecting the "Nursery Inquiry" from the drop down options.
Deadline for requests: Tuesday 31 May

From the Sydney Local Health District

School Health Promotion Team

Contact us for information, support and resources to promote healthy eating and active living in your school community.

✉ SLHD-HCI@health.nsw.gov.au

GO4FUN
HEALTHY ACTIVE HAPPY KIDS

**Term 2
2022**

ALL PROGRAMS RUN ONCE A WEEK

**FREE program for children aged 7-13
ABOVE A HEALTHY WEIGHT**

Children and parents/carers need to attend each week

Programs in Sydney Local Health District:

Where	Address	Day & Time	Starts
Burwood Park Community Centre	2B Comer St, Burwood, 2134	Tuesdays 4pm-6pm	26/4/22 For 10 weeks
Lakemba Australian National Sports Club	571-577 Punchbowl Road (in Parry Park) Lakemba 2195	Thursdays 4pm-6pm	28/4/22 For 10 weeks
Strathfield High Street Community Centre	Corner High St & Noble Ave Strathfield 2135	Saturdays 10am-12pm	7/5/22 For 9 weeks

For more information and to register your child,
free call 1800 780 900 or visit go4fun.com.au

Relevant NSW Health COVID 19 guidelines will be followed

Over 6 weeks you will be introduced to the Six Key Modules and how to apply them in supporting your child's coping skills and improve yours too.

The Six Key Modules are:

1. Understanding Anxiety
2. Promoting Emotional Intelligence
3. Setting a good example and encouraging realistic thinking
4. Understanding Avoidance
5. Responding to Children's Anxiety
6. Constructive Problem Solving & Maintaining Progress

The Fear-Less Triple P Program is part of the Triple P Positive Parenting Program®. Fear-Less isn't about eliminating fear altogether – sometimes, fear protects us. Instead, it's about giving your family a toolbox of strategies, skills, and knowledge to manage anxious feelings and stop unnecessary worrying.

DELIVERED BY DYMUNA KENNEDY

Dympna is a qualified parent educator, early childhood advisor, baby massage and baby yoga trainer and practitioner. She is also a local parent of two, a public speaker and the author of several books.

HOW TO REGISTER

To book your place, please complete our Parenting Registration Form and return it to info@dcc.org.au.

The form can be found in the following places:

Website: www.dcc.org.au | Email: info@dcc.org.au | By Phoning: 97198102

QR code link:



**PLACES ARE NOT SECURED AND CONFIRMED UNTIL PAYMENT HAS BEEN MADE.
ALL PAYMENT DETAILS ARE ON THE REGISTRATION FORM.**

Coordinated by Drummoyne Community Centre (DCC) with sponsorship from the NSW Dept of Communities and Justice and the City of Canada Bay Council.



10 Cometrowe St
Drummoyne

9719 8102

www.dcc.org.au

info@dcc.org.au