

Russell Lea
PUBLIC SCHOOL



Newsletter

Term 3 Week 4 Friday 12 August 2022

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>

August 16
Parent Numeracy Workshop

August 22
Book Week Parade

September 5
Book Week Show

September 15
Interrelate
Band Concert



Focus On Friendships

Friendships are an important component of strong mental health. Humans need positive and productive relationships to thrive. If we have good relationships throughout our lives we live longer, happier, and healthier lives. As children move from early childhood into adulthood, they need to develop skills and understandings that allow them to cultivate good relationships. These skills and understandings need to be explicitly taught and children supported to apply them as relationship challenges arise. The UR Strong program recently introduced at RLPS helps to develop these competencies. UR Strong establishes the key ideas that help students to become good friends to others, and good at ensuring others are good friends to them.

After some intensive learning at our Friendship Day this week, students are demonstrating good knowledge of the key ideas. They can tell you about Friendship Fires, Friendship Facts and what Friendship Ninjas do well. Understanding these ideas is the easy part. Applying them, reflecting on how to manage challenges, and learning to be a better friend every day, is a more difficult and long-term journey. If you want to know more, click on the link below to access a recording of the UR Strong Parent Workshop. This link will be live until 5pm on Monday 14 August.

<https://us02web.zoom.us/rec/share/WYJm3vtKgcd7LoCLZHdWw6zoSIAfU8N4rCb3CZ3zbwweALdYhGCwJGijYEuC9rus.K63bnSUY1zX8F6PS>

(Access Passcode: #1Ninjas)

Dan Sprange
Principal

Athletics Carnival

We had a great athletics carnival last week. The sun was shining (most of the time) and students were thoroughly engaged in events all day. It is always great to see students giving each run, jump or throw their best and showing excitement towards the success of their peers. Congratulations to all who had a go and good luck to the 57 students who represented RLPS at the Zone Carnival on Thursday. Thank you to Mr Ainsworth, Ms Stanizzo, teachers and our parent volunteers for making it all happen.



The Bay Run [Final Reminder]

One of our parents have set up a Russell Lea Public School group for the Bay Run race on Sunday 21st August. You can enter the 7km for adults or 2km run/walk for primary school kids. All participants receive a race number and a medal when they finish the race. It's a great way to get the kids involved in exercise. You can join the group from the Bay Run Website. <https://www.bayrun.com.au/> We look forward to seeing you there.

Race Times:

8:00am 7km Runners and Walkers

8:15am 7km 'Fastest Dog in the West' Runners and Walkers

8:45am 2km Primary OSHCare 2km School Children's Challenge



NAIDOC Week

NAIDOC Week was celebrated this week at RLPS with students immersed in the practices and traditions of the world's oldest living culture. Students learnt Aboriginal dances, how to use a boomerang, language, art techniques and traditional hunting, gathering and food preparation practices.



Parking Safety

Please be advised council rangers continue to enforce local parking restrictions. Significant fines, and in some cases demerit points, apply if you park contrary to the restrictions. The majority of Whittall Street is either No Parking or No Stopping during pick up and drop off times.

School zones: understanding the rules

Children are small, harder to see, behave unpredictably and are extremely vulnerable.

They need you to take extra care when driving and parking around school zones.

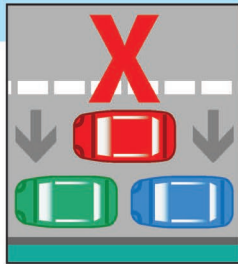
PLEASE CHOOSE SAFETY OVER CONVENIENCE

To help understand school zone traffic rules, refer below to our quick reference guide.

DOUBLE PARKING

You must not stop on the road alongside a car that is parked at anytime.

Fine: exceeds \$337
Demerit points: 2



NO PARKING

You have two minutes to drop-off or pick-up and must stay within three metres of your vehicle.

If no spaces are available you cannot queue on the road way or in any other zones while waiting for a space. You will need to drive away and park elsewhere, only returning when there is space to pull up.

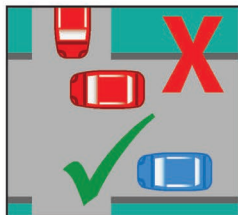
Fine: exceeds \$187
Demerit points: 2



FOOTPATH, DRIVEWAY OR NATURE STRIP

You must not stop across a driveway, footpath and nature strip for any reason.

Fine: exceeds \$337
Demerit points: 2



NO STOPPING

You cannot stop in a no stopping zone for any reason (including queuing or waiting for a space).

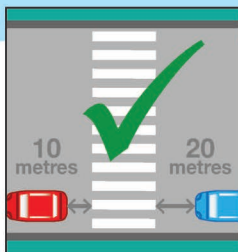
Fine: exceeds \$337
Demerit points: 2



PEDESTRIAN CROSSING

You must not stop on or within 20 metres before a pedestrian crossing or 10 metres after a crossing (unless a sign allows you to park there).

Fine: exceeds \$448
Demerit points: 2



BUS ZONE

You must not stop or park in a bus zone for any reason (including queuing or waiting for a space) unless you are driving a bus.

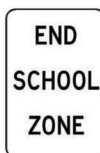
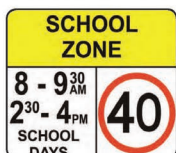
Fine: exceeds \$337
Demerit points: 2



SPEEDING

40km/h school zones are in force on all days which are not a weekend, a public holiday or a publicly notified school holiday for government schools. School zone days include school development days, also known as student-free days.

Fine: maximum penalty \$3,821
Demerit points: +7



PEDESTRIANS

STOP

one step back from the kerb

LOOK

for traffic to your right, left and right again

LISTEN

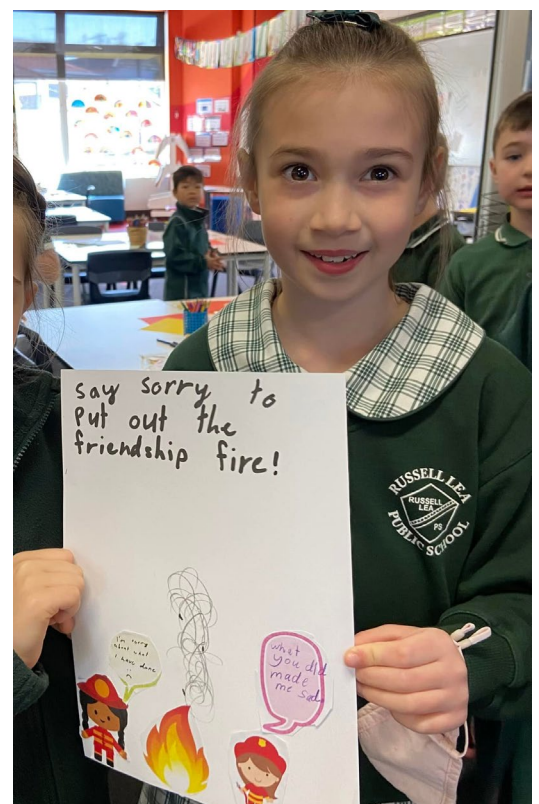
for the sounds of approaching traffic

THINK

whether it is safe to cross

Friendship Day

During Friendship Day students were immersed in ideas which give them the tools to be a good friend and manage friendship challenges. Student had a lot of fun and demonstrated great awareness.



RLPS TIMES

GET THE NEWS HERE

REPORTED BY GEORGINA M, HARPER S, ZARA R. LOCAL STUDENTS



Friend-o-cycle

Yesterday, on the 10th of August 2022, Russell Lea public school had a friendship day encouraged by U R STRONG. They had lots of fun doing different activities.

Stephanie, local student from RLPS says. "I love the bracelets that we made, and I also love how we used cute, colorful beads." the whole reason for the beads were to show what colour you were feeling. if you were red, you were in a unhealthy relationship. But if you are in green, that mean you are in a healthy relationship with your friends.

Russell Lea public school, stage three students made ninja headbands out of cloth, paint and fabric pens, to show the other stages that they were friendship ninjas. They were meant to surprise the other stages with there headbands, but kindergarten, and stage one both had ninja headbands too!!

FIRST FRIENDSHIP DAY AT RUSSELL LEA

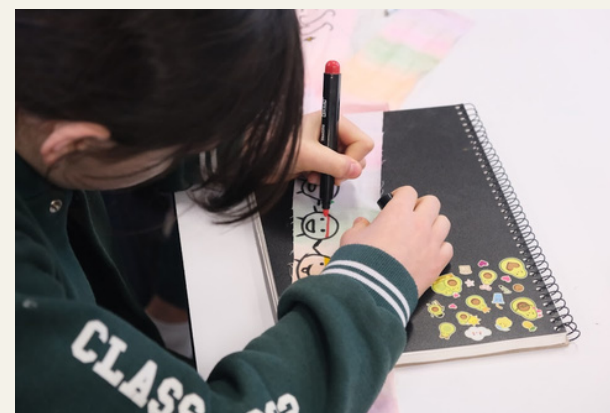
Another one of the friendship day activities that they did was a friend - O - cycle. A friend - O - cycle is explaining the steps of a relationship. "I think that the friend - O - cycle is a good way for kids to learn about relationships." said Jemima, a local student from the school. It shows 6 things to learn in a friendship, closer and stronger, friendship fire, talk it out, confront the issue and forgive and forget.

The last activity of the friendship day was an assembly hosted by the year six's in front of the whole school to rap everything up. They did heaps of fun quizzes and a scene about friendship fires. They chose a bunch of people to compete in there quizzes and the winner was everyone!! "I loved the assembly and I can't wait for the next one!" exclaimed Pia, a year 5 student from RLPS.

In conclusion, we all had a very fun day, enjoyed the games and loved all of the activities.



Friend-o-meter



Madi making her ninja headband

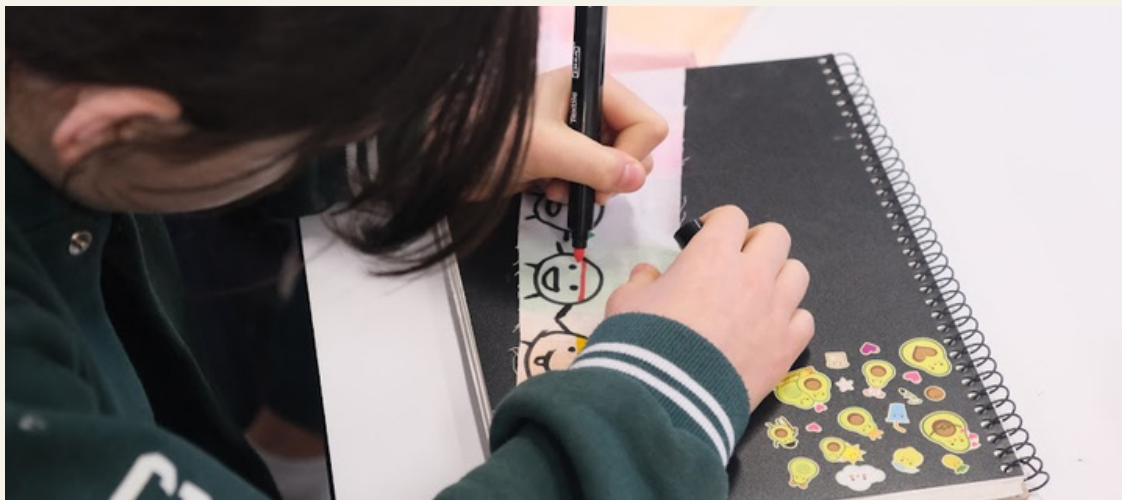


Friendship bracelet

FRIENDSHIP DAY AT RLPS

REPORTED CHARLOTTE TAM NGUYEN

MR SPRANGE DECIDED ON THE 10TH OF AUGUST 2022 RUSSELL LEA PUBLIC SCHOOL HAD THEIR 1ST FRIENDSHIP DAY. ON THIS DAY MANY STUDENTS LEARNED THE IMPORTANCE OF FRIENDSHIP. THE TEACHERS WERE ABLE TO LEAD THIS DAY BY USING FRIENDSHIP NINJAS. THEY HAVE CREATED FUN ACTIVITIES FOR THE STUDENTS OF RUSSELL LEA TO DO FOR THE DAY. LILY'S OPINION TO THIS DAY WAS "I LIKE FRIENDSHIP DAY BECAUSE IT TEACHES YOU ABOUT FRIENDSHIP".



A STUDENT FROM RLPS MAKING THEIR FRIENDSHIP HEAD BAND



CHILDREN AT RUSSELL LEA HAVING FUN

THEY WERE MAKING FRIENDSHIP BRACELETS TO SHOW HOW THEIR FRIENDSHIPS ARE GOING. ANOTHER ACTIVITIES THEY DID WAS LEARNING ABOUT THE FRIENDSHIP-O-CYCLE. ELIJAH ENJOYED MAKING THE NINJA HEAD BANDS AND WATCH THE FUN QUIZES LOCATED AT THE RUSSELL LEA PUBLIC SCHOOL HALL.

TO FIND MORE INFORMATION GO ON THE RUSSELL LEA PUBLIC SCHOOL TWITTER PAGE.