

Newsletter

Term 4 Week 2 Friday 20 October 2023

Important Dates

Please refer to our website calendar for a full list of 2023 school dates

https://russellleap.schools.nsw.gov.au/r ussell-lea-public-schoolcalendar.html

November 12 RLPS Fete

November 15 K-2 Assembly

November 16 Year 6 Outing

November 24 School Spectacular

December 6
Presentation Day
Dance Concert

December 8 Kindergarten Excursion



Girls State Relay

In Week 1 we had many students competing in the Regional Athletics Carnival at Sydney Olympic Park. Our students demonstrated exemplary commitment and achieved incredible results, some of which are listed on the next page. A highlight was our Senior Girls Relay team. Charlotte, Eisla, Indi and Winter placed second in a fast field and will compete in the State Carnival in Week 3. This is the first time RLPS has qualified in a team event at the State Carnival. As well as training hard individually, this group has been regularly working on their baton changes with Mrs Moriarty. She has set aside her lunch times to take the team to Nield Park in order to give them the best chance of success.

We congratulate the girls for making it this far and wish them all the best next week.

Dan Sprange **Principal**

Regional Athletics Carnival

On Wednesday, 16 students competed at the Sydney East Regional Athletics Carnival at Sydney Olympic Park. Congratulations to these students for doing our school and zone proud.

The top performances were:

Eisla - 2nd Long Jump, 2nd High Jump, 3rd 200m

Winter - 1st High Jump, 5th Long Jump

Senior Girls Relay - 2nd (Charlotte, Indi, Winter, Eisla)

Paolo - 4th Discus

Mackenzie - 6th Discus

Mala - 7th 800m

Indi - 8th 1500m

Junior Girls Relay - 10th (Skye, Maddie, Mala, Isla)

Junior Boys Relay - 13th (Oliver, Paolo, Archie, Cruz)

















Steptember At RLPS

Thank you to everyone who contributed to Steptember. Our generous doners contributed \$1477 towards Cerebral Palsy research and programs. Using the link below it is still possible to make a donation if you have not already done so. Mr Ainsworth and Mr Sprange used Steptember as an opportunity to compete against each other for the most daily steps. They recorded the total number of steps each school day and at the end of the month the results were very close. Mr Sprange had the highest number of steps on the most number of days however Mr Ainsworth won as he walked the most number of steps in total. In the end Mr Ainsworth walked an average of 15,949 steps and a total of 334,922 compared to Mr Sprange's average of 15,841 and total of 332,661. There is always next year Mr Sprange!

Click here to donate

Student Leadership

Last week, Year 5 students were involved in a range of activities to support them in developing leadership skills. The focus was on leading through everyday actions of service and kindness, working with others, and self reflection. Students were given the opportunity to showcase what they were taught and to learn more about their peers. All activities had a specific purpose and focused on different skills that will prepare them to become an aspiring leader, with or without a leadership badge.







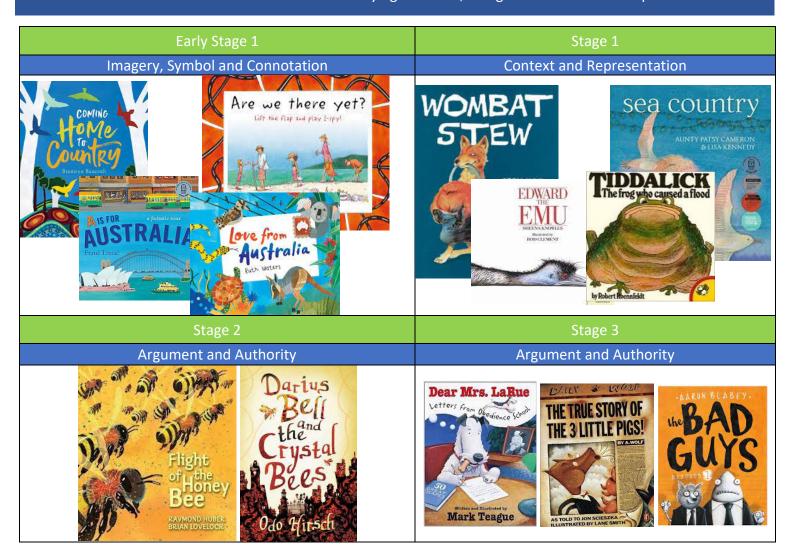


Curriculum & Instruction

Quality Texts We Are Studying This Term

At Russell Lea Public School we teach English using a conceptual approach, utilising quality texts to demonstrate what good writing looks like. As stated by Dr Beveridge (2023), quality texts engage students on different levels, and merit multiple readings; every time you read the text you get something new out of it. These texts will often trigger a lot of 'why' and 'I wonder' questions from students, which can lead to deep discussion and dissection of texts. They are aesthetic, but they are also rich in their use of imagery and symbolism. These books may be full of beautiful figurative language that we'd like to see students learning from their reading and then using in their writing. These texts are exciting, engaging, and multi-layered – they should be open to a range of interpretations and evoke a range of different communities. Children are interested and fascinated in how language works when an integrated approach makes use of their own language and experience to help make the links between oral language, writing and reading.

Below is an overview of the texts that we will be studying this term, along with the focus concept.



Further Learning

If you would like to learn more about our approach to teaching English, check out the following links.

Conceptual English: https://teachingsprints.com/

Quality Texts: https://petaa.edu.au/w/w/Blog/Latest-blog/Quality-Texts.aspx (Beveridge, 2023)

Zone Athletics

Last term Russell Lea attended the IWPSSA Zone Athletics' Carnival. This amazing group of students put in a terrific effort and walked away with the Overall Girls Point Score Shield, Proportional Points Shield and the Champions School Shield. A massive congratulations goes to Mala A (Junior Girls Champion) and Eisla S (Senior Girls Champion).



Band Concert

Last term our junior, senior and extension bands were on stage for our biggest concert ever. Every band member was able to demonstrate their progress and ability to contribute within a large group. We are very proud of the way in which students rose to the occasion and are grateful to Mr Lavis for his dedication to excellence.





10AM - 4PM
SUNDAY 12th NOVEMBER
RUSSELL LEA PUBLIC SCHOOL

HEAPS OF FUN RIDES.

FOOD STALLS.

KIDS CRAFT.

PRIZES

SILENT AUCTION.

SECOND HAND - KIDS CLOTHING.

TOYS, BOOKS,

DUNKTANK.

ENTERTAINMENT.

CHOCOLATE WHEEL.

WWW.RLPS-PANDC.COM/FETE





AUSTRALIAN SCHOOL OF PERFORMING ARTS

Attention: Elizabeth Keast Russell Lea Public School Lithgow Street **RUSSELL LEA NSW 2046**

10 October 2023

Dear Elizabeth,

Thank you for allowing us the opportunity to visit Russell Lea Public School to run an assessment workshop with your students; we're incredibly grateful for your support. Your students were a delight to meet and sing with.

We are in the process of sending individual assessment reports and registration information to the homes of the girls who took part. From there it is up to each family to make their decision as to whether they would like to join the Australian Girls Choir.

We will be holding our Open Days on Saturday November 11, Sunday November 12 and Sunday November 19. Our Open Day gives girls the opportunity to try a free class and for parents to attend an information session to find out more about the AGC. Please find enclosed a small bundle of flyers - it would be great if these could be made available to any interested girls at the school. Thank you in anticipation of your assistance with this.

We were also hoping it might be possible to place the following reminder in your next school newsletter.

Australian Girls Choir Open Day

Congratulations to girls who recently took part in the AGC assessment workshop at school. Everyone is welcome to come along to Open Days on Saturday November 11, Sunday November 12 and Sunday November 19, which will give girls the opportunity to try a free class and attend an information session. Ph 1800 338 142 for more information or visit ausgirlschoir.com.au/joinagc/

Thank you again for your assistance in distributing the flyers; we greatly appreciate your support. Should you have any questions please don't hesitate to contact our office on 1800 338 142.

Kind regards

Laurie Lubicz

Jani tum

Public Relations Administrator

 ADELAIDE
 BRISBANE
 CANBERRA
 MELBOURNE
 PERTH
 SYDNEY **HEAD OFFICE** PO BOX 417 KEW EAST VICTORIA 3102 ABN 76 053 469 891

P + 61 3 9859 6499 **P** 1800 338 142

E headoffice@aspagroup.com.au

W aspagroup.com.au







RUSSELL LEA TELEGRAPH

By Casper, Luca, Raph, Rhys, Ewan, Jack, Jude, Darcy and Cruz

Elvis A Musical Revolution

As you may know Rhys Hankey has an amazing talent for theatrical performances. For the past few weeks, Rhys Hankey has gotten the role of Young Elvis in a musical called Elvis A Musical Revolution. He feels pumped because he has got many many shows to perform. It's the first time he's done a professional musical and we should feel good for him. Round of applause for Rhys Hankey the Young Elvis.

Matildas Mufti Day

On the 16th of August, everyone in the school participated in a mufti day supporting the

Matildas in the semifinals of the world. The whole school, teachers and kids wore green and gold clothing. All of the school captains and vice captains helped to start this mufti day and everyone donated to raise \$515 in gold coins! The money was used to buy school sports and soccer equipment such as goals and soccer balls. Lots of students are very happy about where the money went towards.

Mr V's Golden Ticket Dance

Some of the students at Russell Lea got a golden ticket from Mr V. If you got a golden ticket then you could perform a dance at the Russell Lea school fete. The dance has two groups. One of the groups is called 'The Backstreet Boys' which Casper is leading and the other group is called 'Elvis' which Rhys has been leading since he took

the role outside of school and performed a fantastic act where he played Elvis!

Magnetars

Recently scientists have discovered a new type of star called "Magnetars". They believed this well known object is actually a new type of star. These stars are believed to have an extremely strong magnetic field and are made of helium. Like neutron stars, magnetars are about 20 kilometres in diameter and have a mass of around 2 to 3 times of the sun. To put this in perspective, one tablespoon of a magnetar would weigh an astonishing 100 million kilograms. These stars have a relatively short lifespan at around 10,000 years.

Extracurricular Photos

On the 16th of August, photos for Extracurricular activities were taken. Photos for PSSA, Debating, Math olympiad, Band and Choir. They have set a memory in stone for Russell Leas Public School and will set many more. All the photos went for a very drawn-out time, which annoyed lots of the band people because it dug into their lunchtime. The worst part about it is that none of the band/choir people got extra lunch. Smile!

Debating

The debating season is finally over. Both the year 6 team and the year 5 team argued excellently however, they did not make it to the next round. The teams had a debate against each other and the year 5's remained victorious. At the end of the season, both teams had chips whilst sitting in

the out-of-bounds area. In the end, it was a very joyful season and they all had some good times.

End Of Term 3 Band Concert

In week 10 on Wednesday the Senior and junior bands had a small concert with a goal of 4 songs for each. Mr. Lavis (Conductor) has started a new style of band, training band and concert band plus a new extension band for those who need a challenge.

Voyager 1

On September 5th 1997, Voyager 1 launched off its platform, travelling into space at over 60,000km per hour in the present day. It is still progressing through the universe now 24 billion kilometres away from Earth. In 2000 Voyager 1

was 9,855,000 kilometres away from Earth, in 2010 Voyager 1 was 98,055,000 kilometres away from earth and on until one day the hope is to find other life. The spacecraft, Voyager 1, has revolutionised the space journey and will forever be an amazing accomplishment.

Blue Super Moon

On August 31st, 2023, Australia saw a rare Blue supermoon. This event happens when a full moon orbits as close as it can to Earth, resulting in a larger and brighter appearance. People across the country were fascinated by the moon's glow and took stunning photos. The Super Blue Moon only occurs once every few decades, and it's associated with spiritual significance. This event was a unique opportunity to appreciate the beauty and wonder of our universe.

Maritime Museum

The maritime museum is a very historic building and recently Stage 3 went to the Maritime Museum. They explored some of the historical events of HMAS Vampire, the first fleet and Vietnamese refugees. The main focus of the excursion was learning about the refugees and migrants. Stage 3 students enjoyed it a lot.

Worm found in woman's brain

A woman was hospitalised after feeling sick. She'd been to the doctors multiple times but came out with no answers. After brain scans she received surgery so they could figure out what was going on. A neurosurgeon was astonished when she found an alive, 8cm roundworm in her

brain. The roundworm is a parasite typically found in pythons' heads, and it was alive when it was removed from the woman. The woman received treatment for other larvae that were in there, too. The woman said she'd eaten wild spinach which they think had python faeces on. The parasite is believed to have been in faeces,

Cake & Surprise

On September 7th, the Year Sixes held a fundraiser (Cake & Surprise) which is a raffle that people's names get drawn from a hat winning cakes donated by students. There were 2 draws: one for the K-2 and the other for 3-6. There were nine prizes for each draw and overall they raised 800 dollars to fund the end of year Year six dinner. The delicious cakes made all the prize winners very happy.

STEPtember

Last year, 16 377 participants participated in STEPtember and they were able to raise nearly 500, 000 dollars. This year, over 104,119 participants have raised \$5,713,652. Mr Ainsworth and Mr Sprange have been competing to see who can get more steps and Mr Sprange is winning but Mr Ainsworth is close behind. You're probably thinking what STEPtember is for. It raises for people with cerebral palsy that do not have a chance to walk. Did you know that every 20 hours, an Australian child is diagnosed with cerebral palsy? STEPtember is a fun and inclusive way to encourage you to get 10,000 steps a day from 1-30 of September. All the money donated goes to medicine and research for cerebral palsy. Remember, stay moving, stay healthy.

Zone Athletics

On Thursday 21st of September, for the people that made it to zone athletics will compete for our school at Sydney Olympic Park, Athletic Centre. Many kids have put in many hours of training to get to zone. It has already been a huge accomplishment to get this far so lets hope they can get further. But even if you sadly didn't make any events, you can still participate in captain ball for the Year 5's and 6's and tunnel ball for the Year 3's and 4's. Go Russell Lea!

El Nino Strikes Again

For the past 3 years it's been wet and cool but in week 9 and half of week 10 there were highs of 30° - 35°. Although, towards the end of the week it cooled down. It will be a nice but dry spring. Enjoy the holidays while they last!

Are you an LGBTQ+ Parent?

For Rainbow Families, it's important that children who have LGBTQ+ parents have access to spaces where they can be their authentic selves, have a voice in the community and pursue their individual paths.

Rainbow Families formed its Youth Advisory Council (YAC) in recognition of how important the voices of our young people are, and to create a safe and supportive peer network of other young people who understand.

The Youth Advisory Council accommodates younger and older youth:

- LITTLE RAINBOWS is open to the younger 9-12 age group, and offers an opportunity for social connection and age appropriate activities.
- YOUTH COUNCIL (or the "YAC") is designed for 13-17 year olds. They develop projects and initiatives for young people and young adults in the community.

Each group meets twice a month over food and fun activities with our group leader and school teacher, <u>Geoffrey Parry-Ewing</u>, in the Inner West area







"I like going to Little Rainbows because it is really fun and we get to do amazing activities. You can just be yourself and you get to meet new friends too" – Joel

Confidence building, friendship, learning. Join us.

If you're a Rainbow Family and would like to connect with us to find out more about the YAC and Little Rainbows, go to:
 https://www.rainbowfamilies.com.au
You can also find us on Facebook and Instagram.
 We look forward to meeting you:)
E: geoffreyp@rainbowfamilies.com.au









An experience that goes far beyond the stage!

Girls blossom as members of the AGC, both on and off the stage. Your daughter will develop confidence, public speaking and presentation skills, resilience and friendships that will last a lifetime.

Our senior performers have shared the stage with a long list of artists including Hugh Jackman, Amy Shark and Kylie Minogue. You may have seen our girls perform for the FIFA Women's World Cup or AFL Grand Final; or on television appearances on Sunrise, Today, Carols by Candlelight and Carols in the Domain.

Now accepting 2024 enrolments for our rehearsal venues in Balgowlah, Beecroft, Chatswood, Haberfield, Kellyville, North Parramatta, North Ryde, St Ives, Waverley and NEW venue opening in Castle Hill!



JOIN US AT OUR NOVEMBER OPEN DAY

Register now at ausgirlschoir.com.au/joinagc or phone 02 9922 6733















Is this your daughter?

Look no further than the Australian Girls Choir because we encourage, challenge and inspire girls as they learn to sing, dance and perform.

Join us at our NOVEMBER OPEN DAY!







TENNIS LESSONS

Concord Public School

Active kids vouchers accepted

Fun | Active | Skills Hot Shots Rain Hail or Shine

Please Note:

- Open to children of all abilities
- All coaches are Tennis Australia or ATPCA qualified.
- Full supervision
- Reduced sized courts
- Modified equipment

When: Thursday Mornings.

Every School Thursday of the term

Term 4: October 12th - 10 Week Term

Where: School Cola

Time: Thursday Mornings :

7:30am - 8:00am (Year 3,4,5 & 6).

8:00am - 8:30am (Kindy, years 1 & 2)

Rego Cost: \$200 (10 week term)

Pro Rata for mid term enrolments.

Subject to availability.

Adult tennis/ Private lessons/ Groups (all ages) available at our centre Burwood Park.

TENNIS RACQUET OFFER

(Demos Available)

\$40 junior racquets \$50 Off Main Frame racquets & 26" Racquets



Register Now!

www.jmurphysports.com.au (Click Bookings tab for options)

Private lessons also available

Contact James for any questions or bookings:

Mobile - 0432 943 745 jmurphysports@gmail.com

PARKING SAFELY IN SCHOOL ZONES

Road Rule Reminders



The fines and demerit points in this brochure apply in school zones.

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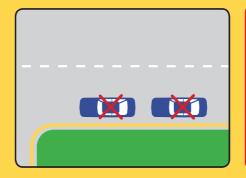
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NO STOPPING ZONES

No Stopping signs mean you must not stop here at any time. If times of operation are shown on the sign, the restriction applies only at those times.

An unbroken yellow kerb line is a no stopping line. You must not stop for any reason.







BUS ZONE SIGNS

A Bus Zone is a No Stopping zone for vehicles other than buses. If times of operation are shown on the sign, the restriction applies only at those times.

FINE EXCEEDS \$387 + 2 DEMERIT POINTS

You must not park your vehicle less than 20 metres before or 10 metres after a bus stop.





NO PARKING SIGNS

You can only stop in a No Parking zone while picking up or setting down passengers or goods. You have a maximum of 2 minutes from the time you stop and must stay within 3 metres of your vehicle at all times.

FINE EXCEEDS \$201 + 2 DEMERIT POINTS

If times of operation are shown on the sign, the restriction applies only at those times. This is not a waiting zone.





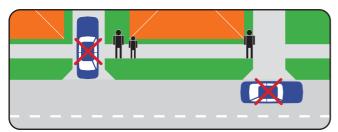
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DRIVEWAYS AND FOOTPATHS

- When exiting or entering a driveway a vehicle must give way to pedestrians on the footpath.
- Driveways are not playgrounds. Be aware that children can go unnoticed in front and behind your vehicle. Do not solely rely on reverse sensors or cameras in your vehicle.

EXCEEDS

- Always supervise and hold a child's hand near/crossing driveways.
- It is illegal to park in or across any driveway or to block a footpath at any time.

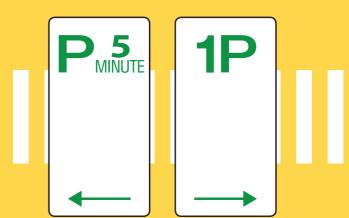


TIME RESTRICTED PARKING

Parking signs with specified time limits allow drivers to park their vehicle for a maximum period of time, e.g. 5 minutes, 1 hour etc.

FINE EXCEEDS \$129

If times of operation are shown on the sign, the restriction applies only at those times.



4

USING MOBILE PHONES

 It is illegal to make or receive a call on your mobile phone while you are driving unless your phone is secured in a fixed mounting or does not require you to touch or manipulate the phone in any way.



- It is illegal to use the other features of a mobile phone such as texting, emailing etc unless your car is legally parked and the ignition is switched off.
- Using mobile phones is a major distraction for drivers and incurs higher fines and demerit points in school zones.



DOUBLE PARKING

Do not double park at any time. Double parking is illegal and dangerous especially around schools. It reduces visibility and blocks the road for other motorists.

FINE EXCEEDS \$362 + 2 DEMERIT POINTS

U TURNS

- Performing U turns or 3 point turns in school zones is extremely dangerous.
- Performing U turns across unbroken centre lines is illegal and is particularly dangerous around schools.

FINE EXCEEDS

\$481
+ 4 DEMERIT POINTS

6

PARKING / STOPPING NEAR INTERSECTIONS

It is illegal to park or stop less than 10 metres from an intersection with no traffic lights as this blocks visibility for turning drivers and creates a hazard for all motorists.

PEDESTRIAN CROSSINGS AND CHILDREN'S CROSSINGS

FXCFFDS

EXCEEDS

 Slow down as you approach pedestrian crossings and children's crossings.

• Do not proceed if the road beyond the crossing is blocked.

 Do not stop or park in the No Stopping zones on either side of the crossing as this blocks visibility.

- At a children's crossing you must stop at or before the stop line if there is a pedestrian about to cross or already on the crossing.
- Do not proceed through a children's crossing until all pedestrians have completely cleared the crossing.

HOLDING HANDS IN TRAFFIC

- Children need assistance in the traffic environment until at least the age of 10. They are not equipped physically or developmentally to make the crucial decisions to keep themselves safe.
- All children need to be actively supervised in and around moving vehicles, footpaths, shared paths, driveways, car parks, at traffic lights, pedestrian crossings, on quiet streets and busy roads.
- Make sure you always set a good example around traffic and talk to your children about why you are stopping at the kerb and what you are watching and listening for. Explain where and when it is safe to cross and why.
- Hold hands with your children around traffic. If your hands are full, make sure your child holds onto your bag, pram or even your arm or sleeve.







Fun program for kids to become fitter, healthier and happier

Help your 7-13 year old child get healthy, active and happy with Go4Fun*.

Go4Fun® is a 10-week healthy lifestyle program for kids aged 7-13 who are above a healthy weight, and their families. Sessions run once a week for two hours after school, during term.

Registrations are now open.

Call to find out about your local program.

to register: free call 1800 780 900

SMS 0409 745 645 for a call back Register online at www.go4fun.com.au www.facebook.com/go4funprogram/













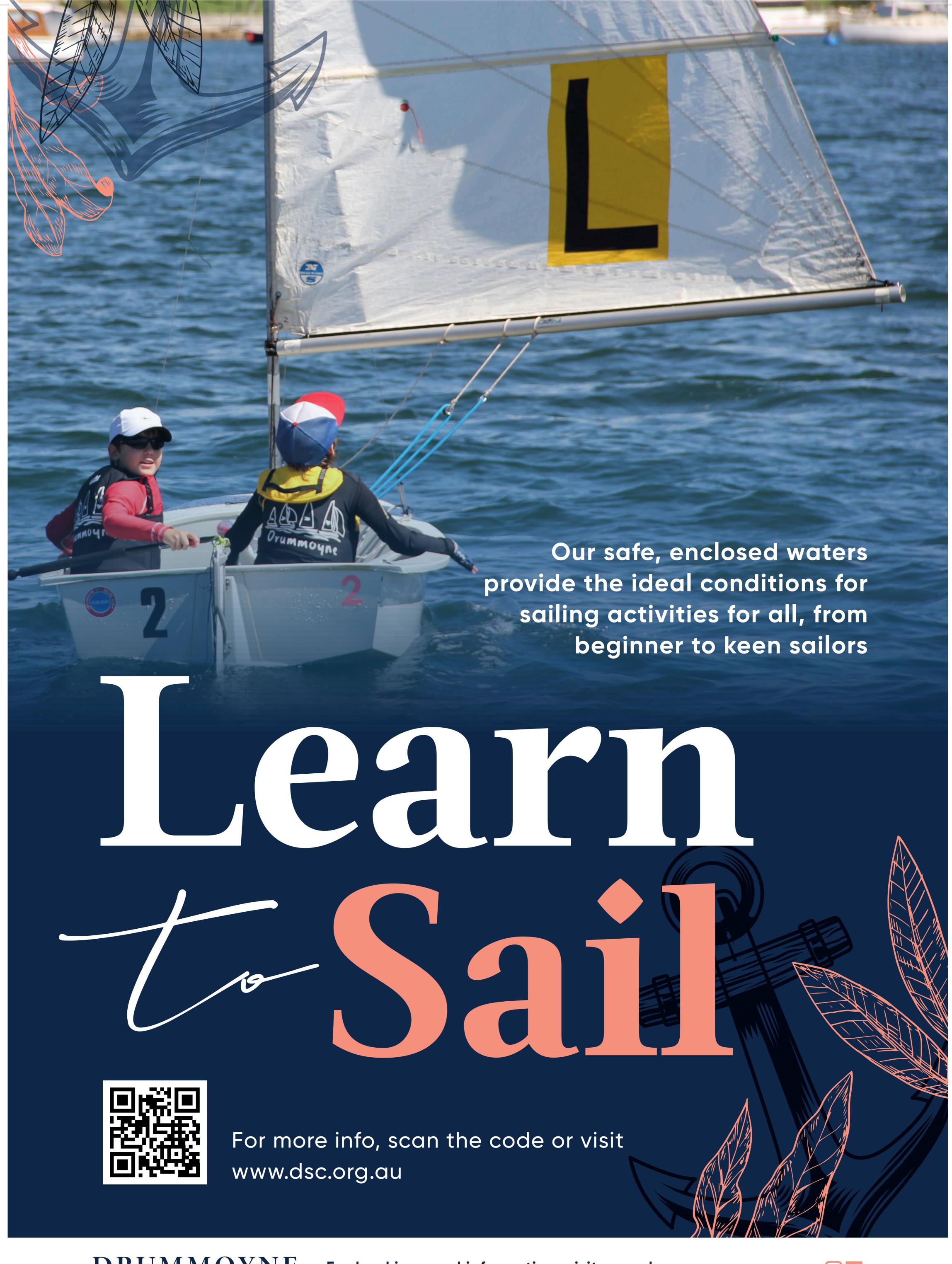


ALL PROGRAMS RUN ONCE A WEEK



FREE program for children aged 7-13 **Above a healthy weight.** Children and parents/carers need to attend each week.

Where	Address	Day & Time	Starts		
Burwood Fitzroy Hall	22 Church St, Burwood NSW 2134	Mondays 4pm-6pm	9 th Oct until 11 th Dec		





Active Creative Well

Q4 2023 Community **Programs Calendar**

October						
SU	MO	TU	WE	ТН	FR	SA
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November						
SU	MO	TU	WE	ТН	FR	SA
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December						
SU	МО	TU	WE	ТН	FR	SA
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Scan the QR to sign up for the monthly community programs e-newsletter

For more information contact Burwood Council on 9911 9855 or visit: burwood.nsw.gov.au



9 October to 4 December 2023

The Henley Community Room,

Mondays

Enfield

10am to 11am



Mondays 10.30am to 12.30pm 9 October to 4 December 2023 Fitzroy Hall







Kids Art Workshops for 2-6yrs Chinese Art Workshops

GO4FUN Program Healthy Active Happy Kids Mondays

4pm to 6pm 9 October to 11 December 2023 Fitzroy Hall

Fitter & Stronger Mondays - 9am to 10am

Tuesdays - 10am to11am 9 October to 12 December 2023 Fitzroy Hall

Zumba Gold

Tuesdays - 9am to 9.45am Wednesdays - 8.45am to 9.30am Thursdays from 9am to 9.45am 10 October to 15 December 2023 Fitzroy Hall



Chinese Traditional Dancing

Tuesdays 11.30am to 3pm 10 October to 12 December 2023 Fitzroy Hall



Dance classes for individuals with disabilities

Wednesdays 4pm to 5.30pm 11 October to 13 December 2023 Fitzroy Hall



Sewing Bee Club

Monthly Wednesdays 11 Oct. 8 Nov. 13 Dec 2023 10am to 12pm Burwood Libary & Community Hub



Burwood Seniors Computer Club

Wednesdays 11 October to 6 December 2023 10am to 12pm The Brighton Retirement Village



How to Take Good Pictures with Your Mobile Device

Wednesdays 6pm to 8pm 11 October to 29 November 2023 Woodstock Community Centre

Click here for more info



Chinese Line Dancing

Thursdays 11am to 3pm 13 October to 15 December 2022 Fitzroy Hall



Junior Multi-Sports Program

Thursdays 5.30pm to 6.30pm 26 October to 14 December 2022 Blair Park, Croydon



Earthbeats Music Early Childhood

14 October to 8 December 2022 Woodstock Community Centre



Line Dancing

Fridays 14 October to 16 December 2022 Fitzrov Hall



DanceMoves

Fridays 11.30am to 12.30pm 13 October to 15 December 2023 Woodstock Community Centre



Photo Walking Tours

Saturdays 3pm to 4.30pm 2 December - Henley Park 9 December - Wangal Park



Digital Photography Club Monthly

Saturdavs 15 Oct & 19 Nov & 17 Dec 2pm to 4pm Woodstock Community Centre

Generation Connection

School Holiday Program Thur 28 & Fri 29 September & Thur 5 October Presbyterian Ladies College



Special Olympics Australia PLAYING FOR ALL

Wednesday 27 September 2023 10am to 12pm Henley Park, Enfield

Burwood Library & Communtiy Hub

Step into Volunteering Tuesday 24 October 2023 10am to 12pm

B Active events

B Well events

B Creative events

General events