



*Russell Lea*  
PUBLIC SCHOOL



Newsletter

Term 1 Week 11 Friday 12 April 2024

## Important Dates

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

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

April 25  
ANZAC Day

April 30  
First Day Term 2

May 9  
Mother's Day Stall  
SHS Test

May 14  
P&C Meeting

May 15  
Athletics Carnival

May 29  
Open Day



### Creating Habitat at RLPS

Prior to the construction of the new school in 2018, RLPS had larger green spaces and more trees. Council assessed the site as being crucial habitat for local animals, particularly birds. Since the construction of the new school, we have worked hard to add as many bird-friendly trees and shrubs as possible. With the support of a Canada Bay Council environmental grant, we have been able to plant 60 new shrubs which will add important habitat to the local area. Our students have been involved in many such projects over the years. They gain important understanding as they see the trees and shrubs they planted grow over time and observe the birds living and feeding on them. They learn that they can make a difference and appreciate that habitats are precious and can only be created with consistent effort over a number of years. I would like to acknowledge Canada Bay as well as Mrs G as they have worked in partnership over many years to create the green spaces we, and our local animals, enjoy so much.

Dan Sprange  
Principal

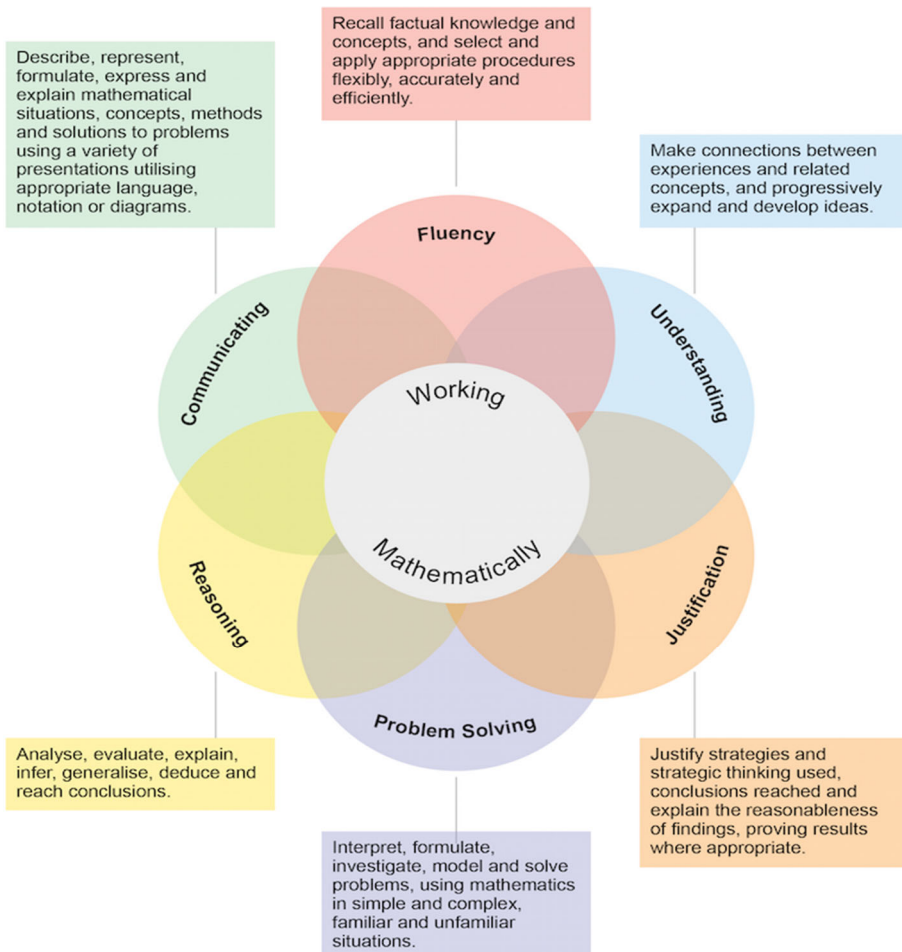
## Working Mathematically

We often hear parents remark about how the teaching of maths appears different to when they themselves were at school. Teachers sometimes say the same thing!

A big difference in the teaching of mathematics today, is the importance that is placed on supporting students' working mathematically skills. This means supporting their ability to think logically, critically, and creatively about maths whilst improving their ability to make connections across concepts to create deeper conceptual understanding. These skills enable students to recognise the role of mathematics in the world around them, whilst being able to apply their understanding to different situations. This enhances their resilience when solving mathematical problems and enables them to become positive, self-motivated, and engaged mathematicians.

We can observe a child's working mathematically skills through their ability to communicate effectively using mathematical language, their ability to make connections between mathematical concepts, and their level of motivation when participating in appropriately challenging mathematical tasks.

Teachers at RLPS strive not only to cover the content of the mathematics syllabus, but to ensure that students are often presented with high level tasks that enable deeper thinking and reasoning. Our goal is not for students to simply learn maths, but to become mathematicians.



### Help Your Child with Maths!

You can be a great coach for your child by listening carefully to your child's thinking, asking questions You might say things like:

- Can you share your thinking with me?
- I like how you're thinking about...
- I wonder if there are any patterns here...I wonder if they might be able to help us?
- Do you notice anything interesting about...
- What if we try working backwards?
- I wonder if we could think about this another way.
- I like how you came back to that idea and thought about it differently.
- Let's take a break for 5 minutes! Sometimes I need a brain break to give me some space to think.

### Further Learning

If you would like to learn more about working mathematically, check out the following links.

Thinking Mathematically resources: <https://education.nsw.gov.au/teaching-and-learning/curriculum/mathematics/mathematics-curriculum-resources-k-12/mathematics-k-6-resources/thinking-mathematically-resources>

Parent and Carer support: <https://sites.google.com/education.nsw.gov.au/get-mathematical/k-6-resources/parent-and-carer-support>

## Help Us Maintain Safety For Students With Anaphylaxis

We have many students who are at risk of severe anaphylactic reaction to common foods such as peanuts, eggs, tree nuts (such as cashews), dairy milk, shellfish, sesame, and certain insect stings. Given exposure to these foods can be life threatening for some students we ensure all staff receive regular anaphylaxis emergency response training. Personal and general use adrenaline autoinjectors are held on site and identified students have an ASCIA Action Plan.

Students identified as being at risk of severe anaphylactic reaction are usually well aware of the risks posed by allergens and generally avoid known exposure. Unfortunately students can be inadvertently exposed to allergens in food scraps and remnant traces on hands and shared surfaces. Given this we ask all families to avoid packing common allergens such as nuts and egg in school lunches. We understand it is not possible for our school to be completely allergen free however with cooperation we can make our school significantly safer for at risk students.

Please note students eat lunch in their classroom under the supervision of their teacher and general use EpiPens are located in every classroom block. Teachers regularly remind students not to share food and will contact you if known allergens are brought into school. If you have any concerns about risks to your child please have a conversation with your child's teacher. We thank you for working with us to keep all students safe and encourage you to contact us if you mistakenly pack a school lunch with a potential allergen.

AUSTRALIAN COMMISSION  
ON SAFETY AND QUALITY IN HEALTH CARE

Clinical Care  
Standards

# Anaphylaxis in Australia

NOV 2021

- Anaphylaxis occurs when our immune system reacts to an allergen or allergy trigger.
- Anaphylaxis is the most severe form of allergic reaction.
- It must be treated as a medical emergency, as it can be life threatening.



### Common triggers of anaphylaxis



### Food allergies



### Emergency hospital visits



### 5 STEPS TO STAY SAFE After Anaphylaxis

- 1 Know the signs and symptoms - they differ for everyone
- 2 Manage your allergy and avoid triggers - to prevent future episodes
- 3 Have an ASCIA Action Plan - so you, or others, can act fast in an emergency
- 4 Always keep your adrenaline injector close by - and know how to use it
- 5 Follow-up with your GP and specialist - to know how to best manage your allergy

Talk to your healthcare professional if you have questions.

### Signs + symptoms

Anaphylaxis signs and symptoms can vary and include:

- Respiratory
- Cardiovascular
- Skin
- Gastrointestinal



### First-line treatment

1 in 4 ED patients don't receive timely adrenaline injections



Find out more at: [safetyandquality.gov.au/allergy-safe](https://safetyandquality.gov.au/allergy-safe)

## A Day At The Farm

School excursions provide students with experiences not available on school grounds and inspiration for school learning such as reading and writing. Visiting the farm is a tradition for Kindergarten and a very exciting outing as much of the learning from earlier in the term comes to life. Students get to see the animals they have been reading about and learn about how the farm is organised. These real life and tactile experiences provide inspiration and purpose for literacy activities such as reading and writing. Literacy is about making meaning from what others have communicated in words, and making meaning with ones own words. It is always exciting to see students begin this journey in Kindergarten and we are always impressed when they are able to make meaning as early as Term 1. The picture at the bottom of the page illustrates some of this learning. These wonderful learners from KM have published stories about their farm experiences. They have proudly written about what they saw and what they know about farm life. We congratulate them and all our Kindergarten learners for the progress they have made in the short time they have been with us.



## Easter Hat Parade

In Week 9 we celebrated one of the most happy events in the school calendar, the Easter Hat Parade. Students marched proudly as they paraded past parents and grandparents. The Easter raffle and cake stall were very well supported and run expertly by our Year 6 students and parents. Thank you to everyone who made this event so special and to everyone who worked so hard on their beautiful hats.



## Cross Country

The annual Cross Country was run this week with students putting in a big effort to complete the course. We are always impressed with how hard many students push themselves to get the best result or to simply finish. Congratulations to all participants and those who have qualified for the Zone competition on 29 May.



### [Reminder] Mobile Phones and Smart Watches

Please be advised mobile phones and the phone function of smart watches are not to be used by students when at school. If these devices are brought to school they must remain in the student's school bag (phones) and not used to record, access the internet/applications or communicate with others at any time during school hours. Communication between home and students is done through the office. If students use their phone or smart watch contrary to these expectations they are given a warning. Further use will then result in the student being asked to leave the device at home. If your child uses a device at school please reiterate this with them and ensure they understand they should not be recording others, using internet based applications or using these devices to communicate during school hours. If you need to communicate please do so via the school office.

As well as creating podcasts the RLPS Student News Team have also created a Term 1 news report. We hope you enjoy it.

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# NEWS RLPS

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*By Casper, Raph, Darcy, Anton, and Max*

## We're Back

As you know, school has started again and with it, many new, exciting things are happening. First of all, lots of new students have arrived. Almost every if not all classes have at least one new kid. Also many new and thrilling events are occurring such as the Great Aussie Bush camp for stage 3 in term 3 week one. This year is also a big one for the year 3's and 5's as they are doing the NAPLAN test. It is the year 5's first step into stage 3. It is also special for year six. It is the last year at primary school for them until they go into high school. It is going to be the most exciting year yet, so buckle up and get ready because 2024 is a go!

## Teachers and classes

With a new year comes new teachers and classes. In stage three, instead of having 3 classes it has been increased to 4. The new teachers are Mr Salvatory, Mr Ainsworth, Ms Mui and a new teacher, Ms Mau. Since Ms Mui and Mau both start with the letter M, the classes are 5/6M (for Mui) and 5/6Ma (for Mao). Considering the new 4 classes the number of students have decreased (per class) from about 30 down to 25. I personally think that this is a positive change as it relieves stress from teachers. However in stage 2 the classes and teachers are the same with Mr Robinson, Ms Lee, Ms Collyer and Ms Stanizzo.



## House Captains

At RLPS we have house captains that plan and support sport events for their house. The four houses are Waratah, Bluegum, Banksia and Wattle. All houses had a meeting to elect 4 captains. Waratah selected Lincoln Van Loo, Lucia Brown, Erica Bharti and Mia Sendelbeck. Wattle selected Skye Lewis Jude Wilson Mille-Rose and Anton Martin. Each candidate presents a speech explaining their strengths and leadership qualities, their respective houses then vote on their three top choices. The teachers then count up the votes and then an assembly is hosted to tell the entire school who the captains are.

## Swimming Carnival

Term 1 has just started and everybody is excited for the new year. The carnival in term 1 is going to be in week 4. The swimming carnival has people competing

in freestyle, breaststroke, backstroke and butterfly. Personally, we are all looking forward to the races because you get to see amazing students race each other.

## Kindergartens

The kindies are here! Last year the kindergartens for 2024 came to have a look at the school and met some year 5's (soon to be year six) to look after them for best start and when they are in kindergarten. The new year 6's job this year is to make sure that the kindergartens feel safe and comfortable at their new school. All the year six's adore their little kindy friends and the kindies are settling into Russell Lea very nicely.

## PSSA Softball Trial

In the first week of school we had the PSSA Softball tryouts and everyone was very excited to

see who would make the team. Softball is based on three things, throwing, catching and batting. The boys and girls arrived at Nield Park in the morning on Friday and started off with some throwing and catching in groups of three and four. After years 5 and 6 were marked on throwing and catching everyone started to get assessed on batting. In batting everyone had three shots before they had to field.

## School Captains

With a new year comes new school captains. This year's school captains are the best and they are looking forward to all the events this year. Today we have two special guests. Here's Darcy

Cruikshank Q: What is it like to be the school

captain A: "It's a pretty cool thing to do and I am very proud but I love it because you have a whole

team with you to help". Q: What do you think is the

best part of being captain? A: "Just being able to

help the school and everyone in it". Now for another special guest Winter Wawn! Q: How does it feel to be school captain? A: "It feels really good to be school captain and I'm really excited for this year to host the assemblies and make sure that all Russell Lea students have a great year"Q: What is the best part of being school captain? A: "I think that the best part of being school captain is being the voice of some children who might be a bit shy to share their ideas and thoughts about school". In hope of helping them to feel more confident, I will use their ideas to ensure that Russel Lea is a safe and happy environment.". Thank you for your time Winter and Darcy.

## Space news

Recently NASA's James Webb Telescope has captured beautiful images of spiral galaxies. These pictures aren't just some lucky shot, it is part of a

project called Physics at High Angular resolution in Nearby Galaxies (PHANGS) which is funded by more than 150 astronomers worldwide. PHANGS already had data from the hubble space telescope and many more telescopes. Infrared and ultraviolet telescopes such as the James Webb telescope have been used to place several pieces of the puzzle.

## Assemblies

This year we will have fortnightly assemblies for merit awards, teacher notices and other important events! Merit awards will be given out to only the most exceptional students from every class. You can get merit awards by helping your peers, working independently, doing your best and so much more. Put in the extra effort for a merit award! Teacher notices will also be shared during assemblies. Teacher notices range all the way from picking up rubbish to keeping our school equipment in top



*For the best education money can't buy, choose your local public school.*

**HIGH POTENTIAL AND GIFTED EDUCATION AT CONCORD HIGH SCHOOL**

**APPLICATIONS FOR YEAR 7 2025 ARE OPEN**

*Students in our high potential and gifted education program experience accelerated learning, advanced pathways and extension opportunities.*

**VISIT OUR SCHOOL WEBSITE TO APPLY**

[concord-h.schools.nsw.gov.au](http://concord-h.schools.nsw.gov.au)



# Creative Writing

## at Russell Lea Public School

Every Thursday after school

*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 working writers.
- **Full-term programs every term.**
- We accept **NSW Creative Kids vouchers.**
- **Free trial** for new participants.
- **Any questions?** [bookings@writingworkshop.com.au](mailto: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... (11-year-old)*

The **Writing** Workshop



[www.writingworkshop.com.au](http://www.writingworkshop.com.au)



# Parent and carer webinar schedule

## 2024

eSafety's free webinars provide parents and carers with the knowledge, skills and tools to support their children to have safe, positive online experiences.

### Term 1

#### **Safer Internet Day (6 February)**

##### **eSafety 101: How eSafety can help**

Suitable for parents and carers of children and young people in primary and secondary school.

##### **Understanding how to support your child with online gaming**

Suitable for parents and carers of children and young people in primary and early secondary school.

##### **Understanding parental controls to safeguard your child**

Suitable for parents and carers of children and young people in primary school.

##### **Online safety and social media: TikTok, YouTube and Instagram**

Suitable for parents and carers of children and young people in primary and early secondary school.

### Term 2

#### **National Families Week (May)**

##### **eSafety 101: How eSafety can help**

Suitable for parents and carers of children and young people in primary and secondary school.

##### **Wellbeing and digital technologies**

Suitable for parents and carers of young people in secondary school.

##### **Consent and online boundaries: How to support your primary-aged child**

Suitable for parents and carers of children in primary school.

##### **Setting your child up for success online**

Suitable for parents and carers of children in primary school.



## Term 3

**National Day of Action against Bullying and Violence (August)**

**National Child Protection Week (September)**

- **Understanding how to support your child with online gaming**

Suitable for parents and carers of children and young people in primary and early secondary school.

- **Consent and online boundaries: How to support your primary-aged child**

Suitable for parents and carers of children in primary school.

- **An introduction to online safety and emerging technologies**

Suitable for parents and carers of children and parents in primary and secondary school.

## Term 4

**Mental Health Month (October)**

- **Navigating online friendships: Transitioning to secondary school**

Suitable for parents and carers of young people in secondary school.

- **eSafety 101: How eSafety can help**

Suitable for parents and carers of children and young people in primary and secondary school.



Subscribe to [eSafetyNews](#) for dates and registration details or visit [esafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars).

# Online gaming information for parents and carers

## Online gaming has many benefits

### Gaming can be a way to:

- Have fun and be entertained.
- Relax and reduce stress.
- Keep the mind active.
- Develop creativity.
- Strengthen decision making and strategic skills.
- Connect with others.

For most gamers, playing is a casual pastime. But a growing number of people play or watch competitive gaming (or eSports) as individuals, teams or families. Many gamers belong to vibrant and active communities.

Gaming can be used for a range of other purposes. These include general school education, right through to specialist workplace training (for example, flight simulations and various defence and cybersecurity exercises).

While gaming often has positive effects on the mental health and wellbeing of participants, it also has risks — like most online activities.

This information sheet provides practical tips and links to further information, so you can help your child reduce the risks and maximise the positive experiences of gaming online.

## State of play

According to a major Australian gaming industry report:<sup>1</sup>

- Typical daily casual game play is 10 minutes, twice a day; typical daily in-depth game play is 1 hour.
- 47% of gamers are female.
- 78% of gamers are over the age of 18.
- The average age of an Australian gamer is 34 years old.
- Adult players have been gaming for an average of 12 years.



Competitive gaming, known as eSports, is a multi-billion dollar industry that includes many gaming genres and titles, such as *League of Legends* and *Counter Strike: Global Offensive*. Gamers also watch eSports to learn strategies to improve gameplay.

1. Source: [Interactive Games & Entertainment Association](#)

## Gaming risks

It is important to take a balanced view and recognise that gaming, like everything online, has its pros and cons.

[eSafety research](#) has found that people playing online games can be exposed to risks including:

- [Cyberbullying](#) (for example threats, verbal abuse, ganging up, exclusion).
- Inappropriate language, [age-inappropriate content](#), or [access to pornography](#).
- [Unwanted contact](#) from others, including 'grooming' by a sexual predator.
- [In-app purchasing](#).
- Themes or elements that may encourage young people to gamble now or later in life.
- Giving out too much [personal data](#).
- Spending too much [time online](#).



Many multiplayer games involve hundreds or even thousands of people playing at the same time. The gamers can communicate with friends and strangers through web cam, private messaging or online chat functions. This increases the risk of contact from online abusers or bullying from other players.

## Managing gaming

The best way to help your child manage the risks is to take an active interest in their gaming.

### Select the right privacy settings

Make sure your child only joins games suitable to their age and maturity. The privacy settings can also be restricted so your child only plays or chats with gamers they know.

### Choose the right games

Collaborate with your child on game purchases — have them suggest the game they wish to play or purchase. Ask them to find out the recommended age, information about the content and how to use the privacy settings.

To identify if a game is beneficial, ask:<sup>2</sup>

- Are there emotional benefits? (Is it fun?)
- Are there cognitive or learning benefits? (Do you need to solve problems?)
- Is creativity required? (Do you build stuff?)
- Is it a social game? (Do you connect with other players and is the connection safe?)

## Ratings and reviews

You can look up games on the [Australian Classification website](#) to check their rating and other information about the content, to help you decide if it is suitable for your child. Check out the video [Quick guide to Australian classification ratings](#).

[The eSafety Guide](#) has information about popular online games, apps, social media sites and other digital platforms. The guide explains what the game is and how people use its tools and functions. It also provides the gaming company's age recommendation and links to key safety information, including how to report and block abusive players.

eSafety can direct an online service or platform to remove illegal content or ensure that restricted content can only be accessed by people who are 18 or older. [Find out more](#) about illegal and restricted online content.

[Commonsense media](#) provides parents with reviews of the latest games and apps (as well as movies, TV shows and books).

2. Dupon, S. (2016) Parents guide to gaming, Manningham YMCA

## Get involved

### Co-play

Many gamers watch video tutorials or 'walkthroughs' to help them play. You can watch these with your child so you can both understand the games better. Learn the lingo with your kids — you can search online together to check the meaning of terms like 'walkthroughs', 'first player shooter' and 'PVP'. Play the game yourself, or even get into the habit of co-playing with your child.

### Listen and ask questions

Have a conversation with your child about common gaming issues using the [eSafety kids](#) and [eSafety young people](#) pages to guide them. You can workshop strategies to deal with upsetting or inappropriate behaviour and learn together how to report, mute and block abusive players.

## Help regulate time online

You may be concerned that your child is spending too much time playing online games. There is no magic number for 'healthy' hours or minutes. If gaming is balanced with other activities and sleep, there is usually no need for concern. Many young people game a lot and still study, socialise and feel happy.

But if gaming starts to have negative impacts on your child or your family, you may need to encourage them to better regulate their time online. You can read more about the [signs to look out for](#) when your child is spending too much time gaming. It may be useful to get your child to reflect on the [impact gaming is having on their life](#) by helping them do a self-evaluation.

If you have serious concerns about your child and online gaming or gambling, seek professional advice from a doctor, psychologist or school counsellor. Gaming disorder has now been recognised by the [World Health Organization](#)

## Co-design rules

Kids are more likely to follow rules if they helped to create them. Part of the discussion and negotiating is explaining why a rule might or might not work.

One of the things that may help to manage your child's gaming is negotiating the time they are allowed to spend online — before they start playing. Together you could decide a limit on how many games or levels can be completed, or the length of playing time.

It's also good to establish rules about when and where digital devices and consoles can be used. For example, making it clear that games have to be played in open family areas not in bedrooms, homework has to be finished first, or screen time ends an hour before sleep.

as a mental health condition and there are practitioners who specialise in internet overuse problems. eSafety does not recommend any particular practice but there are listings on [niira](#).

[Responsible gambling Victoria](#) has information to support conversations about gaming and gambling.

For other relevant advice and resources you can also check out our list of [counselling and support services](#), or go directly to [KidsHelpline](#), [eHeadspace](#) or [Beyond Blue](#).





## Selective education computer-based test pilot

Is your child in Year 3 or Year 5? Express your interest now to participate in our computer-based test pilot

The department is moving from paper to computer-based tests in 2025 for selective high school and opportunity class entry in 2026.

To help with the change we are testing the use of computers in a test 'pilot'. We are seeking **expressions of interest** from parents and carers for their child to participate.

### When is the pilot?

Saturday 22 June 2024

- Pilot opportunity class test:  
7:30 am – 11:00 am
- Pilot selective high school test:  
12:30 pm – 5:00 pm

### Where are the test locations?

- International Convention Centre, Sydney
- University of Newcastle, Callaghan
- Mount Panorama, Bathurst

**Participating students get to experience sitting the computer-based test under test conditions**

**Important: Participation in the pilot will not result in placement in a selective high school or opportunity class.**

Year 3 students will sit a **pilot** Opportunity Class Placement Test. Year 5 students will sit a **pilot** Selective High School Placement Test.

Places are limited so express your interest by 12 April 2024 using the link below. There are no fees or charges for the pilot.

**Express your interest now**

Visit: [edu.nsw.link/sepilot](https://edu.nsw.link/sepilot)



For more information regarding the pilot visit: [edu.nsw.link/cbtpilot](https://edu.nsw.link/cbtpilot)

## Better conversations about gaming for families

When it comes to online gaming, there can be a disconnect between what children experience and what they hear adults saying. Bridging this gap will help children to have safer and more positive online experiences.

### Key points

Children are more likely to seek help when a parent or carer:

- encourages them to talk with them if they have issues
- gets involved by playing games with them or shows an interest by asking open questions about the game they're playing
- learns about their gaming interests and how it benefits them.

### How to have better conversations with children about gaming

#### See the benefits of gaming

**What kids hear you say:** 'I really don't like that game. Why don't you go find something better to do with your time?'

**What we know:** Children learn and grow through play. As a form of play, gaming offers a range of benefits. When children see their gaming is valued, they are more likely to share their experiences – both positive and negative.

**Better conversations sound like:** 'I can see you really enjoy that game. What do you like about it?'

1. Talk to them about the benefits they experience.
2. Get to know the games they are playing and help them find new games that match their motivations and skills.



## Research\* shows:

**52%**  
of children

**32%**  
of teens



want their parents or carers to play with them.



### Connect through game play

**What kids hear you say:** ‘Why don’t you spend time with your family or friends instead of being glued to that computer game?’

**What we know:** Most online games provide opportunities to play with friends, find community and build social skills. Gaming can also be an opportunity for families to connect. Many children want to game with their parents or carers or would like them to game with them more. If you’re not confident about gaming, or young people refuse to co-play, you can still connect by getting involved with the game they’re playing.

**Better conversations sound like:** ‘Who do you like to play with? Is there a game that we could play together? What character is your favourite?’

1. Get involved by watching or playing with them or show an interest by asking questions about the action or storyline in the game.
2. During gameplay, talk about the skills they are building and celebrate their achievements.

### Choose the right amount of game play for your family

**What children hear:** ‘All you ever do is play that game!’

**What we know:** Many parents worry about time online. The right amount will look different for every child and family. Focus on the quality of their play, as well as getting the right balance. What are they getting out of it? Are they getting enough time to sleep, be physically active or connect with friends offline?

If you’re concerned about your child’s mental health, you should seek support from a mental health professional. Get support before you decide to restrict access to games because this may impact their wellbeing.

**Better conversations sound like:** ‘I found a game I think you would enjoy, but before we start, let’s work out a plan together to make sure you fit everything in.’

1. Access game reviews on [Common Sense Media](#) to understand and select games with learning opportunities and values that best suit your child and family.
2. Work with them to find time for gaming. You might find [eSafety’s Family Tech Agreements](#) helpful to create shared expectations.

\*Levelling up to stay safe: Young people’s experiences navigating the joys and risks of online gaming. February 2024.

## Manage risks and ensure safety

**What children hear:** “Don’t talk to strangers in-game!”

**What we know:** Instead of focusing on strangers, it's important that children know the red flags of unsafe contact, including someone trying to be friendly too quickly, asking them to go on a different platform or private space, or doing something inappropriate or sexual.

For young children, put in place safeguards that restrict risky features (like communicating with people they don’t know). As they grow, build their skills so they can play with others and not miss out on the social benefits. Most gaming experiences are positive and children are often helping others.

**Better conversations sound like:** ‘I’m glad you’re having fun with friends online. Let’s talk about safe and unsafe behaviours in games. And remember, I’m always here to help, even if you feel like you’ve made a mistake.’

1. Encourage your child to talk to you if they experience an issue while they are gaming. Let them know you are there to support them.
2. Read [The eSafety Guide](#) to get a better understanding of risky features in games. These can be managed via parental or user controls.





# SCHOOL HOLIDAY PROGRAMS

## Curious Kids - Science Club

This hands-on group will have kids working together to complete fun science experiments and learn about the world around them.

In this group, children will be practicing their ability to:

- ★ Following instructions
- ★ Communicating their experiences
- ★ Making predictions
- ★ Working with peers
- ★ Socialise and make new friends

[Book Your Spot Today!](#)

I ♥  
ndis

When: April 18 -  
April 26  
Thursdays and  
Fridays



# SCHOOL HOLIDAY PROGRAMS

## Teen Koffee Klub

The Koffee Klub will allow teens to develop essential social and communication skills while learning how to:

- ★ Make coffee
- ★ Develop social & communication skills
- ★ Customer service skills
- ★ Handle payments
- ★ Make new friends

[Book Your Spot Today!](#)

I ♥  
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When: April 15 -  
April 24  
Monday,  
Tuesdays &  
Wednesdays



# SCHOOL HOLIDAY PROGRAMS

## Lego Club

This hands-on group is for kids aged between 5-8 years, working together in a team to create unique creations using the most exciting tools in play- LEGO! In this group, children will be focus on:

- ★ Learning new play skills
- ★ Following directions
- ★ Problem solving skills
- ★ Socialising and making new friends

I ♥  
ndis

[Book Your Spot Today!](#)

When: April 17 &  
April 24  
Wednesdays



# INSPIRING POTENTIAL FOR ALL

We believe in every child's potential. We have the vision to recognise it. We have the expertise to unlock it.

Led by our experienced team of therapists, Therapies For Kids offer individualised paediatric therapy services in a fun and supportive play environment.

We assist families to develop, fun and functional therapy goals that meet their child's needs. As a transdisciplinary team, we work together to ensure that your child gets the best treatment possible in order to unlock their full potential. Our paediatric therapists have extensive experience and knowledge in all areas of assessment, diagnosis and treatment. To ensure optimal outcomes, our therapists create a program that you can utilise and practise at home.

Our mission is to create a fun space that fosters learning, play, socialisation and motor development for children of all abilities.

Our services include:

- ★ Physiotherapy
- ★ Exercise Physiology
- ★ Occupational Therapy
- ★ Speech Therapy
- ★ Intensive Therapy Programs
- ★ DMIT/CME Therapy
- ★ Aquatic Therapy
- ★ Suiting
- ★ Out of Clinic/ Telehealth
- ★ Music Therapy
- ★ School Screening's

Our services are covered by a range of government and private funding options.

(02) 9519 0966

[enquiries@therapiesforkids.com.au](mailto:enquiries@therapiesforkids.com.au)

[www.therapiesforkids.com.au](http://www.therapiesforkids.com.au)



# CONDITIONS WE TREAT

Therapies for Kids was established by Deb Evans with the vision of providing an environment that is unique and family friendly. Deb has worked within the disability sector for over forty-four years and is recognised by both health and educational systems for her knowledge and expertise.

Our programs are designed to be delivered in single therapy sessions over an extended period of time, or tailored as an intensive therapy program, depending on the abilities or needs of the child and family.

We provide programs specifically tailored for children with complex disabilities.

**Neurological Conditions**  
Acquired Brain Injuries  
Rehabilitation Post Surgery  
SEMLS/Orthopaedic  
Surgery/Dorsal Rhizotomy  
Autism Spectrum Disorder  
ADHD  
Cerebral Palsy & Movement Disorders  
Genetic Conditions  
Syndromes  
Global Developmental Delay  
Joint Hypermobility  
Flat Feet/Toe Walking  
Delayed Early Movement  
Sports & Musculoskeletal Injuries  
Sensory Processing Disorder  
Early Childhood Early Intervention (ECEI)  
Babies - Plagiocephaly, Torticollis & Talipes  
and more!....

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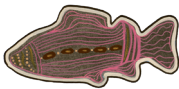
(02) 9519 0966

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# First Nations Listening Project

**Free Aboriginal  
cultural activities**



**Family fun at Chiswick Community Centre  
Sunday 28 April, 11am-2pm**

This event is open to anyone interested in learning more about First Nations heritage in the City of Canada Bay. Join us for some food and free Aboriginal cultural activities run by our facilitators, Koori Kinnections.

**For more information and to RSVP,  
visit [bit.ly/ccblisting](http://bit.ly/ccblisting)  
or scan the QR code**



City of  
**Canada Bay**



condition. Listen in assemblies to get notified of important events and others.

## Asbestos

Recently, there has been traces of Asbestos in mulch at parks, schools and everything in between.

As a result, many of these locations have been temporarily closed for testing. Many people are getting annoyed at this. The NSW government has issued an Asbestos taskforce to help find and replace mulch containing it. The discovery of Asbestos has raised many peoples concern.

Thankfully, this Asbestos is in a form called 'bonded Asbestos' which means that it is fused with other materials such as concrete or fibres.

## Fairy bread

Recently fairy bread has been banned from school canteens due to the high amount of sugar in it. This isn't the case in West Australia though only in WA

they've banned ham and cheese toasties. This doesn't apply to kids' lunchboxes; kids are allowed to eat fairy bread only if their parents allowed it since South Australia's decision was a guideline.

## Sora

Much like adobe's ai generator for still images, Sora has revolutionized ai pictures, well not pictures actually, more like animated shorts even TV shows. Although many writers and even movie stars, overvoices and directors are protesting that their job is in jeopardy.

## Easter Hat Parade

The Easter hat parade is coming up! The year 6s will be working hard to sell raffle tickets, make posters and collect chocolate for the raffle with the whole school flexing their brand new hats while the year 6s will celebrate their last easter hat



parade at russell lea public school! Kindergarten will soon have a great first easter hat parade.

## Debating

Last Thursday, trials for the debating team were held. Since then, the teams have been picked. There is team Turtles consisting of mainly people from last year and team Capybaras (yet to be approved) consisting of completely new people. The first debating meeting will be held on Thursday next week. We all hope the best for the team.

## Choir

The Pulse Alive concert is coming up and the choir is very excited. Pulse Alive is a performance with an age group of 8-17. There are two groups, the massed choir of about 400 kids and the dance group of about 300 kids. The sessions last about 5 hours

## Zone

3 days ago the zone swimming carnival started. In first place for the relays are camille and lucia, lucia with a time of 38 seconds. Russel Lea won all 4 shields this year. Rex and Jude were the one who stole the show, as jude came 2nd in 100m and Rex 1st in 100m. Skye came first against 18 people. "It was a pretty fun experience to watch and we were cheering a lot." Says Audrey Le among others.

## PSSA softball

PSSA softball has recently started for 2024!

The soft ball team has some amazing players with most of the school leaders such as Daniel, Casper , Jack, Darcy and Winter. The 2024 softball team has been trying very hard to win this year. Momentum is high for they won their first match of the season.

## Easter raffle

The year 6s are hosting an easter raffle since april is closer than we think, the note has been passed out to all the year 6s which insists they bring chocolate, bags, and baskets.

## Year 6 Shirts

Last week the year 6's got their brand new shirts that have selected design elements chosen by .The new shirts have an interesting name. It is... the dream team! And the animal representing us is the turtles! This year's 6s really got a good name didn't they?

## Year 6 Jumpers

This week the year 6s got their brand new jumpers with a turtle on the back, it's truly an amazing jumper. A lot of work had been put in its design, and yet again

it was designed by the year 6's. Another year 6 jumper to Russel lea's history!

## Neuro Diversity week

This week is neuro diversity week where we celebrate people with mental disorders like ADHD and Autism. People with these disorders mostly don't know that they have one so kids get treated unfairly when growing up and can't get help with it which can affect their future. Luckily recently more people have been getting tests and getting help with their condition.

## Harmony week

Harmony week is a day where everyone from anywhere gets together. It is inclusive so that no one is left out. We commemorate this by wearing orange clothing, for orange is the colour of inclusiveness and acceptance. So no matter your

culture, background, looks and personality, everyone belongs.

## Library Leaders

In week 11, Ms Fav and Misses Hall announced that there will be a new leadership role called 'The Library Leader'. This new role will help the school library by putting books away and other things. Year sixes can apply for this by filling out a form sent out on Skoolbag or you can get a paper version