



KINGSWOOD SOUTH PUBLIC SCHOOL  
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 Email: kingswoods-p.school@det.nsw.edu.au  
 Principal: Sandra Martin

# Newsletter

DATE: Friday 27th September 2024  
 TERM 3 WEEK 10

Our school celebrates learning every day and our mission statement is,

**“A school dedicated to providing inclusive quality learning environments, and a school culture that promotes high expectation and success for all.”**

## Principal’s Message

Dear Parents and Carers,

From Day 1 Term 4, the department will be restricting the use of student email addresses for signing up, and recovering access to, all social media, gaming, instant messaging and similar platforms. These restrictions are intended to ensure student emails are used for their intended educational purposes, increase data protection for students and reduce the cybersecurity risks to the department.

We are aware that some students use their school email addresses to access third-party platforms for non-educational purposes. In some cases, this can expose them to risks such as account compromise and identity fraud. This does not align with our IT policies, which provide student emails for educational purposes only.

While we are talking about students and technology, it’s important to know that Snapchat has partnered with Google Cloud to boost the capabilities of its My AI chatbot using Google’s advanced Gemini AI. This means Snapchat’s My AI can now handle more complex tasks, like translating foreign text, like analysing photos to identify famous landmarks or suggesting music based on a video you upload.

While these features might sound exciting and fun, they also come with potential risks especially for children and teens. With AI growing smarter and more integrated into everyday apps, parents and teachers need to be aware of how to guide kids in using these tools safely. Here are some tips on how you can help young people stay safe with Snapchat’s latest My AI features.

### 1. Think Before You Share

Snapchat’s new AI can now process text, audio, images, and videos. This means that every photo or video shared can be analysed in more ways than ever before. Remind kids to be extra cautious about what they share, especially if it includes personal information like their location or home. A seemingly innocent snap could provide more data than they realise.



**STRIVING FOR EXCELLENCE**

### BELL TIMES

8:53AM -SCHOOL STARTS  
 11:00AM - LUNCH  
 1:25PM - RECESS  
 2:45PM -SCHOOL ENDS

### DATES FOR YOUR DIARY

#### Term 4 Week 1

*Monday 14th October*

- First Day Back for Students and Teachers

#### Term 4 Week 2

*Tuesday 22nd October*

- Public Speaking 2024 Cluster Finals

*Wednesday 23rd October*

- Peer Support

*Thursday 24th October*

- Grandparents Day

Teach kids about the potential dangers of oversharing. Encourage them to ask themselves, "Would I be okay with everyone seeing this?" before posting.

## 2. Keep an Eye on Engagement

Snapchat's new AI features are designed to keep users engaged, and while that might mean more fun for some, it could lead to overuse or exposure to inappropriate content for others. AI-driven engagement could mean more screen time and, potentially, more risks. Set healthy limits for app usage. Encourage regular screen breaks and ask kids about their interactions with My AI to ensure they're using the feature in a safe, balanced way.



## 3. Use Snapchat's Privacy Settings

Snapchat allows you to control who can see your child's content and communicate with them. With AI now analysing more of what's shared, it's important to review these privacy settings regularly. This can prevent unwanted interactions and ensure kids are only sharing content with trusted friends.

Take time to sit down with kids and adjust their privacy settings together. Make sure they understand why it's important to keep their profiles and content secure.

## 4. Report Anything Suspicious

If something doesn't seem right, whether it's an unusual message or a strange AI-generated response, it's important to report it. Social platforms like Snapchat rely on users to flag inappropriate or suspicious behaviour. Encourage kids to trust their instincts. If something feels off, let them know it's okay to tell a trusted adult or report it directly to Snapchat.

As Snapchat and other platforms continue to introduce advanced AI features, it's more important than ever for parents and teachers to guide young users. While these tools can enhance learning and make everyday tasks easier, they also come with risks. Staying informed and having open conversations about online safety can make a big difference in protecting kids in the online worlds they inhabit.

We hope these few tips helps parents keep their children safe on social media.

We have many activities taking place in Term 4. In week 2 we will be inviting our grandparents to come and visit their grandchildren at school on Thursday the 24<sup>th</sup> October, 2024. An invitation has gone home to families this week.

School holidays begin this Friday. I hope all our families enjoy the break and we will see you back for Term 4 on Monday the 14<sup>th</sup> October, 2024.

Regards  
Ms Martin

## **Kindergarten Enrolment and Orientation**

Kindergarten Enrolments for 2025 are now being accepted. Please contact our school office between 8.30am and 3.00pm Monday to Friday to collect the enrolment forms or enrol online through the school website. Completed application forms should be returned to the School Office together with:

- The child's birth certificate or identity documents with proof of child's address such as current council rates notice, residential lease, electricity bill. Schools that are above or near their local enrolment buffer will use the Department's 100-point residential address check.
- An Immunisation history statement from the Australian Immunisation Register
- any family law or other relevant court orders, if applicable





If your child has health, disability or other support needs you will need to provide copies of medical/healthcare or an emergency action plan and evidence of any disability and learning and support plans. Orientation Days will be held in Term 4.

## Preschool Enrolment for 2025

We are now taking enrolments for 2025 Preschool classes for children turning 4 before the 31<sup>st</sup> July 2026. At Kingswood South Public School, we offer a safe play-based learning environment for children to explore and prepare for kindergarten the following year. Please contact the school office on 4736 2408 for more information. Below are pictures of our preschool students looking after the vegetable garden.



# Term 4 Events Calendar

Please be aware that events on this school calendar can be changed due to weather conditions with some events.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Oct	14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup>	17 <sup>th</sup>	19 <sup>th</sup>
	First day back at school for students				
Week 2 Oct	21 <sup>st</sup>	22 <sup>nd</sup>	23 <sup>rd</sup>	24 <sup>th</sup>	25 <sup>th</sup>
		Public Speaking 2024 Cluster Finals	Peer Support	<b>Grandparents Day</b>	
Week 3 Oct/Nov	28 <sup>th</sup>	29 <sup>th</sup>	30 <sup>th</sup>	31 <sup>st</sup>	1 <sup>st</sup>
		Be Kind Day	Whole School Assembly		
Week 4 Nov	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
	<b>KHS Aboriginal Student Transition</b>	<b>Kindergarten Orientation Interrelate Program Night sessions</b>			
Week 5 Nov	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>
		<b>Kindergarten Orientation</b>	Whole School Assembly	<b>60<sup>th</sup> Anniversary Celebrations</b>	

happy  
holidays!



# KINGSWOOD SOUTH PUBLIC SCHOOL P&C NEWSLETTER

SEPTEMBER 2024 | ISSUE 28

## UPCOMING P&C FUNDRAISERS

**BE KIND DAY FUNDRAISER**  
29th October 2024

**END OF YEAR GIFT STALL**  
25th November 2024

## UPCOMING SCHOOL DATES

### SEPTEMBER

27th Mobileyes  
27th Sydney West Athletics  
27th School Disco—Year 6 Gold Coin Donation

### OCTOBER

14th First Day of Term 4  
16th Whole School Assembly  
22nd Public Speaking 2024 Cluster Finals  
23rd Peer Support  
24th Grandparents Day  
29th Be Kind Day  
30th Whole School Assembly

### NOVEMBER

5th Penrith Cup - AFL  
13th Whole School Assembly  
14th 60th Anniversary Celebrations  
21st Market Day  
25th P&C End of Year Gift Stall  
27th Whole School Assembly

## SCHOOL CANTEEN

### NOW OPEN

WEDNESDAY, THURSDAY &  
FRIDAY **ONLY**

## P&C UNIFORM SHOP

**UNIFORM SHOP OPEN  
TUESDAY & THURSDAY  
2:00PM—2:30PM**

*Alternately you can make  
An order through the office.*

### P&C COMMITTEE MEMBERS

PRESIDENT: NATALIE KINGDOM  
VICE PRESIDENT: LISA DEKOSTER  
VICE PRESIDENT: GEMMA HOFFMANNBECK  
TREASURER: WHITNEY WILLCOCKS  
SECRETARY: RENEE COOPER

## A NOTE FROM THE

## P&C PRESIDENT

I am excited that we finish Term 3 having donated \$12,569.00 in money, food and equipment back to our school so far this year. I would like to thank all of our P&C volunteers, our families, KSPS Staff and our school community for all of your continued support, I really appreciate you.

We have some fantastic fundraisers coming up in Term 4, starting with our Be Kind Stall Fundraiser on Tuesday 29th October. We will be selling bracelets, jibits and much more.

Prices will range from \$1.00- \$5.00.

And on Monday 25th November, we will run our End of Year Gift Stall where we will have a range of Teacher and Xmas gifts and much more available. Prices will range from \$1.00 - \$10.00.

Our next P&C Meeting will be on Wednesday 6th November 2024 at 6.30pm in the school library.

This is your chance to come and meet and talk to other Parents/Carers/Staff and learn about important events happening at our school. Everyone has a chance to have a voice and ask any questions they may have. Children are also welcome to attend. I'll see you there!

I hope you all stay safe and enjoy your school holidays and I look forward to seeing you in Term 4.

## UNIFORM UPDATE

Thankyou to everyone for your continued donations of uniform items you no longer need, we really appreciate it. We now have an amazing amount of 2nd hand uniforms that we can give to anyone for free, please come and see us in the Uniform Shop on Tuesdays and Thursdays between 2pm 2pm—2.30 pm.

By the end of 2024, we need to have all Gold Polo Shirts replaced with a Blue Polo Shirt, with only Blue Polo Shirts being worn from the start of Term 1 2025. The Blue Polo Shirts are available in a size 4 to size 2XL in the Uniform Shop. If you have any concerns regarding your child changing from a Gold Polo Shirt to a Blue Polo Shirt between now and then, can you please contact Miss Martin or one of the ladies in the school office. Thankyou.



**TERM 4 STARTS  
MONDAY, 14TH OCTOBER 2024**

**Have a Safe School Holidays**

**NEXT MEETING: WEDNESDAY 6TH NOVEMBER 2024 AT 6:30PM**

# Congratulations to our Award Winners!

## ASSEMBLY AWARDS

### Term 3, Week 9 - K-6 Merit Awards

<b>KP</b>	Brooklyn W Anastasia D	<b>KL</b>	Destiny F Antonio G
<b>1D</b>	Sannan M Ujjain P	<b>1/2B</b>	Tayler M Ellie K
<b>2C</b>	Ryan B Siokatame H	<b>2/3S</b>	Jayden V Lexie H
<b>3/4H</b>	Jai S Elena M	<b>3/4F</b>	Dionne T Lily N
<b>4/5Q</b>	Levi F Autumn V	<b>5/6T</b>	Jaylen S Dylan M
<b>5/6G</b>	Jacob H Deeksha P	<b>K-1F</b>	Max H
<b>1-5B</b>	Karen W	<b>2-6P</b>	Mark W
<b>3-6W</b>	Mitchell N		

### Term 3, Week 9 - K-6 Maths Giant Awards

<b>KP</b>	Laylah R	<b>KL</b>	Hunter S
<b>1D</b>	Sophia B	<b>1/2B</b>	Rishi P
<b>2C</b>	Roshan T	<b>2/3S</b>	Hayley L
<b>3/4H</b>	Simone R	<b>3/4F</b>	Arielle D
<b>4/5Q</b>	Lucas S	<b>5/6T</b>	William P
<b>5/6G</b>	Logan L	<b>K-1F</b>	Ezra K
<b>1-5B</b>	Rory S	<b>2-6P</b>	Ava G
<b>3-6W</b>	Hunter M		

### Term 3, Week 9 – K-6 Aussie of the Month Awards

<b>1D</b>	Keira P	<b>5/6G</b>	Ariadne P
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### Term 3, Week 9 - K-6 Bronze Awards

<b>4/5Q</b>	Navvya K	<b>5/6T</b>	Owen W Joshua L
<b>5/6G</b>	Aiden-James T	<b>3-6W</b>	Emily F

### Term 3, Week 9 - K-6 Silver Awards

<b>KL</b>	Ebony S Ruby S	<b>1D</b>	Kenzie M Emma S
<b>1/2B</b>	Sophia V Heath O	<b>2C</b>	Orestes K Heath W
<b>2/3S</b>	Yousha M	<b>3/4H</b>	Joshua K Lillian K Brigh V
<b>3/4F</b>	Ayden D Evander T Kaiden-Jai H Tupou L	<b>2-4P</b>	Seth G

### Term 3, Week 9 - K-6 Gold Awards

<b>KP</b>	Madeline H Atiliu M	<b>KL</b>	Ryley S Kensi H
<b>1D</b>	Liana B Liliana G	<b>1/2B</b>	Scarlet L Evangeline M Isabella T
<b>2C</b>	Irie N Reva K	<b>2/3S</b>	Kayden B Tyler L Chaithra K
<b>3/4H</b>	Namisha D Joseph P	<b>3/4F</b>	Jacob G Brianna W
<b>4/5Q</b>	Havanah U Saniya Z Samar P Sophie W	<b>5/6T</b>	Aylah B Callum C
<b>5/6G</b>	Jacob M Kai O Ruby D	<b>1-5B</b>	Eli P
<b>2-6P</b>	Anakin W		



# Go4Fun

## Create healthy habits - for life



### Jamisontown program

**Day:** Tuesdays in Term 4, 2024

**Dates:** 15 October to 17 December

**Time:** 4:30pm to 6:30pm

**Location:** The Y Penrith (YMCA)

This program has weekly land based activities

Interpreter support available

### To register:

- **Visit:** [go4fun.com.au](http://go4fun.com.au)
- **Call:** 1800 780 900
- **SMS:** 0409 745 645  
for a call back



Learn about healthy eating



Make new friends



Build self confidence



Fun games and prizes



It's free and fun after school for 10 weeks

Go4Fun is a free program for kids aged 7-13 and their families looking for support with healthy eating, physical activity and overall wellbeing

Spend quality time together and learn fun ways to create healthy habits – for life

A parent or carer is required to attend each session







# Get healthier, together

Aboriginal Go4Fun is a free healthy lifestyle program for kids aged 7 to 13 and their families



To register: **Call** Merana on 02 4588 5144



**Email** Merana at admin@merana.org.au

A parent or carer is required to attend each session, or an aunt, uncle, grandparent or adult sibling is also welcome

## Merana Aboriginal Go4Fun (Richmond)

**Day:** Wednesdays in Term 4, 2024  
**Dates:** 16 October to 18 December  
**Time:** 4pm to 6pm  
**Location:** This program will run alternate weeks at Richmond Swimming Centre and Merana (opposite Richmond Oval)

This program has weekly fun land and water based activities.  
Transport available

For more information: [Visit go4fun.com.au](http://go4fun.com.au)



Aboriginal Go4Fun



## What happens at Aboriginal Go4Fun?



Play Yulunga traditional indigenous games



Build self confidence



Make new friends



Manage screen time



Go on a supermarket tour



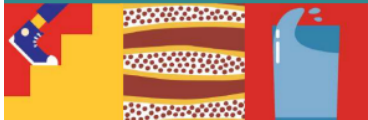
Learn about healthy eating for kids and family



Get active and have fun



Whole of family approach



Aboriginal Go4Fun



# October Newsletter

Nepean Blue Mountains Local Health District



## World Teachers' Day Friday 25th October



Happy World Teachers' Day!

We want to say 'thank you' to all of the wonderful teachers and school staff that give their time, dedication and support to educate and inspire children. We know it's not an easy job, so we take our hats off to you all!

We would also like to thank teachers' continuous support of the Live Life Well @ School program, which aims to improve student wellbeing through promoting healthy eating and physical activity across the whole school.

This Teachers' Day, wherever you are and whoever you're with, we hope you are celebrated! Head to [World Teachers' Day](#) for more information and resources.



Live Life Well @ School



# Kindergarten Orientation

Are you looking for some great FREE resources to support kindergarten orientation?

### Healthy Lunchbox Video



Play our healthy lunchbox video to parents and carers at your kindergarten orientation sessions.

A copy of the video can also be posted on your school social media.

### Crunch & Sip Resources



Schools can distribute information on Crunch & Sip. Resources are free and can be downloaded and used in social media/newsletters.

There is also a parent brochure that can be ordered.

### SWAP IT



SWAP IT is a FREE healthy lunchbox program where schools send out weekly messages over one school term to parents/ carers. Join over 800 NSW primary schools already using this program!

## Active and Creative Kids Vouchers

Applications for Active and Creative Kids voucher 2 are open now!

Families receiving **Family Tax Benefit** can apply for a \$50 Active and Creative Kids voucher for each eligible child.

Your school can help by promoting these vouchers through your parent and carer communication channels. Find out more from [Service NSW](#).

## Healthy Children's Network Facebook Page

Don't forget about our Healthy Children's Network Facebook page!



The aim of the page is to improve the wellbeing of children and families by promoting healthy eating, physical activity, reduced screen time and community events.

Share our [Facebook page](#) at your Kindergarten Orientation Session and through parent/ carer communication channels.

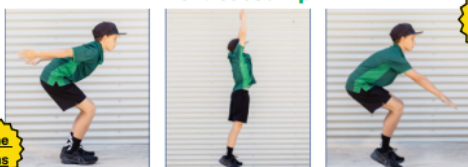


Live Life Well @ School



# Fundamental Movement Skills

## Vertical Jump



Introduce in Early Stage 1

Game Ideas

The **vertical jump** is a locomotor skill that involves being able to jump as high as possible. It is the basis for jumps used in gymnastics, some forms of dance and a range of sports, such as basketball, volleyball and Australian Rules Football.

### Skill Components

1. **Eyes are focused forward or upward throughout the jump.**
2. **Crouches with knees bent and arms straight behind the body.**
3. Forceful forward and upward swing of the arms.
4. Legs straighten in the air.
5. Lands on balls of the feet and bends knees to absorb landing.
6. Controlled landing with no more than one step in any direction.

\*Introductory components marked in bold

### Teaching Cues

- Land like you are riding a motorbike- arms forward, ankles, knees and hips bent, feet apart.
- Land softly (bent ankles, knees and hips).
- Look straight ahead.
- Start with your arms stretched behind you.
- Swing and spring.
- Reach for a star and bring it back down again.

## NEW School Sport Unit Resources

The "Teaching Fundamental Movement Skills in NSW Primary Schools" site provides resources for facilitators to run professional development sessions focused on teaching fundamental movement skills. It includes a presentation, facilitator notes, videos and guides.

The objective is to enhance teachers' understanding and confidence in teaching fundamental movement skills, with a focus on developing students' proficiency in these essential skills.



Live Life Well @ School



# Event Highlights

## Go4Fun - Term 4

**Go4Fun** is a free healthy lifestyle program for children 7-13 years old and their families who are looking for support with healthy eating, physical activity, and overall wellbeing. Running once a week each school term, Go4Fun is led by trained local health and community professionals. It's a great way for families to come together and learn fun ways to create healthy habits for life.

### Families can register now for Term 4

Please assist us in spreading the word to your school community.

We've prepared a set of resources to make it easy:

- **Go4Fun Jamistown** - [newsletter snippets](#), [flyer](#), [social media post](#)
- **Merana Aboriginal Go4Fun Richmond** - [newsletter snippets](#), [flyer](#), [social media post](#)

Please include these snippets in your school newsletter, distribute flyers to students, and share to your school's social media channels.

## Mental Health Month

October is Mental Health Month. WayAhead has partnered with NSW Department of Education to bring mental health into school communities. The WayAhead's School Pack encourages educators and students to learn more about mental health and the important roles they can play.

To grab one of these packs, head to [WayAhead](#).

## Joke of the Month

### HAAAAHA

Q. What kind of apple isn't an apple?

A. A Pine-apple!



## Got questions? Let us know!

Email: [NBMLHD-HealthyChildrensNetwork@health.nsw.gov.au](mailto:NBMLHD-HealthyChildrensNetwork@health.nsw.gov.au)

**Disclaimer:** The information provided in this newsletter is general. For individualised health, food or exercise advice, please contact a qualified healthcare professional.



Live Life Well @ School





# Kingswood South Public School

STRIVING FOR EXCELLENCE

Be Safe

Be a Learner

Be Respectful

## UNIFORM ORDER REQUEST FORM

as at June 2024

Description	Size	Price	Size Required	Qty Required	Total	Office Use Only
Blue Short Sleeve Polo Shirt	4 – 2XL	30.00				
Blue Long Sleeve Polo Shirt	4 – 2XL	30.00				
Sports Shirt	4 – 2XL	30.00				
Sports Shorts	4 - L	15.00				
Microfibre Skort w Bike Shorts	4 - XL	30.00				
Culottes and Skirts	Limited	10.00				
Dress	4 – 12	50.00				
School Shorts	4 – 2XL	20.00				
Cargo Pants	4 - 16	27.00				
Cuffed Tracksuit Pants	4 - 16	25.00				
Jumper	4 – 2XL	25.00				
Bomber Jacket	4 – 2XL	35.00				
Microfibre Jacket	4 - XL	45.00				
Preschool Shirt	4 – 8	28.00				
School Hat	S M L	12.00				
School Bag		38.00				
<b>TOTAL</b>						

**The Uniform Shop is open 2.00pm – 2.30pm on Tuesday and Thursday afternoons.**

Orders will be ready for pickup once payment is received.

Orders can be left at the office **with payment** and uniforms will be sent home with your child.

**Account Name:** Kingswood South Public School P & C Special Purpose  
**BSB:** 062589 **Account No:** 00913951 **Ref No:** (child's name and class)

**Please tick method of payment:** Cash [ ] POS [ ] Bank Transfer [ ]

**Child's Name and Class:** \_\_\_\_\_

**Parent's Name:** \_\_\_\_\_ **Contact Number:** \_\_\_\_\_

**Date Paid:** \_\_\_\_\_ **Signed:** \_\_\_\_\_ **Receipt #:** \_\_\_\_\_

### School Admin ONLY

Item removed by: \_\_\_\_\_ Date: \_\_\_\_\_