



# Cessnock Public School

## Perfect Page

TERM 1 WEEK 1

1ST FEBRUARY 2019

### Important Dates

- **Leader Induction Assembly, 13th February**
- **Swimming Carnival, 14th February**
- **Cross Country, 8th March**
- **School Photos, 1st April**

Dear families,

Welcome to the 2019 school year! It has been great to see all of our wonderful students and families return for another exciting year of learning opportunities at Cessnock Public. It has also been wonderful to see our 2019 Kindergarten students enjoying their first week at 'big school'. We have a busy week coming up in week 2, including:

Monday - Sport In Schools sessions, Stage 3 library

Tuesday - Early Stage 1 library

Wednesday - Stage 2 library, Stage 2 and 3 Art sessions

Thursday - Stage 1 library

It has been a wonderful first week of the school year to see our students settle back in to "school life" so quickly and effortlessly it has been amazing. It is important to note however, that while students have been placed in classes to start the year, the exact class structures and numbers may not be finalised for another few weeks. The structure and size of the classes is dependant on the number of enrolments across each year group and this information will hopefully be finalised soon. If there are any changes to be made we will endeavour to give all affected families as much notice as possible.

Attached with the Perfect Page is a copy of the Department's School Community Charter. The charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

Each Monday throughout the school year our wonderful students will have the opportunity to participate in our Sport In Schools program. This program is run by Sport In Schools Australia and involves students participating in a range of physical activities and sports in class groups

throughout the day. With the implementation of this program we are looking forward to seeing the skills and confidence of our students in this area of their learning grow throughout the year.

Throughout each school year, our wonderful teachers will be participating in a range of Professional Learning opportunities throughout the school Term. A portion of this staff development will again be done through video analysis of lessons. This involves some aspects of lessons being recorded through a range of media (iPads, GoPros, video recorder) to be reviewed by both staff and supervisors. Please note that these recordings are used for Professional Development of staff only. If you have any questions regarding this please do not hesitate to contact the school.

There are a number of exciting events and opportunities coming up throughout the Term which include:

Leadership Induction assembly (Week 3)

School Swimming carnival (Week 3)

Cross Country carnival (Week 6)

School photos (Week 10)

As always we will try to keep everyone up to date with what is happening around our wonderful school through our school website, Facebook Page and Skoolbag App.

Have a great week!

Regards

Steve Morgan

Principal

Rawson Street, Aberdare NSW 2325  
PO Box 140 Cessnock NSW 2325

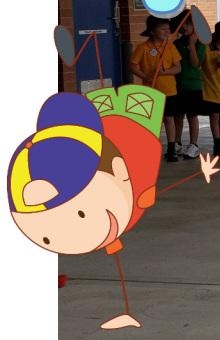
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# KS having fun at Sport





Stage 3 spent time working with our friend Mr Wright from [iTeacher Training](#) working on "The Chariot Challenge", turning our Sphero Robots into functional vehicles to convey materials.  
Engineers of the future at CPS!



What a great first day for 2019 at Cessnock PS! We have our friends from [Motiv8sports Newcastle](#) on site doing physical challenges and team building activities with all students and staff in Years 1-6! Since when has the first day of school been so much fun?



## Road safety



### Keeping your children safe when dropping off and picking up at school

Here are a few things you can do to help keep your children and others safer during drop-off and pick-up times during the school week:

- Make sure your children are fastened in the correct child car seat for their age and size and that it is fitted correctly.
- Stick to the 40km/h speed limit in a school zone and look out for children who may be about.
- Watch for flashing lights on buses. They let you know that there may be children crossing or about to cross the road. A 40km/h limit applies when school bus lights flash.
- Always give way to pedestrians particularly when entering and leaving driveways.
- Always park and turn legally around schools. Manoeuvres such as U-turns and three-point turns are dangerous during busy school drop-off and pick-up times.
- Drop your children off and pick them up on the school side of the road in your school's designated drop-off and pick-up area. Never call out to them from across the road – they may run to you without checking for traffic.
- It's safest for children to get out of the car through the Safety Door, away from passing traffic. This is the rear footpath side door of the car.

For more information on keeping our kids safe around schools visit the parents section on [safetytown.com.au](http://safetytown.com.au)



Lives lost on NSW roads.  
Our goal is zero.



# Go4Fun

Healthy • Active • Happy • Kids



**FREE** 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 ten 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](http://www.go4fun.com.au)  
[www.facebook.com/go4funprogram/](http://www.facebook.com/go4funprogram/)

MAKE  
HEALTHY  
NORMAL

betterhealth  
company

Maitland Family Care Cottage in partnership with  
Place of Friends presents

### Circle of Security Parenting™ - A Relationship Based Parenting Program®

An 8 week group for caregivers of toddlers–4 year olds

**What is COS-P?** Ever wished your child came with an instruction manual? Children are born with the ability to communicate their needs – they are the instruction manual!

#### Circle of Security Parenting™

- Helps caregivers understand how children communicate their needs through their behaviour.
- Supports caregivers to meet their child's need whenever possible and take charge whenever necessary, leading to stronger relationships between caregivers and children.
- Is a user friendly visually based approach to helping parents and carers better understand the needs of their children

**Facilitators:** Margaret Ridgway  
Jane Hodgson  
Circle of Security Registered Parent Educators

**Dates & Times:** Wednesdays, 13th February – 3rd April 2019  
9.45 arrival

**Venue:** Koe-Nara, Cessnock Public School  
Cnr Rawson & Quarrybylong Streets  
Cessnock

Places are strictly limited and you must be registered to attend.

**Limited FREE children's group available.** If you have a younger baby who is not mobile and would like to attend please discuss this with Margaret or Jane.

**To register contact:**  
Margaret Ridgway Family Care Cottage 4939 2530  
Jane Hodgson Koe-Nara 4990 9354



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Health  
Hunter New England  
Local Health Network

Family Support Newcastle and Koe-nara Cessnock Schools as Community Centre  
invite you to A FREE 5 week discussion group on

## Stress-Less ... More ease, ... stronger connections



Fridays  
22nd Feb to 22nd March, 2019  
10.00am – 12.00 noon  
at

**Koe-nara**

In the grounds of Cessnock Public School

Discussions may include:

- \* Finding beauty in the moment
- \* Slowing down and creating space
- \* Are there alternatives to "there's not enough time"
- \* Prioritising what really matters

Free children's activities &  
Morning Tea provided

To register, please call Jane  
on 4990 9354



Find us on  
**Facebook**

The Family Relationships and Skills program is funded by the  
Australian Government through Family Support Newcastle.



Family Support Newcastle