

MOWBRAY NEWS

Term 4 Week 2
13 October 2021

PRINCIPAL'S REPORT

Return to school dates

Monday 18 October, Kindergarten and Year 1

Monday 25 October, students in Years 2, 3, 4, 5 and 6

How do I prepare my child for a return to school?

BE POSITIVE

- Ask your child how they are feeling about returning to school. Your child may be feeling a mix of emotions about their return, so it is important to listen to any concerns and respond in a calm, supportive and reassuring way.
- Promote positive conversations by asking what they like about school and what they are looking forward to when they return. Let them know that school staff are looking forward to seeing them. Your child might like to make a list or drawing about things they have missed about school.
- If they feel nervous or worried, help them understand this is a normal reaction, and that you and their teachers are there to support them.
- If your child has questions about COVID-19 provide factual and age appropriate information. Let them know everyone at school is working hard so that everyone is safe.
- Consider limiting media content your child is viewing if it is contributing to worry or distress.
- Remind your child that everyone at school is working hard to make sure that everyone is safe and that anyone who is unwell will stay home.

PREPARE YOURSELF AND CHILD FOR CHANGES TO SCHOOL PROCEDURES

- Look at the school emails, School Stream alerts and newsletters to learn about new procedures that may have been introduced such as changes to parents' access to the school grounds, drop off and pick up points as well as new rules such as wearing face masks or hygiene rules.
- Discuss these with your child and plan together how these changes will be managed. The more your child understands the changes, the more comfortable they are likely to feel. If you are unsure about anything, contact the school or your child's teacher.

RE-ESTABLISH ROUTINES

- Routines help provide certainty and increase feelings of security, so it will help to re-establish routines and plan for the return.

PRINCIPAL'S REPORT

- In the week before, bring back the usual wake up, bed and breakfast routines. Set aside time to find school equipment and check uniforms and shoes still fit – your child may have grown. Give yourself enough time to organise replacements or a uniform alternative if needed.
- The day before returning, encourage your child to check their school timetable if needed, pack their school bag, and get their lunch box, drink bottle and uniform ready.
- Allow more time than usual on the first morning back to calmly get ready. Take your child to school if that will help build a greater sense of security. Alternatively, encourage your child to meet up with a friend before school and travel in together.

UPDATE THE SCHOOL

- Let your classroom teacher know of any concerns relating to your child that may impact their transition back to school. This will assist the school to work with you to plan and put in place appropriate support strategies.

AT THE END OF THE SCHOOL DAY

- Talk to your child about their day and what they are looking forward to tomorrow. If your child prefers, get them to write down or draw their feelings.
- Provide opportunities for your child to play and relax at the end of the day. Returning to school may contribute to tired and emotional reactions at the end of the day.
- Help re-establish after-school routines to review the day's learning.
- Consider having extra family time together as your child may have missed being at home with you.

SUPPORTING YOUR CHILD

- Returning to school routines may take some time. Reassure your child that this is normal. Encourage them to ask for help if they need it
- Take care of your own wellbeing while supporting your child's return to learning at school. You may have some children returning to school while others are continuing to learn from home. You can help your child by explaining that all children will be returning to school soon.
- If they are finding things difficult, remind your child of times in the past when they were able to do things that were difficult and face situations that made them nervous or scared.
- If you are concerned about your child, seek support by contacting the school.

SUPPORTING YOUR COMMUNITY

- If you are picking your child up from school, please be sure to follow the MPS guidelines.
- Please practise physical distancing at pick up time.

Additional Department of Education advice can be found here

<https://education.nsw.gov.au/covid-19/advice-for-families>

Mowbray is about to get a support dog!

In Term 4, 2021 a dog (Eadie – please see photos below) will be introduced to Mowbray Public School as a therapeutic and educational intervention which has been approved by the Director of Public Schools NSW, school staff and the P&C.

Eadie has been donated by the Guide Dogs Association and is highly trained. She has been tested with children and in a school setting to ensure her suitability.

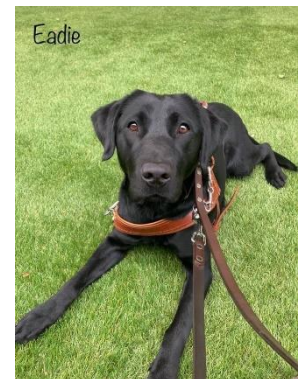
PRINCIPAL'S REPORT

A risk management plan has been developed and precautions put into place for any potential concerns. This will be modified in accordance to additional information received following this notice.

A review of the research indicates the below benefits and effects which we hope to see at Mowbray Public School:

Benefits:

- Anxiety reduction
- Encourages positive social behaviour
- Reduce aggressive behaviour
- Object of attachment
- Source of social support
- Act as a contact comfort
- Outlet for nurturance
- Models of positive behaviour
- Increase staff morale



Effect of Dog in a classroom:

- Group became more socially homogenous with less behavioural extremes
- Less aggressiveness and hyperactivity
- Withdrawn students became more socially integrated
- On average students paid more attention to the teacher

Potential benefits for the student (and school):

- Research supports the promotion of health, wellbeing and normal development in children
- Improving quality of life as a tool for socialising, relaxation and communication
- Help reduce anxiety and stress
- Increases in opportunity to display independence and confidence by looking after a pet
- Gaining an awareness of pro-social behaviour in regard to treating animals appropriately
- Opportunities for sensory stimulation and exercise and enables children to receive and give attention and affection
- The dog provides a non-judgemental acceptance of the student especially when reading aloud or completing challenging tasks.

This is a very exciting opportunity, that has been made possible by the support of the Guide Dogs Association and Ms Bradshaw, who is welcoming Eadie into her family and the school community.

If you have any concerns regarding the introduction of a support dog (Medical, phobias, other etc.), please contact Jacinta Bradshaw at jacinta.bradshaw@det.nsw.edu.au promptly so that your concerns can be addressed and the risk management plan updated accordingly.

CAROLINE ALFORD - PRINCIPAL

PRINCIPAL'S REPORT

CONGRATULATIONS to the following students who will receive the following Awards when they return to class this term:

K - 2 GOLD AWARDS

1J	Theodore M
1 / 2 B	Viola L
2S	Alice L, Audrey M, Stella W

STAGE 2 GOLD AWARDS

3A	Oliver F, Elena S
3V	Kian S
4S	Ben S
4WV	Zanda T

STAGE 3 GOLD AWARDS

5 / 6 K	Hamish G

Invitation - P&C Term 4 Online Meeting

Hello Mowbray Public School Community

Welcome to Term 4, 2021.

Please join us for the first P&C meeting of this term on 19th Oct, 7:30pm. Due to current restrictions we will still keep to the online only format for this meeting.

Agenda points are welcome. Agenda will be released close to meeting time. Deadline for suggestions is 15th October , Friday, C.O.B.

Date: 19th Oct, Friday ; Time: 7:30pm

Venue: Online Only (link can be requested from secretary)

All communications to : secretary@mowbraypandc.org.au

Please note if there are points for discussion / queries for principal please send them in by 15th October, C.O.B. This time allows the P&C president to present the concerns/comments to the principal in order to have an informed & accurate response.

Please email me if any other parents or community members are interested in joining the meeting.

All communications to be sent to following email:

secretary@mowbraypandc.org.au

June Banerjee

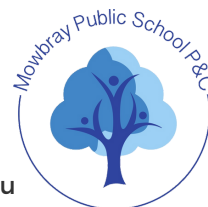
P&C Secretary

0431026445

MOWBRAY PUBLIC SCHOOL P&C *Picks!*

e info@mowbraypandc.org.au w www.mowbraypandc.org.au

fb group www.facebook.com/groups/MPSFF ig @mowbrayfamiliesandfriends



TEACHER APPRECIATION

Thank you to **Cafe Osheare** (just across the road from the school) for helping the P&C organise free Teacher/Staff Appreciation coffees this month. Cafe Osheare offered the P&C "any coffee/any milk/any size" at a greatly subsidised rate. Thank you!

COMING UP



TERM 4 P&C EVENTS

Year 6 Farewell - Thursday 9 December

Colour Explosion - Friday 10 December

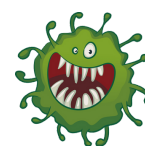
Carols - Saturday 11 December. No T4 choir rehearsals

Band/Strings Instrument Trials - TBC

Fiesta - Cancelled. Ticket purchasers will be contacted

Fathers Day Breakfast - Cancelled

2nd Hand Uniform Pop-up - Cancelled. Contactless TBC



LOCAL ELECTION

Local elections have been postponed to Saturday 3 December. Mowbray Public School is an Election Polling Place and the Mowbray P&C normally, puts on a BBQ and cake stall.

Still possible. TBC

SPOONVILLE

Decorate a spoon using items you have at home. Your creations can reside in our very own #MowbraySpoonville, when we all return to school!

A fun project to bring silliness and connection to our kids. Lots of inspiration on Pinterest. #stayconnected

MULGA MURAL

Joel Moore is Sydney-based artist "Mulga". The Mowbray P&C and **PrimaryOSH** Care will be sharing the cost of an amazing mural to be painted on the wall behind the Veggie Garden.

<https://mulgaheartist.com.au/>

We will be involving our student community. So, get your design-caps on and look out for more information soon! Postponed to T1 2022.

Next P&C meeting: Tuesday 19 October 7:30pm, online only

JOIN OUR MOWBRAY P&C FACEBOOK GROUP

'Mowbray Public School Families and Friends'
www.facebook.com/groups/MPSFF

*Connect with other Mowbray families and
become part of our community.
News, people, chat, sharing, photos, competitions,
special offers, buy/sell/trade*



You will be asked to provide your name, email address, child's name
and child's class, to join this closed-access Facebook Group.
These details will be confirmed with the school and not retained.



FAMILY PORTRAIT FUNDRAISER

SATURDAY 6th OF NOVEMBER 9am to 5 pm

SUNDAY 7th OF NOVEMBER 9am to 4 pm

BOOK YOUR PROFESSIONAL PHOTO-SESSION

In the Reconciliation garden next to OOSH rooms

<https://www.signupgenius.com/go/30E044BA9AA2CA57-stine1>

For only \$25 – you get an 8x12” professional colour or b&w photo as well as its digital file. The 20-minute sessions will run from 9am. The shoots take place outdoors (weather permitting) in the Reconciliation Garden. Additional photos will be available to purchase at a discounted rate from Stine. Digital files of the purchased photos will be provided with orders \$200 and above. One booking per family and pets are welcome. See sign up for payment details. Payment needs to be made prior to the sitting to confirm your spot.

Photo sessions will be operated in a Covid-safe environment following Covid protocols



DON'T WAIT TO BOOK, SESSIONS BOOK OUT FAST

100% of the booking fee will be donated to the school to help with the purchase of much needed supplies for our school.

Visit www.stinebaska.com to view more of her amazing work

Stine Baska
photography





SEASON 2021/2022

- Ages 7 – 17
- Beginners Welcome
- Modified Games so everyone is involved
- Batting, bowling, fielding
- Learn teamwork and have fun
- Junior Blaster Program for ages 5 and 6
- Use your Active Kids Voucher

To register follow the link below

[Lane Cove Cricket Club](#)

Club Registrar: Karen Clarkson
lanecovecricketclub.registrar@gmail.com



belle
PROPERTY

LANE COVE
HUNTERS HILL



GIRLS CRICKET

- FUN & FRIENDSHIP
- MODIFIED GAME
- TEAMWORK
- SKILLS
- AGES 7-16
- COVID SAFE



GAMES SATURDAYS

TRAINING BLACKMAN PARK

LANECOVEGIRLSCRICKET@GMAIL.COM



LANE COVE CRICKET CLUB

REGISTRATIONS OPEN

lanecove.nsw.cricket.com.au



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