

Issue 14/19 – Wednesday 25 September 2024

What's Happening at Our School

TERM 3 WEEK 10

Wednesday 25 Sept	Year 6 Transition to High School
Thursday 26 Sept	Captains' Assembly 1:30pm
Friday 27 Sept	Canteen is closed Last Day of Term 3

TERM 4 WEEK 1

Monday 14 Oct	Students return for Term 4
Wed 16 Oct	Talent Quest Auditions
Friday 18 Oct	Canteen is closed

TERM 4 WEEK 2

Monday 21 Oct	K-6 Sport
Tuesday 22 Oct	Kinder 2025 Parent Information Evening 6pm
Wednesday 23 Oct	Interrelate 'Tricky Talks' 6pm

TERM 4 WEEK 3

Monday 28 Oct	K-6 Sport
Tuesday 29 Oct	Kinder 2025 Transition Session 1
Wednesday 30 Oct	Talent Quest Heat 1
Thursday 31 Oct	Primary Assembly 2pm

Please see last two pages of Educom for more details.

Dear Parents/Carers,

As we approach the end of term, it is a good time to look back at how far we have come. This term has seemed extremely busy, but it has been highly productive.

In classrooms, teachers and students have been working hard on their learning, particularly with their priority on the new English and Maths curriculum. We are seeing good student learning growth in areas of intense focus, such as reading fluency and phonic knowledge. Regular engagement with quality texts and making connections between mathematical concepts have also been highlights. We have taken learning successfully beyond the classroom as well, through NAIDOC Day, excursions and the high school transition program.

Whole school events have been occasions of celebration, allowing us to join with families and acknowledge our wonderful students. Education Week especially was a fabulous experience and through open classrooms, book parade and the athletics carnival, we were able to share many special moments with our community.

Our creative arts groups have continued with their hard work and provided several outstanding performances. A particular highlight were the dance group performances at The Joan, where the students involved really shone on the big stage.

We have also had some great events run in co-operation with our P&C, including the Father's Day Stall and disco. Our P&C is a small group of people with a big heart, doing a wonderful job to support our school, students and families.

Looking back over the term really does help to reinforce what an amazing school and community we have here at Mt Riv and reminds me of what a privilege it is to lead in this environment. Let's celebrate all that is good and look forward to another term of magnificence when we return after the holidays.

Yours in education,
Elise Berwick
Principal



Attendance Update

The Term 3 attendance data is showing that our Kindy, Year 1 and Year 4 students have the highest attendance rates, all at 95%. Year 2 has the lowest attendance rate currently, at 91%.

Our overall whole school attendance rate is currently 92.6% for this term, which is an increase from Terms 1 and 2 (92.0% and 91.5% respectively). This year we are aiming for our school attendance rate to be 93%, so we are gradually tracking towards this. We know achieving this target is achievable if every child is attending school on time every day they are well.

Remember, although we talk about data and percentages, the real focus is on improving every child's access to the learning opportunities on offer here at school as we know 'attendance matters' to their long-term outcomes.



Daily Times Term 4

When we return to school after the holidays, our bell times will be slightly different to reflect the changes we are trialling to our learning and break sessions. The new times will be:

- 8.30am-8.55am: Morning Arrival
- 8.55am-9.00am: Transition to Class
- 9.00am-11.00am: Morning Learning Session (2 hours)
- 11.00am-11.10am: First Break Eating Time
- 11.10am-11.30am: First Break Play Time
- 11.30am-11.35am: Transition to Class
- 11.35am-1.05pm: Middle Learning Session (1 hour 30 minutes)
- 1.05pm-1.15pm: Second Break Eating Time
- 1.15pm-1.35pm: Second Break Play Time
- 1.35pm-1.40pm: Transition to Class
- 1.40pm-3.00pm: Afternoon Learning Session (1 hour 20 minutes)



Crunch&Sip

As part of having a longer morning learning session, we are conscious of students possibly becoming hungry and losing focus. In response we will be implementing the Crunch&Sip program across all classes every day. We know that students who are not hungry and are well hydrated perform better in the classroom, show increased concentration, and are less likely to be irritable and disruptive.



Individual teachers will determine when in the morning session students will have their Crunch&Sip and how this will be incorporated into the class routine. There are some expectations for students regarding what they can have during this break, in particular that they will 'refuel' on fresh vegetables/salad or fresh fruit (not processed/manufactured eg, fruit cup) and 'rehydrate' with water. Any foods or drinks outside of these expectations will not be permitted during this break and will need to be saved for the first or second eating break in the playground. If a child does not want to eat these foods, or does not want to eat at all during Crunch&Sip, that will be OK.

Included later in this newsletter is some more information for you.

Working With Children Requirements for Parent/Carer Volunteers

MRPS values the time given to the school by our volunteers. In order to maintain correct Department of Education procedures, **all** volunteers to the school must complete the appropriate documentation before they are permitted to volunteer at school. This documentation only needs to be done once and will remain effective whilst you have students at this school. There are some circumstances where you may be asked to complete a new declaration, such as your name changes legally. You can complete the *Declaration for child-related workers* form online and provide it to the school, or you can come to the office for a copy.

Please see below for the Department process that must be followed:

Parents or close relatives of a student

Parents or close relatives of a child who volunteer at their child's school are usually **exempt** from requiring a WWCC clearance, regardless of whether they are engaged in child-related work. This includes those engaged by the P&C.

However, in some [specified volunteer](#) roles, parents **do require** further clearances, including a WWCC. These roles are:

- Any person (including parents) providing personal care services to children with disabilities
- Any person (including parents) providing mentoring services or as part of a formal mentoring program
- Any volunteer (including parents) attending an overnight excursion
- Non-school staff, including parents and close relatives exempt from holding a WWCC clearance, transporting students other than their own children to school-endorsed activities.

This person **does not** require a Working With Children Check (except in the circumstances above).

Declarations

- The person must complete a [Declaration for child-related workers](#). Those exempt from the WWCC requirement should complete all relevant sections in this declaration, including part 1, part 3 and part 4 (section C).
- You will be required to present one form of photo ID with your name, date of birth, current address and photo

In addition, **all visitors to the school must check in and out via the QR code** every time they are on school premises, including P&C, scripture and ethics teachers, and parent/carers volunteers. This will help to ensure the safety of all staff, students and visitors in the case of evacuations, lockdowns, lockouts etc.

We appreciate your understanding and cooperation in this process



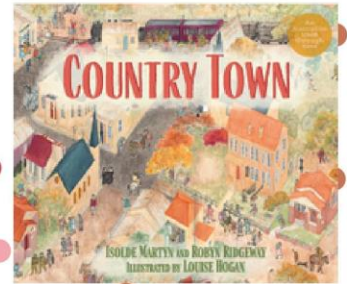
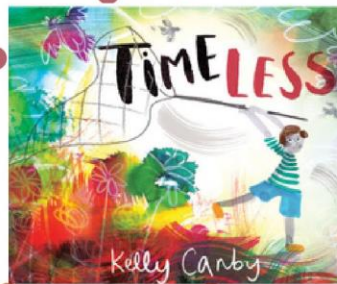
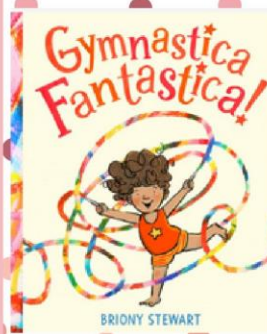
MT RIV LIBRARY

newsletter

CBCA WINNERS

These books are the winners of the CBCA awards this year! They will be available, along with the short-listed books, to borrow next term!

We currently have a number of overdue books at the moment. Could you please check your Oliver Library to see what books need to be returned before the school holidays? Thank you!



DONUT STOP READING!



Last week, Stage 2 students incorporated drama into our library lesson! First, we read the text, Paper Girl Flower, then we did a short re-enactment of the narrative and filmed it! What fun!

Happy Holidays Everyone!
Please take some time to enjoy the sunshine and to read during the break!

Yours in relaxing while reading,
Mrs Franklin

Library Days

Wednesday

KS, 1/2T, 1/2C, 1/2B

Thursday

3/4EC, 3/4QM, 4/5M, 5/6S, 5/6V

Friday

KV

(Unless notified otherwise in School Bytes.)



Time to enrol



Kindergarten 2025

Do you, or a neighbour, have a child that turns 5 by July 31st 2025 and is ready to start school next year?

If so, log onto Mt Riverview Public School's website <https://mtrivervie-p.schools.nsw.gov.au/>

Click on the green tab at the top of the page "ENROLMENT"

How to Enrol - Apply online

After completing the initial details on the next page, you will be directed to either local enrolment, or out of area application if necessary.

Our Kindergarten Transition Program commences in Term 4.

We support the needs of all students.

If your child has reports from doctors or support services such as speech and OT, please leave a copy at the office and let us know so that we can ensure a positive start to school.



**Please contact
Mrs Wendy Sowter (Assistant Principal)
if you have any questions.**



**We look forward to you becoming part of our
Mount Riverview PS school community in 2025.**

6 tips

to increase fruit and vegetables at home

- 1. Be a role model**
Let your kids see you enjoying fruit, vegetables and water.
- 2. Get the kids involved**
Grow, shop and cook with your kids.
- 3. Make it accessible**
Keep fruit and vegetables in easy to reach places i.e. a fruit bowl on the counter, chopped veg sticks at eye-level in the fridge.
- 4. Try Crunch&Sip® at home**
Make time on weekends or during school holidays for a quick snack of fruit or veg.



- 5. Keep trying!**
It may take up to ten times before kids try a new food so keep offering it.
- 6. Include it in every meal**
Add vegetables to all your meals i.e. add grated vegetables such as carrot and zucchini to shepherd's pie, pasta sauce and burger patties.

Crunch&Sip®

Info for parents

What is Crunch&Sip®?

Crunch&Sip® is a time during the school day for children to crunch on fruit and/or vegetables and sip water in the classroom.

Why it matters:

Crunch&Sip® encourages children to choose fruit and vegetables as a snack and water as a drink.

- Fruit and vegetables are essential for good health. Crunch&Sip® is the perfect time to contribute to daily serves.
- Drinking water regularly; - helps children concentrate - prevents dehydration and headaches.

What you need to do:

Send your child to school with a water bottle and some ready-to-eat fruit or vegetables for Crunch&Sip®. See overleaf for ideas.

Crunch&Sip®



What to pack

for Crunch&Sip®

Some examples:

A bottle of plain water

When it comes to thirst, choose water first!

A whole piece of fruit or veg

Easy to eat i.e. a carrot, apple, mandarin or banana.

Several whole, smaller fruit or veg

Container or bag with snow peas, corn, mushrooms, strawberries or grapes.

Chopped fruit or veg

Pack a container of bite sized pieces of fruit or veg i.e. watermelon, mango, broccoli or cauliflower.

Veggie Sticks

Cucumber, capsicum, celery and carrot are great options.



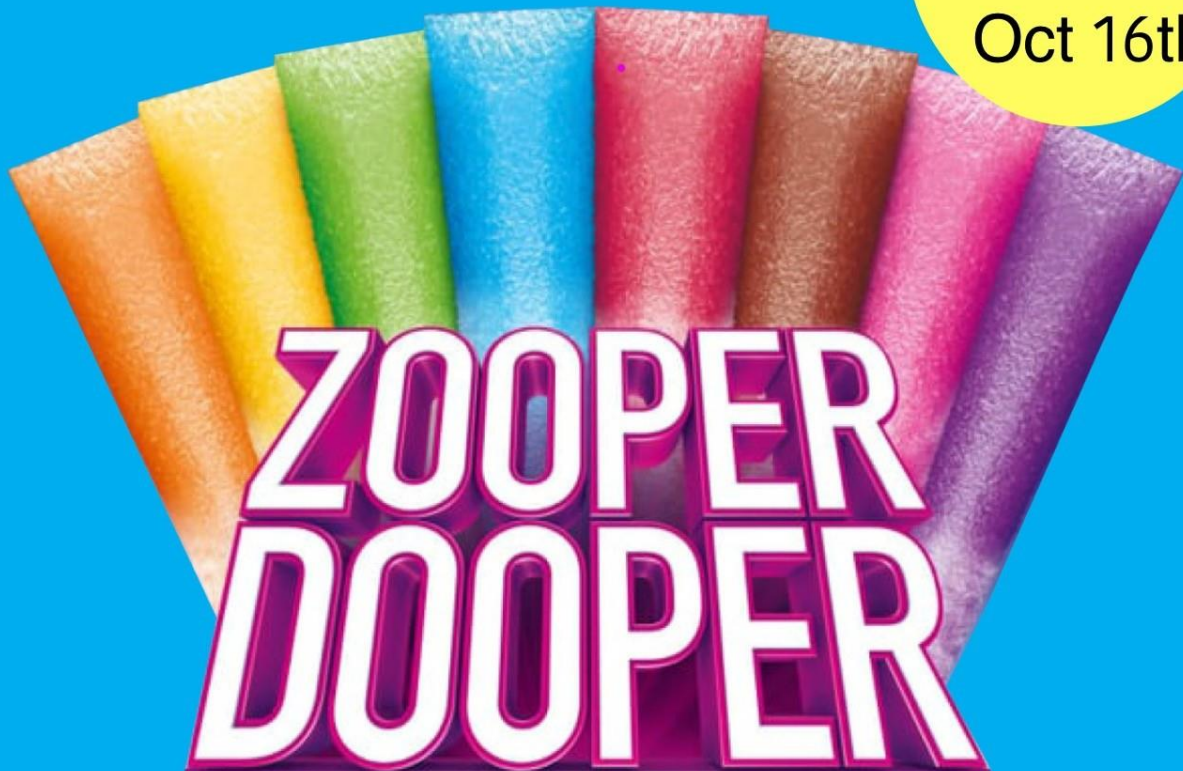
Helpful tips for Crunch&Sip®

- 1** Only fruit and vegetables are suitable for Crunch&Sip®
These are NOT suitable: fruit juice; fruit products such as roll-ups, leathers or straps; potato or veggie chips; olives; fruit in syrup; popcorn.
- 2** Crunch&Sip® is a good opportunity to increase variety of fruit and vegetables. Introduce new fruit and vegetables alongside more familiar ones.
- 3** Pack a suitable, ready-to-eat amount
No chopping or preparing can be done at school. Include a fork or spoon when needed.
- 4** Prepare Crunch&Sip® snacks in advance.
Chop the week's Crunch&Sip® snacks at one time or when preparing dinner the night before.
- 5** Crunch&Sip® is an excellent opportunity to encourage vegetables. Research shows that most kids need to increase daily vegetable intake. Raw veggies make a great snack for Crunch&Sip®.
- 6** Dried fruit only occasionally. Maximum of once a week as it increases the risk of tooth decay.

Note: Your child's school may request some food items not be brought to school where there are students with severe allergies.

Mt Riv.
P&C

Payment
Due
Oct 16th



**ZOOOPER
DOOPER**

**FUNDRAISER IS BACK
FOR TERM 4**

**Mt Riv P&C are bringing back
COOL weekly Zooper Dooper ice blocks**

**\$10 for 1 ice block a week for 10 weeks!
Purchase tickets on QKR! app.**

October School Holidays

Workshops and Events

Book into one of our workshops to create, make and construct.
More workshops over the page.

To book visit the website or your local Library branch.

bluemountainslibrary.eventbrite.com.au



Collaborative Creations – Spring Flowers!

These Spring school holidays we will be celebrating Spring by making flowers, and if you like, adding them to our community flower bowl.

Each branch will have a collection of papers and flower templates for you to make your own floral creations. There will also be a community flower bowl in each branch where you can place your flowers. Drop in to a branch anytime during the school holidays and ask our friendly staff for materials.

Stained Glass with Naomi Oliver

10.00 - 11.00am | Kindy - Year 6 | \$6

Tuesday 1st October, Katoomba Library

Wednesday 2nd October, Springwod Hub, Meeting Room 2

Have fun creating a stained glass design using cellophane, which you can hang on a window to add colour to your space.



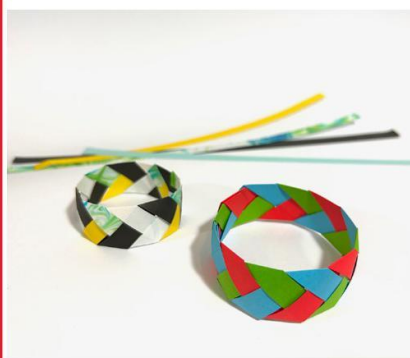
Folded Paper Bracelets with Naomi Oliver

11.30 - 12.30pm | Year 3 - Year 8 | \$6

Tuesday 1st October, Katoomba Library

Wednesday 2nd October, Springwod Hub, Meeting Room 2

Learn this step-by-step folding technique to craft an awesome, multicoloured paper bracelet!



Pirate Portraits with Mariah Calman

10.00 - 11.00am | Kindy - Year 4 | \$6

Thursday 3rd October, Katoomba Library

Tuesday 8th October, Springwood Hub

Argghh me hearties! Don your favourite pirate cap for a workshop of pirate portrait fun. Learn skills in sketching the face including facial proportions and drawing features of a character. Decorate your pirate's portrait with a range of mixed media including pencil, pastel and watercolour.



Pen-Tastic Portraits with Mariah Calman

11.30 - 12.45pm | Year 5 - Year 10 | \$6

Thursday 3rd October, Katoomba Library

Tuesday 8th October, Springwood Hub

This workshop will focus on experimenting with drawing techniques to create a collection of expressive portrait samples.

Learn skills such as continuous line drawing, building facial proportions, developing tone and using pen and pencil to create representational images.



Programs & activities for families in the Blue Mountains



WHERE YOU CAN FIND

- Activities calendar for children, youth and families
- Parenting programs and support groups
- Local services to support your family

Visit strongerfamilies.net.au



Term 4 Planner

Week 1

Mon 14 Oct: Students returns for Term 4

Wed 16 Oct: 8am+8:30am ukulele
'Mt Riv's Got Talent' Auditions

Thurs 17 Oct: 8am+8:30am Guitar

Fri 18 Oct: CANTEEN IS CLOSED

Week 2

Mon 21 Oct: K-6 Sport (Soccer)

Tues 22 Oct: 6pm Kinder 2025 Parent Information Evening - Hall

Wed 23 Oct: 8am+8:30am ukulele
6pm-8:15pm Interrelate 'Tricky Talks' Workshops

Thurs 24 Oct: 8am+8:30am Guitar

Week 3

Mon 28 Oct: K-6 Sport (Soccer)

Tues 29 Oct: 9:15-10:15am Kindergarten Transition to School Program Session 1

Wed 30 Oct: 8am+8:30am ukulele
Break 2: 'Mt Riv's Got Talent' Heat 1

Thurs 31 Oct: 8am+8:30am Guitar
2pm Primary Assembly

Term 4 Planner

Week 4

Mon 4 Nov: 12:30-2pm Swim School

Tues 5 Nov: 9:15-10:15am Kindergarten Transition to School Program Session 2
12:30-2pm Swim School

Wed 6 Nov: 8am+8:30am Ukulele
12:30-2pm Swim School
1:30pm Captains' Assembly

Thurs 7 Nov: 8am+8:30am Guitar
12:30-2pm Swim School

Fri 8 Nov: 12:30-2pm Swim School

Week 5

Mon 11 Nov: K-6 Sport (Soccer)

Tues 12 Nov: 9:15-11:15am Kindergarten Transition to School Program Session 3

Wed 13 Nov: 8am+8:30am Ukulele
Break 2: 'Mt Riv's Got Talent' Heat 2

Thurs 14 Nov: 8am+8:30am Guitar

Fri 15 Nov: Summer Games - Warrimoo Oval

$$a + b = c$$

2024-Wednesday 18 December: Last day of school for students

2025-Tuesday 4 February: First day of school for students in Years 1-6