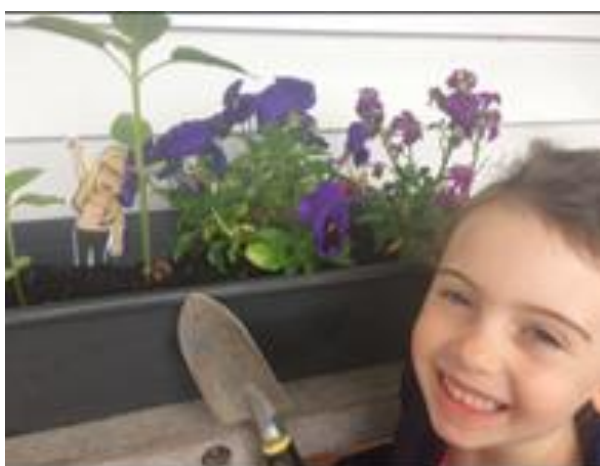
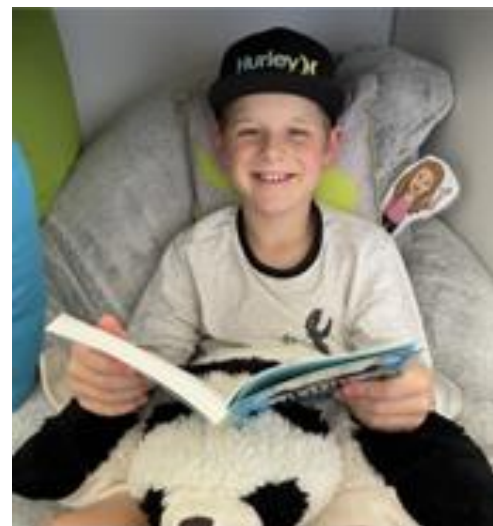


TERM 4 WEEK 2 : OCTOBER 2021



Happy, Healthy, Successful, Lifelong Learners





# PRINCIPAL REPORT

Welcome back to Term 4. I do hope that you were able to make the most of the slight easing of restrictions throughout the holiday period that allowed children to see their friends and parents to enjoy a picnic in the park.

It has been wonderful to see the smiling faces of students who have been attending school in Weeks 1 & 2, and I really look forward to welcoming all students back over the coming weeks.

Although we return to school with many restrictions in place and many activities on hold, it will be nice to be back together and to be learning face to face.

I would like to thank and acknowledge all our families, staff and students for your commitment, dedication, understanding, generosity, care and kindness throughout Term 3. This has been a time when we have all relied on the strength of our connections as a community and this has highlighted the value of the partnership, we have in working together to support children.

I look forward to making the most of the term ahead and continuing our work together to ensure students are given many opportunities to connect, thrive and succeed in all aspects of school life.

We look forward to seeing you once again at drop off and pick up each day, and hopefully back on site at some stage soon.

Thank you again for your contributions to making Erina Heights such a wonderful place to live, grow and learn.

*WELCOME BACK!*



# CULTURAL NEWS

Congratulations to the following students on being selected as a finalist in the NSW Schools Reconciliation Challenge. Chiara in 5B was selected for her amazing artwork and Emily in 6S was selected for her fantastic writing piece that related to the 2021 theme '***Under One Sky, Yesterday, Today and Forever.***'

The Exhibition and awards ceremony will be launched by The Hon. Ministers Don Harwin (Aboriginal Affairs and the Arts) and Sarah Mitchell (Education) online in November. Both girls will also receive a prize for their outstanding efforts and will have their work displayed in the foyer of Questacon and will be exhibited at Barrangaroo's International Towers during national Reconciliation week.

Well done to all the students who entered the competition we are very proud of your efforts.

Mrs Hillmann



## Under One Sky

As the kids ran around playing with the ball,  
I thought about the past, and it was not like this at all.  
The past was not filled of joyful expression,  
It was filled with sadness, no hope and lots of depression.

I remember the men with weapons in their hands,  
Mum on her knees banging against the sands'.  
As the sun was setting, the trucks drove away,  
Kids in them were crying, along the whole way.  
Families praying, hoping they would come back,  
I knew they wouldn't, we all knew that.  
We gathered around the fire, looking at the stars all night,  
There were no shooting stars, and no end in sight.

When I think of the past, I think of trauma and distress,  
I have changed my thoughts now and can see little progress.  
I know we still have a long way to go,  
But the past is important, even though it was a long time ago.  
I count on us all to change the circumstance,  
We need to take action now so we don't miss our chance.  
Under one sky, we stand together,  
Yesterday, today, and now forever.

By Emily- 6S



# LOCKDOWN NEWS

## KG

KG have had such a well-deserved and restful break over the school holidays. We put the learning packs and pencils away and had some good old-fashioned fun. From seeing the sunrise to bush walks, water fights and learning how to swim without floaties, fishing and picnics with friends, craft and picking our own oranges, our class has had a wonderful break.

We have had 2 students welcome baby siblings over lockdown, a small handful of birthdays, a new puppy to welcome and even more exciting - a new friend starting in KG! Some very busy bees here.

As much as I cannot wait to get back in the classroom and see KG in person, I have been blown away by the resilience and persistence that our students and families have shown during learning from home. What an amazing job we have all done.

Not long now!

Mrs Grantham





# LOCKDOWN NEWS

KT

Two More Sleeps!

Woohoo! I am so excited. Come Monday, KT will all be back in the classroom together. I can't wait! I will be able to see how much taller you have all grown and many smiles with missing teeth. I will be able to hear your squeals of delight when you see your friends and laughter echoing throughout the room once more. I am looking forward to you all showing me how much you have learnt since we were last together. We are going to have so much fun before you all move into Year 1.

For Father's Day, KT planted sunflower seeds with the special males who spread a little sunshine in their lives. We are having fun watching them grow and are looking forward to seeing them bloom.

Last term, I was missing KT so much that I decided to shrink and flatten myself and jump into their mailboxes. That way we could be together again and go on lots of adventures. And boy, did we have some fun!

During lockdown, KT took me scuba diving in a fish tank, on a joy flight and driving with the girls. I got to hang out with a diamond python, dogs, a chook and Barbie. I went swimming, played Hide-n-Seek, blew bubbles, climbed trees and read a book in bed. Some children put me to work in the garden and made me clean out the guinea pigs cage. I got to drive a Mercedes and see up close and personal, the inside workings of a garbage truck, on my way to Buttonderry Tip for a very long vacation. I even suffered a bout of hay fever from falling behind a bed.

Monday can't come soon enough!

Mrs Tibbutt





# LOCKDOWN NEWS

## 2T

Term 4! I am really looking forward to seeing all students back in classrooms this term. I am so proud of the way 2T have adjusted to learning from home over the past term and can't wait to finish the year together.

During the holidays I spent a lot of time in my garden and decided to take on the challenge of re-turfing my backyard. Farmer Thaler also had 5 new chickens hatch and I am the proud mother of 3 new Silkies and 2 Araucana chickens. The four chickens that hatched last term are growing up and now spend their days and nights outside in a chicken coop.

I knew I was going to miss 2T so much over the 2 weeks holiday that I sent them a 'flat teacher' version of myself so I could share some awesome experiences with them. Check out some of the adventures I got up to.

Mrs Thaler





# LOCKDOWN NEWS

2/3L

It is great to see 2/3L students back for Term 4. I enjoyed hearing about your school holiday adventures on our Zoom meetings last week. Some of you went to the beach every day, some surfed the waves while others played in the rockpools and rock platforms at a few of our local beaches. It was exciting to hear that some of you improved your skills on your BMX bikes and scooters and can now do jumps, wheelies and balance without holding the handlebars. Some students mastered back and front flips on their trampolines while others explored our local National Parks and enjoyed bushwalks with family members. A few students got creative with art and craft and designed some beautiful artworks and origami items.

It won't be long before we return to our classroom and are able to see our friends and classmates. I have planned some fun and exciting activities to help us all get back into school and I can't wait to have 2/3L back in the classroom.

Mrs Lanning





# LOCKDOWN NEWS

3A

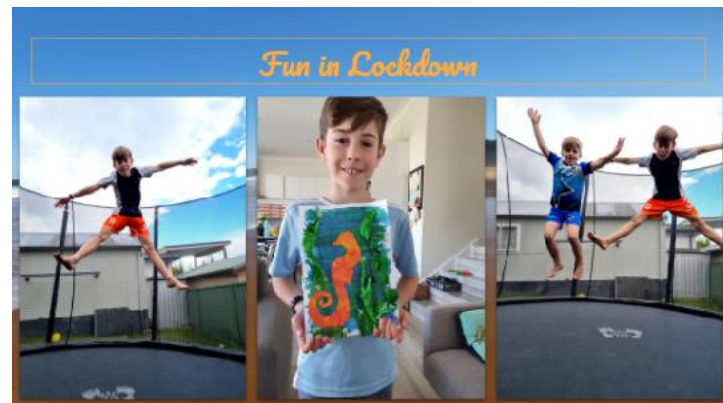
Well, you can see that the children in 3A have found lots of ways to find fun during lockdown, both in their lessons and in their holidays!

I know I always harp on about how proud I am of the children in my class, but they have been so incredible over this extended period learning from home.

William has made a stack of waffles that could feed our entire class! Ella took 'Flat Mrs Anderson' to collect the eggs! Riley has made this beautiful seahorse and put it on a postcard! Jude also put loads of photos of all his excellent experiences on a postcard! Lucas has been planning his trip overseas when things open again! Liv created this incredible artwork using symmetrical designs!

I am really looking forward to seeing everyone back in our classroom very soon. Plaguey has started shopping for all of his school resources so that he is organised and ready to learn! He has also been on some pretty extreme challenges during his holidays! There is just no stopping this adventurous little fellow!

Mrs Anderson





# LOCKDOWN NEWS

3/4C

Welcome back to term 4!

3/4C have hit the ground running with our morning zooms and have jumped straight back into online learning. This week we are sharing with you some snippets from our passion projects. Riley has been busy studying Harry Potter and experimented with making a plant killer potion. Caelan has been exploring all things chicken related. Did you know you can shine a bright light into an egg to see whether it is fertilised and how the embryo is developing? Leila and Ivy T have been learning about animals while Chelsea has been researching the Titanic. Both Aaliyah and Noah have been studying their favourite sports - Surfing and Soccer. Milly's mum shared with me this beautiful picture of her showing symmetry in the environment.

I'm so proud of the work 3/4C students have done on their passion projects so far.

Mrs Clarke



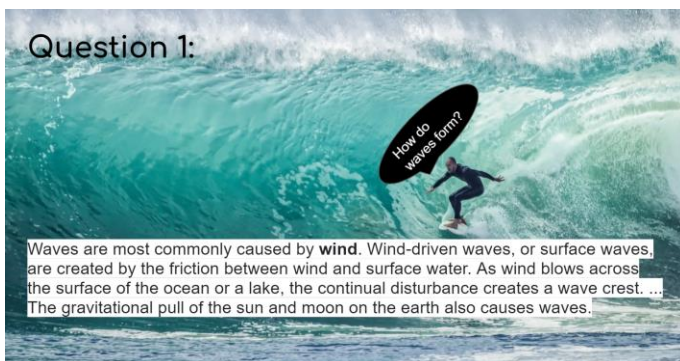
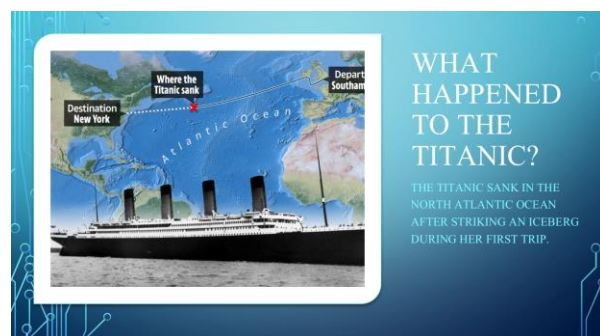
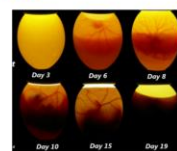
## My Experiment

### Egg Candling

Candling is the name given to looking at the inside of a developing egg by shining a bright light through it.

You candle your eggs to know which eggs are fertilised and how each embryo is developing. You do this by shining a bright light next to the egg and looking for specific features inside the shell, such as veins.

I candled a egg from the supermarket, i used a phone torch in a dark room to see the inside of the egg, I can see that this egg is not fertilised.



### Soccer

I think soccer is good because you can learn very cool tricks like a rainbow flick. Secondly, it's a work out for your legs. The worst thing is that people die from people having a high foot. You might be wondering what a high foot is. Well, it's when someone is going for a header but the person puts their foot up so the boot goes to the person's head. You shouldn't worry too much because it happens like twice a year. These two people are the best in the world.





# LOCKDOWN NEWS

## 4K

Welcome to term 4! 4K students have been enjoying loads of fantastic different activities whilst learning from home, including a lunch time swim, cooking, looking after pets and engaging in creative arts.

At the end of term 3, students received a flat Mrs Kerry to take on adventures. The flat version adventures I have had have been amazing. Thank you to all 4K for showing me around the house and taking me on so many fabulous adventures. The photos I received made me smile every day.

We are almost back to our classroom. I am really looking forward to learning together again soon. I would like to thank all of the families for supporting and keeping our 4K students positive during this challenging time.

I can't wait to see you all soon!

Mrs Kerry





# LOCKDOWN NEWS

5/6R

Welcome back to Term 4 Erina Heights!

I hope that you all had a safe and restful break, even if it was just from online learning. It was lovely to hear stories of the students in 5/6R catching up over the holidays, getting outside to enjoy the beautiful weather and finding different ways to move their bodies.

The countdown is on and I cannot wait to see you all back at school soon.

I am looking forward to a ***fantastic*** term!

Mrs Richardson





# LOCKDOWN NEWS

6S

Last term, 6S worked hard on all their Learning from Home projects and deserved a well-earned break.

6S took advantage of the beautiful sunshine during the school holidays to get outdoors and spend time with their families. Many ventured to the beach and took to the pathways for leisurely strolls and bike rides on our many amazing waterfront tracks. Some of them tamed their adventurous sides and explored the bush with a walk-in nature, for others the skateboard parks were a hit and luckily, we have returned to term 4 with minimal injuries!

The announcement of being able to have a friend bubble could not have come at a better time and so many enjoyed playing with their friends during the school holidays which was lovely to see.

This term along with getting their daily tasks completed, Year 6 have been busy getting their placemats organised for their Year 6 Farewell and the excitement is building for the end of term festivities.

We will be back inside the classrooms soon and we are very excited to see smiling faces and finishing off the year with a bang.

Mrs Stahl and Mrs Hillmann





# SCHOOL TRAVEL FOR 2022

## 2022 school travel applications are now open

Students who need a School Opal card or travel pass for 2022 can [apply](#) now. A new application will need to be submitted if they are applying for a school travel pass for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who change address, school, campus location, or who have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [renew or update](#) their details before **the end of term 4**. This will ensure that schools can endorse applications and current entitlements are updated and remain valid. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2022.

## School Student Transport Scheme site change

On 1 October 2021, the School Student Transport Scheme (SSTS) information and application portal was moved to **transportnsw.info**. This will assist families to find all their travel information in the one place.

## Travel from Term 1 2022

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for the School Student Transport Scheme (SSTS) open at the start of Term 4 2021 for travel in 2022, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a difficult period for local bus operators, and students travelling without a valid ticket make service planning and operations increasingly difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel on a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Please also remember that students using Opal cards must tap on and tap off in line with the [Student code of conduct](#) and [Opal terms of use](#).



# KINDERGARTEN 2022



## ERINA HEIGHTS PUBLIC SCHOOL Kindergarten 2022



We very much look forward to welcoming our 2022 kindergarten students, however, we are unable to confirm Kindergarten Orientation session dates at this stage.

Updated information will be provided via the Kindergarten 2022 ClassDojo group. Parents can also access information from the Kindergarten 2022 website and school website using the QR codes below.



Please access an online enrolment form from the school website or call the school on 4367 7608 if you have any questions.



Kindergarten 2022 website



Erina Heights Public School website



# COMMUNITY COMMUNICATION



## *Become a nipper in 2021/22*

Please register online at: <https://www.surflifesaving.com.au/join>

WE ACCEPT ACTIVE KIDS VOUCHERS - apply online before registering here:  
<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

If you have any questions about registration, please contact [admin@wamberalsurfclub.com](mailto:admin@wamberalsurfclub.com)

Nippers will be returning under the Public Health Orders for community sport released by the NSW Government.  
Start date is dependent on NSW Public Health Orders, no refunds are available if season is cancelled.



## TERRIGAL MATCHAM CRICKET CLUB

# 21/22 CRICKET REGISTRATION



PLAY CRICKET WITH THE BELLBIRDS

SEASON STARTS 5TH NOVEMBER





- **JUNIOR BLASTERS** - Girls & Boys - 5 to 7 years  
\$120 for 12 weeks - Learn the Basics
- **MASTER BLASTERS** - Girls & Boys - 7 to 10 years  
\$130 for 12 weeks - Includes Shirt & Cap
- **BOYS JUNIOR** Club Comp - U11 to U16  
\$185 (1st Child) \$135 (2nd Child) \$115 (3rd Child)
- **GIRLS JUNIOR** Club Comp - U12 & U16  
\$100 (new player) \$125 (existing player)



[WWW.TMCRICKET.COM](http://WWW.TMCRICKET.COM)  
[FACEBOOK.COM/TMJCC](https://www.facebook.com/TMJCC)  
SEARCH FOR TERRIGAL AT: [WWW.PLAY.CRICKET.COM.AU](http://WWW.PLAY.CRICKET.COM.AU)





# MENTAL HEALTH DURING LOCKDOWN

**Emerging Minds.** National Workforce Centre for Child Mental Health

## Need help supporting your child's mental health during COVID-19?

This free online toolkit includes videos, fact sheets, podcasts and guides to help your family navigate the pandemic. Scan the QR code to get started.



 **emergingminds.com.au**

For translated resources available in 18 different languages, check out:

Helping children cope with stress during COVID-19



Using play to support children during COVID-19



## WEBSITES COPING WITH COVID



**Coronavirus mental wellbeing support service**  
[https://coronavirus.beyondblue.org.au/?utm\\_campaign=hp\\_banner](https://coronavirus.beyondblue.org.au/?utm_campaign=hp_banner)

**Mental health and wellbeing during the COVID-19 outbreak:**  
<https://www.lifeline.org.au/get-help/information-and-support/covid-19/>





**Coping during COVID-19**  
<https://au.reachout.com/collections/coping-during-coronavirus>

**Supporting you through the COVID-19 Pandemic**  
<https://thiswayup.org.au/covid-19/>





**Covid-19 and Mental Health:**  
<https://www.healthdirect.gov.au/covid-19-and-mental-health#information>

## Who can I talk to if I'm anxious about COVID?

- 1 Corona Virus Mental Wellbeing Support Service  
Beyond Blue- 1800 512 348
- 2 Lifeline- 24 hr crisis hotline  
131 114
- 3 Kids Helpline  
1800 551 800
- 4 Suicide Call Back Service  
1300 659 467
- 5 Mental Helpline  
1800 011 511

**If English is not your first language you can call TIS on 131 450 to speak with an interpreter**

For more information or websites related to COVID help go to:  
<https://www.healthdirect.gov.au/covid-19-and-mental-health>

## PHONE APPS COPING WITH COVID



**Smiling Mind APP**  
A daily mindfulness and meditation guide at your fingertips

**Shine: Self-Care and Meditation APP**  
Build more skills to care for your mental health.





**MindShift CBT - Anxiety Relief APP**  
Manage your anxiety, relax & be mindful

**Happify: for Stress and Worry APP**  
Overcome negative thoughts, stress and life's challenges





**Moodfit**  
Fitness for your mental health