



Ironbark Ridge PS

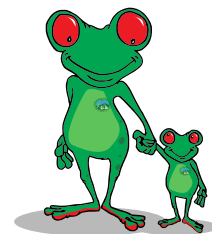
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Nurturing personal growth through inspired learning...



Newsletter 2020

Term 3 Week 9 18th September 2020

Be Safe, Be Responsible, Be Respectful

DATES FOR THE DIARY

September/ October

22nd September – Sports in Schools – Years 3-6

24th September – Stage 3 Rewards Day – Festival of Fun

25th September – Last day of Term 3

15th October – Whole School Photo and Leadership Group Photos

23rd September – Stage 3 Leadership Day

25th September – Year 6 Fun Day

12th October – Students return for Term 4

*** Subscribe to our 'Ironbark Ridge – Public' calendar on the Sentral Parent Portal ***

PRINCIPAL'S REPORT

The Ironbark Ridge Way

School culture is easy to feel and experience (the vibe ;) but much harder to define and make specific or clear... and even harder to adjust and influence! This year we have employed our Student Leaders in this task, and their work to build House and School Spirit is seeing exciting results. Each week we meet as a whole school, all 38 classes via Zoom, to discuss ways we can work together to make Ironbark Ridge the best school possible, to build community and to help every student feel cared for, valued and known. This week's special focus on 'Wellbeing' was organised and run by the student members of our Student Representative Council, from Kindy to Year 5, along with support and guidance from our Student Leadership Team. It's becoming more and more The Way we do it here at Ironbark Ridge – programs run by our students for our students.

Characters... *Curious Creatures, Wild Minds*

Given the 4.3K views of our 2020 Book Character Parade on our YouTube channel I'm guessing you might be aware that we had a great time last Wednesday at our annual Book Character Parade.

Our Ironbark Ridge Library is our *hub* for this love of literature and imagination, led by the passionate Ms Paton and her team of Ms Bryce and Ms Weekley. As you can't visit at the moment I thought I'd include a photo of the amazing new artwork that is proudly displayed in our Library to celebrate students' current study and reading of books that include '*Curious Creatures... Wild Minds*'. This amazing painting is the original composition of Ms Przyrembel, our artist in residence and one of our expert Visual Arts teachers. Wow!



What Works Best... Collaboration!

At Ironbark Ridge we employ *five strategic practices* across all the work we do:

- Differentiated Instruction – to meet student challenge levels in the ‘Goldilocks Zone’, not too easy, not too hard, but just right.
- Growth Mindset – to develop the expectation that we are all learners and we can all grow and improve.
- Evaluative Thinking – to collect and analyse evidence of the impact of our strategies and techniques for teaching and learning, enabling a cost-benefit approach and decommissioning any inefficient or ineffective ways of working.
- Distributive Leadership – to empower and enable everyone (students and staff) to contribute and take responsibility for the growth and development of every student in every classroom, especially for themselves.
- and... Collaborative Practice – to harness the power of our collective minds, to synergise our different ideas into even better solutions, and to support each other and build a belief in the power and ability of our team!

The NSW Dept. of Education’s statistics and evidence branch, CESE, has released an update this year to their research into the most effective teaching strategies, and Collaboration features highly, as we’d expect! The *What Works Best* document provides us with outstanding ideas and guidance to implement strategies to keep raising the bar and improving the performance of all of our students.

Successful Learner Habit: Feedback

(We are Ironbarkers... We are Learners.)

Students are learning more about seeking and using **Feedback** this fortnight (until the end of term); about their learning, performance, accuracy and effort.

Ridgy the Frog carries a special 'selfie stick' with him to help reflect on his work. He can set it up to record video footage as he makes an attempt at new learning or practises his skills. That way he can watch himself on replay, and analyse his technique and find ways to improve. He also asks others (his teachers and friends) to give him **Feedback** about how well he is going, then uses their comments and observations to decide new ways to attempt challenging tasks.

Successful learners habitually seek out and then use Feedback to make personal growth 😊

Note: It takes *Courage* to seek out **Feedback**, and we must remember to use *Empathy* when giving others **Feedback** - our Successful Learner Habits are all inter-related!



Just a few minutes of your time...

We have opened our annual parent survey and would really like you to spend 10-15 minutes completing it so we can get a true indication of what the community value and desire from their school. The link is:

<https://nsw.tellthemfromme.com/survey/splash/IronBark20p>

Please find the time to complete it for us so we can gather the most accurate ‘consensus’ of our school community’s opinions.

Ironbark Ridge Community Q&A



Please post any questions you have in the 'Comments' on today’s Facebook post, or email us at ironbarkrg-p.school@det.nsw.edu.au with Q&A as the subject.

- about our school
- about our programs
- about learning at Ironbark Ridge
- about the way we do things... about *The Ironbark Way!*

We will prepare answers and will produce a fun panel-style presentation to view through the relevant channels over the upcoming holiday period. Most importantly, we will use your Qs in our planning for future school improvements, too!

Very proud of our Old Boys

When I picked up the latest edition of the Sydney Hills *FOCUS* magazine I was greeted by the face of a young man I recognised... one of our former students, Tian! It seems only a year or so ago he was graduating as an Ironbark Ridge Year 6 student! (It was actually 2015 ☺).

Tian will be one of this coming 2020-21 year's School Captains at Rouse Hill High School, along with Josh Ferris, another of our former students! Go Ironbark Ridge!

On Thursday this week I had the absolute pleasure of chatting to these two sensational Ironbarkers (once an Ironbarker, always an Ironbarker!)

Tian has recently published a collection of stories entitled "*1 in 5 to None in 5*" – he's an author! Tian is also an accomplished musician and performer, and a previous Hills Shire Youth Ambassador. Watch Tian's interview on YouTube at: https://youtu.be/eVhE0C_L1jc

Josh Ferris is a similarly impressive young man who already relishes the challenge of increased responsibility in his role as mentor and critical friend to many of the younger boys at Rouse Hill High – a part of the school's wellbeing and peer support program and a proven positive male role model for these other developing young men. Josh will no doubt balance his new role well with his many other pursuits in life... another accomplished musician and performer, and I don't want to face his fast bowling in the cricket nets any time soon!!

We wish both Josh and Tian all the best in their final year of school and are already proud of what they have both achieved.

Ironbarkers should *all* aspire to such great things in their futures!



Teacher Spotlight

Parents of 2A are well aware of the knowledge, talents and endlessly caring attitude of their children's teacher, Ms Ayas. This week's *Wellbeing Week* was largely organised and co-ordinated by this dynamic, intelligent Year 2 teacher as part of her extra work with our whole-school SRC program. As part of this leadership team, Ms Ayas demonstrates an outstanding collaborative capacity, endless optimism and positive relationships with other staff, creative ideas and vision, and excellent organisational capacity. Hopefully now our whole Ironbark Ridge community is a bit more aware of who the amazing Ms Ayas is... and perhaps your child will be fortunate enough to be in her class next year ☺



Ms Ayas dressed as the unfortunate apple eaten by the Very Hungry Caterpillar!

Considering High Schools

For our Year 5 students' parents, considering options for Year 7 at High School in 2022 is now a pressing concern...

Rouse Hill High School, our friendly next-door neighbours, provide an outstanding array of learning opportunities for the majority of our families, keeping travel convenient and younger siblings close at hand. Early each year I am given the wonderful experience of presenting awards at the Rouse Hill celebration assembly and I enjoy seeing the amazing young adults our former students grow up to

become. Tian and Josh (see above) are only two of *countless* examples of what the equation Ironbark+RouseHillHS+yourparenting can result in!

A link to the Rouse Hill High School prospectus can be found at the link here:

https://rousehill-h.schools.nsw.gov.au/content/dam/doi/sws/schools/r/rousehill-h/policydocuments/Rouse_Hill_High_School_-_Prospectus.pdf

We also occasionally include brochures and information for your benefit about alternative high school options if appropriate, for example the boys-only Normanhurst Boys HS virtual open day information included later in this newsletter... and also information this week about Girraween Selective High (noting that application can only be made for this school through the official NSW Dept. of Education Selective High Schools test process).

Parenting: *Look after yourself!*

It's crucial to remember to balance our own life so we can be in control for those who rely on us. Stephen Covey would call this *taking time to sharpen the saw!* Covey reminds us that if we don't take time out to rest, refocus, refresh, we can become stressed and thus even less effective than in the first place, with a vicious cycle beginning... more stress, even less effective, etc. In the words of another wiser than I, "Treat yourself like someone you are responsible for helping".

In the spirit of Wellbeing Week, I've included an article by Michael Grose, parenting expert from www.parentingideas.com.au, so we can all have a read and consider the options for looking after our own wellbeing!

School Crossing Supervisor – RMS Advertised position

Our School Crossing on Ironbark Ridge Rd is currently being operated by a casual RMS employee while the permanent position is advertised. If you or someone you know is interested in the ongoing position, please see the advertisement included later in this newsletter.

Kindy 2021

If you, or someone you know, has enrolled or intends to enrol their child into Kindergarten 2021 at Ironbark Ridge PS, please direct them to the linked page (it's on our website).

<https://ironbarkrg-p.schools.nsw.gov.au/learning-at-our-school/kindergarten-2021.html>

We will be updating this page regularly with information, videos and links to useful sites. We've also included a link for parents to ask any questions they may have about enrolment, daily Kindergarten routines or indeed anything! We will endeavour to answer these questions in future posts. There is a great presentation about school readiness for parents to watch and consider.

If you haven't already, please complete the enrolment process ASAP at our Admin Office so that you don't miss out on any information. We look forward to welcoming new and returning families to our wonderful school!



Stay happy, safe and healthy during the upcoming vacation period,

Nick Thomson
Principal

DEPUTY PRINCIPALS' REPORT

Book Character Parade in 2020!

On Wednesday, we celebrated our love of reading and literature. Students and teachers were encouraged to dress up as their favourite book character. It was a wonderful success and we really enjoyed celebrating this special day. We missed our school community at the event but hope you viewed all the happy smiling faces on YouTube. https://www.youtube.com/channel/UC94oUfMp_bSrxdi0k8tqZMg



Staff News

We would like to take this opportunity to welcome Ms Jagruti Patel, our new Crossing Supervisor. Please make sure you give her a big Ironbark welcome.

2021 Enrolments

With Term 3 almost at an end, we remind parents that enrolments for Kindergarten 2021 are now due to be returned to school. If you live in our school catchment area and have a child who will be starting Kindergarten next year, please visit the front office or our website for an enrolment form. This will ensure the school can plan appropriately for our students. Thank you to those families who have already completed their enrolment details. Families who live outside of our catchment zone are encouraged to visit our website for information about non-local enrolments.

2021 Kindergarten families are encouraged to enrol as soon as possible to ensure they do not miss out on vital information. We have a dedicated page on our website with information about starting school.

<https://ironbarkrg-p.schools.nsw.gov.au/learning-at-our-school/kindergarten-2021.html>

Wellbeing Week

This week everyone at Ironbark has enjoyed a focus on wellbeing.

During this time we have celebrated our connection as a school community and reflected on how we take care of each other.

Our connection has been represented through the beautiful artwork

that is proudly displayed in our gardens. "A rose can never be a sunflower, and a sunflower can never be a rose. All flowers are beautiful in their own way."— Miranda Kerr. This is just the way we see our amazing students, each being unique, special and valued for who they are. Caring for their emotional, physical and intellectual wellbeing is our priority. Ironbark is a beautiful place to grow as a learner and a person.



Orange Bidgerees

Each week, we recognise students playing safely, respectfully and responsibly on the playground by handing out Orange Bidgerees. These tokens are then put in the House letterboxes, ready for the Wednesday draw by our Student Leaders during the School Spirit Meeting. We did not have a draw last week due to the Book Parade. Congratulations to our Week 9 winners: Nathan (KA), Tia (1L), Joceline (1S), Phumulani (2D), Celena (2A), Tiana and Nevan (2C), Paige (3K).

Birthday Cakes and Class Parties

Everyone loves to celebrate birthdays, special occasions and milestones. However, at the moment due to COVID we have restrictions in place to keep us safe. The Department of Education guidelines require that we avoid the sharing of food and it is discouraged especially amongst students. We ask that if you do bring any birthday cupcakes or food items that they are store-bought or from a commercial organisation. We unfortunately are not able to have class parties until further notice. The generous outpouring of kindness towards teachers and celebrating birthdays by bringing party food has been heart-warming, however, the most wonderful celebration is having the students in their class. Thank you for your generosity.

Term 4 Dates and Activities

At this stage, we are awaiting confirmation from the Department of Education and NSW Health outlining which activities can resume in Term 4. Please keep an eye on the Sentral Calendar and our Parent Planners, which will be updated regularly. Our latest Term 4 planner is in the newsletter for your reference.

Attendance

Regular school attendance is vital for ongoing student success. Did you know that if your child sustains a **90% attendance rate every year (above school targets), that over 13 years of schooling, this equates to missing a year and a half of learning?** It is departmental policy, and more importantly, evidentially proven, that students benefit from attending school regularly. All of our students should aim for as close to 100% attendance as possible.



EVERY DAY COUNTS...

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed...

Every day counts!



Have a great week
Kerry De Jager and Kerrie Pho

Deputy Principals



Ironbark Ridge Public School

Parent Planner Term 3&4 2020

** Note: All dates on this planner are subject to change at the discretion of the school. **Updated 12.06.20**

Week	Monday	Tuesday	Wednesday	Thursday	Friday
10 September	21	22 <i>Sports in Schools Australia (SISA) 3-6</i>	23 <i>Year 5 Leadership Day</i>	24 <i>Stage 3 Rewards Day (in lieu of camp)</i>	25 <i>Year 6 Fun Day</i> <i>Last day of Term 3</i>
1 October	12 <i>Students return for Term 4</i>	13	14	15 <i>Whole School (TBC) and Leadership group photos</i>	16 <i>Summer PSSA TBC</i>
2 October	19	20	21	22	23 <i>Summer PSSA TBC</i>
3 Oct/Nov	26	27 <i>9.30am Kindergarten 2021 Orientation # 1 TBC</i>	28	29	30 <i>Summer PSSA TBC</i>
4 November	2	3 <i>Melbourne Cup</i>	4 <i>9.30am Kindergarten 2021 Orientation #2 TBC</i> <i>7pm P&C Meeting via Zoom</i>	5	6 <i>Summer PSSA TBC</i>
5 November	9 <i>IRPS Athletics Carnival</i>	10	11 <i>Remembrance Day</i>	12 <i>9.30am Kindergarten 2021 Orientation #3 TBC</i>	13 <i>Summer PSSA TBC</i>
6 November	16	17	18	19	20 <i>Summer PSSA TBC</i>
7 November	23	24	25	26	27 <i>No PSSA</i>
8 Nov/Dec	30	1 <i>NSW High Schools Orientation Day</i> <i>Year 6 Farewell</i>	2	3	4
9 December	7	8 <i>Celebration Day</i> <i>9.30am 3-6</i> <i>11.30am K-2</i>	9	10	11
10 December	14	15	16 <i>Last day for students</i> <i>2.00 Year 6 Leaving Assembly</i>	17 <i>Staff Development Day</i>	18 <i>Staff Development Day</i>

ADMINISTRATION

Kindergarten 2021 Enrolments

We have started accepting enrolment paperwork for Kindergarten students for 2021. Enrolment forms are available on the school website. Hard copies are available from the school office.

Please check our website for the required documentation to support your child's enrolment. Unfortunately, enrolments cannot be accepted if documentation is incomplete.

For Kindergarten siblings of current students, please keep in mind that our catchment area changed significantly due to the opening of North Kellyville Public School last year. You may find that your address no longer falls into our catchment area or perhaps you have moved address since your older children commenced school. If your address is no longer within our catchment area, you will need to fill out a Non-Local Application which can also be found on our website under "About Our School", then "Enrolments". You can check which school catchment your address falls into on the School Finder system:

<https://education.nsw.gov.au/school-finder>

We look forward to welcoming your child to Ironbark Ridge Public School in 2021.

The Admin Team would like to wish everybody a safe and happy holidays.

CANTEEN

It is coming to the end of term and we are running down our food items. Therefore order early to avoid missing out!!

**Doris & Mel
Canteen Team**



KINDY CAPERS

What a wonderful few weeks we have had in Kindy! The students were so excited to participate in their first Book Character Parade. Thank you to all the parents for helping students organise their amazing costumes, they were very proud to share these as they paraded in front of the school.

A video has been uploaded to the IRPS Facebook page if you would like to see a snippet of the parade fun.



You may notice over the next few weeks that the books in your child's home reading folder will include some of our new decodable texts. These books include stories made up of only the sounds that your child knows. The students are familiar with reading these types of books at school and know how to decode by chopping the words into sounds and blending them together. They get very excited to be reading detectives using their known sounds. The folder will also continue to include the current home readers which you are encouraged to assist your child to read or read to them. Having your child retell the story or discussing it with you is a great way to develop their vocabulary and understanding.

As the term comes to an end, the Kindergarten teachers would like to wish all our students and families a happy and safe holiday break.

ES1 Teachers

STAGE 1 SNIPPETS

Book Week Parade

Last Wednesday, students enjoyed dressing up as their favourite book character for the school's annual Book Character Parade. It was wonderful to see students beam with pride as they showcased their creativity and passion for reading.

Even the Stage 1 teachers enjoyed the opportunity to dress up as 'The Very Hungry Caterpillar!'



Year 6 Fun Day

In Week 10, Friday 25th September, we will be holding our Year 6 Fun Day. All students from Kindergarten to Year 5 participate in Fun Day in order to help raise funds for the Year 6 Farewell. Please make sure you have returned all outstanding permission notes as soon as possible.

Reminders

- Please make sure that your child's items are clearly labelled with their name.
- Please check with your child if they have enough equipment such as glue sticks in preparation for Term 4.
- Many classes are starting to run low on hygiene items such as soap, hand sanitiser and paper towels. Donations of such item would be very much appreciated.

Stage 1 Teachers

STAGE 2 SNIPPETS

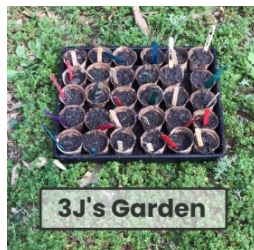
Stage 2 have been busy over the last fortnight! Students (and their teachers) thoroughly enjoyed Ironbark's tradition of the Book Parade. If you have a chance, view Mr Thomson's link to see our virtual Book Parade celebrations.



In Science sessions, students have been exploring the Living World around them. They have become experts in analysing specimens in and out of the classroom. Year 4 students become engineers and worked collaboratively to build a beehive to attract a Queen Bee. Students used their knowledge from our English focus text and bee research to design and make some luxury hives.



Stage 2 students have also planted seedlings to observe their growth over the last couple of weeks of Term 3. Stay tuned to see our living things sprout and grow!



Year 3 students will be completing the 'Check-In Assessment which focuses on literacy and numeracy skills. Students will be completing these assessments during class times in either Week 10 Term 3 or the first two weeks of Term 4. Year 3 students **are required to wear headphones** during this assessment and are encouraged to bring them to school ASAP.

Students loved getting into the spirit of Jersey Day. Thank you for everyone for participating and bringing awareness to organ donations.

Please use the holidays as a time to refresh classroom supplies, in particular lead pencils, erasers and white board markers, many of which have vanished from pencil cases this term!

Please also send along paper towels to your classroom teachers. Supplies are running low due to hands being washed each time students return to class.

The Stage 2 teachers would like to wish you a wonderful, safe break from the school routine during the holidays.

Stage 2 Teachers

STAGE 3 SNIPPETS

The term is fast coming to a close and still many exciting events and activities to look forward to.

Last week many students dressed up as their favourite book characters for our Book Parade. Slightly different this year, but it was exciting we were still able to express our creativity and share it with the rest of the school. As usual all teachers joined in the fun, with Stage 3 teachers letting their inner wild things out! This was especially important for our Year 6 students, being their last such parade at Ironbark Ridge. Thank you Mrs Ormsby for the photos!

Wellbeing Wednesday was a success in Stage 3, with many examples of caring, empathy and general wellbeing exhibited in our classes. Our flowers in our Welfare Garden look fabulous and are a wonderful reminder of how being kind to our friends can even make us feel better too. Have a look at how we have been looking after our welfare.



Week 10 sees a myriad of activities planned and we can't wait. On Wednesday Year 5 will participate on a Leadership Day where will get to Explore, Discover and Act on our collaborative and leadership potential. Year 6 will be exploring their inner musical talents with a drumming tutorial and experience. (Earplugs anyone?)

Thursday will be our Festival of Fun, with inflatable activities, BBQ and disco. This is a great way to finish the term and wind down for the holidays. Please check pick up details as this involves an evening finish. Our oldest students have been busy planning a host of fun activities for Year 6 Funday. The current Covid conditions have meant are students were involved in wonderful problem solving opportunities and have been extremely creative in designing activities that are not only safe for everyone but lots of fun! Some of your old favourites with some new innovative events.

The holidays are a great time to rest, relax and recharge. Please stay safe whether at home or travelling around our magnificent state. It's a great time to catch up on reading some beloved books.

One special call out for help. A box of tissues from students would be appreciated.

A quick reminder that holidays are also a great time to review stationery supplies and refill pencil cases for the last term.

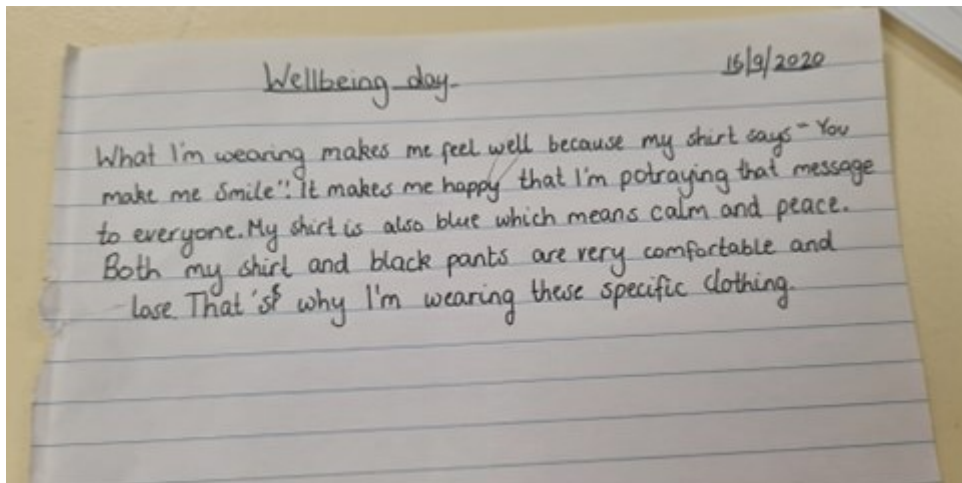


Stage 3 Team

Wellbeing Week



The Wellbeing flowers around the school!



Students from Stage 3, reflecting on what they wore and why?



Teachers being treated to a coffee in the morning.

The SRC have been promoting student wellbeing this Term. They have been preparing classroom activities for students to enjoy and have meaningful conversations about being kind to ourselves and each other. This week, has been celebrated as the 'Wellbeing Week' for our students and staff. On Wednesday students came to school dressed up in clothes that make them feel happy. During the week each class has been creating a wellbeing flower to represent their feelings. The flowers were displayed around the school and students enjoyed the burst of colour around the school with flowers representing each class. We have been having class conversations about looking after our physical and mental wellbeing. It has been a valuable week, where students and Teachers took the time and effort to reconnect and reignite our inner wellbeing.

At Ironbark this week, we truly stopped and smelt the roses!

Kindness comes in all different forms,
Whether it be giving someone comfort or support,
Or giving someone your jacket to keep them warm,
Kindness is amazing.

When you be kind,
Someone's day shines.
They'll be kind again,
And the cycle continues.

If someone brightens your day,
Take the chance right away,
To be kind to everyone else,
And have an effect on the world.

Giving someone a big, warm hug,
Or filling up someone's coffee mug,
Leaving someone an anonymous note,
Or giving someone something nice that you wrote,
Can all be counted as kindness.

Kindness is all around the world,
Even though you might not see it.

Poem written by Aahana 5J



Wellbeing basket weaving



Wellbeing Friendship bracelet



Composing a relaxing piece



Music inspired painting



Wellbeing Origami

LEADERSHIP TEAM 2020

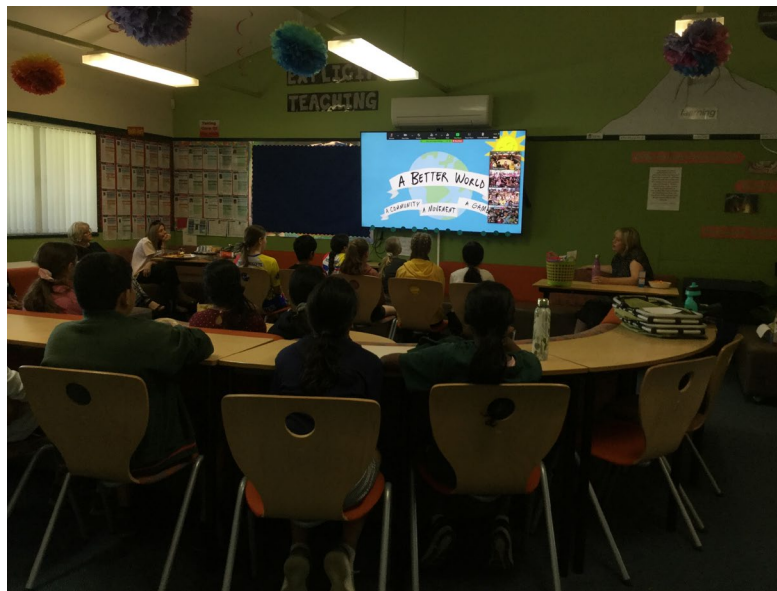
Welcome back to the leadership team news! This week, the leaders would like to tell you about Wellbeing week, our Zoom spirit meetings, the upcoming Year 6 Fun Day, the PBL focus, and our student learner habit for the fortnight.

To start things off, we would like to remind everyone that this is Wellbeing Week! Whilst a week of excitement and fun, the whole school focus was also about doing acts of kindness to friends and family, and even people that you aren't so familiar with! We all have done something special in our classes. Whether it's writing kind letters to our classmates, or making wellbeing flowers, we know that every class has been doing a great job during Wellbeing week. When you do something kind, not only your recipient feels good but so do you.

To celebrate Wellbeing Week, we had Comfy Clothes day on Wednesday. We loved seeing everybody with smiles on their faces wearing their bright colours. Everyone had a good time, and what better way to feel positive than celebrating wellbeing day together in colourful clothes that make us happy.



Our Zoom Spirit Meetings with the whole school has also been going very well. All Ironbarkers are very attentive and take in what the leaders say. Everyone has been working collaboratively, and coming up with great ideas to share with the school.



Now, onto the next topic. Next week is Funday! The Year 6's have all been working hard on their stalls, and even with COVID around, we hope that this year's Fun Day will still be a blast! We hope to see everyone having fun. Although it's a shame that we couldn't hold some stalls such as cafes and slime due to coronavirus restrictions, we still have many other fun stalls and you might have even noticed some posters popping up around the school. We have also made sure that Fun Day is COVID safe and tried our very best to make it the best with what we've got.

Just a reminder from your leaders that this week's PBL focus is flush, wash and go, and our student learner habit is feedback. Giving feedback is to give somebody or yourself helpful and constructive feedback. Make sure to not hurt the other person's feelings, but also, at the same time be honest with them.

So, bye for now, and remember to continue being a *Ridgy-Didge student.

*A Ridgy Didge student means a genuine, original or a good student, just like you!

By Alina and Angelina



BOOK CHARACTER PARADE 2020

The inclement weather did not stop our annual Book Character Parade from going ahead. Everyone enjoyed a fun afternoon and great participation by all staff and students.





Mrs Paton, Mrs Weekley, Mrs Bryce

Library Teachers

Ridgy Didge Awards

Goal Setting

KF	Amy, Augus, Monica
KG	Sophia, Tyrah, Zac
KW	Anusha, Devansh, Elise, Ethan
1C	Mia, Omar, Rihanna, Yuna
1L	Kyle, Mishika, Shanaya, Sophia
2C	Nimra, Rayan
2D	Danish, Salma, Terence
2K	Eshaan, Isabel, Rhea, Varin
2R	Ridam, Rhys, Sebastian, Yashika
3C	Alannah, Gurfatehyab, Parnia, Shlok
3H	Kihara, Sahas, Samim
3J	Aarav, Charlotte, Emily, Evan, Ibrahim, Sienna, Tahlia
4I	Max, Safwaan, Yalda
4S	Bonnie, Hantian, James, Zara
5J	Chris, Sharanya
5K	Dheer, Marina, Tvisha
6H	Angelina, Angus, Rahul, Rhea
6/5M	Amelie, Jayden, Max, Mila

Focus

KA	Alexia, Emily, Ethan, Hiba
KD	Evie, Ibhan, Khadija, Manav
KS	Elky, Lachlan, Logan Saanvi
1B	Carly, Hailey, Holly, Tirtham
1R	Aariz, Abeer, Lexie, Megan
1S	Ariya, Conor, Danica
2A	Amelia, Harrison, Philip
2H	Aaradhya, Mahi, Nael, Taylor
3A	Aryan, Hunter, Madena, Zoe
3K	Arayna, Charmi, Nithum, Zara
4B	Ciara, Ethan, Preeyarat, Ryan
4F	Maisie, Mikayla, Sarim, Maisie
4W	Boni, Lorren, Luke, Smyan
5B	Aahil, Cadell, Srihaan, Toby
5C	Oscar, Ryley, Thenuyula
5W	Chanae, Sheldon, Srinika
6C	Aiden, Chloe, Hamza
6S	Aarshan, Chelsea, Mel, Oscar



Friday Week 10
25 September

Join in the fun!
Prizes

Bring some extra cash

Showbags

Paper Planes

Disco Dodgeball

Cinema

Keyrings

Arcade

Photo Booth

Soccer Score!

Clay Creations

Detectives

Scavenger Hunt

Spider Drinks

Haunted House

Guess

Beauty Salon

\$5

SHOWBAGS

\$5

**Buy a showbag at Fun Day for \$5.
Limited to one per student.**



STUDENTS...

**Come along and have some
FUN at the FUN DAY!**

Friday Week 10 (25 Sept)

**Bring some extra cash to buy cinema
treats, keyrings, showbags, spider
drinks, clay creations and more.**

Prices range from 50c to \$5.

Guess-the-Lollies competitions.

**Free Fun too....scavenger hunt,
haunted house, solve the mystery,
soccer shootout, 4-a-side soccer
and much more.**

**Practising safety guidelines as advised by
Department of Education.**

INSIGHTS

Wellbeing strategies for parents



The coronavirus pandemic and its associated disruptions are beginning to take a toll on our mental health and wellbeing. You don't need to look far in your community or social networks to identify a worrying trend of people experiencing a range of challenging emotions including mood swings, despair, anger, sullenness and lack of motivation.

People who usually pride themselves on being able to manage most difficulties that come their way now find themselves suddenly unable to cope, leading to a profound sense of disappointment. A number of people have spoken about feeling guilty for being a less than perfect parent, partner, teacher, work colleague or friend during these times.

This inability to cope is understandable. Our capacity to adapt to acutely stressful situations such as natural disasters has been severely depleted by the long-term nature of the pandemic. It's common in situations of great uncertainty to feel exhausted and experience periods of burnout. Coupled with this is a sense of loss that many people feel – loss of connection to friends and family, loss of freedom and a loss of a way of life.

There is no handbook for functioning in a pandemic however it's apparent that we need to accept that our lives will be different for some time. It also helps to expect less of yourself, which is the opposite to how high-achievers and perfectionists ordinarily operate. Feeling comfortable with uncertainty takes some getting used to as most of us have an innate wish to feel in control.

Daily wellbeing treats

Self-care is a proven remedy to most wellbeing ailments, but it's ironic that for many of us our self-care activities have been restricted by the coronavirus. Coffee with friends, a massage or a visit to the gym and other such activities are out for many people. However, this doesn't mean that we should neglect our mental health and wellbeing. Instead we need to look closer to home for our regular wellbeing treats. Things that help include regular deep breathing to start the body's relaxation response, practising moments of mindfulness to shut down mental chatter, finding hidden exercise opportunities to promote mood-enhancing endorphins and spending time each day in calm-inducing green space.

Resilience bank account

During my conversations one person described living in this era as “always feeling a little off balance, like standing in a dinghy in a rough sea and not knowing when the storm will pass.”

Our mental reserves are constantly been called upon, so it's necessary to build regular practices into our lives that build our resilience. Hopefully, most of us had bulging resilience bank accounts before the pandemic hit but it's never too late start. Attending to areas such as sleep, good nutrition, regular exercise, relationship-building and self-care help keep our resilience buckets filled up.

Humans are adaptive and can get better at anything with practice, including living through a once in a century pandemic and all the changes it brings to our lives.

**TALENT CLUB AUSTRALIA
COMMUNICATION SKILLS
PROGRAMS FOR STUDENTS**

**PUBLIC
SPEAKING,
DEBATING
CREATIVE
WRITING &
DRAMA**

*Maximize learning with our fun
interactive online / inperson sessions*

**ENROL AT
WWW.TALENTCLUBAUS.COM.AU**

TEL - 0451507606

We offer both holiday
workshops and regular
school term classes





GIRRAWEEEN
HIGH SCHOOL

Year 7 2022 Information Link to Year 5 Students and their Parents

Girraween High School is an academically selective coeducational high school with a focus on providing a balanced and positive education experience for our students who aspire to achieve exceptional HSC results. The school has experienced and dedicated staff, providing students with safe, engaging classes.

Entry is via the Selective High School Placement Test that is run by the Department of Education's High Performing Students Unit. The test will be conducted on Thursday 11 March 2021. Online applications open 6th October 2020 and close 9 November 2020. For more information please refer to our website.

Due to COVID-19 restrictions we are unable to have an information evening at school. In early Term 4 2020, we will post on the below link <https://www.youtube.com/playlist?list=PLnXxEpAPUWVOHRMg5PUp-c-DYAcZwF0F2> which will contain information about our school. In addition to our HSC results outlined below, GHS has an extensive range of cocurricular programs on offer. Examples of cocurricular programs can be found on our website at: https://girraween-h.schools.nsw.gov.au/content/dam/doe/sws/schools/g/girraween-h/rules-and-policies/Girraween_High_CoCurricular_Book.pdf

2019 HSC Achievements

Girraween ranked 21st in the state overall with 9 students achieving an ATAR of 99 and over.

15 students of the cohort achieved an ATAR score over 98. The highest ATAR was 99.65 (Maximum ATAR 99.95). There were 19 "all rounder" students who achieved 90% or better in 10 units of study. 100% students received university offers.

State rankings included:

8th for Software and Design

15th for Chemistry

17th for PDHPE

313 distinguished achievers; students who achieved 90% or better in a subject

100% of all students achieved in the top two bands for History Ext, English Ext 1, Visual Arts, Software and Design, Society and Culture, Music 1 and 2. Almost 90% of students achieved in the top two bands for Legal Studies, Maths Extension 1 and 2, Business Studies and Modern History, Chemistry and Japanese.



NORMANHURST BOYS HIGH SCHOOL

Fostering excellence in young men through holistic education



Virtual Open Day

For Prospective Year 7 2022 Families

Thursday
24 September 2020



Registration by Monday 21 September 2020 is essential!

Register at: <https://normanhurstboys.nsw.edu.au/virtual-open-day>

Address: 54-72 Pennant Hills Road, Normanhurst, NSW 2076
Phone: +61 2 94891077 Fax: +61 2 94895722

Web: www.normanhurstboys.nsw.edu.au
Email: office@normanhurstboys.nsw.edu.au



Part-Time Work

1 X Permanent part time position – Ironbark Ridge Public School - 6242

Help protect our vibrant school communities

Become a School Crossing Supervisor!

- Keep our kids, parents and teachers safe on the road
 - Be a second pair of eyes for our local motorists
- Earn an income and still have time to live your life to the fullest

School crossings require 20 hours of supervising per fortnight. Shifts fall between 8.20am – 9.20am and 2.30pm – 3.30pm, Monday to Friday during the school term.

Does this sound like you?

- ✓ Reliable in good or bad weather
- ✓ Good communication skills
 - ✓ Community spirit
 - ✓ Positive energy

If it does, visit jobs.transport.nsw.gov.au to apply today!

Applications close Sunday, 27th September 2020

