



Narrabundah Early Childhood School

Learn • Develop • Nurture

23-27 Kootara Crescent
Narrabundah ACT 2604
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Week 2, Term 1, 2023

Acknowledgement of Country

In the spirit of reconciliation, we acknowledge the Ngunnawal people, the traditional custodians, of the land on which we meet, learn and play. We pay our respect to Elders past, present and future and acknowledge the Aboriginal and Torres Strait Islander students and their families at our school. We will work in partnership to create and share our stories.



Principal's Message

Welcome to 2023

The 2023 school year is well underway. We are excited to meet many new children and families and welcome you to the Narrabundah Early Childhood School (NECS) community. I am looking forward to learning everyone's name and getting to know your children better.

My observations are that classrooms are settled, children are learning to work together and establish shared classroom expectations, educators are getting to know students and soon we will host our Welcome BBQ. Our Welcome BBQ is scheduled for Thursday 23 February 3.00pm – 4.30pm please put this in your diary as we would love to have as many families as possible at the event.

The purpose of the event is to welcome families onsite, give you the opportunity to visit your child's classroom, meet educators, meet other families, and ask any questions you may have. The event will begin in the K-2 playground with a formal *Welcome to Country* by Ngunnawal Elder, Aunty Violet Sheridan. Families

are then invited to visit classrooms and mingle. If after the visit you feel you have questions specific to your child, we would encourage you to make an appointment with your child's class teacher.

https://necs.schoolzineplus.com/_file/media/2958/welcome_bbbq_and_open_classrooms_2023.pdf

NECS Team

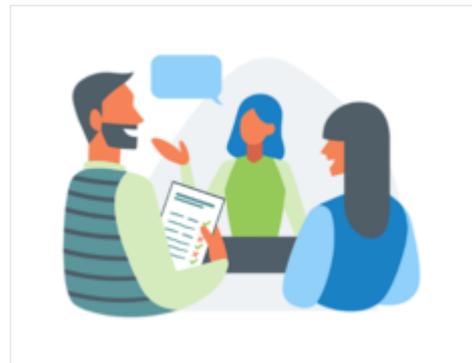
I am pleased to share the 2023 NECS team:

Role	Group/ Name
Koori Butterflies	Kellie-Ann Lambert (teacher)
	Ashleigh Moore (Learning Support Assistant)
Green Grass Parrots	Matt Judge (teacher)
	Antonia Clarke (Learning Support Assistant)
Red Grass Parrots	Matt Judge (teacher)
	Zahra Yazdi (Learning Support Assistant)
3-year-old Butterflies	Tanya Lawson (teacher)
	Tracey Hatchman (Learning Support Assistant)
Preschool specialist teacher	Tanya Lawson Social and Emotional Learning for all preschool classes
Wombats	Beth Page

	Additional support provided throughout the week by Zahra and Elham
Emus	Sharon Swift Additional support provided throughout the week by Georgia and Tracey
Bettongs	Sandra Hall (teacher) – Mondays Julie-Anne Lambert (teacher) – Tuesday – Friday Additional support provided throughout the week by Mands and Toni
K-2 Learning support	Teacher – Rachael Lee Co-educator – Mands
K-2 Specialist teachers	Robyn Kiddy - Social and Emotional Learning Rachael Lee – Technologies Kellie Lambert – HPE & Cultural Integrity
Teacher Librarian	Sally Allen (Monday – Wednesday)
Principal	Julie Dixon
Deputy Principal	Robyn Kiddy
Community Coordinator	Donna Seal
Business Manager	Cathy MacMaster
Front Office	Erin Stewart
Building Services Officer	Steve Hunt
School psychologist	Alison deCure (Wednesdays)

your child’s teacher, it is best to arrange a mutually convenient meeting time. Drop off and pick up time are not always the best time for a detailed discussion, it is not a confidential time to talk, and the teacher may still have duty of care for students. If you would like to have a phone call discussion with your child’s class teacher, it is best to arrange a mutually convenient time or to leave a message with the front office and the teacher will call you back when they have planning time. Teachers have many playground supervisions during the day and regularly attend meetings after 3pm. Email can often be a convenient communication method. Teachers will endeavour to respond to emails within two - three working days or they may respond via phone. Some issues are better discussed via phone than via email.

Concerns are best raised with the class teacher as the first point of contact. If you feel that a matter is unresolved or requires further investigation families are encouraged to contact team leaders. In 2023 the preschool team leader is Robyn Kiddy (Deputy Principal) and the K-2 team leader is Julie Dixon (Principal).



Daily drop off and pick up routines

Detailed information has been emailed to families regarding daily drop off and pick up routines. Families are strongly encouraged to enter and exit the school daily via the side gate (near the community oval) as this improves safety for all children. School starts at 9am each day and ends at 3pm. If you require supervision for your child after 3pm please contact Communities at Work 6142 3824 to discuss Outside School Hours Care. Teachers are engaged in meetings, professional learning, planning and administration tasks from 3pm and are unavailable to supervise children.

Essential contact information and communication

School phone number – 6142 3828

General email – info@necs.act.edu.au

Staff emails – all follow the same formula firstname.lastname@ed.act.edu.au for example my email is julie.dixon@ed.act.edu.au

Education is a partnership between families and school and it is important to maintain positive communication. If you have concerns regarding your child’s progress it is important to communicate with your child’s class teacher. Communication may take many different forms e.g. face-to-face, phone call or email. If you would like to have a face-to-face discussion with



Reconciliation Action Plan (RAP)

Our RAP aims to support the school community in developing an educational environment that fosters higher levels of knowledge and pride in Aboriginal and Torres Strait Islander histories, cultures and contributions.

In consultation with our school community, we refreshed the NECS RAP in Term 4, 2023. The RAP is reviewed and updated every 12 months to ensure it remains a dynamic, living document. Refreshing the RAP was a wonderful opportunity to reflect on the school's reconciliation journey so far, and ensure the RAP remains relevant and responsive into the future.

Congratulations! The RAP is now published on the Narragunnawali platform. The school will send an email to families sharing the 2023 RAP.

Toys at school

We strongly encourage children NOT to bring toys from home to school. Experience tells us that quite often toys from home start disagreements amongst children at school, that they get lost or broken and then children become very upset. Our universal message is to please discourage your child from bringing toys to school. We are quite well resourced at NECS and children have a wide range of play opportunities available to them at break times. Teachers will direct children to put any toys brought to school in their school bag during learning time and will not take responsibility for lost, broken or stolen toys. Educators will also redirect children from any gunplay at school. Gunplay does not align with our RISE expectations, particularly the safety aspect. Children will be asked to find another game to play if they are seen to be engaged in gunplay.

Being on time

Maximising your child's learning time at school is critical to their education. Being just 30 minutes late each day equates to 19 lost days of learning each school year!

LATENESS = LOST LEARNING	
(Figures below are calculated over a school year)	
5 minutes late each day	3 days lost!
10 minutes late each day	6.5 days lost!
15 minutes late each day	10 days lost!
20 minutes late each day	13 days lost!
30 minutes late each day	19 days lost!

Learning in classrooms begins each morning at 9am. Being on time helps your child to settle in for the school day, hear the schedule for the day and bond with their teacher and peers. Many of the tasks' teachers engage in between 9am and 9.15am set the learning for the whole school day.

Today I am attaching an article from the *Australian Parenting Website: Raising Children* that outlines some practical tips on getting ready for school. I would encourage you to have a read. If you find you are struggling each day to get your child ready

and to school on time please speak to Donna, our Community Coordinator, for support.

https://raisingchildren.net.au/school-age/school-learning/school-homework-tips/morning-routine-for-school#.XI-N_nQyi_I.email

Warm Regards

Julie

Social Emotional Learning (SEL)

What is Social Emotional Learning (SEL) and why is it important?

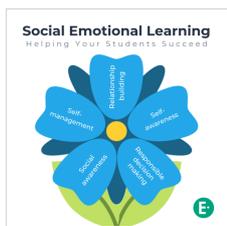
SEL is the process through which students develop and apply the knowledge, attitudes, and skills necessary to understand and manage their emotions, set and achieve positive goals, understand and show empathy for others, establish and maintain positive respectful relationships, and make responsible decisions.

Social emotional learning provides children with opportunities to learn and practice social skills such as: cooperation, making friends, managing conflict, being resilient and recognising and managing their own feelings.

AT NECS we focus on the following SEL areas

- **Self-awareness:** Identifying and recognising emotions; recognising personal interests and strengths; maintaining a well-grounded sense of self-confidence.
- **Self-management:** Regulating emotions to handle stress, control impulses, and motivating oneself to persevere to overcome obstacles, setting and monitoring progress toward the achievement of personal and academic goals; expressing emotions appropriately.
- **Social awareness:** Being able to take the perspective of and empathise with others; recognising and appreciating individual and group similarities and differences.
- **Relationship skills:** Establishing and maintaining healthy and rewarding relationships based on cooperation and resistance to inappropriate social pressure, preventing, managing, and constructively resolving interpersonal conflict; seeking help when needed.
- **Responsible decision-making:** Making decisions based on a consideration of all relevant factors, including applicable ethical standards, safety concerns, and social norms; the likely consequences of taking alternative courses of action; evaluation and reflection.

Social Emotional learning in classes will be shared with families through Storypark.



Library News

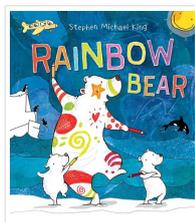
My name is Sally Allen and I am the new Teacher Librarian at Narrabundah Early Childhood School. I will be working in the library on Mondays, Tuesdays and Wednesdays. I will have lots of roles within the library, including helping teachers and students with borrowing each week.

I am currently engaged in stocktake, learning about the interests of children at NECS and am starting to redesign the shelving system in the library. To help with this process I would appreciate donations of shoe boxes. The strategic placement of shoe boxes behind books makes it easy for little hands to access the books! If you have any spare shoe boxes at home please send them in to school with your child.

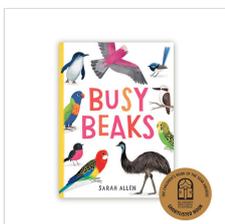
I have been a teacher in the ACT education system for over 20 years and have nearly completed my Master of Education (Teacher Librarianship). I have a strong passion in children's literature and building children's love of reading. I am looking forward to working with the students and teachers at Narrabundah Early Childhood School.

I spent my summer reading lots of children's books and two of my favourite summer reads are below. Both these books are available for borrowing from the school library.

Rainbow Bear is written and illustrated by Stephen Michael King. It is about a polar bear who goes to sleep white but wakes up every morning different rainbow colours. How will he work out why his fur keeps changing colour?



Bush Beaks is written and illustrated by Sarah Allen. It is a beautiful book about different Australian birds. The language and pictures are both stunning, making this a great book to share with children.



Wombats & Emus

Welcome to the Emus and Wombats first newsletter chat. The past two weeks have been a wonderful experience meeting parents/carers and getting to know your little people.

Our focus in the first two weeks has been on establishing relationships, learning classroom routines and launching into learning. So far, we have visited the library (book borrowing will happen shortly), conducted a school tour, introduced the RISE values and started using mindful practices. Mindfulness is the practice of using relaxation, meditation, breathing exercises and activities to regulate emotions and to calm ourselves ready for learning. Don't be surprised, but be ready, for breathing exercises as your little one shares their new mindfulness ideas at home. In Mathematics we are working on developing a connection with numbers to 20 by counting, ordering and correctly forming numbers.



Staying COVID Smart in 2023

Staying COVID Smart in 2023

Being COVID Smart remains a priority for all ACT public schools in 2023.

Students, staff and visitors are reminded to:

- Stay home if unwell and get tested for COVID-19
- Stay up to date with your vaccinations
- Practise good hand and respiratory hygiene
- Physically distance from others when in public places

Individual schools may implement additional measures to manage COVID-19 if deemed necessary in a particular setting. Any changes will be communicated to parents and carers.

If your child has COVID-19, you must let the school know. We recommend keeping your child home for at least five days.

RATs are again available from the school for students in term 1 from the front office.

You can read more about how we are being COVID Smart in ACT public schools at <https://www.education.act.gov.au/public-school-life/covid-school-arrangements>



More information about travelling safely to school is available on the [Transport ACT website](https://www.transport.act.gov.au).

NECS School Board 2023

Narrabundah Early Childhood School Board have one Parent & Citizen vacancy this year. The term of appointment is two years, commencing on 1 April 2023 for all vacancies.

The functions of the school board of a public school, as specified in section 39 of the Education Act 2004 (the Act), are:

- to establish strategic direction and priorities for the school
- to monitor and review school performance and to report on it to the Director-General, parents of students at the school and staff
- to develop, maintain and review curriculum for the school
- to develop and review education policies at the school
- to establish budgetary policies for the school and approve the school budget
- to establish policies for the efficient and effective use of school assets and the management of financial risk
- to develop relationships between the school and the community and between the school and community organisations
- to make recommendations to the Director-General on issue affecting the school and to give effect to the Director-General's directions
- to encourage parent participation in their children's learning; and
- to exercise any other function given to the board under this Act or any other Territory law.

We welcome those who wish to consider involvement in the Board. Meetings are held four times a year during term time. No previous experience is necessary. The Education and Training Directorate provides all new board members with training and a very informative manual on their role and responsibilities.

Nominations for the vacant positions open at 11.00am on Monday, 6th February 2023 and close at 11.00am on Monday, 20th February 2023. Nomination Forms are available from the front office and via email to cathy.macmaster@ed.act.edu.au

Safe parking around schools

Safe parking around schools

The start of the school year is a particularly busy time in our school carparks and surrounding streets. It's important that we park safely and legally to support the safety of students.

Parking on a footpath, nature strip or roadside verge can:

- Cause safety risks for pedestrians as they are less visible to oncoming cars
- Increase the risk for vulnerable members of our community like children, people who are visually impaired, and those using a wheelchair or pram
- Restrict the line of sight for other road users
- Restrict access for emergency services vehicles.

Parking on nature strips can also damage trees, footpaths, gutters and underground pipes and cables. Please also remember not to park across driveways or block neighbouring residents' properties.

As students return to school remember to also slow down and stick to the 40km/h limit around our schools between 8am and 4pm.

Parking inspectors regularly patrol school zones to support safe parking and keep students safe.

If you cannot find a car park in our school car parks, we suggest parking a little further away and walking or riding the rest of the way – it's a quick and easy way to get in some exercise too.

Let's all work together to keep our kids and community safe!

Communities at Work

To start off the year, the Koalas Room team has been focussing on the children's interests and encouraging independence. We have done this by using intentional teaching strategies for children to become more aware of their environment and to take ownership and pride in their space. We have also touched on self-help skills by practising to take off our own shoes

before sleep time and putting away our bowls and bibs after mealtimes.

We have engaged in role play that reflects the world around us by taking care of baby dolls and cooking in the home corner. While we have also engaged our creativity skills by using water to paint beautiful pictures with the ground as our canvas.



Healthy Lunch Box Week

Get set for a year with healthy lunchboxes

This year Narrabundah Early Childhood School is getting on board with Healthy Lunchbox Week, an initiative of Nutrition Australia that helps families access credible lunchbox nutrition information and receipts setting them up for the year ahead.

Around one third of children's daily food intake comes from their lunchbox so let's make sure it counts. Use this time to build your bank of lunchbox inspiration and know-how.

Nutrition Australia have teamed up with other health-focused organisations providing a collection of lunchbox resources making the Healthy Lunchbox Week website a hub of the best lunchbox information. Check out www.healthylunchboxweek.org.au for recipes, lunchbox tips, videos and more.

https://necs.schoolzineplus.com/_file/media/2954/hlw_communication_toolkit_2023_1_.pdf



Dance fitness classes in the NECS school hall

Adult dance fitness/Zumba classes will be held in the NECS hall on Wednesdays and Fridays at 6pm. Head to the website or scan the QR code for bookings.

A colorful poster for 'EveryBODY Dance Fitness' classes. The background is purple and pink. At the top right, it says 'Narrabundah location' and 'Start 1st Feb 2023' with a yellow star. The logo features a stylized figure in a purple circle with the text 'EveryBODY Dance Fitness'. Below the logo, it says 'A place for EveryBODY' and 'Dance Fitness Classes'. Underneath, it lists 'ZUMBA' and 'ZUMBA KIDS & ZUMBA KIDS JR' for 'Childcare, primary & high school', 'Corporate and social events', 'Mums & bubs', and 'Aged care'. At the bottom, it says 'So many ways to get in touch...' and includes a QR code, a website URL, a phone number, and social media handles for Facebook and Instagram.

A Day At The Lake

Icon Water presents Royal Life Saving ACT's "A Day At The Lake" community event.

Sunday, 12th of February 2023 at the Black Mountain Peninsula – 10am to 2pm

Royal Life Saving ACT would like to invite your school community to join us for "A Day At The Lake", between 10am and 2pm this Sunday! At Black Mountain Peninsula on the shores of Lake Burley Griffin we'll have hands-on CPR demonstrations, water-safety activities, a BBQ lunch, coffee van, competitions and prizes, picnic and music spaces and more!

Proudly supported by Icon Water and the Australian Government, "A Day at the Lake" is a FREE community event that offers practical interactive sessions, giving us all the opportunity to refresh our knowledge and understanding of local water safety issues. Come along and boost your learning about Backyard Pool safety, Inland Waterway safety, Beach safety, aquatic rescue and survival skills, and what to do in an emergency.

This weekend we welcome "A Day At The Lake" back for the first time since the start of the Covid pandemic, and we are very excited to see you there!

A Day at the Lake - ACT

Sunday 12th February

10:00 am – 2:00 pm

Black Mountain Peninsula, Acton ACT

www.drowningprevention.org.au



English Conversation Classes

https://necs.schoolzineplus.com/_file/media/2951/english_conversation_class_poster.pdf

Eastlake Demons Football Club

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EASTLAKE



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- 6-8 YEARS
- AFTER SCHOOL SESSIONS
- KINGSTON OVAL
- TERM 1-4

juniors@eastlakefc.com.au
Call JD - 0423 877 742

Guitar lessons at NECS

https://necs.schoolzineplus.com/_file/media/2950/mojo_school_flyer_revised_.pdf

Bus Service

https://necs.schoolzineplus.com/_file/media/2952/necs_bus_service.pdf
https://necs.schoolzineplus.com/_file/media/2953/necs_bus_service_2.pdf