



# Narrabundah Early Childhood School

Learn • Develop • Nurture

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Week 10, Term 3, 2022

## 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

### Communication and collaboration

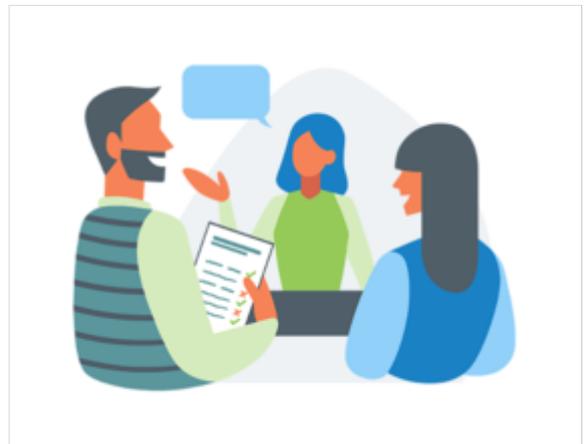
Thank you to families for continuing to work with teachers and educators to support your child/ren's learning and development. Education is most effective when school staff and families collaborate and work together to meet a child/ren's needs. Sometimes we need supports in place, sometimes we provide extension and enrichment opportunities and sometimes a referral to an external agency can be beneficial. To best meet your child/ren's needs we rely on families communicating with us. The children benefit when we have good communication.

If you ever have questions regarding your child's progress or development at school, we encourage you to contact the class teacher in the first instance. They are best placed to discuss your child's learning needs. Additional supports at school are

- Robyn in her role as Disability Education Contact Officer and Preschool Team leader

- Donna in her role as Community Coordinator
- Alison in her role as the school Psychologist
- Or myself as Principal.

Staff at NECS are committed to each child's learning development and are always willing to collaborate and share ideas. The Raising Children website has a wealth of information for families on how and when to work with schools. I encourage you to take a look - <https://raisingchildren.net.au/school-age/school-learning>



### Year 2 Transitions

In term 4 we will have a strong focus on preparing the year 2 children for their transition to year 3. We are currently in communication with Forrest Primary School and Red Hill Primary School to arrange transition visits so the children can experience a school day in their new setting.

Another key transition experience is the Buoyed Up 'Tackers' program. This is a 5 week learn to sail program operating out of the Canberra Yacht Club, in Yarralumla. The main objectives of the Buoyed up (Tackers) program is for your child to be active, in a non-competitive, games-based and social environment providing an opportunity for them to develop life skills such as leadership, resilience, teamwork, confidence and water safety. These skills will support the children as they transition to a new school and the middle years of education.

In the last week of term 4 we will host a year 2 graduation ceremony to celebrate the children's time at NECS. A save the date invitation will be sent to year 2 families early next term.

Messages from the Education Directorate

**Term 4 planning days (pupil free)**

Two staff planning days (pupil free) will again be in place in Term 4. The dates are Friday 28 October 2022 and Monday 28 November 2022. These planning days provide an important opportunity for our staff to undertake training, plan for the remainder of the term and the year ahead and finalise end of year student reporting which can't be done during class time. While students may wish to use these days to catch up on homework and / or assignments, no additional work will be allocated to them on these days. Families may like to use these as wellbeing days for their children. Students who can't stay at home will be able to attend school and be supervised while undertaking general learning activities. Please confirm attendance with Erin or Cathy in the front office by calling 6142 3828 at least two days prior to the dates.

**Changes to exposure advice in ACT public schools**

Since the beginning of Term 1, ACT public schools have been providing families with email advice when a positive COVID-19 case within a cohort/class group has attended school during their infectious period. **From the beginning of Term 4, families will no longer receive an email every time a positive case is reported. Instead, families will be notified when there is an outbreak of COVID-19.** This change aligns with the recent change in public reporting by ACT Health. Schools will continue to have COVID smart measures in place to support the health and wellbeing of everyone at school.

**Do I still need to tell my school if my child has been at school while potentially infectious?**

Yes. Anyone who has attended school while positive with COVID-19 must still notify their school. Schools provide this data to the Education Directorate and ACT Health each week and it remains an important tool to help identify any potential outbreaks or areas of concern in our schools.

**How will I know if there is an outbreak in my school?**

You will be notified by text message when there is a higher number of cases in a particular cohort/class group or if a confirmed case is deemed as high risk. This will enable appropriate measures to be put in place to manage these exposures. Your school will let you know if they need to make any temporary changes to learning.

**A reminder to stay COVID smart at school**

To help reduce the impacts on learning as a result of illness, please remember to:

- Stay up to date with COVID-19 and influenza vaccinations.

- Do not attend school if unwell or if you have tested positive to COVID-19.
- Practise good hand and respiratory hygiene.
- Wear a mask when appropriate.

If your child or young person is a household contact, they may still attend school as long as they do not have any symptoms and have tested negative for COVID-19. Please follow [ACT Health advice](#) and let your school know by contacting their front office.

Term 4 commencement dates

The first day of term 4 for each class is as follows:

Monday 10 October – Green Grass Parrots, 3-year-old Butterflies, Kangaroos and K-2 (Wombats, Bettongs and Emus)

Thursday 13 October – Koori Butterflies and Red Grass Parrots

Families are encouraged to continue using the side gate for drop off and pick up of children each day.

Wishing you all the best for a safe two week break from school.

Warm Regards

Julie

**3 Year Old Butterflies**

This term the 3-year-old butterflies have been investigating different foods, ways of preparing and cooking different foods, reading and writing recipes and practising using a variety of tools and utensils.

We have been using the Possum Magic Cookbook as well as looking through some cookbooks in the library. The children have decided to compile a class recipe book so there will be more cooking coming! We cannot wait to see the MasterChef butterflies sharing their recipes and cooking skills at home with their families!

Look at our amazing cooking skills!!



**HPE News**

This term during PE we have been focusing on kicking, throwing and catching. All tricky skills, however we have some very determined students here at NECS who committed to practicing and improved every lesson! We have been learning some new games that have required these skills. Games such as "knock 'em down" was a hit, challenging accuracy, determination and teamwork skills to succeed.

Well done everyone!



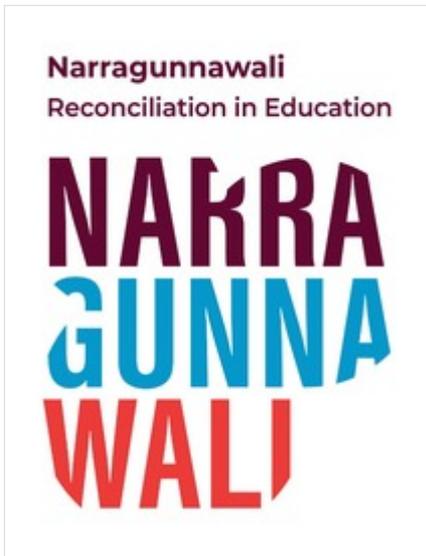
## NECS garden news

A big thank you to Kingston's Grandad for purchasing a couple of lovely natives for the school garden and a big thank you also to Kingston's dad for planting them. We look forward to seeing them grow.

Kingston's Grandad wanted to gift the school these trees on the occasion of his birthday.



## NECS RAP News



Celebrating NECS Reconciliation Action Plan (RAP) Progress  
Term 3, 2022

The school and Reconciliation Action Plan (RAP) Working Group members are proud of the progress being made in implementing NECS RAP actions.

One of the strategies used to track the school's RAP progress is the pre and post leadership and educator reflection surveys. The school would like to share some of the highlights from the pre and post educator reflection survey responses, including:

- The majority of post educator survey respondents reported that they have signed up to be a part of the Narragunnawali online community.

- The majority of post educator survey respondents reported that they were confident in incorporating Aboriginal and Torres Strait Islander histories, cultures and perspectives and contemporary issues into curriculum planning and teaching.
- All post educator survey respondents are aware that Aboriginal and Torres Strait Islander histories and cultures are a priority within the Australian Curriculum and Early Years Learning Framework.
- All staff feel supported to participate in cultural awareness/competence training. The pre and post educator survey results recorded a 100% increase in the number of educators who have undertaken some level of Aboriginal and Torres Strait Islander cultural awareness/competence training at NECS.
- All post educator survey respondents agree that the school regularly Acknowledges Country at events such as assemblies and meetings.

The RAP Tracker and pre and post leadership and educator surveys are available to school members on request. If you wish a copy please contact the Community Coordinator, Donna Seal, phone: 61423828 or email: [donna.seal@ed.act.edu.au](mailto:donna.seal@ed.act.edu.au).

In collaboration with the RAP Working Group, the school is in the process of refreshing the RAP for publication in 2023. Please stay tuned for further information next term.

One of the school's RAP actions was to ensure all three flagpoles at the front of the school are all the same height. The contractor has encountered a delay in construction and manufacturing of the flagpoles and the new forecasted completion of the project is mid-term 4.

To learn more about Reconciliation Australia's Narragunnawali program and RAP development process, you may also like to visit: [www.reconciliation.org.au/narragunnawali](http://www.reconciliation.org.au/narragunnawali)

## PBL awards



Week 9 award recipients -

Respect	Inclusion	Safety	Excellence
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Lyra	Abigail	Justin	Gursaanjh
Oscar	Conan	Annabelle	Adela
Ranui	Thomas	Morgan	Owen
Maibungha	Marius		Tamika
Caesar			Duke
Madison			Naomi
Eh Ku Soe			Fred G
Savannah F-V			
Luca			
Alice			
Alex			
Lucas			

Frida
Jonah
Madison
Amelie
Mia
Fred M-S
Leo
Teddy
Nicholas
Nakita
Violette
Eva
Luca
Angus
Pippin
Conan

Week 10 award recipients -

Respect	Inclusion	Safety	Excellence
Byron	Emily	Gaetan	Lylanoor
Annabelle	Sanvit	River	
Savannah F-V	Reuben		
	Caesar		
	Laura		
	Vincent S		

Congratulations award recipients -

Congratulations - 1 x Rise award, 1 x Inclusion award, 1 x Safety award, 1 x Excellence award
Ranui
Rubi
Amandla
Ashton
Cruz
Gursaanjh

Silver award recipients -

Silver award - 1 x Rise award, 1 x Inclusion award, 1 x Safety award, 1 x Excellence award, 1 x Congratulations award and a further 4 x RISE awards
Manaia
Kingston
Oumou
Bianca
Robbie

Communities at Work - Koalas Room



This month the Koala's Room children have been learning all about healthy eating. They love to identify all the different fruits and vegetables inside books and using memory cards. Currently in the outdoor learning environment the children have been enjoying sandpit play. Their favourite things to do inside the sandpit is going on treasure hunts, building sandcastles, and digging small holes wherever they can. We have also been focusing on the different types of festivals and creating some beautiful art to celebrate each of these festivals. An example of this is creating a moon to celebrate the Mid-Autumn Festival. We have been building our links to the Wombats room and our toddler friends, they have been teaching us how to sing and dance to different songs like "the wheels on the bus". We are very lucky to have a Certificate Three student with us this month, Laura who is one of our organisations OSHC Program Coordinators and is spending the month with us to complete her Infants practicum. The children and educators are very much enjoying her being with us.



## Communities at Work - Manager Update

Bookings are still available for Week 2 in the school holiday program if you would like to book in, please email us at [necs@commsatwork.org](mailto:necs@commsatwork.org)

2023 Enrolments and requests are now open until October 7<sup>th</sup> (the last day of the school holidays). Existing enrolled families will have received this already sent via Kidsoft. If you have already contacted us for 2023 enrolment no need to do anything else until we send further details in November, however if you are a new family wanting to enrol in 2023 please contact us via email at [necs@commsatwork.org](mailto:necs@commsatwork.org) and we can assist you.

Have an enjoyable, safe, and restful break!

## Be You



Narrabundah Early Childhood School (NECS) is committed to a whole-school approach to promote mental health and wellbeing. This term, educators engaged with the Be You 'Affirm' online module followed by a discussion about the importance of social and emotional learning and resilience. Educators believe it is important to create an empowering environment for children to foster independence and responsibility in everyday learning contexts, experiences, and activities. In addition, educators see the benefits of intentionally teaching SEL skills, and fostering resilience to enhance children's mental health

Be You states that Social and emotional learning (SEL) is about developing the ability to care for others, make responsible decisions, establish positive relationships, and handle challenging situations. These skills are essential for developing resilience and the personal attributes that promote wellness, prevent illness and support recovery.

Key points from the Be You 'Assist' module includes:

- Social and emotional development is associated with brain development.
- Children are born communicators – from infancy, they're motivated to relate to other human beings and develop socially in the context of relationships.
- Resilience shares a close relationship with mental health because being able to bounce back from challenges or adversity is a significant protective factor that supports children and young people's mental health.
- Social and Emotional Learning (SEL) is an effective way to foster resilience and promote children and young people's mental health.

To read more about how to build resilience in children 3-8 years please visit the [Raising Children website](#).

Families can learn more about the [Be You](#) initiative and access resources, such as [Fact Sheets](#) and visit the [Beyond Blue's Healthy Families website](#). If you have any question regarding the Be You initiative please don't hesitate to contact our Community Coordinator, Donna Seal, email: [donna.seal@ed.act.edu.au](mailto:donna.seal@ed.act.edu.au)

The [Be You Families](#), [Be You Early Learning](#), [Be You Primary](#) and [Be You Secondary](#) Facebook pages offer great links to information and resources for all families and educators.

## Mindfulness Podcasts

Mental Health month in the ACT occurs every year in October and raises community awareness and understanding of mental health and encompasses World Mental Health Day on 10 October and the start of term 4.

To help promote positive mental health and wellbeing, the Education Directorate is pleased to provide a series of mindfulness podcasts guides. The five podcasts use the five senses as a framework and encourages participants to notice features they may usually miss. We hope you enjoy these short 3-to-4-minute sessions. For more information visit [Wellbeing Support Resources for students and families](#).

## Holiday Happenings

[https://necs.schoolzineplus.com/\\_file/media/2709/newsletter\\_advert.pdf](https://necs.schoolzineplus.com/_file/media/2709/newsletter_advert.pdf)

## MOJO Guitar lessons

[https://necs.schoolzineplus.com/\\_file/media/2698/mojo\\_school\\_flyer\\_revised\\_.pdf](https://necs.schoolzineplus.com/_file/media/2698/mojo_school_flyer_revised_.pdf)