

HOWLONG PUBLIC SCHOOL NEWSLETTER



Term 1 Week 6, 2024

Dates for your calendar

Monday 11th March	<ul style="list-style-type: none">• Riverina Swimming Carnival• School Photos
Wednesday 13th March	NAPLAN Testing Commences
Thursday 21st March	Harmony Day
Thursday 28th March	Easter Hat Parade and Picnic

TERM 2 WEEK 5 ASSEMBLY AWARDS

KC- Gracie Penn, Harry Little, Leo Parker, Ivy McCormack

K/1S - Hope Cowled, Tyler Pole, Aylah Evans, Jordan Mackay

1/2R - Mable Marriott-Statham, Miles Munn, Zaxon Cowley, Layla Bolton

2/3M- Noah Van Zanten, Amelia English, Archer Houley, Amity Bradley

4/5D- Mia Farnsworth, Will Shelley, Hayley McIntyre, Macauley Parker

4/5H- Tasman Border, Luke Pollard, Logan Turpin, Claire Feuerherdt

5/6BH- Declan Border, Lacie Mount

5/6KH- Cooper Hall, Heidi Reid, Chelsea Border, Sophie Eaton

RFF HSIE- Emma McGrath, Kylah Matthews

RFF SCIENCE- Olive Marriott-Stathem, Maddie Mackay, Saxby Lees

Congratulations to the following students who received a merit certificate this week:

NAPLAN 2024

The National Assessment Program – Literacy and Numeracy (NAPLAN) is a point in time assessment of literacy and numeracy skills. Each year students in Years 3, 5, 7 and 9 participate in tests for writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy.

Students in Years 3 and 5 will complete their NAPLAN assessments starting on Wednesday March 13. All assessments are to be completed by Monday March 25.

NAPLAN tests are just one part of our school learning assessment program and questions are primarily based on knowledge, understanding and skills gained from the prior year of schooling.

In preparation for NAPLAN 2024, our school will undertake activities to help students to become familiar with the format and functionality of the online tests. These activities are not an assessment of student ability and will not be marked.

Students and parents can access the public demonstration site (<https://www.nap.edu.au/online-assessment/public-demonstration-site>) to familiarise themselves with NAPLAN and the types of questions and tools available. Excessive preparation for NAPLAN is not required nor recommended.

If you have any questions about NAPLAN, please contact your child's teacher.

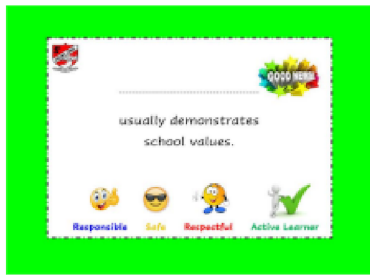


Positive Behaviour for Learning at Howlong Public School

All students have the right to a safe learning and play environment uninterrupted by misbehaviour.

The 'MATRIX OF EXPECTED BEHAVIOUR' below outlines explicitly what behaviours are expected at school. These expectations are explicitly taught in class so that students know how they align with our school values to show what they look like, sound like and feel like and to guide student behaviour choices.

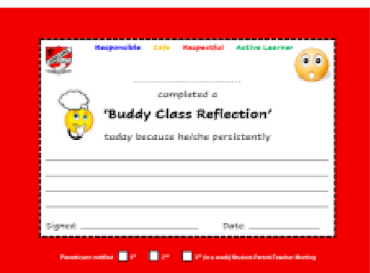
We are	All Settings	Playground	Canteen	Toilets	Movement	Assembly	Library
Respectful	Use good manners Be honest Take care of property Use appropriate language	Share playground space and equipment Follow staff instructions Play fairly and take turns Use a friendly face	Use 'Please' and 'Thank you' Return canteen equipment	Give others privacy Speak quietly and politely Wait your turn	Follow staff instructions Walk quietly during class time Knock and wait at the door when delivering messages	Remove hats Eyes and ears on speaker Clap politely at appropriate times	Be sensible when entering room Listen to the teacher Wait for instructions All communication should be positive.
Responsible	Report problems Wear school uniform with pride Be a positive role model	Use playground equipment correctly Keep playground tidy Put equipment away when finished Look after our environment	Only buy food for yourself Orders to canteen by the morning bell Leave area after being served Put rubbish in the bin Follow staff instructions	Use, flush & wash promptly after use Try and use the toilets during breaks Follow staff instructions	Take care of property Hang your bag up on hooks Wait quietly in two lines	Walk quickly and quietly to assembly Sit or stand quietly with class Follow staff instructions	Clean up after yourself Take turns Take care of books and equipment Use computers according to school rules
Safe	Walk on concrete Right Place, Right time Hands and feet to self	Hands and feet to self Stay inbounds Follow the rules of the game Wear your school hat Sit when eating Use the NO GO TELL strategy	Only eat your own food Line up in correct line Wait your turn Hands and feet to self Walk to and from the area	One person per cubicle Food and drink outside Hands and feet to self Walking area Use the NO GO TELL strategy	Walk in lines quietly Hands and feet to self Walk on all concrete areas Use the NO GO TELL strategy	Hands and feet to self Face the front	Wait quietly before entering Walk safely around the room Be cyber-safe Report computer issues to a teacher
Active Learner	Listen attentively Follow instructions Take turns Play fairly Do your best at all times	Learn the rules of games Know the rules of games	Know what you want Have your money ready Use the NO GO TELL strategy Make healthy food choices	Turn the taps off Use the toilets properly Return to class quickly	Right place right time Have your equipment ready to learn	Hands up to speak Participate in school assemblies	Use the internet correctly Use the equipment for learning



Parent Feedback: Twice a term students' positive behaviour is acknowledged with either a green (usually demonstrates) or a blue (consistently demonstrates) school values certificate. 'Reward Play' is also included for students presented with these awards. A canteen draw supported by the P&C includes 10 vouchers for students to spend at the canteen.



Parent Feedback: Students who are not responding in a positive way to behaviour management strategies in class will be asked to complete an 'in class' reflection to consider their behaviour and what they could do to help themselves to get 'back on track' with learning. The orange feedback slip will be sent home to inform parents of the behaviour.

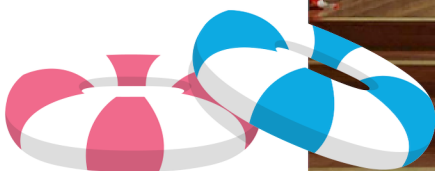


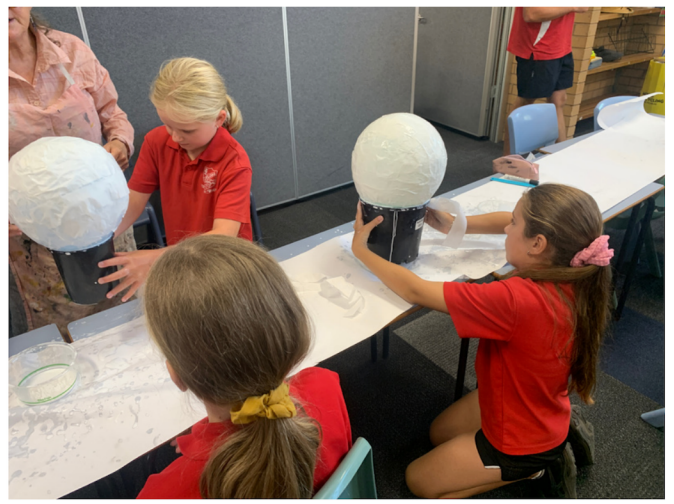
Students who persistently misbehave by demonstrating disregard for school values and/or learning of others will be sent to their 'Buddy Class' to complete a 'Buddy Class Reflection' before returning back to class. Parents will be informed via the red feedback slip. This feedback aims to assist students to adjust their behaviour with the support of their family in collaboration with school.

Southern Riverina Swimming

On the 23rd of February, Howlong Public School attended the Southern Riverina PSSA Swimming Carnival at Lavington. Everyone tried their best and hardest at Southern Riverina, and everyone had an amazing time. The senior boys and girls relays made it to Riverina, as well as Violet. Age champions this year were Lily Kiely, Jack Longley and Kylah Matthews. The students were very proud of their results, even if they didn't make it to Riverina. Thank you to all the parents and carers who helped out. We wish the best of luck to the people going to Riverina.

By Lily Kiely and Stevie Barker



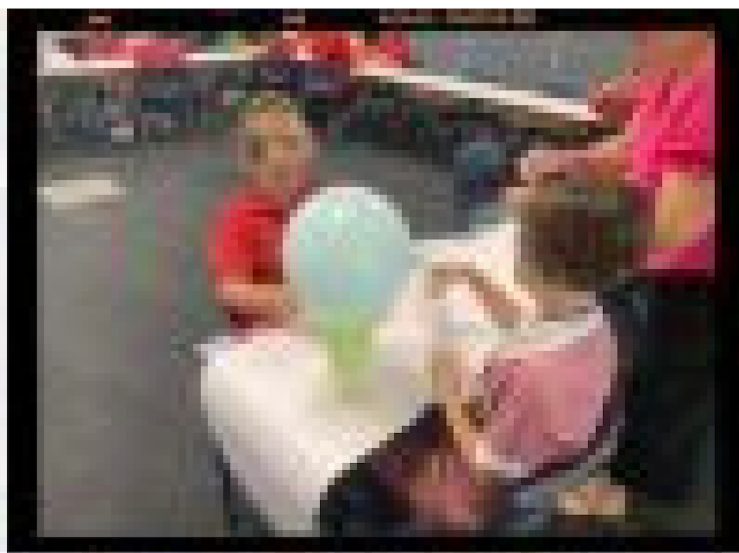


Limelight Project Years 4, 5 and 6

Our students have been enjoying designing and creating lanterns, which will be turned into constellations as part of the Limelight Project. Thanks to Chris Bottrell and Margie Gleeson for their time and effort in leading this project.









SPORT NEWS

Well it sure has been a busy few weeks on the sport front for HPS. Congratulations to the following students who have, or will, attend upcoming sporting trials:

Riverina Tennis Trials - Lily Kiely

Riverina Cricket Trials - Paddy Conroy, Jimmy Conroy, Muhammad Siddiqui and Jack Longley. All the best to Paddy and Jimmy Conroy who will progress to the next level.

Riverina AFL Trials - Paddy Conroy, Jimmy Conroy, Blake Alchin, Jack Longley, Billy Schilg. All the best to all boys as they will now represent SRPSSA at the carnival in Wagga next Tuesday.

Riverina Boys Cricket Knockout - Cricket team to play Corowa this Friday

Riverina Tennis Knockout - to play at Howlong in week 8

Riverina Netball Trials - to play at Culcairn next week

Good luck to all those students off to Riverina Swimming next week!

Mr Morphett

Clean Up



Thank you to these wonderful students and their families who joined the Howlong community for Clean Up Howlong day. What a fantastic morning we had, and so much rubbish was collected! Well done HPS!





Sharing Food and Money

While we encourage our students to be caring and share with their friends, it is very important that they do not share their food or their money. Some students have allergies or intolerances, so it is important that students learn to only eat what is in their lunchbox. At the canteen, students should only be buying for themselves or their siblings.

We have spoken to the students at school and reiterated the importance of not sharing food from their lunchboxes or buying food for others from the canteen. Could you please talk to your children and share the same message.





TERM 1 BOOK FAIR

TUESDAY 12TH MARCH

OPENING TIMES:

Students may shop with their grownups before and after school.

8:15am - 9:00am

Lunch and recess (students only)

3:00pm - 4:00pm

Students will get to browse the Book Fair during their library lesson on the 5th and 6th of March and make Wish Lists.

The school gets a percentage of the profits to spend on new books and resources for the library.

EFTPOS & CASH AVAILABLE



Decompression

Idea's

Calming: when your child seems over stimulated, full of beans or on the verge of a meltdown. These will aim to calm and increase the ability to attend.

Energising: when your child seems restless, irritated, unable to sit still or very slow. These will aim to allow them to move their body and receive sensory input to self-regulate.

Calming

- Carrying heavy items e.g washing to hang outside, bags, groceries to pack away
- Reading a book together
- Wall pushes with hands or feet
- Vibration and deep pressure e.g massage on back, rolling ball on back
- Slow swinging on outside swing
- slow, quiet music
- Crunchy snacks
- Being “squished” by soft items, blankets/big ball
- One person talking at a time, in a calm and concise tone.
- Low lighting and limit background noise
- Blowing bubbles
- Modelling yoga poses and getting your child to copy
- If your child seems tired or isn't talking when you pick them up, give them time and space until they are ready to talk.

Energising

- Pull activities e.g tug of war
- Jumping on the trampoline, jumping on the spot, star jumps
- Crashing into the couch or a beanbag
- Outside play
- Swimming
- Climbing on play equipment
- Spinning
- Popping bubbles
- Loud and upbeat music
- Singing, dancing, people singing
- Balancing
- Play with big ball- bouncing on, kicking
- Water play
- Obstacle course or scavenger hunt
- Cold snacks e.g icy poles, cold drink
- Craft activities with ripping, stamping, bubble wrap, stickers
- Bike riding
- Shooting hoops

The After-school Restraint Collapse

The after-school restraint collapse is a common occurrence. After a long day at school or day care where a child has held it together all day, often release their true emotions when they get to their safe place or safe person. More sensitive and intense kids, and kids struggling with learning and social skills, will be more likely to be affected. Kids do what they need to do during the day in order to 'be good' or keep the peace. After they have done this all day, they get to the point where they don't have the energy to keep this restraint and it feels like a big bubble needs to be burst.

There are all sorts of expectations, disappointments, and challenges to manage, and all of this without your loving presence nearby can be exhausting. It is important to note that these meltdowns are not temper tantrums where your child is testing your boundaries or trying to get their way. Your child is so emotionally overwhelmed they can no longer keep it together.

The above strategies could be helpful in finding the activities that work for children to decompress after the day. It is important to give your child the human connection with the person they trust at the end of the day.

After school restraint collapse can be prevented to some extent. It may be helpful to 'send yourself to school with your child'. You can put notes in their lunchbox, on their water bottle e.g. 'Don't forget to drink your water, love mum'. You can also place a photo of you both in her bag. If your child feels like you are with her, supporting them through her day, they are less likely to feel vulnerable and later, angry at you for not being there. It may also be beneficial to give more of your time to them before school e.g. sitting together to read a book or listening to a song.

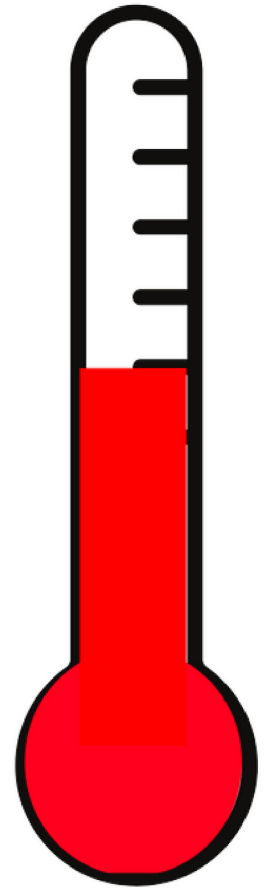
It is also important not to dwell on meltdown behaviour but let them know that home is their safe zone and help her learn how to communicate their frustrations. Sometimes, a meltdown just can't be avoided. After the heat of the moment passes, support your child, when they are ready, to express what they are feeling and come up with ways to cope and help them from being so overwhelmed (cue to strategies above).

It all comes down to children feeling safe and supported, particularly when they're vulnerable and you can't be with them. Stay connected, and keep them brimming with messages of enduring, no-matter-what love and acceptance.

Return and Earn

In 2023 we started collecting eligible 10c containers as a fundraiser for a giant outdoor chess set. Combined with a kind donation and a raffle, we have raised just over \$500 which means we are halfway there!

\$1,050



Collecting has started up again so students can drop their containers in the blue tubs located outside the library. If you have more containers than your child can bring to school, please get in touch with Mr Curtis to arrange a drop off.

It would be amazing if we could purchase our set this year!



If each child brings in 2 containers per week, we will reach our goal by the end of term 2!



A note from P&C

AGM

Each year the P&C provides significant support to the school and its students in way of collaboration and financial assistance. We can't do it alone!

We are seeking fresh members with new ideas to help contribute to supporting our school community.

To be involved,

Please come along to our AGM, **Wednesday 13th March at 6pm** in the School library.

All positions will be declared vacant at this time and nominations sought for President, Vice President x 2, Secretary and Treasurer as well as general committee members.

Nomination forms available at the school office.

Canteen

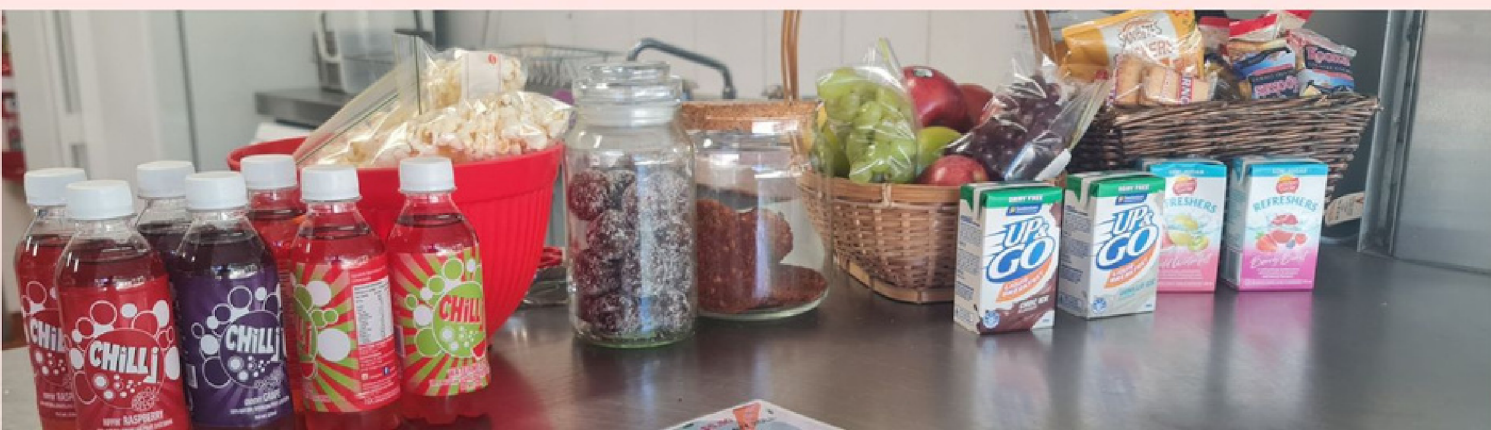
Our new look Canteen Menu is out. It's full of fresh products, new flavours and our long term favourites.

Please let us know what you think



VOLUNTEERS NEEDED

Have you got a few hours Friday morning to spare? We would love to have some extra volunteers for the canteen on a rotational basis. Please leave your name and contact details at the front office for us to make contact.



P&C



EASTER RAFFLE

**SEEKING DONATIONS OF
EASTER GOODIES FOR OUR
ANNUAL FUNDRAISER**

Donations can be left at the
front office

**RAFFLE TICKETS WILL BE SENT HOME
NEXT WEEK**



SANDWICHES / ROLLS / WRAPS

HAM & CHEESE \$3.50 CHEESE /
VEGEMITE \$2.00 EGG / TUNA /

CHICKEN \$3.50
(Lettuce & mayonnaise)

SALAD \$3.50

(Lettuce, carrot, cucumber
beetroot, tomato, cheese & mayo)

**On a roll 0.50c Wrap or gluten free
bread \$1.00 Toasted extra 0.50c**

FROZEN

MOOSIES \$1.50
(strawberry, chocolate & bluemoon)

QUELCH 0.50C

SLUSHY \$2.00

(Get 50c after returning the glass)

ICE CREAM CUP \$2.00

(c
h o c o l a t e / strawberry)

ICE CREAM CUP DAIRY FREE \$2.00

(PLAIN)

FROZEN PINEAPPLE SLICE \$1.00

ORANGE WEDGE (¼) 0.50C

SNACKS

FRESH FRUIT SALAD \$3.00 (Berry burst /
VEGGIE STICKS WITH DIP \$3.00 wild waterfall poppers)
(Carrots, celery, cucumber sticks w hummus)

WHOLE BANANA / APPLE / \$1.00 (Strawberry / chocolate)

ORANGE UP&GO DAIRY FREE \$3.00

PINWHEELS \$1.50 250ML

(ham & cheese / Vegemite & cheese) (Chocolate / vanilla)

BLISS BALLS 0.50C CHILL J 100% FIZZY \$2.00

ANZAC COOKIE 0.50C FRUIT DRINK 250ML

PLAIN POPCORN 0.50C (grape / raspberry)

PRE ORDER

(ORDER BY 10AM FOR PICK UP IN LUNCH BREAK)

FRESH JUICE \$3.00
(Orange / apple / carrot / apple & carrot beetroot, carrot & apple / watermelon)

HOT MEALS \$5.50

ROAST CHICKEN & GRAVY ROLL
PIZZA MUFFINS
(margherita / ham & cheese /
ham, cheese & pineapple)

BUTTER CHICKEN WITH RICE
(contains nuts, dairy)

(GF) PENNE BOLOGNESE
(gluten free penne pasta
available)

CHICKEN NUGGETS 6 PCS (GF)
BEEF (GF) / CHICKEN BURGER

(pattie, lettuce, tomato & mayo
Extras Cheese / beetroot / pineapple -
30c) Gluten free burger buns extra \$1

SALAD BOWL \$4

(Lettuce, Tomato, Beetroot,
Carrot, Cucumber Cheese &
mayo dressing contains dairy)

ADD CHICKEN OR EGG FOR \$1

DRINKS

BOTTLED WATER 600ML \$1.00

REFRESHERS \$1.50

FLAVORED MILK 200ML \$2.00