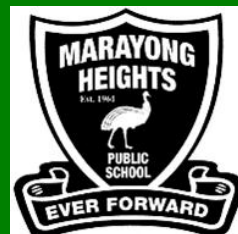


EMU EXPRESS

Marayong Heights Public School

Term 1, Week 8



4a Guerie Street, Marayong T 9622 4776 E marayonght-p.school@det.nsw.edu.au

Upcoming Events

Term 1	
WEEK 9	
Thursday, 25th March	Halogen National Young Leaders Day
Friday, 26th March	Whole School Assembly - 2pm
WEEK 10	
Monday, 29th March	School Cross Country
Thursday, 1st April	Easter Hat Parade
Thursday, 1st April	Last Day of Term 1
Friday, 2nd April	Good Friday - Public Holiday
Term 2	
WEEK 1	
Friday, 23 rd April	ANZAC Ceremony
WEEK 2	
Monday, 26 th April	School Cross Country (Back up Date)
Tuesday, 27 th April	Parent-Teacher Interviews (more information to come)
Tuesday, 27 th April - Friday, 30 th April	Year 4 Check In Assessment (refer to note that went home this week for more information)

Principal's Report

School Improvement Plan

Over the last couple of months the executive team have been working to complete the School Plan 2021-2024. It is a requirement that all NSW government schools develop and publish a Strategic Improvement Plan (SIP).

The School's Strategic Improvement Plan (SIP) is a working document that details the steps the school will take over the next 4 years to continue to improve learning outcomes, and the achievement and growth of students at Marayong Heights Public School.

The School Strategic Improvement Plan is based on our school's situational analysis (completed December 2020) and the School Excellence Framework. It recognises the importance of a focus on strategic areas to meet system-negotiated and school-determined targets.

At MHPS, our 3 strategic directions for 2021-2024 are:-

- Student growth and attainment
- Belonging and engagement
- Excellence in teaching

In order for us to finalise our high impact initiatives that will be the key drivers of our plan, we have been busy assessing and collating data which has enabled us to set school based targets.

Compass - Parent Portal



Our school has started using an online platform called Compass to mark our roles, collate assessment data, monitor our student wellbeing, and we are learning to use the many other functions it has to offer.

Next term, we will be opening up the parent portal for you to access through the Compass App. We will be able to communicate with you through Compass in a range of ways. You may have already started to get SMS messages about your child's attendance and we have been overwhelmed with the responses to these messages. Soon, you will be able to view your child's attendance 'heat map'. This year our reports will be completed in Compass. You will receive a printed copy of your child's report but you will be able to access it through the app.

If you are interested in learning more, prior to us sending home the 'How to Guides' next term, you can visit the website for more information. <https://www.compass.education/guide>

P&C

We had a very successful P&C meeting on Tuesday night and now have a full quorum, with all executive positions being filled this year by members of our school community. We appreciate the ongoing support of our P&C and look forward to their involvement in our school this year.



The P&C meet on the third Tuesday of every month and alternate between morning and evening meetings. I know they would love to see new faces.

Tell Them From Me Survey



This year we will participate in the student, parent and teacher Tell Them From Me Surveys (TTFM). The Tell Them From Me Survey is a complete evaluation system for measuring student engagement, wellbeing, classroom climate, and other factors known to affect learning outcomes. This data will be used in our school planning to determine areas of focus.

Students in Years 4-6 will complete the survey over the next coming weeks. The student survey is completed online and is run by an independent research company. To ensure confidentiality, students will receive a unique username and password. More information is to come in regards to the other surveys to be completed throughout the year.

Extra-Curricular Update

It is very exciting seeing all of our extra-curricular activities up and running again this year. The following activities have been selected or have begun auditions/tryouts so far this term.

- Student Representative Council (Years 1-6)
- PSSA (Years 3-6)
- Senior and Junior Dance Group
- Debating
- Choir

We look forward to watching our groups represent our school throughout the year at various events.



From the Deputy Principal

Attendance

We can certainly do better with student attendance during Week 7 with 93 absences, not including students who were out of the school on school business. This equates to approximately 18 students absent each day.

Running late in the Morning

There seems to be quite a large number of students who are arriving up to 20 minutes late to class each day, sometimes even later.

We had a total of **81** partial absences in Week 7.

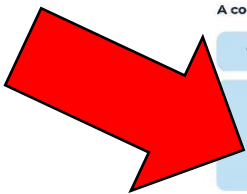
I cannot stress the importance of setting the alarm earlier in the mornings in order to get students to school on time. Students are missing valuable learning time and initial teacher instructions about what the morning of learning will look like.

If your child is late to school by 5 minutes every day, then this equates to 3 full school days of learning that they have missed. This equates to approximately 15 hours of missed content in areas such as Mathematics, Reading or Writing. Consider the impact that this may have on your child's academic achievement.



Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...



Harmony Day

On Thursday 18th March, we acknowledged the contributions of multicultural communities to Australian society by celebrating Harmony Day. At Marayong Heights, we are fortunate to have a culturally diverse learning community and we celebrated this diversity by students and teachers wearing something orange. Students participated in a range of activities to celebrate this event. Check out your child's Seesaw account to see photos from the day.



Seesaw

If you have not connected to your child's Seesaw account, you are missing out on the opportunity to see your child's learning. It is a window into your child's classroom.

Please contact the office if you require a new QR code printed to access the Seesaw app. A 'Seesaw Permission to Publish' slip needs to be signed by a parent before the QR code can be sent home.



NAPLAN

NAPLAN will be held between 11th May and 14th May. More information will be sent home soon.

Positive Behaviour for Learning

Fortnightly Focus

At Marayong Heights, we have been explicitly teaching our students strategies that support positive behaviours in the classroom and playground. We do this by making expectations clear, teaching children how to meet them and reinforcing children's appropriate behaviour.

This past fortnight, students at MHPS reviewed the expectation of, 'We move around the school safely'.

In Weeks 9 and 10, the focus for the fortnight will be looking at the expectation of, 'We walk on hard surfaces'.

At Marayong Heights Public School,



We walk on hard surfaces

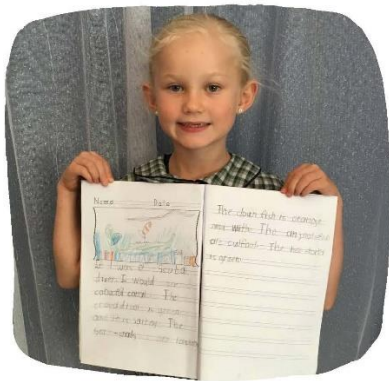
Creative Kids Corner



WHAT'S BEEN HAPPENING IN LILAC

As shown by Lacey  Class SRC

National Day of Action
We learned about the importance of helping someone in school.



Writing lessons

We spent a whole week learning new facts about the Great Barrier Reef and saw what can be found in the biggest reef on Earth. We wrote about what we would see if we went scuba diving underwater.



Virtual Reality

We pretended to be scuba divers and explored the Great Barrier Reef.

“
VR is so fun! I saw all the different, bright corals and a bunch of fishes swimming underwater.

- Lacey





Lime

We have been learning to write Narratives using fun starters as well as Addition, Subtraction, Multiplication and Division. During History, we have been learning about the Indigenous and Torres Strait Islander culture and its significance in Australian History.

This week we celebrated National Day of Action (Anti-Bullying Day) and Harmony day where we came together to celebrate and support each other.



We are 'Sublime
in Lime!'

Something Special

Zone Swimming Carnival

On Wednesday Week 7, 13 students from Stage 2 & 3 represented Marayong Heights at the Zone Swimming Carnival. After meeting the qualifying times for their events at our School swimming carnival earlier this term, students competed against other schools in our region with the hopes of qualifying for the Sydney West Swimming Championship. All students not only tried their best in their races, but they also showed great school pride in cheering for their peers.



Congratulations to the following students for doing a great job in representing Marayong Heights: Dakota, Chelsea (Mint), Kyra-Lee, Bronte, Hayley, Michelle, Chelsea (Apricot), Larissa, Fraser, Lucas, Zac, Harrison, Brock.

An additional congratulations to Fraser for qualifying in 3 events to Sydney West.

We would also like to thank the parents of the children that were involved for following the Covid Restrictions set by Blacktown Zone, and helping to make the day a great success!









Sydney West Regional Swimming

Congratulations to Fraser on a great effort at the Sydney West regional swimming carnival this week.

Fraser did not progress any further but he did have a couple of PB's which is fantastic.

Keep up the great work!



Community News

CENTRE FOR
EMOTIONAL
HEALTH



Cool Kids – Taking Control

AN INTERNET DELIVERED PROGRAM FOR
CHILDREN EXPERIENCING BULLYING AND ANXIETY
(AGES 7-12 YRS)

Cool Kids - Taking Control is an online self-help program that is designed to help children who have been targets of bullying and who also have high levels of anxiety. It is based on the well-known Cool Kids anxiety program developed at Macquarie University in Sydney. The efficacy of Cool Kids - Taking Control in reducing peer victimisation is currently being investigated by a team at Macquarie University.

WHAT IS THE COOL KIDS - TAKING CONTROL PROGRAM ABOUT?

Cool Kids - Taking Control is designed for parents to work through with their child at home.

The program is delivered over the internet and involves eight lessons delivered over ten weeks. It teaches children:

- About bullying and anxiety,
- How to be confident in social situations,
- How to better manage fears,
- Helpful ways to act if they are bullied, and
- How to cope with bullying.

Cool Kids – Taking Control includes instructions, examples, and videos for parents and their child. There are lots of practice exercises to help children master the skills.



WHO IS THE COOL KIDS - TAKING CONTROL STUDY DESIGNED FOR?

The Cool Kids - Taking Control program is suitable for your child if:

- They are between 7 and 12 years of age,
- They are being victimised by peers at school AND anxiety is significantly affecting your child's day-to-day life,
- They are not accessing other psychological treatment (except medication*), and
- You and your child are proficient in English

*Please note, medication should be stable (same type and dose) before starting and during treatment.

The Cool Kids - Taking Control program is not suitable for your child if he or she is currently experiencing any of the following issues:

- Significant learning delays, developmental or intellectual disorders.
- Autism or related disorders.
- Significant unmanaged behavioural disorder.
- Considered at risk (i.e., due to abuse, neglect, suicidal ideation, self-harm or school refusal).
- Unmanaged psychotic symptoms.

These exclusions are in place to ensure that our treatment program is delivered to children who are most likely to benefit from it and for whom we are best equipped to offer services.

WILL I RECEIVE SUPPORT TO COMPLETE THE PROGRAM?

Absolutely. The program will be supported by a member of the research team who is trained in Cool Kids - Taking Control. Each parent will receive a short (10-15 minutes) weekly phone call after each lesson to discuss goals and to work through any difficulties with the program.

WHAT ARE THE BENEFITS OF THE COOL KIDS TAKING CONTROL PROGRAM?

- Allows families across Australia to receive access to the Cool Kids - Taking Control program.
- Families are able to complete treatment lessons at their own pace and at a convenient time each week.
- The interactive online format is engaging for children.
- Cool Kids - Taking Control is a research treatment study, so we are able to offer access at a reduced fee.

WHAT DOES THE STUDY INVOLVE?

- An initial assessment to determine if our program is likely to be suitable and beneficial for your child.
- A 10-week treatment program (immediately or 6 months after the treatment group have completed the online program) that you complete online at home with the help of a therapist over the phone.
- Two more assessments - 10 weeks after joining the study and then again six-months later.

WHAT DO THE ASSESSMENTS INVOLVE?

- Assessments are conducted before your family commences treatment as well as after treatment. All assessments involve you and your child being interviewed over the telephone by a psychologist and completing questionnaires about thoughts, feelings and behaviours.

- The purpose of the initial assessment is to determine if our program is suitable for your child. If the program is not considered to be suitable for your child, you will be provided with alternative referral options that would best suit your needs.

All assessments involve you and your child being interviewed over the telephone by a psychologist and completing online questionnaires about thoughts, feelings, and behaviours.

WHO DECIDES WHICH CONDITION WE ARE IN?

The condition to which you are allocated is decided randomly, like drawing names out of a hat.

HOW MUCH WILL IT COST?

- In return for your participation in our research, there is an initial fee of \$100 which includes assessment and treatment for the Cool Kids - Taking Control study. (For your information, an initial clinical assessment would typically cost \$290. The face-to-face Cool Kids program at the CEH typically costs \$500).
- Once your final assessment has been completed you will receive \$100 as a thank you for participating in the Cool Kids - Taking Control research study.

The Cool Kids - Taking Control study is funded by Australian Rotary Health.

HOW TO ACCESS THE PROGRAM?

If you would like your child assessed for the Cool Kids – Taking Control study, please complete the online registration form. We will then contact you to set up the initial assessment.

For further information about the program or to access the registration form, please contact us at takingcontrol@mq.edu.au or find out more by visiting centreforemotionalehealth.com.au

“As a Cool Kids – Taking Control coach, you have an important role in helping your child face their fears and build their confidence so that anxiety and bullying has less of an influence on their life.”

This research has ethics approval from the Macquarie University Human Research Ethics Committee. All data collected is confidential, and is de-identified.



FIND OUT MORE

Cool Kids – Taking Control Online Study
Centre for Emotional Health
Macquarie University NSW 2109 Australia
T: +61 (2) 9850 8711
takingcontrol@mq.edu.au
CRICOS Provider 00002J / ABN 90952801237



MACQUARIE
University



Guiding children's growth

Newsletter



EXTRAORDINARY HOLIDAY ADVENTURES

Join us for our very first mission.

BOOKINGS NOW OPEN

www.campastralia.com.au/rocketeers



Every child that attends receives a FREE merchandise pack including T-shirt, Badge and Booklet!

A message from your Coordinator

At Camp Australia, children are at the heart of everything we do – and Your OSHC is all about inspiring children.

The National Handball Championships has been created to give children a chance to showcase their skills in the game they love the most.

During the week of the 22 - 26th March, over 550 Your OSHC locations will battle it out during After School Care, collecting points for victories, to ultimately crown a winner.



22nd - 26th March



Whether your child calls it Handball, Downball or 4-Square – It's the game that they all know and love.

Enter the competition now via your Parent Portal

Enter

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campastralia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Visit our blog

New articles are added each week for parents and cover various topics to help families.

Visit our blog

LAUNCH STRAIGHT INTO HOLIDAY MODE



ROCKETEERS

Extraordinary Holiday Adventures



Every child that attends receives a FREE merchandise pack including T-shirt, Badge and Booklet!

JOIN OUR FIRST MISSION



Government subsidies available for eligible families

BOOKINGS NOW OPEN

www.campastralia.com.au/rocketeers

by  **Camp Australia**

MISSION: LAUNCH PROGRAM



Marayong Heights Public School

Address: Guerie Street MARAYONG NSW 2148

Phone: 0434 019 341 **Program Times:** 07:00 am - 06:00 pm

Tue 06 Apr **Mission: Take-off**

Your mission is about to launch! Don't miss our very first mission briefing as we start our new journey as Rocketeers. Enjoy group activities, make a fidget spinner with construction blocks, meet old friends and make new in the amazing photo booth created just for you!



Incursion



Wed 07 Apr **Project: Deliciously Italian**

Recruit, your mission is to make a feast with pizza and gummies! Your commander and crew will supply the ingredients and guide you, on your way to make the best slice from scratch. For dessert, enjoy some vegan zesty orange gummies!



Incursion



Thu 08 Apr **Operation: Handball Championships**

The National Handball Championships have begun! Now our Crew are on the hunt for the best handball champion in Rocketeers. Winners will be off to the Regional Championships!



Base Camp Day



Fri 09 Apr **Adventure: Rainbow Race**

A colourful explosion with maximum fun. Cross the Rainbow Race finish line with more colour than when you started! Get into the spirit with music blasting and cheer each other on with some fun challenges. Note: Please arrive at Base Camp by 8:45am.



Excursion



Mon 12 Apr **Project: Little Coders**

Experience four coding games, including how to code a robot with the help of a remote! Continue coding at home with Coding Cards set and a Boardgame. The challenge is then on with the National Handball Championships. Get ready for some handball action!



Incursion



Tue 13 Apr **Operation: Environmental Protection**

Show your support of environmental protection in Base Camp. To mark Earth Day, you may learn different ways to preserve our environment.



Base Camp Day



Wed 14 Apr **Experience Invasion: Special FX Filmmaking**

In this Filmmaking experience, you will make your own special FX action sequence! You will learn how to use Hollywood green screen techniques and motion graphics to create fireballs, laser shots, explosions and more.



Incursion



Thu 15 Apr **Operation: Wellness Retreat**

Wellbeing is important to all of us and at Base Camp, we'll be highlighting the things that can be done to look after yourself each day.



Base Camp Day



Fri 16 Apr **Adventure: Animals at Sydney Zoo**

Come on an adventure to Sydney Zoo, where you'll get to see some spectacular animals. Note: Please arrive at Base Camp by 8:45am.



Excursion



Visit campastralia.com.au/rocketeers to join our next mission

