#### **AUGUST 2024**

## ALEXANDRIA PARK COMMUNITY SCHOOL

**Community Opportunity Success** 





# Yarramundi

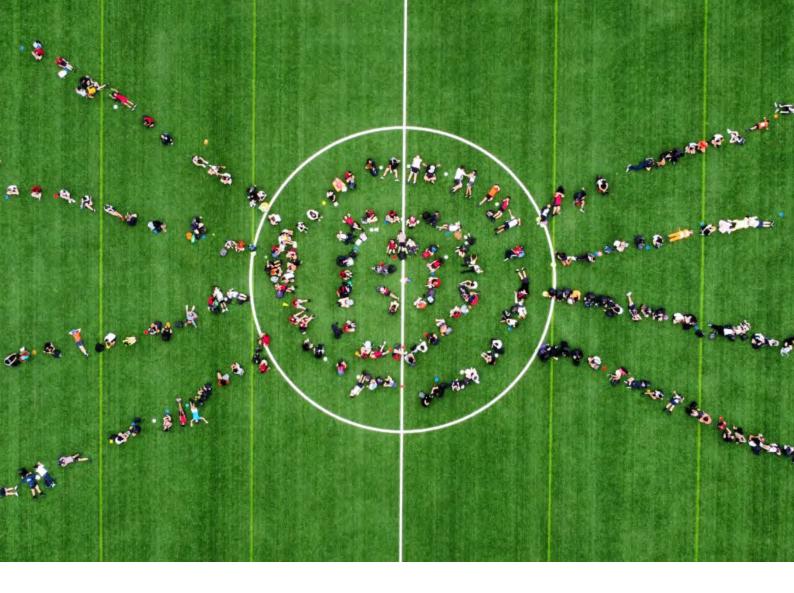
#### **Alexandria Park Community School is on Cadigal Land.**

We would like to acknowledge and pay respect to the Cadigal people of the Eora nation, the traditional owners of the land on which we teach and learn. We acknowledge their living culture and their unique role in the life of this region. We would also like to pay respect to elders past, present, and emerging.

In Gomberee, the language of the Cadigal people, the word Yarramundi (yarra'-mu-ndi) means flowing mouth which is an analogy for story telling or a story teller. We name our newsletter Yarramundi as it tells the stories of Alex Park as we progress through each school year. Yarramundi also means amphitheater or a place where stories are told. This is why we have named the gathering space in the primary playground Yarramundi.

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## **School Calendar**

9th	September	Mobileyes Dental & Optical Clinic (starts week 8)
13th	September	International Students Excursion
14th	September	Polling Booth Elections
17th	September	High School Tour 2025 Students
18th	September	Daceyville Big Band Bash
19th	September	Stage 3 Choir Performance
25th	September	Year 12 Graduation Ceremony
27th	September	Last Day of Term 3



# Principal's Report



Term 3 has been busy and productive with our students continuing to excel in many areas including individual and team sporting achievements as well as achieving wonderful academic results. We will be holding an additional High School Tour Tuesday 17th September at 4pm for prospective parents of selective stream students. Additionally, any families in our primary school who will be continuing into Year 7 are welcome.

Our Stage 6 students have completed or are in the

process of completing their final exams. All students have done so in an impressive and mature manner. Our current Year 12 cohort only have a few more weeks left of school before starting their HSC exams. We are looking forward to celebrating their achievements at the Year 12 graduation. Our Year 12 cohort have represented our school with pride over many years and I would like to wish these students every success in their future endeavours.

Our 2025 Kindy Transition

Play Group has been running throughout the term. All students and families who attended this group have commented on how valuable the sessions are. For more information and to register for the program contact Tom and Jo on 0419 119 390. I would like to remind our school community to enrol for next year if you already have children attending our school. Please complete your paperwork and submit to our Kindy Enrolment Officer as Orientation takes place early next term. Our orientation program



supports our incoming Kindergarten students to transition smoothly to big school.

Our Culturally Nourishing School Program is in its final year with USYD & UNSW. We are always looking for new opportunities to support Aboriginal Education at APCS and in Week 8, Hayley Saunders - Aboriginal Education Strategic Delivery Advisor will be running a 3-hour workshop in relation to Aboriginal History and supporting our teachers to ensure our programs include

Aboriginal perspectives. Hayley Saunders has been working with APCS over the past two years and is a highly respected educational leader.

The P&C continue to achieve amazing goals such as supporting our SASS recognition Week, helping us celebrate all the important work our administration team undertake every day. Additionally the last trivia night raised a substantial amount of money for our school community. Our P&C will be running a cake

stall and sausage sizzle on election day – Saturday 14th September as we are open as a voting site. I look forward to seeing many members of the community on this day.

Principal Debra Lade



# Primary Deputy Principal News





Term 3 is certainly living up to its reputation as the everything goes term! A quick round the grounds of events over the past five weeks includes the energetic Athletics carnivals for K-2 and 3-6 students. the wonderful Cantabile Festival at the Sydney Opera House featuring our senior choir, brilliant Book Week Parade. Year 5 and Year 6 Camp at Broken Bay, and the University of Sydney Reading Program. And we are also following the exploits of our PSSA Knockout Basketball team who have won through three rounds of competition and are looking strong!

These activities would not be possible without the amazing work of our dedicated teachers, assistant principals and support staff – thank you to all of them. Thank you also to the families who responded to the survey on our semester 1 reports. The new format has had a lot of positive feedback from both parents and carers, and the teachers. We will update our semester 2 reports with this feedback in mind.

Additional thanks to all parents and wider community who celebrated Public Education Week with us. It was great to share our open classrooms and our SRC presented an excellent K-6 assembly.

Our optical and dental clinic will take place again this term for all families wishing to take part.
Conducted my Mobileyes, this valuable optical clinic is an opportunity for students to have a free check-up, as well as a dental clinic that is subsidised for some

families. More information has been provided via SchoolBytes.

As we enter the second half of the term, we look forward to celebrating the achievements of all the APCS students as they engage with learning and extra-curricular pursuits.

David Olsen, K-2 Deputy Principal

Andrew Kell, Relieving 3-6 Deputy Principal



Term 3 has seen many exciting events, including the wonderful Cantabile Festival at the Sydney Opera House featuring our senior choir, and a brilliant Book Week Parade.



### **Early Stage 1**

#### Kindergarten

Our Kindergarten students have had a very exciting month, jammed packed with authentic learning opportunities.

Kicking off our month we celebrated '100 days of Learning', this was a wonderful day to celebrate our achievements thus far in our Kindergarten journey.

Our Athletics carnival was a fun filled day and we had the opportunity to learn and play gross motor skills to build on our physical education. Thank you to our Sports team Miss Hallas, Mr Brandt and Ms Kimes for organising such a wonderful event for us all.

For Science week we were very lucky to have High School Science teachers come teach us a lesson on the life cycle of a butterfly. Students learnt about Sustainable practices and created caterpillars and transformed butterflies using found leaves and sticks in Bush School. Thank you, Science department, for your time. Kindy loved it!

Deborah Abela came for a special book talk and Kindy heard about her safari adventure in Africa. They learnt how important it is to tell a story with detail and make it entertaining for an audience. Deborah spoke about the importance of illustrations and how Marjorie Cro works with her closely to bring her stories to life. We loved "Bear in Space", and all were inspired to create upon returning to our classrooms. The book week parade was amazing, we loved sharing our favourite book characters with our friends and the magic of reading! Thank you, Mrs Soo, for such a wonderful event.

To round off a fabulous month, Kindy went on an excursion to Calmsly Hill City Farm and had an amazing adventure learning all about life on the farm. We got to milk a cow, feed

some chickens and pat some baby animals. We were so lucky to watch real farmers use a whip and explain how to herd cows and Zac the sheepdog herd sheep from the paddock to the pen. We learnt so much.

After we returned, we had a two-week Hatching Chicks program to learn all about the life cycle of a chicken. We learnt about how to care for an egg to nurture it to hatch into chickens. This was such an awesome learning opportunity for our students.



#### **Inclusive Education Unit**

The Inclusive Education Unit has been busy as usual with lots of events happening already since the beginning of Term 3.

Students engaged with learning in the classroom and playground. They learned about fractions in mathematics and have started responding to poems and writing their own during their literacy sessions. Students regularly visit the Maarni and check in on the chickens. IUI has also been involved in gardening and cooking lessons. They recently made damper and it was delicious!

This term students also participated in the Athletics Carnival and joined in the Book Week celebrations. Harry Potter was a favourite character with several students dressing up as him.

Thank you to Ms Khalil and the high school science team who came and visited us during Science Week. We had a great time learning about the life cycle of a butterfly and creating amazing artworks of caterpillar using natural materials from the garden.



Visiting the Maarni



## Stage 1

**Years 1 & 2** 

Stage 1 students have been having a fantastic time in the Kitchen Garden program! They've especially loved the cooking lessons. where they've been learning to prepare simple, healthy meals using fresh produce. They have also enjoyed soaking up the sun in the Maani garden learning all about roots, shoots and leaves. It's been wonderful to see their enthusiasm as they discover new flavours and skills in the kitchen and garden.

Our dance classes have also been a hit. The students have been working hard on developing their visual tracking and gross motor skills through each move and groove. It's clear they're enjoying every moment. The energy in the room is contagious as they move to the rhythm and develop their coordination.

Week 5 brought even more excitement with our annual Book Week parade. The students couldn't wait to show off their creative costumes, and their joy was evident as they paraded proudly in front of their peers. We had superheroes, detectives, dancers and gymnasts waltzing throughout the hubs, just to name a few! It was certainly the highlight of the week!



Students have enjoyed soaking up the sun in the Maani garden and learning about roots, shoots and leaves.



### Stage 2

Years 3 & 4

## Excursion to The Big Dig Archaeology Centre and The Rocks Discovery Museum

On the 12th and 13th of August, Stage Two went on an excursion to The Big Dig Archaeology Centre and The Rocks Discovery Museum.

They arrived by bus and walked to The Big Dig, where they learnt about the lives of convicts. Some of the convicts they learnt about include George Cribb, Anne Armsden and Margaret Byrne.

Students looked for artefacts in an enclosed sand pit, and studied them, discussing what they might be used for and who they might belong to.

Afterwards they went to The Rocks Discovery Museum and saw the artefacts the museum had preserved, some of which were made and donated by APCS. In the museum they read information about convicts and Aboriginal people, and put together old artefacts including broken plates.

Stage Two went to a small public park for recess, and then headed back to the bus.

Written by Stage Two students - Anujin, Genevieve and Lucas



The sudents went on an excursion to The Rock Discovery Museum.



Stage Two loved digging for artefacts in a simulated archaeological dig site.





### Stage 3

**Years 5 & 6** 

#### **DFBATE**

In the Round 3 Debate our two teams travelled to Crown Street with. Our team "The Legends" was pretty sharp based on arguments, rebuttals and techniques. Everyone had prepared and practised what we needed to improve from our last debate. We were happy with our performance and once the adjudicator announced the winner of the debate, we were exceptionally happy. We prepared very hard and we won.

Once our debate finished, we got to listen to our next team "The Greats" debate. Again we were very smart with our arguments, which made it very hard for Crown Street, as their arguments didn't make sense due to the Great's amazing definition. This led to another great win by Alex Park!

After the 2 wins made by Alex Park, we had a break filled with sweets and played on their play equipment. It was amazing and fun and a great way to relax after the great amount of effort we had put into the debates. Please congratulate both our teams.



Congratulations Alexandria Park: Team Legends and Team Greats.

#### **SCIENCE**

Students in Stage 3 celebrated Science Week 2024 with exciting investigative hands-on experiments. Students immersed themselves safely in the experience and were positively thrilled.



APCS definitely has a few budding Scientists!





### Stage 3

**Years 5 & 6** 

#### **BASKETBALL**

Year 6 Boys State Knockout Basketball team - live to progress to the next round.

Boys + Zeke Shillingsworth had another exciting win over Hammondville P.S. yesterday. Boys fought off a very determined comeback to retain the lead and the W.

Team is: Tom Andrews, Alex Chen, Bruce Shillingsworth, Zeke Shillingsworth, Leo O'Bryan, Cohen Sutherland, Zareh Shahinian Bremaud, Andy Batbayar.



On Monday 19th August the Stage 3 Choir represented APCS at the Cantabile Music Festival at the Sydney Opera House!

The students have spent the last 2 terms learning 10 songs to perform as part of a 600 strong combined Primary Schools massed choir accompanied by stage bands and school orchestras from schools around Sydney.

The student's performance and behaviour were exceptional. Three separate teachers from different schools commented on how well behaved our students were and Ms Campisi and Ms McLaughlin were very proud to take such a diligent and committed group of students to such an important event.

The Stage 3 Choir has now been invited by Sydney City Council to perform at the Cliff Noble Community Centre Open Day in Alexandria. This is a community event for all.

If you would like to hear some of our repertoire we will be performing at 10.30am on Thursday 19th September at the Community Centre.



Congratulation to our Year 6 Boys State Knockout Basketball team on another exciting win.



#### Music

This term in Primary Music students have been learning all about the Instruments of the Orchestra and listening to a range of famous orchestral music.

Students in Kindergarten have been role playing and moving their bodies to the music. They have loved using the magic scarfs and dancing ribbons.

**Stage 1** has been listening to "The Planets" by Holst and exploring how music creates pictures in our minds.

Stage 2 has been developing their understanding of Program Music – music that tells a story and thinking about how to create soundscapes that represent the weather and other things in our environment.

Stage 3 have been composing! We have some incredibly creative minds among us. Students have been composing and notating their own works to represent birds and the

underwater world. They have been experimenting with all the amazing instruments we have available at APCS and then creating their own ways to record and notate their careful work and musical planning.

We have also been lucky enough to have instrument demonstrations by some of talented band students who have played for us and explained how their instruments work.





Students have been composing and notating their own works to represent birds and the underwater world.



#### **Science**

Science Week Highlights: Exploring the Wonders of Science! This year's Science Week was a fantastic journey through the fascinating world of science, engaging students with handson and interactive workshops.

## YEAR 6 EXCITEMENT IN THE HIGH SCHOOL LABS

Our Year 6 students had the opportunity to visit the high school science labs, where they dove into the intriguing world of solids, liquids, and gases. The highlight of their visit was creating Oobleck, a non-Newtonian fluid that behaves like both a solid and a liquid.

Under the guidance of our Science teachers, students explored the unique properties of Oobleck and discovered how different forces affect its behaviour. The experience not only deepened their understanding of scientific concepts but also sparked curiosity and excitement for future scientific explorations.

## PRIMARY SCHOOL AND KINDERGARTEN DISCOVERIES

Our youngest scientists in the Primary School IEU and Kindergarten enjoyed a delightful workshop centered around caterpillars and their transformation into butterflies. The interactive session included engaging activities that illustrated the caterpillar lifecycle. The workshop provided a wonderful introduction to the life sciences and inspired a sense of wonder about the natural world.



Year 6 excitement in the High School labs!



### **Library**

#### BOOK WEEK 2024 WRAP-UP

What a magical week we've had celebrating children's literature! Our school community came together to honour the CBCA Children's Book Week® from August 17-23, embracing this year's theme: "Reading is Magic."

Students participated in a variety of enchanting activities, from character costume parades to an author talk and bookfair visits. Our Burragorang transformed into scenes from beloved books, showcasing the creativity of our young readers.

We extend our heartfelt thanks to everyone who contributed to making this week special. A particular shout-out goes to our parent volunteers who managed the book fair - your dedication helped put more books into the hands of our eager readers.

While the official week may be over, let's continue to spread the magic of reading throughout the year. Remember, a good book can transport us to new worlds and spark our imagination at any time!

Thank you all for your enthusiasm and participation in celebrating the joy of reading.

## PREMIER'S READING CHALLENGE

Congratulations to all students who completed this year's N.S.W. Premier's Reading Challenge. The challenge is now closed for student entries. Mrs Soo has logged reading entries for all K-2 students. All 3-6 students must log their own reading entries.



Student's participated in a variety of enchanting activities, from character costume parades to an auther talk and bookfair visits.



Book Week 2024 - What a magical week we've had celebrating children's literature!





# High School Deputy Principal News





#### YEAR 12 AND THE HSC

Our Year 12 students have completed their Trial HSC Examinations. I would like to congratulate all the Year 12 students for their conduct, commitment and effort as well as acknowledge the hard work and dedication of teaching staff to ensure that our students are thoroughly prepared.

Year 12 students submitted their HSC Major Projects in English Extension 2, Society and Culture and Visual Arts. For all these students this has been a huge effort, showing great determination, organisation, and commitment. On 4 September we will have the HSC Music Soiree, where the students will showcase their HSC Music performance pieces for an audience.

#### **YEAR 11**

Our Year 11 students begin their Yearly exams next week. These will be held in the Denzil, except for the Maths exams which will be held on M3. We wish the students the very best of luck with their exams.

#### YEAR 7

Congratulations to Mr Rhombus Ning who is the newly appointed Year 7 Year Adviser. The students were very excited and all cheered when it was announced to them.

#### WELLBEING WEEK

As part of our Wellbeing Week celebrations the Student Leadership Team have organised 'Random Notes of Kindness' – this has been a lovely opportunity for students to send teachers positive messages.

Steven Marcos & Louise Hawkins, Deputy Principals

### **English**

## HSC ENGLISH EXTENSION 2

An exciting time for the student in HSC English Extension 2 who has submitted their major work. It's a suite of poems that has been carefully crafted over the course of a year and explores family roles through a post-modern feminist lens.

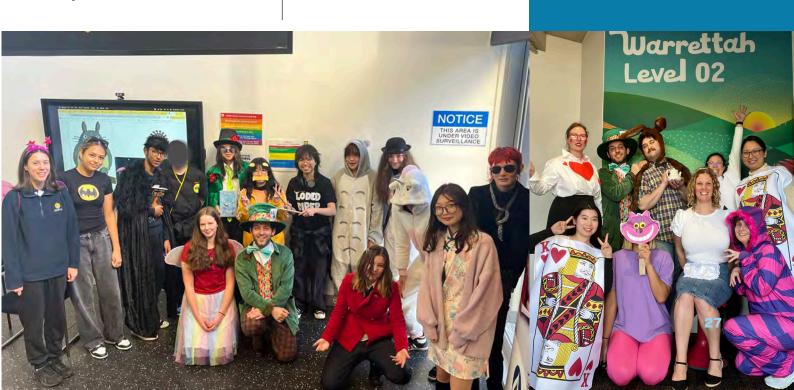
#### **STAGE 6 EXAMS**

Congratulations to Year 12 on completing their trial examinations.
To all the Year 11 students who have their examinations in Week 7, do your best!

## ENGLISH FACULTY CELEBRATES BOOK WEEK

In the spirit of this year's book week theme 'reading is magic', the English faculty leaned into to all things fantastical and dressed as characters from the beloved classic Alice in Wonderland.

APCS celebrates Book Week!



#### **Science**

#### **YEAR 11 BIOLOGY**

Our Year 11 Biology students recently had the opportunity to engage in an exciting and educational hands-on experience by carrying out a heart dissection. This practical activity allowed them to explore the intricacies of the human circulatory system. With great care and precision, the students examined the structure of the heart, identifying key features such as the chambers, valves, and blood vessels.

This hands-on approach not only reinforced their understanding of cardiovascular anatomy but also provided a real-world connection to the biological concepts they've been studying in class.

#### SCIENCE IN ACTION Year 7 Investigating Forces

Our enthusiastic Year 7 students have been diving into the world of physics by investigating forces and friction. Through a series of engaging experiments, they modelled Newton's Laws of Motion, exploring how objects behave under different forces.

Year 7 Science students have been diving into the world of physics by investigating forces and friction.

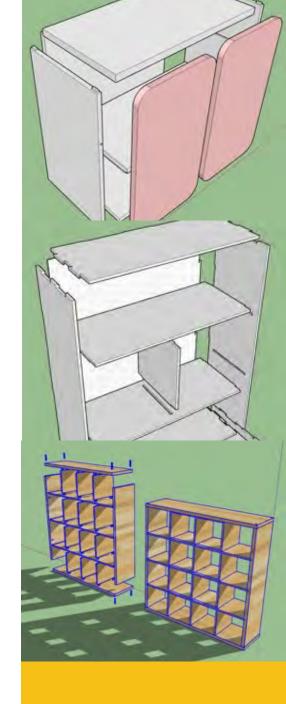


## **Graphics Technology**

As part of their assessment, Graphics Technology students were tasked with creating a 3D model of a cabinet that incorporates various woodworking joints. This project has provided them with an excellent opportunity to explore both the theoretical and practical aspects of cabinet making.

Students explored a variety of traditional woodworking techniques, enhancing their understanding of how these elements contribute to the strength and durability of furniture. By using

3D modelling software, students have been able to visualise their designs in a digital format, allowing them to experiment with different joints, styles, and structures.



Assembled and exploded view of students' cabinets with wood joints.

#### Music

#### **High School Concert Band**

This term we have welcomed Indiana Williams as our new Concert Band tutor. Indiana is a Conservatorium of Music graduate and brass player who brings a wealth of experience to Alex Park. He has worked for the Arts Unit and tutors at State Band Camp.

Indiana will also be providing private brass lessons for high school brass players.

Indiana
Williams and
the APCS
Concert Band.



#### **CAPA**

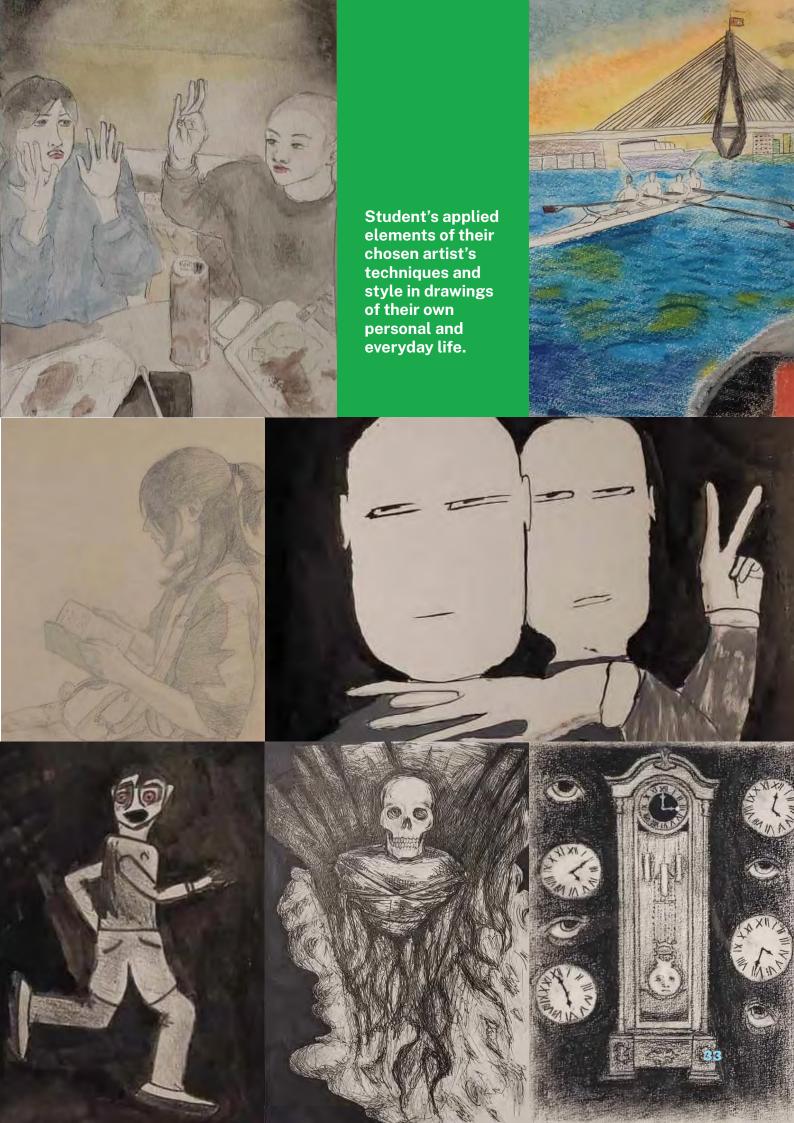
Spotlight on Visual Arts.

Year 11 Visual Arts have finished up a unit of work on Modernism and drawing. As part of their investigation, each student chose and investigated the drawing practice of either a European or Australian Modernist artist. Students then applied elements of their chosen artist's techniques and style in drawings of their own personal and everyday experiences.

They've done a fabulous job of imbuing both ordinary experiences and the significant moments that touch our lives with humour, tragedy, magic and feeling.



Year 11 Visual Arts students have done a favulous job of imbuing both ordinary experiences and the significant moments that touch our lives.



#### **Chinese**

Year 8 Chinese students embarked on an educational excursion to Chinatown in mid August. The trip aimed to immerse students in Chinese culture, architecture, and cuisine, providing practical experiences that enhanced their classroom learning.

The day began with a visit to the Chinese Garden of Friendship, where students explored traditional Chinese architectural designs such as pavilions, rock formations, and water elements reflect Chinese cultural values such as balance and harmony. During the visit, students also selected their favorite scene from the garden and created a pencil portrait.

Following the garden visit, students experienced a traditional Yum Cha lunch at a local Chinese restaurant. Students sampled a variety of dishes and challenged themselves to eat with

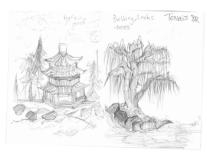
the chopsticks and to communicate with the waiters in Chinese.

Thank you once again to Mr Miles, Ms Young, Ms Barnett, Uncle Hilton, Mr Litsas, and Mr Brooks for their support and for accompanying our students on this excursion















My Impression on the Chinese Garden by Year 8: Henry L, Keika C, Jarvis H, Tengis E, Lara W, Tyler W, Bruno M



#### **PDHPE**

YEAR 10 ELECTIVE
PHYSICAL ACTIVITY AND
SPORTS STUDIES (PASS)
IN ACTION:

In Term 2, Year 10 PASS students studied a unit of work on 'Event Management in the Sporting Industry'. In this unit. students investigated various structures and formats of sporting events. High school students then applied their knowledge and skills of event management to plan. promote, and conduct an athletic tabloid event for Primary school Stage 2 students.

YEAR 11 ELECTIVE
PERSONAL
DEVELOPMENT,
HEALTH, AND PHYSICAL
EDUCATION (PDHPE) IN
THE SPOTLIGHT:

This Term, Year 11 PDHPE students have studied a unit of work on 'First Aid'. Throughout the course, students have developed their knowledge and skills to respond to emergency situations and first aid scenarios which have included delivering CPR, applying slings, splints and compression bandages. Our school is now in safer hands, with these trained students on site.



Year 11 students have developed their knowledge and skills in First Aid



# High School News

### **PDHPE**

STAGE 4 SPORT IN ACTION- Update on the Denzil Shield Competition

In Term 2, Year 7 and 8 students developed their skills and strategic awareness in Oz-Tag, Basketball, European Handball and Ultimate Frisbee. In the final two weeks of Term 2, students competed against one another in their sport houses as part of the ongoing annual Denzil Shield Competition.

The sport house winners of term 2 were:

- Terrarilong (Blue House) for Year 7
- Wattungulle (Yellow House) for Year 8

In Term 3, Year 7 will continue to train for the Denzil Shield within their sport houses, whilst Year 8 have completed sport registrations to sign-up to a sport and have used the weeks so far to train in their teams in preparation for the Eastern Suburbs Zone Year 8 Gala Day. This event will take place on Wednesday the 4th of September, Week 7, Term 3. All information

has been distributed via email through School Bytes. Parents/carers are required to return permission forms.

#### **NAIDOC RECAP**

**APCS NAIDOC Sporting** events were a big hit this vear with smiles all around! This year the PDHPE Faculty worked closely with NASCA workers to upskill and train our NASCA students to deliver a 'Burorigin' Gala, which is a traditional Indigenous game. Burorigin was a ball game played by the Kabi Kabi people of south Queensland. The game was played with a ball made of kangaroo skin, which was called a buroinjin.

The NASCA students did an amazing job being leaders in the school community by running the Gala Day and umpiring games for both the high school and primary school students. At the end of each round of competition, our NASCA student leaders selected students to receive a 'Deadly' award. See our leaders in action!



APCS NAIDOC Sporting events were a big hit this year with smiles all around!



Year 7 and 8 students developed their skills and strategic awareness in the Denzil Shield Competition.













# High School News

### **PDHPE**

#### Open Girls Rugby League City Cup Competition.

Congratulations to APCS Opens Girls team for handling the tough competition at the City Cup tournament with the upmost professionalism and competitive spirit. Unfortunately, our team played against Casula High with a reduced number of players (9 v 13), yet the girls still fought as a team right up until the last second in a game.

For some students on the team, it was their debut game in rugby league. The teamwork, grit, and determination that was displayed by our APCS female students is something that most schools would love to have embodied within their students and we are immensely proud of their efforts. GO APCS!



Basketball Beat - It's been a busy start to term 3 for both the boys and girls U15 basketball teams with the annual knockout kicking off.

#### Girls u15

After defeating Blakehurst at the end of last term we had a big victory against Beverly Hills Girls High 65-10 in the 3rd round. The girls were outstanding for the whole game and every team member got on the court. Later this week we play Menai High School in the guarter final.

#### Boys u15

After a great win at South Sydney High in Rd 1, the boys followed up with wins against Blakehurst and Sydney Tech, to reach the semi finals where they await the winner of Menai and Endeavour High. The outstanding effort, particularly on the defensive end, is a reflection of the hard work the boys put in at training every Monday morning where the team, as well as students who will be part of the team next year, hone their skills to ensure they get results like this.



Congratulations to APCS Opens Girls team for handling the tough competition at the City Cup tournament.



# High School News

## **Library**

#### 2024 CHILDREN'S BOOK WEEK

APCS has just celebrated CBC book week with many events such as primary characters parade & book fair, secondary mufti day, quiz & trivia and 2nd hand book sales.

Students who participated in the book week quiz competition had sent in photos of themselves reading in a creative position. Christopher Z. & Jessica O. (Yr10) are the winners of the quiz event because they uploaded true photos of themselves reading while others had uploaded some rather interesting characters reading in fanciful positions.

#### 2024 BOOK OF THE YEAR AWARD

The Children's Book Council of Australia has announced the winners of the 2024 Book of the Year Award. You can borrow many of the CBC shortlisted books from the Yakka Taka libraries.

# 2024 NSW PREMIER'S READING CHALLENGE

APCS students have participated in NSW Premier's Reading Challenge (PRC) for two decades. There are currently 316 students who have taken up the reading challenge in 2024 PRC. 282 students have completed their PRC reading log online.

#### **HOMEWORK CENTER**

Homework Center (Yr7-12) has begun smoothly in the high school Yakka Taka library every Wednesday between 3-5pm this term. There are currently 60 students who have attended the homework center. Teachers, who are assisting students with assessments on site, are Mr Guinness, Mr Liang, Mr Tungka. Mr Burgess. Ms Stubbs & Ms Young. An online parent permission form has been posted to families via email on School Bytes. Please complete & return this one off online form if you wish your child to attend the homework center.



Homework Center has begun smoothly in the high school Yakka Taka Library this term.



APCS has just celebrated Book Week with many events accross Primary and High School.







# Other School News

#### SASS RECOGNITION/ WELLBEING WEEK

In week 6 we celebrated wellbeing week for our staff at APCS. We surveyed 51 teachers in regard to wellbeing week and 96% responded to say they value the current practive we have implementing a week to focus on our wellbeing as well as sending positive

letters to the students in our care.

To coincide with wellbeing week, we are celebrating the outstanding contribution our School Administration Support Staff (SASS) make to our school. This includes Aboriginal Education Officers, School Administration Manager, School Administration

Team, School Learning Support Officers, Cleaners, Library, General Assistants, IT, Science and Kitchen Support Staff. We thank all of our SASS for continuing to make APCS such a wonderful school to work at.

Thank you to our wonderful P&C for helping fund this event!



26 - 30 AUGUST 2024
PSA SCHOOLS
RECOGNITION WEEK





# **Upcoming** Events...



Peter Forsyth Auditorium

**Every Wednesday** 3:30pm to 5:30pm except during school holidays

For more information email 6 mcooke@cityofsydney.nsw.gov.au or call 0477 712 494.

#### 2024 dates



Sept 30 - Oct 3 **AGES 5-14** JUNIORBASKETBALLACADEMY.COM.AU Joseph Sargeant Community Centre Retro gaming afternoon CITY OF SYDNEY ③

**REDFERN** 

**SCHOOL HOLIDAY** 

**BASKETBALL CAMP** 

NCIE

**REGISTER NOW!** 



Do you provide care and support to a family member or friend with disability, a medical condition, mental illness, or who is frail due to age?

Would it help to have services to support you so that you can continue to be there for the person you care for?

If you answered yes to any of these questions, Carer Gateway can help you.

Henry, carer to his mother.



#### **How do I contact Carer Gateway?**

Call Carer Gateway on **1800 422 737**Monday–Friday 8am–5pm to speak with your local service provider about the supports and services available to you.
Emergency respite is available 24 hours a day, seven days a week on the same number.

If you need information in a language other than English, call the Translating and Interpreting Service on 131 450.

If you are deaf, or have a hearing or speech impairment, you can call the National Relay Service on 133 677.

Online services and more information is available on the Carer Gateway website: carergateway.gov.au







#### carergateway.gov.au

Connecting carers ••• to support services

# Do you provide care and support to a family member or friend?





## What is Carer Gateway and who is it for?

Carer Gateway provides free support services and information to people who provide care and support to a family member or friend. It may be because they have disability, a medical condition, mental illness or are frail due to age.

It doesn't matter if you receive a government payment or not, you can still access Carer Gateway. After all, every caring situation is different.

Some carers look after another person 24 hours a day and help with daily living, while others support people for a few hours to help with everyday things.

#### How are services provided?

A range of organisations across Australia provide Carer Gateway services to carers in local communities.

Services are provided in-person, online and via phone.

#### How do I access services?

By calling 1800 422 737 Monday–Friday 8am–5pm local time, you can talk to the Carer Gateway service provider in your area. They will talk to you about your situation and help you access services that are specific to your needs.

You can access online services and more information on the Carer Gateway website: carergateway.gov.au.

#### What services are available?



#### Coaching

Learn new ways to manage stress and improve your wellbeing.

- **Self-guided coaching** undertake online courses at your own pace.
- **In-person coaching** meet one-on-one with a coach in your area.



#### Counselling

If you feel stressed, sad or angry, a counsellor can talk through your situation and help you.

- In-person speak one-on-one or in a group with a counsellor in your local area.
- Phone counselling speak with a counsellor over the phone.



#### **Emergency respite**

If you get sick or hurt unexpectedly and you can't continue look after the person you care for, emergency respite services can help to take care of them while you get better.

Call 1800 422 737 at any time to seek emergency respite.



### Connect with others in similar situations

Meet with people like you who care for a family member or friend. Share stories, knowledge and experiences to learn from and support each other.

- In-person join a group of people in your local area who also care for a family member or friend.
- Online community join the online chat groups and talk to other people who also care for a family member or friend.



#### Online skills courses

Carer Gateway

Learn new skills to look after someone as well as yourself. Find out about new ways to deal with stress and legal matters, and improve health and safety. Each course covers a different topic and you can complete them online at your own pace.



#### **Tailored support package**

Supports and services are tailored to help you in your caring role.

You may be able to get free:

- services or equipment to help with your continued education-for example, tutoring, educational supplies or training courses
- planned respite, where a service provider steps in to take care of your family member or friend while you take a break
- cooking and cleaning services
- assistance with shopping
- transport, to help you do things like go to medical appointments or do shopping.



### **AUGUST 2024**

# ALEXANDRIA PARK COMMUNITY SCHOOL

## **Community Opportunity Success**

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