

# Athelstane Advocate

Athelstane Public School

T 9567 3550

E [athelstane-p.school@det.nsw.edu.au](mailto:athelstane-p.school@det.nsw.edu.au)

W <https://athelstane-p.schools.nsw.gov.au>



## Athelstane Public School Vision

*At Athelstane Public School we nurture, challenge, support and equip all students to become independent, successful lifelong learners who actively contribute to the community.*

Term 3 - Week 8

Friday 13th September, 2024

## Principal's Message



### Zone Athletics – Congratulations Athelstane!

On Monday 2<sup>nd</sup> September our Zone Athletics competitors participated in the second day of the zone carnival at Sylvania Waters Athletics track. The Athelstane team did a great job of representing our school with some adverse windy weather they were competing in. Congratulations to all of our competitors, with a special mention to the wonderful result of first place in long jump to Emujin. We wish Emujin all the very best for the next level of competition. Thank you to Mr Georgas, Mr Ayoub and Mrs Chen-Freeman who supported the students at the carnival for the day.



### Athletics Carnival Congratulations

This week at our primary assembly ribbons were presented to all of the students who came first, second and third in age events at our Athelstane Athletics Carnival which was held earlier this term.

Congratulations to all of our participants for their great efforts.

Also announced was the winning house for the carnival - congratulations to Warrigal!

The House Captains, Sawsan and Agar accepted the shield with great pride in their house.



Last Thursday our Athelstane Debating team of Indra, Charlize, and Hassan K represented our school at Beverly Hills Public School in the next round of the inter-school debating. The topic of the debate was "That modern life is a health hazard". Our Athelstane team were the negative side and we are proud to announce we were awarded a win. A fantastic effort, and we want to say a big congratulations!

Thank you to Ms Berendsen who is the team's coach and supports in co-ordinating the team to participate in each debate.

### "A Night Under The Stars" – Short Film Festival

Next week our Athelstane students and staff are very excited to be able to present our very own night under the stars with our Short Film Festival. Tickets are on sale for parents and family members to join us on Wednesday 18<sup>th</sup> September to view on a special big screen our original film festival movies from across the school. This will be our premiere screening of the videos all of the students and staff have been working to create over the course of the year. We hope all of our parents are able to join us to accompany students on the night.

#### Snack bar and pre-ordered pizzas and pancakes

Thanks to the support of the P&C there will be a snack bar in operation on the night. The snack bar will offer a range of treats available to purchase. **The P&C request purchases are with cash only on the night.**

Pre-order forms have been distributed for P&C organised pizzas and dutchess mini pancake packs. Pizzas and pancake packs pre-ordered will be available for collection on the night.

Mrs T. Black  
Principal

### School Planning for 2025

School planning is a complex and comprehensive process for each school year. Currently the school is commencing the planning process for 2025. In order to support this a clear indication of student enrolments is required to organise staffing and operations.

**In the case parents are aware that your child/ren will not be returning to Athelstane in 2025 we ask that the school be notified in the coming weeks prior to the end of term.**



## What's On



### Term 3

**Tuesday 17<sup>th</sup> September – Year 7 2025 Kogarah HS students Taster morning—Has been postponed to Term 4 due to transport difficulties**

**Wednesday 18<sup>th</sup> September – K-6 Gold Assembly 2.30pm**

**Wednesday 18<sup>th</sup> September– Athelstane Short Film Festival**

**Thursday 26<sup>th</sup> September – Support Unit Multi-Sports Day**

**Friday 27<sup>th</sup> September – Last Day of Term 3**

**Monday 30th September—Friday 11th October School Holidays**

**Monday 14th October—Term 4 Commences**

## ATHELSTANE PUBLIC SCHOOL

+PRESENTS

## SHORT FILMS

UNDER THE STARS

AN ULTIMATE OUTDOOR CINEMA EXPERIENCE

**LIMITED TICKETS**  
**\$15 EACH**

CHILDREN UNDER 5 FREE  
CURRENT ATHELSTANE  
STUDENTS \*\*\*FREE\*\*\*

Wednesday - 18th September, 2024

ENTRY VIA HORSELL AVE

DOORS OPEN 5:00 pm

SCREENING 6:15 pm to 7:45 pm

Bring your own picnic chairs & rugs. Snacks available to purchase.

PURCHASE TICKETS ONLINE

Scan the QR code

<https://www.trybooking.com/CSXQO>

### Behaviour Awards

Bronze, Silver and Gold awards are presented to students who have exhibited exemplary behaviour.

Students earn ACES towards achieving one of these awards for consistent behaviour that follows the class and school rules.



#### BRONZE

<b>5B</b>	Zahraa H
<b>6W</b>	Khuslen S Numuunzul B



#### SILVER

<b>1/2G</b>	Boycehar A Haidar H
<b>3DW</b>	Mariam N
<b>4B</b>	Arnold P Stefan D Mahdi E Ahmad M Hassan C Zaynab H
<b>4K</b>	Abbas M
<b>5B</b>	Hussein C Bilal K Adem U Mikaela H Mira A Zahra G

	Ali J
<b>6G</b>	Hassan C Tengis B
<b>6W</b>	Seb V Anand T



### Is Your Child Starting Kindergarten 2025?

Thank you to those families that have enrolled their children, ready to commence Kindergarten in 2025. Next term, we will be holding our Kindergarten 2025 orientation days. This is an important step as part of transition to 'big school.' Students become familiar with their new environment and get to engage with teachers. This helps to make the start of Kindergarten successful. If you are yet to enrol it is not too late. Come in to the office or call the school office.



### Attendance Matters @APS

Being at school is a very important part of any child's life. It enables them to learn, to make friends, to gain important knowledge and to develop a variety of skills which will prepare them for adult life. School and parents/carers are partners in making this a success. As parents/carers it is your legal responsibility to make sure that your child makes the most of this opportunity by attending regularly.

Repeated lateness is an unsettling start to the school day for both the child and school. Children miss out on important learning opportunities at the start of the day.

Regular or prolonged absence, in any year group, results in limited progress and low levels of attainment. Children quickly begin to fall behind their peers and often never fully catch up with gaps in their skills and knowledge.

Please reach out if we can support your child's attendance.

### EVERY DAY COUNTS @APS

Mrs Smithett

Learning and Support Teacher





### Wellbeing at Athelstane PS

On Thursday, it was R U OK? Day. RU OK? Is a public health promotion charity that encourages people to stay connected and have conversations that can help others through difficult times in their lives. Included in the newsletter are some tips on starting a conversation and helping us all stay connected and some information for Kids Helpline.



## The Time Is Golden

*You are invited to attend*

The Gold Assembly

WEDNESDAY 18TH SEPTEMBER 2024

2.30PM



### School Uniform

Wearing school uniform at Athelstane is a way of taking pride in our school. As we approach the holidays, we have noticed that students have not been wearing the correct school uniform. Please use the school holidays to acquire or purchase the correct uniform.

A few reminders:

Boys' pants or shorts – only grey.

Girls' pants or shorts – only maroon.

Girls' stockings or tights under their school dress – only grey.

Sports uniform – Blue shorts or tights. Only worn on sport days.

Sports jacket – only worn on sport days.

Girls' scarf – only pale blue.

Shoes – sport shoes that are not black should be worn on sport days only. Black shoes should be worn as part of uniform.

Hats – only school hats to be worn.

#### Girls Uniform

- \*Dress
- \*Maroon shorts
- \*Maroon pants
- \*Maroon jumper or jacket
- \*Blue polo shirt( short or long sleeve)
- \*White socks
- \*Black shoes
- \*School hat
- \*Girls head scarfs must be pale blue in colour
- \*Tights or stockings under dresses must be grey



**Boys Uniform**

- \*Grey shorts
- \*Maroon jumper or jacket
- \*Blue polo shirt ( short or long sleeve)
- \*Grey socks
- \*Black shoes
- \*School hat

**Sports Uniform**

- \*Blue sports polo or pale blue polo shirt (short or long sleeve)
- \*Blue shorts or track pants
- \*Blue school sports jacket

**Uniform Shop – Orders via FlexiSchools App**

The uniform shop is currently operating through the use of FlexiSchools app.

Parents are able to order and make payment online using FlexiSchools. Uniform items will then be delivered to your child's class.

**How To Order Uniforms Using The Flexischools App**

<p>1. Login</p>	<p>2. Click on Add a student. Add all the details for your child</p>
<p>3. You will now have the services available on Flexischools.</p> <p>4. Click on SHOP</p>	<p>5. Select Load More Dates and choose a date to open up the order form to shop uniforms</p>
<p>6. Proceed to what type of uniform you need to order</p>	<p>7. Make your selection and pay online. Once you have paid and your order is ready it will be sent to your child's classroom or the office to be picked up.</p>

**Birthday packs**

At school we have many students with food allergies and conditions. As a safety measure we request that parents **please do not send cakes or food to school to be distributed.**

This is to support our students with food allergies and health conditions.

In order to support all of our student's health and safety we ask that if parents wish to acknowledge your child's birthday that the "Birthday Packs" from our school canteen be considered.

Parents are able to order Birthday Packs from our school canteen via the Flexischools app or by contacting the school canteen directly. Birthday packs simply need to be ordered in advance. When parents order a birthday pack these are delivered directly to your child's class to acknowledge their special celebration.



# MRS SMITHETT'S LEARNING SUPPORT NEWS

## GO4FUN PROGRAM



In collaboration with the South Eastern Sydney Local Health District we are able to bring you the **Go4Fun** program in Term 4. Sessions will run for eight weeks each Tuesday afternoon from October 22nd. Parents and their children will learn how to build quality healthy habits for life!! See the **healthy, happy and active kids poster** in this newsletter to register!!

## POSITIVE LIVING SKILLS PROGRAM

Throughout 2024 I have been working across the Stage 1 classes to support the development of social skills.

In Semester 1 we focused on the *Zones of Regulation* program which gave students the tools to identify and help with the regulation of their emotions. In Semester 2 my focus is lessons on cooperation, friendships and conflict resolution using lessons from the **Positive Living Skills** program. This program will be rolled out to all stage classes in 2025.





# What's happening in 6G

This term, 6G have been focused on learning all about different sources of energy, and how energy is transformed to create electricity. We are also learning about how to write from different perspectives, and engaging with the text *August and Jones*. We have learned different mathematical strategies to solve complex problems that will help us in Year 7 next year. Finally, we held our big fundraiser, the Father's Day Stall! This was a huge success where we raised over \$2000, which will go towards funding our Farewell at the end of the year.







# 3/6D

## TERM 3 WEEK 8

This term we have been focusing on whole number and multiplicative thinking in Mathematics. Our focus in Literacy has been using expression when we read aloud. In writing we are beginning to learn how to structure an Information Report.



We have had a very busy term. Dressing up, playing sport, drawing and painting.





# Mr. Ayoub's Chess Club

At Athelstane, the Chess Club encourage students to plan , strategise and think ahead. The Chess Club runs on Thursdays, with approximately 20 students from various grades. Students are very motivated and keen to play every week.





The After School Klub

# Arncliffe PS

Spring   
W1

bookings close - WED 25 SEP

**M** 30  
SEP

## Jedi Academy

Learn the ways of the Jedi, with the all new **Jedi Academy** from Iconic Nerd



**Incursion: Iconic Nerd**

Daily Total: \$92

**T** 01  
OCT

## Quiz Day

Test your knowledge and see if you're smarter than an educator in this fun quiz day!



**Are you smarter than an Educator?**

Daily Total: \$79

**W** 02  
OCT

## Chemistry Chaos

Crazy science experiments hosted by **Beyond the Beanstalk** - Plus science themed activities and fun



**Incursion: Beyond the Beanstalk**

Daily Total: \$92

**T** 03  
OCT

## Paint & Shakes

Mix art & delicious milkshakes for a fun-filled day of painting & slurping yummy shakes.



**Incursion: Art on Canvas**

Daily Total: \$92

**F** 04  
OCT

## Slime Time

Get messy with slime, goo, and goop in this sensory filled adventure!



**SLIME!!**

Daily Total: \$79

bookings close - WED 2 OCT

**M** 07  
OCT

Public Holiday



**T** 08  
OCT

## Frankenstein's Monsters

Spooky themed games and activities, with a loose parts twist!



**Crafty, Spooky, Fun!**

Daily Total: \$79

**W** 09  
OCT

## Laser Tag Party

School grounds become an arena for outdoor laser tag fun!



**Incursion: All Day Laser Tag**

Daily Total: \$92

**T** 10  
OCT

## Movie Day

**Excursion to Palace Cinemas** Leichhardt to see The Wild Robot



**The Wild Robot**

Daily Total: \$105

**F** 11  
OCT

## Candyland

Whip up some delightful sweets and enjoy a day of tasty creations!



**Sweet Treats**

Daily Total: \$79

W2

AYS  
HOLID  
TASK

Book Now: Log into BookMe in your Hubhello account - <http://hubhello.com/#login>



# Healthy, happy and active kids

Join a **FREE** after school program supporting children and their families to achieve a healthy lifestyle.

## What will your family gain?

- Expert advice from health professionals, including dietitians.
- Quality time together learning healthy habits for life.
- Improved overall wellbeing for the family.



## What's involved?

Sessions run once a week for 8 weeks, in Term 4, 2024.

### Topics include:

- Encouraging children to try a variety of foods.
- Managing screentime and sleep routines.
- Affordable meals and snacks.
- Building resilience.
- Low-cost ways to get active.

## REGISTER HERE



[Click here](#)

## Your local program:

**Where:** Athelstane Public School, Athelstane Avenue, Arncliffe

**When:** Tuesdays 3.15-5.15pm, starting 22 October 2024.







YEAR 6

## A VISIT FROM KOGARAH HIGH

On Tuesday the 10th of September, Year 6 students were treated to an information session about 'What to expect when transitioning from Year 6 to Year 7'. The Year 7 coordinator from Kogarah High School, along with ex-Athelstane students Ilaaf and Jacobi, discussed some of the differences between Year 6 and 7, along with many of the exciting and challenging opportunities they have taken part in so far as Year 7 students. Year 6 students were able to ask questions and build their understanding of high school from students who have experienced this change only recently.

### Learning



### Sharing



### Growing



### Together

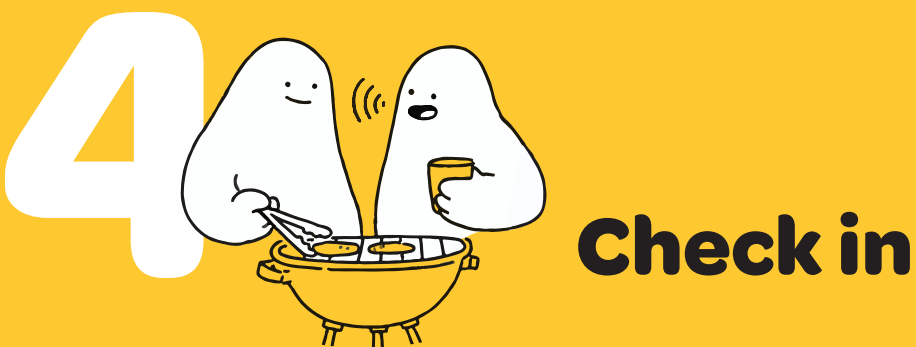
# How to have an R U OK? conversation with a friend



- Choose a time and place where they'll be comfortable opening up.
- Ask in a way that works for you. You don't have to use the exact words, 'are you OK?'.
- You could even gently point out what you've noticed or mention something that's going on for them.



- Take what they say seriously and don't interrupt or rush them.
- Don't judge their experiences or reactions but acknowledge their feelings.
- Encourage them to explain by asking open ended questions like: "How are you feeling about that?" or "How long have you felt that way?".



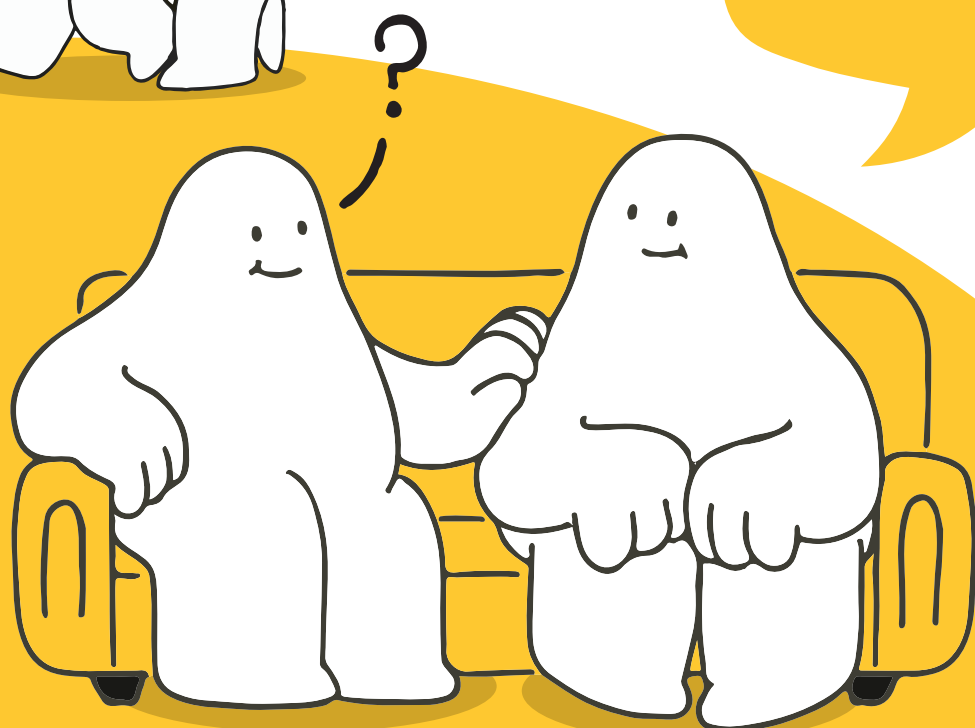
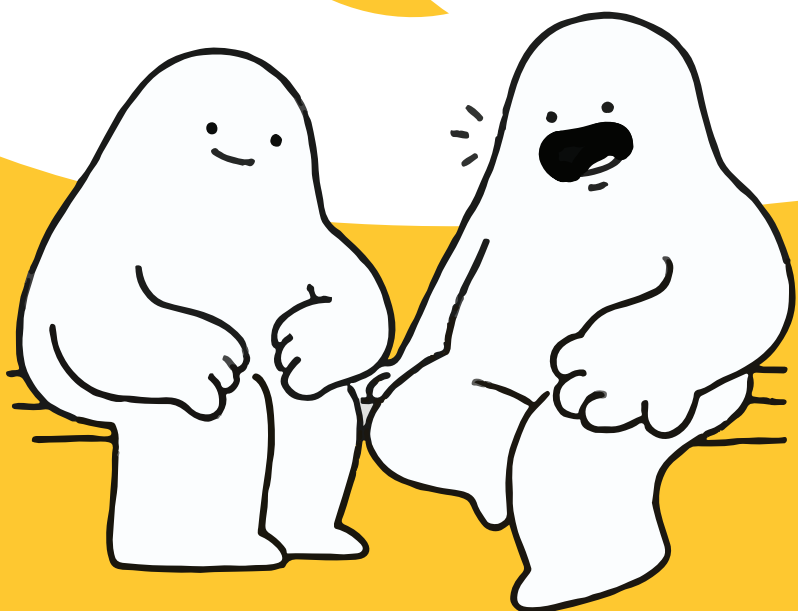
- Set yourself a reminder to check in with them again soon.
- You could say: "I've been thinking of you and wanted to know how you've been going since we last chatted."
- You might need to repeat the above steps.
- Your ongoing, genuine care will help them feel supported.



- Ask them what have they've done in the past to manage similar situations.
- Encourage them to think of something that could help them lighten the load.
- If they've been feeling really down for an extended period of time or they seem to be really struggling, encourage them to seek professional support.
- Offer to help them research appropriate services.







We all go through ups and downs in life. Your friends might be struggling with exam stress, a family breakdown, self-esteem, uncertainty about the future, mental health or any number of other things.

You might not be able to fix things, but one thing you can do is ask, 'are you OK?' and have regular, open conversations about what they're going through and how they're feeling.

If you think something's not quite right, that's the time to start a conversation – you don't have to wait for them to bring it up.

If you need some tips about what to say and do during these chats, flip this over and use the 4 steps of an R U OK? conversation as your guide.



For more tips and resources, scan the QR code or head to [ruok.org.au/friendbetter](https://ruok.org.au/friendbetter)



Confidential 24/7  
crisis support  
Call 13 11 14  
Text 0477 13 11 14

If you are ever concerned for your safety or the safety of others, seek immediate assistance by calling **Triple Zero (000)**.



#FriendBetter  
with **R U OK?**

Tips to help you  
support your mates



Confidential 24/7 counselling  
for 5-25 year olds  
Call 1800 55 1800  
Chat [kidshelpline.com.au](https://kidshelpline.com.au)



Find more support  
services at  
[ruok.org.au/findhelp](https://ruok.org.au/findhelp)

