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The Journal of the Federation of Parents and Citizens Associations of New South Wales

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The P&C Journal is published once a Term and is a great way to showcase what your P&C Association and school community is up to. If your School, Students or P&C Association is doing something special this year, share your story and photos with us and fellow school communities.

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The views expressed in the journal are not necessarily those of the Federation of Parents and Citizens Associations of New South Wales

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PRESIDENT'S MESSAGE

By Susie Boyd

The first half of 2019 was politically a hectic time for New South Wales residents as we participated in both a State and Federal elections in the space of barely six weeks. Following the State election, I'm excited to welcome our new Education Minister, Sarah Mitchell, and I look forward to a positive working relationship.

With the dust of both elections now settled, and the incumbent governments of both the State and Commonwealth being returned to office, P&C Federation's role in working for a better future is to help our children get the best education they can, so that they leave school ready to be contributing members of society. This will always be our best hope for the future and a public education system that guarantees schooling for children regardless of their families' wealth has always been central to this goal.

For the system to work, it is crucial to support our students with equitable education funding, so it is disappointing that when we look at the fine print of all major parties' education platforms, we see that they continue to underfund public education. There is absolutely no reason why we cannot have equitably funded public education except for a lack of political will, and we continue to pressure our elected representatives to deliver this.

P&C Federation have begun working with the NSW Health Department to implement a NSW election promise of a primary school dental program. The Program is being rolled out to primary schools in Mid North Coast, Western Sydney and the Central Coast from 1 July 2019. NSW Health are also working with Sound Scouts in providing school-aged children with free hearing tests by providing a fun tablet-based game that detects potential hearing issues in children. Additionally, P&C Associations are encouraged to remind your school community that from 1 July 2019, the Active Kids vouchers of \$100 will increase to two per year.

You would have received notification that that nominations for the 2019 NSW P&C Volunteer of the Year Award are now open on P&C Federation's website. Many school communities would not be what they are without the work of volunteers, and this is a great opportunity to acknowledge the efforts of those parents and citizens who generously volunteer their time for their school community and its students.

The NSW P&C Volunteer of the Year Award 2019 will be presented on 28 February 2020, at P&C Federation's 2020 Conference

**P&C CONFERENCE IS A
FANTASTIC OPPORTUNITY
TO MEET WITH OTHER
P&C ASSOCIATION
MEMBERS FROM
ACROSS THE STATE.**

Awards Dinner in Dubbo. If your school is more than 200km outside Dubbo, your P&C Association may be eligible for financial assistance from P&C Federation.

P&C Conference is a fantastic opportunity to meet with other P&C Association members from across the state. One of the most eye-opening experiences for first-time attendees is how similar other P&C Associations are to their own, regarding how operations are run and similar problems that may occur. This is a great opportunity to learn different strategies to tackle problems that may seem insurmountable.

Please refer to our website for more information on the P&C Federation's 2020 Conference, what financial assistance is available to your P&C Association and



P&C Federation President,
Susie Boyd

information on the NSW P&C Volunteer of the Year Award 2019. Alternatively, you can contact the P&C Federation's office if you want more information.

It is also time for P&C Associations to look at renewing their insurances and membership with P&C Federation. This is particularly important for Incorporated Associations, since maintaining membership with P&C Federation is a constitutional requirement. For more information, please feel free to contact the P&C Federation office or Andrews Insurance.

Finally, we would love to share stories of the wonderful work being done in our P&C Associations. Please feel free to submit a story about work that your team has done, is doing, or will be doing for inclusion in the Journal.



P&C FEDERATION 2020 CONFERENCE AND AWARDS DINNER DUBBO 28 & 29 FEBRUARY 2020

What makes Your P&C Association Tick?

P&C Federation's annual conference is designed for its member P&C Associations across New South Wales. P&C Associations are invited to send 2 representatives to attend and participate in the conference where they can gather information and resources over the 2 days as well as attend the awards dinner at which time the NSW P&C Volunteer of the Year 2019 will be announced.

Dubbo Regional Theatre and Convention Centre is the venue for P&C Federation's 2020 Conference and awards dinner, which is very exciting with its central position in NSW. This makes it an accessible location with a number of transport options for members wanting to attend from different areas of the state.

"What makes your P&C Association tick?" is the theme for the 2020 Conference as

it is important for P&C Associations to understand that even though they are run by volunteers, they are an autonomous association and must still meet their compliance obligations.

During the 2 days of the conference, attendees will have the opportunity to visit exhibitor stalls that provide goods and/or services of particular interest to P&C Associations as well as listen to speakers presenting on the compliance requirements for P&C Associations and the consequences of non-compliance.

Areas that will be particularly focused on will be in regards to charity status with Australian Charities and Not For Profit Commission (ACNC), the Australian Tax Office (ATO), SafeWork, Child protection, as well as the compliances associated with being an employer (for P&C Associations who employ staff).

If your P&C Association is a financial member of P&C Federation and your school is located outside of the 200 km radius from the conference location and your P&C Association representative/s are attending both days and the Awards Dinner, P&C Federation may assist up to the amount of \$500 in total for travel and accommodation.

Eligibility for reimbursement must be supported by providing receipts after the event as well as being in attendance for all business sessions.

If you wish to check if your school is outside the 200km radius, wanting to register for the conference or want further information regarding the conference go to our website at: www.pandc.org.au and click on the tile for the conference information on the homepage.

CALLING FOR NOMINATIONS! NOMINATIONS ARE NOW OPEN FOR "NSW P&C VOLUNTEER OF THE YEAR 2019"

Without volunteers P&C Associations wouldn't exist and without P&C Associations there wouldn't be a parent and/or community voice, support or additional resources for our young people and schools in public education.

Each Year at P&C Federation's Conference an Awards Dinner is hosted acknowledging P&C Association volunteers. We do this by asking P&C Associations to submit a nomination for a P&C Volunteer that they feel deserves the title of "NSW P&C Volunteer of the year 2019". From the nominations received the independent judges painstakingly select a finalist from each of the 16 electorates across NSW.

P&C Federation then invites those finalists and their guest to attend the conference and awards dinner covering their travel, meals and accommodation costs. The title winner is announced during the awards dinner.

Don't let that fantastic volunteer in your P&C Association miss out on this opportunity! Add NSW P&C Volunteer of the Year 2019 nominations on the agenda for your next P&C Association meeting and then submit your nomination. Submissions can be made by going to: www.pandc.org.au and clicking on the P&C Federation 2020 Conference - Dubbo tile.



**NOMINATIONS CLOSE
5PM 29 NOVEMBER 2019**

STEPPING OUT FOR THE PREMIER'S SPORTING CHALLENGE

By Mark Scott

Stepping out for the Premier's Sporting Challenge

The cooler days of winter are here – there's been snow, sparkling frosts, and it's jumper weather even up on the north coast. It makes you want to curl up with a good book and a cup of hot chocolate, but students and staff across NSW are instead getting out and active for the Premier's Sporting Challenge.

More than 400,000 students and 10,000 staff took part in 2018, the largest uptake in the history of the challenge. We're expecting this year to be just as popular.

Our staff teams, captained by departmental leaders, compete to take the most steps over the 10 weeks of the challenge. I'm pleased to report that my team triumphed last year (the strategy of recruiting marathon runners paid off!) but the competition has intensified this year – so expect to see principals and teachers pacing the playground with extra enthusiasm over the next month.

Students are also stepping out energetically. Many schools have set up a Premier's Sporting Challenge school tracker to encourage everyone to work towards a higher level of physical activity.

I'd encourage all parents to support your kids to get out and moving during winter. It's a lot of fun and a really positive thing for our

health and wellbeing – and it makes coming in from the chilly air for that hot chocolate even sweeter.

High Potential and Gifted Education policy

Our new High Potential and Gifted Education policy was recently announced by the Premier. The program is designed to nurture talented students and will be operating in all public schools in NSW by 2021. We'll provide support for teachers to identify students who have high potential in academic, creative, social-emotional and physical fields and the resources that are needed to extend them.

We know that gifted students comprise the top 10% of all students and can show talent across a range of domains. They have the potential to learn and achieve at a level beyond their age peers, demonstrating greater depth and complexity of understanding. Worryingly though, a recent research literature review from our Centre for Education Statistics and Evaluation suggests that 10% to 40% of gifted students may be underachieving.

Every child deserves to be extended and challenged to their potential. They deserve the chance to find what they are really capable of and enjoy the opportunities that their talents open up for them. Our schools need to ensure that those with the potential to solve deep and complex problems have that potential nurtured.



Mark Scott, Secretary
NSW Department of Education

Learning from our principals

Last term I travelled with two Deputy Secretary colleagues, Murat Dizdar (School Operations & Performance) and Georgina Harrison (Educational Services). We flew, drove and bussed across NSW to present 12 Education Forums for Principals. We wanted to connect with every one of our 2,211 schools leaders and I think we got pretty close!

The insights we gained are incredibly valuable. Our principals came with stories and insights from their individual schools to help inform the work we do as a system and help us make the best decisions for our students and schools.

I think parents intuitively know that it's the principal who sets the tone of a school; that it's their leadership that makes it a place where kids feel known, valued and cared for and the kind of place where staff can bring their best selves to work – and do their best work. As parents, we all recognise the truth behind the maxim that 'the days are long but the years are short'.

At the principals' forums we talked about what this means in our schools. We know we have to focus our deep attention on the things that really matter. To make the space to do the work that will make a difference in children's lives, in each student's life. This is our purpose.



Mark Scott gets puts through his paces by students from Rydalmere East Public School for the Premier's Sporting Challenge.

NESA NEWS

By Paul Martin

HSC 2019: first online exam

This year's HSC will be historic on a number of fronts, with the very first online exam to be sat for Science Extension and new English, Maths, Science and History syllabuses to be examined.

If you have a child sitting the HSC this year I encourage you to direct them to the Sydney Morning Herald's website where you will find our 2019 HSC Study Guide. The Guide is an essential resource and provides all the key dates, smart study hacks, useful tips and guidance from past students as well as exam markers. I draw your attention in particular to the information about managing anxiety and stress including how to establish a realistic study plan with your child.

HSC 2019: Disability Provisions

Disability provisions in the HSC are practical arrangements designed to help students who couldn't otherwise make a fair attempt to show what they know in an exam room. If you have a child applying for disability provisions we encourage them to submit their application as soon as possible ahead of the exams.

New syllabuses in schools in 2020

Next year will see a number of syllabus changes and I encourage you to visit our website to find out about the new syllabus for:

- PDHPE K-10 and 7-10 electives Child Studies, Physical Activity and Sports Studies
- Years 7-8 Technology Mandatory (100 hours in Year 8)
- 7-10 electives Agricultural Technology, Design and Technology, Food Technology, Graphics Technology, Industrial Technology, Marine and Aquaculture Technology, Textiles Technology,

- HSIE electives - Geography Elective, History Elective and Work Education.

NAPLAN

The Australian Curriculum, Assessment and Reporting Authority (ACARA) in conjunction with Education Services Australia have worked hard to build and maintain the platform that hosts NAPLAN online, and it has been rigorously tested over two years with selected schools (with 15% participation in the first year and over 55% in the second year).



Unfortunately on 14 May, the first day of testing this year, it fell short due to unforeseen connectivity issues. This caused distraction and flamed the complex debate surrounding NAPLAN.

The NSW Education Standards Authority's primary concern is always with students, their families and teachers. Thank you to those who called us to discuss your concerns and issues. NESA has been in close contact with ACARA and will continue to update our stakeholders as to the cause and rectification of the disruptions as they become known.



Paul Martin, CEO
NSW Education Standards Authority

We understand that for the majority of students and schools undertaking NAPLAN this year, it all went without issue. Those schools and students that unfortunately experienced problems on day one of the testing this year have been able to re sit tests.

As I said in my last contribution, I am also a parent of two school aged children and I understand on a personal level the importance of schools and teachers and the work you do representing government school parents in New South Wales. I thank you.

Paul Martin

Chief Executive Officer
NSW Education Standards Authority



YOU CAN MAKE A DIFFERENCE TO THE SAFETY OF YOUR CHILD AT WORK

Provided by SafeWork

Where I worked we basically peeled potatoes and at the end of the day we cleaned the machines. No one had a particular spot on where they cleaned and on this day, nobody was cleaning the auger so I thought it's my turn I guess so I'll go and do it" says Tiffany Ward, 18.

Tiffany was severely injured when both of her arms were caught in the potato processing auger that day.

A young worker's ability to stay safe is impacted by several risk factors. It's your role as a parent or carer to understand how a young person's mind works, their capability and other lifestyle challenges they may face that could affect their ability to work safely, before they go off to work.

Young people learn quickly and can adapt to change quite well, but the parts of the brain responsible for assessing risk and controlling impulse are still developing. Although workplace safety behaviours are learned, if a young person is uncertain about what is unsafe, especially if they're new



"I do think my accident was preventable. They didn't have things in place when they should have had things in place. I was told there should have been a safety switch so that all machines lock down before cleaning", says Tiffany when she reflected on the incident many years later.

At home, there is plenty you can do to help your child be prepared for work. Empower them to stop if they're unsure, and encourage them to speak up and ask questions.

Start a conversation by asking open ended questions about their job to allow them to

demonstrate their understanding about what they do in their role, what safety processes they follow and how they address safety issues. Help them break down their tasks into manageable steps and get them to demonstrate tasks to ensure

WAIT, TAKE FIVE

"Wait, take Five" is a simple message to share with your child to apply in all workplace scenarios. When they sense something isn't right they can take five quick actions:

1. **Stop**
2. **Is it safe?**
3. **Could it hurt someone?**
4. **Speak up**
5. **Ask**

they understand and are capable. Discuss potential risks associated with their job, how to identify them and what to do if they have questions.

If you need help starting a conversation about supporting and guiding your child to understand their rights at work, SafeWork NSW has an online guide for parents and guardians. Young workers can also get some tips themselves by visiting SafeWork NSW's Young Workers eToolkit.



to the workplace, they may not speak up. This coupled with doing unfamiliar tasks, balancing study, a social life and sleep patterns could be very overwhelming for a young person and potentially be a recipe for disaster. They forget to stop and think.

UPCOMING P&C FEDERATION INFORMATION SESSIONS



P&C Federation would like to invite your P&C Association to attend any of the free information sessions

<p>Far West Electorate Tuesday 29 July 2019</p>	<p>Mudgee Public School 44 Perry St, Mudgee NSW 2850 Evening Session: Registration 5.30pm to start at 6pm and conclude at 9pm</p>
<p>Central Coast Electorate Thursday 1 August 2019</p>	<p>Tacoma Public School Hillcrest Ave, Tacoma NSW 2259 Evening Session: Registration 5.30pm to start at 6pm and conclude at 9pm</p>
<p>North West Sydney Electorate Wednesday 11 September 2019</p>	<p>John Palmer Public School 85 The Ponds Blvd, The Ponds NSW 2769 Evening Session: Registration 5.30pm to start at 6pm and conclude at 9pm</p>

Register to attend an information session by going to: www.pandc.org.au

If your P&C Association would like to host a P&C Federation information session in 2019, please send an email to mail@pandc.org.au, and you will be contacted.

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TEN YEARS OF LEARNING AND INCLUSIVITY AT MACLEAN HIGH SCHOOL

By Liza Hamilton

The tenth River of Learning Celebration Day was held at Maclean High School on Wednesday, 29th May. The event was officially opened on Tuesday night at the Yamba Museum featuring the 'River to the Sea' art exhibition where students from Maclean High School and local primary schools contributed their art work. Other schools along the Clarence River such as Baryulgil Primary School and for the first time, Casino High School, have also joined the exhibition. Yaegl Elder Aunty Elizabeth Smith and Principal Greg Court opened the exhibition. There are over 100 pieces of art that will be on display at the museum until the 16th June.

The Celebration Day on Wednesday started with an Elders morning tea in the library. The school was then treated to a special smoking ceremony conducted by Uncle Ron and Sam Kapeen which was presided over by 15 Yaegl Elders. It was a very special moment for everyone to watch, as our Aboriginal dancers performed a cleansing dance. This was especially poignant as the Celebration Day is always scheduled during Reconciliation Week. From there the celebrations commenced in the gym with Year 7 students participating in Aboriginal games on the basketball courts organised by the PDHPE faculty for parents and community members to watch. Parents could then go into the gym to see all the projects from the faculties that teach Year 7 who had developed displays that contained the Yaegl perspective in subjects such as English, Mathematics, Science, Geography, History, TAS, Special Education and the Creative and Performing Arts.

The official part of the Celebration Day was centred on the speeches and acknowledgement of the last ten years. The addresses were given by Uncle Ron, Greg Court, Rhonda Pitson, Kahluha Charlton and Joanne Jamie from Macquarie University. All speakers gave their perspective on the River of Learning program and how far we had all



come in a decade. Uncle Ron's call for greater funding from the Federal Government to allow schools the opportunity to grow and learn reconciliation resonated heavily with everyone in the gym. There was a collective theme expressed by all speakers; there has been something really special come from a partnership between the Elders, the local community, Macquarie University and the school over the last ten years.

The highlight of the program was the performances by Maclean High School students with Year 7 students, Ryan Anderson and Millie Speirs, reading

their recounts of the Cultural Tours. The musical and dance items were outstanding throughout the ceremony. To the delight of the audience, the music group sang the chorus line to 'I am Australian' in Yaygirr language which was particularly breath-taking. This culminated in the finale, being the song Solid Rock performed by the Maclean High School musicians and accompanied by the Aboriginal dance group. Students were then treated to a sausage sizzle, whilst Elders and invited guests enjoyed a luncheon catered for by Year 11 Hospitality students featuring some local Indigenous cuisine.

Such an event would not be possible without the hard work of many people over several weeks to get things running smoothly. Firstly, a thank you to the Elders: Uncle Ron, Aunty Glenda, Aunty Rosie and Aunty Beris who accompanied the students on the Cultural Tours in Term 1 which formed a big part of the students' work as seen in the gym. The ongoing success of the Cultural Tours is due to the Elders giving the school their time and knowledge of country which is very special for every student.



The school would like to thank Dee- Anne Kapeen and Dean Loadsman for working with the students, Dee-Anne in helping prepare the lunch, and Dean for the time given to rehearsals in getting all the dances right for the smoking ceremony and the ceremony in the gym. The Maclean High staff for their ongoing effort in constructing the displays, cooking the sausages, teaching the thematic lessons and the music. Thank you to the Yamba Historical Society for setting up the exhibition and collating all the artwork. Their support is very much appreciated by the school.

Special thanks to Rhonda Pitson, previous Deputy Principal at Maclean High School,

whose inspirational idea has become the River of Learning Celebration Day, along with her passion and commitment towards this program and Aboriginal Education over the last decade at Maclean High School.

Lastly, such an event would not have been possible without the enormous effort, drive and commitment shown by our Aboriginal Education workers, who led and co-ordinated all the projects on the day such as dance, music, language, art, consultancy and logistics. They have also encouraged and inspired our students to 'get out there and celebrate their culture'. A big thank you to Sam Kapeen, Anjanette Warburton, Krystal Randall and Deborah Breckenridge. They

are such tremendous role models for all our students.

Staff and students at Maclean High School look forward to another ten years of the River of Learning program.

Liza Hamilton

Deputy Principal Instructional Leader Aboriginal Students.



ANDREWS

INSURANCE SERVICES TO BUSINESS

P&C ASSOCIATION RENEWAL TIME! MEMBERSHIP AND INSURANCE IS DUE 1ST AUGUST 2019

Information on Membership and Insurance renewals for the 2019-2020 period was emailed out to your P&C Association from Andrews Insurance Services Pty Ltd in June.

In order to receive our latest notices, news and other information, it is very important that your P&C Association keeps its contact details up to date. An Office Bearer can do this by completing the Member Register Update - <https://www.pandc.org.au/member-register-update/> or updating your details via the P&C Member's Portal.

Membership entitles your P&C Association to **\$50 Million Public Liability Insurance**.

DOES YOUR P&C ASSOCIATION HAVE ADEQUATE INSURANCE COVER IN PLACE?

Make sure you have all your P&C Association's activities covered; this may include insurance to cover your members and volunteers when they are participating in P&C Association events.

Has your P&C Association considered cash and property insurance for those P&C Associations who operate Canteens, OOSH Centres, Bands or Uniform Shops? Your P&C Association may want to take up one of the best-valued Insurance Packages available, including the option of top ups of cash and property.

It is highly recommended all P&C Associations review their business operations periodically to ensure that appropriate classes of insurances are of adequate cover and in place to ensure that your business, members and volunteer needs are met.

These may include:

- **Liability extensions for OOSH Centres, Tutors, Stall Holders, After School Classes, Vacation Care**
- **Voluntary Workers Insurance – for members and volunteers whilst participating in P&C Association events and activities**

- **Cash and Property Covers**
- **Association Liability**
- **Directors and Officers Liability**
- **Fidelity Insurance**
- **Motor Vehicle Excess Cover**
- **Packaged options of the above covers are also available.**

Corporate Governance



For more information, visit our website: <https://www.pandc.org.au/guides-policy-wording-and-schedules/>

Alternatively, if you'd like to speak to someone further about your specific insurance needs, please contact Andrews Insurance on 1300 885 982 Option 1 or email ela@andrewsinsurance.com.au | insurance@pandc.org.au

IMPORTANT NOTICE MEMBERSHIP:	P&C Federation last increase to membership fees was prior to 2014. The 2019-2020 membership fees will have a modest increase of approximately 5%.
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A WEEK IN THE LIFE OF CRESTWOOD P&C

BY TAMARA SCICLUNA

Friday night. Must remember to watch Better Homes and Gardens to see our fabulous students cooking with Fast Ed. Tick! Saturday off and Sunday off to Costco for a price recon for Mother's Day breakfast items. Update spreadsheet, send to school, done.

Monday. Call out to parents in WeChat and Facebook for volunteers for assisting with Mother's Day stall. Overwhelming response for both our pack-a-thon and the stall itself. The next few hours flies by responding to volunteers, locking in dates and times. Thank goodness the ordering and stocktaking was done last term! Note goes out for Election BBQ volunteers and cake stall donations. Ticking things off the list this week.

Wednesday is Mothers' Day prep day! A shop for pastries then packing and sorting the gifts for the stall so that every class gets the opportunity to have a wide range of gifts to select from. Then the actual celebrations on Thursday – a beautiful breakfast put on by the school to thank and acknowledge the wonderful female caregivers in our children's lives, followed by that all-important shopping from 9am – 11am.

The day flies by so quickly into the evening and hosting an information evening with the fabulous Debbie and Steve from the P&C Federation. As relative newbies to the world of P&C, we want to make sure that we are operating the best way we can and that there are no critical gaps in our processes. Not to mention, we want to hear the tips and tricks for streamlining and becoming the most effective we can. It was a great night, with lots of discussion, learnings and exchanges with other local P&Cs. We will definitely be back for another of these!

And so, it's Friday. TGIF? Not for a 5.30am start! Because today is the day Sunrise is filming its weather broadcast at Crestwood! Our very dedicated staff have been on site from the start, but the families soon trickle



in and thanks to our mobile coffee van Dad, we're all getting through the morning. After the broadcast, it's into a communications meeting with the school to plan how we can more effectively partner to reach the school community in the broadest and most engaging way possible.

Exhausted from reading all that? We're not! At Crestwood, we are undergoing a generational shift that reflects the working patterns of our parents and caregivers. As part of that, we are casting our net more broadly in to the school community and asking people how they want to be involved,

what skills they have we can leverage and how they want to be involved – whether it's face-to-face or remote support of our activities. By thinking differently about how we engage and how people can support us on delivering our objectives we hope to contribute to the school's diverse and inclusive community, build engagement and deliver a P&C that is truly sustainable, across all aspects of its operations. The above activities involved more than 30 different members of our community across different touchpoints and that is just in one week. Imagine what we can do in a year!

FINIGAN SCHOOL OF DISTANCE

BY MIKE TOM

Finigan School of Distance Education (Finigan SODE) commenced operation at the start of the 2019 school year and moved into its new purpose built site on Monday 18th March. FSODE is a purpose built K-12 distance education school located in Queanbeyan NSW.

Finigan SODE is a K-12 school and has formed from the combination of the Queanbeyan Distance Education Centre (primary) and Karabar Distance Education Centre (secondary).

The school is named in honour of Walter Finigan who was the innovative Principal of the Correspondence School based at Blackfriars in Sydney from 1916 to 1949. The opening of Finigan SODE is the start of a new and exciting chapter in the long history of quality distance education delivery in New South Wales.

The school has 104 full-time equivalent teaching staff and 1000 enrolments. Finigan SODE has been specifically designed to meet the needs of distance education students and teachers. The main site includes 20 web lesson studios, a satellite lesson studio and 2 video production studios. Each teacher is equipped with a Microsoft Surface Pro for the delivery of live lessons and the digital annotation of student work. We are focused on leveraging the latest technology to allow our students to build the relationships with their teachers and peers essential for successful learning.

Finigan SODE is an equity provision for many students. We provide quality individualised learning programs for students who meet the criteria of one or more of the distance education enrolment categories. These include geographical isolation, travelling within Australia or overseas, medical conditions that prevent attendance at a face-to-face school, vocationally talented students and students with additional learning and support needs, including those



with disability and students in extraordinary circumstances. Finigan SODE also provides single course curriculum access for students attending face-to-face schools.

The school has 9 learning hubs located across south eastern NSW where students are able to access face-to-face teacher support. Teachers also conduct field visits to provide face-to-face support for students. Finigan SODE teachers are learning experience designers. They are committed to the provision of high quality, personalised learning experiences for every student through the innovative and flexible use of



technology. More information can be found at <https://finigan-d.schools.nsw.gov.au/>

By Mike Tom
Leader, Rural and Distance Education.

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Supplied by NSW Health

In NSW, all children (under 18 years old) can access free public dental services. Some children may also be eligible for the Commonwealth's Child Dental Benefits Schedule (CBDS). Regardless of whether your child is eligible for the CBDS, they will receive the same high standard of care that all NSW public dental patients receive at no cost to you.

Dental care for primary school students in NSW

The NSW Government will invest \$70 million over the next four years to provide 35 new mobile dental clinics across NSW, which will allow checking of up to 136,000 primary school children each year. The NSW Health Primary School Mobile Dental Program will be rolled out from 1 July 2019 and primary school children in Western Sydney, the Mid North Coast and the Central Coast will be among the first to benefit.

What is the NSW Health Primary School Mobile Dental Program?

The school-based dental service being offered by NSW Health includes the following:

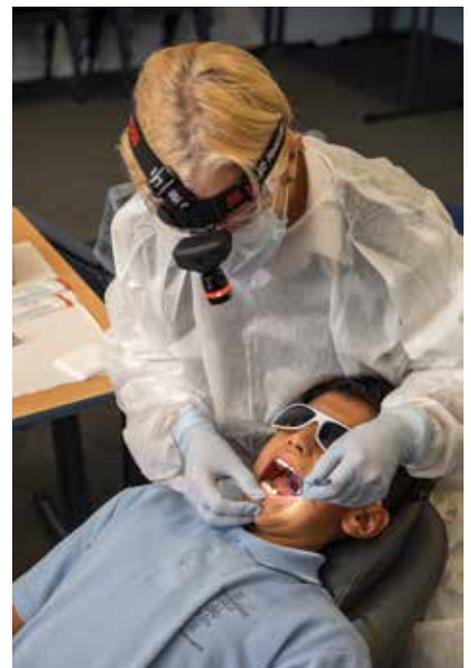
1. An appointment to provide your child with a comprehensive dental check-up and preventive care package
2. A review appointment within 12 months if required
3. Additional treatment at school or in a fixed clinic if your child requires more complex care

Dental care will be provided by highly trained NSW Health staff who will work either in a designated room in your child's school using portable dental equipment or in a mobile dental van. All services from NSW Health will be provided at no cost to you.



When will the mobile dental clinic visit my child's primary school?

School visits will commence from July 2019 and be booked by Local Health District public dental services in consultation with your child's school. Your child's school will communicate the date/s and time/s to you. Alternatively, you can contact your Local Health District public dental service to find out when the next visit to your child's school is planned.



What if my child's primary school isn't included in the first phase of the program roll-out?

If your child has a regular dental professional, you can continue your child's care with that

What is the Child Dental Benefits Schedule (CDBS)?

The CDBS gives eligible children and teenagers access to up to \$1,000 in benefits for dental services over two calendar years.

Children and teenagers are eligible for the CDBS if they are:

- Aged 2 to 17 years for any one day of the calendar year and
- Eligible for Medicare, and
- Part of a family that receives Family Tax Benefit Part A or the child receives an Australian Government payment from the list available through the Department of Human Services.

You don't need to register your child for the CDBS. Families and teenagers will be advised by Medicare if they are eligible.

What services are covered by the CDBS?

A range of services can be accessed under the CDBS including:

- Examinations
- X-rays
- Cleaning
- Fluoride varnish
- Fissure sealants
- Fillings

Benefits are not available for orthodontic or cosmetic dental work and cannot be paid for any services provided during a stay in hospital (including day surgery).

When your child attends a public dental service, you will be asked to sign a form allowing NSW Health to claim benefits from the Commonwealth for the services provided. Even if the \$1,000 cap is reached, or your child needs treatment not covered by the CDBS, there will be no charge for these services in a public clinic.

How can my child access the CDBS?

Your child can access dental care under the CDBS through the NSW Public Dental Service, including school based dental services (see below), or through a private dental provider.



provider. Alternatively, you may choose to make an appointment for your child to be seen at a NSW Health public dental clinic. In NSW all primary school children can receive free dental care in public dental clinics. To make an appointment, contact your Local Health District public dental service.

Dental care for high school students in NSW

The NSW Health Primary School Mobile Dental Program is for primary school students at eligible schools in NSW only. If your child is in high school (under 18 years old), they can still access free dental care under the CDBS through the NSW Public Dental Service. To make an appointment, contact your Local Health District public dental service. Alternatively, if your child has a regular dental professional, you can continue your child's care with that provider.

- Supplied by NSW Health

Please note that when visiting a non-NSW Health service, the costs of your child's care may be covered by private health insurance, the Child Dental Benefits Schedule (if your



child is eligible), payments made by you, or a combination of these.

Contact information or enquiries

Visit: health.nsw.gov.au/oralhealth

Call: Your Local Health District public dental service (health.nsw.gov.au/oralhealth/Pages/contacts.aspx)





SECONDARY SCHOOLS 'KEEPING SAFE' AS YOUTH ROAD TOLL SOARS

Supplied by Blue Datto Foundation

What's your school doing to help protect your students, families and the wider community from unnecessary road trauma? That's the question the Blue Datto Foundation is asking schools across NSW as the number of young people involved with crashes continues to soar.

Last year alone 260 young people under 24 were killed on Australian roads accounting for almost one quarter of the country's total road fatalities. An occurrence that hits too close to home for the Vassallo family from the Hawksbury region, after losing their 17-year-old son Philip (known as the 'kid in the Blue Datto') in a preventable crash in 2014. Phil was sadly one of 3,115 young people killed on Australian roads in the last 10 years.



The 'kid in the Blue Datto' Philip Vassallo who lost his life at 17

"These are our sons, our daughters, our friends and community members. Each of them has a name, a family and loved ones who grieve for them every single day," said Colleen Vassallo, Co-Founder of Blue Datto.

"The most heartbreaking thing is that many of these crashes are preventable. Crashes are not inevitable and we all have a role to play in helping keep our communities safe". Since Philip's death the Vassallo family has worked with recognised road safety and education experts to develop the award-winning Keeping Safe program which has since educated more than 15,000 Year 10 students across NSW. Last year alone they were invited to present to more than 60 secondary schools.

The Keeping Safe program has changed the lives of thousands of students, families and communities, purely by starting practical



conversations about road safety. The Keeping Safe program emphasises the importance of both driver and passenger responsibility in a car. By spreading the message that everyone holds a level of moral accountability, the Blue Datto team focuses on giving young teens a voice when faced with risk on the road.

A reason for the success of the Keeping Safe program is that their team consists of more than 30 University students employed as Peer Mentors. Their role is to build a relationship with the students whilst leading activities to get them thinking about their opinions on driving and being a responsible passenger in a car.

"We have found that the bond created between student and Peer Mentor is built out of trust, respect and integrity," said Colleen. Ensuring that students understand that the workshops are a space to be open about their driving and passenger experiences is also crucial. The Peer Mentors' main goal is to give students the confidence, skills and practical strategies to be safe drivers and help make the safest possible decisions.

The Keeping Safe program uses appropriate teaching strategies and activities to:

- Examine safe vs unsafe behaviours and common risk factors for young drivers
- Analyse choices, influences, responsi-

bilities and outcomes

- Improve participants' ability to problem solve and make decisions, particularly in risky situations
- Develop leadership and communication skills

So what sets Keeping Safe apart from other school-based road education programs?

1. Programs are delivered on site at schools
2. Programs are presented to groups of a maximum of 200 students per program, with a maximum of 20 students per breakout group/ Peer Mentor ensuring students build a great relationship with their presenter to get the most out of the program.
3. The program is supported by NSW Police, and students benefit from a member of the local Police Crash Investigation Unit presenting as part of the program.
4. Most of our Peer Mentors have experienced some level of road trauma that has affected them personally, or their family and/or their friends. Thus, the content is presented in a personal and impactful way.

To enquire about a program or for more information visit bluedatto.org.au, call 02 8999 8005 or email info@bluedatto.org.au.

RURAL SUBSIDIES SPORT AND ARTS UNIT

Provided by Department of Education



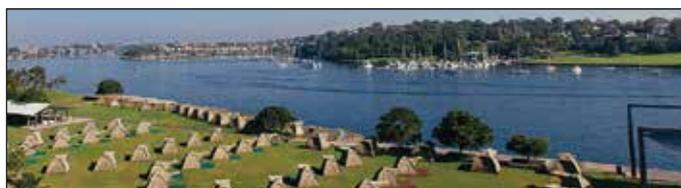
Rural and regional students taking part in state or regional sporting and cultural events are eligible for participation subsidies designed to reduce the financial impact on families through the Department of Education's Rural Remote Blueprint for Action.

The Arts unit offers the possibility of subsidies to rural and regional students to be able to participate in all the different cultural and art related events that they run.

Sport coordination officers in the local area should be contacted regarding available sport participation subsidies. The names and contact details of these officers can be found by using the 'Find my school's sporting association' search function at the following website <https://app.education.nsw.gov.au/sport/School/FindZoneRegion>.

Regions for sporting associations are Hunter, Riverina, Sydney North, Western, North Coast, South Coast, Sydney, North West, Sydney East, Sydney West, Western Darling, and Barrier.

The Arts unit offers the possibility of subsidies to rural and regional students to be able to participate in all the different cultural and art related events that they run. Information about how to access participation subsidies for the cultural programs is included on event pages on the Department of Education's Art Unit website at <https://www.artsunit.nsw.gov.edu.au/search/node/participation%20subsidies>.



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A CAREER DEDICATED TO PROMOTING THE BENEFITS OF SPORT ON STUDENT ACHIEVEMENT

Supplied by Department of Education



As a former science teacher Ross Morrison understands the importance of evidence to back theory.

It's why over the past decade, as head of the NSW Department of Education's School Sport Unit, Mr Morrison has joined forces with leading university researchers to better understand the links between physical activity, mental health and cognitive function in young people.

A former Australian baseballer and high school athletics champion, Morrison's life experiences taught him that physical activity is key to young people's wellbeing and success as adults.

"Sport has a role in education, but also in the values it imparts," he says. "Qualities such as resilience, fair play, collaboration, teamwork as well as wellbeing concepts such as self-esteem and communication with others."

He has been dismayed by the decline in activity among young people and the corresponding rise in childhood obesity.

"Only one in five Australian children meet the recommended national daily physical activity guidelines of 60 minutes of moderate to intense physical activity every day," he points out.

"This is partly due to the misconception that allocating time for students to be active at school will hurt their academic performance. This view is not only disappointing, but also ill-informed".

Morrison says schools have a key role to play in helping students meet the national activity guidelines and the NSW Department of Education requires its schools to provide 150 minutes of organised physical activity each week.

Yet when the Sport Unit undertook a survey on physical activity levels at school it found schools often struggled to meet the requirement because of competing priorities and a crowded curriculum.

Not one to ignore a challenge, Morrison and his team responded by developing programs that assisted and motivated teachers to incorporate physical activity into numeracy

and literacy classes, with the added benefit of improved student engagements and academic results.

'Girls in Sport' was the first joint university-department project. Its success has led to a variety of studies and the dissemination of evidence-based research through teacher professional learning programs. A range of physical activity programs have been co-designed to assist teachers and schools deliver quality physical activity including:

- 'Thinking While Moving Maths and English' incorporating movement into primary school mathematics and English lessons
- 'Resistance Training for Teens' to improve adolescents' muscular fitness and resistance training skill competency
- 'Burn 2 Learn' to test the impact of high-intensity activity breaks on senior school students' cognitive and mental health, and
- 'iPLAY' to support primary school teachers to deliver high-quality physical education and increase students' opportunities for physical activity across the school day.



Morrison says there is a growing body of evidence that suggests students with higher levels of physical activity and aerobic fitness perform better on standardised tests and measures of cognitive function.

“I remember sitting with a deputy secretary about eight years ago and suggesting I knew how to increase the State’s NAPLAN results,” he recalls. “I said, ‘You take students outside and run them around for 10 minutes before the exam and results will increase by 7 to 10%’. “I was being proactive when I suggested that, but the evidence says I’m right and there are schools that have taken that on board.” Morrison’s career as a sports administrator began with a role as regional sports organiser for the Metropolitan South West Region in Sydney. He was asked to take on the role of co-ordinator for the Pacific School Games, which was held as a test event for the 2000 Sydney Olympics.

The Games were ground breaking, especially for students with disability, where ‘Multi Class’ events were first held on the world stage for the first time.

“The NSW Department of Education led the world with multi class events in 2000 and it’s



Ross Morrison with students at the launch of the 2019 Premier’s Sporting Challenge

something I’m very proud of,” says Morrison pointing out that in 2012 half the Australian Paralympic swimming team came out of NSW Education Department’s representative school sport pathway.

In 2011 his team expanded the Premier’s Sporting Challenge with a ‘staff challenge’, which reminds staff of the need to look after themselves and also sends an important message to students that activity is important.

From an initial cohort of 629 staff in 2011, last year under the leadership of Department

Secretary Mark Scott and Deputy Secretary Murat Dizdar the staff challenge saw 10,500 staff track their activity for 10 weeks.

With his retirement nearing, Morrison hopes his legacy will be a change in mindset:

“I truly believe sport and physical activity should be at the top of the curve because we know you will learn better, have better behaviour, be more numerate and literate and achieve greater academic outcomes the more physically fit they are,” he says.

ACTIVE KIDS:

HELPING MORE NSW CHILDREN GET INVOLVED IN SPORT AND ACTIVE RECREATION

Supplied by Office of Sport NSW

Data from the NSW Population Health Survey shows that 71 per cent of children in NSW are not meeting the daily recommended level of physical activity, which is 60 active minutes each day. Further, 22 per cent of children aged 5-16 years are reported as being overweight or obese. The risk is that children above a healthy weight are likely to carry excess weight into adulthood, placing them at increased risk of developing chronic disease later in life. This is a serious issue for NSW, and that is why the NSW Premier has a target of reducing the childhood obesity rates by 5 per cent by June 2025.

The Active Kids program, launched in 2018, is one of the NSW Government's key initiatives contributing to tackling overweight and obesity rates. The program aims to increase participation of school-enrolled children in sport and physical activity by providing parents with vouchers to help cover the cost of registration and membership fees.

Due to the enormous success of the program in its first year, the NSW Government has announced that it has doubled the program to encourage sport and physical activity across the entire year. From 1 July 2019, families will be able to access two separate \$100 vouchers for each school-enrolled child. This means more kids can get involved in physical activity and learn healthy habits from a young age.

With 44 per cent of children spending more than two hours a day on sedentary leisure activities, the Active Kids program plays a crucial role in shifting physical activity behaviours of children and instilling healthy lifestyle habits.

Since the launch of the program nearly one and a half million vouchers have been downloaded, resulting in savings of over \$130,000,000 for NSW families. This has helped to reduce the cost barrier that may prevent children from participating in sport and active recreation, while supporting the delivery of the Premier's Priority to reduce childhood obesity.

Initial research findings into the program



WITH 44 PER CENT OF CHILDREN SPENDING MORE THAN TWO HOURS A DAY ON SEDENTARY LEISURE ACTIVITIES, THE ACTIVE KIDS PROGRAM PLAYS A CRUCIAL ROLE IN SHIFTING PHYSICAL ACTIVITY BEHAVIOURS OF CHILDREN AND INSTILLING HEALTHY LIFESTYLE HABITS.

have shown that during the first year, there was an increase in the proportion of children meeting the recommended level of physical activity from 29 per cent to 37 per cent. The activities most commonly participated in by children who were not active at registration, and then achieved the recommended level, were football (soccer), rugby league, AFL, swimming, netball and gymnastics.

Participation in sport and physical activity is heavily influenced by where you live, with

communities in the most disadvantaged areas being at a higher risk of being inactive. This trend is reflected in the early research findings from Active Kids. While the proportion of children who met the recommended level of physical activity increased across all socio-economic groups, the smallest increase was from families living in low socio-economic areas. Approximately one quarter of children that claimed a voucher were reported as overweight or obese, and among this group 32 per cent were from disadvantaged areas.

The Active kids program has provided a unique opportunity to achieve health enhancing levels of physical activity. This research highlights that continues efforts are needed to encourage increased participation for families living in the most disadvantaged communities.

Parents are encouraged to download and redeem their two vouchers by visiting sport.nsw.gov.au/activekids and using with an approved Active Kids provider.

If you would like to help promote the program through your school, please email branding@sport.nsw.gov.au for access to marketing materials.

HEALTHY SCHOOL CANTEENS: THE FINAL FRONTIER

By Zara Bird

If you've visited the Healthy School Canteens website and gone through the 10 Steps to a Healthy School Canteen, you may be familiar with the Final Frontier. Your school may be one of 604 schools that have already passed the Menu Check, but the state-wide final frontier is set to run during Terms 3 and 4 where schools can implement the Food and Drink Criteria and meet our goal timeline of December 2019.

Momentum is building! It's exciting to watch the list of successful schools growing each week. In addition to the numerous resources available on the Healthy School Canteens website, we are also running some hands-on, practical workshops to help schools achieve their goals.

The Healthy School Canteen Managers workshop is aimed at Principals and canteen managers, staff and volunteers who are working towards meeting the strategy, who are nearly there or who want to learn more about how to achieve it.

Each week this workshop helps more canteens reach their goal and the feedback from participants has been excellent. We really enjoy getting everyone together to learn and share ideas. If your canteen manager would benefit from this workshop, speak to your principal or email us at info@healthyschoolcanteensnsw.com.au.

Profitable Healthy School Canteen Workshop is a workshop our friends at Healthy Kids Australia have developed for canteen managers, staff and volunteers. It includes a good introduction to the principles of profitability and best practice for running

a successful canteen. For more information visit the Healthy Kids Australia website.

Remember there are four simple steps to success:

- 75% of your menu must be everyday food and drinks
- All packaged food and drinks must have a health star rating of 3.5 or above
- Portion sizes must be within the recommended guidelines for all food and drink
- Make sure only everyday food and drinks are promoted in meal deals and are displayed prominently.

Healthy Winter Warmers

Winter has arrived and we've been asking canteen managers what nutritious meals they are serving students to keep them warm and healthy throughout these winter months.

Coming in at first place is the delicious and nutritious butter chicken, an everyday choice that is easily prepared and always popular.

For vegetarians, fried rice is the most



popular choice – warm, nutritious and very filling (and adding tofu provides that extra filling protein).

An all-time favourite for seems to be good old hearty vegetable soup served with a warm piece of wholegrain toast.

Find these recipes and more inspiring ideas at the Healthy School Canteens website.

We'd love you to share your winter warmers with us and we will add them to our website. Email us at info@healthyschoolcanteensnsw.com.au.



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