



PRINCIPAL'S REPORT

Over the past few weeks staff have been gathering data and reflecting on programs and initiatives that we have been engaged in over the past three years as a part of the school planning cycle 2018-2020. We are currently working on the best way to share this information with our community and gain feedback in preparation for the new school improvement plan being developed next term. Please consider taking time to complete our parent survey, the details are below and we value your suggestions and opinions to improve outcomes for students and ultimately our school!

Tell Them From Me Student Surveys

This term, your school is taking part in the Tell Them From Me student survey. The survey will provide us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help them improve. The survey is completed on-line and is run by an independent research company, **The Learning Bar**, which specialises in school-based surveys.

Staff in schools will **not** be able to identify individual students from their responses. To ensure confidentiality, participating students will receive a unique username and password. Where fewer than five students respond to a question, the results will be suppressed. The survey typically takes 30 minutes or less to complete and will be administered by the school during normal school hours. Once the surveys are completed by students, reports are prepared and in most cases are available to schools within three business days.

This survey will help our school better understand how to improve student wellbeing and engagement. It will help the school identify what works to improve student outcomes.

Participating in the survey is entirely voluntary. Your child will not take part if either you or your child do not wish. If, during the survey, your child is uncomfortable, he/she can choose to stop the survey at any time. The majority of questions in the survey can be skipped.

If you **do not want your child** to take part in the survey, please contact the school by 18.9.2020. More information about the survey and the research is available in English on the Centre for Education Statistics and Evaluation website:

<http://surveys.cese.nsw.gov.au/information-for-parents>

What's On?

Every Tuesday Term 3

Hot lunch day for students in Transition to Year 2 only

Every Wednesday Term 3

Hot lunch day for students in Year 3 to Year 6 only

Tuesday 15/9/2020

Book Character Parade

Thursday 17 & 24/9/2020

Netball skills - all classes

Friday 25/9/2020

Last day of Term 3

Monday 12/10/2020

First day of Term 4 for students and staff

Have you downloaded our free school app?

Easily access all newsletters, notes, notices, reminders, events and receive emergency alerts.

Download the SchoolStream App

Search in the App store,

RESPECTFUL RESPONSIBLE ACHIEVERS

THE TELL THEM FROM ME PARENT FEEDBACK SURVEY (TERM 3 2020)

This term, our school will be participating in the Partners in Learning parent survey, another part of the Tell Them From Me suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, iPads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential.

The parent survey will be conducted between 14 September and 23 October. Although participating in the survey is entirely voluntary, **your responses are very much appreciated and assist our school in future planning.** More information about the survey is available at:

<https://surveys.cese.nsw.gov.au/information-for-parents>

The parent survey will open this week. To complete the parent survey please click on the following link:

<http://nsw.tellthemfromme.com/clergateps2020>

Cool Kids

There is an opportunity for your child to participate in a FREE online support program that teaches parents and their children how to better manage anxiety. The program is called Cool Kids Online and has been developed by the Centre for Emotional Health at Macquarie University. If you are interested in taking part in this valuable online program please contact Mrs Philpott for a consent form. More details are on the flyer attached to our newsletter. **Those students that wish to take part in this program must let Mrs Philpott know by the end of this week.**

Book Parade

Our book character parade will still be going ahead this year however due to COVID-19 restrictions parents and carers are unable to attend. The parade will occur at 10.30am so keep an eye on Facebook after that for some photos of our awesome students dressed as their favourite book characters! Students will come out of class 5 minutes early tomorrow and do a quick parade along the inside of the fence for parents who are picking their children up from school. Please make sure you social distance outside the school fence to watch the parade.

Hats

We would like all of our students to be wearing their Clergate PS bucket hat every day. The bucket hats are available from Kingfisher School Gear in Summer Street for \$13.25.

Our goal is 100% of our students wearing their Clergate PS bucket hat 100% of the time. Please help us reach this goal by the end of term!

Clergate is a BeYou School



RESPECTFUL RESPONSIBLE ACHIEVERS

Merit Awards

K/1

Carter - perseverance in sounding out when reading

Michael - kindness to others and being helpful in class

Cadence - enthusiasm during netball and fitness and improving her jumping skills

1/2

Pat - quick addition strategies when playing 'Around the World' in maths

Amelia - persistence in reading groups and beautiful expression

Mikhaela - impressive strategies to spell unknown words and for always helping others

3/4

Solitaire - using descriptive language such as similes, to improve her writing

Gracie H - fantastic effort and determination during touch football

Darren - enthusiastic engagement in our VR headset sessions

4/5/6

Layla - being a valued member of 4/5/6 who tries hard

Jack - incredible engagement in class discussions

Max - being a reliable leader

STUDENT OF THE WEEK

Our student of the week for Week 9 is James. He received his award for

- being an amazing friend to all, showing kindness and compassion
- acting as a role model for peers with positive behaviour, both in class and in the playground
- demonstrating empathy towards others
- completing work to the best of your ability
- showing 'Butterfly Learner' qualities in class
- always being respectful to teachers and visitors
- willing to take on new responsibilities and showing future leader traits!

Well done James!



DON'T FORGET!

Please pack a **SCHOOL HAT** and wear it! We would like 100% of our students wearing their hats in the playground 100% of the time!

RESPECTFUL RESPONSIBLE ACHIEVERS



Reliability

It looks like;

- Others can depend on you.
- You keep your commitments and give your best to every job.
- You are responsible, you don't forget and you don't need to be reminded.
- Other people can relax knowing things are in your reliable hands.



We are Butterfly Learners

Persistent

WE TOUGH IT OUT



I MAKE GOOD CHOICES ABOUT MY LEARNING
I CAN MANAGE DISTRACTIONS AND STAY FOCUSED
I AM ORGANISED AND READY TO LEARN
I CAN WORK INDEPENDENTLY AND BE A TEAM PLAYER
I LIKE TO COLLABORATE
I CAN PUT IN MORE TIME AND EFFORT



RESPECTFUL RESPONSIBLE ACHIEVERS

PLAY TOUCH FOOTBALL

A Place on the Field for Everyone

Sign up today!



PLAYNRL.COM



WHY PLAY TOUCH FOOTBALL?

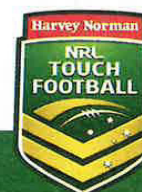
- » Touch Football is a fun game providing a great social environment for both boys and girls; competitions for all ages and skill levels
- » Touch Football is a great, minimal contact sport to get kids active and meet new friends
- » Mid-week and after hours' games will leave your weekends free
- » Join the NRL family - develop skills that support other sporting interests
- » Representative pathways that lead to club, state or even national honours
- » Catering for individuals or as a team - *A place on the field for everyone!*

Sign up today!



WHERE TO PLAY!

Want to know where you can play touch?
Head to <https://touchfootball.com.au/play/>
And put in your postcode to find a club that is
Closest to you!
For more information contact Luke Saldern
At luke.saldern@nswtouch.com.au



PLAYNRL.COM

RESPECTFUL RESPONSIBLE ACHIEVERS



MACQUARIE
University

Cool Kids Online

INTERNET DELIVERED CHILD AND ADOLESCENT
ANXIETY TREATMENT (AGES 7-17 YRS)

Program Tel: 02 9850 6393
E: CKOSchools@mq.edu.au

Approximately 1 in 5 young people experiences significant anxiety and fearfulness that affects their daily life. The NSW Department of Education has engaged the Centre for Emotional Health at Macquarie University to offer free access to online treatments for school students who have significant anxiety disorders.

WHAT IS ANXIETY?

There are a range of different types of anxiety experienced by children and teenagers including finding it difficult to be away from parents, being extremely shy, worrying about what others think of them, avoiding social and school activities, or worrying a lot about everyday matters, potential dangers and the future. Sleep difficulties, headaches, nausea and difficulty breathing can be part of these feelings. Many children experience more than one type of anxiety.



BENEFITS OF COOL KIDS ONLINE

- Families can access Cool Kids Online in the comfort of their own homes
- The interactive online format is easy to navigate and engaging for children and young people
- Families receive professional telephone support throughout the program from qualified, experienced therapists
- Cool Kids Online is based on research and has been shown to be effective in reducing anxiety.

RESPECTFUL RESPONSIBLE ACHIEVERS

WHAT DO THE ONLINE PROGRAMS INVOLVE?

There are 8 modules that contain text, videos, exercises, and illustrations – to teach the youth (and parent) clear and practical skills to help the young person manage their fears and worries and overcome their anxieties. The modules will cover:

- a. Learning about feelings and anxiety
- b. Fighting fear by facing fear
- c. Detective thinking, and learning to think more realistically
- d. Building assertiveness and dealing with teasing
- e. Helpful ways of coping when upset

Families also receive four, 30 minute-telephone sessions with an experienced therapist during the program. These sessions enable parents or youth to **ask questions** about program content and help them **apply the skills** to their fears and worries.

For children in primary school, the program is mostly delivered to their primary caregiver, who then uses it to help their child. For adolescents in high school, the program is directly delivered to the teenager, with some additional support from their caregiver

WHAT DO WE NEED TO DO?

- Eligible families who are referred by a their school counselling team contact Cool Kids team at **02/ 9850-6393** or CKOSchools@mq.edu.au
- You will first speak to an intake officer who will ask a few basic questions.
- Next you will be given a link to a website where you will receive a series of detailed questions for both the caregiver and the young person to complete. This is an extremely important assessment that tells us whether the program is suitable for your child.
- If the program is suitable, you will receive a call from your allocated therapist who will provide you with a personal login. Four therapy sessions will also be scheduled.
- You and your child will work through the program with support from your therapist over the next 12 weeks.
- At the end of 12 weeks, you will once again be asked to complete the online assessment so that we can see how much your child has improved.

ABOUT US

The Centre for Emotional Health (CEH) is an internationally recognised specialist research centre at Macquarie University in Sydney, Australia. The CEH conducts research to further our understanding of child and adult emotional disorders and to improve methods of assessment and treatment.

The Cool Kids Programs have been developed and evaluated at the CEH over the past 25 years. Cool Kids is a structured, skills-based program that teaches children and their parents how to better manage anxiety. Many scientific studies show that most young people who complete Cool Kids experience significant improvements, with decreases in worry, fear, family distress and life interference.

FIND OUT MORE
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E: CKOSchools@mq.edu.au
W: mq.edu.au/ceh-clinic
CRICOS Provider 00002J



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