



Thursday 16th October 2025

Dear Parents and Caregivers,

Welcome to the last term of Kindergarten! We are looking forward to an exciting term full of fun activities and lots of learning.

Class Organisation (left to right)

Lachlan Guthrie (KG)

Danielle Ozdirik (Learning & Support Teacher)

Dean Presland (KP and Relieving Assistant Principal)

Connie Hallas (KH)

Amanda McLeod (KP and Assistant Principal - Monday)

Leanne Toia (K/1T and Assistant Principal)

Teacher email addresses

A reminder to please direct all urgent correspondence to the school office as teachers do not check their email during the school day.

KP: dean.presland2@det.nsw.edu.au or amanda.mcleod@det.nsw.edu.au (Monday)

KH: constantina.hallas4@det.nsw.edu.au

KG: lachlan.guthrie5@det.nsw.edu.au

K/1T: leanne.toia@det.nsw.edu.au

Child Protection

As a mandatory component of the NSW Personal Development and Health syllabus, your child will participate in child protection lessons in Term 4. Below is a URL for the NSW PDHPE syllabus which outlines curriculum outcomes and objectives:

<http://educationstandards.nsw.edu.au/wps/portal/nesa/k-10/learning-areas/pdhpe/pdhpe-k-6-syllabus>

Child protection education aims to assist students to develop skills in:

- Recognising and responding to unsafe situations.
- Seeking assistance effectively.
- Establishing and maintaining non-coercive relationships and strengthening attitudes and values related to equality, respect and responsibility.

Below is an overview of some of the topics that will be covered during child protection lessons:

1. Body Signals and Warning signs
2. Safe or Unsafe
3. Wanted or Unwanted touch
4. No-go-tell
5. Strategies for staying safe

Please make contact if you wish to discuss this further.

Crunch and Sip

It has been wonderful to see so many students enjoying Crunch and Sip during our morning session. It is best if Crunch and Sip food is **peeled, cut or sliced and packed in a separate container** to the lunchbox. This means students can eat while they are learning and pack it away neatly when time is up. Thank you for your assistance!

What to pack for Crunch&Sip®

Some examples:

A bottle of plain water
When it comes to thirst, choose water first!

A whole piece of fruit or veg
Easy to eat i.e. a carrot, apple, mandarin or banana.

Several whole, smaller fruit or veg
Container or bag with snow peas, corn, mushrooms, strawberries or grapes.

Chopped fruit or veg
Pack a container of bite sized pieces of fruit or veg i.e. watermelon, mango, broccoli or cauliflower.

Veggie Sticks
Cucumber, capsicum, celery and carrot are great options.



Helpful tips for Crunch&Sip®

1 Only fruit and vegetables are suitable for Crunch&Sip®
These are NOT suitable: fruit juice; fruit products such as roll-ups, leathers or straps; potato or veggie chips; olives; fruit in syrup; popcorn.

2 Crunch&Sip® is a good opportunity to increase variety of fruit and vegetables. Introduce new fruit and vegetables alongside more familiar ones.

3 Pack a suitable, ready-to-eat amount. No chopping or preparing can be done at school. Include a fork or spoon when needed.

4 Prepare Crunch&Sip® snacks in advance. Chop the week's Crunch&Sip® snacks at one time or when preparing dinner the night before.

5 Crunch&Sip® is an excellent opportunity to encourage vegetables. Research shows that most kids need to increase daily vegetable intake. Raw veggies make a great snack for Crunch&Sip®.

6 Dried fruit only occasionally. Maximum of once a week as it increases the risk of tooth decay.

Attendance

At Alex Park we value consistent, daily attendance at school. This includes prompt arrival by 9am and staying at school all day until 3pm. Please talk to your child’s teacher, Mr Olsen or Aunty Deb if you need support with your child’s attendance.



When your child misses just ...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means, the best your child can achieve is...
1 day each fortnight	20 days each year	4 weeks each year	Nearly 1 ½ years of learning	Equal to finishing Year 11
1 day each week	40 days each year	8 weeks each year	Over 2 ½ years of learning	Equal to finishing Year 10
2 days each week	80 days each year	16 weeks each year	Over 5 years of learning	Equal to finishing Year 7
3 days each week	120 days each year	24 weeks each year	Nearly 8 years of learning	Equal to finishing Year 4

School success starts with attendance

Absences

Please ensure that you respond to school messages or call or email the office explaining all absences. If your child is absent due to illness please provide a medical certificate where possible.

APCS is an Allergy Aware School

At APCS we have students with allergies to foods such as tuna, sesame, coconut, nuts, eggs, fish and severe allergies to **peanut butter and Nutella**. In order to help ensure that all our students are safe, we ask you to

Speak with your child about not sharing food and please be mindful of student allergies when packing your child's lunch.

Home Reading and Sight Word Practice

It is important for students to read at home every day. The Kindergarten home reading program will continue this term. Please ensure your child's plastic reading folder and reading log is in their bag **every Monday and Thursday** so they can exchange their readers for a new book. Teachers may also include some 'sight words' for your child to practise reading and writing. These are common words that need to be recalled automatically, from memory. Please only spend a few minutes each day practising these, as required by the teacher.

Sun Safety - the weather is heating up!

Alex Park is a Sun Safe school. Please ensure that your child **has a hat everyday**.

If your child has lost their school hat, please send them with another spare hat to wear that day (it doesn't have to be a school hat). This is especially important as we enter the summer months. Please also ensure your child has a **bottle of water each day** - children are encouraged to stay hydrated throughout the day, particularly in the hotter weather.

Mornings

Supervision at school begins at 8:40am. If your child is at school prior to this, you will need to wait with them until a teacher is on duty or enrol in Camp Australia's Before School Care program.

After School Pick up

Thank you for your support with our afternoon dismissal procedures. If there is a permanent change in your pick-up routine, you must notify your child's teacher via an email to the school. If there is a last-minute change on the day, please call the school office as emails may not be seen in time. Students are not permitted to wait or go home with their friends' families without prior notification. Please also ensure that teachers are aware of any after-school activities students are attending (eg: yoga, chess). Thank you for your assistance in keeping our students safe.



PBL Carnival

The PBL Carnival will be held on Tuesday 16th December. It is an opportunity for students to see their success rewarded by redeeming their 'Deady' points as tokens to participate in a range of activities such as facepainting, arts and crafts and other carnival games. This event is led by Year 6 students in coordination with the school PBL team.

Birthdays

Birthdays are a special time in a child's life and we enjoy celebrating with your child at school. Due to the variety of dietary needs among our kindergarten students, we ask that you consider **simple, non-food** ways to celebrate at school eg: a sticker or party hat for each child in the class. Please contact your child's teacher prior to the day to discuss arrangements.

Library

The Term 4 topic for the Library is **Coming Together**. Early Stage 1 students will be exploring concepts of friendship, kindness and diversity to align with our theme of 'Coming Together'. Each week we will read a carefully-selected text, and students will then engage in discussion and hands-on activities to extend their learning. Students will work on a number of small group and whole-class projects which will ensure that collaboration is explored in practice as well as in theory. You can support your child's learning through discussion and story-telling related to these concepts at home.

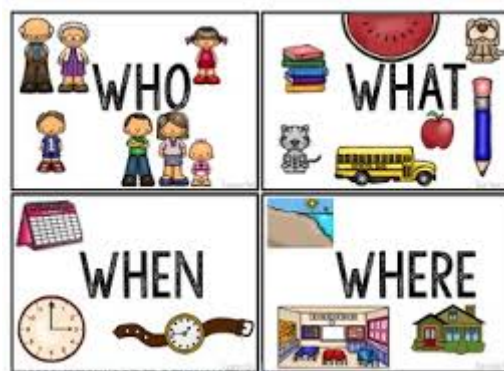
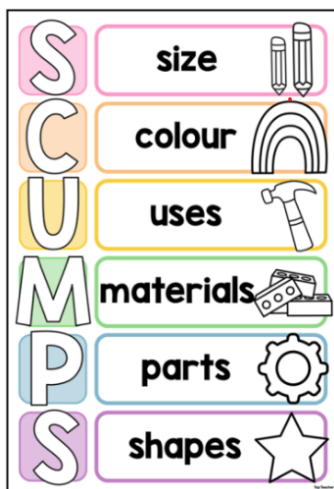
Kindy swimming program

Kindy swimming program is a fantastic two-week initiative for students to explore water safety and awareness as well as physical education. We will be running the two-week intensive program in **Weeks 8 and 9** for Kindy. In preparation for this, it is important that your child is upskilled in undressing and dressing themselves. Please practise taking shoes off and placing socks inside them, lining up their towels and clothing etc. for an easy change.

Please note it is crucial that parent volunteers indicate their attendance to lessons on the SchoolBytes consent form. A staff member will then make contact regarding departmental screening. Due to child safety regulations no parents/adults are to enter the pools changing rooms to assist students. If a child is struggling, a towel can be placed around them in the main pool area and verbal instructions provided to support the child changing.

Show-and-Tell Topics in Term 4

This will continue into Term 4, please see the timetable of topics to be discussed. You are more than welcome to email teachers photos and students bring in items to support them talking about each theme. Prepping your child before their show-and-tell day, to how they can expand on their ideas and what they are talking about is a great way to build up their confidence and speaking skills. It is also helpful that they begin to develop their questioning skills, by asking open ended questions, starting with how, who, why, what and when so others can be prompted to provide more information and make the experience meaningful.



Week 1- My Holidays

Week 2- My favourite toy that moves eg, spins, rolls, flies

Week 3- My favourite type of transport

Week 4- A playground game I've invented

Week 5- Toy I've made eg. lego plane or castle

Week 6- What I do in Summer

Week 7- My biggest achievement this year

Week 8- My favourite Kindy memory

Week 9- What I'm looking forward to in Year 1

Key Dates

- Week 3 Wednesday 29th October; Week 4 5th November; Week 5 12th November Kindergarten 2026 Orientation Sessions
- Thursday 30th October Sporting Colours Day Year 6 Fundraising
- Friday 21st November - Kindergarten/Year 6 Teddy Bears Picnic
- Friday 28th November - K-6 Presentation Day Assembly
- Monday 1st December- Friday 12th December- Kindergarten Swimming Program
- Tuesday 16th December – PBL Carnival
- Friday 19th December –Final Day for staff and students 2025

Year 1 transition

Late in the term we will be running transition sessions for our Kindergarten students as they get ready to progress into Year 1. This will involve students visiting the Year 1 classrooms to have a lesson and orientate students to the new spaces. Individual students will be going in small groups to spend some additional time in the space with teachers at parent request. Please see your class teacher if you think that your child will need some extra support with the transition to Year 1.

Curriculum

This table provides an overview of the content taught to all Kindergarten students this term.

Key Learning Area	Topics/ Strands	Content Covered
English	• Writing • Reading • Speaking and Listening • Literature appreciation • Digital Technology	During English lessons students will: • Engage with a wide range of quality books and texts. They will participate in a variety of whole class, small group and independent reading and writing activities. • Continue to develop reading skills such as recognising sight words, using their knowledge of sounds to read texts and apply beginning comprehension skills to gain meaning. • Explain and discuss their understanding and opinions of characters and events in stories. • Use their knowledge of phonics to read and write more complex words. • Continue to develop correct pencil grip and letter formation. • Independently write stories and information texts using knowledge of topic words and spelling strategies. • Develop their oral language by participating in extended conversations about books and shared experiences.
Mathematics	• Whole Number • Number and Algebra • Measurement and Geometry • Working Mathematically	In mathematics, students will continue to learn to: • Count forwards and backwards, order, read and represent numbers to 30 and beyond. • Understand the purpose of money, and learn about the values of coins. • Use concrete materials, pictures and technology to add and subtract small collections and numbers. • Use strategies such as counting on from the larger number to add. • Share objects to create equal groups and compare groups. • Investigate the properties of 3D objects. • Compare the volume of objects. • Give and follow directions using the language of position.
Integrated Learning Science and Technology Creative Arts	‘Inventions’	This term we are completing an integrated unit which focuses on science and makes connections to English, mathematics and creative arts. Students will:

Mathematics 3D Space		● Explore the movement of different objects and how this is linked to their shape and properties. ● Investigate how pushes and pulls impact the movement of objects. ● Learn about, design and make a variety of 'inventions' to suit a specific purpose. ● Read books, write texts and create artworks related to their inventions investigations.
Creative Arts	● Visual Arts ● Music	● Students will continue to develop their skills in a range of mediums as they make artworks based on the topic 'Inventions'. ● In music, students will begin to learn about formal notation and how we can find notes on the musical stave. They will use a variety of hands-on materials and tuned percussion to develop this knowledge. They will then use this knowledge to learn to play some simple songs on the boom-whackers, xylophones and keyboards.
PDHPE (Personal Development Health and Physical Education)	● Child Protection ● Healthy and Safe Choices ● Sport ● Swimming	● Students will learn about safe and unsafe situations and develop the ability to communicate to others and seek help when needed. They will learn about the characteristics of healthy, positive relationships. ● Students will explore road, sun and water safety. ● Students will engage in weekly sport sessions to develop their gross motor and fundamental movement skills. ● Students will participate in intensive swimming lessons with qualified instructors to develop their swimming ability and water safety skills.

Many of these key learning areas will be delivered in a play-based, child-centred format we have named **Explore and Learn**. Students will be engaged in a range of rich learning experiences to build skills and knowledge in mathematics, science and PDH. Some learning activities students will complete include:

- Dramatic Play (eg: using money in play shops, playing as scientists/engineers inventing new vehicles that can move in different ways)
- Art and Craft (eg: making inventions using craft materials)
- Bush School (eg: investigating volume of buckets using water and dirt)
- Science Centre (eg: investigating ways different toys move)

We look forward to another great term full of fun learning!

Kind regards,

2025 Kindergarten Team

Class Timetable KG Term 4 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00-10.00	Phonics and Reading Groups	Phonics and Reading Groups	Phonics and Reading Groups	Phonics and Reading Groups	Phonics and Reading Groups
10.00-11.00	Writing	Writing	Writing	Writing	Writing
11.00-11.10	SUPERVISED EATING TIME				
11.10-11:30	LUNCH				
11:30-11.50					
11.50-12.50	Mathematics	Mathematics	Mathematics	Visual Arts Mr Ablitt	Mathematics
12.50-1.50	Library Ms Soo	Explore and Learn	PE	Mathematics	Health
1.50-2.15	AFTERNOON TEA				
2.15-3.00	Reading Groups and Developmental Play	Health	Special Religious Education	Dharawal language	Reading Groups Developmental Play

Class Timetable KP Term 4 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00-10.00	Phonics and Reading Groups	Phonics and Reading Groups	Phonics and Reading Groups	Phonics and Reading Groups	Writing
10.00-11.00	Writing	Writing	Library Ms Soo	Art Mr Ablitt	Phonics and Reading Groups
11.00-11.10	SUPERVISED EATING TIME				
11.10-11:30	LUNCH				
11:30-11.50					
11.50-12.50	Mathematics	Mathematics	Writing	Mathematics	Mathematics
12.50-1.50	PE		Maths	Dharawal language	Explore and Learn
1.50-2.15	AFTERNOON TEA				
2.15-3.00	PDH Mr Olsen	Explore and Learn	Special Religious Education	Assembly/ Mindfulness	Developmental Play

Class Timetable KH Term 4 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00-10.00	Phonics and Reading Groups	Phonics and Reading Groups	Phonics and Reading Groups	Art Mr Ablitt	Phonics and reading groups
10.00-11.00	Library Ms Soo	Writing	Writing	Writing	Writing
11.00-11.10	SUPERVISED EATING TIME				
11.10-11:30	LUNCH				
11:30-11.50					
11.50-12.50	Writing	Mathematics	Mathematics	Phonics Dharawal	Mathematics
12.50-1.50	Mathematics	Explore and learn	PE	Mathematics	Health
1.50-2.15	AFTERNOON TEA				
2.15-3.00	Reading groups Developmental play	Health	Special Religious Education	Assembly/ Mindfulness	Reading groups Developmental play

Class Timetable K/1T Term 4 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00 - 10.00	Spelling and Phonics	English	English	English	Music Ms Campisi
10.00 - 11.00	Writing	Writing	Writing	English	English
11.00 - 11.10	SUPERVISED EATING TIME				
11.10 - 11.50	LUNCH				
11.50 - 12.50	Mathematics	Mathematics	Mathematics	Dharawal / Mathematics	Mathematics
12.50 - 1.50	PDH	HSIE	Library Ms Soo	Science	Art
1.50 - 1.55	SUPERVISED EATING TIME				
1.55 - 2.15	AFTERNOON TEA				
2.15 - 3.00	PE	Kitchen garden	Special Religious Education	K-6 Assembly/ <i>Second Step</i>	Finishing Time