CESSNOCK WEST
PUBLIC SCHOOL

Cessnock West Chatter 2025 – Term 1 Week 8

Last week our students in Years 3 and 5 continued to do a fantastic job completing their NAPLAN online assessments. Parents will receive individual student reports next term and student achievement will be measured against four levels of achievement: • Exceeding • Strong • Developing • Needs additional support. The descriptors for each category will make it clear to parents what their child's literacy and numeracy skills are at the time of NAPLAN testing, and support discussions about their child's progress.

School photos will be on this Thursday 27th March. Students should wear full school uniform for their photo. Please contact the school if you need any support with uniforms or you have not received a photo envelope.

On Friday we held our fortnightly assembly. Our 2025 leaders did a fantastic job leading our assembly and students displayed Responsible, Respectful behaviour. Our swimming stars received their ribbons from our swimming carnival. Our last assembly for Term 1 will be on Friday4th April starting at 12:40pm in the school hall. Parents are welcome to attend. Entry is via Gate 4.

Have you seen our new parent information booklet. It has everything you need to know about our school. You can see a copy on the school website. https://cessnockw-p.schools.nsw.gov.au/

***#The West Way = School Every Day**. School attendance is important, and students should come to school every day unless they are sick. We have many activities happening over the last three weeks of term and students should continue to come to school until the holidays start. In Week 11 we will be holding a celebration activity for students who have achieved 90% or more attendance in Term 1. Each week students who attend school every day will be placed in a draw and four names selected to spin the Roo Wheel. #EveryDayMatters. 100% Attendance Roo Wheel winners: ES1 Araya, S1 - Zara, S2 –Alexis; S3 –Shayla. Congratulations to our students who have attended every day.*

This week in our West Way lesson students learnt the West Way for Assembly, about multiculturalism and the meaning of Harmony Day. Students discussed the expectations at CWPS and learnt that the West Way is to respect the differences we all have, value all of the special things we have in Australia because of our diversity and how to be safe and respectful friends to their peers. They also made class videos about Harmony Day.

On Friday we celebrated Harmony Day, and it was lovely to see a sea of orange across the school. Each class joined with their Harmony class to complete Harmony Day activities. On Thursday we acknowledged the National Close the Gap Day (NCTGD). This is an annual awareness event that aims to close the gap in health and wellbeing outcomes between the Aboriginal and Torres Strait Islander and the non- Aboriginal and Torres Strait Islander communities in Australia. Look out for all the photos of our Closing the Gap Day and harmony Day in the Week 9 Chatter.

Each Friday I have the pleasure of hearing about all the fantastic work that students have been completing and about students who have been shining in the classroom and playground during the week. Our shining stars for week 8 are:Brooklyn and Harlow from KH, Avah and Bonnie from KL, Nate and Colt from KM, Jaxon and Charlotte from K1F, Lucas and Kruz from 1N, Leila and Harlia from 1-2C, Mason and Doulton from 2L, Aiden and Oliver from 2M, Caitlin and Layla from 3-4A, Purnota and Isaac from 3-4C, Maricki-Lee and Lachlan from 3-4G, Bentley and Arley from 3-4H, Kye and Courtney from 4-5D, Oliver and Jolene from 5-6G, Chayce and Emily from 5-6M, Shayla and Caiden from 5-6N and Mila and Zoe from 5-6O. Keep shining, CWPS.

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The P & C will be holding an Easter Raffle which will be drawn at the Easter Hat Parade on Thursday 10th April. We will be holding an out of uniform day on Friday 4th April. Students can come out of uniform and donate an Easter Egg

This week students will learn the Auslan sign for Tennis.
Tennis is signed in two parts. First; start with hand cupped (as though around ball), palm upwards, at waist height. Raise arm to opposite shoulder, spreading out fingers (throw ball up). Then (hit with racket) with other hand in a fist, palm forward thumb at top of fist, flick hand forward and over so that fist ends palm backwards and thumb down.
All students enjoyed Hot Shot tennis lessons during the week. This program will continue for four weeks.

We would love to see you at our next P & C meeting on Tuesday 25th March at 5pm in the staffroom. This meeting will be our P & C AGM and general meeting. Entry to the meeting will be via Alfred Street Gate 4.

We have already started planning for our Kindergarten 2026 students. If you have a child enrolling in kindergarten in 2026, please contact the office, enrol online via our school webpage https://cessnockw-p.schools.nsw.gov.au/about-our-school/enrolment.html. Information about our Leap into Learning transition program will be sent home next term.

The Brighter Beginnings Parent and Carer Hub helps parents and carers as they navigate the first 5 years of life, from pregnancy to age 5. The hub brings together NSW and Federal Government resources as a one-stop-shop to find the information and tools they need to support their child's health and development during this time.
https://www.nsw.gov.au/family-and-relationships/early-child-development

This week notes started coming home via School Bytes. This is an easy way to sign notes and pay for activities. Families will need to have School Bytes downloaded and it is also great to have the Sentral and Seesaw app. If you need help with downloading and accessing the apps, please contact Mrs. Floyd.

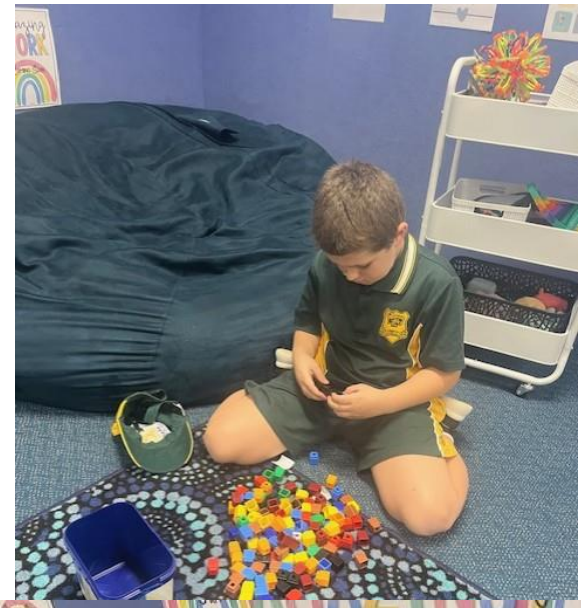
Families can now access our school SENTRAL calendar online at https://cessnockw-p.schools.nsw.gov.au/school-calendar.html

Date for your diary
Tuesday 25th March: P & C Meeting 5pm in the staffroom
Thursday 27th March: School photos
Wednesday 2nd April: Cross Country
Friday 4th April: Out of Uniform Day – Easter Egg donation
Thursday 10th April: Easter Hat Parade
Friday 11th April: Last day for Term 1
Thursday 10th April: Easter Hat Parade
Wednesday 30th April: First day of Term 2

On the following pages find out about The Hub and Crunch and Sip (Fruit Break).
Yours in education,
Ruth Goodwin
Principal
22/03/25

The Hub

Every recess and lunch the “Hub” is open for students to enjoy a calm and cool place to sit and play with friends or to make new friends. Some of the activities students can enjoy are art and drawing, board games or just chatting to friends.



Crunch&Sip®

Information for parents and carers

What is Crunch&Sip®?

Crunch&Sip® is a set time during the school day for children to crunch on fruit and vegetables and sip water in the classroom.

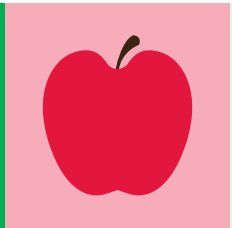
What you need to do:

To be involved in Crunch&Sip®, please send your child to school with a water bottle and some ready-to-eat fruit or vegetables.

Why it matters:

Developing healthy habits can help children have better health and wellbeing throughout life. It can also help them do their best at school. Research suggests children who eat a healthy diet including fruit and vegetables are more likely to:

- **concentrate better and remember more**
- **perform better academically**
- **have better mental health.**



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What to pack for Crunch&Sip®

Some examples:

A bottle of plain, tap water
Water is the only drink allowed.

A whole piece of fruit or a vegetable such as a whole carrot, apple, mandarin or banana.

Vegetable sticks such as cucumber, capsicum, carrot or celery.

Chopped, bite-sized pieces of fruit or vegetables such as watermelon, pear, broccoli or cauliflower.

Several whole pieces of smaller fruit or vegetables such as cherry tomatoes, cooked corn, mushrooms, grapes or strawberries.

Helpful tips for Crunch&Sip®

Add a variety of fruit and vegetables

You can use Crunch&Sip® to help children try new fruit and vegetables. During the week, pack a variety of fruit and vegetables.

Try other options when fresh fruit and vegetables are not available

Choose canned or frozen fruit and vegetables when fresh ones are hard to find. If your child would like to have dried fruit, they can choose to eat it at recess or lunch.

Plan ahead

Pack pre-washed, easy-to-eat fruit and vegetables, and a spoon or fork if your child will need it. No food preparation can be done at school.

Save time

Chop all the fruit and vegetables for Crunch&Sip® once during the week or when preparing dinner the night before. Cut fruit and vegetables can last up to 5 days in the fridge in an air-tight container.

Only pack fruit and vegetables for Crunch&Sip®

Please note that only fruit and vegetables can be sent to school for Crunch&Sip®.

Don't pack fruit juice; fruit products such as roll-ups, leathers or straps; potato or vegetable chips; fruit in syrup; popcorn.

Your child's school may request some food items not be brought to school where there are students with severe allergies.

Tips to eat more fruit and vegetables at home

Get children involved

Children are more likely to try food they have helped prepared. Give children ways to help with food preparation like:

- choosing which fruit or vegetables they want at the shops
- washing and preparing fruit and vegetables.

Make fruit and vegetables readily available

Children usually prefer what's easily accessible. Keep fruit and vegetables in easy to reach places such as a fruit bowl on the counter or chopped vegetable sticks at eye-level in the fridge.

Crunch&Sip® at home

Try to make time on weekends or during school holidays for a quick fruit and vegetable snack.

Keep offering fruit and vegetables

Tasting and learning about fruit and vegetables is the best way for children to become familiar with them. Children may need to try new foods a few times before they like them.

Include vegetables at lunch and dinner

Add a variety of different vegetables to your day. Aim to include at least 2 to 3 different types of vegetables at lunch and dinner. Vegetables can be fresh, frozen, or canned. Try adding grated carrot or zucchini to pasta sauce or shepherd's pie or add salads to burgers and taco meals. It all adds up.

For more tips to help your family eat healthily, visit:

healthyliving.nsw.gov.au/families

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Third and last page images have been supplied by Crunch&Sip® Cancer Council WA 2024.

SHPN (CPH) 240661.