

WORDS on WEDNESDAY

From the Principal's Desk - Spotlight on Stage 3

Stage 3 Camp Success

Our Stage 3 students had an unforgettable experience at Narrabeen Sport and Recreation Camp last week! I was lucky enough to attend one of the nights, and it was fantastic to see our students challenging themselves, working as a team, and embracing new experiences with enthusiasm. From stand up paddleboard to kayaking, archery tag to team-building games, the students gave it their all - and most impressively, they were remarkably well-behaved and respectful throughout. The camp coordinators were so impressed that they sent us a special email praising our students:

"I have had numerous staff come and tell me how lovely and well-mannered the students were and how amazing your staff team was! Thanks for making our week great."- Molly Davies, Camp Coordinator.

A huge thank you to our dedicated staff who attended and supported the students—it's experiences like these that create lifelong memories. Check out the photos on the following pages.

Transition to Stage 3 – Why Choose Clovelly?

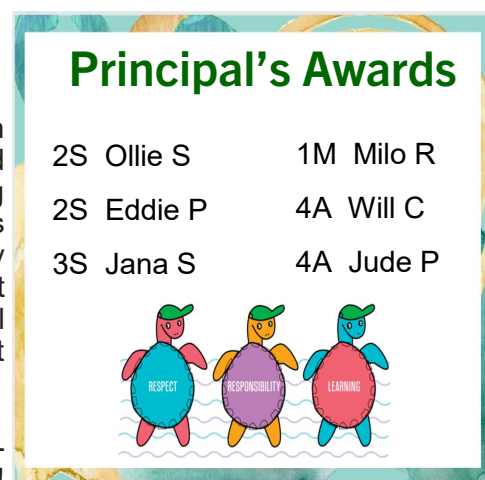
We warmly invite all families of students from Kindergarten to Year 6 to attend our Transition to Stage 3: Why Choose Clovelly? evening on Wednesday, 2nd April 2025, from 6:00 – 7:30pm. This is a fantastic opportunity to explore the rich learning experiences, quality programs, and uniquely engaging extra-curricular opportunities that make Years 5 & 6 at Clovelly such a standout choice.

The evening will feature performances by our esteemed Senior Band, as well as opportunities to hear from staff, students, and parents about the enriching Stage 3 experience. Whether your child is already in Stage 3 or will be transitioning in the coming years, this is an event not to be missed! Come along and make an informed choice about your child's education and wellbeing.

2025 Met South Principal's Conference: Walking the Tightrope

Last week, I had the privilege of attending the 2025 Met South Principal's Conference, themed Walking the Tightrope. The conference brought together school leaders from across the region to share ideas and engage in professional learning, with a strong focus on equity, explicit teaching, and high potential and gifted education (HPGE).

One of the most moving moments was a keynote address by Deb Summerhayes, Deputy Secretary, Public Schools, who shared her journey as an educator and her unwavering commitment to ensuring every child, regardless of background, has access to quality education. Murat Dizdar, Secretary of the Department of Education, also delivered an inspiring presentation, outlining the department's clear directions moving forward: Leading for Equity - Leading for Explicit Teaching - Leading for High Potential and Gifted Education (HPGE). It was a truly inspiring event that reaffirmed our commitment to providing the best education for our students here at Clovelly Public School.



Cybersafety for Stage 3 - a visit from Police Youth Liaison Officers

Constable Kellie Vincent - Youth Officer - recently visited our school to engage with our Stage 3 students on the important topic of cybersafety. Officer Vincent and her colleague delivered an interactive session that provided students with valuable information on how to navigate the online world safely, recognise potential risks, and understand their rights and responsibilities in a digital environment. We encouraged all students to participate actively and ask questions, as it was a great opportunity to learn from local law enforcement experts. A reminder to families to please check out the school's Digital Devices and Online Services form which can be found on the Parent Portal and on the school's website.

Randwick High School Open Night

It was wonderful to see many Clovelly families in attendance at Wednesday evening's Randwick High School Open Night. We were greeted by delightful student leaders, who alongside a motivated and passionate staff team, guided over 500 parents and students through a carefully curated tour of the school grounds. Principal Belinda Conway addressed the audience outlining the exciting upgrades slated for the new co-educational site including a new performing arts space, lecture theatre, upgraded classroom and science labs, new administration space and landscaped playground. To say there was a buzz of excitement was an understatement. For more information about your local public high school options, please visit [High school enrolment](#). Information about Randwick High School can be found via their website: [Randwick High School](#).

Wishing you all a wonderful week ahead!

Rhianna Grentell
Acting Principal



Deputy's Desktop

NAPLAN 2025 for Years 3 & 5

NAPLAN 2025 has begun today with Year 3 and 5 completing their writing assessment. Below is the proposed schedule of assessments, however, please note this is subject to change. Should your child be absent for any of the sessions, we will run catch up sessions throughout the testing period, with the final catch up tests to be held on Monday 24th March.

If you have any questions about NAPLAN, please contact your child's teacher or Miss Hanoumis.

Week 7	Test	Duration	Year
Wednesday 12 th March	Writing- Paper	40 minutes	Year 3
Wednesday 12 th March	Writing- Online	42 minutes	Year 5
Thursday 13 th March	Reading- Online	45 minutes	Year 3
Week 8	Test	Duration	Year
Monday 17 th March	Reading- Online	50 minutes	Year 5
Monday 17 th March	Conventions of Language- Online	45 minutes	Year 3
Tuesday 18 th March	Numeracy- Online	45 minutes	Year 3
Tuesday 18 th March	Conventions of Language- Online	45 minutes	Year 5
Wednesday 19 th March	Numeracy- Online	50 minutes	Year 5
Week 9	Test	Duration	Year
Mon 24 th March	Final catch up sessions		

Buddy Time at CPS

Our Kindergarten cohort are off to a flying start. From learning school routines, going on Principal hunts and making new friendships through to working with numbers and exploring texts every day brings a new adventure for our keen learners. With so many new things to learn each day, our Kindy students are always grateful for a visit from their big buddies from years 5 and 6 to catch up, learn and laugh together. Check out the pictures below.



Headphones for Every Student!

We are excited to announce that our school is providing each student with a high-quality set of headphones that will remain at school throughout their time at Clovelly. This decision comes after reviewing the challenges of students bringing headphones from home. Many students frequently forgot their headphones, and some lower-quality headphones caused damage to our iPads when the cords broke off in the ports, disrupting lessons.

By supplying headphones for each student, we're ensuring that every child has consistent access to the tools they need for digital learning activities, like using iPads and computers. These headphones will stay at school, so students will always have reliable access when it's needed most, without worrying about forgetting or damaging them.

While there will be a one-time cost for the headphones, parents will be invoiced directly. Any headphones purchased previously can continue to be used at home for personal use.

This new approach will help create a better learning environment, allowing students to focus more during lessons, and ensuring our technology stays in great condition. We believe this is an important investment in your child's education and look forward to seeing the positive impact it will have!

Warm regards
Miss Hanoumis





Stage 3 Camp





Kayaking



The best activity at camp was S.U.P's, also known as stand up paddle boarding. My partner was Amity and it was really funny when we pushed each other off, and when Amity paddled away from me. During Ms Boatswain's time, we pushed her off and it was really funny. As it came to end, we all held on to each other's boards and floated down the river. So relaxing!

Grace - 5/6B





Camp was so much fun! Dead ants game was by far the best game that we played during game night. The food was also so good. Everyone had lots of fun. The cabins were nice and cute, the instructors were very nice and even the teachers had fun. At one point the instructors made Mr McDermott fight Miss Madden with pool noodles. It was fun to watch. Miss Maddin went crazy.

Eilidh 5/6M



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THE BEST



My favourite activity was archery tag. It was a game where you used a bow and arrow to shoot foam arrows at students (and teachers!) across the field. We had to wear full face helmets to protect us. There was a medic who could revive students if they were hit by the arrow. It was a blast!
Syd - 5/6B

My favourite activity at camp was stand up paddling, for my class it was the first activity, and it did not disappoint. We all got on the boards and in the water pretty quickly and I loved jumping of the board and swimming in the water. Camp was truly amazing and I'm so grateful for the teachers that made it happen.
Frankie 5/6M



SCOOTERING



On the 3rd-5th of March, Stage 3 travelled to Narrabeen for camp! My favourite activity was stand up paddle boarding. It was my favourite because even though the expectation was to paddle around, the class made a train of boards and pulled people around the water, even including Ms Boatswain! Also learning a skill using balance is a very good skill! Paloma - 5/6B

Hi everybody, my name is Alex and welcome to my short camp recount 2025! My favorite activity was Archery Tag (where we grab bows and arrows with foam on the end of the arrows), got on two teams and fired at each other in a dodgeball fashion! We had a blast thanks to the teachers, the staff and even ourselves as this will be worth a lifetime memory for many. Alex 5/6M

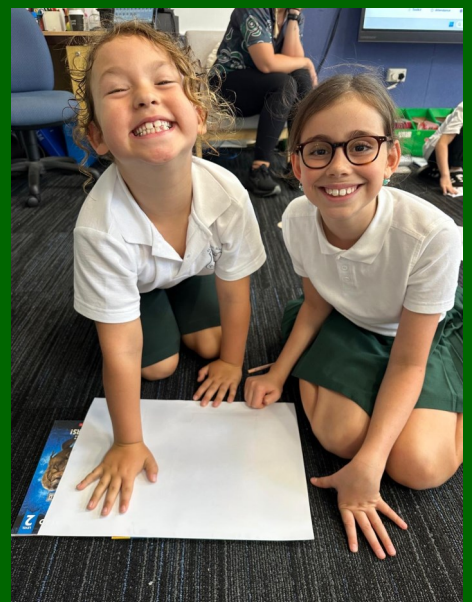
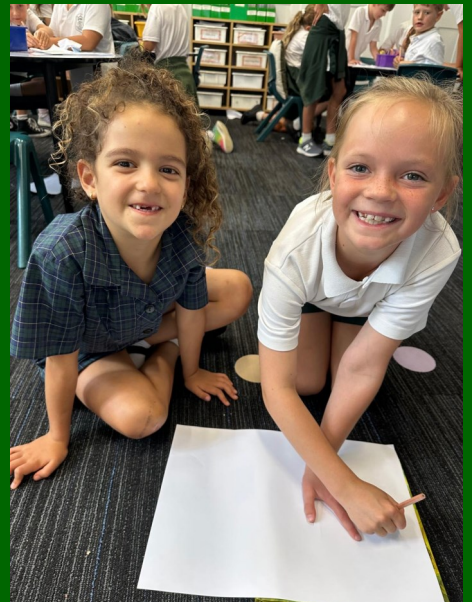




BUDDY CLASSES

4A and 1J had their first buddy session on Friday.

We focused on gratitude and traced our hands and wrote who and what we are grateful for on each finger.



School Counsellor's Corner

After School Restraint Collapse

Many parents and carers would be familiar with the following scenario:

It's 3pm and you pick up your child from school. They greet you with a smile on their face and talks with their teacher (on any given day) are that they are lovely during the school day. However, this is not what you are seeing post school. Fast forward to 3:30pm and your child is fighting with their siblings, having temper tantrums, refusing to follow directions, crying uncontrollably, and having physical outbursts. As a parent/carers, you're thinking my child has multiple personalities!

Rather, there is a reason for this dissonance between what the teacher says and how your child acts once they get home. They are experiencing after-school restraint collapse (aka after-school meltdowns).

So, what causes after-school restraint collapse?

Firstly, it's important to recognise and acknowledge that this is normal and the best way to support your child through this is to understand why it is happening. Looking at a typical school day, you can see that there is so much **self-regulation and sensory input** needed of a child just to get through it. Your child needs to hold it together for six hours, with just two breaks in the day. During this time, they are required to sit for long periods, play by rules, stay in designated areas, behave in certain ways, understand and interact with other children and adults, cooperate with peers, be calm when they've experienced an upsetting event (e.g. a disagreement with friend/s at lunch), concentrate on multiple tasks throughout the day, and follow directions just to name only a small amount.

Maintaining this composure over the school day requires **self-regulation** which can be both emotionally and physically draining. This self-regulation requires children to understand and manage their own behaviour by controlling their impulses and their emotions. There are many actions and words that a child refrains themselves from doing and saying AND there are feelings that weren't released throughout the day. For example, they wanted to call out an answer during class; cry when someone laughed at their drawing; lay down when they were required to sit up. Utilising this self-regulation throughout the whole school day, is it any wonder they are exhausted when they come home? They don't have any emotional energy left in their tank and home is where they can feel safe to let out their bottled-up emotions and still be loved unconditionally.



Supporting Self-Regulation

Whilst this behaviour is normal, there are strategies that can be put in place to minimise the effects of this emotional collapse and ease into the after-school transition including:

- **Saving questions for later** – you're eager to find out about their day, however, answering questions may be too much for your child at the end of the day. Let them unwind first and wait until they are ready to talk.
- **Early bath or shower** – “just add water” is a term coined by Parenting expert, Maggie Dent, as water has a calming effect. Being submerged in water or having water run over their body can change a child's mood.
- **Early dinner** – children can be so engrossed in play that they don't eat much at school and are ravenous at the end of the day. Having a full meal can change their demeanour entirely. It's never too early for dinner and if you're concerned about it interrupting family dinner time, they can eat a bowl of cereal or fruit at the sit-down dinner later.
- **Rest or move?** Every child is different with some needing rest after a long day and others needing movement to burn off excess energy. Find what works best for your child.
- **Connection time** – just ten minutes one-on-one with your child can have huge benefits for both parent/carers and child and can be something you both look forward to. Turn off the screens and avoid interruptions.
- **Unstructured play** – play is wonderful for releasing pent up emotions. Even though children get play time at school, it is still governed by rules, structure and expectations. Find a space where your child can direct their own play, run around freely, be creative and be themselves.

Sometimes even after careful planning, meltdowns can still occur. Children of all ages (and adults) can still have bad days, be overwhelmed, be emotionally exhausted and over stimulated after school. It's important during a meltdown for adults to keep calm and ride the wave with them.

Rachel Berezovsky
School Counsellor & Registered Psychologist

First Wishes from the P&Cs Wishing Tree



The first wishes from the P&C's wishing tree will begin to be delivered to classrooms this week. With the unbelievably generous support from the community making direct donations to the wishing tree and the profits from the Welcome Back Picnic also being donated to the school, we are so happy to let you all know that we've been able to grant ALL of the school's wishes!

More than 900 big and small items - worth more than \$29,000 - will be making their way to the different learning areas in the coming weeks. We are so grateful to our amazing community for supporting all the staff and students through the wishing tree this year.

With thanks, from the Clovelly Public P&C

Stewart House Mufti Day

Thursday 3rd April, 2025 (Week 10)
Bring a gold coin donation and wear
red!



Join the SRC in raising funds to support the students of Stewart House school and provide them with resources they need to thrive.

Together we can make a difference!

The SRC has organised a mufti day on Thursday 3rd April Week 10 to raise money for this Stewart House to support the students of this special place and provide them with resources they need to thrive. Please bring a gold coin donation and wear your choice of clothes with a touch of red on that day.

From the Library

Save the Dates:

At CPS we will be launching the Premier's Reading Challenge (PRC) Challenge concurrently with our annual Readathon during Week 9 of this term.

Please look out for information regarding both events in the next newsletter.

If students want to start the PRC earlier, they can visit:

<https://online.education.nsw.gov.au/prc/studentExperience.html#/>

Our Book Parade, celebrating Book Week, is Thursday, 21st August. Parents/carers and other family members are always welcome to attend this event.

We have locked in author, Belinda Murrell, as our Book Week guest speaker on Wednesday, 20th August. This is a student only event.

Book Covering:

Thank you to our parent volunteers who have been busily covering books. We still have quite a few that need to be covered. If you have any spare time at home, please visit us in the library to pick up a pack. We thank you in advance!

Mrs Levi & Mrs van Dam



Transition to Stage 3

Why Choose Clovelly?

Hall @ 6pm Wednesday 2nd April

Families of students in K-6 are invited to attend this showcase of all that's on offer.





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2 DAYS	\$210
3 DAYS	\$315

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3 March 2025

Dear Resident/Business Owner,

RE: Scott Street Reserve Playspace Upgrade – March 2025

We are pleased to advise that Waverley Council is starting works to upgrade the playspace at Scott Street Reserve.

The upgrade includes the installation of play equipment, the supply and installation of softfall, furniture and fixtures, planting and associated landscaping.

Council has engaged GJ's Landscapes Pty Ltd to undertake construction which is scheduled to start on 17 March 2025. It is expected to be completed by 28 April 2025, weather permitting. Work hours will be 7am to 5pm, Monday to Friday.

The park will remain closed to allow for the new equipment to be installed and other site improvements to be carried out.

One footpath will remain open for pedestrian access between Arden Street and Scott Street, for the majority of the works, to enable access to local shops, church and school.

A plan showing the marked-up work area is overleaf.

We will make every effort to minimise the impact on public activity, particularly vehicle and pedestrian movement around the work site and during school drop-off and pick-up times.

We thank you for your cooperation during this important work and look forward to fulfilling community aspirations and welcoming you to the upgraded playspace soon.

If you have any questions or require further information, please email majorprojects@waverley.nsw.gov.au or call 9083 8000.

Kind regards,
Richard Zhu
Project Officer, Waverley Council