

WORDS on WEDNESDAY

Wednesday, 11 June 2025 - Week 7, Term 2

From the Principal's Desk

I hope all families had a chance to rest and recharge over the wintery long weekend. As we return to a busy few weeks ahead, a reminder that our P&C Meeting is on tonight Wednesday 11th June at 7:00pm in the school hall. With so many exciting events and programs underway, now is the perfect time to come along, hear what's happening across the school, and explore ways to get involved. Whether you're a regular or it's your first time attending - we'd love to see you there!

Band Camp Success and Mid-Year Concerts Ahead

I had the pleasure of attending the Band Camp culminating concert on Sunday, and what a joy it was. The feedback from the weekend has been overwhelmingly positive - students behaved beautifully, and music flowed from every room, creating a truly enriching experience for all involved.

A heartfelt thank you to our esteemed Band Director Mr Murray Jackson and the dedicated Friends of the Band committee, led by Sophie Elliott, along with her incredible team of helpers Jen, Katrin, Annamari, Carrie, Laura, Monique, Connie and Ron for turning this opportunity into reality for our budding musicians.

We now look forward to the upcoming Mid-Year Band Concert on Thursday 26th June, featuring performances from our Training, Intermediate, Senior and Stage Bands. Families are warmly invited to attend and celebrate the musical achievements of our students- stay tuned for more information from the FOTB.



Principal's Awards 2S Tilly P 3S Celeste S **2S** Skye E 4A London S 4M Charlie R **2S** Marley W Benji K 5/6M Coco B 2W Darcy F 5/6M Emily C 3M 3M Tom C 5/6M Cooper J





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Celebrating Our Young Artists - Waverley Youth Art Prize

Last Thursday, I had the privilege of attending the 40th Waverley Youth Art Prize exhibition at Waverley Library. I was incredibly proud to see the work of our talented Clovelly PS artists on display. These entries were created by students from our Thursday Art Club, led by Ms McRae, and reflect the success of our vibrant Lunch Clubs program which includes: Lego Club, Garden Club, Showcase Dance groups, Relaxation, Debating, Tournament of Minds, SRC and Junior and Senior Choirs.

The Waverley Youth Art Prize exhibition runs for the next two weeks - be sure to visit and vote in the People's Choice Award!









Tricky Talks – Interrelate Family Sessions

We're pleased to be hosting Interrelate's Tricky Talks at Clovelly Public School on Thursday 24th July to support the in class program conducted this term for our year 5 and 6 students.

There will be two sessions:

- 6:00pm Where Did I Come From? (recommended for Years 3 & 4)
- 7:15pm Preparing for Puberty (recommended for Years 5 & 6)

These family sessions support parents in having important conversations around growing up and relationships. More details to follow—please keep an eye on the SENTRAL Parent Portal for how to secure your booking.

Kindergarten 2026 School Tours

This Friday, we welcome the first group of families for our Kindergarten 2026 school tours. These sessions offer a wonderful opportunity to explore Clovelly Public School with members of the executive team.

Tours will take place on Fridays 13th, 20th, and 27th of June, and 1st August, at 9:15am and 10:00am. Please ensure enrolments are submitted online and book your tour via https://www.trybooking.com/events/landing/1396035

Semester 1 Reports & Parent Teacher Interviews

A reminder that Semester 1 student reports will be available via the SENTRAL Parent Portal on Friday 20th June (Week 8). Parent Teacher Interviews will follow in Weeks 9 and 10 (23rd June – 4th July), with bookings available through the SENTRAL Parent Portal. Reports provide a snapshot of your child's academic and personal progress. Interviews offer an important opportunity to discuss learning goals and next steps.

Rhianna Grentell Acting Principal

Deputy's Desktop

Lost Property

As winter settles in, we are noticing an increase in lost property at our school. With the chilly weather, it's common for students to shed layers such as jackets, hats, and scarves, which can easily be misplaced.

Please note that any items without a name are donated to our second-hand uniform shop each week. To prevent this, we encourage you to label your child's clothing and belongings clearly. A simple name tag can make a big difference in ensuring that lost items are returned to their rightful owners!

Thank you for your cooperation, and let's work together to keep our school a tidy and organised place!

Clare Hanoumis Deputy Principal (Rel)





Game Changer Challenge

Selected students in Stages 2 and 3 have just completed the first phase of the Game Changer Challenge (GCC). The GCC is the NSW Department of Education's multi-award winning design competition open to public schools across the state. The challenge centres on discovering solutions for a real-world, wicked problem by applying classroom learning.

The wicked problem for 2025 was "Ensure sustainable solutions for all". Both teams explored innovative ways to create a more sustainable future for people in order to make a lasting impact.

Congratulations to our Stage 2 team: Leonardo, Tatum, Lily, Rael and Odessa, and our Stage 3 team: Hendrix W, Jemima, Xander W, Ashleigh and Rowan for completing their submission enabling them to proceed to the next phase of the competition in Term 3.

Gabrielle Levi GCC Facilitator





Band Camp

On Friday 30th April, fifty excited students from Intermediate and Senior Bands boarded a bus and made their way down to The Tops Conference Centre for Clovelly Public School's annual Band Camp. It was a funpacked weekend with go-karting, rock climbing, a campfire and s'mores, a giant swing and of course some fantastic music making sprinkled in amongst!

Children who attended the weekend shared some of their highlights:

Juno (Year 5): "My favourite part was the afternoons when we had free time and basically went nuts!"

Jemima (Year 6): "My highlight was the giant swing. I went first because I wanted to go to the very top."

Leo (Year 6): "I really liked the campfire because we got to eat s'mores. (Also we had 18 packs of lollies in the cabins.)"

Lillian (Year 5): "The trivia. We had some band questions, some Clovelly questions and then everyone had to do a dance. Some people weren't sure what to do so they improvised ballet."

Fletcher (Year 4): "The beds were very comfy and go-karting was a lot of fun."

Charlotte and Elena (Year 4): "Our highlight was the giant swing. It was a little bit scary but it had a really nice view!"

The weekend culminated in a brilliant concert where children were able to show off their new musical skills. Everyone went home very tired but very happy!

Experiences like this would not be possible without the support of band leader, Murray Jackson, as well as the parents who volunteer and work tirelessly to make sure these events run smoothly. We send a huge thank you to everyone involved.

The next event for all Clovelly PS Bands is the mid-year concert on Thursday 26th June.

Eleanor Cargill Band Liaison









CLOVELLY PUBLIC SCHOOL'S

NSW FLOODS FUNDRAISER

GIVIT

Clovelly Pubic School is raising money for GIVIT to support those affected by the NSW Floods.

Thursday 19th June, Week 8

Please wear rainbow or colourful clothes and bring a coin donation



Stage 2 have been investigating forces in STEM this term. We have done lots of experiments to test pushes & pulls, friction, magnetism and gravity.

Friction experiment:

We designed a car track to test how adding and removing friction on surfaces affects how fast the car went. Our group made a slope from a high table and it went down through a tunnel to the end of the track. Another group used a ramp to make the car go as fast as possible at the start and added bubble wrap to the end to slow it down.

By Georgia 4W, Freya 4W and London 4A

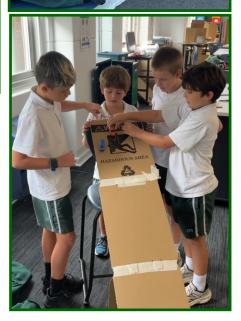
Gravity experiment:

We investigated gravitational pul parachutes. Our challenge was to 'race' our parachutes from an equal height and carry a ping pong ball safely to the ground. We learned about how air resistance slows gravity down and tried to apply this to our design. We had to design our parachute using plastic bags, balloons, egg cartons, string, napkins etc. We had lots of fun! By Evie & Georgia 4A





















Clovelly Public School

School Counsellor's Corner

Self-Regulation – Part 2



Part 2 of this self-regulation article looks at how adults can help foster these skills in their child/young person.

How can you Help?

Children & young people need repeated experiences of having their needs met by a caring adult.

Warm, trusting, and responsive care helps children and young people to respond with appropriate emotions, internalise a positive view of themselves and others, and learn appropriate behaviour. Children and young people also develop self-management skills by watching and experiencing how other people manage their emotions.

Here are some tips about how you can support the development of self-management in children and young people.

Explicitly Teach Skills

Children who typically feel things strongly and intensely find it harder to self-regulate. It isn't as hard for children who are more "easy-going". It is important for <u>you to teach</u> and for <u>children to practice</u> self-regulation.

- Work on your child's skills for understanding and managing emotions.
 - * Talk about ways of managing upsetting situations.
 - * Help them to develop strategies to use when they're feeling out of control.
- Help them express their emotions in productive ways.
 - * For example, by drawing or acting out their feelings.
- Use calming down strategies depending on the child's age. See example at : https://raisingchildren.net.au/teens/behaviour/behaviour-management-ideas/helping-pre-teens-and-teenagers-calm-down
- Practise mindful breathing with older children and young people.
- Explore the immediate and long-term consequences of actions.
- Promote empathy by talking about emotions and understanding how people will have different reactions to events depending on their circumstances.
- Teach problem-solving and decision-making skills.
 - * Involve pre-teens and teenagers in problem-solving and negotiating difficult situations. For example, 'I'm working all weekend, so I know it'll be boring for you. Let's figure out how you can make the most of the time'.

Modelling

- Acknowledge and respond to emotional communication.
- * Praise your child when they show self-regulation and manage a tricky situation. For example, 'You were great at waiting for your turn', or 'I liked the way that you shared with Hugo when he asked'.
- Role-model how you manage your own feelings.
 - * Try to model self-regulation for your child. For example, 'I'd really like to keep gardening, but if I don't clean up now I won't get you to soccer on time'. Or 'Let me write that on the calendar so I don't forget'.
- Talk about strategies to manage strong or uncomfortable emotions.
 - * Talk about ways that you have managed upsetting situations.

NOTE: It's important to match your expectations of behaviour to your child's age and stage of development. This can help your child avoid the frustration that comes with not having the skills or understanding to do what they're asked.

Promote a calm environment

Environment contributes to children and young people's self-management. Promote a calm, welcoming and encouraging environment by:

- providing structure and predictability
- establishing age-appropriate routines and limits
- avoiding competitive experiences for young children
- including relaxation breaks in the day
- encouraging ways to release tension they might be holding in their body
- demonstrating calmness and staying in control of your own feelings and behaviours self-awareness allows you to maximise your positive interactions with children and young people and better manage situations where they 'push your buttons'.

Credits/References:

- Raising Children Network <u>"Self-regulation in young children / Temperament: what it is and why it matters"</u>
- Be You Self-Regulation Factsheet

Rachel Berezovsky School Counsellor & Registered Psychologist



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