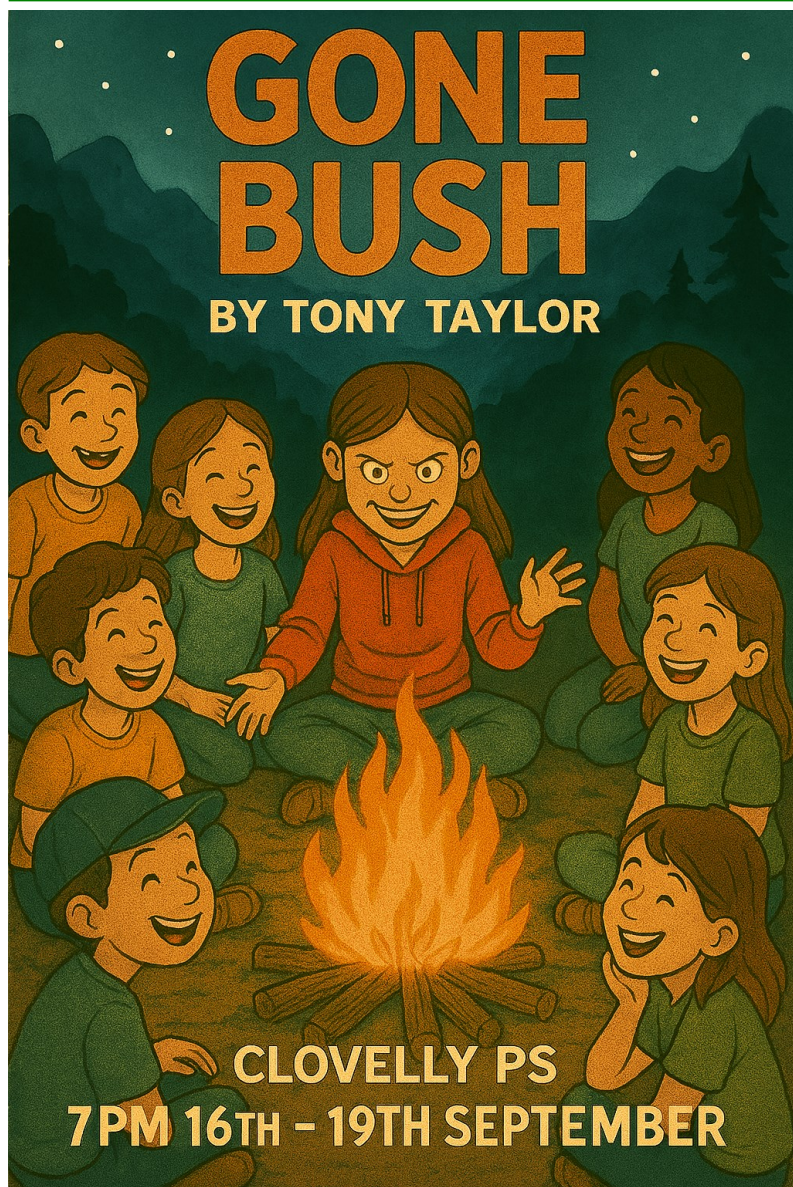




From the Principal's Desk

**Gone Bush - Tues 16th- Fri 19th
September**

With rehearsals in full swing for the upcoming Year 6 production of *Gone Bush* written by Tony Taylor and directed by our very own Garry Scale, I encourage all families K-6 to come along to support what is traditionally an absolute highlight for our children's primary years. TICKETING LINK: <https://www.trybooking.com/DER...>



Ticketing QR Code

Colour Run – Thank You!

What an amazing day! Together our community raised a truly remarkable

amount at this year's Colour Run - a wonderful achievement for our school. A personal highlight was the sliming of our Deputy Principal, Ms Hanoumis and myself - a messy but memorable way to celebrate reaching our goal!

A huge thank you to our P&C, to the students, families, and staff for your energy, generosity, and community spirit throughout. We look forward to the wrap up from the P&C as the final fundraising amounts are tallied.

Showcase Dance Groups

Our year 1 and year 3 dance groups shone brightly at the recent Showcase event held at the Juniors, demonstrating both creativity and commitment. Congratulations to all of the students who took part - you made us proud! A sincere thank you to Mrs Miller, Ms Spiteri, Ms Jambrak and Ms Mannion, parents and families who supported our performers, for bringing this event together so beautifully.





DanceSport Gala

The glitz and glamour of the DanceSport Gala at Quay Centre, Homebush was an absolute highlight and a joy to have witnessed last Tuesday. Our Clovelly students showed confidence, rhythm, and flair on the dance floor and came away with outstanding results. Congratulations to all the participants, with a special mention to the two wild card couples selected for the final rounds (Ruby S & Scarlett LH, William M & Milla J) and the five couples who were awarded finalist trophies (Alvie R & Cohen O, Ted H & Coco B, Zachary N & Olivia R, Pedro LI & Zali MS, William M & Milla J) - an extraordinary achievement! Thank you to Ms Boatswain, Ms Madden and Mrs Caines along with parents and families whose remarkable encouragement and support helped make the event possible.

Tournament of Minds

Congratulations to our students who competed in the Tournament of Minds Regional Competition. The Arts team was awarded an Honour Award, and the Social Science team received a Merit Award. These results reflect the creativity, collaboration, and problem-solving skills of our students. A big thank you to Ms Levi & Ms McRae for guiding and supporting our teams.

Morning Supervision Reminder

A reminder to families that **school supervision begins at 8:30am** each morning. If you require care for your child prior to this time, we encourage you to take advantage of the excellent service provided by COOSC, in the interest of safety and fairness, by enrolling directly with them. <https://www.coosc.com.au/>

Legacy Week 31st August - 6th September

This week our school captains will set up a Legacy stall at the Arden Street entrance each morning. Students and families are able to support this important cause by purchasing merchandise, with all proceeds going to assist veterans' families. Thank you for supporting Legacy and the vital work they do in our community. <https://www.legacy.com.au/legacy-week/>

Warm regards
Rhianna Grentell
Acting Principal

Principal's Awards

2S Arlie W
2S Sofie W
2S Rose H
5/6B Grace P
5/6B Presley H-H
5/6B Syd R
4M Leonardo K
4W Nicole G-K
2C Ollie S
3S Banjo S
3S Koa S
2C Ollie B
2W Layla H
4M Isa V
4M Will O
2S Florence P



The Anxiety Project - Cognitive Distortions and Open- Ended Questions

Our Anxiety Project lessons continue in the classrooms this term and one area we have found helpful as a staff to explore when supporting students is the concept of Cognitive Distortions. Below are a set of open ended questions that may be useful when guiding children through these patterns of thinking. Source: Anxiety Project - www.parentshop.com.au



Emotional reasoning

Emotional reasoning refers to the acceptance of one's emotions as fact. It can be described as "I feel it, therefore it must be true." Just because we feel something doesn't mean it is true. Can you think of any factual evidence that supports your idea? What other explanations could there possibly be, in your situation? If you were in a better mood - on another day - would this situation seem different?

Disqualifying the positive

This distortion acknowledges positive experiences but rejects them instead of embracing them. Can you think of a reason you could accept this as a positive / happy experience? Are you ignoring some of the evidence that you might have done ok? I know you find it difficult to accept that you deserve this result (situation, achievement) but what did it take for you to get here? Can you see how it was your effort that paid off?

Mind reading

This "Jumping to Conclusions" distortion manifests as the inaccurate belief that we know what another person is thinking and it is usually something negative. How do you know this? What are some alternative explanations for this? Where is the evidence? How do you know that X thinks, feels or intends that?

All or nothing thinking

This distortion manifests as an inability or unwillingness to see shades of gray. In other words, you see things in terms of extremes – something is either fantastic or awful. I know you think that that one thing went badly but is there anything that went well with what you did? Is there a middle ground here - one where you can see things a bit more compassionately? Can you imagine an 'in-between' where things are not perfect but by the same token they are not a disaster?

Catastrophising

This is a habit of skewing your perspective. This distortion involves exaggerating the meaning, importance, or likelihood of things. What would you tell a friend who had these catastrophic thoughts? Are you jumping ahead of yourself? If you looked at this situation with less emotion, what other words might you use to describe it? How would an objective observer (like a more mature friend) see this situation?

These are some examples, but there are many more and you will be able to come up with some of your own. Don't worry if you can't accurately identify the cognitive distortion, **just ask a question that seems to challenge the faulty thinking.**

For more information about cognitive distortions see:

<https://www.psychologytoday.com/au/blog/in-practice/201301/50-common-cognitive-distortions>

Bre Langer and Rhianna Grentell
Anxiety Project Implementation Coaches



Showcase





Showcase



Dancesport

Last Tuesday, I had the absolute pleasure of attending the Dancesport Gala with our 30 Year 5 students, alongside Mrs Caines and Ms Madden. After 15 weeks of lessons leading up to this event, the night was nothing short of incredible! Our students proudly showcased their Cha Cha, Tango, Salsa, and Jive, dancing with their partners alongside students from 36 other schools across Sydney. Congratulations to all who took part. Our finalists performed brilliantly, beginning in a group of 36, progressing to 20, and finally reaching the Top 10—a new record for Clovelly! Here are some of our outstanding results:

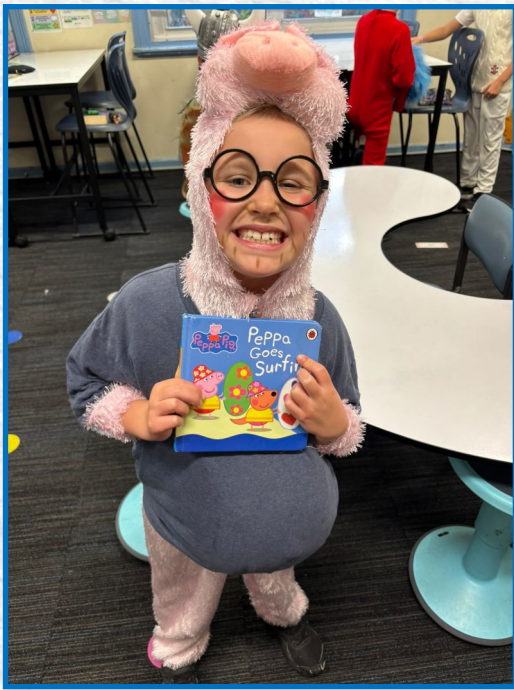
- Alvie and Coen- Top 10 Cha Cha Finalists
- Olivia and Zach - Top 10 Tango Finalists
- Zali and Pedro - Top 10 Salsa Finalists
- Milla and Will M - Top 10 Salsa Finalists (Wildcard Entry)
- Coco and Ted - Top 10 Jive Finalists
- We are very proud of all the Clovelly dancers. Congratulations!



Ms Boatswain







Book Week







Book Week





Book Week











From the Library

Book Week & Book Parade

This year's Children's Book Council of Australia's Book Week theme was 'Book an Adventure'. Clovelly students certainly showed their adventurous side with an array of outstanding and creative book character costumes this year. The rainy weather did not dampen our spirits as we held a K-2 book parade with our local pre-school visitors followed by our 3-6 book parade in our school hall.

Thank you to our parents/carers who braved the weather, made costumes and added to the festive spirit for the morning.

We are very lucky to have the shortlisted, winning and honour books in the Younger Readers, Picture, Information, Early Childhood and New Illustrator categories, which are now available to borrow from the library.

Lots of photographs of the day on the following pages.

Author Visit - Belinda Murrell

The students in K-6 enthusiastically welcomed author, Belinda Murrell to CPS on the Wednesday of Book Week, who spoke about her many books. The books flew off the library shelves following Belinda's visit. Students in the younger years may like Belinda's *Pippa's Island*, the *Lulu Bell* series or *The Daredevil Princess*, whilst our older readers may prefer *The Sun Sword Trilogy*, *The Silver Sea* or *The Golden Tower*.



Premier's Reading Challenge

Just a reminder that the Premier's Reading Challenge will end on 19th September. Students will receive their certificate of participation in Term 4.

Happy Reading!
Mrs Levi and Mrs van Dam



Last Sunday, our two Tournament of Minds teams represented CPS at the Sydney East Regional competition at Randwick High School.

Our dedicated teams worked consistently during HPGE time, through lunch or recess breaks, at other team members' homes and independently for the past 6 weeks preparing their responses to their chosen challenge.

On the day of the competition, teams were also required to participate in a spontaneous challenge displaying how quickly they could respond to a challenge using their critical and creative thinking skills.

We are very proud of both our teams and their achievements! Congratulations to our Arts team: Coco, Amity, Holly, Billie, Grace, James and Zali who achieved an Honour award, whilst our Social Science team: Tatum, London, Elena, Celeste, Rosie, Aya and Sophie achieved a Merit award.

Thank you to the parents for your enthusiastic support of the competition and for supporting Ms McRae and myself as facilitators.

Gabrielle Levi
TOM Co-coordinator



Clovelly Public School

Sydney East State Carnivals

Amity: Congratulations to Amity F (Year 6), who recently represented Sydney East at two NSW State PSSA Carnivals. Amity was impressively selected for both the Sydney East Netball team and the Sydney East Touch team. Being chosen for one sport is an incredible achievement, but to be selected for two is truly outstanding. She represented Sydney East at the NSW State Netball Carnival in Coffs Harbour and the NSW State Touch Carnival in Dubbo. We are very proud of Amity and her dedication. Congratulations!

Ms Boatswain



Zone Athletics

On Wednesday 20th August, Clovelly Public School proudly had 52 students represent the school at the Zone Athletics Carnival. Despite the very wet conditions, all students showed great resilience and adaptability, giving their best efforts throughout the day.

Congratulations to all Clovelly students for securing second place overall as a school.

A special congratulations to the following students who have qualified to compete at the Regional Carnival on Wednesday 17th September:

Will O	Winnie S	Alby H	Sully O	Ryder E	Tiggy H
Jemima S	Georgia W	Adrienne G	Blake G	Hendrix W	Cooper J
Oscar S	Jack W	Grace P	Lillian K	Georgia H	Syd R
Leah V	Finlay B-F				

Our relay teams performed exceptionally well, with the **Junior Boys** coming in **2nd place**, and both the **Junior Girls and Senior Boys** teams taking out **1st place**.

Additionally, Syd Redman earned 3rd place as the Age Champion for the 12-13 boys category.

Well done to all students for their outstanding efforts and achievements! (photos, following page).

Jessica Westren
Organising Teacher



Athletics



1

2

3



Sydney East PSSA 2025 Congratulations!





A huge
congratulations
to all students
who
participated in
PSSA this term,
another
successful
season for all.



Winter PSSA
2025





Thursday, 11 September (Week 8) is R U OK? Day.

R U OK? is a charity that inspire and empower everyone to meaningfully connect with the people around them. They have a mission to get everyone having more conversations to check-in with each other to see how they are doing and to provide people with the skills and confidence to do this.

It is all about what we can do to help our friends, our classmates and our family to get through tough times.

The organisation holds a dedicated R U OK? Day annually on the second Thursday of September, which encourages Australians to connect with people who have emotional insecurity, to address social isolation and promote community cohesiveness. The theme for this year's campaign is **"Ask R U OK? Any Day"** because life happens every day. A lot can happen in a year, a month, a week. Whether it's your friend, family member, colleague, partner, or teammate, the people you care about go through life's ups and downs every day. By having regular, meaningful conversations, you build trust and normalise talking about what's really going on, so when the people in your world find themselves struggling, they know you're someone they can talk to.

You don't need to be an expert to reach out - just a good friend and a great listener.

A Conversation Could Change a Life

Got a feeling that someone you know or care about isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it. Learn more about the signs and when it's time to ask R U

OK? <https://www.ruok.org.au/signs>



By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up. If they say they are not OK, you can follow the R U OK? conversation steps to show them they're supported and help them find strategies to better manage the load. See <https://www.ruok.org.au/how-to-ask>

Should children be asking each other if they are ok?

YES! It's all about learning how to be a kind and respectful friend, classmate or team mate and that's an important life skill and it's important that children are learning it early. It's not up to kids to fix a friend's problem (you don't have to fix a person's problem) they just have to listen and show they are a support. ***They CAN notice if a friend is struggling, make the time to listen and encourage them to speak to a trusted adult if they do need support.***

Sometimes we find we are the ones asking someone if they are okay, however, other times we may need to be the one who is asked. So, by encouraging children to look out for their friends and have these conversations we are helping them build the skills to be strong and to trust in their relationships throughout their life.

The acronym ALEC is a useful 4-step model to have a conversation that could change a life:

1. **Ask R U OK?**
2. **Listen**
3. **Encourage action**
4. **Check in**

Dr Hannah Brown (Campaign Manager for Education and Young People at R U OK?) outlines what this 4 step model can look like for a parent having a conversation with a child. She advises that for different people we have these conversations in different ways, depending on our relationship to the person. A parent talking to a child will look a little different to a child talking to another child. Generally the steps are:



A – Ask

Sit down with them. Pick your moments so you have time to connect, and you are not rushing to get out the door. Use the **Notice, Ask model**. This is where you say I've noticed that you (insert a change in behaviour) have been a bit quiet lately/playing with your friends, is everything okay/what has been happening?

L – Listen

Often parents feel they need to have a solution, however, often kids just want to talk, and they just want to be listened to. So not having the stress of 'oh my goodness my child is going through this how will I help them?' Just give them the space to talk to you.

E – Encourage Action

This step will change depending on the situation, however, it might be working with your child to see *'what do you think might be a solution to what you are going through?'* Whether it's having a problem with a friend – what do you think we could do? Work **together** with your child to come up with some actions to take.

C – Check-in

A couple of days later or a week after this initial conversation just check-in- with your child. "Hey, how are things going since we had that conversation a couple of days ago?"

This shows that it's not just a one-off conversation, that you are there to support them for the long haul.

Rachel Berezovsky

School Counsellor & Registered Psychologist

you're invited to...

SYDNEY GIRLS HIGH SCHOOL OPEN NIGHT

Wednesday 10 September
3:00 - 6:00pm

Principal's Address, Workshops, Performances, Displays and Information

 Anzac Parade
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Email: administration@sghs.nsw.edu.au



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OPEN TO ALL
5-13
Years Old

LOCATION:
Reddam House - 68/70 Edgecliff Rd, Woollahra NSW 2025
Waverley College - 131 Birrell St, Waverley NSW 2024

DATES
22 September - 10 October 2025

HOURS
8:30 am to 5:00 pm.

FEES
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Registration Link
koolhq.com.au




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FREE FAMILY FUN DAY
AT THE PARLIAMENT OF NSW

Friday 10 October 9.30am - 3pm

Free activities for children up to 12 years at the Parliament of NSW

- Visit our heritage rooms
- Make craft animals and objects
- Play music and draw with Blak Douglas
- Have your say in a committee role play
- Learn how to vote
- Enjoy live music and more...

Visit Australia's oldest Parliament, step inside history and get creative in workshops and role plays.






FREE ENTRY
Activities 9.30am to 3pm

LOCATION
Parliament of New South Wales,
6 Macquarie Street
Opposite Martin Place
The public café will be open.

BOOKINGS ESSENTIAL
P: (02)92302047or
E: dps.education@parliament.nsw.gov.au

