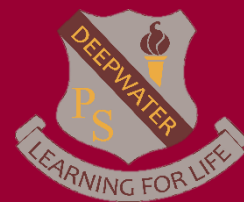




Education

Newsletter



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Newsletter No. 13

Term 3 Week 8

10th September 2025

Father's and Special Person Day



Term 3	Monday	Tuesday	Wednesday	Thursday	Friday
Week 8	8 th September	9 th September Year 6 Tenterfield High School Yr 7 Transition	10 th September Sport	11 th September R U OK? day	12 th September Library Canteen
Week 9	15 th September	16 th September	17 th September Sport Kindergarten Transition 9am to 1.30pm	18 th September	19 th September Library Canteen Scripture
Week 10	22 nd September	23 rd September End of Term Assembly 2.30pm	24 th September Sport	25 th September	26 th September Library Canteen Last day Term 3
Term 4	13 th October Staff Development Day	14 th October Students first day	15 th October Sport	16 th October	17 th October Library Canteen Scripture
Week 1					
Week 2	20 th October	21 st October	22 nd October Sport Kindergarten Transition 9am to 1.30pm	23 rd October	24 th October Library Canteen
	Year 3 – 6 Lake Ainsworth Excursion				

SAVE THE DATE: End of Year presentation night Thursday 4th December.



Lake Ainsworth Excursion

Final numbers have been submitted. **Each family should of received an email with a registration link.** Students' registrations must be completed **online by using the link by Friday 19th September.** Late registration may incur an administration fee by the Sports and Recreation office. A list of what you need to take on camp has been sent home today. Once we receive additional information regarding time of departure etc we will send it home. If you have any questions, please contact the office.

Thank you to the P&C for all their fundraising to reduce the cost of this excursion. Each family needs to thank the volunteers as this is a huge savings for families.

School Website Upgrade

Our website is currently in the process of an upgrade. Some information may not be available to view or be accessible. The upgrade is scheduled to be completed by the end of term.

Spring

Yay! Spring has arrived and the days will start to warm up. Please ensure names are clearly marked on jumpers so they can be returned to the correct student. Parents, please check that you do not have someone else's items. If you have an item that does not belong to your child, please return it so it can be given back to the correct student.

Remember to bring your school hat.
No hat = play in the shade.

R U OK? Day

Thursday 11th September

Students can wear something yellow
it may be a yellow ribbon, yellow
socks or anything you have.
If you do not have anything yellow
that ok, it is optional.

How will you know if a friend is worried or sad?



Not wanting to play



Sitting alone



Feeling sick



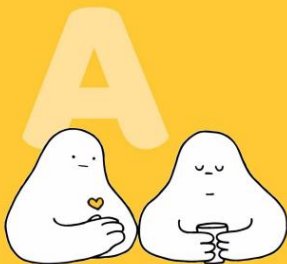
Crying



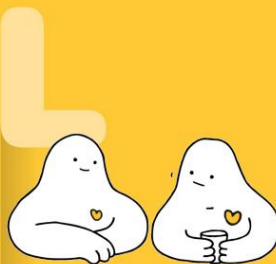
Not talking much

R U OK?
A conversation could change a life.

4 steps of an R U OK? conversation



Ask R U OK?



Listen



Encourage
action



Check in

R U OK?
A conversation could change a life.

Community Recovery Services



FREE Online Parenting Programs

Do you want to help your child manage strong feelings like worry, frustration and anger?

Do you want to better understand your child's behaviour?

Meet other parents and carers and talk about your strengths and challenges together.



What is Circle of Security®?

An evidence-based program to help parents better understand and meet children's emotional needs.

Best suited for parents/carers of children aged

1-6 yrs although beneficial for all ages.

www.circleofsecurityinternational.com

What is Tuning in to Kids®?

An evidenced based, emotion focused parenting course that helps parents/carers to recognise, understand and manage their children's emotions.

Best suited for parents/carers of children aged 3-12 yrs.

www.tuningintokids.org.au/parents

Who is it for?

Parents/carers living in the following NSW LGAs: *Cabonne, Cootamundra-Gundagai, Dubbo, Forbes, Gunnedah, Snowy Valleys, Glen Ines Severn, Snowy Monaro*

Where?

Online via Zoom. Access to stable internet, a computer/device, and a private space will be required.

When?

Tuning in to Kids: 10am - 12 pm, Wed 22nd Oct to 3rd Dec (weekly 2hr sessions for 7 wks)

Circle of Security: 10am-12pm, Wed 15th Oct to 3rd Dec (weekly 2 hr sessions for 8 wks)

Book now:

Email or call our team to register your interest. community.recovery@royalfarwest.org.au or (02) 8622 6808

"I am so incredibly grateful for this course!"

"I couldn't be more thankful for my learning and the strategies that are making an amazing difference with both my boys" - Parent

Funded by the Australian and NSW Government



Funded under the Disaster Ready Fund – an Australian Government initiative. This program currently receives funding from the Australian Government and the NSW Government.