

# NEWSLETTER

Term 2, Week 7

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## What's Happening this Term

Primary Partners Mentorship  
Program: 20<sup>th</sup> June (week 8)  
North Coast Dance Festival:  
Week 8  
Stage 2 Darlington Beach  
Excursion: 16<sup>th</sup> - 18<sup>th</sup> September



## Second Installment for Darlington Beach Excursion

IS NOW OVERDUE PLEASE CONTACT THE  
SCHOOL OFFICE 02 6624 1444



# THE PRINCIPAL'S MESSAGE

## **Semester 1 Student Progress Reports**

From Semester 1, 2025, we're introducing updated school reports.

The new format has been developed by the NSW Department of Education in response to feedback from parents and educators to make reports clearer and easier to read and understand. Your child's report will still show their progress across all subject areas. Teacher comments will appear in English, Mathematics and the general comment section, in line with department policy. The general comment for Kindergarten also covers all other key learning areas including, creative arts, HSIE, PDHPE, and science and technology.

A new achievement scale and descriptions are included to provide a clearer picture of your child's progress. Parent-teacher interviews remain an important way to discuss your child's progress and achievement in more detail.

## **Parent Teacher Conversations**

Our teachers are working hard on writing student reports, ready for their parent teacher conversation evening. The booking format will be through School Bytes – Interviews, the same process as last year. The bookings will open on Monday 16th June and each interview will be allocated 15 minutes, if you require additional time please select a double timeslot.

Please contact the school office if you have any questions.

## **Contacting the school**

From time to time there will be a need for conversations with staff at school regarding your child. This may be around schoolwork, attendance, social groups or interactions, general behaviour related situations or an issue or concern you are worried about. It is important that these conversations are held with your child's class teacher first. They are best placed to support with situations that may arise and can work with you to put solutions in place this may mean including the school counsellor, Assistant Principal or Principal in the conversation. To arrange to speak with your child's teacher, please contact the office on 0266241444.

## **School Attendance**

A huge congratulations to all the families who are focusing on attendance and sending their children to school each day. Our whole school attendance percentage has continued to increase, and we have seen a strong increase in the number of students who are either lifting their personal attendance rate or attending school 90% of the time or more. A very big congratulations to the students in years 3 to 6, as their attendance has improved. This tells me that our children enjoy coming to school and they are engaged in learning.

## **Winter School Uniform**

As the colder months close in, it is important to keep warm. As a school that values the wearing of school uniform, it is important to continue wearing the school colours through the winter months. Navy blue track-suit pants and navy-blue jumpers should be worn as part of our uniform. School jumpers are available from the office every day. Please make sure you place your child's name on their clothing so that it can be returned. We have quite a lot of unclaimed clothing ready to be donated to charity if not claimed by the end of Term 2

## **SMS – Absences**

Going to school every day is important and sets children up for the rest of their schooling. What your child learns each day builds on what they learned the day before.

- If your child misses' school, their learning routine is broken, so they can lose confidence and miss out on building their friendships.
- If your child misses' school due to illness, religious reasons, or family circumstances, you are required to explain the reason for their absence to the school.
- If your child arrives at school late or needs to leave early, you will need to communicate with the office to sign your child in or out and provide a reason for the absence.
- If you're having difficulty getting your child to school every day and on time, talk to your teacher or principal.
- If your child is absent for a whole day or part of a day, without a reason, you will receive an SMS from us asking you to reply to the school to explain the reason for the absence.

You can reply to the SMS or simply call the school to explain the absence. It is a Department of Education requirement that a reason be provided for all absences. Learn more about your role and strategies you can use to support your child's attendance at school.

follow the the link below to learn more.

<https://education.nsw.gov.au/studentwellbeing/attendancemattersresourcesforschools/your-role-in-supporting-attendance>

Regards

Warren Rhijaan



# The Rivers Secondary College, Kadina High School Campus Athletic Carnival



On Thursday, 29th May, Year 6 students were invited to attend The Rivers Secondary College, Kadina High School Campus Athletic Carnival as part of our transition program to high school.

Despite the bitterly cold start to the day, it remained fine and dry throughout, allowing us to compete in numerous events and make several trips to the Year 12 BBQ and Bake Sale. The Year 6 students competed against some of their previous classmates in the 12-year-old category. It was a chance for the students to try out unfamiliar athletic events such as discus and javelin, as well as some very unique methods of high jump (none legal, but all within the spirit of having a go). The javelin proved to be a popular event, even though it was trickier than it looked. During discus, we had the honour of witnessing Mereianna break a long-standing record for the 12-year-old girls and take her place in the Kadina High record books. Thank you, Mr. Stewart, for inviting us to this event and for driving the mini bus to pick us up and drop us back.

## NR Zone Cross Country Carnival 2025

23 students from GPS competed at the Northern Rivers Cross Country Carnival on Friday 30th May at Corndale PS. The course was long, grassy and it rained during each race which made the gruelling 2km (1 lap) and 3km runs interesting and even more competitive. All of our students ran to the best of their abilities but were outrun by the fierce competition on the day.

Congratulations to Tyson who ran 6th in his division of 8/9 yr boys and has qualified for the next level of competition at Nana Glen Sport, Recreation and Equestrian Centre on Friday 13th June.

Other honourable mentions go to Otis who ran 11th in the 12-year boys and Amelia who placed 22nd and Emily who ran 24th in the 10-year girls event. Huge thank you also to Ms Flanagan and Mr Sheather for managing the Cross Country team so brilliantly and for the parents who cheered everyone in our team on.



## Stage 2 RASE

Last week Stage 2 Sapphire and Emerald classes were invited to rotate through 3 activities that explored SOLIDS, LIQUIDS AND GASES. With Zane, students looked more closely at the formation of sand particles as solid objects that can change shape when poured into different objects. With Mrs Mitchell, students investigated how heat can change the way solids move and change form to a liquid. With Ms Crealy, students made Oobleck. Oobleck can behave as a solid or a liquid depending upon the amount of force applied to it.

# SCHOOL AND FAMILY SUPPORT TO TACKLE BULLYING

## How parents and carers can support children through bullying

While one in four Australian children will experience bullying at some point during their school years, research shows that supportive relationships and proactive guidance from parents and schools can make a real difference. Recent national attention, including the Federal Government's 'rapid review' of school anti-bullying approaches, highlights the importance of working together with families, schools, and communities to foster safe and supportive environments for all students.

As a parent or caregiver, you play a vital role in recognising and nurturing your child's strengths, helping them build the skills and relationships needed to flourish at school and beyond.

### Recognising your child's resilience

Your child's natural ability to cope with challenges can grow stronger with your support. Children often turn to you first, showing the trust and strong bond you share. Here's how to nurture their resilience:

- **Identifying strengths:** Observe how your child handles difficult situations. Are they creative problem-solvers? Do they stand up for what's right? These qualities reveal resilience.
- **Noticing behavioural changes:** Pay attention to shifts in mood, confidence, or daily habits like eating and sleeping. These can signal when your child needs extra support and offer opportunities to connect.
- **Trusting your instincts:** You know your child best. If something feels off, gently explore it and offer a listening ear.

### Building open communication

Creating a safe and supportive space helps your child feel comfortable sharing their experiences. Here's how you can encourage open conversations:

- **Create a safe space:** Show genuine interest in your child's online activities, games, and interests. Ask open-ended questions to encourage honest conversations without judgment.
- **Listen and validate:** When your child shares their feelings, focus on listening rather than immediately solving the problem. Let them know their emotions are valid and that you're there to support them.
- **Empower your child:** Encourage your child to take an active role in managing the situation. Ask how they want to be supported and help them recognise their own strengths and resources.

### Understanding school-wide initiatives

Knowing how schools address bullying can help you support your child, working collaboratively with educators. Many schools use comprehensive approaches as:

- **Student education:** Teaching what bullying is, how to respond as a bystander, and the importance of being an upstander.
- **Clear policies:** Implementing guidelines and training teachers to recognise early 'gateway behaviours' that can escalate into bullying.
- **Parental engagement:** Providing parents with resources and information to support their children and spot warning signs.
- **Program partnerships:** Collaborating with wellbeing providers like the Peer Support Program to build connected, supportive school communities.

### Building resilience

Helping your child develop skills to manage social challenges and stress can make a big difference. Try these strategies:

- **Develop assertiveness:** Practice role-playing scenarios to help your child confidently express their needs and set boundaries.
- **Encourage friendships:** Support your child in forming connections with peers who share their interests and values, as strong friendships can protect against bullying.
- **Focus on strengths and interests:** Encourage activities your child enjoys and excels at to boost confidence and self-esteem.
- **Teach coping strategies:** Introduce healthy ways to manage stress and emotions, such as exercise, mindfulness, or creative expression.
- **Stay calm and supportive:** When your child tells you about bullying, remain calm and reassuring. Let them know that you believe them and that you will work together to find a solution.

Creating a safe and supportive school community takes a whole-school approach to wellbeing. By working together – parents, students, and schools – we can create environments where all children feel valued and respected.