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## **Term 1 Week 4**

### **Principal's Report**

It is hard to believe that it is Week 4 already! Our school photos for 2025 have been taken, and we look forward to capturing this moment in time for all families. The start of each school year is a milestone in your child's educational journey. Thank you to all families for being so prompt with orders and paperwork!

Our students have all demonstrated a positive attitude to completing essential beginning-of-year assessments and are embracing the opportunity to learn new skills during our swimming lessons. The support of our expert coaches Richie and Caleb has been invaluable in providing all students with a chance to learn from experienced competitive swimmers, whilst enjoying time in the water. Reflections on learning on Tuesday afternoon highlighted the increased knowledge of senior students about correct techniques for different strokes and it was clearly evident that time in the pool improves water confidence for K,1,2 students.

In the coming weeks, Miss Curr and I look forward to focusing on establishing routines for all Key Learning Areas and ensuring that our teaching and learning programs are modified to cater to individual talents and needs.

In the next few weeks, works to renovate the school residence will be commencing. This includes a new roof, internal renovations and a new residence fence. The important upgrade to our residence is great news for Hernani Public School. During this period there will be temporary fencing erected in our playground to ensure the safety all members of our school community.

Miss Curr will be scheduling Parent Teacher Meetings to be held in Week 6. The appointments for these meetings will be scheduled in School Bytes, please book your time from Monday 24 February.

### **Small Schools Swimming Carnival**

I had the pleasure of attending the Small Schools Swimming Carnival held at Bellingen Pool on Tuesday. Hernani Public was represented by two of our students, Lexi and James. These students participated in various events throughout the day which saw them compete against students from 6 other small schools. Experiences such as these where schools come together can be overwhelming, however, they both stepped up and did their very best on the day. Both students cheered each other on excitedly when competing, showing how much Hernani students love to see fellow students succeed. This was a pleasure to watch!

In the true spirit of small schools, a combined relay went ahead with Lexi, joining three students from Dundurrabin Public School. It highlighted the ability of small school students to be adaptable, to value the success of peers, and to cheer each other on despite being from different schools.

A big thank you to Lexi and Jimmy for opting to represent their school and to make the school so proud, and to our parents for making the trip to Bellingen. Ms Galletly



- Chocolate Paddle Pops \$2.50
- Raspberry/Pineapple Calippo \$3.50
- Mango Weiss Bar \$4.40
- Cornetto \$4.80

Could each family please return an envelope to school by Monday 24 with your child's preferred ice cream clearly stated on the front of the envelope and money for purchase inside? If you do not wish your child to have an ice cream treat, please pack a suitable treat for our last day of swimming.



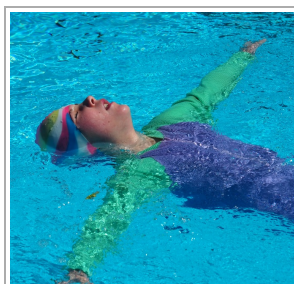
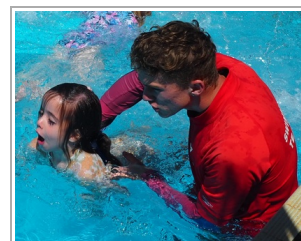
## Swimming and Water Safety Program

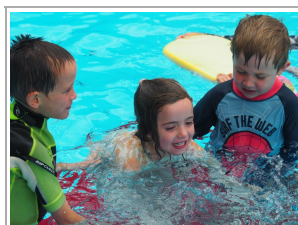
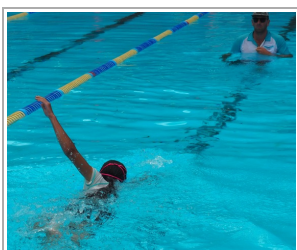
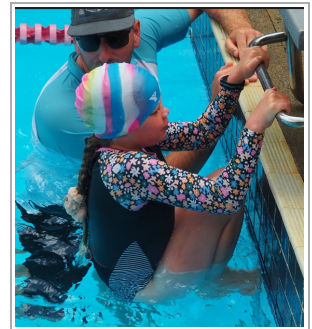
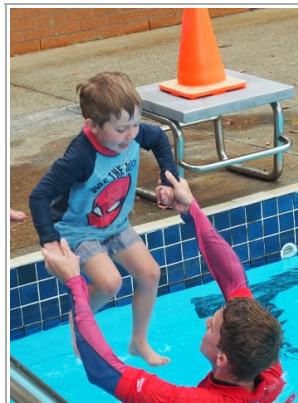
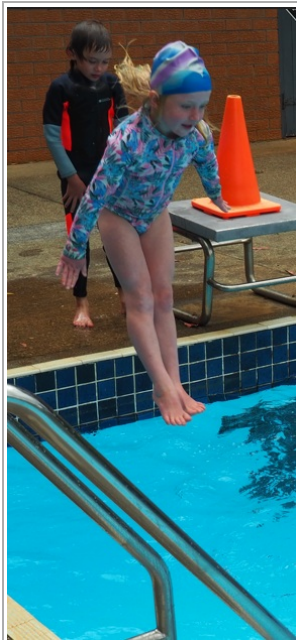
During the five days of double lessons, students will engage in fun and educational activities that promote safety and swimming proficiency. Despite the cooler weather, this is an invaluable opportunity for students to develop essential water safety skills and confidence in the water. All staff and swimming instructors have commented upon the progress of all students. Our **Term 4 2025** program will be a great follow-on to assist students to further improve their water confidence and stroke mastery.

A reminder to all parents that due to the pool not being available on Friday 21 there will be no swimming this Friday, school will be as normal. Please remember to return library books and send in a library bag with your child.

**Our final day of swimming will be next Tuesday 25 February. Our swim coaches Richie and Caleb have requested that students bring a set of clothing items (could even be pyjamas) for our final swimming day on Tuesday 25.**

On our last day of swimming students will be able to buy 1 ice cream from the following selection:





## Child Protection Education – information for parents and carers

Every year students K-6 are involved in the mandatory subject Personal Development, Health and Physical Education (PDHPE). Part of our school's PDHPE program includes mandatory child protection education. Some of the content taught in child protection education deals with sensitive issues. The school will teach this content in an age-appropriate way.

The specific content to be covered in each stage of child protection education is shown below.

For more information about child protection education go to the [Child protection and respectful relationships education](#) section on the Department of Education's PDHPE website.

If you would like more information, please contact the school.

Early Stage 1	Stage 1	Stage 2	Stage 3
<ul style="list-style-type: none"><li>Feelings and body reactions</li><li>Relationships with others</li><li>How people care for each other</li><li>Body parts (private and non-private)</li><li>Changes in body and abilities since birth</li><li>Rights and responsibilities</li><li>Family structures</li><li>Recognising and responding to safe and unsafe situations</li><li>Positive relationships and support networks</li><li>Strategies to stay safe and ask for help</li><li>Appropriate and inappropriate touching</li><li>Ways to show respect to others</li><li>Making safe decisions</li></ul>	<ul style="list-style-type: none"><li>Feelings and body reactions</li><li>Relationships with others</li><li>How people care for each other</li><li>Body parts (private and non-private)</li><li>Changes in body and abilities since birth</li><li>Rights and responsibilities</li><li>Groups students belong to</li><li>Bullying</li><li>Recognising and responding to safe and unsafe situations</li><li>Positive relationships and support networks</li><li>Strategies to stay safe and ask for help</li><li>Appropriate and inappropriate touching</li><li>Communicating and cooperating with others in a respectful way</li><li>Making safe decisions</li></ul>	<ul style="list-style-type: none"><li>Rights and responsibilities</li><li>Rights and responsibilities in relationships</li><li>Emotions and warning signs in different situations</li><li>Power in relationships</li><li>Male and female body parts and puberty related changes</li><li>Positive relationships and support networks to manage change</li><li>Gender stereotypes and expectations</li><li>Types of abuse</li><li>Bullying behaviour and strategies to ask for help</li><li>Recognising and responding to safe and unsafe situations</li><li>Strategies to stay safe and ask for help</li><li>Communicating and cooperating with others in a respectful way</li><li>Making informed and safe decisions</li></ul>	<ul style="list-style-type: none"><li>Rights and responsibilities</li><li>Rights and responsibilities in relationships</li><li>Emotions related to feeling unsafe and ways to manage these</li><li>Different types of relationships and why they change</li><li>Abuse of power in relationships</li><li>Gender stereotypes and expectations</li><li>Different types of abuse including physical, emotional and sexual abuse</li><li>Bullying behaviour including harassment</li><li>Support networks to ask for advice and support</li><li>Strategies to stay safe and ask for help</li><li>Actions and behaviours that show respect and inclusion of others</li></ul>

## School Counsellor

I'd briefly like to introduce myself. My name is Anthony Baker, your new school counsellor. I'm a former teacher with 23 years of teaching experience. I've mainly taught Secondary Science at Macksville HS and Coffs High but also taught a composite 5-6 primary class in Grafton.

I'm a provisionally registered Psychologist with AHPRA and employed with the Department as a school counsellor. I currently service Bellingen HS, Dorrigo PS, Hernani PS and Dundurrabin PS.

As a school counsellor, I can provide screening for children who may be experiencing emotional, behavioural or learning difficulties. Typically, I then construct a report which can be used for diagnostic or therapeutic purposes by paediatricians or external psychologists (or clinical psychologists). I can also offer limited, short-term counselling

and intervention services for students who may be encountering difficulties in their lives.

Due to the age of primary school children, 1-1 contact is strictly by parental consent. If your child currently has contact with the school counsellor, or you think they may do so in the near future (this year), I have provided a permission note for your convenience, which will need to be signed and returned to the school.

All contact and relevant documentation associated with the school counselling service is **STRICTLY CONFIDENTIAL** (as per AHPRA requirements).

If you wish to talk with me, please feel free to contact the office (66 576 155) to make an appointment. My service days at Hernani are alternate Thursday mornings.

Thanks for your time!  
Anthony



[Referral to School Counsellor\\_School Psychologist\\_by\\_parent.pdf](#)  
[https://hernanips.schoolzineplus.com/\\_file/media/1191/referral\\_to\\_school\\_counsellor\\_school\\_psychologist\\_by\\_parent.pdf](https://hernanips.schoolzineplus.com/_file/media/1191/referral_to_school_counsellor_school_psychologist_by_parent.pdf)

NSW Department of Education



### Referral to School Counsellor/ School Psychologist

From Learning and Support Team

For completion by **PARENT OR CARER**

**Privacy Notice:** This information is being obtained to assist school counselling staff in providing support for your child. Provision of this information is voluntary. It will be stored securely. The information collected, and any assessment results, may, as appropriate, be provided to other members of the school staff involved in supporting your child. You may correct any personal information provided at any time by contacting the school counselling staff member. Please contact the school if you would like help to complete this form.

Student's Name	<input type="text"/>		
School	<input type="text"/>		
Date of Birth	Year or Grade	Date of referral	
<input type="text"/>	<input type="text"/>	<input type="text"/>	

Reason for referral / what concerns do you have?

Developmental / Medical History (e.g. Have you had concerns about your child's speech, language or motor development? Have they had any significant illness?)

Previous assessments: eg by Doctor, Psychologist, Speech Therapist (Please say who and attach copies of reports if possible.)

Is there anything else you would like the school counsellor/school psychologist to know?

What do you hope will happen as a result of the school counsellor/school psychologist seeing your child?

**I have read the Privacy Notice and give permission for the school counsellor/school psychologist to:**

Carry out assessment and counselling as required: YES ☐ NO ☐  
Contact the authors of the reports I have provided: YES ☐ NO ☐ Reports from:   
Exchange information with these agencies: YES ☐ NO ☐  
Parent / carer's signature:  Date:

education.nsw.gov.au

## 2025 AGM is set for: Thursday 10 April 2025 at 3.15pm.

### Agenda for general meeting following AGM:

An agenda for general business is on display on the school notice board outside the office, **please add items to this agenda prior to the end of week 8, 21 March.** This will allow all P&C members to be aware of items for discussion prior to the meeting.

### Principal's Items:

Hernani Public School Annual Financial Statement

Breakfast/Emergency lunches

P&C freezer.

Consent Notes to be returned promptly, please!

### REMINDER:

Promptly signing consent notes is essential for ensuring that students can participate in important school activities, excursions, and programs. When parents and guardians respond quickly, it helps the school make necessary arrangements, maintain safety, facilitate planning and organisation. Timely consent also fosters better communication between families and the school, ensuring that everyone is informed and aligned. We appreciate your cooperation in signing consent notes as soon as possible to support your child's educational experience and to assist our school operation. As Hernani does not have a full-time Administrative Manager, your timely responses are greatly appreciated and will help ensure that all necessary arrangements can be made efficiently.

Consent notes will be sent through School Bytes and occasionally a hard copy will be sent home.

Thank you for your support,

Fiona

### Upcoming Events


Tuesday 25 February - Last day of the swimming program

Friday 28 March - School's Clean Up Day

Friday 21 March - Harmony Day

Wednesday 12 March to Monday 24 March - NAPLAN (Test Window)

Thursday 10 April - P&C 2025 AGM followed by a P&C General Meeting



**Quilters and Patchworkers  
of New England Inc.**

## **Quilting & Needlework**

## **Exhibition**

**15<sup>TH</sup> AND 16<sup>TH</sup> MARCH 2025**

9.00am – 5.00pm Saturday  
9.00am – 3.00pm Sunday

**At**  
**LEGACY HOUSE**

**FAULKNER STREET, ARMIDALE**

*Entry: Adults \$5.00  
Children under 10 yrs free*

**(Tea, Coffee, Sandwiches and Slice available at nominal charge)**

**Contact**  
**Robyn Wood (02) 67726368**

# Harmony day

*everyone belongs...*

Harmony Week is the celebration that recognises our diversity and brings together Australians from all different backgrounds. It's about inclusiveness, respect and a sense of belonging for everyone.

**Bring a plate of food to share and wear something the colour **ORANGE****

**Parents are welcome to join us at 11:30am for lunch and stay on for our school assembly at 2:30pm**



**21st March**



**To also celebrate Ride to School Day - Meet at the Tennis Courts at 8:45am to ride your bike or scooter to school**

