

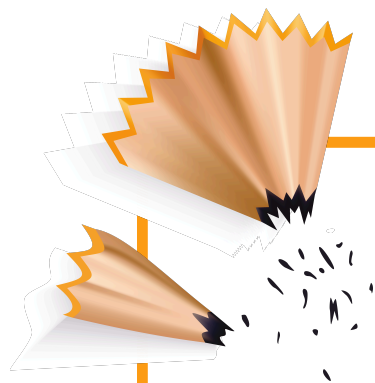
# KIRRAWEE PUBLIC SCHOOL











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# Principal's Welcome

## EDUCATION WITH A PURPOSE AT KIRRAWEE PUBLIC SCHOOL

Dear Families,

It is with great excitement and a deep sense of privilege that I welcome you to Kirrawee Public School. As the Principal, I am honoured to be part of this dynamic and inclusive school community, where students are empowered to thrive, learn, and grow.

Kirrawee Public School is more than just a place of learning—it is a vibrant and supportive environment where curiosity is encouraged, talents are nurtured, and lifelong friendships are formed. Our dedicated team of educators is committed to providing an enriching and engaging learning experience that supports every child in reaching their full potential. As a school in the heart of the Sutherland Shire, we are fortunate to offer our students exceptional learning opportunities in a diverse and well-resourced environment. Our students benefit from a dedicated First Nations Cultural Learning Hub, fostering deep connections to Aboriginal perspectives and histories. They engage in hands-on exploration in our STEM Maker Space Hub, develop creativity and confidence in our Music Hub, and enjoy access to a well-equipped Library Hub that supports a love of reading and research. Additionally, our Before and After School Care Hub provides families with valuable support, and our well-resourced classrooms ensure that every student has the tools they need to succeed.

A special part of our school is the Inclusive Learning Hub, our dedicated Support Unit, that enhances our community by celebrating diversity and ensuring that all students have access to learning experiences tailored to their needs. The Hub reflects our commitment to inclusion, fostering an environment where every student feels valued, supported, and empowered to succeed.



At Kirrawee Public School, we believe in a well-rounded education that balances academic excellence with social, emotional, and physical development. We foster a love of learning, encourage critical thinking, and instil a sense of responsibility and resilience in our students. Our approach ensures that every child feels a strong sense of belonging and is inspired to achieve their personal best. We are incredibly fortunate to have a strong and engaged parent and carer community, and we value the vital role families play in their children's education. Open communication and collaboration between home and school are essential to student success, and I encourage all families to take an active role in school life, whether through events, activities, or parent-teacher partnerships. As we embark on this journey together, let us celebrate achievements, embrace challenges, and create lasting memories. I look forward to working with each of you to make Kirrawee Public School a place where every student feels a sense of belonging, purpose, and possibility. Once again, welcome to Kirrawee Public School. I am excited for the opportunities ahead and look forward to a fantastic year of learning and growth.

With warm regards,  
Cameron Campbell  
Principal





# Before You Start

## Enrolment

You can enrol at Kirrawee Public School online through our school website. You can contact us throughout the year to help with enrolment questions. You and your child will also need to attend an interview with the principal. This is an opportunity for us to get to know our new students and where you can discuss any disability or additional learning and support needs, medical conditions, or other special circumstances before your child starts school. We can work with you to develop a personalised learning and support plan, health care plan or a behaviour support plan to best support your child.

Enrol at: [kirrawee-p.schools.nsw.gov.au/about-our-school/enrolment](http://kirrawee-p.schools.nsw.gov.au/about-our-school/enrolment)

## School Contributions

Each year the school seeks the support of families through a General School Voluntary Contribution. This contribution, together with the P&C funding, is used for the provision of resources.

## Financial Assistance

At Kirrawee Public School, there is a charge for extra-curricular activities that go beyond the minimum requirements of the curriculum and enrich our students' educational experience. Parents who are unable to pay for extra-curricular activities because of financial hardship may be eligible for assistance from the school.





# Supporting Your Child

Our school and your child's teacher are your partners in supporting their education. We use the School Bytes app to keep in touch daily as well as more formal biannual parent teacher interviews to discuss your child's progress. Keep your child's teacher informed of any changes in your child's life that may affect their learning or enjoyment at school.

## Additional Support

We can provide a range of other staff who contribute to personalised learning and support for students where needed. These positions include:

- Learning and Support Teachers (LaST) and School Learning Support Officers (SLSO)
- Specialist Vision and Hearing Itinerant Teachers
- English as an Additional Language or Dialect (EAL/D) Teachers
- Community Information and Liaison Officers
- Home School Liaison Officers (HSLO)
- Aboriginal Education Officers and Teams

Contact your child's teacher or our school office if you think your child would benefit from these support services.

## Disability and Additional Needs

Kirrawee Public School is proud to provide an inclusive education system. One where every student feels welcome, can learn to their fullest capability, and that meets the needs of students with a disability. We are proud to offer 3 support classes in our Inclusive Learning Hub and support students who have been diagnosed with mild or moderate intellectual disabilities and/or autism.

We provide a range of specialist services to support students with additional learning and support needs. This includes support for students' diverse needs in learning or behaviour, students with disability, and students with additional health and wellbeing needs. If your child has a disability or additional needs, please contact our school so we can have a meeting with you to find out more and talk about how we can help. You know your child best, so it is important to have early conversations so that we can work together to come up with a plan of support.

## External Providers

Kirrawee Public School welcomes external/Allied Health providers, such as speech therapists and occupational therapists, to continue early intervention with your child in a dedicated therapy room. Please contact the office if you would like more information about this process.





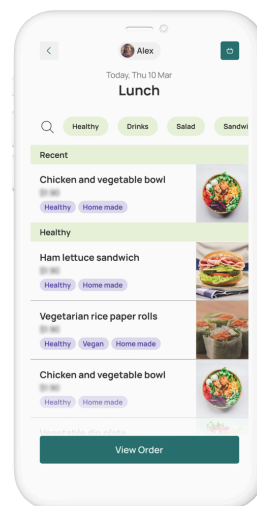
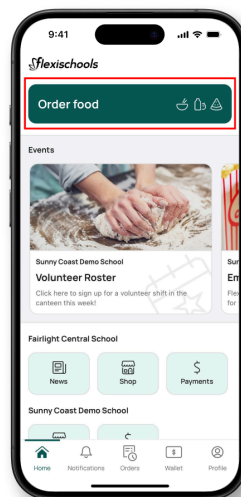
# Canteen & School Bytes

## Canteen

Kirrawee Public School is proud to have a P&C operated school canteen. Our school canteen is open on Wednesday, Thursday and Friday. The canteen is run solely by volunteers and warmly welcomes the support of our families in assisting where they can, be it once a week or fortnight, or for an hour or two. All help is appreciated.

Canteen orders can be placed in the Flexischools app and in person with cash sales available at the counter.

We are excited to be able to offer a competitively priced, affordable option for working families with all profits raised from canteen sales directly benefitting our students through the P&C.

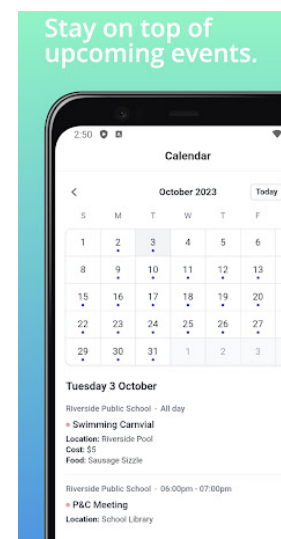
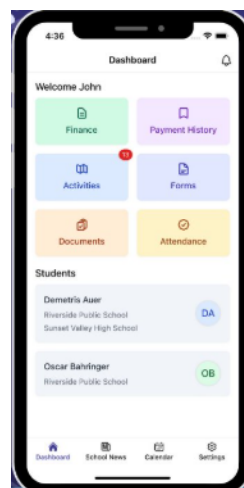


## School Bytes

Kirrawee Public School sends all parent/carer information through the School Bytes Parent Portal app. Excursion permission notes, excursion payments, statements of accounts, parent/carer information etc. are all communicated via the School Bytes Parent Portal app. Parents can enter absences for their child within this app as well, allowing for a single app to cover all school-based communications.

We do ask that all families are able to connect to the app, and importantly, 'enable notifications' in your settings so that you are receiving all school correspondence in a timely manner.

If you need help either installing and connecting to your parent portal app, please just reach out to the school for assistance.



## Contacting Your Child's Teacher

Kirrawee Public School values strong partnerships with our families. Should you need to make contact with your child's teacher we ask that you do so via the preferred channels; please either call or email the school, and attention the email to the teacher you are seeking to contact.

If you have a matter that requires a detailed conversation, please try to avoid catching your child's teacher at drop off or pick up times as they may not be able to give you their full attention whilst welcoming or dismissing their class. We would prefer to allocate an appropriate amount of time to discuss your concern in full.

We also offer parent/teacher interviews in Term 1 and Term 3, with written reports sent home at the end of Term 2 and Term 4. This allows for feedback from the school each term.



# Uniform

## Summer Uniform

Kirrawee Public School provides various options for the summer uniform.

### **GIRLS' UNIFORM:**

summer tunic OR  
navy skorts (skirt/short) and lemon polo OR  
navy shorts and lemon polo AND  
white socks with black leather school shoes

### **BOYS' UNIFORM:**

navy shorts and lemon polo  
white socks with black leather school shoes

## Winter Uniform

Options for the Kirrawee Public School winter uniform are provided below:

### **GIRLS' UNIFORM:**

winter tunic with lemon long sleeve blouse and  
navy stockings OR  
navy slacks/trackpants and lemon polo AND  
white socks with black leather school shoes  
zip fleece jacket

### **BOYS' UNIFORM:**

navy trouser/trackpants and lemon polo  
white socks with black leather school shoes  
zip fleece jacket

## Sport Uniform

Kirrawee Public School students are required to wear their sport uniform two days per week. The sport uniform consists of the following:

### **GIRLS' UNIFORM:**

navy skorts/trackpants and gold polo OR  
navy microfibre sport short and gold polo AND  
white socks with joggers

### **BOYS' UNIFORM:**

navy sport short/trackpants and gold polo AND  
white socks with joggers

## Uniform Purchasing

We proudly wear our uniform at Kirrawee Public School. Our summer, winter and sport uniforms are available at Claudine Schoolwear whereas school branded accessories like hats and school bags are sold from our school office.

Our uniforms are for sale from  
Claudine Schoolwear at Caringbah;  
23 President Avenue, Caringbah.







## Learning and Activities

Most time in our classrooms is spent developing children's literacy and numeracy skills and other Key Learning Areas studied throughout primary school. Such as:

- English
- Mathematics
- Science and Technology
- Creative Arts
- Human Society and its Environment – History and Geography
- Personal Development, Health and Physical Education (PDHPE)

The syllabus outcomes are the key reference points for decisions about student learning, progress and achievement. For Kindergarten to Year 6, Kirrawee Public School plans, programs, teaches and assesses to syllabus outcomes in a Stage.

Syllabus outcomes:

- are derived from the syllabus objectives
- indicate the knowledge, understanding and skills that are expected to be developed by most students by the end of a Stage
- present a sequence of learning for each Stage and take into account prior and subsequent learning of students.

Syllabus outcomes are used by our school to:

- plan and develop learning opportunities
- monitor student progress
- assess student achievement
- report student progress and achievement during, and at the end of, a Stage
- make collaborative planning decisions about curriculum pathways and reporting for students with disability.

Your child will have many new experiences and learn many new skills. Socially, we aim to teach children to:

- play cooperatively with others, share equipment and toys etc, and respect other people's ideas, feelings and property
- accept change
- follow instructions
- accept being one of the group, to work well in a group and share the teacher's attention
- listen and communicate with others, develop resilience and self-management skills, build self-confidence and become independent.

While your child attends a NSW Department of Education school, they may be placed in single-year, stage-based, or cross-stage classes depending on student enrolment numbers. Each of these structures offers educational benefits, such as opportunities for peer learning, flexible grouping, and the ability to cater to a wider range of learning styles. Rest assured, within any class structure, students are taught in tailored groupings, and teachers differentiate learning to meet each child's individual needs.



# Additional Opportunities

A range of other opportunities exist for our students as they move through Years K-6. These include:

- **Dance Groups:** We have an external dance provider that conducts weekly dance lessons for students in Years 1-6 that choose to join the dance groups. Participating in these groups also brings opportunities for representation at events such as the School Spectacular and Pulse Alive.
- **Specialist Sport Programs:** We have an external sport provider that conducts weekly sport lessons for our classes across two terms.
- **Interflow Languages:** Students have the opportunity to learn additional languages through an external provider either before/after school. Please enquire with the office for more information and for the cost involved.
- **PSSA - Primary School Sport Association:** When students are in Years 3-6 they have the opportunity to trial for various sporting teams and represent the school each Friday as we compete against other local schools in the Sutherland Zone PSSA Competition. The teams are rotated on a termly basis.
- A range of **lunch time groups** also take place enabling students to be a part of many facets of school life. These opportunities include;
  - Environment/Gardening Group
  - Lego Club
  - Chess Club
  - Year 6 Boys Drumming Group
  - Year 6 Girls Group
  - Library monitors
  - Choir







## Maker Space

Kirrawee Public School is committed to preparing our students for an ever-changing, technology-focused world. Students participate in weekly technology lessons in our specifically designed Maker Space Hub, where they engage with a variety of technologies to design solutions to perceived problems. In these lessons, which are aligned with the Australian Curriculum's Digital Technology Standards and General Capabilities, and address multiple Key Learning Areas, students may participate with technologies such as coding, robotics, Lego creation, cardboard design and make, circuitry work, 3D printing, podcast creation, movie making, and more.

The Maker Space Hub serves as an innovative environment where creativity and critical thinking converge, allowing students to brainstorm, prototype, and iterate on their ideas while fostering an entrepreneurial mindset. Engaging with technology at a young age nurtures adaptability and enhances problem-solving abilities, as students work collaboratively on real-world projects. This hands-on approach not only develops technical skills but also promotes digital literacy and essential communication skills, preparing students for future educational and career opportunities. By fostering a culture of innovation and exploration, Kirrawee Public School ensures that students are inspired to become creative thinkers and active contributors to society.

It is intended that by the end of their schooling at Kirrawee Public School, students will have had experience in areas of coding, filming, design and construction. Through these experiences, students will have developed intrapersonal skills such as active listening, teamwork, empathy and conflict resolution. Students will also be exposed to solution processes such as problem solving skills and Design Thinking.

In addition to building technical proficiency, the program emphasises the importance of resilience and perseverance in the face of challenges. Students learn that failure is often a stepping stone to success, as they troubleshoot issues and refine their projects through trial and error. This iterative process helps them develop a growth mindset, encouraging them to view obstacles as opportunities for learning and improvement. Furthermore, the collaborative nature of the Maker Space allows students to share knowledge and support one another, creating a sense of community and belonging. This holistic approach not only prepares students for the technological demands of the future but also equips them with the emotional intelligence and teamwork skills necessary to thrive in any environment.



# Music

Kirrawee Public School offers a range of specialist programs, and each week, students participate in music lessons with a qualified music teacher. In our dedicated music room, students learn how to play a variety of instruments, such as boomwhackers, glockenspiels, ukuleles, djembe drums, and many more. These engaging lessons not only focus on developing instrumental skills but also encourage creativity and collaboration among students.

As they progress, students have the opportunity to showcase their talents for our school community by performing at various events throughout the year, including the Easter Parade, Education Week, Christmas Concert, and more. These performances allow students to demonstrate their musical abilities and foster a sense of pride and accomplishment. The environment is supportive and celebratory, encouraging students to express themselves and connect with their peers through music. Through these experiences, they build confidence, enhance their teamwork skills, and deepen their appreciation for the art of music, creating lasting memories that enrich their educational journey.

The intellectual aspects of our music program are equally significant, as music education has been shown to enhance cognitive development in children. Engaging with music involves critical thinking, problem-solving, and analytical skills as students learn to read musical notation, understand rhythms, and interpret compositions. Furthermore, the discipline required to practice an instrument cultivates perseverance and time management, valuable skills that extend beyond the music room. Research indicates that children who study music often perform better in subjects like mathematics and literacy, as the patterns and structures in music correlate with mathematical concepts and language development.

Additionally, studying music as a child offers a multitude of emotional and social benefits. Participation in music lessons helps children express their feelings and thoughts in a creative way, leading to improved emotional intelligence. The collaborative nature of music also fosters social connections, as students work together in ensembles and learn to appreciate diverse perspectives. This sense of community and belonging is crucial for personal development and can lead to lifelong friendships. Overall, the comprehensive music program at Kirrawee Public School enriches students' lives intellectually, emotionally, and socially, setting a strong foundation for their future endeavours.







## Positive Behaviour for Learning (PBL)

Our school student welfare policy is supported by our PBL Practices. Kirrawee Public School has expectations for our students to be Respectful, Safe and Engaged. These are our systems to recognise and reinforce student achievement. Our school also has a School Behaviour Support Management Plan (SBSMP) which underpins all wellbeing practices within the school as outlined by the NSW Department of Education.

All school staff use a system of merit that allows them to identify and reward students who are seen to be setting fine examples to others and the school community. Children are rewarded consistently for appropriate behaviour, effort, achievement and service in a variety of school contexts.

Children progress through various levels:

### Award Levels

#### **Kirrawee Kudos: PBL fast and frequent tokens**

All staff are able to distribute fast and frequent PBL tokens 'Kirrawee Kudos' for any positive behaviour. There is no allocation limit for PBL tokens. Kirrawee Kudos are either entered into a collection box to go into the draw for a canteen voucher, or they are given as house points for sporting house teams.



#### **Safe, Respectful & Engaged Assembly Awards**

Three awards are given weekly at assemblies to each class. These are given for either being safe, respectful or engaged. Three assembly awards entitle the student to a 'Student of the Week' award. Three 'Student of the Week' awards entitle the student to a 'Principal's Award'.



3 x PBL  
awards

1 x Student  
Achievement  
Award

3 x Student  
Achievement  
Awards

1 x  
Principal  
Award







Zac: Saltwater Dreamtime

## Connection to Country in Our School

Aboriginal and Torres Strait Islander peoples were the first people to live on this Country. They have been here for tens of thousands of years. Aboriginal and Torres Strait Islander peoples are made up of many different and unique groups and each group has its own culture, language and lores.

During their time at school, your child will learn about the history, culture, and contributions of Aboriginal and Torres Strait Islander peoples, as well as how they can work towards reconciliation.

Learning about the history and culture of Aboriginal and Torres Strait Islander peoples can help students understand cultural differences and show respect for diversity.

### What is Country?

Country is the relationship formed with a person's physical environment that is deeply spiritual and connects Aboriginal people to their land and their ancestors. Connection to Country is important to Aboriginal people and creates a sense of belonging and identity.

### What is an Acknowledgement of Country?

Acknowledging Country is a way for us to remind ourselves that we live and go to school on Aboriginal and Torres Strait Islander lands and take the time to pay our respects to Aboriginal people of generations past and present for continuing to take care of our land, earth, skies and seas. Here is our Acknowledgment of Country:

*At Kirrawee Public School, we acknowledge that we are learning, growing and caring for the land of the Gweagal Clan of the Dharawal speaking nation.*

*Our school in Kirrawee is the home of the white cockatoo, a symbol that links us to the sky above. The totem, Burri Burri the whale, connects and guides us to the ancient stories in the ocean and our school emblem, the tree, keeps us grounded to the land.*

*As a school community, we strive to be safe, respectful, and engaged, doing our best not only for ourselves, but for each other, and for the Country that nurtures us.*

*We pay our respect to Elders past, present and emerging, and recognise their strength, resilience, and the vital role they play as knowledge holders for future generations.*

*May we always honour the stories beneath our feet, the knowledge in the wind, and the songlines that connect us all.*





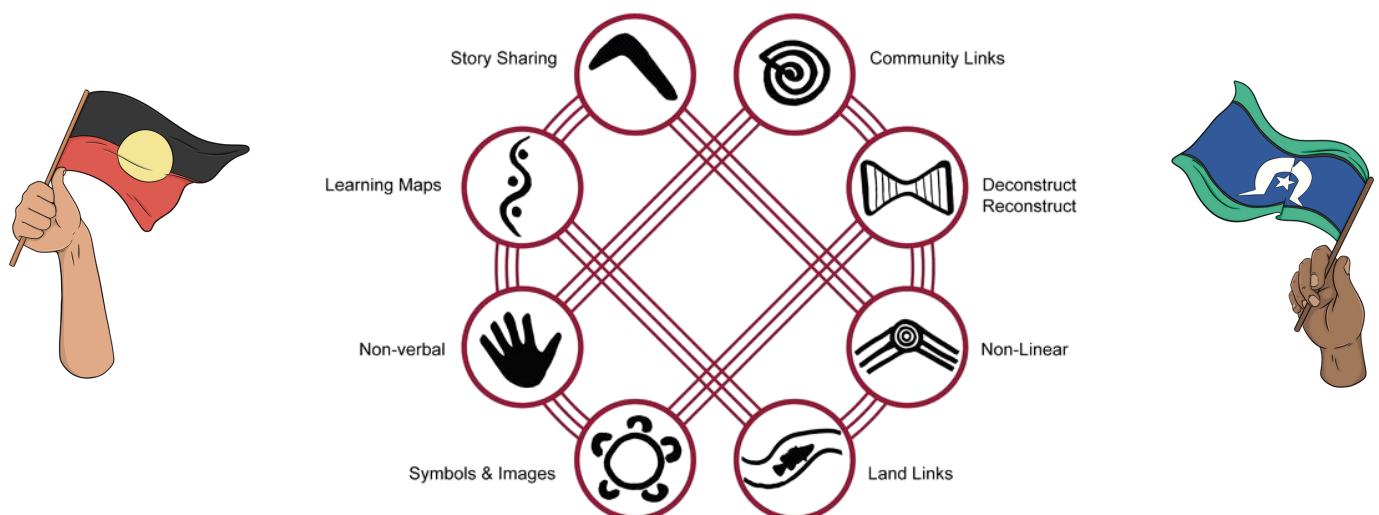


## Yarning Circle & Aboriginal Education Officer

Kirrawee Public School has a Yarning Circle which is a space for students to connect to Country and to learn, build and share cultural knowledge. In this space all participants are equals and come together to share knowledge and stories. Teaching and learning takes place in a respectful manner that values the importance of listening and cultural sensitivity.

Kirrawee Public School has an Aboriginal Education Officer (AEO) who visits classes every fortnight each semester. Our AEO primarily supports First Nations education and the programs that run within the school to support closing the gap initiatives and cultural lessons for all students. We provide an environment to support student's education while also giving them a sense of belonging and cultural connection. Together we strengthen collaboration by "walking together" and "working together" with Aboriginal communities and schools, together we will work towards common goals in Aboriginal education, and together we will celebrate the successes of our students and communities.

## 8 Aboriginal Ways of Learning





# School Routines

## Getting to and from school safely

Getting your child to and from school is your responsibility – however, your child's school wants this to happen safely every day.

Pick the safest way to school and practise travelling the route with your child, talking about and showing them how to be a safe road user.

Keep your school community safe by always:

- role modelling safe and responsible road user behaviour
- holding your child's hand when walking on the footpath, in the car park and when crossing the road
- using the safest place to cross the road. Walk further to use pedestrian crossings, refuges and traffic lights
- keeping hold of your child's hand in the car park, and when entering and exiting the car, abiding by signage in and around your school
- meeting and dropping your child on the school side of the road (never call your child from across the road)
- getting your child in and out of the car via the 'safety door' (the rear left door closest to the footpath)
- buckling your child up correctly in an approved child restraint or booster seat that is right for their age and size, even if you're in a hurry
- driving and parking legally, even if it means parking further away and walking the rest of the way to school.

## Saying goodbye

Let your child know who will pick them up from school at the end of the day and where they will meet. Our teachers dismiss their classes from their classroom at the end of the day.

Check with your child's teacher to find out when and where to pick them up and let them know who will be picking them up.

## Picking children up at the end of the day

If you're running late, notify your child's teacher by calling the school office. Children can get upset if the person picking them up isn't on time. Share this information with your child's carers, such as grandparents, nannies and friends who may be taking your child to or from school.

More resources can be found at:  
[education.nsw.gov.au/safe-travel](https://education.nsw.gov.au/safe-travel)

## Out of School Hours Care (OOSH)

On the grounds of Kirrawee Public School, Adventure OSHC operates our out-of-school hours care (OOSH) for those families who require care for their child before and/or after school.

Our OOSH has two rooms in which they operate either their morning/afternoon sessions. OOSH services provide education and care for primary school-age children outside school hours with the convenience of being on site.

OOSH services:

- support children's learning achievement, engagement and wellbeing
- provide developmental play opportunities in a multi-age environment
- support families to work or study outside school hours.

Email: [kirrawee@adventureoshc.com.au](mailto:kirrawee@adventureoshc.com.au)

The Child Care Subsidy helps eligible families with the cost of childcare for out of school hours.

Visit: [servicesaustralia.gov.au/child-care-subsidy](https://servicesaustralia.gov.au/child-care-subsidy)



# Working Together For Student Attendance and To Maximise Learning

It's always wonderful to have our students in classrooms, ready to engage and learn. Our teachers and school staff are committed to fostering growth and opportunity, and we are here to work with you to support your child to reach their full potential.

Consistently going to school has countless benefits – from learning, to creating social connections and improving wellbeing through access to support and quality education.

Students are required to attend school every day, whether it's the first or last day of the term, Mondays, Fridays or days dedicated to sports carnivals, school excursions and incursions.

We are here to work with you to support your child to thrive. We know that families experience a variety of challenging circumstances, and we are committed to working with you to address any barriers to regular attendance.

If your child is absent from school, please let us know why as soon as possible, even if it's just a few minutes at the start or end of the school day. Of course, there will be times when your child is unable to be at school, like when they are unwell. Medical appointments should take place outside school hours where possible, and family holidays should be taken in term breaks.

If your child is feeling anxious about coming to school and you need support, please reach out to your child's teacher or the school directly. There are also helpful resources for parents and carers on the [NSW Department of Education website](https://www.nsw.gov.au/education).

Thank you for being a part of our school community and for partnering with us to ensure students access the endless benefits of regular school attendance.

## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

**1** day per fortnight  

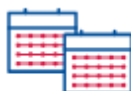

= **4** weeks



= Over **1** year missed

**1** day per week  


= **8** weeks



= Over **2.5** years missed

education.nsw.gov.au

## Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just...

they miss days per year

**5** mins per day



= **3** days



**30** mins per day



= **18** days



Patterns of lateness can have a serious impact on your child's education.

education.nsw.gov.au





# Getting Involved With Our School Community

## Get connected

Connect with Kirrawee Public School and community via:

- Apps: School Bytes & Flexischools
- Social Media: Facebook and Instagram
- Other: Newsletter, website, Kirrawee Public School YouTube account  
<https://youtube.com/@kirraweeps>



School  
Bytes

## Parents and Citizens (P&C) Association

We have an active Parents and Citizens Association at Kirrawee Public School. P&C is a formal organisation for parents and members of the community to support our school. The P&C organise fundraisers, help with events (such as school discos and general fundraisers), source equipment for the school, run our canteen and encourage parents and citizens to work closely with teachers. Our principal attends P&C meetings, so there is an opportunity for families and community members to be involved in school education matters. Joining the P&C is a great way to actively help our school and be involved in the community.

## Help out in the classroom – Reading Friends Australia

Parents and carers have opportunities to assist in the classroom. Kirrawee Public School has volunteers registered through Reading Friends Australia. These volunteers help by assisting the teacher and working with children in small groups. They could assist with maths, reading or comprehension activities that the teacher has organised. Mentoring volunteers generally work with a single student each week, offering one-to-one support to increase their confidence.

## Special Religious Education (SRE) & Special Education in Ethics (SEE)

Kirrawee Public School offers a variety of religion and ethics classes. Please refer to the school website for more detailed information.



# Health and Wellbeing

You can help support your child's health and wellbeing from Kindergarten and throughout primary school.

## Talk with your child

Check in with your child before, and particularly after, school. Ask them:

- How was your day?
- What did you learn?
- What was the highlight?

Be on your child's level and show affection. Communicate with comfort and connection. Stay relaxed in your facial expression and body.

Validate and relate to your child's feelings by understanding their perspective. Set boundaries, stay calm and assertive.

Monitor physical, behavioural, and emotional changes by looking out for signs of stress, including fatigue, sleep difficulties, irritability, and more. Always share any concerns with your child's teacher.

## Create routines at home

Make sure your child is getting:

- A good night's sleep
- At least 30 minutes of daily exercise
- Nutritious meals including breakfast, lunch and dinner and make sure your child is eating regularly
- Staying hydrated, even in the colder months
- Time for your child to play
- Being read to daily.

Children can get very tired at night because they are doing so many new and exciting things. It helps to keep consistent with before and after school routines – like bath time, meals, reading and bed time.

## Engage with your child's education

- Build relationships with their educators, school personnel, fellow parents, and your child's friends.
- Participate in school activities like parent-teacher meetings, award assemblies/ceremonies, performances, & presentations.
- Whenever possible, offer your child opportunities outside of school to connect with friends and the community, such as volunteering, sports, or supervised playdates.
- If you feel that your child may benefit from additional support with their social/emotional wellbeing, Kirrawee Public School has a dedicated Student Wellbeing Officer (SWO) and HOPE Mentors.







# Sickness and Medication

## Sick at home

From time to time your child may get sick. If they display any of the following symptoms, they should stay at home and see a doctor:

- a fever of 38°C or above
- vomiting or diarrhoea
- cough or respiratory symptoms
- cold or flu symptoms
- rashes of an unknown origin.

## Sick at school

If your child is ill, they will go to the sick bay in the office where first aid can be performed, they can lie down and be monitored. You will be called to come and collect your child if they are too sick to go back to the classroom. For this reason, it is important to keep your contact details up to date with the school, including an alternative contact – such as a relative or neighbour – who the school can call if you are unavailable.

## Allergies and asthma

It is important for you to inform the principal and the school if your child has asthma or allergies – not just those diagnosed as severe or food allergies. Anaphylaxis is a severe and sudden allergic reaction to allergens, such as nuts or shellfish, or insect bites. If your child is diagnosed with asthma or at risk of an anaphylactic reaction, you must provide the school with information from your child's doctor, including an Action Plan for Anaphylaxis in accordance with the Australasian Society of Clinical Immunology and Allergy (ASCIA). We will develop an individual health care plan to describe your child's needs and how the school plans to meet these needs during the school day, on excursions and in other school activities such as sport.

## Other health tips:

### Head lice

Head lice spread when children are in close contact. They are easily treated and are not harmful to your child. Having head lice is not a reflection on the level of your child's hygiene.

Preventing head lice:

- Check your child's hair regularly
- Keep long hair tied back, plaited or braided
- Keep a fine-toothed comb in the bathroom and encourage your family to use it when they wash their hair.

Treating head lice:

Daily combing with a white hair conditioner (to help see) using a fine-toothed comb will help get rid of head lice and their eggs (nits). If your child has head lice, let the school know so they can ask other families to check their children's hair.

## Medication

It is essential that the school is notified if your child needs to take medication at school or has any special medical requirements. All medication provided to the school must meet the following requirements:

- Medication must be taken to the office.
- A form needs to be signed by a parent or carer detailing dosage, and the times that the medication needs to be taken.
- Only medicines prescribed by a doctor can be given at school.
- Medication should be provided in the original packaging with your child's name evident. Single sleeves of medication will not be accepted.
- If a student requires their medication to be altered, i.e. cut to ensure correct dosage, the pharmacist must pre-cut it and package it in a Webster-Pak or similar. School staff will not be responsible for altering medication in any way.
- If there is a change in dosage/time of medication, this needs to be provided in writing with advance notice to the school. Any deviation from the agreed schedule should come from the treating health care practitioner.
- If a form is not signed, medication cannot be administered. A new form needs to be signed for each new medication.
- Children must go to the office to take their medication.
- Children are not permitted to keep medication with them in the classroom or playground under any circumstances. Asthma inhalers are the exception to this rule for older students.

## Sun safety

We promote sun-smart behaviour by encouraging students and staff to Slip, Slop, Slap, Seek and Slide. Sun-safe uniform items – including hats that protect the head, neck and ears – are included in our school uniform. We have covered areas around the school for students to play in. The NSW Department of Education has a standard school policy of 'no hat – play in the shade', so your child will need their hat to play outdoors with their friends at lunch and fruit break.

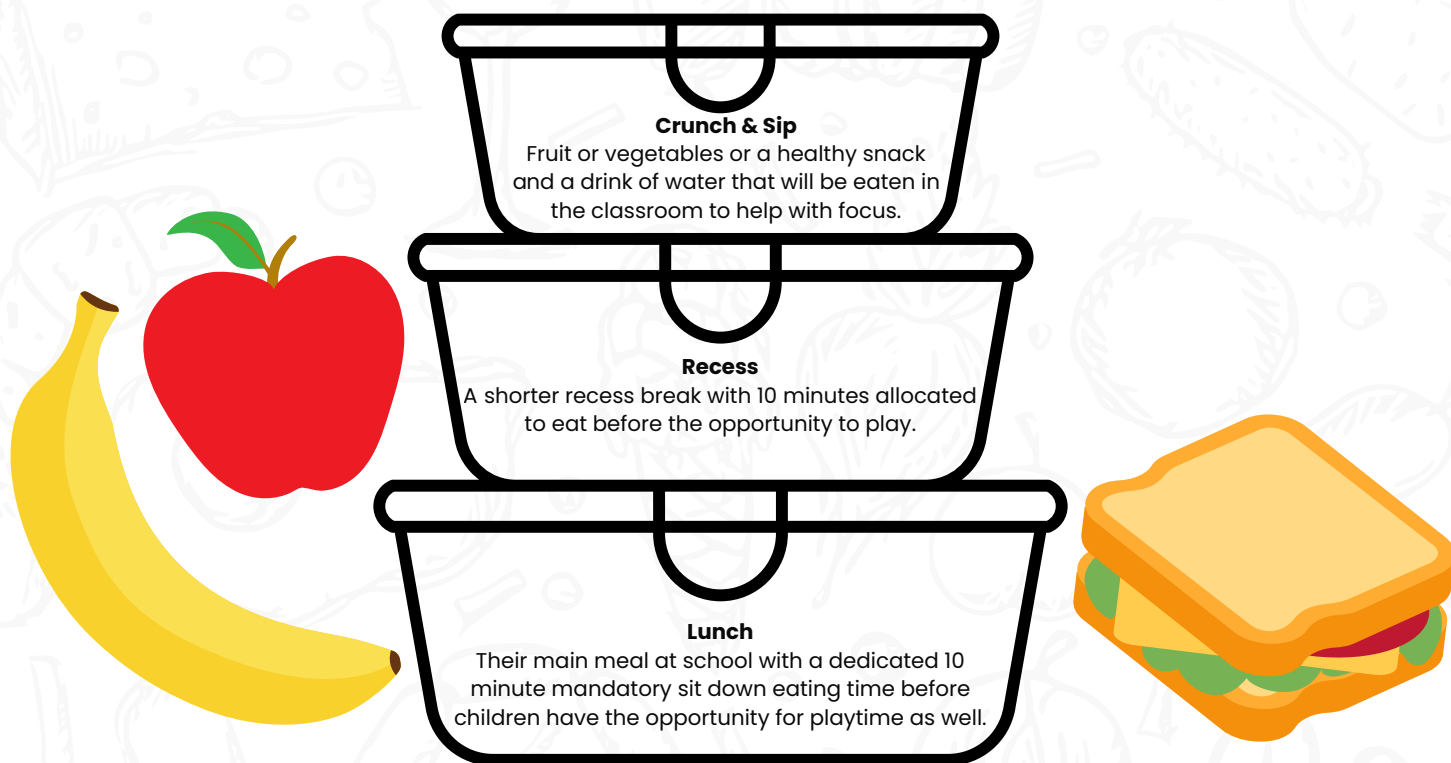
Please protect your child from the damaging effects of UV radiation by applying sunscreen each morning before they leave for school and ensuring they are wearing a sun-safe hat. Children can also wear sunglasses at school to protect their eyes from sun damage.



# Food for Thought

Eating lunch at school is unlike eating at home or preschool for your child. There won't be places to keep food hot or cold, and kids usually sit outside on the ground or benches, using their laps as tables. They should also be able to open their lunchbox, drink bottle and food wrappers independently. Some students have allergies to particular foods and your child should be aware of the importance of not sharing food.

At Kirrawee Public School, children need to bring three food servings to school, including:



Please pack Crunch & Sip, Recess and Lunch into separate containers and show your child which container is which. Please ensure the food is healthy, something they like and is quick and easy to eat.

Please do not be overly concerned if your child does not eat all of their lunch every day during the first few weeks. Some children take time to settle into the school routine.

## Recess and Lunch Ideas

- Cut fruit into pieces and put them in a small container. Squeeze some lemon juice on apples or pears to stop them going brown.
- Cut up vegetables such as carrots, celery and cucumber. Put dips or yoghurt in a separate container.
- Make wholemeal muffins and freeze them.
- Try different breads, such as rolls, roti, pita, wholegrain or tortilla wraps.
- If using tomato in a sandwich, slice it thinly and place the slices between other fillings to stop the sandwich from going soggy.
- Cook a little extra dinner and save some for lunch the next day. A freezer brick, frozen drink bottle or insulated container can help keep this food fresh.



## A Recipe for Success!

- Encourage your child to practise eating from the lunch box at home.
- Pack food that is easy to open and eat.
- If your child needs utensils like chopsticks or cutlery make sure these are packed with their lunch.
- Write your child's name on their lunch box, water bottle and any other containers.
- Everyday include a water bottle which can be frozen to keep food cold. Wrap it in a tea towel in case it leaks. Remind them that they can also get water from the taps or bubblers throughout the day.
- Use insulated lunch boxes or cooler bags.
- Pack paper towel around fruit so it won't bruise.
- Remind your child to wash their hands before eating and to use the toilet at recess and lunch.
- Your child can buy and order healthy food from our school canteen some days, we help them identify healthy food and drink choices.





# Tips for parents and carers

## Self Care

Taking care of yourself is vitally important and can contribute to the resilience of your family unit. When you are content and in good health, you can provide more focused and involved support as a parent or caregiver. As you establish your self-care practices and habits, remember that the more consistently you prioritise your well-being, the more you can maintain a joyful and optimistic household. Here are some strategies to tend to your physical and mental health:

### *Practise gratitude*

When you start to feel overwhelmed, try to think about the good things in your life. Even if it's just little things. This helps you change your mindset and focus on the present instead of potential future anxieties. A great strategy is to notice new things you're thankful for every day.

### *Be kind to yourself*

Keep in mind that you and others may be under a lot more stress than normal. You may not have the same level of resilience, patience and mental fortitude that you normally have, and that's okay. Give yourself a break, and manage as best you can. Offer yourself encouragement and support, and speak to yourself gently.

### *Listen to music or a podcast*

Music has the power to influence mood and energise. If you're feeling anxious, listen to calming music. If you're feeling low, listen to uplifting music. The best part is you can listen to music while doing other tasks! You can even involve your family in an impromptu dance party if you feel everyone needs it. Podcasts are also a great way to learn new things and get new perspectives while on the go or relaxing.

### *Create a schedule*

Set aside some 'you' time in the schedule, whether it's going for a run, video-chatting with friends or sitting down to read. Make a firm date with yourself and not just say you'll do it 'sometime later'. If you have a partner, coordinate with them so you both get regular, scheduled alone time.

### *Remember...Your child is an individual*

- It is important to remember that your child will learn and respond to their new educational setting like no other child.
- Each child at school has different strengths and challenges. They also have a wide range of ages, backgrounds, personalities and prior experiences. Due to this range of differences it is best not to directly compare your child to other children.
- The key to your child's education is looking at how they are performing at the start of the year and how much they have developed during the year. Some children will progress more quickly than others. This should not be a reason for concern. It is normal for children to progress at different rates.
- The most valuable thing you can do for your child is to give them quality time. Spend time listening to your child, reading with your child and encouraging every little step your child takes along their educational journey. The benefits you all receive will be enormous.
- Celebrate milestones no matter how large or small. In doing so your child will see that you value their achievements.

## Other useful resources:

- Department of Education useful websites: [education.nsw.gov.au/useful-websites](https://education.nsw.gov.au/useful-websites)
- A strong start to school: [education.nsw.gov.au/early-learner-animations](https://education.nsw.gov.au/early-learner-animations)
- Translated school information: [education.nsw.gov.au/translated-documents](https://education.nsw.gov.au/translated-documents)
- Aboriginal Outcomes and Partnerships: [education.nsw.gov.au/teaching-and-learning/aec](https://education.nsw.gov.au/teaching-and-learning/aec)
- Aboriginal Education Consultative Group: [aecg.nsw.edu.au](https://aecg.nsw.edu.au)
- A-Z quick guide for parents: [education.nsw.gov.au/parent-guide](https://education.nsw.gov.au/parent-guide)
- Parents and carers resources: [education.nsw.gov.au/parents-and-carers](https://education.nsw.gov.au/parents-and-carers)
- Disability, learning and support: [education.nsw.gov.au/starting-school-with-additional-needs](https://education.nsw.gov.au/starting-school-with-additional-needs)
- High potential and gifted education: [education.nsw.gov.au/teaching-and-learning/high-potential-and-gifted-education](https://education.nsw.gov.au/teaching-and-learning/high-potential-and-gifted-education)
- NSW Health: [health.nsw.gov.au](https://health.nsw.gov.au)
- Complaints, compliments and suggestions: [education.nsw.gov.au/your-feedback](https://education.nsw.gov.au/your-feedback)



# NATIONAL ANTHEM



Australians all let us rejoice,  
For we are one and free;  
We've golden soil and wealth for toil,  
Our home is girt by sea;

Our land abounds with nature's gifts  
Of beauty rich and rare;  
In history's page, let every stage  
Advance Australia fair!

In joyful strains then let us sing,  
Advance Australia fair!

Nyini Australiagal budjari garibara  
Nyini budjari buriga  
Budjari bamul yararaga mari walaba  
Bamulga mari walanmirang

Bamul merong mari kaban walaba  
Badjajarang waratah



Yana muru' Australiagal  
Yana muru' Australiagal  
Yana budjari Australiagal

Nyini bayala gawuwi bayala gawuwi  
Yana budjari Australiagal

Beneath our radiant Southern Cross,  
We'll toil with hearts and hands;  
To make this Commonwealth of ours  
Renowned of all the lands;

For those who've come across the seas  
We've boundless plains to share;  
With courage let us all combine  
To advance Australia fair.

In joyful strains then let us sing,  
Advance Australia fair!

## SCHOOL SONG

Kirrawee students all proudly proclaim  
The glory and fame of our wonderful name  
We'll strive and we'll earnestly work through the year  
Knowing success through striving

Always our best for our School Law we take  
We'll play the game always for honesty's sake  
We'll work with a will and we'll win if we can  
Keeping our banner flying

Kirrawee students all proudly proclaim  
The glory and fame of our wonderful name  
We'll strive and we'll earnestly work through the year  
Knowing success through striving















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 Phone: 02 9521 4514



 KPS YouTube: [www.youtube.com/@kirraweeps](http://www.youtube.com/@kirraweeps)

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