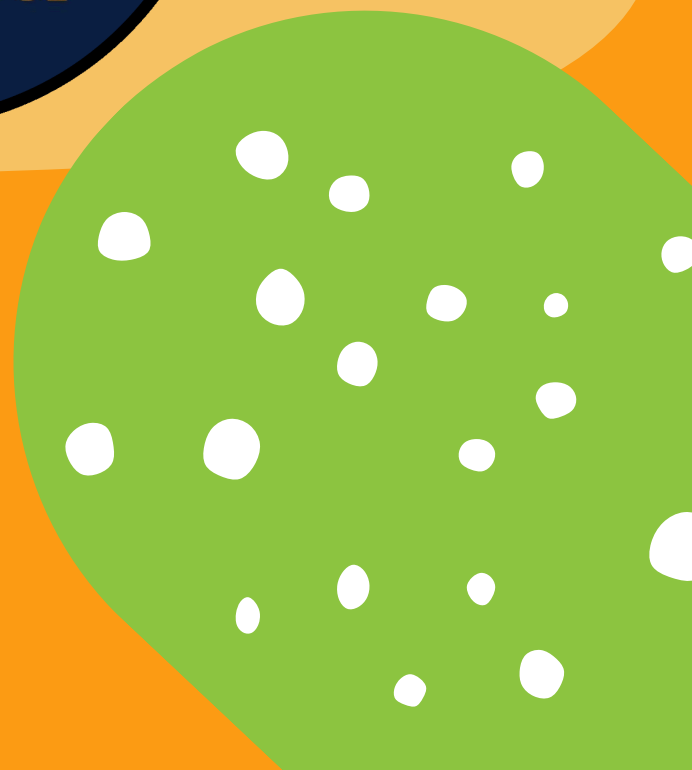
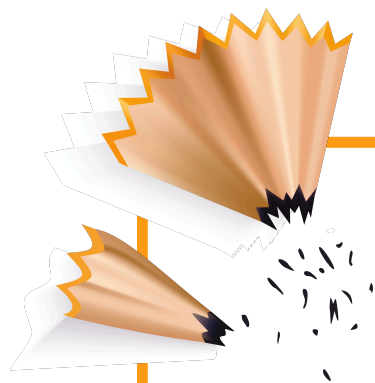




KINDERGARTEN INFORMATION BOOKLET







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Principal's Welcome

WELCOME TO KINDERGARTEN AT KIRRAWEE PUBLIC SCHOOL

Dear Kindergarten Families,
Welcome to Kirrawee Public School!

Starting Kindergarten is a significant and exciting milestone, and we are thrilled to have you and your child join our school community. We understand that this is a big step—not just for our new students, but for parents and carers as well. Please know that we are here to support you every step of the way.



At Kirrawee Public School, we are committed to ensuring that every child feels safe, happy and engaged in their learning.

Our experienced and caring teachers create warm, nurturing classrooms where children develop confidence, independence and a love of learning. Through play, exploration and structured activities, our Kindergarten students build strong foundations in literacy, numeracy and social-emotional skills.

We are also proud to offer a range of enriching learning spaces that will enhance your child's early education. From our First Nations Cultural Learning Hub to our STEM Makerspace, Music Room, well-equipped Library, and Inclusive Learning Hub, every child is encouraged to explore, create, and grow in an engaging and supportive environment.

As partners in your child's education, we value open communication and encourage you to be involved in school life. Whether it's through classroom activities, parent workshops, school events or simply chatting with us about your child's progress, your role in their learning journey is invaluable.

Starting school is an exciting time filled with new friendships, experiences and discoveries. There may be a few nerves (for both children and parents!), but please be assured that our team is here to help make this transition smooth and enjoyable.

We look forward to sharing this special journey with you and celebrating all the wonderful achievements ahead. Welcome to the Kirrawee Public School family—we can't wait to watch your little one learn, grow and shine!

With warm regards,
Mr. Cameron Campbell
Principal



Before You Start

Enrolment

You can enrol at Kirrawee Public School online through our school website. We have a number of initiatives to support the transition process, starting with: Playdates twice a term for children 3-5 and their parents/carers; Parent Information Session and a Transition to School Program for new students begins in November. 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

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.

Uniforms

We proudly wear our uniform at Kirrawee Public School. We have summer, winter and sports uniforms as well as school branded accessories like hats and school bags. Footwear includes white socks with black shoes for regular uniform days and joggers for days when the sport uniform is required.

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



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 of school.

Additional Support

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

- Learning and Support Teachers 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
- 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 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.





Learning and Activities

Most time in Kindergarten is spent developing children's literacy and numeracy skills. There are other Key Learning Areas studied throughout primary school:

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

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
- to accept change
- to follow instructions
- to accept being one of the group, to work well in a group and share the teacher's attention
- to listen and communicate with others, develop resilience and self-management skills, build self-confidence and become independent.

Many children tell their parents "We did nothing all day" or "we just played". In fact, children do many different things which may be called 'play' but are an important part of their learning. Children 'work' and 'play' in all Key Learning Areas.

Best Start Kindergarten Assessment

The Best Start Kindergarten Assessment is a state-wide assessment that helps teachers identify the literacy and numeracy skills your child brings with them at the beginning of Kindergarten. Children start school with a range of experiences, skills and abilities. The assessment provides teachers with the opportunity to sit with each child one-on-one, focusing on what that child can do in literacy and numeracy, so they can plan effective teaching and learning programs. The assessment does not require students to prepare or study. Kirrawee Public School will provide more information about the assessment and ways you can support your child to develop literacy and numeracy skills at home. Resources are also available on the NSW Department of Education website.

Visit: education.nsw.gov.au/best-start

Specialist Programs

Kirrawee Public School offers a range of specialist programs. Each week, students participate in music lessons with a qualified music teacher. In our dedicated music room, students learn how to play a range of instruments, such as boomwhackers, glockenspiels, ukuleles, djembe drums and many more.

Kirrawee is also committed to preparing our students for an ever changing technology focused world. Students participate in weekly technology lessons in our specifically designed Makerspace Hub. Here students have the opportunity to engage with a range of technologies in order to design a solution to a perceived problem. In these lessons 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

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.
- **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





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

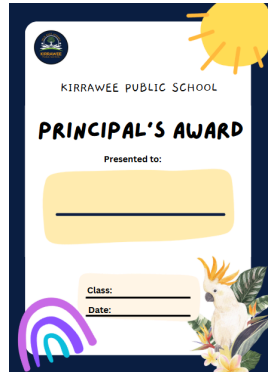
Three awards are given weekly at assemblies to each class. These are given for either being safe, respectful or engaged. Three assembly awards entitle the student to a 'Student of the Week' award. Three 'Student of the Week' awards entitle the student to a 'Principal's Award'.

3 x PBL
awards

1 x Student
Achievement
Award

3 x Student
Achievement
Awards

1 x
Principal
Award





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.



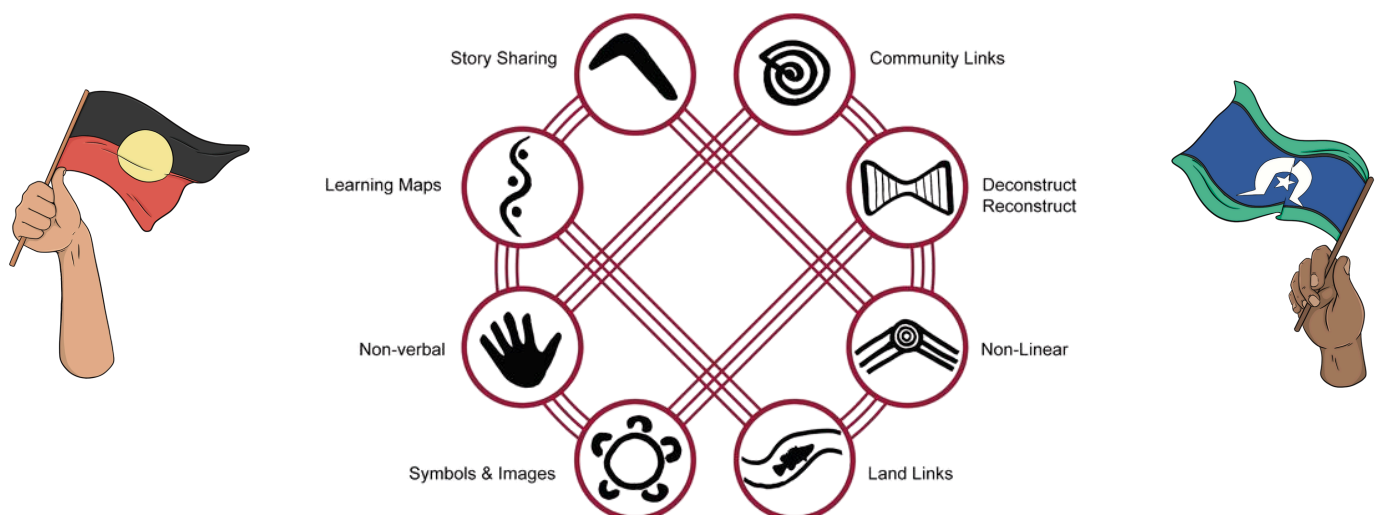


Yarning Circle & Aboriginal Education Officer

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) that 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

During the first few weeks of the term when school finishes each day, your child's teacher will wait with the class at a central spot until all children are picked up. 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

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

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

Visit: servicesaustralia.gov.au/child-care-subsidy



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.

Preparing for Kindergarten

Embarking on the journey of school is a major milestone for both children and their families. At Kirrawee Public School we offer a solid stepping stone, at this exciting and sometimes challenging time, into education with our close-knit school community that is big at heart. This handbook is filled with valuable insights to support you and your family in preparing your child for their primary school adventure within our nurturing environment.

Help your child through the transition by:

- encouraging them to explore their feelings



- helping them connect to their school



- supporting them in building friendships and relationships



- empowering them to build their confidence and independence.



Tick off the tasks that apply to you

- ☐ Practise safely walking or travelling to and from our school. Talk about the plan for school drop off and pick up.

- ☐ Take your child to your local community health nurse or doctor for a health check and make sure their immunisations are up to date before school starts. For more details visit: health.nsw.gov.au/immunisation

- ☐ Apply for a school Opal card if needed. Phone 131 500 or go to: transport.nsw.gov.au/ssts

- ☐ Attend our transition to school program and make sure you have our school's phone number. If you need help with English, ask for an interpreter to be present for school meetings. The school will arrange one if necessary.

- ☐ If your child attends an early childhood education service, talk to staff about their transition to school.

- ☐ If your child sees an external therapist, eg speech therapist or occupational therapist, and you would like these services to continue during school hours, please reach out to the school to enquire about our external/Allied Health therapists process.

- ☐ Enrol online via our website or contact the school for an enrolment pack.

- ☐ If your child takes medication or has an allergy, a medical condition, disability or additional learning and support needs, inform our school as early as possible and make an appointment to speak with our school staff.

- ☐ Organise outside of school hours care, if needed with Adventure OSHC kirrawee@adventureOSHC.com.au



First Day of Kindergarten

The first day of Kindergarten is a big event in your child's life and it's a special moment for your whole family too! We have some friendly tips that will help you make the most of this day.

The night before

- Lay out your child's clothes, shoes and socks.
- Prepare your child's lunchbox and drink bottle and put it in the fridge.
- Help your child pack their school bag.
- Pack a spare pair of underpants, socks and a change of clothes. Let your child know these are there in case they have any toilet accidents at school.

On the day

- Have confidence in your child and let them dress themselves.
- Pack your lunchbox and water bottle.
- Apply sunscreen and get your child to wear their hat on the way to school.
- Don't forget to take photos!
- Make sure you pick your child up on time.

How to support:



Reading at home

Learning to read and write starts at home through enjoyable and purposeful interactions with print. Provide kids with books, paper, and enthusiasm for shared reading and writing. Encourage your child to join the local library and engage with printed words in daily life in the world around them (e.g. food labels, signs) to boost their appreciation for the value of reading and self-confidence.

Share picture story books with children and foster a love for reading from an early age. It's essential to explain fundamental reading concepts that adults may take for granted, such as reading from left to right and top to bottom. Discuss the pictures, characters, and plot, ask questions, and encourage them to predict what will happen. When children show interest in the print, guide them by running your finger under words while reading and let them hold and turn pages independently.



Writing at home

Make writing a natural part of home life and share it regularly. Start by demonstrating how you use writing, such as making shopping lists, sending emails, or labelling items. As children show interest, involve them in your writing activities and encourage their suggestions. Celebrate their early attempts at drawing and writing by displaying them at home.

Once children express an interest in writing, encourage and assist them by providing paper and pencils or large crayons and give them letters or words to trace and copy. Help them practice writing their name, greeting cards, or even typing emails and printing them. Most importantly, respond positively and sincerely to your child's attempts and intents for writing.



Maths at home

Children learn the pattern of counting by repeating the numbers. Here are some ways you can help your child at home with maths:

- Count the buttons as you do up a jacket or shirt
- Count the pegs used to hang out the washing
- Count the steps from the front door to the letterbox
- Count the eggs in a carton, and again after some have been removed
- Count the number of times you and your child can throw a ball to each other without dropping it
- Read and talk about stories and rhymes that use numbers
- Sing songs and nursery rhymes that include numbers, such as Five Little Ducks and Baa Baa Black Sheep
- Have your child count as far as they can and then encourage them to join you in continuing to count.



Literacy Learning

Literacy involves talking and listening, reading and writing. Spending time each day engaging in literacy-focused play activities with your child will support their early literacy development. Have conversations and interact with your child. Through conversation, kids learn how to communicate with others, take turns, ask questions, and build their vocabulary. These skills lay a strong foundation for reading and writing as they progress through school. Try some of the following activities with your child:

Speaking and Listening

Speaking and listening are important skills for making friends, having fun, and being active in school. Here are some fun ways to get better at these skills:

- Turn Chats into Games: Make your talks exciting by creating funny rhymes or playing with words in silly ways.
- Use Words You Know: Talk about things you like and know about. Use words that are a part of your life, like the things you do with your friends or your favourite hobbies.
- Play with Sounds: Explore the sounds of words. Try making up sentences with words starting with the same sound, like "Nelly knocked 9 nails." It's a cool way to learn and have fun at the same time!

Exploring the World of Books

Reading is a fantastic adventure! Make sure to read with your child every day. Encourage them to dive into books alone or with a family member. This helps your child learn how books function and fosters a deep affection for reading. Here are some playful ways to make reading even more enjoyable:

- Rhyme Time: Have fun with words by playing games with rhyming words. It's a great way to learn and have a blast at the same time.
- Riddles and Rhymes: Choose books filled with rhymes and riddles that your child finds exciting. It adds an extra layer of fun to reading time.
- Musical Moments: Sing songs together! Create your own songs about everyday activities, like getting dressed. It turns ordinary moments into musical adventures.

Unleash Creativity through Drawing and Writing

Inspire your child to express their thoughts through drawing or writing on subjects they find fascinating. This enables them to discover various methods of conveying messages. Here are some engaging activities to encourage their creativity:

- Explore Personal Interests: Encourage your child to sketch or write about activities, creations, or games they enjoy. Have a conversation with them about their drawings or writings to understand their perspective better.
- Craft Thoughtful Messages: Motivate them to craft cards for friends or invitations for special occasions or celebrations. It's a wonderful way to teach them the art of personal communication.
- Share with Loved Ones: Support your child in creating something unique for a friend or a family member. It's a heartfelt gesture that fosters connections and appreciation.

Continuously encourage your child by engaging them in activities and subjects that pique their interest. If you communicate in a language other than English at home, it's important to support your child to embrace their native language in conversations, reading, and writing. Enjoy quality time with your child and seize the literacy moments in your daily routines. These early years play a pivotal role in nurturing a lifelong passion for learning.

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.

Kindergarten 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

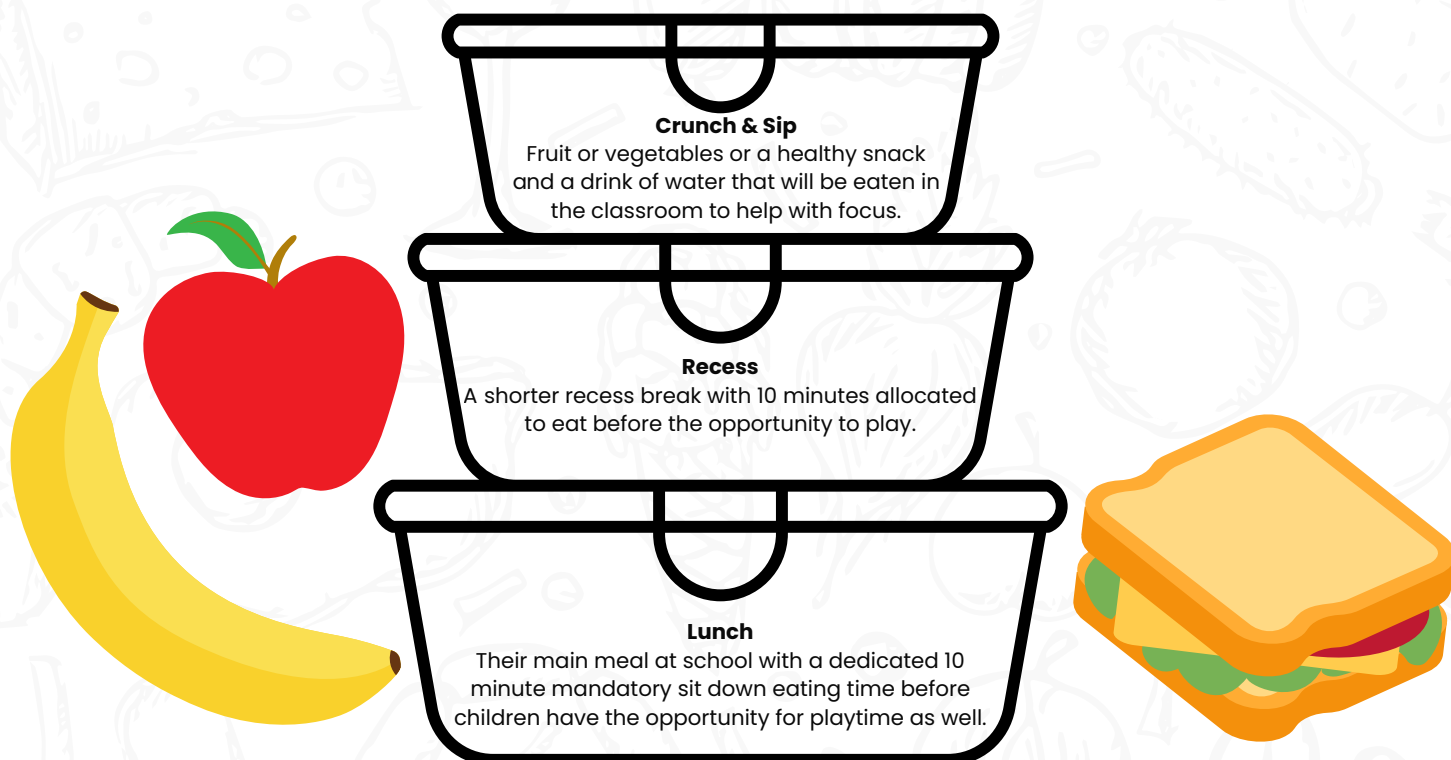
We promote sun-smart behaviour by encouraging students and staff to Slip, Slop, Slap, Seek and Slide. Sun-safe uniform items – including hats that protect the head, neck and ears – are included in our school uniform. We have covered areas around the school for students to play in. The NSW Department 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.



Attendance Matters

		If your child misses as little as 1 day per fortnight...		
			...they will miss 4 weeks of school per year...	
				...which adds up to nearly 3 full terms by the end of primary school.
				

Every Day Counts

Going to school every day is important and Kindergarten sets children up for the rest of their schooling. You have a legal responsibility to send your children to school every school day.

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 our school via phone call, email or using the School Bytes App. If your child is going to be away for a week or more please let the office and classroom teacher know. In some cases, parents will need to seek prior approval from the principal and the relevant forms need to be completed.

If your child arrives at school late or needs to leave early, you will need to go to 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, please talk to their teacher or your child's stage supervisor.

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
- A strong start to school: education.nsw.gov.au/early-learner-animations
- Translated school information: education.nsw.gov.au/translated-documents
- Aboriginal Outcomes and Partnerships: education.nsw.gov.au/teaching-and-learning/aec
- Aboriginal Education Consultative Group: aecg.nsw.edu.au
- A-Z quick guide for parents: education.nsw.gov.au/parent-guide
- Parents and carers resources: education.nsw.gov.au/parents-and-carers
- Disability, learning and support: 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
- NSW Health: health.nsw.gov.au
- Complaints, compliments and suggestions: education.nsw.gov.au/your-feedback



Meet Daisy the koala on her first day of school:

- Explore the Daisy's First Day activity poster.
- Read the comic, Daisy's First Day, with your child.
- Help your child complete fun activities on the poster as they get to know the characters and learn about the school environment.
- Download the picture book version of Daisy's First Day or watch the animated video.
- Print the Daisy colouring sheets and puzzle.
- Visit: education.nsw.gov.au/daisy

Don't forget!

- Write down the date your child will start school:

- Support your child to develop independence using the bathroom – including urinals for boys – and practise good hand-washing techniques.
- Write your child's name on all their school things and involve your child in organising them and recognising their name. Make sure your child's name is not visible on the outside of anything they'll be wearing to and from school.
- Practise the daily routine of travelling to and from school, whether it is by car, walking, or public transport.

Help your child practise:

- Putting on their school shoes and walking in them.
- Dressing in their school uniform.
- Packing and unpacking their school bag.
- Drinking from bubblers.
- Opening and closing their lunch box and encouraging your child to eat the food by themselves.
- Identifying food that is for Recess Crunch & Sip and Lunch.
- Care for toys and books as well as share and take turns.
- Basic hygiene like using a tissue and washing hands.

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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