



Kurmond Public School

Effort Courtesy Safety Responsibility Achievement

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Term 1 Week 2, 31st January – 7th February, 2025

Principal's message

I'd like to extend a very warm welcome to all of our students, families, and staff as we embark on an exciting new year at Kurmond! Whether you're returning or new to our school community, we are thrilled to have you with us.

A special welcome to all the new families and students who have enrolled this year. We hope that you will enjoy being part of our Kurmond family, and we look forward to supporting your child's growth and development throughout the year. This year, we are excited to introduce some



wonderful new members to our teaching team. Please join me in welcoming:

- **Mrs White**, who will be teaching the 4/5 Shooting Stars class.
- **Mrs Rowan**, who will be joining the 1/5 Meteors class.
- **Miss McKinnon**, who will be working with the 1/2 Light Years class and Mrs O'Connor.
- **Mrs Alchin** who will be working with the K/1 Rockets and Ms Foster.

We're confident they will make a wonderful addition to our school, and we know they are eager to get to know their students and their families.



DATES TO NOTE

January	
Fri 31 st	Staff return to school Staff development day
February	
Mon 3 rd	Staff development day
Tues 4 th	Staff development day
Wed 5 th	Staff development day
Thurs 6 th	All students return to school
Fri 7 th	Zing Activ gymnastics Newsletter out
Tues 11 th	Hawkesbury dance Troupe audition @ Windsor HS
Fri 14 th	Zing Activ gymnastics
Tues 18 th	School swimming carnival P&C meeting
Fri 21 st	PSSA trials
24 th 25 th	Leadership camp @Brewongle
Fri 28 th	PSSA trials
March	
Wed 5 th	Welcome BBQ / Meet the Teacher Gotcha4Life Parent presentation
Fri 7 th	Zone swimming carnival
12 th – 24 th	NAPLAN Years 3 - 5

Note: These dates may be subject to change. Don't rely on previous newsletters for correct dates. Always check latest newsletter or note on website for most up to date information.



We also look forward to seeing many of you at our **Meet the Teacher Night** on **Wednesday, 5th March**. It will be a great chance to connect with your child's teacher, hear about what's in store for the year ahead, and become further involved in our vibrant school community. Wishing everyone a successful, fun-filled, and rewarding year!

Introducing the 2025 school leaders

Congratulations to our 2025 school leaders: Peter C, William R, Holly S and Jenson B.

Sport leaders: Bennelong: Zara M and Brody D

Macquarie: Brooklyn T, Mason J

Chisholm: Jessica V and Sienna K

We look forward to working with you as part of the school's SRC and the school's leadership team this year.



Student learning at Kurmond ...

Although our students have only been at school for two days, we have had such a settled start to the year. It warms my heart to see such happy and kind students helping each other and collaborating in the classrooms and playground. Check out the learning students are doing in Class Dojo in the coming weeks and have a chat to your children asking questions such as "What did you do in mathematics today?" "What book did the teacher read to you today?" "Did you do any writing today" "What game did you play at play time?"

In coming newsletters, I will endeavour to share more photos of our students learning and playing together.





Staff learning

Our staff returned to school last Friday to prepare for the year ahead with our students. We had two days as teacher directed professional learning and two days of school directed learning.

During that time, we invited Gotcha4Life to introduce their mental fitness program to all our staff. This is a three-year program we will be implementing at Kurmond. A parent session has been planned for 5th March to inform our parents of this extremely important focus we will be embarking on.



We learnt all about the Sound Waves Literacy program we will be introducing this year with all Years 3 – 6 students. Sound Waves is a systematic synthetic phonics approach to literacy instruction.

Sound Waves is evidence-informed, includes assessment and remediation resources as well as homework tasks. We will be sharing this program with parents at one of our Kurmond Connect sessions this semester.

As a staff, we also started to look at the new History and Creative Arts curriculum prior to its mandatory implementation.

Save the date: Kurmond Connect – Meet the Teacher and Gotcha4Life

Each year we hold a 'Meet The Teacher' night. This year, we have planned it for **Wednesday 5th March** with a casual 'Welcome BBQ' followed by a one-hour presentation by our Gotcha4Life coaches. We would like as many parents as possible to attend as we all need to be committed in implementing this extremely worthwhile approach within our school community. I will be sending out a flyer next week with all details and times.

2025 School and staffing structure

<i>Class</i>	<i>Teacher</i>
1/5 Meteors	Mrs Lianna Rowan
K/1 Rockets	Ms Phoebe Foster and Mrs Alchin
1/2 Light Years	Mrs Elise McKinnon and Mrs Jessica O'Connor
3/4 Galaxies	Mrs Emma Wilkins and Miss Colleen Hook
4/5 Shooting Stars	Mrs Adriana White
5/6 Comets	Miss Hayley Leishman
Release from face to face	Miss Colleen Hook Mrs Tricia Holt
Library	Mrs Maree Allerton
Learning and Support Teacher	Mrs Jessica O'Connor
Learning Support Officers	Mrs Lauren Lilley Mrs Marilyn Griffin Mrs Alyssa Adams
School Chaplain	Mrs Kylie Morgan
School Administration Manager	Mrs Jennifer Ropa
School Administration Officer	Mrs Julie Courtelis
General Assistant	Mr David Schroder
Assistant Principal Curriculum and Instruction	Mrs Claire Tomlin
Assistant Principal K-6	Ms Phoebe Foster
Principal	Mrs Patricia Beggs

Kurmond students are attendance champions

At Kurmond, attendance is extremely important. It builds connection, friendships and ensures continuity in learning. Students should attend school unless they have an unavoidable appointment or are unwell. If your child is absent, please inform us by placing a reason on School Bytes, contacting the school office or sending the class teacher a Class Dojo message. I'm pleased to report that we have started the term off with an astonishing 98.5% attendance rate for the whole school. In subsequent newsletters, I will report on the winning classes for each fortnight.



Class requirements lists 2025

Thank you to all families who have sent students requirements in for this year. These notes were sent home at the end of last term with students and are also attached at the end of the newsletter, if you haven't already done so, could you please send them in with your child.

School hours at Kurmond

Our school hours at Kurmond are 9.10am – 3.10pm. Formal supervision at school starts from 8.40am. Prior to this time there is no teacher on duty to supervise children and therefore children should not be dropped off at school. If you require care before or after school hours, please contact Inspire, our Out of School Hours provider on 1300 665 275.

School Office Hours

Please note that the school office is open from **8.45am until 3.30pm**. If you ring or pop in outside of these hours, there may be no one who can help with your enquiry.

Sporting News ...

Today we started our Gymnastics program delivered by Zing Activ. All students loved it and seemed to have a fabulous time. It is delivered by a qualified gymnastics coach. Payment information for the program will be sent out next week.



Swimming Carnival 2025

Our swimming carnival has been scheduled for Tuesday 18th February. All students from Years 3 – 6 are required to attend and students who are turning 8 in Year 2 and can swim 50 metres will be invited to attend. Keep an eye out for the information and permission note which will be sent out next week.

Hawkesbury PSSA Trials notes

Interested students met with Mrs Wilkins yesterday regarding trials for Hawkesbury PSSA teams. If your child brought home a note and is interested, please have them return it to school signed and then Mrs Wilkins and I will also need to sign the note. Students must have these signed notes when attending trials.

Canteen News...

Our school canteen is completely run by volunteers under the school's P&C guidance. Unfortunately, if we don't have volunteers the canteen cannot operate. Ideally, we aim to have the school canteen open on Wednesdays and Fridays. A note has been sent home today with students asking for volunteers. At this point we have no volunteers for Term 1 (please refer to roster at the end of the newsletter). Please consider volunteering for at least one day / term so we can continue to have the canteen open for our students. Children love to see their parents, grandparents, aunts and uncles at the window. If you can help, please contact Rachel Bennett 0425 101 475 or the school office 4573 1648. When the canteen is open, parents will be able to order using the following link: <https://myschoolconnect.com.au/kurmondps>.

School uniforms

All uniform orders are to be placed **online** through My School Connect. Please follow the link – [uniform orders](#). Orders will be filled by one of our P&C members, on Mondays and Wednesdays. Orders will be sent home with your child on Monday and Wednesday afternoons. Please ensure all uniform items are clearly labelled with children's names so we can return any found items promptly.

Parenting ideas article

At Kurmond, we have a subscription with Happy Families. They have free webinars for parents and school staff and a fabulous library of articles with parenting tips.

The link to access these is as follows: <https://schools.happyfamilies.com.au/login/kps>

The password is: happykps

This week, I have attached an article titled '*The Hidden Benefits of Your Child's Back-to-School Butterflies*'. It discusses the mixed emotions children encounter starting a new school year and how you can assist them. I hope you find it of interest.

Kind regards.

Mrs Patricia Beggs

Principal Kurmond Public School

Success through Endeavour

The Hidden Benefits of Your Child's Back-to-School Butterflies

Has your usually chatty child become quieter than normal? Does your typically confident kid need extra hugs?

The start of a school year brings a unique mixture of emotions for both parents and children. Whether your little one is taking their first steps into kindergarten, starting a whole new school (or high school), or just moving up to a new year level with friends, that flutter of anxiety in their stomach (and yours) is completely normal. These transitions are crucial moments for emotional growth.

Recent research in childhood development shows that periods of change—whether it's starting school, changing classes, or moving to a new suburb—are remarkable opportunities for your child to develop resilience and emotional intelligence. When they tell you they are worried, these concerns aren't necessarily something to "fix". Rather, it's a sign of their developing emotional awareness.

Consider what's happening when your child says they're worried about school. They might be:

- *Processing complex social dynamics:* A new friend group, new classmates, new teacher,
- *Anticipating academic challenges:* "I don't know how to do what they're going to ask me to do", or simply
- *Responding to a change in routine.*

Each of these concerns represents their brain working to prepare them for new experiences.

Some practical steps can help:

Slow things down.

Rather than running full steam ahead and filling up their calendar, start slow. Ease into things. Reduce after-school activities if your child needs it. Keep plans simple on the weekend. Leave margin so you can be available.

Time your conversations.

The best time to talk isn't necessarily as soon as you see them. While some kids are excited to tell you everything the minute they see you, most prefer to have some time to relax and decompress. You probably don't like being interrogated when you arrive home. Nor do they. Give them time to process. Some children need quiet time; others might want physical activity to release the day's tensions.

Ask deep questions.

When it's time to talk, rather than saying, "How was school today?" ask them to tell you who they spent time talking with and how it felt. Invite them to tell you something they did that was challenging. Have them consider how they showed determination. Who did they help or show kindness to? Deep questions create connection.

Listen to their specific concerns.

Are they worried about how big the school is (or how big some of the kids are)? Making friends? Understanding new rules? Each worry gives you insight into what support they might need.

Ask practical questions.

Do they like their lunch? Are they feeling like the morning routine is working for them? What's their favourite afternoon tea?

When they do share concerns, *listen more than you solve*. Rather than rushing to fix every worry, help them identify what they're feeling and why. Say things like, "That sounds tricky", and "Wow, how do we solve that one?" This builds their capability and confidence.

Without being overzealous, watch for physical signs of anxiety: stomach aches, sleep changes, or increased clinginess might appear. These aren't just "attention-seeking" behaviours—they're often genuine expressions of emotional processing.

Remember: Your role isn't to eliminate their anxiety but to help them understand and work with it. (Think of Riley in *Inside Out 2*. When anxiety takes over, it's a problem. But it does play an important role.) When we support children through transitions while validating their feelings, we're helping them build emotional skills they'll use throughout their lives.

Every child moves through transitions differently. Some might be excited about new books, fresh pencils, and their new teacher, while others need more time to warm up to change. Neither approach is wrong—they're just different ways of processing the same big step.

Your child is learning to navigate complex feelings about school. The key is remembering that this anxiety isn't a problem to solve, but rather a normal part of growing up. By staying present with them through these feelings, you're teaching them that they can handle big emotions and new experiences - even when they feel overwhelming at first. Supporting a child through these transitions can be emotionally taxing for parents too, but this investment in understanding and patience pays off in building your child's emotional toolkit and their resilience.



Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit happyfamilies.com.au.

WE'RE HIRING

ABOUT US

Inspire is a dynamic and inclusive after-school and vacation care provider dedicated to creating engaging and enriching experiences for children. Our team is passionate about fostering a safe, fun and nurturing environment for children to learn, grow and thrive.

ABOUT THE ROLE

We are for candidates who are passionate about working with children and who bring energy, creativity, and a positive attitude to our team. We have various educator positions available at our centres in Hobartville, Grose View and Kurmond.

If you are excited to inspire and be inspired, please send your resume and a brief cover letter to operations@inspireme.com.au



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www.inspireprogram.com.au/enquire

1300 665 275

17th December 2024

Dear Parents / Caregivers

MC Class Requirements for 2025

The following stationery items will be required by your child next year. Please note that each item should be **replenished throughout the year as necessary**.

It would be appreciated if these items are available for use from the first day of Term 1 2025.

- Glue sticks – large solid such as Bostik or UHU x 8
- Whiteboard markers x 8
- HB Lead pencils x 6
- Eraser
- Sharpener (with storage)
- Earphones or headphones for use with technology
- Tissues x 3 boxes
- Baby wipes x 2 packs
- Library bag
- Liquid soap (pump)

The following costs will be included in a note to parents in Term 1 2025.

Please don't send payment until the note comes home next year.

- Exercise Books \$15
- Handwriting Workbook \$15
- K-2 Maths Kit (if you don't already have one) \$15

Following are some of the activities that will occur throughout the year. Notes will be sent home and payment and permission notes will be required by the due dates on these notes. Please note that late payments may not be accepted. **All prices quoted below are approximate only.**

• Swimming Carnival – Term 1 (8yo only - optional)	\$20	• Athletics Carnival – Term 2	\$15
• Excursion –TBA	\$60	• CPR HELP Program – Term 2	\$10
• School Photographs (optional) – Term 2	\$35	• Swimming Scheme (Year 2) – Term 4	\$65
• Gymnastics Program – Term 1	\$36	• Sound Waves	\$13

Please note that additional whole school experiences may also be added throughout the year.

Kind regards.

Phoebe Foster
Assistant Principal

Patricia Beggs
Principal

17th December 2024

Dear Parents / Caregivers

K-2 Class Requirements for 2025

The following stationery items will be required by your child next year in Kindergarten, Year 1 & Year 2. Please note that each item should be **replenished throughout the year as necessary**.

It would be appreciated if these items are available for use from the first day of Term 1 2025.

- Glue sticks – large solid such as Bostik or UHU x 8
- Homework scrap book
- Whiteboard markers x 8
- Plastic envelope style folder with a seal for home reading and class work
- Art smock or old t-shirt
- Earphones or headphones for use with technology
- Tissues x 1 box
- Baby wipes x 2 packs
- Library bag
- Chair bag from previous year (Yrs 1-2)
- Small sandwich sized zip lock bags (for word sort)
- Liquid soap (pump)

The following costs will be included in a note to parents in Term 1 2025.

Please don't send payment until the note comes home next year.

- Exercise Books \$15
- K-2 Maths Kit (if you don't already have one) \$15
- Handwriting Workbook \$15

Following are some of the activities that will occur throughout the year. Notes will be sent home and payment and permission notes will be required by the due dates on these notes. Please note that late payments may not be accepted. **All prices quoted below are approximate only.**

• Swimming Carnival – Term 1 (8yo only - optional)	\$20	• Athletics Carnival – Term 2	\$15
• Excursion –TBA	\$60	• CPR HELP Program – Term 2	\$10
• School Photographs (optional) – Term 2	\$35	• Swimming Scheme (Year 2) – Term 4	\$65
• Gymnastics Program – Term 1	\$36	• Sound Waves	\$13

Please note that additional whole school experiences may also be added throughout the year.

Kind regards.

Phoebe Foster
Assistant Principal

Patricia Beggs
Principal

17th December 2024

Dear Parents / Caregivers

Years 3-6 Class Requirements for 2025

The following stationery items will be required by your child next year in Years 3-6. Please note that each item should be clearly marked with your child's name and should be **replenished throughout the year as necessary**.

It would be appreciated if these items are available for use from the first day of Term 1 2025.

- 5 x each blue, black and red pens (Yrs 4-6 only)
- 6 x HB lead pencils
- Eraser
- Sharpener (with storage)
- Scissors
- 8 x solid glue sticks – Bostik or UHU
- 8 x whiteboard markers (fine line)
- Small pencil case
- 30cm ruler with mm markings (wooden or hard plastic only)
- Headphones or earphones for use with technology
- Coloured pencils
- 1 x pack highlighters (variety of colours)
- 1 x box tissues
- 1 x liquid soap
- 2 x baby wipe packs
- 1 x zip lock sandwich bag
- Library Bag

The following costs will be included in a note to parents in Term 1 2025.

Please don't send payment until the note comes home next year.

- Exercise Books \$15
- School Magazine Subscription \$10
- 3-6 Maths Kit (*if you don't already have one*) \$15

Following are some of the activities that will occur throughout the year. Notes will be sent home and payment and permission notes will be required by the due dates on these notes. Please note that late payments will not be accepted. **All prices quoted below are approximate only.**

• Swimming Carnival – Term 1	\$20	• Swimming Scheme (Yrs 3-4 only) – T4	\$65
• Year 6 Shirts (optional) – Term 1	\$35	• Excursion – TBA	\$60
• School Photographs (optional) – Term 2	\$35	• Canberra Camp (Stage 3) – Term 4	\$400
• Athletics Carnival – Term 2	\$15	• Brewongle Excursion (Yr 6 only) – T4	\$60
• CPR HELP Program – Term 2	\$10	• Farewell (Year 6 only) – Term 4	\$40
• Gala Days (optional) – Terms 1-4	\$20 each	• Sound Waves	\$13
• Gymnastics Program – Term 1	\$36		

Please note that additional whole school experiences may also be added throughout the year.

Kind regards.

Phoebe Foster
Assistant Principal

Patricia Beggs
Principal

KURMOND PUBLIC SCHOOL

Canteen Roster – Term 1 2025

Please add your name to the roster

Contact Rachel Bennett 0425 101 475

or School Office – 4573 1648 or kurmond-p.school@det.nsw.edu.au

Wednesday	5 Feb	12 Feb	19 Feb	26 Feb	5 Mar	12 Mar	19 Mar	26 Mar	2 Apr	9 Apr
	CLOSED	HELP! HELP!	HELP! HELP!	HELP! HELP!	HELP! HELP!	HELP! HELP!	HELP! HELP!	HELP! HELP!	HELP! HELP!	HELP! HELP!

Friday	7 Feb	14 Feb	21 Feb	28 Feb	7 Feb	14 Feb	21 Feb	28 Feb	4 Feb	11 Feb
	CLOSED	HELP! HELP!	HELP! HELP!	HELP! HELP!	HELP! HELP!	HELP! HELP!	HELP! HELP!	HELP! HELP!	HELP! HELP!	HELP! HELP!

THANK YOU TO ALL OUR VOLUNTEERS! 😊



January & February Birthday Celebrations

Mabel S	Bradley L	Noah B
Mackenzie S	Nickeah D	Arlo D
Imogen M	Madison M	Chloe D
Braxton S	Marco D	Sebastian S
Xavier V	Lucien S	Lacey B
Jacob F	Halle L	Jenson B
	Joel V	





BEFORE SHCOOL

Tennis Coaching TERM 1, 2025

KURMOND PUBLIC SCHOOL

MONDAY'S

Years 3-6..... 8:10 - 8:40am

Kindy - Year 2..... 8:40 - 9:10am

- Cost \$10 per student per class
- Limited spaces available, maximum 8 students per group
- Racquets provided

CONTACT US

P) 4578 8999

E): tennis@insidethelines.net.au

Scan
the QR
CODE



REGISTER

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<https://bit.ly/41cUhgJ>