



# Kurmond Public School

*Effort Courtesy Safety Responsibility Achievement*

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**Term 1 Week 4 10<sup>th</sup> – 21<sup>st</sup> February, 2025**

## Principal's message

We are now well into Term 1, and it has been fantastic to see how settled and engaged our students are in their learning. Our teachers have been busy establishing routines, developing learning plans, and creating Individual Education Plans to support each student's growth and success.

A highlight of the past week was our Swimming Carnival for students in Years 3-6. It was wonderful to see so many students participating with enthusiasm and determination, achieving excellent results and demonstrating great sportsmanship. Congratulations to all our swimmers for their efforts! Ribbons for the swimming carnival will be presented at next week's assembly, and we look forward to celebrating the achievements of our students together.

A huge thank you to the parents who attended the carnival and assisted with timekeeping. Your support and involvement helped make the event a success, and we truly appreciate your time and effort.



We would also like to acknowledge our Year 6 students for the fantastic job they have done in leading the Peer Support program. They have been outstanding role models in both the classroom and the playground, particularly in the way they have supported their Kindergarten buddies. Their kindness and leadership have made a significant impact, and we are very proud of their efforts. Thank you for your continued support, and we look forward to another great week of learning ahead.



## DATES TO NOTE

February	
Tues 11 <sup>th</sup>	Hawkesbury Dance Troupe audition @ Windsor HS
Fri 14 <sup>th</sup>	Zing Activ gymnastics
Tues 18 <sup>th</sup>	School Swimming Carnival P&C meeting
Fri 21 <sup>st</sup>	PSSA trials
24 <sup>th</sup> 25 <sup>th</sup>	Leadership camp @Brewongle
Fri 28 <sup>th</sup>	PSSA trials

March	
Wed 5 <sup>th</sup>	Welcome BBQ / Meet the Teacher Gotcha4Life Parent presentation
Fri 7 <sup>th</sup>	Zone Swimming Carnival
12 <sup>th</sup> – 24 <sup>th</sup>	NAPLAN Years 3 - 5

April	

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.





## *Student learning at Kurmond ...*

### *K/1 Rockets*

In science, the K/1 Rockets are learning all about forces. This week their challenge was to create a mini putt putt course to push a small ball through. The Rockets collaborated to come up with a design. They absolutely loved creating interesting designs and challenging each other to get the ball to the other end!



### *1/5 Meteors*

The Meteors have had a great time decorating delicious cookies. They have even started clearing out our garden beds ready to plant some new items this year. In science, the Meteors learnt about kinetic and potential energy using the new bey blades.





### 3/4 Galaxies

The 3/4 Galaxies have had a creative and productive fortnight! They used chalk pastels and a touch of glitter to make their artwork shine. In mathematics, they explored place value and practised multiplying by 10 and 100, building their confidence along the way.



### 4/5 Shooting Stars

The 4/5 Shooting Stars have had a great start to 2025! They completed their shooting star artworks which look awesome! They are loving the weekly gymnastics program and it is wonderful to see how much they are improving each week.





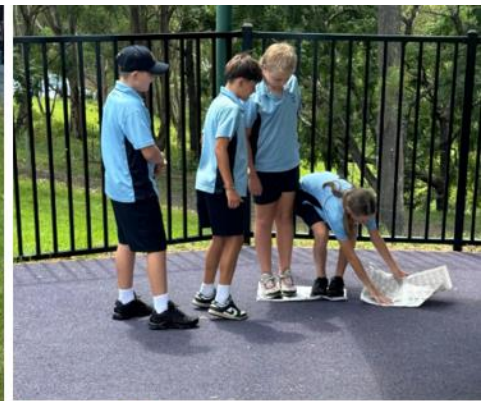
## *1/2 Light Years*

I have witnessed how engaged and committed our Stage 1 students have been each morning in their classroom taking part in literacy groups. The 1/2 Light Years don't skip a beat moving from one Literacy station to another! I even had the pleasure of hearing some fluent readers this week who were proud of their achievements not to mention how proud their teachers Miss McKinnon and Mrs O'Connor are of their determined young learners!



## *5/6 Comets*

The 5/6 Comets showed great enthusiasm during Peer Support Training, collaborating effectively and supporting one another. Their positivity and teamwork made the experience both productive and enjoyable!



## *Staff learning*

Our staff have taken part in further training in the Essential Assessment program we utilise with students to track their mathematics progress. This week we looked at students' initial data for Sound Waves, a new Spelling program for our Years 3- 6 students and the phonics data and program for K-2. Teachers looked at areas of weaknesses and how to best support students based on their results. Additionally, we welcomed the Assistant Principals Curriculum and Instruction from neighbouring Hawkesbury schools to a meeting at Kurmond facilitated and led by Mrs Tomlin. This initiative is now in it's third year with Mrs Tomlin at the helm of the Network.





## *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 5<sup>th</sup> March** with a casual 'Welcome afternoon tea' under the COLA and then a visit to the students' classrooms to meet the teachers 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. A flyer with all the details and times is attached at the end of the newsletter.

## *Kurmond students are attendance champions*

Congratulations to our Week 4 attendance champions: In 1<sup>st</sup> place 1/2 Light Years with an astonishing 98.8% attendance rate, in 2<sup>nd</sup> place the K/1 Rockets with 95% and in 3<sup>rd</sup> place the 3/4 Galaxies with 93.6%. Our whole school attendance rate is just over 93% this week compared to 95.51% in Week 3.



## *Peer Support Session 1*

Exciting news! This week, our whole school kicked off the Peer Support Program, a fantastic initiative that runs for 30 minutes each week. During these sessions, our senior students take on leadership roles, guiding small groups of younger students through fun and meaningful activities that help build friendships, strengthen relationships, and develop important skills like empathy and critical thinking.

This year, we are focusing on the 'Keeping Friends' module, which spans eight sessions. In the first session, students got to know each other, established group expectations, and started exploring the true meaning of friendship. These weekly sessions are a great opportunity for students to learn and grow together in a supportive environment.

We encourage you to chat with your child about Peer Support each week—this will help reinforce the valuable lessons they are learning! Ask them about their experiences, what they enjoyed, and what they discovered about friendship.

A big thank you to Miss Leishman for leading this wonderful program and to our senior students for being such outstanding role models. We can't wait to see the positive impact this will have on our students and school community!



## *P&C Meeting*

We had our first meeting for the year this week. Discussion occurred around some goals for this year. Thank you to the P&C for having generously organised the fit out for the canteen and the purchase of new sport equipment and soccer goal posts. The next meeting will be on 18<sup>th</sup> March, and this will be the AGM. All positions will be declared vacant, and members of our school community are welcome to nominate for any of the positions. A note outlining all positions and what they involve will be sent home next week.



## *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 ...*

Good luck to all students who tried out for Hawkesbury PSSA outdoor teams today. I will notify our community as soon as we have all results.

Students with qualifying times at our school Swimming Carnival should have received an invitation to attend the Zone carnival.

Gymnastics is now in its 3<sup>rd</sup> week and students' ability is improving with each session. To say the classes are loving it is an understatement!





## Swimming Carnival 2025

We had a fantastic swimming carnival which wouldn't have been possible without the outstanding efforts and leadership of our organiser, Mrs. Wilkins, and her amazing team. A big thank you to the fabulous parents who assisted on the day and to all our staff for their hard work and dedication. Everyone's support and enthusiasm made the event a huge success!



## Canteen News...

Thank you to Matt our P&C Vice President for organising the works to renovate our school canteen over the school holidays. It looks awesome! We have been very fortunate this week to be able to open both Wednesday and Friday. 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 uniform items are clearly labelled with 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 interesting article titled 'Compassion'. It looks at how we as parents can use compassion with our children. I hope you find it of interest.

Kind regards.

*Mrs Patricia Beggs*

**Principal Kurmond Public School**

*Success through Endeavour*

# Compassion

## *The Parenting Superpower Most Mums and Dads Aren't Using*

Every interaction with your child is either building connection or creating distance. Most parents are unknowingly choosing distance without realising the long-term emotional consequences.

In the daily grind of managing the household, getting children to and from school (and other commitments), regulating their emotions and our emotions, and navigating the everyday realities of life: it wears us out. We're flustered. Exhausted. And... let's be honest; sometimes we are impatient.

We *want* to be great parents. We know that connection is key. But now it's 5pm, and our children are done for the day. The energy is shifting. Tempers are fraying. They're bickering. You've asked and asked, but their school bag is still in the doorway.

When our willpower is at its lowest, our children are likely to be most challenging. At this point, us trying to get things right is like trying to start a campfire with wet matches—frustrating, energy-draining, and seemingly impossible. It's easy to fall into a cycle of correction and direction that misses the most important aspect of raising children: connection.

Compassion is the answer. I know... It feels like a sharp command, a clear consequence, and a stern face will get you where you want to go faster: maybe it will. But you're playing a longer game.

## What is Compassion?

Let's get clear on definitions. *Compassion* comes from two Latin words. In our English translation we'll say that:

*Com* means together, with others. (Think community, communicate, combat, common.)

*Passion* doesn't mean what you think. It's Tony Robbins saying, "*Believe in yourself! You can do it!*" The word literally means *to suffer*.

So *compassion*, at its core, means *to suffer together*.

## In Real Life

Consider a typical scenario: Your child is upset because a friend has moved away over the Christmas break. The natural response might be to minimise their feelings by saying things like, "You'll make new friends" or "Stop moping around." There's the classic Aussie response: "You'll be right." But these responses tell children that their emotions are inconvenient or invalid. It feels dismissive.

Instead, true compassion means sitting with their pain. It means saying things like:

- "It must be really hard to miss your friend."
- "Being apart from someone you care about is tough."
- "I can see how much this is affecting you."



## The Power of Validation

Validation doesn't mean agreeing with everything or solving every problem. It means acknowledging the emotional experience. When children feel heard, they feel safe. When they feel safe, they're more likely to communicate openly and work collaboratively with parents.

This approach transforms discipline from a power struggle into a collaborative process. Instead of creating resistance, compassion builds connection.

## 5 Practical Ways to Practice Compassionate Parenting

- 1. Listen Without Judgement:** Create a safe space for your children to express their feelings. Put away distractions, make eye contact, and hear what they're saying. Avoid immediate advice or correction. Sometimes, feeling heard is the most powerful intervention.
- 2. Name the Emotion:** Help children develop emotional intelligence by naming their feelings. "It seems like you're feeling frustrated" or "I can see you're feeling disappointed" gives children language for their internal experiences. This helps them understand and manage their emotions more effectively.
- 3. Set Boundaries with Empathy:** Compassionate parenting isn't about eliminating boundaries. It's about setting those boundaries with understanding and respect. Instead of "Because I said so," try "I understand you want to do this, and right now, we need to do something different. Here's why..."
- 4. Model Emotional Regulation:** Children learn emotional management by watching their parents. When you handle your own stress, disappointment, or anger with calm and reflection, you're teaching them a powerful life skill. Show them how to process emotions constructively.
- 5. Repair and Reconnect:** No parent is perfect. When you make mistakes—and you will—take responsibility. Apologise sincerely. Show your children that it's okay to be imperfect and that relationships can be healed through honest communication and genuine care.

## The Long-Term Impact

Compassionate parenting isn't a quick fix. It's a long-term investment in your child's emotional development. Children raised with this approach are more likely to:

- Develop strong emotional intelligence
- Build healthier relationships
- Communicate more openly
- Handle stress more effectively
- Show empathy to others

Discipline will always be part of parenting. But when discipline is rooted in compassion, it becomes a tool for teaching and connection rather than a weapon of control.

Remember, you're not just raising children. You're nurturing future adults who will carry the emotional skills you've taught them into every relationship and challenge they'll face.



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](https://happyfamilies.com.au).





# Kurmond Connect



## *Meet the teacher & Gotcha4Life*

Come and meet your child's teacher  
and have some afternoon tea with us.  
Please join us afterwards to hear all  
about the Gotcha4Life program.

**Date: Wednesday 5th March**

**Time: 4.45pm afternoon tea under the COLA**

**5.00pm meet the teachers in classrooms**

**5.30-6.30pm Gotcha4Life presentation in  
the library (during this presentation we will  
look after the children for you)**





## KURMOND PUBLIC SCHOOL

494 Bells Line of Road Phone: 45731648  
Email: kurmond-p.school@det.nsw.edu.au

Wednesday 19<sup>th</sup> February, 2025

Dear Parents,

We are excited to announce that our school will be introducing the **Gotcha4Life** program, which focuses on supporting the mental health and well-being of our students. Gotcha4Life is a program dedicated to building strong, supportive relationships among young people, helping them to develop resilience, and creating an environment where they feel comfortable talking about mental health.

Gotcha4Life aims to give students the tools to create meaningful connections and address challenges they may face in life. It focuses on reducing stigma around mental health and promoting positive communication. The program encourages emotional awareness, healthy coping mechanisms, and the ability to reach out for support when needed.

As parents, your involvement is key to ensuring the success of this program. We would love for you to join us for an **Information Night** where we have organised for our Gotcha4Life Coaches to share details about the program, discuss how it benefits our students, and answer any questions you may have.

### Event Details:

- **Date:** Wednesday 5<sup>th</sup> March, 2025
- **Time:** 5.30pm
- **Location:** Kurmond Public School Library

We encourage you to attend and learn more about how Gotcha4Life can make a positive impact on our students' lives. Together, we can help nurture a supportive, connected community for our children. For your convenience, we have organised this session directly after the Meet The Teacher afternoon.

Warm regards,

Patricia Beggs

Principal Kurmond Public School





# COLO HIGH SCHOOL

## Open Night & Information Evening

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**Tuesday March 4th**

**5:30 to 7:30pm**

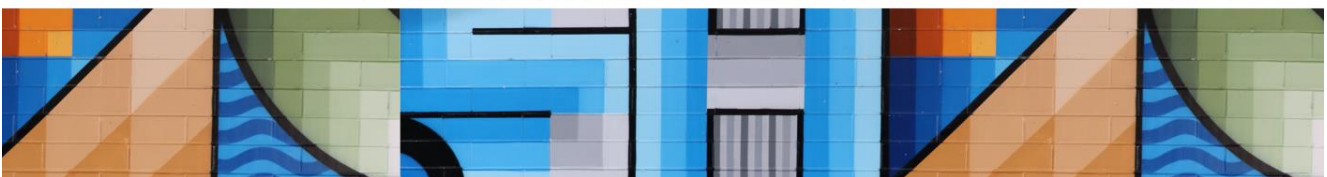
All prospective families welcome from Years 5 & 6

Principal's Address

School Tour

Meet & Greet Staff & Students

Light Refreshments



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## February Birthday Celebrations

Marco D	Sebastian S	Xavier V
Lucien S	Lacey B	Jacob F
Halle L	Jenson B	Joel V



## 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](mailto: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	CLOSED	Louise F Adeline	Cassandra C Renee S	Leah M	HELP! HELP!	Leah M	Louise F Kristin M	Adeline	HELP! HELP!
Friday	7 Feb	14 Feb	21 Feb	28 Feb	7 Mar	14 Mar	21 Mar	28 Mar	4 Mar	11 Mar
	CLOSED	CLOSED	Meika	HELP! HELP!	Matt V Vicky B	HELP! HELP!	Adeline	HELP! HELP!	HELP! HELP!	HELP! HELP!

**THANK YOU TO ALL OUR VOLUNTEERS! 😊**



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](mailto:tennis@insidethelines.net.au)

Scan  
the QR  
CODE



REGISTER

or go to:

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



# Assembly Merit Awards

*Effort, Safety, Responsibility, Courtesy and Achievement*

**Term 1 Week 3 & 4**

## *White Class Merit Awards*

Class	Name	Reason
1/5 Meteors	Jayden W	Courtesy: Showing courtesy towards staff and students at all times.
K/1 Rockets	Cormac S	Achievement: Independently using compound sentences in his writing.
	Delta L	Effort: Settling into school routines with confidence.
1/2 Lights Years	Henry P	Courtesy: Always showing courtesy and being a respectful learner.
	Chloe D	Effort: Continuously showing outstanding effort in all learning areas.
3/4 Galaxies	Anna G	Courtesy: Being courteous at all times.
	Samara M	Effort: Trying her best in all areas of her learning.
4/5 Shooting Stars	Nathan B	Responsibility: Being a responsible learner and leader in the classroom.
	Malakye G	Effort: An amazing effort during mathematics lessons and warm ups.
5/6 Comets	Sarayah T	Responsibility: Having a strong start to the year. Showing leadership and a positive attitude towards her learning.
	Brooklyn B	Courtesy: Demonstrating kindness and respect especially in being a supportive and caring big buddy.



Weeks 3 and 4	1/5 Meteors	K/1 Rockets	1/2 Light Years	3/4 Galaxies	4/5 Shooting Stars	5/6 Comets
50 Merits		Chayse V Lacey B Willow C	Chloe D Arlo D Lachlan H Selina M Elias S Noah B			Lucien S Holly S Chanelle V
100 Merits			Nathan Mc			
150 Merits	Jayden W Gianluca D					Jasper S Mabel S
200 Merits						
250 Merits		Cormac S	Braxton B			
300 Merits				Lily M		