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**Book Week Parade** 

#### Happy Week 9!

I hope this newsletter finds you happy and well. I don't have too much to report on this week, but it's always nice to touch base.

As you know, we have a very limited number of staff on site, which has been directed of us to help in minimising the movement in the community, as per the public health order. Thank you for keeping your children at home, which also helps significantly with our school operations during this challenging time. At this stage, we are learning from home until midnight, Friday 10th September, but I will communicate if this changes. Stay strong— and ask for help if and when you need it. We are all in this together!

This week is SASS Appreciation Week. I would like to personally acknowledge and thank our amazing support staff. To Leanne, Jenny, Pauline, Andrew, Mel, Savannah, Josh, Margie and Laura we truly appreciate your commitment and dedication to North Wagga Public School and the staff and students you support. You all make coming to school every day a pleasure and our jobs that much easier ... THANK YOU! If you haven't seen it already, Mrs Bryce has made a video to mark this special occasion.

I hope all of our dads and grandads had a beautiful Father's Day last Sunday. We will draw our Father's Day raffle when we return back to school and find a way to have our Father's Day Breakfast ... stay tuned!

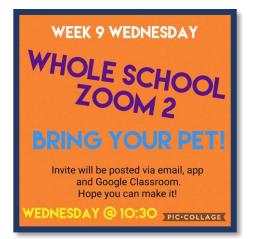
A BIG thank you to all the students that made it to our whole school zoom last week. It was simply the best seeing all of your happy, smiling faces ... especially with your hilarious headwear! In case you were wondering, I actually changed my hilarious headwear 6 times. Tomorrow we will have another whole school zoom but this week you have to appear with your pet. For those students attending school, bring a photo of your pet. Hanks can't wait to see you all.

Despite the challenges at present, I know that when the time comes, our students and staff will bounce back into school, filling our classrooms and playground with joy, love and laughter again. Until then, I want to recognise the effort and sacrifices that our students and staff are making right now too and say thank you for being strong, for looking after yourselves and your family. I am proud of you all and missing you terribly! As a way of saying thank you, there will be a surprise delivered to every student on Friday so ensure we have your correct address so you don't miss out.

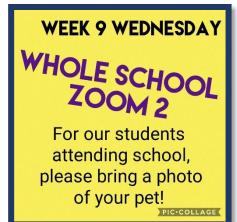
Have a fabulous week!

Trudy Standley Principal

### WHOLE SCHOOL ZOOM







# FROM THE COUNSELLOR'S DESK

Some parents may be getting concerned about the amount of screen time that their children are having at the moment. It is only in recent years that children's access to a range of screen devices has dramatically increased, therefore the research on the effects of screen time on children is still emerging. However, the time spent in front of a screen and the quality of the content, has been linked to a number of positive and negative health outcomes.



Positives to screen time for children include;



- Young children learn most from face-to-face interactions. and "video chatting" can help children to do this.
- Screen time can also play an important role in keeping children connected when they are sick or in hospital, or as a means of distraction from medical procedures/appointments.
- For children with a medical condition, social media platforms allow them to connect with others with similar conditions and provide opportunities for self-expression and for increasing awareness amongst

peers about their condition.

• Older children's use of the Internet helps develop their skills and interests. Social platforms can be a useful way of forming friendships, in addition to cultivating empathy and activism. Social platforms can also allow them to share their work or achievements with others.

### Negative outcomes include;

- Reduced physical activity and weight gain
- Poor sleep regulation after using screens at night
- Children who watch violent content, are more likely to view the world as a scary and uncaring place, and are more likely to be aggressive in their interactions with others
- An increase in eye strain and fatigue and an increase in short sightedness.

If your children are getting too much screen time, you may need to set up family guidelines. These should focus on;

- How often children have access to screens (you may choose to have screen-free days)
- How long children can use them for (splitting the time between different types of screen and using a limiting device such as a stop watch or screen lock)
- What children can view (the quality of what your child is viewing is more important than the time spent)

### Kirsty Cochrane



# **BOOK WEEK FROM OUR HOMES**





















# **BOOK WEEK FROM OUR HOMES**







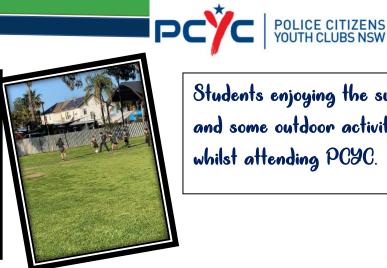




Wow what an amazing effort, thank you to all the students and their parents/carers for contributing to our virtual book week parade. You all looked awesome.

PCYC





Students enjoying the sunshine and some outdoor activities whilst attending PCYC.





# PCYC WAGGA OOSH VACATION CARE PROGRAM

## week one

#### Come join us for the PCYC WORLD RECORD DAY \$55.00

course. Dive into the action. Compete against the

> others from PCYC OOSH.

Run, Jump, Climb and swing to the finish line while

on

find your inner Way



Excursion





### MONDAY

#### CLAY MODDELING \$60.00

Lets explore our creativity and join in with PCYC Wagga for a fun filled sensory explorational day. Filled with clay modeling, kinetic sand and a lot more. Come and show us how creative you can be!



#### WEDNESDAY FORUM 6 CINEMA \$75.00

Back by popular demand, we will enjoy a trip to our local cinema.

TUESDAY

We will be watching a movie, enjoying popcorn. a lolly pop and drink combo

When to arrive PLEASE BE AT PCYC BY 9.20AM



### SHINOBI WARRIOR GAMES

first PCYC Shinobi Warrior Games. Take on the raw challenge of the

Dodge, Duck, Dip and clock, your friends and the

the crowd cheers you

Take the challenge,



#### FRIDAY

#### SOCCER GALA DAY AT NORTH WAGGA PUBLIC OOSH \$65.00

We will be going by bus over to our North Wagga OOSH service and spending most of the day there for a soccer gala day. We will be having the development officer from football wagga coming over to run this for us.

PLEASE BE AT PCYC BY 9.30AM



Its record setting

time again but on a

MUCH larger scale

this time. PCYC

OOSH NSW will all

be participating in a

range of PCYC

record setting

activities and we

will hold a State

Awards Ceremony

at the end of the

day via Zoom!





# PCYC WAGGA OOSH

# VACATION CARE PROGRAM

week Two

# TUESDAY

PCYC OOSH will

be putting their

master chef hats

on and working in

the kitchen.

We will be cooking

a range of

delicuius and

nutritinal meals for

the children to try.

We will also be

enioving a sneaky

snack or two fro

afternoon tea.

#### PCYC MASTER CHEF DAY \$60.00

Are you someone who loves STEM creative activities. Come and put your minds to the test in a fun filled day of exploring STEM.

MONDAY

STEM EXPLORATION

\$60.00

We will be working on a range of different activities to suit all children and cover all STEM based experiences.

WE HOPE TO SEE YOU ALL THERE!



### FORUM 6 CINEMA \$75.00

WEDNESDAY

Back by popular demand, we will enjoy a trip to our local cinema.

We will be watching a movie, enjoying popcorn, a lolly pop and drink combo

When to arrive PLEASE BE AT PCYC BY 9.20AM



#### TOUCH FOOTBALL GALA DAY AT NORTH WAGGA OOSH \$65.00

We will be going by bus over to our North Wagga OOSH service and spending most of the day there for a touch football gala day. We will be having the development officer from football wagga coming over to run this for us.

PLEASE BE AT PCYC



PC/C **OUT OF SCHOOL HOURS** 



#### PALLET PLAY AND LOOSE PARTS \$55.00

What creations will you make? Build, Construct, Deconstruct. Let your imagination run wild. This day will flow throughout Vacation Care.





# HOW TO BOOK ONLINE

CLICK ON THE BOOKINGS TAB. CLICK ON THE RELEVANT DAY ON THE CALENDAR. IF THERE ARE NO EXISTING SESSIONS, 'NO BOOKINGS' WILL DISPLAY AT THE BOTTOM OF THE SCREEN. A SESSION WILL NEED TO BE BOOKED FOR THIS DAY.

TO ADD A BOOKING, CLICK '(+) NEW' IN THE TOP RIGHT HAND CORNER AND SELECT 'BOOKING' IN THE POP UP. AVAILABLE SESSIONS WILL BE VIEWABLE FOR THAT DAY, SELECT THE ROOM AND TIME YOU WISH TO BOOK.



NOTE: FOR MULTIPLE BOOKINGS, REPEAT THE PROCESS ABOVE UNTIL ALL THE SESSIONS ARE SELECTED. AT THIS TIME, YOU CAN ONLY ADD BOOKINGS BUT NOT DELETE THEM. YOU WILL HAVE TO CONTACT THE CHILDCARE CENTRE TO DELETE THIS FOR YOU IF NEEDED.

ONCE SELECTED, CLICK THE PRAM ICON IN THE TOP RIGHT HAND CORNER TO MOVE TO THE SUMMARY SCREEN.

THE SUMMARY SCREEN WILL DISPLAY THE NAME OF THE CHILD, THE SESSIONS BEING BOOKED AT THEIR PRICE, TIME AND ROOM. IF THESE ARE INCORRECT, CLICK THE BACK ARROW TO CORRECT SELECTIONS. ONCE HAPPY WITH THE SELECTIONS, CLICK 'REQUEST'.

IF THE SESSIONS HAVE BEEN BOOKED SUCCESSFULLY, THE NEXT SCREEN WILL SHOW A 'CONFIRMED' STATUS FOR THE BOOKING.

Please see the attached program for PCYC OOSH VAC CARE. If you have any questions or if you are a new family please contact Taneka Thorneycroft on 0400 090155 or email <a href="mailto:waggaoosh@pcycnsw.org.au">waggaoosh@pcycnsw.org.au</a>.