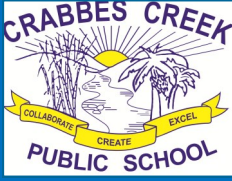
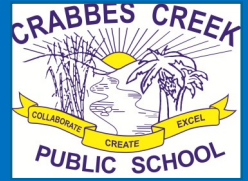


Crabbes Creek Public School Newsletter



Wednesday 24 May 2023
Term 2 Week 5

crabbescrk-p.school@det.nsw.edu.au 02 66 771 255



Principals Message

A Huge congratulations to the students of Crabbes Creek PS who sang at the Senior Citizens lunch at the community hall. Mr Shaw, who started teaching on Tuesdays this term, and his enthusiastic music students put on a show that was warm, fun-loving and entertaining. The audience were very welcoming and enjoyed seeing the children. Thank you to the organising committee for the invitation. Such connections to community have been interrupted over the last few years and we are all very excited to be able to reconnect and join in such events. Make sure you have a look at the pictures. We are waiting with anticipation to see what Mr Shaw and his students will come up with for the end of term celebrations.

A group of Student Support Officers (SSOs) have been appointed to flood affected primary schools across the Northern Rivers Area. SSOs run small group programs in their local network of schools. Kirstyn Faulkner our network SSO will be visiting Crabbes Creek PS to implement the Seasons of Growth program. This program is an innovative, evidence-based change, loss and grief education program that draws on the metaphor of the seasons to understand the experience of change. It builds the knowledge and skills necessary to strengthen social and emotional wellbeing post significant change. For more information, please see the attached information flyer and look out for the permission note in your inbox.

It is wintertime and the children will require their jumpers in the morning. Wintertime can mean increased lost property. Please ensure your child/ren's name is on all pieces of clothing especially jumpers. We encourage students to put jumpers in their bag as soon as they take them off. Consistent messages between home and school will assist the children develop strong organisational habits regarding their property. If you are missing any items, please check in with your classroom teacher or let Ros know.

Our P&C is beginning the planning process for Crabbes Creek Public School's 125th Anniversary celebrations. The date will for the event is Saturday 4th November 2023. Make sure you look out for updates from the P&C and opportunities to participate in this important community celebration.

During a building progress meeting on Tuesday, I was able to go on a tour of the school buildings. There has been much progress that we have not been able to see. The painters are finishing up inside, the pinboard material is up on the walls, cabinetry has gone in and electrical fittings are being completed. Staff are now beginning the planning process to pack up the demountables with the expectations of being back in the classrooms at the start of next term. It has been a big process and there will still bits and pieces around the school going on but it will all be worth while and we will be better off in the end.

Regards,
Brev Belleville

Your child's wellbeing and learning is important.

If you have any particular issues/inquiries/concerns or questions, it is best to make an appointment with your child's class-room teacher as the first port of call through the office. For something you feel is more significant, please do not hesitate to contact our principal.

Dates to Remember

May

Wk. 6 - 31st May - Seasons of Growth - 8 week program

June

Wk. 7—Mon 5 June—1/2 day Athletics carnival

Tues 6 June—Full Day Athletics

Fri 9 June—Community Art

Wk. 8-

Mon 12—PUBLIC HOLIDAY

Thu 15-P&C Meeting 3pm

Fri 16— Kids in the Kitchen.

Wk 9

Fri 23 June—Community Art

Wk. 10— **Naidoc week.**

Fri 30 June—Performance

Last day term 3 Friday 30 June

Friday 30 June Last day term 2

~~~~~  
**Term 3 students return Tuesday 18 July**

### July

Wk. 1-Mon 17 Staff return

Tues 18— Students return

Wk. 3— **Education week**

Mon 31 July to Wed 2 Aug 3-6

Camp

Thu 3—P&C Meeting 3pm

### August

Wk.4 –Wed 9 Life Ed Van

Wk.5— **Science Week**

Wk. 6 Fri 25 **Book Parade**

### September

Wk. 8— Thurs-7-P&C Meeting 3pm

Fri 8-Kids in the Kitchen

**Last Day Term 3 Friday 22**

**September**

~~~~~  
Term 4 students return Monday 9 October

October

Wk. 1—Fri 13 Pirate Day

Wk.2 - Wed 18 School Photos

Wk.3—Thu 26 P&C Meeting 3pm

Wk. 3 to 7 - Wed 26 Oct, 2, 9, 16

Nov.

Wk. 8 Thu 7 P&C Meeting 3pm

Fri 8 Kids in the Kitchen

Wk. 9-Thur 7 Presentation Day

Wk. 10— Tue 12 Pool Party

Last day Term 4 for students

Friday 15th December

Seasons for Growth

CHILDREN & YOUNG PEOPLE'S PROGRAM



An innovative grief and loss program that uses the imagery of the seasons to illustrate the experience of grief.

The program was first developed 20 years ago and has been revised and updated to incorporate new evidence and ensure that it continues to provide relevant and valuable experience for participants.

It does not provide counselling or therapy.



What does it do?

Seasons for Growth aims to strengthen the social and emotional wellbeing of children and young people (aged 6-18) who are dealing with significant life changes by:

- Exploring the impact of the change and loss on everyday life
- Learning new ways to respond to these changes

Who is it for?

Anyone who is living with the effects of change and loss. Many factors can cause change such as:

- Friends can come and go
- Loss of someone or something you love
- Parents and families separate
- Moving to a new place
- Impact of illness
- Family work-life changes

Change affects everyone differently, as does grief. It's the impact of the change, not the event itself that *Seasons for Growth* focuses on.

We suggest that anyone affected by bereavement wait 6-12 months before participating in a *Seasons for Growth* program.

How does It work?

Seasons for Growth is a small group program that combines psychology and education with peer support, within a person centred learning approach. It uses the metaphor of the seasons to explore the cyclic nature of grief, and is underpinned by William Worden's tasks of grieving. The Children and Young People's program contains developmentally appropriate discussions and activities. *Seasons for Growth* normalises participants' experiences, and can increase protective factors (including building personal resilience and social skills) while minimising some risk factors (including isolation) that influence mental health and wellbeing. The program also supports the development of communication, decision making and problem solving skills.

How Is It delivered?

The Program is run over 8 sessions with small groups of 4-7 participants and is facilitated by trained adult "Companions". The participants are provided with a safe space to learn, share and reflect and are supported by richly illustrated participant journals. Companions may be school staff, agency staff, endorsed parent volunteers or other suitable adults who have undertaken a two-day training workshop and receive a subsequent accreditation for Good Grief Ltd to deliver the program.

Outcomes

Seasons for Growth provides the support and space for children and young people to:

- **Learn** about how different people respond to change, loss and grief
- **Understand** that it is normal to experience a range of grief reactions
- **Explore** new approaches to dealing with change, loss and grief in their lives
- **Build** communication, decision making and problem solving skills
- **Participate** in a supportive network of peers and adults
- **Integrate** their new learning into their relationships with family, friends and others

Evidence

Seasons for Growth has been evaluated extensively over the last 15 years. The most recent evaluation was conducted by Southern Cross University in 2010 and concluded that the *Seasons for Growth* Program:

- Builds understanding and skills
- Improves participants' emotional wellbeing
- Enables participants to express their views, thoughts and feelings
- Strengthens participants' social and support networks.

The complete Southern Cross University Evaluation is available at www.goodgrief.org.au/research

The *Seasons for Growth* Children and Young People's Program has a 4 Star rating in the Mind Matters Program Evidence of Effectiveness Ranking: [read more](#)

The *Seasons for Growth* Children and Young People's Program is now listed with the Australian Government, Child Family Community Australia website as an evidence based program.



PB4L Awards

The focus for our PB4L over the last 2 weeks has been:

Using Our Manners



Days missed = years lost

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

When your child misses just...

they miss weeks per year

and years over their school life

1 day per fortnight
 (M) (X) (W) (T) (F)
 (M) (T) (W) (T) (F)

=

4 weeks



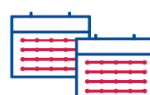
=

Over **1** year missed

1 day per week
 (M) (X) (W) (T) (F)
 (M) (T) (W) (X) (F)

=

8 weeks



=

Over **2.5** years missed

From the Office

Reminders for this week.

- ◆ Please ensure jumpers and hats are clearly labelled.
- ◆ All changes to routine afternoon pickups, early departures must go through the office, either by email, phone call or in person.
- ◆ If you are dropping your child off after morning class begins or picking them up early, please come to the office and sign them in or out.
- ◆ You need to notify the office of the reason for an absences. For planed absences (holidays etc) please contact the office prior to discuss leave arrangements.
- ◆ We now take Back to School Vouchers.
- ◆ Due to no phone reception it is asked that you either download before you arrive or email them to the school. Please call to ask what you can use them for. Remember these expire in June.
- ◆ If you haven't yet used the NSW Education Parent App, follow the instructions on the following page to download the NSW Education Parent App. You can access the newsletters and other information through this app.



**We have been trial-
ling an
adjustment to our su-
pervision duty roster**

**Unless required else-
where
Ms Wheeler will now
be available at the
gate to assist
children if required.**

Kindergarten 2024 Enrol Now

**If you know of any
families or children
starting school in 2024
and are not yet en-
rolled please
encourage them to
contact the school and
begin the process as
soon as possible.
Places also available
in all years.**

Elaine & Jesse - Story Dogs
Last week was the last time Elaine & Jesse will visit.



Athletics
practice



Outdoor Ed.





Senior Morning Tea

Tuesday 16th May 2023



**CRABBES CREEK
COMMUNITY HALL**

**Sunday Session
28th May**

2-6PM

**Homemade pies ,
Chips & Gravy \$15**

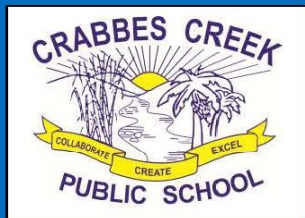
Come along & chill to some Tunes

COFFEE - Available

BYO

CashOnly





Crabbes Creek Public School

Be Proud - Be Respectful - Be a Learner

15 February 2023

Introducing the NSW Education Parent App

Dear parents and carers,

The Department of Education has launched an exciting new digital communication tool, the NSW Education Parent App to help support good school-home communication.

The app already has 180,000 users and is a convenient way our school can keep you up to date with latest news, school updates, newsletters, school operational status and upcoming events which you can add to your personal calendar.

You can choose to receive instant notifications when there is an update from the school and access the same content that's on our school website in an accessible way when you are on the go.

The app has advanced privacy and security features, and it won't store any identifying data. It is free and available for iOS and Android users so you can download the NSW Education Parent App in the [Apple Store External link](#) or [Google Play External link](#).

Once you download the app, you will need to complete the onboarding process in the Parent App to select the school(s) you'd like to follow and enable your push notifications in your phone's settings and in the app's School Settings to make sure you never miss an important update.

For more information, refer to [NSW Education Parent App](#). If you need support with using the app, check out our how-to guides for [Android](#) or [iOS](#) or contact the Parent App team via parentapp@detcorpcomms.zendesk.com.

Brev Belleville

Principal

Crabbes Creek PS