

GLEBE MATTERS

Principal's Address

Dear Parents and Families

On Wednesday, our Aboriginal Education Committee hosted our first Yarn Up BBQ. This was an opportunity for families to learn about what is planned for Aboriginal Education in 2023, enjoy a BBQ and meet their child's teacher. Parents and carers also shared their ideas and suggestions for Aboriginal Education at Glebe Public School.

Today our Executive Team participated in a professional learning day focussing on school planning and ongoing self-assessment. Embedding effective self-assessment practices provides an opportunity for our school to evaluate current processes and practices, with focus on continuous school improvement. We are excited for what 2023 will bring!

Please join us next week for our Stage Parent Information Sessions. These sessions provide an opportunity for you to meet your child's class teacher, as well as gain an insight into the teaching and learning programs, and school routines and procedures.

Have a restful weekend and if there is anything we can do to support you and your family over the coming weeks, please do not hesitate to let us know.

Jessamy Rush
Rel/Principal
jessamy.rush@det.nsw.edu.au

A teacher is on duty from 8:30am. If students arrive before this time, arrangements can be made with Centipede.

The Swimming Carnival will be held on Friday the 17th of February. Click [here](#) to volunteer!

Strictly no dogs are permitted to be on school grounds, including the car park



UPDATES AND NOTICES

Cyber Safe Families

As a parent, you have the dual responsibility to protect yourself and your family when online. A digitally mature family can be cyber safe.

Families can sometimes find it hard to guide their children in using social media technologies safely. The NSW DOE has collated a few resources to help guide you in having these conversations with your children and possibly setting some boundaries.

- Create a **family tech agreement** with your child (under 5 – 8 years old) on how and when they can use technology
- Understand the **basics of online safety**, educate your child and set some rules with them
- Think about and get help to **decide if your child is old enough** to use a certain device and apps such as social media
- Build **good digital habits** in your child from a young age
- Learn **how you can have hard-to-have conversations** with your child (both 5-12 and 13-17 years old) about their privacy and security online
- Learn about **online privacy**, what the risks are and **know what to share** and who to share with online
- Parents can take their children through **learning about digital footprints** so that before they start sharing images and pictures online, they know how long these tracks stay online and what this means

[Click here for more information.](#)

Names on Belongings

Please ensure that your child has their name clearly marked on their belongings such as hats, jumpers, drink bottles, and lunch boxes/containers. This makes it much easier for them to be returned should they be lost or misplaced.



PBL: Positive Behaviour for Learning

Positive Behaviour for Learning (PBL) is an evidence-based framework that brings together the whole-school community to contribute to developing a positive, safe and supportive learning culture. At Glebe Public School our PBL expectations are:

- Be Safe
- Be Respectful
- Be a Learner

Each week staff and students focus on one setting in the school and this week the whole school focus is on being safe, respectful and learner in our Grassed Area.

Be Safe	Be Respectful	Be a Learner.
Ball games only at lunchtime. Hat on, play on. Play football when supervised by an adult. Leave sticks in the gardens.	Use kind words. Put rubbish in the correct bin. Include others in your games.	Listen to the teacher. Participate. Follow teacher instructions.



from the P&C...

This past week the P&C secured a sponsorship agreement with the Toxteth Hotel.

Thank you to Nicole Done for all her hard work to make it happen!

The hotel is generously supporting us by donating 10c of every dollar YOU spend back to the P&C. All you need to do is tell the hotel staff you are from the GPS community at the point of purchase. Please support this fantastic local business and the school!

Please also note that the school is still looking for volunteers to help at the Swim Carnival next Friday (February 17). The link to volunteer is on our Facebook page and [here](#).

Finally, remember that our School Disco is on the 24th of February! Lots of fun for all in perspective!

Dates For Your Diary:
22nd Feb - Next P&C meeting (location and time TBC)

24th Feb - School Disco!!

THE P&C FACEBOOK PAGE CAN BE FOUND HERE!

VOLUNTEER HERE!

The Glebe P & C presents

The Welcome Back Family Disco

FREE ENTRY

FEATURING

- DJ Ezra
- Free kids sausage sizzle
- Miss Piggy Vietnamese Food Truck
- Bar selling drinks
- Icecream Stand

*Adults must accompany children to event

FRIDAY 24TH FEBRUARY | 6PM
GLEBE PUBLIC SCHOOL

NEW SPONSORS

TOXTETH HOTEL

www.toxtethhotel.com.au



ATTENDANCE!

WHY ATTENDANCE MATTERS

When your child misses school they miss important opportunities to...

On time school attendance is vital to students success at school. We understand that at times things happen which cannot be controlled and students may be late. Students who arrive after 9:00 am are to go to the school office on arrival and receive a late note. The reason for the late arrival is recorded and we ask that parents/carers please let the school know the reason, for example 'student attended a medical appointment'. When there is no reason provided, the late arrival is recorded as unexplained. Late arrivals are closely monitored by the school executive as part of our attendance procedures.

Please refer to the 'Compulsory School Attendance - information for parents' guidelines from the Department of Education by clicking [here](#)



Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just...

they miss days per year

5 mins
per day



=

3 days



30 mins
per day



=

18 days



Patterns of lateness
can have a serious
impact on your child's
education.





CONTACTING THE SCHOOL

The staff at Glebe Public School are committed to supporting all aspects of your child's education and are willing to assist in any way that they can; however, we ask that you assist us to maintain effective communication by following the processes outlined below when communicating with staff.

- Email teachers and/or executive staff of any requests or concerns.
- Appointments to see a staff member should be made by email, phone or in person.
- Please do not make unannounced and non-urgent requests to see staff, especially during busy times (e.g. assemblies, morning drop-off and home time).
- Please expect a two day turnaround response to the appointment request.
- The teacher is the first point of contact (not the Principal), then the stage supervisor for more complex issues.
- The teacher and/or the stage supervisor may ask for time to refer to the Principal or other relevant staff for advice.

The school also provides information to families through the School Bytes App, the school newsletter Glebe Matters, and the school Facebook and Twitter pages. Additionally, all classes use SeeSaw to share and communicate class learning and events.

Your child's class Parent Representative is another great contact for further communication between home and school.

The supervisors for each stage are:



Early Stage 1 and Stage 1
(Kindergarten, Years 1 and 2)
Ms Jessamy Rush



Stage 2
(Years 3 and 4)
Miss Karissa Pedron



Stage 3
(Years 5 and 6)
Mr Kane Wheately

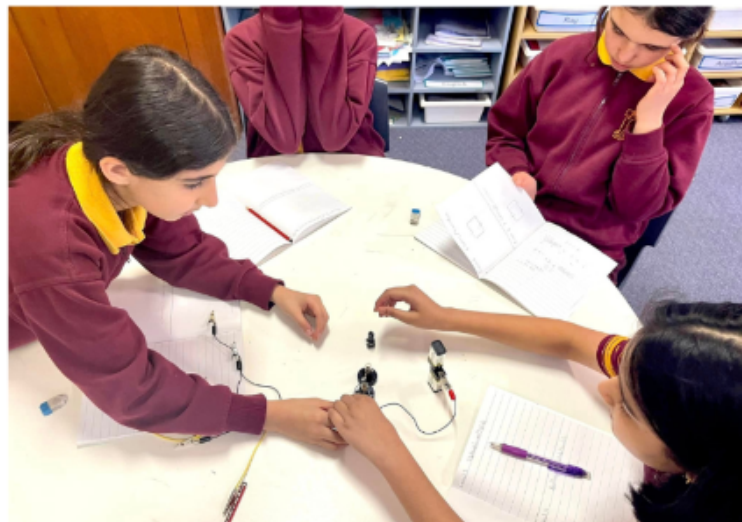


Assistant Principal
Wellbeing and
Inclusion
Ms Dominique Chedel



Deputy Principal
Instructional Leader
(Aboriginal
Education)
Ms Rondelle Ryan





Stage Information Sessions



Our stage information sessions provide an opportunity for parents and carers to meet their child's class teacher, as well as gain an insight into teaching and learning programs and school routines and procedures.

WEDNESDAY 15 FEBURARY 2023

EARLY STAGE ONE (KINDERGARTEN) 5PM - FLAMETREE CLASSROOM

STAGE ONE (YEAR ONE & YEAR TWO) 5:45PM - FLAMETREE CLASSROOM

THURSDAY 16 FEBURARY 2023

STAGE TWO (YEAR THREE & YEAR FOUR) 5PM - HALL

STAGE THREE (YEAR FIVE & YEAR SIX) 5:45PM - HALL



YEAR 3-6 SWIMMING CARNIVAL

When: Friday 17th
February

Time: Arrive at school by
8:30am

Where: Victoria Park
Pool

Cost: \$9*

**PARENTS
AND
CARERS
WELCOME!**

*if you require financial assistance
please contact the office





Welcome back to Centipede and a very warm welcome to our new kindergarten families!

In case you are not aware, Centipede provides out of school hours care and vacation care at Glebe Public School.

During the school term, Centipede is open from 7:30 to 8:45am before school (breakfast provided) and 3:00 to 5:45pm after school (afternoon tea provided).

Families are welcome to make ongoing bookings or casual bookings at short notice. However, an enrolment form is required for every child that attends the service. Please visit our website to download an enrolment form.

For any questions or to make a booking, please email Centipede:
centipede.glebe@yahoo.com.au

Vacation Care

In vacation care, we had some great in-centre days and visited some very exciting places including the Reptile Park and Ice Zoo. A big thank you to Belle Property Glebe for sponsoring the excursion to Ice Zoo! We have many wonderful things planned for 2023 and our room is looking bright and fresh after being painted over the holidays.

Donations

Remember Centipede is a registered charity and donations are fully tax-deductible! Your donations to Centipede are always valued. You can now use PayPal to donate or visit our website for bank details and more information about Centipede.



STUDIO 17 PERFORMING ARTS PRESENTS..

HIP HOP

@

GLEBE PUBLIC SCHOOL

K TO 2

\$70

TERM 1 '23 / 7 WEEKS
PROGRAM
(WK 3 TO WK10)

FRIDAY MORNINGS

COMMENCING FROM WEEK 3

8:15AM TO 9:00AM

LIMITED SPOTS AVAILABLE

To confirm your spot / enquiries email
admin@studio17performingarts.com

STUDIO 17 PERFORMING ARTS
PRESENTS



\$70

HIP HOP

@

GLEBE PUBLIC
SCHOOL



YEARS 3-6

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GLEBE PUBLIC SCHOOL

SOCCER X SCHOOL PROGRAM / FUN - EDUCATIONAL - ACTIVE

Starting in Term 1, Soccer X will be running a 9 Week Soccer program at Glebe Public School every **Wednesday** from **3:05pm - 4:05pm** beginning **February 8th**.

The program is available to students from **Kindy - Year 6**.
Children will be split into groups according to age.
All sessions will be run by **qualified coaches** who hold WWCC.
The sessions will be **fully inclusive & fun-based**, catering for all abilities.

Cost: \$140 / 9-weeks. **Active Kids Vouchers Accepted**
For more information and online registrations please visit
www.soccer-x.com Contact: abyr@soccer-x.com / 0420 873 317





BRAND-NEW K-2 AFTER-SCHOOL PROGRAM

Curious Minds

By Code Camp



At our weekly hands-on sessions kids will have fun discovering how technology and science are shaping our world!

Thursday 9 Feb - 30 Mar
3:15PM - 4:30PM

Glebe Public School

codecamp.com.au/glebeps



CLAIM YOUR \$100 REBATE

DRAMA SCENE

DRAMA CLASSES AT GLEBE



TUESDAYS
3.00pm - 4.10pm **SPOTS OPEN!**

ALL YEARS

After Drama Scene students may be picked up or go to Centipede

Term 1 Starts 14 February



Enrol Easily On Website

www.dramascene.com.au

WHATSAPP Steph 0407 235 914



NEW! Let your imagination run wild at Animation after-school

Use stop-motion animation to create your own movies with clay and LEGO!



Book now at codecamp.com.au/glebeps

Give us a call on **1300 263 322**

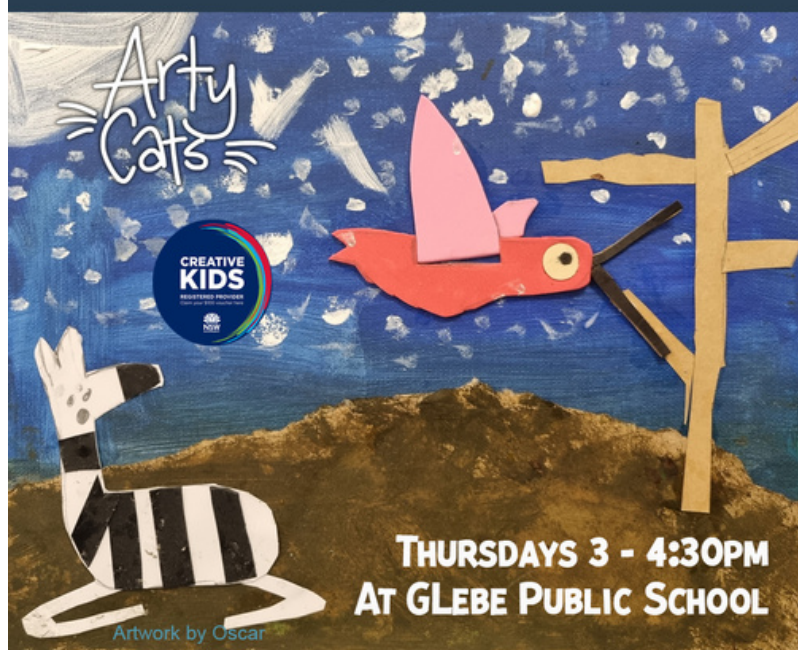
Rated 4.9 on **PRODUCT REVIEW** with over 746 ★★★★★ reviews



CLAIM YOUR \$100 REBATE

AFTER SCHOOL ART

2023



THURSDAYS 3 - 4:30PM
AT GLEBE PUBLIC SCHOOL

Artwork by Oscar

Art classes for students in Years 3 to 6
Drawing, painting, sculpture, printmaking and more
Creative Kids vouchers accepted

ENROL NOW! Contact Catriona
0404 677 245 cat.secker@outlook.com
www.arty-cats.com



Sing your heart out ... with

Glebe Singers!

We're a community choir, very fortunate to have a local professional music director, Liz Lecoanet (also a singing coach & international performer).

First visit is FREE

Everyone is welcome. No audition needed.

Want more info?

E: Merren – merrensmith@hotmail.com

F: facebook.com/glebecommunitysingers

Next term dates

From 2 February 2023 for 9 weeks

YOUNG FIT & DEADLY

IMPROVING HEALTH AND WELLBEING OF OUR ABORIGINAL AND TORRES STRAIT ISLANDER YOUTH

National Centre of Indigenous Excellence Fitness & Aquatics seeks to improve the health & well-being of Aboriginal & Torres Strait Islander Youth with an Indigenous-led health & fitness program, "Young, Fit & Deadly" with social networks as a motivator to participation. Program commences 13/02/2023.

"Young, Fit & Deadly" is designed for First Nations Youth aged 9-16. 3 sessions per week, 4pm - 6pm, each running for 2 hours with 20 Indigenous Youth attending at each session. The first hour dedicated to fitness & moving. A break for a nutritious snack & finally a homework/free time session or a healthy living lesson. Community Elders such as Auntie Beryl, conducting cooking lessons, provide information with ingrained Cultural context.

NCIE will provide swim & fitness instructors, activity space, professionals, afternoon tea & IT equipment. The program runs all year including school holidays. NCIE aims to grow "Young Fit & Deadly" as an ongoing, long-term Community program.



NATIONAL CENTRE OF
INDIGENOUS EXCELLENCE
FITNESS & AQUATICS



Info Evening Wed 8th Feb 4pm - 6pm

180 George Street, Redfern

02 9046 7800

fitness@ncie.org.au



GPS PARENTS.. MENTION THIS AD FOR A SIGN UP BONUS!

THE OUTDOOR SQUAD BOOTCAMP CAN HELP YOU GET FITTER, STRONGER, HEALTHIER, AND MOST OF ALL, HAPPIER!

- IT'S TIME TO MAKE A HEALTHY LIFESTYLE YOUR PRIORITY
- WHATEVER YOUR FITNESS GOALS ARE THE OUTDOOR SQUAD IS HERE FOR YOU!
- WE HAVE LOTS OF CLASSES & TIMES TO GET YOUR FITNESS JOURNEY CRANKING!

IF THIS SOUNDS LIKE YOU, GET YOUR FREE 3-DAY PASS TO ATTEND GROUP FITNESS SESSIONS AT OUR CAMPERDOWN AND REDFERN LOCATIONS TODAY!

IT'S TIME TO MAKE THE COMMITMENT TO EMPOWERING YOURSELF SO YOU CAN ENJOY LIFE TO THE FULLEST!
WHAT ARE YOU WAITING FOR?

WHAT WE CAN OFFER YOU



NO TWO CLASSES ARE EVER THE SAME!



20+ MORNING & EVENING CLASSES



OUTDOOR AND UNDERCOVER SPACES



REDFERN AND CAMPERDOWN LOCATIONS

HUGE SELECTION OF EQUIPMENT
BARBELLS, DUMBBELLS, KETTLEBELLS
DEADBALLS & SANDBAGS



FREE PARKING AVAILABLE
FRIENDLY COMMUNITY VIBE
REAL RESULTS!

SUMMER IS ON THE WAY!

CALL US NOW ON 0402 439 361 FOR A FREE TRIAL!

THE OUTDOOR SQUAD

THE OUTDOOR SQUAD

O'GRADY
DRAMA

PRESENTS

**DRAMA
CLASSES**

IN SYDNEY'S EAST AND
INNER WEST

DEVELOP YOUR CHILD'S EMOTIONAL
INTELLIGENCE, SOCIAL CONFIDENCE
AND COMMUNICATION SKILLS

BUT MOST OF ALL IT'S FUN!

**SPEECH WORK.
MOVEMENT. SCRIPTS**

**ASHFIELD. HOMEBUSH.
RANDWICK. MAROUBRA.
HABERFIELD**

FOR ENROLMENT ENQUIRIES
CONTACT MEL DUKE

0435 566 238

Hand, foot and mouth disease

Hand, foot and mouth disease is a very common viral disease of childhood which is easily passed from person to person. It usually causes a mild illness but rarely causes serious illness. It is not related to the foot and mouth disease that affects animals. Good hygiene helps prevent infection.

Last updated: 26 April 2021

What is hand, foot and mouth disease?

Hand, foot and mouth disease is a common but highly contagious infection in children caused by enteroviruses, including coxsackieviruses. While generally a mild illness, some children will have fever, sore throat and tiredness and blisters which can be uncomfortable. It mainly occurs in children under 10 years of age but can also occur in older children and adults. It is not related to the foot and mouth disease that affects animals.

What are the symptoms?

- Hand, foot and mouth disease starts with blisters that begin as small red dots that later become ulcers. Blisters appear inside the cheeks, gums, and on the sides of the tongue, as well as on the palms of the hands and soles of the feet. In infants, blisters can sometimes be seen in the nappy area. Blisters usually last for 7 to 10 days.
- Children can sometimes have a low fever, sore throat, tiredness and feel off colour, and may be off their food for a day or two.
- Very rarely, enteroviruses can cause other illnesses that affect the heart, brain, lining of the brain and spinal cord (meningitis), lungs, or eyes.

How is it spread?

- Hand, foot and mouth disease is usually spread by person-to-person contact. The virus is spread from the faeces of an infected person to the mouth of the next person by contaminated hands. It is also spread by secretions from the mouth or respiratory system (often through sneezing and coughing), by direct contact with the fluid from blisters, and via objects or surfaces with the virus on them.
- It usually takes between three and five days after contact with an infected person before blisters appear. The virus can remain in faeces for several weeks.

Who is at risk?

- The viruses that cause hand, foot and mouth disease are common and particularly affect children.
- Hand foot and mouth disease can spread easily and quickly within households, particularly among children.
- Many adults, including pregnant women, are often exposed to these viruses without symptoms. There is no clear evidence of risk to unborn babies from hand, foot and mouth disease. However, infected mothers (and siblings) can pass the infection onto newborn babies, who rarely can have severe disease.
- Outbreaks may occur in childcare settings.

How is it prevented?

Good hygiene is the best protection:

- Wash hands with soap and water and thoroughly dry them after going to the toilet, before eating, after wiping noses, and after changing nappies or soiled clothing.

Hand, foot and mouth disease

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- Avoid sharing cups, eating utensils, items of personal hygiene (for example: towels, washers and toothbrushes), and clothing (especially shoes and socks).
- Thoroughly wash any soiled clothing and any surfaces that may have been contaminated.
- Teach children about cough and sneeze etiquette.
 - Cover coughs and sneezes with a tissue. Coughing into an elbow is better than coughing into your hands.
 - Dispose of used tissues in the bin straight away.
 - Wash your hands afterwards with soap and water and thoroughly dry them;
 - if handwashing facilities are not available use an alcohol-based sanitiser or antibacterial wipe to clean hands.
- Keep sick children at home while unwell.

How is it diagnosed?

Your doctor can diagnose hand, foot and mouth disease based on the symptoms. Laboratory tests are not usually necessary.

How is it treated?

- Usually no treatment is needed. Paracetamol will relieve fever and discomfort. Do not give children aspirin.
- Allow blisters to dry out naturally. The blisters should not be deliberately burst because the fluid within them is infectious.
- Make sure young children are drinking enough, as painful mouth sores can make some children reluctant to swallow liquids.

What are the signs of a serious infection?

Signs that an infant or older child might have a more serious form of hand, foot and mouth disease include any of the following:

- Persistent fever (38°C or above for 72 hours or more),
- abnormal movements / jerking movements,
- rapid breathing,
- excessive tiredness / drowsiness,
- excessive irritability,
- difficulty walking.

If any of these signs are present then the child should be seen by a doctor urgently even if they have been checked earlier in the illness.

Blisters in the mouth may also make it painful for children to swallow fluids. If a child continues to refuse fluids by mouth, they should also be seen by a doctor.

How long should children stay away from childcare and school?

- Children with hand, foot and mouth disease should be excluded from school or childcare facilities until their blisters have dried up, and any fever has settled.
- During this exclusion period they should also avoid activities and places where they will be in contact with others, such as swimming lessons and playgrounds/centres, to avoid spreading this very contagious disease.

What is the public health response?

Hand, foot and mouth disease is not a notifiable disease under the Public Health Act. However, to help prevent spread, parents should report the illness to the director of the childcare centre or the school principal.

Further information

For further information please call your local public health unit on 1300 066 055.

Hand, foot and mouth disease

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