

The Wave



Term 1 – Week 6

Principal's Message

Intensive Swimming

What a big week for our students at the pool! Thank you, Mrs Cameron, for all of the hard work that goes into organising a whole school event such as this. The kids had a great time learning new life skills that will help to keep them safe in and around water.

A Year On....

It's hard to believe that it has been a year since the devastating floods of 2022. A lot has happened, but there is still a lot to be done for many people. This may be a hard time for you or a loved one. If that is the case, please reach out to one of the many services listed on the pages in this newsletter.

Updated Information

Sometimes we need to contact home during the day to support your child/ren. It is essential that we have the correct phone numbers for parents/carers as well as emergency contacts. Keep an eye out for your child's Updated Contact & Medical Information Form that will come home for you to complete and return to the office. Please make sure that if any of your contact information has changed that you advise the office immediately.

Lost Property

Please ensure that your child has their name on their bag, lunchbox, drink bottle, hat and school uniforms. This allows us to return these items to your child quickly. Please let your child's teacher know if items are missing and we will do our best to find them.

Expectations

At Ballina Public School we like to work with parents and carers as partners in student development.

We ask parents/carers to remind their child/ren of the expected behaviours in NSW schools. The NSW Department of Education has 3 expectations also – Respect, Safety, Engagement. These match our BPS expectations of Safe, Fair, Learners. Please read the behaviour code in this week's newsletter and ensure your child understands the importance of being safe at school, being fair (respectful) at school and being a learner (engaging in learning) at school.

Kind Regards,
Stacie Luppi

Important Dates

Term 1 - 2023

Week 7

Tuesday 7th March
Stage 3 – Goanna Academy

Friday 10th March

Assembly
10:30am
Hall

Week 8

Wednesday 15th March –

Friday 17th March

NAPLAN
Years 3 & 5

Week 9

Monday 20th March –

Friday 24th March

NAPLAN
Years 3 & 5

Week 10

Friday 31st March

Assembly
10:30am
Hall

Week 11

Thursday 6th April

Last Day of Term

Meal Deal

Salad Tub

(Lettuce, Carrot, Tomato, Cucumber with a choice of Egg, Ham or Chicken)

Water

Yoghurt

\$6.50

Sushi

Chicken Katsu \$4.00

Vegetarian \$3.50

Available Thursday 3rd March 2023

Limited Numbers

Our Canteen is open on Wednesday, Thursday and Friday from 8:45am to 12:00pm.
Students need to place their orders by 9:15am on the day.



A Partner School of

THE UNIVERSITY OF
SYDNEY

—

**STEM Teacher
Enrichment
Academy**

Northern NSW mental health and support services

headspace centres

Early intervention mental health services for young people aged 12-25, including physical and sexual health, alcohol, and other drug services

Find your nearest centre:

<https://headspace.org.au/headspace-centres/>

StandBy Support After Suicide

24/7 Support for individuals, families, workplaces, and communities that have been affected by suicide

1300 727 247

<https://standbysupport.com.au/>

Thirrili

Indigenous Suicide Postvention Service

24/7 Support for individuals, families and communities affected by suicide or other significant trauma

1800 805 801

<https://thirrili.com.au/>

NSW Mental Health Line

24/7 professional help, advice, and referral to local mental health services

1800 011 511

Head to Health

NSW North Coast

Connecting you to the right advice, information and services that is the best fit for your needs. No referral needed.

Mon – Fri 8.30am – 5pm

1800 595 212

[Head to Health - Healthy North Coast \(hnc.org.au\)](https://headtohealth.org.au/)

13 YARN

If you, or someone you know, are feeling worried or no good, we encourage you to connect with 13YARN and talk with an Aboriginal or Torres Strait Islander Crisis Supporter. 24 hours/7 days

13 92 76

<https://www.13yarn.org.au/>

If you're concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



National mental health services and support

headspace

Online support and counselling for young people aged 12-25

1800 650 890
(9am-1am, daily)

For webchat, visit:
headspace.org.au/eheadspace

For resources and to find your nearest headspace centre, visit:
headspace.org.au

Lifeline

Supporting Australians experiencing emotional distress with access to crisis support and suicide prevention services

24/7 Crisis support:
13 11 14
24/7 Text support:
0477 131 114

Online chat:
lifeline.org.au/crisis-chat/
(7pm – midnight, daily)

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5-25

1800 55 1800
kidshelpline.com.au

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

Mensline

24/7 counselling service for men

1300 789 978
mensline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence, and abuse

1800 737 732
1800respect.org.au

QLife

LGBTI peer support and referral

1800 184 527
(3pm-midnight daily)
qlife.org.au
(Webchat 3pm-midnight daily)

If you're concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.

For digital mental health services
headtohealth.gov.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



NSW
GOVERNMENT | Education

Behaviour code for students

Behaviour code for students

Information for parents/carers and students

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

In NSW public schools students are expected to:

- Respect other students, their teachers and school staff and community members.
- Follow school and class rules and follow the directions of their teachers.
- Strive for the highest standards in learning.
- Respect all members of the school community and show courtesy to all students, teachers and community members.
- Resolve conflict respectfully, calmly and fairly.
- Comply with the school's uniform policy or dress code.
- Attend school every day (unless legally excused).
- Respect all property.
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools.
- Not bully, harass, intimidate or discriminate against anyone in our schools.

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

Telephone interpreter service

If you would like to discuss this document with the Principal and need assistance with English please call the telephone interpreter service on 131 450, tell them what language you need and ask the operator to phone the school. The operator will get an interpreter on the line to assist you with your conversation. You will not be charged for this service.

Behaviour Code for Students: Actions

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

Respect

- Treat one another with dignity.
- Speak and behave courteously.
- Cooperate with others.
- Develop positive and respectful relationships and think about the effect on relationships before acting.
- Value the interests, ability and culture of others.
- Dress appropriately by complying with the school uniform or dress code.
- Take care with property.

Safety

- Model and follow departmental, school and/or class codes of behaviour and conduct.
- Negotiate and resolve conflict with empathy.
- Take personal responsibility for behaviour and actions.
- Care for self and others.
- Avoid dangerous behaviour and encourage others to avoid dangerous behaviour.

Engagement

- Attend school every day (unless legally excused).
- Arrive at school and class on time.
- Be prepared for every lesson.
- Actively participate in learning.
- Aspire and strive to achieve the highest standards of learning.

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context the NSW Government and the Department of Education will back the authority and judgment of principals and school staff at the local level.

World Hearing Day 2023



TIPS FOR HEALTHY EARS

DO



Use earplugs in noisy places



Check your hearing regularly



Wear your hearing aids regularly, when advised



See a doctor if you have ear or hearing problems

DON'T



Put cotton buds, oil, sticks or pins inside your ears



Swim or wash in dirty water



Share earphones or earplugs



Listen to loud sounds or loud music

Ear and hearing care for all!

Let's make it a reality

#WorldHearingDay #HearingCare



Make Listening Safe



World Health Organization

WORLD HEARING DAY

3 MARCH 2023



Primary health care can address over 60% of
the need for ear and hearing care services

EAR AND HEARING CARE FOR ALL!

Let's make it a reality



Make Listening Safe

#WorldHearingDay #HearingCare

YEAR 6 STUDENTS AND FAMILIES ARE INVITED TO
ALSTONVILLE HIGH SCHOOL
YEAR 7 2024 – INFORMATION EVENING
TUESDAY 14TH MARCH 2023
5:30PM-6:30PM



- General information regarding different aspects of high school
- Displays of student work in Key Learning Areas
- School tour

Address: Cawley Close, Alstonville NSW 2477 Tel: 6628 5222

Email: alstonvill-h.school@det.nsw.edu.au www.alstonvill-h.schools.nsw.edu.au



Letter from NSW Police Force

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NSW Police Force

OFFICE OF THE COMMISSIONER

Dear Principal,

RE: NSW Police Legacy Child Safety Handbook

Together with their partners NSW Police Legacy has been producing the Child Safety Handbook for over 10 years. The Handbook aims to raise awareness about risks to children and steps that can be taken to protect and keep them safe.

The Handbook has the support of the NSW Government and of the NSW Governor, Her Excellency the Honorable Margaret Beazley AC KC, Patron of NSW Police Legacy.

The intent is for all primary school students in NSW aged from 5 to 7 years old to receive a digital copy of the Handbook. All costs associated with the production of the Handbook have been met entirely through sponsorship, and as such will be at no cost to your students or school.

I fully support the Handbook and hope that you could assist us by distributing it amongst the parents and guardians of your students.

Yours sincerely,

Karen Webb APM
Commissioner
25 November 2022

OFFICIAL



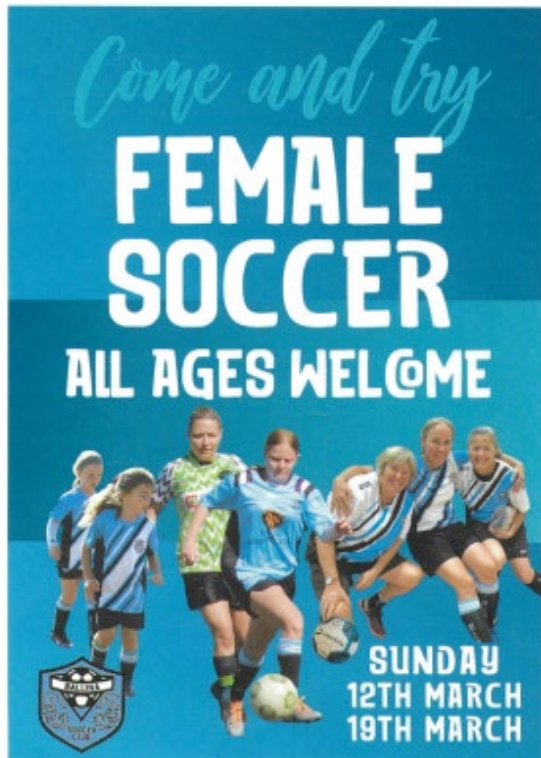
Locked Bag 5102 Parramatta NSW 2124 Tel 02 8263 6599 En 45599



Here are additional links where the digital handbook can be viewed:

NSW Police Legacy – <https://www.policelegacynsw.org.au/resources/>

Child Safety Hub website – <http://nsw.childsafetyhub.com.au/handbook/>



Come and Try Soccer Free Sessions for Women and Girls

Have you ever wanted to play soccer like Mary Fowler or Sam Kerr? Are you looking to join a fun social group to stay active and improve your fitness?

In the year of the FIFA Women's World Cup in Australia and New Zealand, Ballina Soccer Club is hosting introduction to soccer days for girls and women (including walking football for women aged 40+).

This is a great way to keep fit and active, start a new sport or rekindle your football skills. The sessions will be facilitated by Wendy Britton (C - Licence senior coaching certificate).

New and returning players welcome.

Saunders Oval, Ballina Soccer Club

Sunday 12 March 2023 (ages 16 – senior)

Session 1 – walking football: 10.00 – 11.30 am

Session 2 – traditional soccer: 12.00 am – 1.30 pm

Sunday 19 March 2023 (ages 5 – 16)

Session 1 – mini-roos aged 5 - 11: 9.00 – 10.30 am

Session 2 – girls aged 12 - 16: 11.00 am – 12.30 pm

No cost. All equipment, refreshments and participant shirt will be provided.

Register your interest to:

Wendy Britton 0490 806 105 by 8 March 2023

Alternative venue arrangements will be advised to registered participants if required due to weather.



Proudly supported and funded
by Ballina Soccer Club and the
NSW Government.
www.ballinasoccer.com.au



An invitation to Grandcarers

If you are a Grandcarer who looks after your grandchildren fulltime, DAISI Services is here to support you in your important role of helping your grandchild or grandchildren reach their potential.

The Grandcarer Project, an established group, is ready to welcome you.

Frequency: The first Monday of every month. The dates are: 6/3/23, 3/4/23, 1/5/23, 5/6/23, 7/8/23,

4/9/23, 6/11/23

Time: 11.30 am – 1:00 p.m., with lunch provided

Venue: Ballina Masonic Hall, 56 Cherry St, Ballina

Please contact Sue Hetherington on 0491 065 906 for more information.