



"Learn Wisely, Live Proudly"

Regentville Public School

Schoolhouse Road Regentville, NSW 2745

Phone (02) 4733 1615

Fax (02) 4733 4022

Email: regentvill-p.school@det.nsw.edu.au

Web: www.regentvill-p.schools.nsw.edu.au



From the Principal - Mrs Maraga

21 September 16

Farewell to Mrs Borg on her Retirement

Mrs Borg will leave our school this Thursday to begin a new chapter of her life as she retires from the Department of Education. Mrs Borg has worked in many schools since her very first appointment in 1971, forty five years ago. Mrs Borg has worked as the Learning and Support Teacher at Regentville PS for the last eighteen years contributing most significantly to the education of many, many students. Mrs Borg is a passionate teacher who always worked to assist children to achieve their personal best. She will be sadly missed by teachers, students and families from our community here at Regentville. Thank you Mrs Borg.

K-2 Sports Carnival, a day of fun in the sun!

Tomorrow the younger members of our school community have the opportunity to have some fun when they participate in the annual K-2 Sports Carnival. This is a day where participation and enjoyment are the key focus areas. This is always a lovely day of fun activities. Parents and caregivers are welcome to join us on the oval to cheer on our girls and boys.

Our dancers shone at the Joan Sutherland Centre

Congratulations to our Junior and Senior Dance Group on their wonderful performances at the Blue Mountains Nepean Dance Festival. The Junior Dance Group performed their Bollywood themed "Step into the Party" routine, while the Senior Dance Group performed a very beautiful and moving dance titled "Reflection".

Parent / Teacher interviews provide an opportunity for discussion on student's progress

Thank you to all our parents and caregivers who took the opportunity to attend our formal interviews last week. We really value the ongoing communication with parents in discussing the learning goals for all our children. While this was the last of our formal interviews this year you are encouraged to make an appointment with your child's class teacher at any time to discuss any aspects of your child's education that requires clarification or consultation.

Learning Potential App to assist families to become involved in their children's learning

The Learning Potential app, which is available for free on Android and Apple devices, makes it easier for parents and carers to be part of their child's learning, and will help get the most out of the time they spend with their child. The app is packed full of helpful articles and videos that offer tips and ideas for parents to become more involved in their child's learning. The app is available for downloading from the App Store and Google Play.

You can find out more at www.australia.gov.au/learningpotential

Disco Fever to hit Regentville on Thursday!

The final disco for the year will be held on Thursday evening. It will be a great night with lots of dancing under the disco lights! The wonderful teachers and volunteers from our parents and friends enable this great P&C fundraiser to be such a great night for the girls and boys while raising funds to support the learners at our school.

Dates for the Calendar

23 Sept	Last day term 3
10 Oct	Students return to school T4
12/14 Oct	Year 6 Snowy Camp
25 Oct	Public Speaking Comp-Surveyors PS
25 Oct	Ballroom Dancing Championships
27 Oct	Public Speaking Comp-Regentville PS

Payments Due

	General School Contribution \$45 per student or \$90 per family (Instalments can be paid at any time)
22 Sept	Year 4 Yarramundi Camp Final Instalment Due \$50
26 Oct	School Swimming and Water Safety Program \$60

Parent Online Payments

Did you know that you can now make payments to your child's school online?

We have launched a new online payment portal linked to our school website to make it easier for you to pay for school related payments. This is a secure payment page hosted by Westpac.

What expenses can be paid online?

Voluntary School Contributions
Excursions/Incursions
Sports Carnivals
Textbooks

What cannot be paid online?

PSSA Sport
Canteen orders
Lost Library Book Reimbursements

How?

Log onto School site at
- www.regentvill-p.schools.nsw.edu.au. Click on "Make a Payment" and follow the prompts to make a payment via Visa or MasterCard.

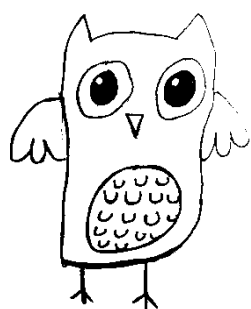
ENROLMENTS FOR 2017

We are now accepting Kindergarten enrolment applications for 2017.

If you have a child, or a friend who has a child, who turns five before the 31 July 2017 now is the time to enrol.

For an Application to Enrol package, please contact the school office.

Reggie says congratulations to the following people for being our weekly winners!



	K-2	3-6
Safe	Vaughn - KC	Owen – 5/6R
Respectful	Tyler – 1A	Evie – 3P
Learner	Charlotte - KJ	Jy – 4G
Green	Mia – 2F	

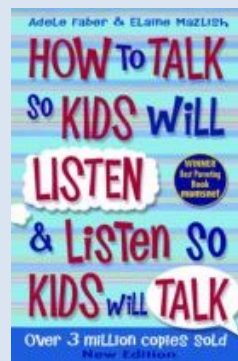
Star Performers

- Junior Boys Relay Team- Jacob, Evander, Mason, and Jacob L who came first in the 4x 100m at the Regional Athletics Carnival. They now proceed onto the State Athletics Carnival in October. Well done boys!
- Congratulations Evander for coming 1st in the Junior Boys Long Jump and the Junior Boys 200m. Good luck at the State Competition.



Got It! Tip of the Week

While supporting your child to understand his feelings, it's often useful to help him to come up with some ways to solve the problem that triggered the feelings in the first place. He will probably need to know that you understand his feelings before he is ready to think about what to do next, so help him to take his time. You might say something like, "What do you think we should do?" or "What would make things better?". Praise him for trying hard to come up with different ideas to solve the problem and when he uses more helpful strategies next time a similar situation occurs. This will help him to feel good about himself and develop effective problem-solving skills.



BOOK *How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish



*You can't buy happiness
But you can buy coffee
And that's pretty close!*

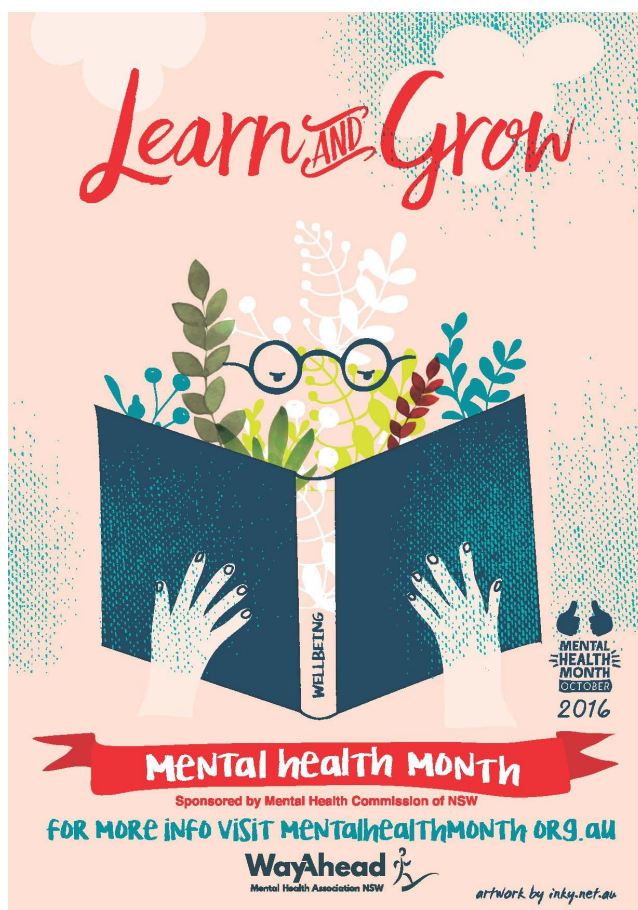
On Monday 12 September, Café Au Go Go will be selling coffees outside the library at RPS between 8:15am and 9:00am.

Regular Cups: \$3.50

Large Cups: \$4.50

Cash Only

Come along and start your week the right way.



DISCO

Thursday 22nd Sept 2016



Just a little reminder parents that \$5 is plenty of money for your little one to spend inside at the disco.

DISCO PRICE LIST

TICKETS - \$3.50

Chips - \$1.00
Noodles - \$0.50
Softdrink: orange, red, lemonade \$2.00
Quench: blue \$2.00
Water - \$1.50
Wicked fizz / gecko lollies - \$0.50
Glowsticks - \$0.50 or 3 for \$1.00

K-2 5.30-7.00pm

3-6 7.15pm-8.45pm

Doors will close 15 minutes after start time and not open until the end of the disco for safety reasons.

To help move everyone into the hall as quickly as possible, we would appreciate the correct money for entry into the disco.

We have large numbers of students attending the disco and we ask parents and toddlers to stay outside the hall to maximise the space for the students.

Volunteer helpers at the disco will be easily identified by coloured badges. Parents are asked to drop off and pick up their children at the hall as it will be dark and there have been students left unattended waiting for their parents at the gate.

If you would like to volunteer at either disco, please email Julie Baltazar at julie.baltazar@hotmail.com
We appreciate your time, as these fundraising events would not exist without our volunteers.

WE'RE LOST!

Our school lost property is overfilling again with winter jumpers and jackets. Please come and check if you've lost an item of clothing as we will be donating left over items at the end of this term to the clothing pool.

Thank you, Mrs McMillan, Mrs Gerrish,
Mrs Gibbs and Mrs Beck.

SENIOR CHOIR PERFORMANCE

This Friday 23rd September the school's Senior Choir will perform in the 3-6 assembly beginning at 2.00pm.

We would particularly like to invite parents, relatives and friends of these children but of course all are welcome.

Thankyou,
Kim Scott

Regentville Rocks!



NAIDOC Day





School Student Transport Scheme Applications open 10 October 2016

From Monday 10 October 2016 parents, guardians and students over 16 years, will be able to apply for 2017 School Student Transport Scheme (SSTS) travel pass by visiting www.transportnsw.info/school-students

Information for parents and students

School travel passes only need to be updated when a student:

- changes address, or
- changes school or campus.

A new application is required when:

- applying for an SSTS pass for the first time,
- enrolling in Kindergarten,
- progressing from Year 2 to Year 3,
- progressing from Year 6 to Year 7, or
- requesting an additional pass as a result of a new shared parental responsibility situation.

For more information on planning your school travel, visit www.transportnsw.info or contact your local operator.

Passes for 2017 travel

Opal network: Please remind ALL your students to keep their School Opal cards for travel in 2017. These cards will be automatically deactivated for school holidays and then reactivated for school travel in term one. Current School Opal card can be updated with changes of school, home address or operator.

Rural and regional travel: Student's travelling with operator issued passes will receive a new pass in the new school year.



30/09/2016 9am-3pm

Gymnastics Fun Day

GYMNASTICS CAMP WILL BE HELD AT PENRITH PCYC

LUNCH, MORNING AND AFTERNOON TEA ALL PROVIDED

\$25 FOR MEMBERS

\$30 FOR NON MEMBERS

05/10/2016 9am-3pm

Bunnings Craft and Sports Day

BUNNINGS CRAFT & SPORTS DAY WILL BE HELD AT PENRITH PCYC

LUNCH, MORNING AND AFTERNOON TEA ALL PROVIDED

\$15 FOR MEMBERS

\$20 FOR NON MEMBERS

PLEASE REGISTER AT THE COUNTER IF YOU ARE ATTENDING

LOOK FORWARD TO SEEING YOU!





Cowan and Lewis ONLINE STORE NOW OPEN

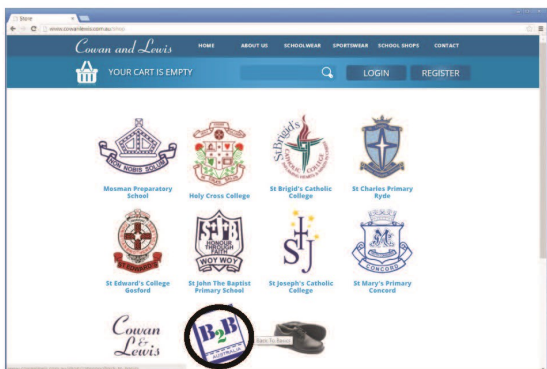


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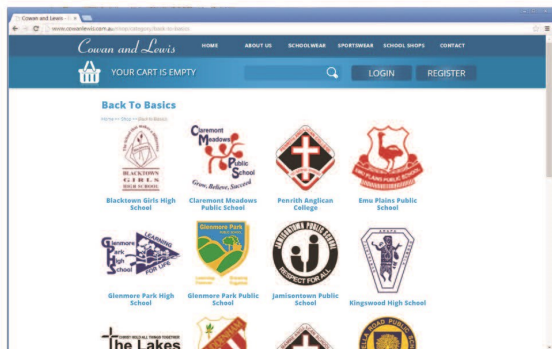
<http://www.cowanlewis.com.au>



1. Go to <http://www.cowanlewis.com.au>
Hover over the **SCHOOLWEAR** link
Click **ON CAMPUS**



2. Click on the Back to Basics logo



3. Locate your school and place your order



BACK TO BASICS SCHOOLWEAR

52 Cox Ave Kingswood 2747
Phone: (02) 4721 7422 Fax: (02) 4721 7429

basics@backtobasicschoolwear.com.au www.backtobasicschoolwear.com.au

Cowan and Lewis

1315 Pacific Highway, Turrumurra 2074
Phone: (02) 9449 9777 Fax: (02) 9449 8931

sales@cowanlewis.com.au www.cowanlewis.com.au

COWAN & LEWIS PTY LTD ABN 76 000 412 779



BACK TO BASICS SCHOOLWEAR SHOP INSTORE

Uniform can be purchased from our retail outlet

52 Cox Avenue, Kingswood

Monday to Friday 8.00am to 4.30pm

Saturday 9.00am to 12noon

Back to School Trading Hours

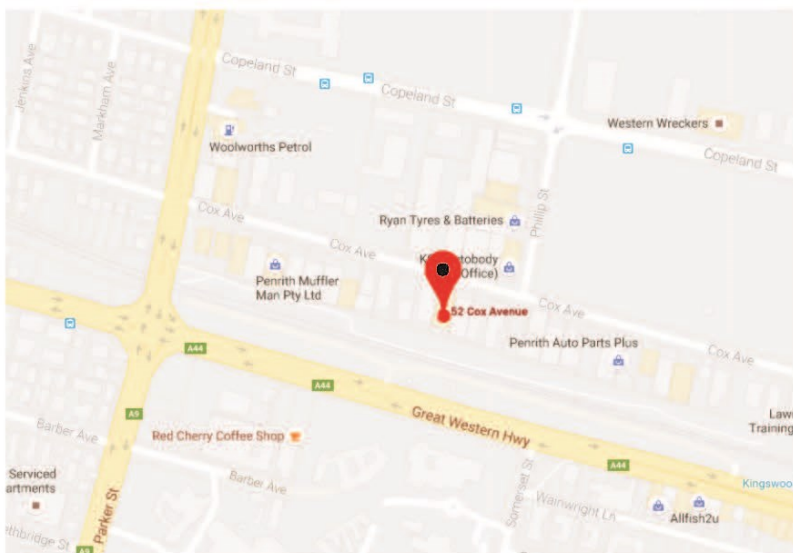
Back to Basics will be closed from Thursday 22nd December 2016
and will re-open on Wednesday 11th January 2017

Trading Hours for the Month of January 2017

Monday to Friday - 8am to 5pm

Saturdays - January 14th, 21st, 28th - 9am to 3pm

Sundays - January 22nd, 29th - 10am to 1pm



Uniforms can now be purchased online at
www.cowanlewis.com.au

Order and pay online to have your order delivered to the school FREE of charge



BACK TO BASICS SCHOOLWEAR

52 Cox Ave Kingswood 2747

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REGENTVILLE PUBLIC SCHOOL UNIFORMS

POLO SHIRT (short sleeve).....	\$30.00
POLO SHIRT (long sleeve).....	\$30.00
NAVY BOYS SHORTS (B2B08).....	\$22.00
SUMMER DRESS.....	\$55.00
GIRLS CULLOTTES.....	\$30.00
GIRLS SKY BLOUSE.....	\$25.00
WINTER TUNIC.....	\$60.00
BOMBER JACKET.....	\$40.00
MICROFIBRE JACKET.....	\$50.00
NAVY MICROFIBRE PANTS.....	\$35.00
FLEECY SLOPPY JOE.....	\$25.00
FLEECY ZIP JACKET.....	\$35.00
FLEECY TRACKPANTS.....	\$25.00
SPORTS T-SHIRT.....	\$27.00
SPORTS SHORTS.....	\$25.00
SPORTS SKORT.....	\$30.00
BASEBALL CAP.....	\$12.00
SURF HAT.....	\$15.00
SCRUNCHIES.....	\$ 5.00
TIGHTS.....	\$10.00
WHITE SOCKS (4 Pairs).....	\$15.00
LIBRARY BAG.....	\$ 8.00
PREPPY BACKPACK.....	\$47.00

HOURS: Monday to Friday 8am-4.30pm & Saturday 9am-12noon

Order Online at www.cowanlewis.com.au

Prices effective 1/09/2016 ~ Subject to change without notice ~ Includes 10% GST



BACK TO BASICS

SCHOOLWEAR & SPORTSWEAR

52 Cox Ave Kingswood 2747 Phone: (02) 4721 7422

Fax: (02) 4721 7429 Email: basics@backtobasicsschoolwear.com.au

COWAN & LEWIS PTY LTD ABN 76 000 412 779

What is it all about?

Each year, Mental Health Month is celebrated in NSW during the month of October. The aim of this month is to encourage all of us, whether we have experienced mental illness or not, to learn and understand the importance of looking after our mental health and wellbeing.

According to the World Health Organisation, mental health is the state of wellbeing in which every person can cope with the normal stresses of life, work productively and contribute to their community (WHO, 2014). Often, our views of mental health and mental illness is misguided. This can confuse us about what mental health really is and sadly, does not allow us to see its importance in our everyday lives.

Helping people learn more about their mental health can allow them to be more aware of their mental state and the wellbeing of others.

This can encourage people to seek or ask for help when things aren't going well which is also an important part of self-growth.



Learn & Grow

Thinking about this,
our theme for Mental Health Month this year is:

LEARN AND GROW

This message is simple and very important: We should all learn about mental health, know about our thoughts, feelings and take action to improve our mental wellbeing. This will help us grow towards maintaining our mental health & wellbeing.

Learning about mental health is important for good health and wellbeing in our everyday lives. It also helps breakdown any shame around mental health. We are also encouraged to learn other new and exciting things because learning can have many positive outcomes for our wellbeing. Whether it's learning at work, home or in everyday life all are essential for our mental growth and are enjoyable.

MENTAL HEALTH MONTH 2016 - Learn and Grow

Engage your mind

Research tells us that taking part in challenging activities benefits our mental health and wellbeing. For example, leisure activities that you find interesting and/or socially engaging are linked to better mental abilities.

Regardless of age, culture, gender or if you are studying, working or retired, using the mind is a good strategy for taking care of your mental wellbeing. Learning new and challenging things is not always easy. But trying something new and getting out of our comfort zones can be rewarding and over time, relaxing. Whatever the outcome, we are taking an active approach towards looking after ourselves, particularly our mental health).

Take part in an enjoyable activity like learning to play a new instrument, picking up a hobby such as photography or engaging in formal/informal education such as learning a new language.

Regardless of our preference, making an effort to learn something new are all great ways to work our minds.

Have a
mindful
moment

Express
optimism

Learn ways to stress less

In a world of technology, we can often feel overwhelmed with all the information we can access. While it is good to have technology always available, it can also be a large distraction in our lives. The 2015 Stress & Wellbeing report found that social media is both a cause of stress and a way of managing stress. It also mentioned that our use of social media can cause sleeping difficulties and problems with relaxation.

The most important thing for our mental health is to do everything in moderation. Try and set some tech-free time every day and take a moment to explore your surroundings, enjoy the sunshine or go for a walk. As you learn to make this important change in your daily routine, you might be motivated to engage in other enjoyable and relaxing activities.

Set a
tech-free
time

Share your passion

Listen to different views

We all have our own way of seeing ourselves the world and other people. No matter how hard it can be, it is important to listen to different views as it can change how we understand things and the way we act. Listening to different views about mental health can go a long way when it comes to maintaining a healthy mental wellbeing for both ourselves and others. Listening without judging people's experiences can help change the way we view mental health and mental illness. It can help to explain misunderstandings about mental health that stop us from seeking help. It can also motivate us to learn more about our mental health, take better care of ourselves and allow us to reach out to others when things aren't going well. Being open to different views can go a long way when it comes to maintaining a healthy mental wellbeing for both ourselves and others.

Volunteer to help others

Share your passions with others

Having a passion or love for an activity, hobby or idea allows us to experience positive emotions and ultimately lead to helping us maintain a positive wellbeing. We may want to share something about our background, culture or an experience which can allow us to connect and engage socially and emotionally with others. This can have an ever bigger impact on us and other people. When we share something we are passionate about such as looking after the environment, or teaching guitar,

we are sharing our knowledge and experience. By doing this, we may come across new ideas about what we love and allow for greater self-growth.

Remind yourself of good times



Do you need some more help?

Sometimes our biggest priority will be getting some help for things that are causing us problems or for changes in the way we are feeling and thinking.

Often, a good first step is having a chat to a local doctor who can refer you to someone who can help. You may be able to obtain a Medicare rebate for some sessions with a psychologist when your GP develops a management plan.

For more information on how to find help, call the Mental Health Information Service on **1300 794 991** (9am – 5pm, Monday - Friday) or the NSW Mental Health Line on **1800 011 511** (24hrs). Another option is to go online for more information of mental health services via www.wayahead.org.au

If you would like more information regarding mental health, support or about maintaining wellbeing visit our website www.wayahead.org.au to download and view our numerous factsheets and support programs.

If you need to talk to someone now call Lifeline on **13 11 14**

If you are from a culturally or linguistically diverse background, contact the Transcultural Mental Health Centre (TMHC) Information and Clinical Consultation Line on (02) **9912 3851**.

Finally, remember that if you don't find the right help the first time you try, it's important to keep trying. It's okay to ask again or to talk to another mental health professional until you find the support and help that is right for you.

For 24/7 counselling and support

- Lifeline - **13 11 14**
- MensLine Australia - **1300 789 978**
- Suicide Call Back Service – **1300 659 467**
- Kids Help Line - **1800 55 1800**
- National Sexual Assault, Domestic & Family Violence counselling service 1800Respect – **1800 737 732**
- Domestic Violence line – **1800 656 463**

These numbers are either free or the cost of a local call.



WayAhead - Mental Health Association NSW (WayAhead) is a community-based organisation and registered charity that has worked since 1932 to address stigma and to promote mental health and wellbeing through education, support and advocacy in NSW. Our vision is a society that understands, values, and actively supports the best possible mental health and wellbeing.

Our programs include:

- Mental health promotion, including coordinating Mental Health Month in NSW
- Workplace Health Promotion Network, working to improve employee wellbeing
- Anxiety support and self-help groups – for more information, please visit www.understandinganxiety.org.au
- Small Steps, providing education to teachers and parents about anxiety in children
- A mental health information and referral service and database www.wayahead.org.au or call **1300 794 991**

Mental Health Month is supported by

Mental Health Month factsheet acknowledges the support of our partner



Mental Health Commission
of New South Wales



PENRITH

Water Life Growth

PHOTO COMPETITION

Send in your favourite shots of our local waterways and the plants or animals they support for your chance to win.

We are calling all creative amateur photographers to get out into our natural environment and submit a photograph that captures what this theme means to you.

There are three categories:

- **Open (over 18 Years)**
- **Youth (12-18 Years)**
- **Kids (Under 12)**

The competition is open to all Penrith City residents and there are more than \$1300 in prizes to be won.

Each person can submit up to 3 entries.

Visit penrithcity.nsw.gov.au/PhotoComp for the entry form and terms and conditions.

Entries close Wednesday 19 October 2016.

**PROTECT OUR
WATERWAYS
PENRITH
CITY COUNCIL**



PHOTOGRAPHY WORKSHOP

Come to a **FREE** outdoor photography workshop to hone your artistic skills. Bookings for the workshop are essential as places are limited.

WHEN

Saturday 15 October,
10am - 12pm

WHERE

Weir Reserve,
Bruce Neale Drive, Penrith

BOOKINGS ESSENTIAL

4732 8055 or
photocomp@penrithcity.nsw.gov.au

For updates follow:

 @penrithcouncil on Twitter

 'Like' [facebook.com/penrithishere](https://www.facebook.com/penrithishere)



penrithcity.nsw.gov.au/PhotoComp

Regentville PS Skoolbag App

If you haven't already downloaded our school app please do so. It's a great way of receiving up to date information from your school. We are using the Skoolbag app as an additional way to communicate with parents about what is happening at school. The instructions below detail how to download the free app.



How To Install Skoolbag On Your Smartphone

For iPhone and iPad users:

1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. You will see your school appear, click "Get" then "install".
4. The app is FREE to download.
5. When installed click "Open"
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.



For Android users:

You must first have signed up with a Google Account before installing the app.

1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.



Please Note: Some brands of Android phones need the setting in "Notification Manager" changed to "Allow" instead of "Notify" in order for the push notifications to work. The phone must also be running at least version 4 system software to run the app.

For Windows 81 Phone and Windows 81 or 10 device users:

1. Go to the Windows Store on your 81 Windows Phone or Windows 81/10 Device
2. Search for "Skoolbag" in the keyword app search
3. Install the Skoolbag app
4. Find your school either by using the keyword search or location service.
5. Click the "Pin" icon to pin the school tile to your Windows Phone home screen.
6. Click the "More" button on the bottom right of the App, then "Setup"
7. Toggle the Push Categories that are applicable to you by tapping the on/off switch.

Please Note: The Skoolbag Windows App is for 81 version Windows Phones, or Windows 81 and 10 devices.

