

Duranbah Public School

A quality education in a caring environment
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Term 1 Week 2 - Edition 1

Friday 5 February 2021

Principal's Report

Our first full newsletter for the year! Again, welcome back to all of our returning families and a huge welcome to our Kindergarten and new families. Our Kindergarten students settled in beautifully this week. Lots of smiles, a few nervous hugs and before you knew it, they were up and into it! All classes are establishing routines, including building relationships, ascertaining each student's learning needs and simply having some fun.

'Meet the Teacher' Afternoon

On the afternoon of Wednesday 24th February, the school is scheduling an afternoon to allow parents into the classes to meet and discuss how each room structures learning and to answer any questions. It is planned that each class will have a half hour session and we will provide playground supervision to allow parents to attend.

K/1 is scheduled for 2:50-3:20pm

2/3 is scheduled for 3:25-3:55pm

4/5/6 is scheduled for 4pm-4:30pm.

Outside of this schedule, at any point during the year, parents are invited to either catch staff for anything quick as needed, or make an appointment with staff for meetings that require more time.

Surfing for Sport

This program begins for us on Friday 12th February. Separate information including permission notes and costs have been forwarded already.

P&C Meeting

This is scheduled for Tuesday 16th February at 1:30pm. The meeting will take place at Tropical Fruit World. Attached is the Information that will be tabled for community consultation relating to the school's 2021-2024 School Plan. It outlines where the school is currently at, what the plans are for the next 4 years, why these plans have been drafted and how we plan to achieve them. If parents and carers are not able to attend the meeting, but would like to discuss or clarify these, they are very welcome to do so by contacting me at school.

Mark Your Calendar

- | | |
|--------------------------|------------------------------------|
| • 12 February - 26 March | Surfing Lessons |
| • 16 February | P&C Meeting (Tropical Fruit World) |
| • 17 February | BookClub due |
| • 24 February | 'Meet the Teacher' Afternoon |
| • 10 March | School Photos |
| • Friday's | Scripture
Sushi Day |

Staffing Updates

We have a couple of changes to staffing this year.

- Miss Humes continues her role in Learning and Support with us. She will be working with all students throughout the year delivering small group support and also enrichment activities.
- Ms Krishna joins us on a full time basis to support the learning and wellbeing of students in 2/3K.
- Mr Bousfield has begun his role with us teaching guitar, uke and ensemble. Mr Bousfield comes to us with a large amount of experience both in the music industry and also teaching music.



Music Program

Our wonderful music program began in earnest this week, with students starting their lessons. There are still some spaces left for students to participate in keyboard, vocal, guitar and drum lessons and if students wish to do a taster lesson to see if it is what they would like they are able to do so by letting their teacher know.

Each instrument is \$80 per term.

Thanks to everyone for such a positive start to our year. Enjoy your weekends.

Mr Jason Ellem
Principal

Office News

FRESH HEN EGGS

We have at least 8 fresh chicken eggs available each day. The cost is \$3.50 or \$3.00 with the return of an egg carton. Please order through the school office.

SECOND-HAND UNIFORMS

The office has a variety of second hand uniforms for purchase for \$5.00 each. Hoodies, shorts, polo shirts and sports shirts are amongst the items. Contact the office for sizes.

THE SCHOOL SURFING PROGRAM commences on Friday 12th February and runs for 7 weeks. Please return the permission note and payment to the office by Wednesday 10th February.

STATEMENTS OF ACCOUNT will be sent home in Week 3, and will include Music Tuition Fees and General Contribution Fees.

BELL TIMES AND STAGGERED FINISHES

School Commences	9.00am		
First Break	11.00am - 11.45am		
Second Break	1.15am - 1.45pm		
School Concludes	K/1 at 2:50pm	2/3 at 3pm	4/5/6 at 3:10pm

Older siblings or travel sharers will travel with the youngest child.

Teachers officially commence duty half an hour before school at 8.30am. Supervision is provided from this time. Children are expected to leave school promptly at the end of the school day.

ADMINISTERING MEDICATION TO STUDENTS

When a medical practitioner has prescribed medication that must be administered during the school day, parents/carers must:

- notify the school
- provide up to date information as required
- supply the medication and any 'consumables' necessary for its administration in a timely way.

Parents/carers of children who require **prescribed medication** to be administered at school must complete a written request. All medication must be in its original container and labelled with the student's name, dosage, name of medication. Students must not carry medications unless there is a written agreement between the school and the student's parents/carers.

Non-prescribed medications

Schools generally don't administer medication that hasn't been requested for an individual student's specific condition. In some cases the medical practitioner may not write a prescription for such medication because it may be available over the counter'. NSW Health advises that 'over the counter' medication may still be harmful and that schools should follow the same procedures for non-prescribed medications as for prescribed medications.

STUDENT ATTENDANCE

The NSW Department of Education requirements for student absences both Whole Days and Part Days are as follows:

Whole Day Absences must be in writing (e.g. note from parent/caregiver, email). Phone calls will be taken, but must be followed by a note.

Part Day Absences - Late or slept in are no longer justified reasons for being late to school. They will be recorded as Explained but Unjustified. Any students who arrive late, after 9.00 am, **must either have a note or be accompanied by a parent** and be signed in at the office.

Any student who is away for more than two days without explanation can receive a phone call from the school.

Student absences **MUST** be explained within 7 days. Upon your child's return to school, please send in a note or use *Flexischools* to notify us of the reason for the absence. A Medical Certificate must be supplied for all medical absences (i.e. sick days) over 2 days.

MINDFULNESS PROGRAM

After the successful trial of the 'Magic Minds' Mindfulness Program in Term 4 last year, we will be continuing the program for the rest of 2021. Offered by Mrs Field at lunchtime every Wednesday, this is an opportunity for students to learn and practice some very effective mindfulness techniques. For more information about the program, please see the back of this newsletter.

FRIDAY SUSHI MENU

CHICKEN TERIYAKI	SALMON AVOCADO
TUNA AVOCADO	INARI
AVOCADO	PRAWN TEMPURA
CHICKEN AVOCADO	TUNA
TUNA CUCUMBER	VEGETABLE TEMPURA
SALAD	PRAWN SWEET CHILLI
CHICKEN KARAGE	

Cost - \$2.00 per piece

Student name in envelope with money to office by Thursday.

P & C News**WEDNESDAY CANTEEN**

Thank you to all the people who volunteered to cook the Wednesday Lunches for Term 1. Due to the overwhelming response, we no longer require any more volunteers. Please find attached next weeks canteen menu. These will be sent home Thursday each week and are to be returned by the following Tuesday. Lunches still remain at the low cost of \$4.00. This is a Duranbah P&C Fundraiser, with funds going towards school projects.

PARENTS WELCOME CATCH UP

Normally every year Duranbah Public School puts on a Welcome Breakfast for students and parents/ carers. Unfortunately this year, due to the COVID restrictions, we are unable to do this at school. As we don't want to let this slip by, on Thursday 11th February after school drop off, we will be meeting at Farm and Co, as it's a really great way for new parents to meet each other and to meet returning parents.

Hope to see lots of you there!

Please request to join the **DURANBAH PUBLIC SCHOOL P&C FACEBOOK PAGE** to keep up to date with the latest P&C information. The school also uses this page as an source for communication.

**NEXT P&C MEETING IS SCHEDULED FOR 1.30PM ON 16TH FEBRUARY AT
TROPICAL FRUIT WORLD**

Changes to Daily Routine

Often there can be changes to how a student is getting home. Some days they may catch the bus, other days they may be picked up by another family member.

If there is any change to how a student is getting home on the day, please advise the office by 2pm on 02 6677 7221. This ensures that the student receives the message before the end of school, and gets home safely.

TRANSPORT INFO

Students can access bus transport through J&B Buses on 02 6677 9257, 0427 453 091 or through Surfside Buslines on 07 5571 6555. This service is provided by the Department of Transport free of charge. Parents need to fill out an online application for the student to receive a bus pass.

SCHOOL DRIVE SUBSIDY

Parents and Guardians who live far from a school or public transport can apply for the School Drive Subsidy at:

transport.nsw.gov.au/schooldrive



Receive all your school notifications with Flexischools App

Our school has now introduced a great new online notification system for **Absences, Newsletters, Notes & Events** called Flexischools.

Flexischools allows you to see all your school activities online **in a matter of seconds, at any time of the day.**

Duranbah Public School does not use Flexischools for online ordering. For all online ordering, please see the school website for Parenting Online Payments (POP).

1. Download the Flexischools App

Note: for iPhone and iPad please select 'Allow' notifications.



2. Add your School and Group

Click on the search icon, enter your school name, select your school and year group, or groups relevant to you.

3. Login/Register

Click the '**Order now**' button located in the bottom right-hand corner of the app, this will open a log in screen.

- **Already a Flexischools user** - Enter your details and login. To save your login details select 'remember me'.
- **New Flexischools user** - Click 'Register', enter your email address and follow the instructions in the email to set up your account. Once your account is set up, add new student; search for our school, enter student details and select their class.

Once registered, you can start receiving notifications immediately. If you have any questions, please contact the Flexischools Customer Service Team on **1300 361 769**, or you can contact them via their website.

Did you know that you can make payments to our school online?

Our parent online payment portal (POP) is linked to our 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
- Subject Contributions
- Excursions
- Sport
- Creative and Practical Arts
- Sales to Students
- Other

PARENTING ONLINE PAYMENTS (POP)

How?

Log onto the school site at:

www.duranbah-p.schools.nsw.edu.au/

Click on "Make a Payment" and follow the prompts, to make a payment via Visa or MasterCard.



COMMUNITY NOTICES

Dear Parents, Carers and Students.

The Conservatorium High School would like to inform your talented music students that:

AUDITIONS ARE NOW OPEN FOR 2022

Application to AUDITION for Con High entering 2022 are now open.

Go to <https://conhigh.nsw.edu.au/2022-entry-application/>

ADMISSIONS tab then 2022 EXPRESSION OF INTEREST

Closing date for registration is 25th June 2021.

Auditions begin 9th August 2021.



CONSERVATORIUM
HIGH SCHOOL
Fiat lux



Pack a food safe lunch box



Check out our [blog](#) for all you need know.

TIP: Freeze a bottle of water overnight, add to the lunch box in the morning to keep food cold.

For other tips and more visit:
healthylunchbox.com.au

 **Cancer Council**
Healthy Lunch Box

Slip on protective clothing



Clothing is an easy way to create a barrier to UV

- Choose clothing that:
- Covers as much skin as possible
 - Is made of tightly woven fabric
 - Is a dark colour.

www.sunsmartrnsw.com.au

 **Cancer Council**
Healthy Lunch Box

BACK TO SCHOOL GUIDE

Kids will take around 200 packed lunches to school each year!



Check out our [top tips for packing a healthy lunch box](#) to make your job a bit easier!

healthylunchbox.com.au

 **Cancer Council**
Healthy Lunch Box

COMMUNITY NOTICES



HOCKEY SIGN ONS 2021

Use your Active Kids Vouchers

Casuarina Hockey Club have been supporting the local Community both on and off the field for 20 years. The values of the school and club run deep in our culture.

Come and give Hockey a go!

Sunday 7th & 14 February 2021 3pm - 5pm
Casuarina Hockey Club, 1 Barclay Drive, Casuarina

For more details contact our club via email: info@casuarinahockey.com or Facebook:

[hockeycasuarina](https://www.facebook.com/hockeycasuarina)

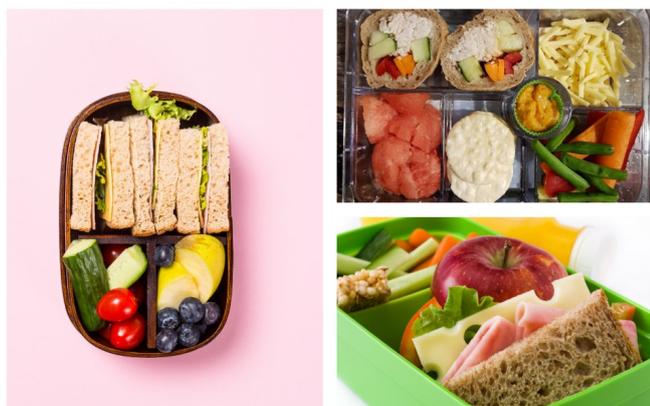
www.casuarinahockey.com Mob: 0401652190

Junior Teams we are running

U16, U13, U11 Girls, U16, U13, U11 Boys
U7 min age 5. U9 teams are mix boys and girls

Game Schedule Game Days will be confirmed at sign-on

[SEE YOU THERE!](#)



BALANCING THE LUNCHBOX

A free 20-30 minute Zoom session covering lunchbox ideas, inspiration, tips and tricks. You will also have the opportunity to have questions answered by our lunchbox team.

Sessions will run:
Feb 16th at 5pm
Feb 18th at 9:30am
Feb 24th at 12:30pm

Registrations:

<http://bit.ly/>



Could you be our next future AFL star?



Tweed Coolangatta Junior AFL

SIGN-ON DAY
SUNDAY 21st FEB
10am – 1pm

LEN PEAK OVAL COOLANGATTA

For full details visit our website
www.cooly afl.com

The 'Magic Minds' Program

Empowering our students through mindfulness and other transformative skills to gain self-awareness, confidence, self-regulation and resilience, leading to lifelong success.

The 'Magic Minds' Program

'Magic Minds' is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children from K-6. The program gives students the skills, practice and support to utilise coping strategies that lessen the symptoms of anxiety and stress. This program helps students to build their emotional resilience so they are better equipped to deal with the day to day stresses that life brings them and to also simply provide a space and time in their school day to breathe, relax and enjoy being quiet in amongst nature.

Life long Coping Skills:

- Children learn life -long coping skills such as:
- A range of Mindfulness meditations and Breathwork strategies
- Mindful Movement and Yoga sequencing for body awareness
- Positive psychology exercises
- Techniques to lessen worrying – ETF Tapping and Affirmations
- Problem solving strategies
- Journalling and expressing emotions, thoughts, goals and creativity through writing
- Preventative strategies to help prevent stress build up
- Being in the flow and enjoying more of the present moment

Children learn:

- Basic theory on Mindfulness and how it affects the brain and neural pathways.
- The different ways to practice Mindfulness and integrate it into their lives on a daily basis.
- To name and understand their feelings and accept all emotions as normal.
- Understanding the stress response, triggers for stress and how to calm down the nervous system when feeling stressed.
- About the physical symptoms of stress and anxiety and learn how to self-regulate.
- About worrying and how it affects their happiness.
- How to create a balanced and healthy lifestyle including taking responsibility for their own nutrition, forming positive habits, building hobbies and working on things they are passionate about, connecting with others and tapping in to their unique power!

Program Structure

'Magic Minds' is a program designed for a small group of 10-12 students across K-6 and will be held at in the back garden/grass area of our school.

Here, a sanctuary will be designed for students to really tap in to their inner selves and enjoy the serenity of nature. A stone labyrinth will be built for students to experience active meditations, cushions, plants, rock gardens and an altar made by the students (a way the students can feel closer to and honour their divine nature)

The group of students will follow a 3-week program on Wednesday's during the first lunch break. This will work as a rotating 'roster' so groups will change every three weeks, enabling all students the opportunity. The session ritual will include;

- Introduction to the session with sound healing (bells or music)
- altar intention setting
- short meditation
- yoga or mindful music (dance)
- breathwork
- journaling or creating (drawing)
- active meditation
- closing meditation and tea ceremony (using our school herbs from the garden)

This program will be continued in to 2021 so students will have the opportunity to come back for another session if they choose to.

More information for parents:

‘Thousands of schools across the country that is bringing mindfulness into the classroom. Growing numbers of teachers, parents, and children are reaping the benefits that learning mindfulness—defined by Jon Kabat-Zinn as “the awareness that emerges through paying attention on purpose, in the present moment, non-judgmentally”—can bring, including reduced levels of [stress and anxiety](#), increased [focus](#) and self-regulation, and [improved academic performance](#) and sleep, among others.

When teaching mindfulness is accepted and embraced, it can change the tone and tenor of an entire school, or community.’

Neuroscience

The field of neuroscience seeks to understand the structure and function of the brain and nervous system. In Magic Minds, students learn about the concept of neuroplasticity, and how their brain regulates emotions.

Positive Psychology

Positive psychology is the study of the strengths that contribute to individual and community thriving and well-being. Magic Minds infuses evidence-based strategies from the field of positive psychology to help students thrive, and bolster their well-being.

Mindful Awareness

Mindful awareness – Mindfulness – is an intentional non-judgmental awareness of the present moment, and has been linked with multiple indicators of well-being. Mindfulness can be fostered via practice. In Magic Minds, students learn and practice mindful awareness to develop focused attention, emotional balance, and well-being.

Social-Emotional Learning

Social emotional learning (SEL) refers to how individual acquire the knowledge, attitudes, and behaviours needed to develop the skills for self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. Magic Minds offers students explicit SEL instruction and opportunities to practice developing SEL skills through active learning.

The non-religious forms of meditation discussed here have been used successfully in educational settings to reduce stress and improve attention and self-regulation. Clearly informing participants that meditation is a non-religious and scientifically validated stress-reduction technique can help prevent misunderstandings

A few key studies of interest:

A 2016 study in [Frontiers in Psychology](#) measured emotional well-being of 7- to 9-year-olds and found that a school-based mindfulness program improves higher-order thinking, and helps students become more engaged, positive learners.

A randomized controlled study in the [Journal of School Psychology](#) on more than 100 6th grade students found those who completed classroom-based, teacher-implemented mindfulness meditation were significantly less likely to develop thoughts of self-harm than the control groups.

A study of 4th and 5th graders published in [Developmental Psychology](#) found that students who received mindfulness training improved their cognitive ability and stress physiology, reported greater empathy, perspective-taking, emotional control, and optimism, showed greater decreases in self-reported symptoms of depression and peer-rated aggression, and were more popular.

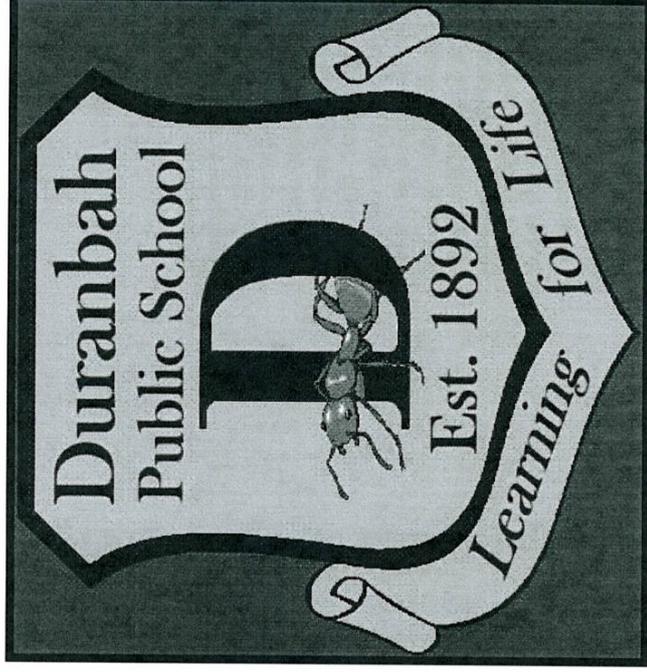
For more information on Mindfulness and Meditation please visit the following links;

<https://www.mindful.org/why-mindfulness-belongs-in-the-classroom/>

<https://learning2breathe.org/>

Strategic Improvement Plan 2021-2024

Duranbah Public School 1801



School vision and context

School vision statement

At Duranbah Public School, we strive for excellence utilising best practice pedagogy and technology, and maximise each students' potential with a focus on resilience, reflection and confidence. We provide success for students through programs strengthening their academic, creative and critical skills, and explicitly teach the values of respect and accountability. Through high expectations and a close connection with our community, we nurture a culture of inclusivity, empathy, honesty and optimism.

School context

Duranbah Public School, with a current enrolment of 61 students, is a small school located in the Far North Coast of New South Wales. It is situated approximately 15km south of Tweed Heads and has a long and proud history (established in 1892). School numbers have fluctuated over the past eight years, progressively increasing from 26 in 2017, to the current population. We anticipate that current enrolment numbers will sustain in the foreseeable future. Our Aboriginal student population fluctuates significantly. In 2016 0% of students identified as Aboriginal, compared to 12% of the current enrolment. We have one EAL/D student. Our FOEI is 69 and ICSEA 944 identifying us as a low socio-economic rural school demographic. Parents and carers are valued as partners in the educational journeys of all students and participate in a variety of school and student centred activities. Multi-age classrooms provide quality differentiated learning programs through best-practice pedagogies. All staff are committed life-long learners and lead by example, and students utilise quality technology throughout all aspects of their learning. Wellbeing programs explicitly teach students to be tolerant of others, aware of their own mental and physical health needs and be accountable for their learning and choices. Students are explicitly taught how to maintain a growth mindset, demonstrate leadership skills through their actions and always strive for their individual personal best. The school has a dynamic sustainability program where students learn and understand the important aspects of waste management, gardening, animal management and responsible water use. The school has a strong learning and support program, where all stakeholders in student's progress work closely together to maximise achievement. Our school is committed to providing students with opportunities for quality creative opportunities, including music tuition, visual arts and multi-media. Students are provided with a variety of interactive sporting and physical activities and are able to participate in a range of enrichment opportunities. Our Motto: 'Learning for Life' is evident in everything we do.

Strategic Direction 1: Student growth and attainment

Purpose	Initiatives	Success criteria for this strategic direction
<p>In excellent schools, an integrated approach to quality teaching, curriculum planning and delivery, and assessment promotes learning excellence and responsiveness in meeting the needs of all students. Our purpose is to develop engaged, self-directed and resilient learners through a focused approach to ongoing professional learning for best-practice pedagogies. Teachers will respond to trends in student achievement, at individual, group and whole school levels.</p>	<p>Early Action for Success</p> <p>Establish effective K-6 Assessment and Tracking procedures</p> <p>Maths Action Research Project: MARP</p> <p>Planned Collegial Networking</p> <p>Individual Learning Support Program</p> <p>Centre for Effective Reading</p> <p>Multi-Lit Program</p>	<p>Success criteria for this strategic direction</p> <p>Evaluation plan for this strategic direction</p>
<p>Improvement measures</p> <p>Target year: 2024</p> <p>Progressions:</p> <ul style="list-style-type: none"> All Kindergarten students will achieve within the expected end of year progression for Understanding Texts (4) in Literacy and Quantifying Numbers (4) and Additive Strategies (2) in Numeracy. All students achieve or exceed expected growth in Literacy and Numeracy using the literacy and numeracy progressions, PLAN2 data and syllabus indicators. All students K-6 are systematically tracked using the Progressions and this data is used for program directions and program differentiation. 		
<p>Target year: 2024</p> <p>SEF</p> <ul style="list-style-type: none"> •SEF element 'Data skills and use'- excelling •SEF element 'Curriculum'- excelling. 		

Strategic Direction 2: Student engagement and wellbeing.

Purpose	Initiatives	Success criteria for this strategic direction
<p>In excellent schools, there is a strategic and planned approach to develop whole school wellbeing processes that support the wellbeing of all students so they can connect, succeed, thrive and learn. Our purpose is to create school-wide, collective responsibility for student learning and success, which is shared by parents and students. Planning for learning is to be informed by sound holistic information about each student's wellbeing and learning needs in consultation with parents/carers.</p>	<p>4C Transformational Learning</p> <p>Music Tuition</p> <p>Mindfulness</p> <p>Learning and Support Program</p> <p>Sport and Outdoor Activity</p>	<p>Evaluation plan for this strategic direction</p>
<p>Improvement measures</p> <p>Target year: 2024</p> <p>The school has implemented evidence based change to whole school practices, resulting in measurable improvements in wellbeing and engagement to support learning.</p> <p>These improvements include:</p> <p>Target year: 2024</p> <p>Feedback</p>	<p>Auslan</p> <p>Sustainability</p> <p>Passion Projects</p> <p>High Potential Learning Program</p>	