

Paddington Public School



Newsletter

Term 3, Week 8

8 September 2020

Walk safely to School Day

Some of students were lucky enough to participate in the *Walk safely to School Day* campaign which featured in the Wentworth Courier last week. Now in its 21st year, National Walk Safely to School Day (WSTSD) is an annual event when all Primary School children will be encouraged to walk and commute safely to school. It is a Community Event seeking to promote Road Safety, Health, Public Transport and the Environment. We encourage all our families to walk to school this Friday 11th September.



Kids hit the streets

Primary school children will walk safely to school to promote health, wellbeing and the environment

Joanna Panagopoulos

With walking encouraged by the NSW government and mental health in the spotlight for young people during the pandemic, the ability to walk safely to work or school is as important as ever.

On National Walk Safely to School Day, September 11, Australian primary school children are encouraged to incorporate walking into their daily routine, with help from teachers, carers and the community.

The day is designed to teach kids about road safety, transport, and the long-term health and environmental benefits of walking.

Particularly, Walk Safely to School Day hopes to highlight the benefits of exercise on mental health following a rise in anxiety, depression and poor mental health during the COVID-19 pandemic.

University of Melbourne Pro-

fessor of Youth Mental Health Patrick McGorry AO said "The recent pandemic dramatically interrupted the routines of families with young children".

"Schools closed for extended periods of time and organised sport (was) postponed," the psychiatrist said. "The mental and physical impacts of COVID-19 are intertwined and we need to act quickly to flatten the rising curve of young Australians now struggling with mental health."

Professor McGorry said walking helps mental and physical health at the same time and that "walking to school (is) more important than ever".

A recent Headspace (National Youth Mental Health Foundation) report found 88 per cent of people aged 12 to 25 reported a negative impact on their mood, wellbeing or sleeping patterns since the pandemic's outbreak.

National Walk Safely to School

Day is organised by the Pedestrian Council of Australia and its Chairman and CEO Harold Scruby also said it was a problem that the "childhood obesity epidemic continues to affect one in four children at critical levels across Australia".

"There has never been a better time to build walking into our kids' daily routine," he said.

Amber Roessgen, 11, from Paddington Public School said she was very enthusiastic about walking to-and-from school and enjoyed meeting up with friends on the commute pre-COVID-19.

She understood that walking reduced pollution and said she liked that she could "smell the fresh air".

National Walk Safely to School Day is in its 21st year.

National Walk Safely to School Day, Friday 11 September. Primary Schools across Australia.

Personality Style Class Photo

This Friday 11th September, The School Photographer will be onsite taking a Personality Style Class Photo of each class. This photo will be taken in lieu of photos such as sport team, choir etc. **All Students must wear full school sports uniform, red polo with navy shorts or skirt with white socks and white or black sport shoes.** If you do not have white or black sport shoes, please send your child's black school shoes with them on Friday to wear during the photo.

Please do not send your child to school in brightly coloured sport shoes.



Each child will be given a class photo to take home free of charge. This photo will arrive in Term 4.

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Kindergarten 2021

Thank you to all of our families who have a child enrolling in Kindergarten for 2021 for submitting your enrolment forms and supporting documentation to the office. If you are yet to do this, we ask that you do so by early next week. It is important that we are able to confirm the number of children enrolling next year to assist with our 2021 planning.

If you have a neighbour or friend planning to enrol, please remind them to do so as a priority. An overview of the revised Kindergarten transition program will be sent home shortly. Letters confirming enrolment for local students and siblings were emailed today.

Reminders

School Uniform Shop

The School uniform shop will be open Thursday 10th September from 8.40am until 9.15am

School Gates

On Monday a new automated intercom system for the office gate on Elizabeth St was installed.

When arriving at the gate please:

- Press the top button
- Wait
- You will hear a dial tone and phone ringing
- Office Staff will answer
- Identify yourself
- Office Staff will unlock remotely
- You will hear a click
- Push on gate gently
- Only Students to enter



Please be mindful that this a new system for us and may take time for everyone to adjust.

The timer for the gate on Oxford St, has been modified to lock at 9.05am, open at 2.55pm and lock at 3.05pm.

Water Bottles

The bubblers are not available for students to use. All students need to bring their own drink bottle to school. Please make sure that the drink bottled is clearly labelled with your child's name and class.

School Photos

School Photos have been booked for Term 4, Thursday 22nd October. Order forms and more details will come home soon.

Vacation Care

Kids Capers are currently taking bookings for September/October school holidays. Please click on link for more information: <https://www.kidscapersoosh.com.au/vacation-care>

What's been happening in 3/4T

Year 3/4 experienced an amazing incursion on Friday September 4, provided by educators from Observatory Hill, Kamay Botany Bay Environmental Education Centre.

The Planting Seeds Project involves establishing key pollinating gardens and pollinator habitats at strategic urban locations throughout New South Wales. The B & B's – Bed and Breakfasts for Birds, Bees, Butterflies and Biodiversity – provide much needed rest and revival for pollinators who are experiencing alarming population declines. Each Bed and Breakfast includes a selection of native pollinating plants and a pollinator habitat. This habitat could be a native stingless beehive, an insect hotel, or a nesting box.

These gardens are being installed at schools, community housing, places of worship and community centres across Sydney. They can also be installed in people's own gardens or on balconies. The combination of plants and protection provides birds, bees, butterflies and other pollinators with some much needed rest and revival as these little bugs carry out the not-so-little task of sustaining our ecosystems and global food production!

The Year 3/4 students learnt lots about the native stingless bees our school will soon host.

