

THE CARDIFF CHRONICLE

WORK IN HARMONY

PRINCIPAL'S REPORT

WHAT'S INSIDE
THIS ISSUE

Dear Cardiff Public School community,

This newsletter is coming to you a little later than expected. It's hard to believe that we're already well over the mid-way point of Term 1. It's also hard to believe that I'm entering my 10th year at this wonderful school in 2024. We welcome all of our new, and returning, families for what shapes to be another great year at Cardiff Public School.

With our Year 3-6 classes commencing the new curriculum this year (K-2 started in 2023), we decided to fund an additional class for 2024. This has enabled us to run 12 classes that are either year-based or stage-based, and we've also improved the teacher-to-student ratio. In K-2, our classes are all straight classes based on the year level of the student. In 3-6, our classes are stage-based, which aligns to our curriculum, which is also stage-based.

From time-to-time we hear concerns about composite classes (classes made up of more than one year group). In all honesty, even straight classes are composite to an extent. They are filled with learners of all different abilities and interests. Research will identify that there is no statistical difference between straight or composite classes when it comes to academic progress, but there are often more social-emotional benefits for students in composite classes. At the end of the day, the biggest impact in the classroom comes from the teacher and their ability to meet each child's needs at their unique and individual level...and we're lucky enough to have the best of the best.

There's also been some changes on the staffing front, with Mrs Rachael Kendall now joining us permanently following Mrs Charmaine Wild's retirement. We thank Mrs Wild for her years of dedication and service to our school and community. We wish her all the best in retirement. We congratulate and welcome Mrs Kendall into the role. We also welcome Mrs Tamara Turrini onto our 1T class for 2024. Tamara is an experienced and conscientious practitioner who is yet another wonderful addition to our CPS team.

Speaking of welcomes, we are extremely pleased to be able to start working with our 2024 Student Executive team, comprising of: Captains - Kye and Evie, Vice Captains - Owen and Abi and Prefects - Lexi, Mya, Ellie, Murtadha, Sam and Brock. We know that they'll lead by example, and with great pride.

Keep an eye out for exciting projects and initiatives including the Anxiety Project (TAP), our updated Strategic Improvement Plan (SIP) and our new behaviour focus utilising restorative practices. We know that you'll love 2024 at Cardiff PS as much as we will. Let's have a great year!

Mark Kyrwood - Principal

SCHOOL NEWS

UNIFORMS

We have had a wonderful start to the year and it has been extremely pleasing to see so many students wearing our school uniform with pride. We are beginning to see bike shorts resurface and remind families that these are not appropriate attire and are not part of our uniform.

BOOK BUGS READING

We have just hit the 25-night landmark in our 2024 Book Bugs reading program and it is wonderful to see so many students bringing in their reading logs. Keep reading with your children at home and encourage them to keep the reading going! We'd love to see all students receive a Book Bugs Medal at the end of the year.

CPS SWIMMING CARNIVAL

Well done to all the students who attended our swimming carnival and competed for valuable house points. Congratulations to Koenabah who won the carnival with 390 points and to Munibung who finished with 294.

And congratulations to our 2024 Swimming Champions:

- Junior Boy - Jahree Tuua
- Junior Girl - Macie McGrady
- Senior Boy - Owen Brown
- Senior Girl - Abigail Forbes



MUSIC @ CPS

Ms Worley has commenced our School Choir rehearsals and we can't wait to hear them perform at the Easter Hat Parade in a couple of weeks. In a new musical initiative, Mr Wilson and Mr Willis have begun a Stage 3 Guitar Group. We can't wait to see them in action soon!

PSSA CRICKET TEAM

Congratulations to our PSSA Cricketers for advancing through to the second round of the State Knockout competition against Hillsborough PS. We wish them the very best of luck in Round 2.

COMMUNICATION

You've probably heard that it takes a village to raise a child. We also believe this to be true. Please ensure that the lines of communication remain open between home and school so that we can work as a team to support the whole village. Get in touch via SENTRAL messaging, phone, email or drop by the classroom at a suitable time.

ASSEMBLY AWARDS - WEEKS 2, 4 & 6



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2024 CPS STAFFING

Executive Staff



Mr Mark Kyrwood
Principal



Mrs Laura Rynehart
Assistant Principal
Curriculum & Instruction



Mr Daniel Wilson
Assistant Principal



Mrs Karen Fortier
Assistant Principal



Mrs Kym Stanley
Assistant Principal
Th-Fri



Mrs Sonya Burgin
Rel. Assistant Principal
Mon-Wed

RFF Teachers



Mrs Lyndal Wallace - (Library)



Mr Antony Surjan - RFF (P.E)



Mrs Renee Stevens - RFF/EALD

Mr Joe Willis (Thursday RFF)

Mrs Lauren Fowler (3/4F Friday)

K-2 Teachers



Mrs Sonya Burgin - KB



Ms Emily Kerr - KK



Mrs Tamara Turrini - 1T



Mrs Meaghan Pfeiffer - 1P



Mrs Leeann Hardes - 2H



Mrs Sheryl Byfield- 2B

Student Learning Support Officers



Mrs Tracey Baggs



Mrs Amanda Homard



Mrs Anikka
Russell



Mrs Joeline Lake



Ms Branwen Cryer



Mr Jon Homard

3-6 Teachers



Miss Phoebe Moss - 3/4M



Ms Leanne Worley - 3/4W



Mrs Karen Fortier - 3/4F



Miss Amy McMahon - 5/6M



Mrs Kirby Lane - 5/6L



Mr Daniel Wilson - 5/6W

Administration Staff



Mrs Rachael Kendall- SAO



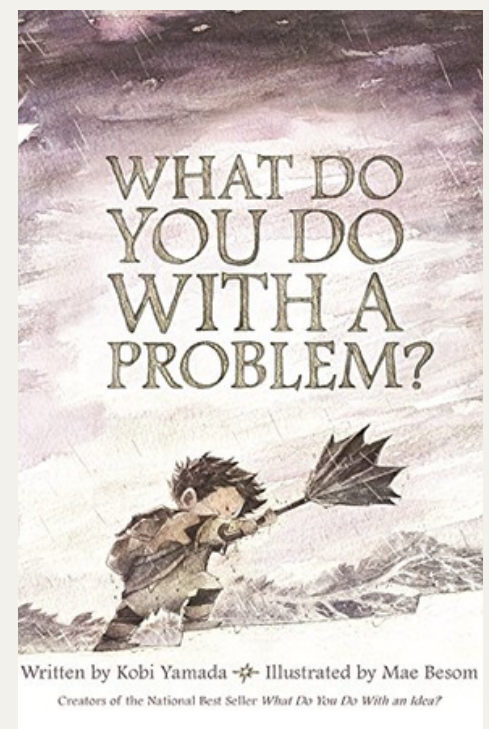
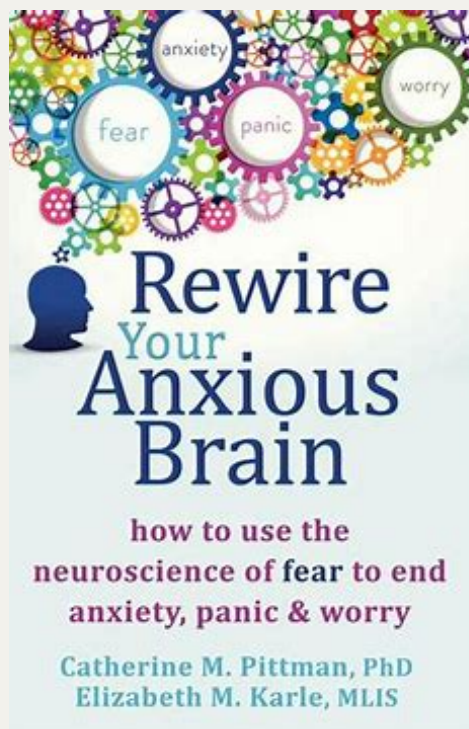
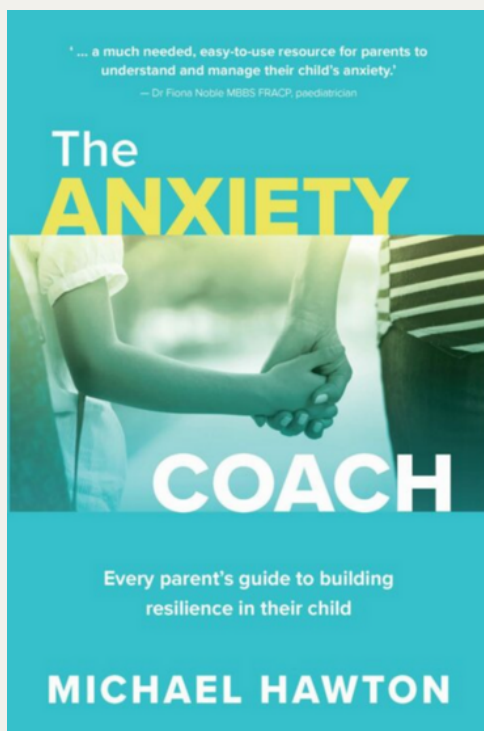
Mrs Kirsten Davies- SAM



As you know our school is engaged in The Anxiety Project, a two-year initiative led by psychologist Michael Hawton and supported by the NSW Primary Principals' Association. It aims to help primary students manage anxiety through evidence-based strategies delivered via lessons and conversations led by teachers and parents. Staff will be receiving training this term to then deliver the project to students in Term 2, and in Term 3 parents will be invited to participate in the project.

To evaluate the project's effectiveness, some students were randomly chosen to participate in an initial survey about their emotions and what situations may make them anxious. These surveys were anonymous. Importantly, the selection process was random and not based on any specific behaviours or concerns. By collecting information prior to the program, during and later in the project, we will be able to evaluate the benefits. As always, every child's well-being and privacy are our top priorities. If you have any questions or concerns, please contact the school.

In case you are interested, these books are highly recommended for anyone who would like to know more about anxiety in children.



FACT SHEET

What is The Anxiety Project?

The Anxiety Project is a project designed by psychologist, Michael Hawton and the NSW Primary Principals' Association to assist Primary students to manage their anxious behaviour. It is a large-scale, evidence-based project, delivered through a series of cognitive-behavioural lesson plans and through the use of teacher-led and parent-led conversational techniques. These interventions are aimed at helping a child to learn skills to manage their anxiety.

The research on student anxiety shows us that:



70% of child anxiety is learned and that 30% of child anxiety is due to temperament and genetic factors¹. The good news is that early intervention means that most childhood anxiety can be unlearned.



Much of the potential for improvements in child well-being can be achieved through 'challenging' students to engage with problems not by avoiding them.²



The significant adults in a child's life - including their teachers - can take make an important difference to a student's ability to manage their anxiety through 'seemingly modest' interventions.³

Next year teachers at our school have been learning how to hold use cognitive-behavioural techniques including how to ask guiding questions to help children to become a better emotional problem-solver and to help children to reframe the difficulties they are facing.

As part of The Anxiety Project, parent seminars will be run at the school, as well as access to a self-paced online program Anxiety Coach for a limited number of parents in each participating school in the new year. In the meantime, visit: [www. parentshop.com.au/for-parents](http://www.parentshop.com.au/for-parents) for further parent resources, blogs and articles.

Kind regards,

A handwritten signature in black ink, appearing to read "Michael Hawton".

Michael Hawton, MAPS, Psychologist

¹ Creswell, C., Parkinson, M., Thirwall, K. and Willetts, L. Parent led CBT for child anxiety – helping parents help their kids (2019). Guildford Press. New York. P61.

² Types of Parental Involvement in CBT with Anxious Youth: A Preliminary Meta-Analysis. Manassis, K. et al (27 other authors). Journal of Consulting and Clinical Psychology, 2014, Vol82, No6, 1163-1172.

³ Ahlin, E. M., & Antunes, M. J.L. Locus of Control Orientation: Parents, Peers and Place. J. Youth Adolescence (2015) 44:1803-1818.

Dear PAX Family: A Note on PAX Stix

PAX Sticks at Cardiff Public School!

This is a strategy your child's teacher uses to select students fairly. This ensures that no one gets left out and no one gets picked on too often. PAX Stix help really active children calm down and wait their turn. It also gives shy children the courage to join in. PAX Stix work so well, because they use some of the same science as video games for gaining and holding attention your child's attention!

Here are some areas of growth you will notice in your child right away:

- They will be less distracted and more likely to listen to your directions the first time.
- They will be less likely to complain about things not being "fair."
- They will be more likely to pay attention and participate in school.

Here are some lifetime skills that your child will develop:

- They will know when to try things on their own and when to contact trusted friends for help.
- They will be more likely to reach out and help others in need.

Here are some questions you can ask your child about using PAX Stix:

- When did your teacher use PAX Stix today?
- Did you get called on? If so, how did it go?
- If you get called on and need some help, who do you think you will ask? Why?

The PAX Good Behavior Game® is an evidence-based practice that your child's teacher uses to not only improve the academic performance of all children, but also improve a host of lifetime outcomes including: increased graduation and college entrance rates, increased lifetime earnings, decreased risk for drug misuse, and decreased risk for mental, emotional, behavioral disorders. PAX increases the Peace, Productivity, Health, and Happiness in every community.

Visit www.paxis.org for more information about PAX as well as implementing PAX strategies at home and in the community!

Children who receive the PAX Good Behavior Game in school are 35% less likely to misuse alcohol when they're older!



Curriculum News

- New Curriculum Explained
- Classroom snapshots
- Reading at CPS

It has been an exciting start to the term this year! Our new kindergarten students have had a great start to their learning journey. Our Year 3-6 teachers and students have also been on an exciting journey, starting the year off with a new curriculum for English and Maths. The new curriculum is definitely something to embrace.

But what does it all mean?

The NSW education system is reforming the curriculum which will be taught in all classrooms from Kindergarten to Year 12. The new curriculum, as a result of the NSW Curriculum Reform, will give students more time to focus on key learning areas so that they can acquire a deeper understanding of central concepts. It will ensure students develop strong foundations for learning, life and work in a complex and fast-changing world.

This reform has been informed by extensive consultation with teachers, parents and education experts, and is underpinned by extensive research. Curriculum reform involves change that spans many aspects of schooling, including teaching, learning, assessment and reporting to parents. New syllabuses provide schools with a unique opportunity to re-focus and place curriculum at the heart of school planning. Key curriculum changes include:

Your paragraph text

- Building strong foundations for future learning with new English and mathematics syllabuses for Kindergarten to Year 2.
- An entirely new curriculum from 2022 with new syllabuses focused on what is essential to know and do in early and middle years of schooling, and key learning areas in the senior years.
- Providing more time for teaching by reducing the hours teachers spend on extra-curricular topics and issues and compliance requirements.
- Strengthening post-school pathways with new learning areas for Years 11 and 12 that clearly link learning to future employment and study options.

The new curriculum will ensure every student develops strong foundations for learning, life and work. The reforms are vital for the young people in our schools today, and for those who will arrive in the years to come.

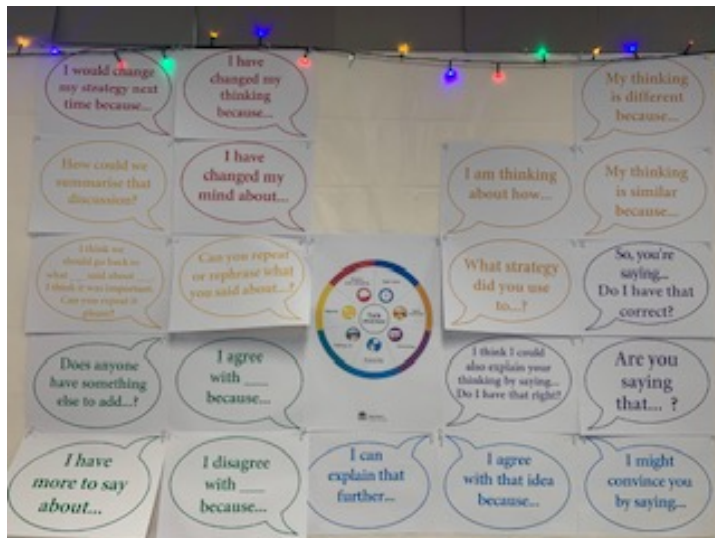
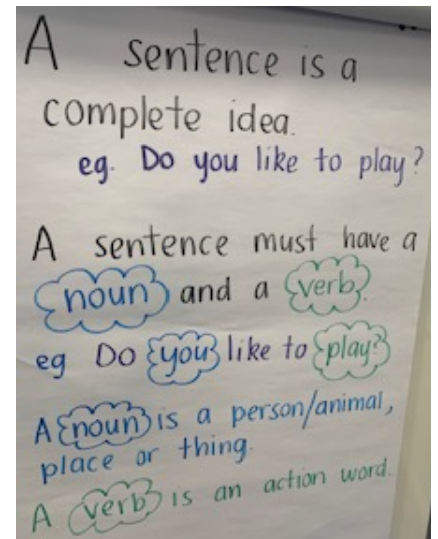
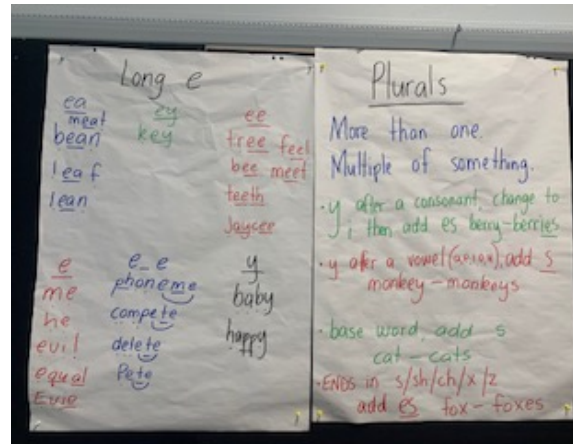
What are the benefits?

The NSW Curriculum Reform brings many opportunities for teachers and learners, including:

- placing students at the centre of teaching and learning
- enacting a new curriculum developed from current research and evidence
- ensuring equity of access to curriculum for all learners
- access to evidence-based teaching and learning resources
- enjoying more time to teach and enabling teachers to prioritise deep learning.

What does it look like in the classroom?

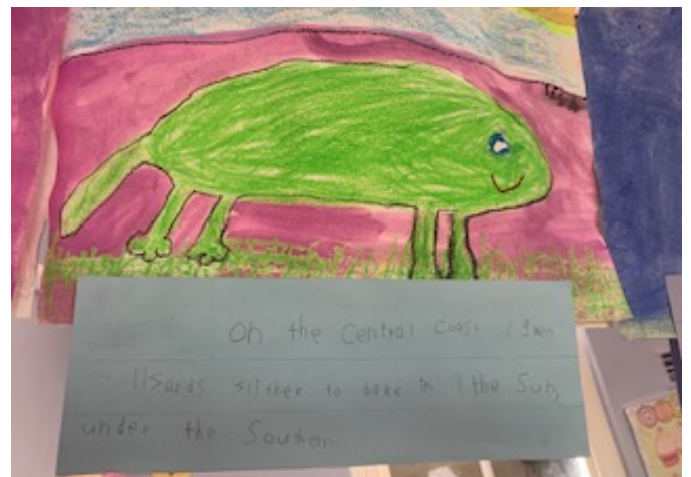
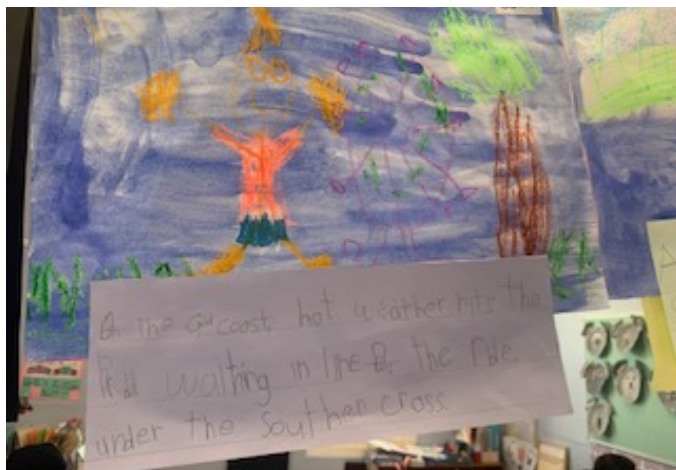
Explicit Teaching- Vocabulary, Spelling, Grammar, Writing and Reading.



We have a lot of deep discussions in all subject areas, this helps to promote the ability to reason, problem solve, reflect, explain & predict. These skills rely heavily on being able to use oral language.

These posters are discussion prompts called "Talk Moves"

Year 1 Writing



We use quality texts to consolidate the explicit teaching and give students the time to put it into practice and apply the skills through reading to writing.

Reading & Decoding

At Cardiff PS we use evidence based approach to explicitly teach reading. Our goal is to foster a love and passion for reading. In the classroom, our students use decodable readers from the Little Learners Love Literacy book series.



What is a decodable book?

A decodable book is a story or nonfiction text that has been written only using the sounds and letters children have learnt to date. This means they have the tools they need to read every word in the book without guessing. Once students have mastered reading decodable texts, they will move off decodables and are encouraged to practice reading fluently with a more wide and varied text selection from the school library. This includes, fiction and non-fiction texts.

How can I use a decodable book at home?

At CPS we use Sunshine Home Reader decodable books. These books follow along a similar letter and sound alignment to the Little Learners Love Literacy books used in classrooms. Sunshine books offer a variety of titles and topics to keep children engaged and interested and able to practice and apply skills they learn in the classroom, at home. If your child has been taught the sounds and letters listed on the book then they can read it - so let them read it out loud and proud! To really master a decodable text, children must be really fluent and automatic in their reading, so don't be afraid to read it over and over again (the more times the better). All of the books have notes at the back to support you too. So find a quiet, comfortable space and enjoy!



Once students learn to decode and read the words, we practice encoding the words- or being able to write the words.



EVENTS AND COMPETITIONS UPCOMING AT CPS



Save the date

ANZAC DAY CEREMONY

FRIDAY 12TH APRIL

LEST
WE
FORGET



Knights 9's Gala Days:

- U12 April 11
- U10 May 2

CPS Cross Country
Friday March 22nd



2024 NEWCASTLE & HUNTER COMBINED SCHOOLS ANZAC SERVICE



2024 - THE YEAR SO FAR

firstly a little something to wrap up 2023...



We saw the year out on such a high! The P&C set a goal for our Christmas Raffle to raise \$5,000. Well, friends, we exceeded that number and very nearly doubled it by raising over \$9,500. We cannot thank enough our sponsors, donors, families who sold and bought tickets and the volunteers who gave their time and efforts to get us there.

By the end of 2023, we raised over \$19,000 for our wonderful school!

Our AGM was held on 20 February 2024 and while many of our Office Bearers returned, we were fortunate enough to welcome some new coordinators. We also created some new subcommittees in the hopes to bring further benefits to CPS.

Please welcome our 2024 Team:

President - Monica Adams
Vice President - Colleen Jones
Treasurer - Michelle Forbes
Secretary - Emma Boland
Canteen Coordinator - Nicole Parkes
Uniform Shop Coordinator - Jess Milne
Fundraising - Brooke Purvis
Stalls - Mandy McDonald
Grants Coordinator - Christa McKenzie
Merit Selection Panel - Monica Adams

WHERE THE \$\$ GO..

So far this year, the P&C (and your fundraising dollars) will go towards:

- Donations to the library and Key Learning Areas (KLAs) of the school).
- Subsidising sporting activities
- Supporting the Breakfast Club.
- Purchase uniforms for school netball and rugby league teams.
- Subsidise uniforms and excursion.
- New gazebo for sporting and events.
- Year 6 Farewell contribution.

COMING UP...

- 8 March - Team Colours Day
- 28 March - Easter Raffle
- 7 April - Colour Explosion Run 4 Fun
- Early Term 2 - Disco
- 10 May - MAGS Stall
- 28 May - Movie Night
- 3 August - Trivia Night
- 29 August - DUGS Stall
- 12 December - Christmas Raffle

POSITIONS VACANT

We still have vacancies in the P&C for a Sustainability Coordinator and other general members. If you're interested in sharing any of the other roles, please let us know! Spreading the load can help us to keep our Canteen and Uniform Shop open, as well as raise funds and run fun events for our school. Follow our Facebook page for more updates and ways you can help through the year.

From Term 2 we will need a Canteen Coordinator. If you can oversee stock levels and ordering and organise volunteers we would love to hear from you. Ideally we'd like to open more days but are flexible in line with your availability.



Membership
form



Facebook
page

Join us!

We're always welcoming new members and visitors. P&C Meetings are held on the 2nd Tuesday of the month, during school terms, in the school meeting room or via Zoom. Come along to hear what is going on at school from another angle and be part of the discussion. Membership is just \$1 per year. Fill in the attached form or grab a paper copy from the School Office. Follow us on Facebook for updates and events.