



Term 4 Week 6

COVID-19 Update and Continued COVID-smart measures

NSW Health recently advised that we are already starting to see a rise in COVID-19 transmissions within the community, with a peak of cases expected in early December.

Our COVID-smart measures continue to be in place and are vital in allowing us to keep our schools operational while prioritising student and staff wellbeing. These measures include:

- staying home if unwell and/or showing any symptoms
- using rapid antigen tests (RATs) when showing symptoms or exposed to COVID-19

encouraging all students, staff and families to keep up-to-date with their vaccinations, including COVID-19 booster shots if eligible.

Upcoming Dates

Wednesday Nov 16th
Principal's Assembly

Wednesday Nov 16th
Kinder Info Night

Friday Nov 18th
Sporting House Fun Run

Nov 21—Dec 2
Kinder-Yr. 2
Swimming

Tuesday December 13th
Presentation night

2023 Primary Class Teachers

This may be subject to change

Kinder - Miss Steph Horne

Year 1 - Ms April Fernandez

Year 2 - Mrs Nicole Burgess / Mrs Janet Gaussen

Year 3 - Ms Sharni Scott / Ms Em Preston

Year 4 - Miss Brooke Morris

Year 5 - Miss Emma Rutherford

Year 6 - Ms Sarah Stout

Principal's Assembly

Wednesday 16th November

11.15am

BN Hall

All Welcome to attend

Hillston Central School acknowledges the Wiradjuri people who are the traditional custodians of the lands on which our school is located. We pay our respects to Elders, past, present, and emerging. We extend our respects to all Aboriginal and Torres Strait Island students enrolled in our school. Hillston Central School is committed to honouring Australian Aboriginal and Torres Strait Islander peoples' unique cultural and spiritual relationships to the land, waters and seas.

SCHOOL NEWS

Changes to Hillston Central School's Mobile Phone and Digital Device Policy for 2023

Mobile phone and smart watches in school

In 2019 after a review commissioned by the NSW Government, the Department of Education reforms banned the use of mobile phones in all Primary Schools in NSW and left it up to individual schools to make a decision about use in High Schools. We as a school decided to allow the continued use of phones at recess and lunch times for our secondary students.

However, from the beginning of 2023 HCS will move to ban mobile phone and smart watch use for all students 7- 12 as well. The policy means phones brought to school must be switched off and stored securely during the entire school day.

The aim of this policy is to provide:

- a safe environment to learn without inappropriate mobile phone use (including cyberbullying) or distractions
- greater opportunities for social interaction and physical activity during recess and lunchtimes. The use of technology is important, but the risks and benefits from its use need to be managed. These new measures are in response being able to optimising learning opportunities for students whilst also **managing the** digital world. Renowned child psychologist Dr Michael Carr-Gregg, wrote an expert review in 2018, which shows rising cases of online bullying, inappropriate sharing of explicit images between students, predatory behaviour from strangers and unnecessary distraction for students.

In countries where this practice is in place the bans have led to:

- improvements in student achievement
 - an increase in test scores for students
- Lower-achieving students made the greatest improvements.

A Review of Academic Research Exploring the Links between Mobile Technology Habits and

Cognitive Functioning was published in 2017. The review looked for evidence of the effects of smartphone use on cognition (thinking). It reported that habitual smartphone use may have a negative and lasting impact on the users' ability to :

- think
- remember
- pay attention

regulate emotion.

Further research finds it doesn't matter whether a smartphone is on or off or lying face up or face down on a desk. Having a smartphone within sight or within easy reach reduces a person's ability to focus and perform tasks, because part of their brain is actively working to not pick up or use the phone. Dr Michael Carr-Gregg is also quoted in the Sydney Morning Herald, August 14, 2022 as saying '....the pandemic fallout has put mounting pressure on schools to increase students ability to learn and socialise away from the distraction of technology.' We know students are struggling to engage after coming back to the classroom. At a time when mental health is of such a concern amongst our young people, we see the phone as a significant and negative contributor to student wellbeing. And we need to provide an environment in which to learn without distractions and ensure greater opportunities for social interaction and physical activity.

Some questions answered:

- Emergencies

In emergencies, parents can contact their children through the school office, which is in line with our current policy.

- Exceptions

A small number of exceptions will be made. These exceptions will only be available if a mobile phone is essential for a student in managing a health condition

- Storage

The school will have mobile phone lockers for those who catch buses and/or need to get in contact parent/carers straight after school. The mobile phone locker system will run the same as our regular locker system – refundable key deposit. Further information will be distributed before the end of term.

SCHOOL NEWS

Aerosols

A reminder that aerosol sprays including deodorant and insect repellents are not permitted at our school.



School Hats

School hats are available from our Front Office for \$20 each. We have a variety of styles and sizes including bucket, wide-brim, caps and flat brim.



Primary Dismissal Time

Primary School finishes at 2:50pm, please pick up children promptly from Moore St. Students who do not travel by bus are required to leave school grounds at 2:50pm. If for any reason you require your child to stay behind until 3:25pm, please contact the Front Office.



If your child travels by bus to and from school they will remain on Slab (play area near basketball courts and sandpit area closest to Moore St.) for supervised play until the bus collects them at 3:25pm.

School Bus

School buses collect HCS students from Moore St at about 3:25 each afternoon.



Please note that if your child is going to be taking a different bus to their usual route, they must have a letter from you for the driver. Bus drivers will not allow children onto different routes without a parent/carer letter. This also applies if your child does not usually take the bus and is going home on the bus with a friend.

Students should be aware of and comply with bus rules.

Parents are encouraged to communicate directly with your bus driver or the company with any concerns about bus travel.

ABSENCES & ATTENDANCE

In New South Wales, 'compulsory school-age' means that all children from six years of age are legally required to be enrolled at and attending school until they complete Year 10, and until they turn 17 years of age.

Parents or carers are responsible for making sure that their children comply with these legal requirements. Schools support parents by monitoring student attendance and helping to address attendance issues when they emerge.

Regular attendance at school is essential to assist students to maximise their potential. Should your child be absent from school, please ensure a note is sent with your child to their class teacher (Primary), Year Advisor (Secondary) or front office on return to school, giving reason for absence. Alternatively, you can call the front office at the school to explain the absence or submit a notification on the Skoolbag app. If your child is away for a few days you should try to bring a Doctor's Certificate. If your child is to be absent for 4 days or more please see the office to obtain an "Application for Exemption" form prior to your departure date. If the absence is for 3 weeks or more parent/guardians must have an interview with the Principal. Parents/Guardian must complete the appropriate forms from the Department of Education and provide a letter explaining the reason for absence.

Arriving Late or Leaving Early – If arriving late students must present at the office. Students are not permitted to leave the school grounds during school hours without written permission or they are collected from the front office by their parents/carer. On the rare occasion that leaving early is necessary, a note signed by a parent/carer indicating reason for early departure should be handed in to the office by 9am.

Administration Office hours: 8.30am – 3.30pm Monday – Friday.

Mobile Phone Policy

Primary students are not permitted to use digital devices during school time.

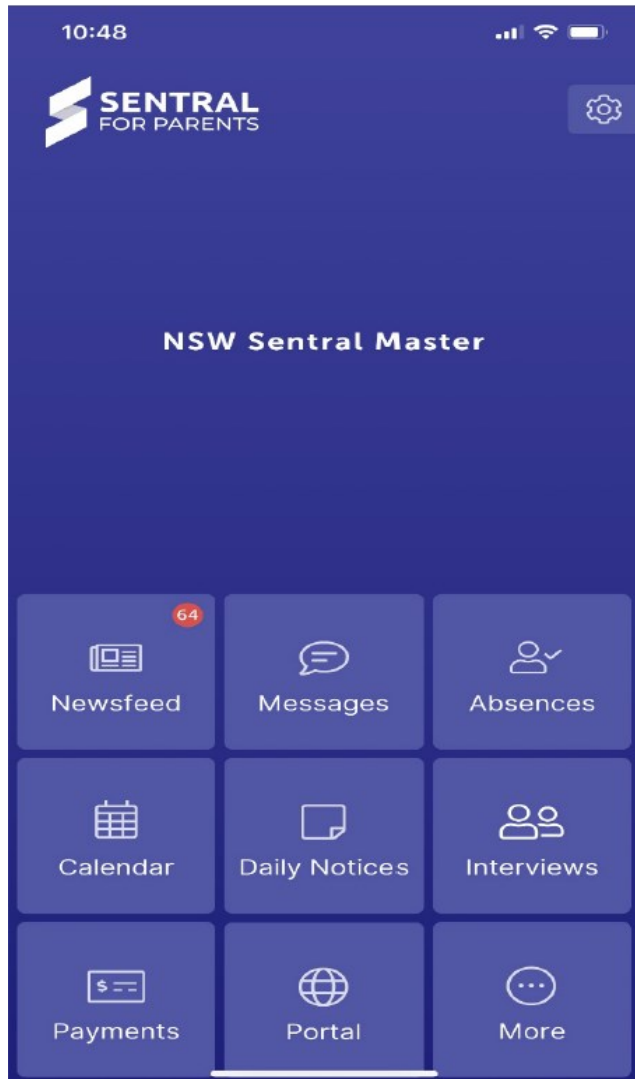


Secondary Students no mobile phones are to be out between or during classes.

They can only be used at recess and lunch.

If used during class, the phone may be confiscated and kept in the front office until after school.

SCHOOL NEWS



Sentral Parent Portal

In 2023 our school will be undertaking a new initiative, the Sentral Parent Portal. Our aim is to move into the digital era and create an environment of paperless communication between parent/carers and the school.

The Parent Portal will improve communication with our school by using the 2-way messaging feature to connect directly with teachers and the calendar meaning you'll always be up-to-date with key dates and events. You can make secure payments of fees and excursions within the Parent app as well. All at your fingertips.

More information will be sent home in the coming weeks. For more information about Sentral Parent Portal visit the website <https://www.sentral.com.au/parents>

Kinder 2023 Information Evening

Wednesday 16th November

6.30pm

School Library

BUS Rules

B	B e Respectful
	Drink only water on the bus- no food or other drinks allowed
	Keep the bus clean and tidy -take rubbish with you; don't draw on foggy windows; keep pens, textas in your bag
	Digital devices to be used with headphones - no photos or videos on the bus, ever!
	Follow adult directions
	Keep hands, feet and things to self
U	U se Appropriate Voice
	Be polite – no swearing or aggressive words and actions
	Greet others politely
S	S tay Safe
	Keep safe -Keep all body parts inside the bus, don't throw things
	Seat belts on at all times –until the bus stops completely before standing to get off

COMMUNITY NEWS

KUBOTA ZERO TURN LAWN MOWER



FOR SALE BY TENDER

48" ZERO TURN KUBOTA LAWN MOWER.

MODEL Z122E-48.

567 HRS

**HAD A MAJOR SERVICE DONE BY CODEMO AT 500 HRS.
SERVICED REGULARLY**

Grab a tender form

NEXT PAGE

COMMUNITY NEWS

Plant Tender Form

Quotation Information	
<i>Plant</i>	Lawn Mower
<i>Closing Date</i>	12 noon Friday 18 November
Plant Information	
<i>Make</i>	Kubota Lawn Mower Zero turn 48" deck
<i>Model</i>	Z122E-48
<i>Hours</i>	567
Tender Information	
<i>Name</i>	
<i>Address</i>	
<i>Phone Number</i>	
Tender Price	
Signature	
Date	

Please Note: You will only receive further contact if your tender is successful

Email to: sandra.ryan@det.nsw.edu.au or

place in a sealed envelope and hand to front office