



Term 2
Week 2
7 May
2025

At Petersham, we work to provide a happy, safe and caring environment where children have the opportunity to become responsible and independent learners and achieve to the best of their ability.

Upcoming Events

TERM 2, 2025

May

Wednesday 7 May—U Day

Monday 12 May—Stage 1 excursion to IMAX/Wildlife Zoo

- Stewart House Donation Drive envelopes returned to school

Thursday 15 May—16—Music Camp

Friday 16 May—Day students at Music Camp

Wednesday 21 May—Zone Cross Country

Monday 26 May -National Sorry Day

—Olympian visiting Stage 2 & Stage 3

Tuesday 27 May—Stage 3 excursion to the Sydney Writer's Festival

Tuesday 27 May—3rd June—National Reconciliation Week

Office Hours

The School Office hours are 8:45am—3:30pm

Petersham Public School

FORTNIGHTLY NEWSLETTER



Address: 25 Hunter Street, Petersham 2049

E: petersham-p.school@det.nsw.edu.au

P: 9560 9665

Today is U Day and this morning's assembly was not only inspiring but heartwarming. Our guest speakers—Counsellor Charlotte, Director Of Educational Leadership Chris Buenen, Madeleine Lobsey from [Wonderdiverse](https://www.wonderdiverse.com.au) and member of our local community, Tasha Mansour captured our attention with insights into Autism and ADHD. Perhaps the proudest moment for me, was watching three of our students stand up and talk to the assembly. Chi-Rai, Ara and Cruz, your futures are bright and I am so grateful that you shared your wisdom today.

At our school, we have made small changes that have a big impact making the environment more welcoming for everyone. This is called Universal Design for Learning. Some examples include:

1. Replacing all fluorescent lights with LED to make lighting less jarring
2. Ensuring all learning spaces have flexible furniture, headphones and lap desks
3. Encouraging the use of fidget and chew toys
4. Designing quiet spaces in each room
5. Promoting food and movement breaks throughout the day, not just at lunch and recess.
6. Ensuring our uniform has no gender and encouraging children to wear whatever combination is most comfortable, including the soft touch t-shirts.

One of the key messages from our guest speakers was the role that we all play, building stronger peer relationships so that everyone can thrive in a diverse society. Promoting inclusivity early on helps shape compassionate, open-minded individuals who value equity. U Day reinforced with our whole staff how proud and privileged we are to work at Petersham PS. My sincere thanks to all of our speakers as well as Caroline, Hannah, Jacob, Ollie and Ms Clay for their assistance.

In the words of Year 1 student Frankie, "I like U Day because people get to express themselves and you might learn something from someone."

Please see overpage for a copy of Tasha's speech. I hope to see you from 7am Friday morning to celebrate the incredible mothers and role models in our life at our Mother's Day breakfast.



Tasha Mansour's inspiring speech from U Day

I would like to acknowledge the Gadigal and Wangal people of the Eora Nation, the traditional custodians of the land on which we meet. I also pay respect to Elders past and present.

Hi my name is Tasha and I am so happy to be part of Petersham Public schools "U day" and your Excellence in wellness and Inclusion committee. This is Hannah, some of you might know her as Jacob and Oliver's Mum. Hannah is one of my support workers who helps me during the week. I am 33 years old now but I can still remember what it was like to be at school and have a disability. I have Autism and an intellectual disability. I want to let you know that you cannot catch a disability like you catch a cold, I was born with it and I will always have it. Some people are born this way and that makes us all unique.

Hannah and Tasha hold up ****Picture of Maxi****

This is a picture of Maxi. He is my sister and brother-in-law's dog. I have been a part of his life since he was a tiny little puppy and he is a very calming and gentle friend to me and he is also so good with other people who have disabilities. Maxi is so important to me as he helps me regulate my emotions even when some humans can't, and he also helps me with my balance when I am feeling wobbly. I love to go to the beach with Maxi as we both love to swim. Some cool things that Maxi can do is he can shake hands, high five, he can spin around and do lots of jumping tricks. I have made this poster to give to your school as a reminder that even though our spots may be different, our hearts all beat the same.

Hannah: Put your hand up if you have heard of autism or intellectual disability before? Tasha is going to let you know a bit about what it is like for her living with Autism

Tasha: My Autism is unique to me and might look different to someone else who has autism. We all have different things that we are good at or that we need help with. For me Autism means that my brain and the way I think is a bit different to other people but I have learned to love myself Autism and all. Also when I was young I was told by doctors that I would never walk or talk because I was born with a lot of weak muscles in my body called low muscle tone. With a lot of help from family and determination of my own I have shown the doctors and everyone else that I can walk and talk and live on my own. As you can see, today I am walking and I am talking! My muscles are still weak but have improved a lot.

****Hold up puzzle piece****

Some people think that if a piece of a puzzle doesn't fit, that the piece needs to be fixed or change its shape. I think that the rest of the puzzle can also change to fit it in. This means we can all include each other no matter what our differences are.

I live on my own and I have a job where I cook for the elderly. I love my job because I love helping people just like people have helped me. I have people called support workers that visit me during the week. Support workers help me stay focussed and get all my chores done without getting distracted. I also go out to new places with support workers which helps me feel safe because I don't like surprises. It's ok to ask for help and it's also ok to make mistakes because that's how we learn and grow. To me the only failure in life is giving up. One of my favourite things to do is go to the beach and I also love spending time with animals like Maxi.

*** Refer to photo shown earlier*****

My Autism means that I am also very sensitive to noises and bright lights. When I do my shopping I find it very hard to concentrate on what I need to do as it's noisy and bright. Sometimes I wear headphones at the shops and this makes me feel safe and be able to concentrate.

***** show headphones ***** I also wear a sunflower lanyard. *** show lanyard***

The sunflower is a symbol that is used all over the world and it means "hidden disability". This means that even though you might not see my disability on the outside, it is there and I feel that is important for people to know so they can understand me better.

This lanyard means that if I need help I can show it. For example if I am at the checkout or if I need some help at the shops. It is ok to wear the lanyard, not long ago a young girl saw me wearing it at my local shops and she said that she has one too and she might start wearing it just like I do. She said she felt a bit embarrassed to wear it and I encouraged her to be herself and that she didn't need to hide her disability because we are all beautiful just the way we are. I also find it hard to stay calm and calm down when I'm feeling overwhelmed. Some things that I have learnt to do that make me feel calm is having a fidget toy with me. Here are some of my favourite ones

***** show fidget toys*****

Tasha : This can look funny sometimes because we aren't used to seeing adults playing with toys but fidget toys can be used by anyone that they help. Another thing that I might do when I am feeling anxious or worried or excited is flap my hands or rub my hands together or clap them like this to calm down. Sometimes when I am very overwhelmed, deep squeezes help me. I might squeeze a fidget toy in my hand really tight or someone might squeeze my arms or hands really tight. With deep pressure squeezes the feeling makes me feel like I am concentrating on something else and it takes my mind off being worried.

*** Demonstrate****

I might also walk or pace up and down and sometimes I repeat sentences in my head or out loud to help me stick to a task and help me stay calm. The word to explain these actions is “stimming”. Some people who have autism might not like different textures of foods or scratchy clothes. I don't mind most foods but I really don't like scratchy clothes especially if the tag tickles me. If I wear a scratchy top it makes me feel irritated and frustrated and the itchy feeling on my skin feels so horrible it feels like bugs are in my jumper.

***** show jumper full of bugs*****

The best way that I can explain why some people with Autism or other disabilities might only eat certain foods is that the texture of some foods like blueberries for example might taste or feel different with each berry. A rice cracker will be the same every time and this makes some people feel safe and find their safe foods. This is not the same thing as just being fussy. This is people's safe food and it's important for us to all understand this.

Hannah: Who like getting a hug from family or friends if you are feeling sad or worried?

Tasha: Part of my autism means I don't like to be touched or hugged as much as some people unless it's an animal as they help calm me and make me feel safe. Sometimes with close family I might like a hug and they always will ask me first if it's ok. Normally I don't like to be touched because it makes me feel uncomfortable. I also struggle with eye contact so sometimes when I'm speaking to someone I can't look them directly in the eyes. A lot of people with autism struggle with this too. Just remember we're still trying to have a conversation with you. We just may not be able to look directly at you because it feels overwhelming making eye contact. If you know someone who has autism, a disability, or even just with everyone, always ask them first if it's ok to give them a hug or shake their hand.

Hannah: Does anyone have any questions about autism that they would like to ask?

Tasha :Some people can have 2 or more disabilities with their autism. I also was born with an intellectual disability which means my brain sometimes has a harder time with learning things like numbers and letters.

**** show 96 and WM****

I often find it really hard especially with the number 9 and number 6 and the letter's like W and M This meant that school was very tricky for me but with some help from teachers and my family I was able to understand my work. Some things that helped me learn was seeing pictures instead of lots of words, and using counters to understand maths. We might all learn differently and that is ok. That is what makes us unique and different. I got bullied and called names at school that made me very upset and sometimes even as an adult people will use mean words.

We should never call people names and always think before we say words out loud that might make other people feel bad about being themselves. A great way to learn more about different disabilities is to read books about them in the library, ask your teacher or chat to adults at home. This will help you understand how we are all different but we are all important and beautiful. As a person with autism I just want and need to feel included and feel accepted for being me.

** hold up statue****

I Also wanted to show you this statue. I was given this as a gift from working with the elderly to show inclusion because there are three people here, one person might be different but they are all still including each other which is so important and something that we can all do every day.

Thank you to all of you and a huge thank you to your principal Beth for having me here today. I hope you have all learnt something about Autism and different disabilities today. I would like to give a special thank you to my siblings and their partners because if it wasn't for them believing in me and loving me despite my differences, I would not be achieving all things I am achieving today. If I can leave you with one thing that I have learnt it is to take all your scared feelings and just try new things anyway. You never know until you try and we are all capable of so much. Thank you and Happy U DAY!

Life Skills GO Statement for Community

At PPS, we are committed to creating a safe, supportive, and engaging learning environment for all our students.

To further this commitment, we have partnered with Life Skills Group to implement the Life Skills GO program. This evidence-based, online platform is designed to nurture the social, emotional, and physical development of your child, equipping them to thrive both in school and in life.

It involves the students checking in regularly in class with their teachers, using a digital check in tool. Our decision to adopt Life Skills GO is driven by the need to implement trauma-informed practices that enhance student engagement, improve classroom behaviour, and boost learning achievement.

By doing so, we aim to create a positive classroom environment that leads to better attendance rates, fosters a safe and supportive atmosphere, and ensures that every student feels secure, valued, and capable of academic success.

This initiative is not just about immediate outcomes but about building a resilient and thriving school community where all students can reach their full potential. We believe that by investing in the well-being of our students, we are laying the foundation for their future success.

It will take time for this to be well integrated into our school routine, we thank you for your ongoing support whilst we do so.

For more information, please contact Ms Macphail (Life Skills Go Coordinator) or Ms Morgan.

Stewart House Donation Drive envelopes are due back to school on Monday 12 May.

Stewart House's vision is to inspire children to see beyond their present circumstances and embrace real hope and aspirations for a brighter future. Show your support for children in need and enter for a chance to win a \$4,000 travel voucher!



Our School Rules

Be safe

Respect yourself, others and the environment

Cooperate

Do your best

We follow the School Rules so everyone at school can LEARN, FEEL SAFE and is TREATED WITH RESPECT.

What will happen if I don't follow the rules in class?



1st On task **reminder** from the class teacher

This can sound like:
“(Name) you're talking. Listening, thank you.”



2nd **Second reminder** from the class teacher to correct my behaviour

This can sound like:
“Facing this way and listening, (name).”



3rd Teacher directs me to **think about my behaviour**

Sit and reflect in an area of the classroom
Calm down with one of the Assistant Principals



4th Restorative reflection with the class teacher

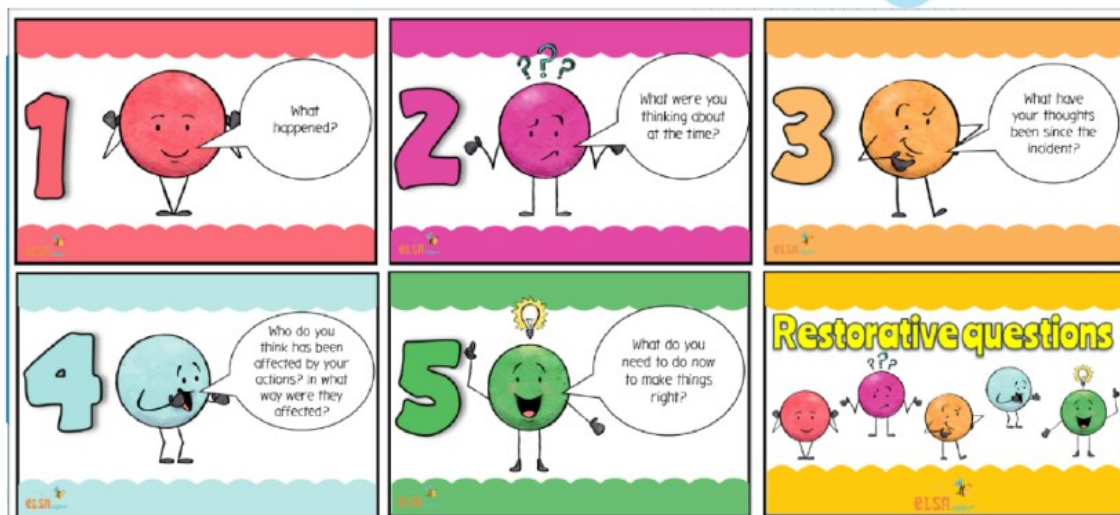
(Written or Verbal)

Restorative Practice

Restorative Practice is a positive approach that works with students, rather than doing things to them or for them. Conflict is an inevitable part of life. How we work to resolve conflict impacts on a school's climate and culture and ultimately on students' social and academic outcomes.

Restorative practice within schools encourages behaviour that is supportive and respectful. It puts the onus on individuals to be truly accountable for their behaviour and to repair any harm caused to others as a result of their actions.

A restorative approach focuses on building, maintaining and restoring positive relationships, particularly when incidents that involve interpersonal conflict or wrongdoing occur.



Parent App

Available now!

Download on the App Store or Google Play by clicking the image below.



Key Features

- Get real time push notifications from your school
- Stay signed in and save your card for secure payments for fees and excursions
- Give consent, sign forms and respond to attendance alerts
- View the school calendar and news



Help everyone at Petersham stay ALLERGY AWARE

WE KEEP EACH OTHER SAFE THROUGH...

AWARENESS

Learn the signs of an allergic reaction
Know what your classmates and friends are allergic to

AVOIDANCE

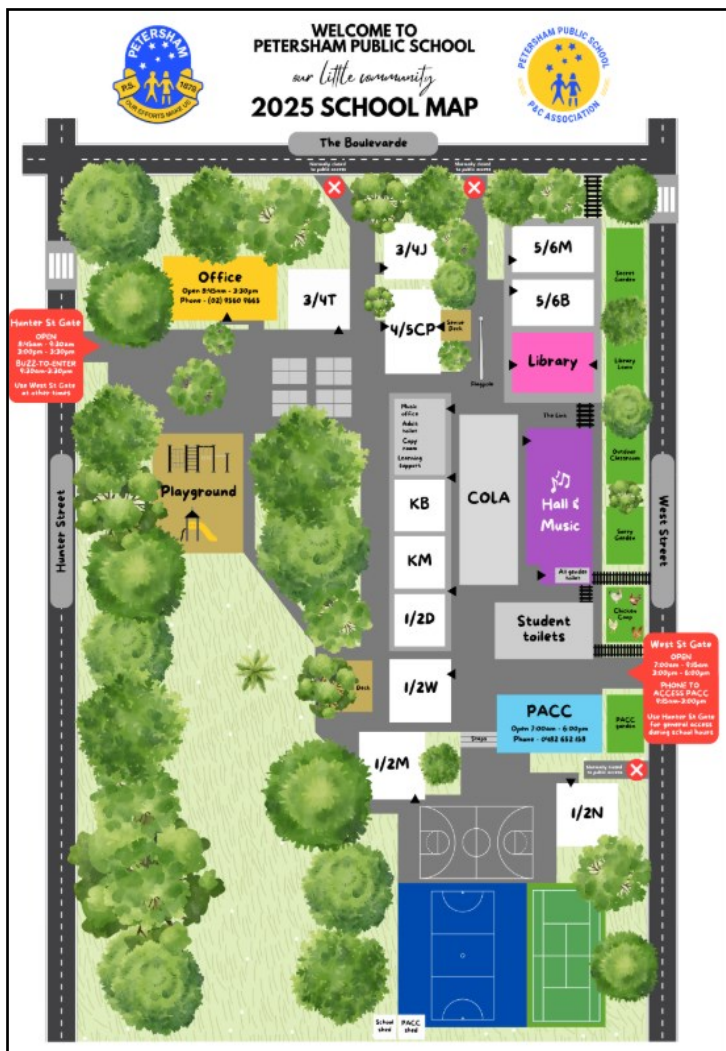
Never share food
Always wash your hands before and after you eat

ACTION

If you're unsure, ask a trusted adult if a food is safe
Tell a trusted adult if you or someone with allergies feels sick



While we can't guarantee a nutfree environment at school or PACC, we ask:
PLEASE DON'T BRING ANY FOODS CONTAINING NUTS



NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

education.nsw.gov.au



Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per fortnight
M T W T F
S S M T W T F
S S

= 4 weeks



= Over 1 year missed

1 day per week
M T W T F
S S M T W T F
S S

= 8 weeks



= Over 2.5 years missed

education.nsw.gov.au



PETERSHAM PUBLIC SCHOOL

Extra-curricular Activities Term 2 2025

The following extra-curricular activities will be available to students next term. These are optional activities that occur outside of normal school hours (before/after school) and incur costs to parents/carers. These are provided by external organisations (please contact each provider directly for further information).

Chess club: Tuesday mornings (Sydney Academy of Chess, enrol@sydneyacademyofchess.com.au)

Chinese lessons: Thursday afternoons (CLC Education, www.australianfujianassociation.org)

Coding club: Tuesday afternoons (Code Camp, <https://my.codecamp.com.au/course/venue/7939>)

Petersham Drama Ensembles: Monday afternoons K-Y2, Wednesday afternoons Y3-6, Contact: Christina Sceats - christina.sceats@gmail.com.

Drama with Kids Up Front: Thursday afternoons (Kids Up Front, www.kidsupfront.com.au)

Visual Arts: Friday afternoons (Sydney Visual Arts Academy, <https://www.sydneyvisualartsacademy.com/contact-us>)

Taekwondo: Friday afternoons (Stripes Taekwondo, <https://www.stripestaekwondo.com.au/>)

We give kids Confidence through Drama

Drop in now for THURSDAYS at Petersham Public School Hall 2025

FREE trial class

Drop in for Term 2: 3.30pm - 4.30pm
Term 3: 4.30pm - 5.30pm
Term 4: 5.30pm - 6.30pm

kids upfront
Petersham Library

www.kidsupfront.com.au

Petersham Drama Ensembles
Enrolling now for 2025

Exclusive to PPS

Junior Ensembles
Ready to Play?
Monday 3.30 - 4.30

Senior Ensembles
Ready to Play?
Wednesday 4.30 - 5.30

Our ensembles are a mix of drama, music, and dance. We will be developing skills in drama.

Get in touch with us at christina.sceats@gmail.com

Do you love to draw?

Join us for a drawing class with a professional artist. We will be developing skills in drawing.

Get in touch with us at christina.sceats@gmail.com

Coming to Petersham Public in Term 2!

Looking for an after-school activity that's a fun, engaging way to meet friends, build confidence, and focus on your learning? Join Stripes!

Why Stripes?

- Awarded national excellence award for all levels
- Build in confidence, friendship and teamwork
- Release your energy, develop focus, and learn to follow instructions
- Build respect, discipline, confidence and leadership skills

Register Today!

Register for Term 2 at www.stripes.com.au

Petersham School Special!

Register your child in Term 2 and pay only \$200 for the term. We'll provide a free uniform too!

Early bird discount: Register by the 1st of October and save 10% off your Term 2 fee (pay only \$200) for an added benefit. If your child misses a class, we offer make-up classes at our school or online.

www.stripes.com.au

CODECAMP

MINECRAFT AFTER-SCHOOL

Engineering • Problem-solving • Programming
Design • Make new friends • Trusted provider

Term 2: Monday 3.30pm - 4.30pm
Term 3: Monday 4.30pm - 5.30pm
Term 4: Monday 5.30pm - 6.30pm

www.codecamp.com.au/peters

Get in touch at belle@codecamp.com.au

Why Chess?

• Develops logical thinking
• Improves problem solving
• Builds academic success

Petersham Public School Chess Club, 2025
Term 2: Tuesday 3.30pm - 4.30pm at the Library

Term	Days	Time	Fee	Location
Term 2	Tuesday	3.30pm - 4.30pm	\$100	Library
Term 3	Tuesday	4.30pm - 5.30pm	\$100	Library
Term 4	Tuesday	5.30pm - 6.30pm	\$100	Library

For more information, please contact the school or the library.

CLC 學中文

Learning Mandarin

ENROLMENT IS OPEN

招生中

Join our class...

Location:
Petersham Public School
15 Hunter Street, Petersham NSW 2049

For more information, please contact the school or the library.

We give kids **Confidence** through **Drama**

Your child is invited for a **FREE** Trial class
with our **NEW** teacher Sarah McGerty



REGISTER NOW
FOR A
FREE
TRIAL CLASS

Thursdays in the Hall

Kindy to Year 2 3:30 to 4:30 pm

Years 3 to 6 4:30 to 5:30 pm

Years 6 to 9 5:30 to 6:30 pm

www.kidsupfront.com.au

kids
upfront
DRAMA ACADEMY

STEWART HOUSE CHARITY DRIVE



Stewart House provides essential medical care, confidence-building activities, and a supportive environment where public school children in need can reset, thrive, and embrace a brighter future.

Envelopes must be returned to enter the draw!

Draw: Friday, 23 May 2025

Important:

Online payments ARE NOT an automatic entry into the draw.

Please return your envelope(s) to your school with a receipt number (if paying online) for entry in the draw.



GO4FUN[®] HEALTHY ACTIVE HAPPY KIDS



FREE

Fun program for kids to become fitter, healthier and happier

Help your 7-13 year old child get healthy, active and happy with Go4Fun[®].

Go4Fun[®] is a 10-week healthy lifestyle program for kids aged 7-13 and their families. Sessions run once a week for two hours after school, during term.

Registrations are now open.

Call to find out about your local program.



TO REGISTER: FREE CALL
1800 780 900

SMS 0409 745 645 for a call back
Register online at www.go4fun.com.au
www.facebook.com/go4funprogram/



WALK SAFELY TO SCHOOL DAY



EVENT DETAILS

Join us on the annual walk safely to school day! Let's promote fitness, safety, and community spirit together while encouraging children to walk safely to school.

Friday May 16

SAFETY
FIRST

HEALTHY
HAPPY KIDS

JOIN THE FUN!

BE AWARE

STAY ALERT



Encouraging children to walk, ride or scoot to school has many benefits:


- Health & wellbeing
- Better for the environment
- Road safety skills
- Improved focus
- Less traffic & safer streets

Contact us: SLHD-HCI@health.nsw.gov.au

ONETHRUFIVE BASKETBALL

INNER WEST

BASKETBALL PROGRAM



Skills development in a fun and inclusive environment
Lead by a professional basketball coach

For Ages 5-14
Groups of up to 12

TERM 2 (1/5-3/7)
FORT ST HIGH SCHOOL

5 TO 8 YEARS OLD THURS 4:45PM - 5:45PM per term	\$175	9-14 YEARS OLD THURS 5:45 PM - 6:45 PM per term	\$195
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More information: bookings@onethrufive.com.au

We are offering an opening promotion of 50% off for all Petersham Public School students (and ex flyers) for the month of May,

Apply the promo code PPS50OFF at checkout:

<https://www.onethrufive.com.au/book-now-1/p/inner-west-basketball-program>

Australian Red Cross
Lifeblood

We're coming to town

Give life. Give blood in Ashfield.
10 to 14 June




We're popping up at:
Ashfield Town Hall
260 Liverpool Rd
Ashfield NSW 2131
Open Daily

Book your donation now



13 14 95
give blood

Have you thought about becoming a foster carer?



Do you have room in your heart and your home for a child?

Become a Foster Carer in Petersham

The NSW Department of Communities and Justice (DCJ) is urgently seeking potential foster carers in the Petersham area. We need people who can provide care for children, young people, or siblings, aged 0-18 years-old, for a few days, to a few months and beyond.

Foster carers support families by caring for children who are unable to remain at home. Foster carers come from all walks of life and their families reflect the wider community we live in. Carers can be single, partnered and be with or without children of their own. Aboriginal, Torres Strait Islanders and people from culturally diverse backgrounds are encouraged to apply.

Foster carers receive initial and ongoing training and support from a dedicated foster care caseworker. There are financial support packages available to foster carers to support a child's education, medical needs, food costs and other daily living costs.

If you are interested in making a difference in the life of a child, please call 8303 7644 or email our Foster Care Team: CAPSMetroCentral@dcj.nsw.gov.au

