

Getting ready for

# primary school





## Do you need information in a language other than English?

- 1 Phone **131 450** to call the Telephone Interpreter Service for free.
- 2 Ask for an interpreter in your language.
- 3 Tell the operator the phone number of the school you would like to call. They will get an interpreter on the phone to assist you.



# Welcome to 'big school'

Starting school is a big milestone for children and their families.

The transition to primary school can be both challenging and exciting. This guide is packed with information to help you and your family get your child ready for primary school.

Help your child through the transition by:

- encouraging them to explore their feelings
- helping them connect to their school
- supporting them in building friendships and relationships
- empowering them to build their confidence and independence.

# What to expect in primary school



## Enrolment

Schools can help with enrolment questions throughout the year. You will need to attend an interview with the principal. There you can discuss any disability or additional learning and support needs, medical conditions, or other special circumstances before your child starts school. The school will work with you to personalise support so that your child can access and participate in all aspects of school life.

[education.nsw.gov.au/primary-school-enrolment](https://education.nsw.gov.au/primary-school-enrolment)

## Voluntary school contributions

All NSW public schools can request contributions to enhance educational and sporting programs. School contributions are voluntary, so you can choose whether to pay them.

## Financial assistance for co-curricular activities

Schools may charge for co-curricular activities that go beyond the minimum needs of the curriculum. Parents who are unable to pay for co-curricular activities because of financial hardship may be eligible for assistance from the school.

## Budgeting for new costs

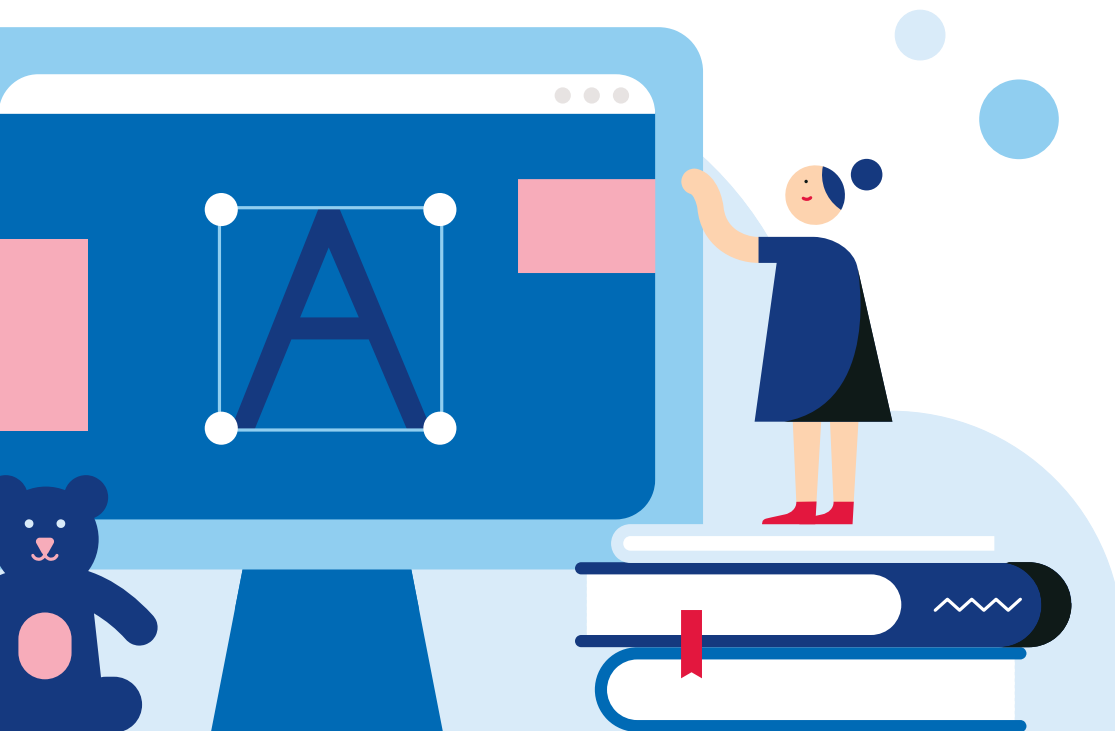
Schools usually provide most things Kindergarten students will use in the classroom, but starting school may require new items such as uniforms, school shoes, backpack and hats. Check with your child's school so you can budget for the items your child will need.

## Uniforms

Your child's school will tell you about the school uniform and items, and where to buy them. There is usually a summer, a winter and a sports uniform. The school can tell you which shops supply the uniform or the material to make it. Many schools run a clothing pool where uniform items are donated after children have outgrown them.

## Aboriginal students

Some communities have tailored programs to help improve school outcomes for Aboriginal students. Aboriginal and/or Torres Strait Islander parents and carers are encouraged to help create their child's Personalised Learning Pathway (PLP). This ongoing process involves students, families, and teachers working together. Contact your school for information about these programs, PLPs, or support from staff like an Aboriginal Educational Officer or an Aboriginal Education Committee.



## Support for students who are learning English as an additional language or dialect

Schools support students who need extra help to learn English as an additional language or dialect (EAL/D). This support helps them improve their English skills so they can fully take part in school.

Contact your school to discuss how they support the needs of EAL/D learners.

## High potential and gifted students

High potential and gifted children are those whose potential is more advanced compared to their same-age peers in one or more domains: intellectual, creative, social-emotional or physical. Opportunities exist in all NSW public schools for high potential and gifted children. Contact your school to talk with the principal.



## Outside of school hours care (OOSHC)

OOSHC includes before and after school care and vacation care services. OOSHC services provide education and care for primary school-age children outside school hours and during school vacations. Services are often open on student-free days as well.

OOSHC services:

- support children's learning achievement, engagement and wellbeing
- provide developmental play opportunities in a multi-age environment
- support families to work or study outside school hours.

Your school can give you information about local services, or visit the Before and After School Care (BASC) finder to find your closest provider.

[schoolfinder.education.nsw.gov.au](https://schoolfinder.education.nsw.gov.au)

Child Care Subsidy can help you with the cost of child care. Find out if you're eligible on the Child Care Subsidy website.

[servicesaustralia.gov.au/child-care-subsidy](https://servicesaustralia.gov.au/child-care-subsidy)

# Transition to primary school

## Transition to School Statement

Your child's early childhood education service will give you a Transition to School Statement you can share with your child's school before they start. The Transition to School Statement gives a snapshot of your child's strengths, interests and preferred ways of learning.

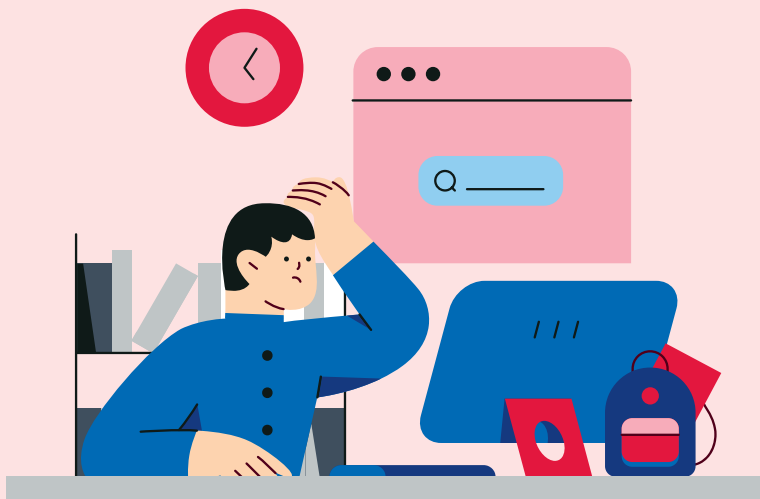
## Best Start Kindergarten Assessment

The Best Start Kindergarten Assessment is a statewide assessment that helps teachers identify the literacy and numeracy skills your child brings with them at the beginning of Kindergarten.

Children start school with a range of experiences, skills and abilities. The assessment allows teachers to spend one-on-one time with each child, learning about their literacy and numeracy abilities. This helps teachers plan effective teaching and learning programs. The assessment does not require students to prepare or study.

Your school will provide more information about the assessment.

[education.nsw.gov.au/best-start](https://education.nsw.gov.au/best-start)

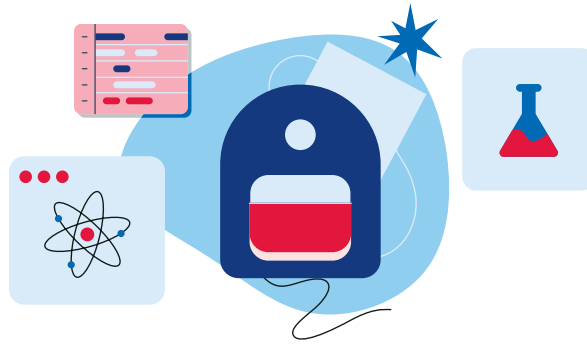




# Useful tips in the lead-up to starting Kindergarten







## At primary school orientation

- Attend a school orientation or transition to school program and make sure you have the school's phone number.
- If your child attends an early childhood education service, talk to staff about their transition to school.
- Ask the school for an enrolment pack.
- Ask for the date your child will start school, as some school timetables will vary. Write this date down.
- Write down the date your child will start school.
- If you need help with English, ask for an interpreter to be present at the orientation meeting. The school will arrange one if available.

## Before Term 1 starts

- If your child takes medication, has an allergy, a medical condition, or has a disability or additional learning and support needs—inform the school as early as possible and make an appointment to speak with school staff.
- Take your child to your local community health nurse or doctor for a health check and make sure their immunisations are up to date. For more details, visit

[health.nsw.gov.au/immunisation](https://health.nsw.gov.au/immunisation)

- Organise outside of school hours care, if needed.
- Talk about the plan for after-school pickup.

## At home

- Support your child to develop independence using the bathroom—including urinals for boys—and practise good hand-washing techniques.
- Write your child's name on all their school things and involve your child in organising them and recognising their name. Make sure your child's name is not visible on the outside of anything they'll be wearing to and from school.
- Read the book **Daisy's First Day** with your child.

## Try this

- set up a play date for your child to play with a friend
- check out the local library and let your child choose books to borrow
- take a ball to a park to throw, catch and kick together
- organise a picnic with a packed lunch and encourage your child to open it and eat the food by themselves
- putting on their school shoes and walking in them
- dressing in their school uniform
- packing and unpacking their school bag
- drinking from bubblers
- opening and closing their lunch box and identifying food that is for lunch and food that is for recess
- practise the daily routine of travelling to and from school—whether that's by car, walking, or public transport.

### Find more Daisy resources on our website

- Watch the animated video of **Daisy's First Day**.
- Print the Daisy colouring sheets and puzzle.



Scan the QR code or visit

[education.nsw.gov.au/daisy](https://education.nsw.gov.au/daisy)





# The big day

The first day of Kindergarten is a big event in your child's life – and that of your entire family. To help you make the most of the day and enjoy the experience, here are some helpful tips.

## The night before



- Lay out your child's clothes, shoes and socks.
- Make your child's morning tea and lunch and put it in the fridge.
- Help your child pack their school bag.
- Pack a spare pair of underpants, socks and a change of clothes. Let your child know these are there in case they have any toilet accidents at school.

## On the day



- Have confidence in your child and let them dress themselves.
- Apply sunscreen and get your child to wear their hat on the way to school.
- Remember to take photos!
- Make sure you pick your child up on time.

## Getting to and from school safely

Pick the safest way to school and practise travelling the route with your child, talking about and showing them how to be a safe road user.

Keep your child and school community safe by always:

- role modelling safe and responsible road user behaviour
- holding your child's hand when walking on the footpath, in the car park and when crossing the road
- using the safest place to cross the road – sometimes walking further to use pedestrian crossings, refuges and traffic lights
- keeping hold of your child's hand in the carpark, as well as when entering and exiting the car
- abiding by signage in and around your school
- meeting and dropping your child on the school side of the road (never call your child from across the road)
- getting your child in and out of the car via the 'safety door' (the rear left door closest to the footpath)
- buckling your child up correctly in an approved child restraint or booster seat that is right for their age and size, even if you're in a hurry
- driving and parking legally, even if it means parking further away and walking the rest of the way to school.

[education.nsw.gov.au/safe-travel](https://education.nsw.gov.au/safe-travel)



## Saying goodbye

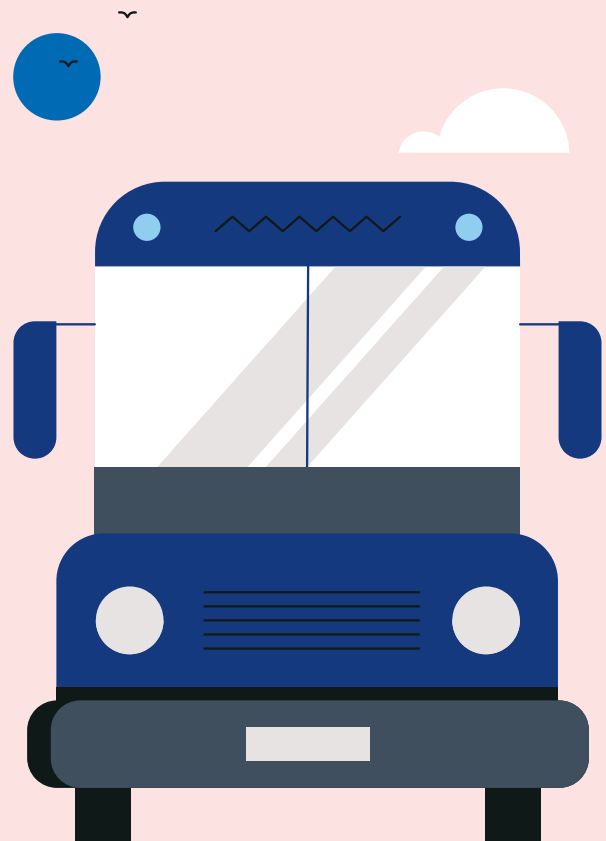
Let your child know who will pick them up from school at the end of the day and where they will meet. During the first few weeks of school, the meeting place is usually your child's classroom or a central spot.

Check with your child's teacher to find out when and where to pick them up, and let them know who will be picking them up.

## Picking children up at the end of the day

During the first few weeks of the term when school finishes each day, your child's teacher will wait with the class at a central spot until all children are picked up. If you're running late, notify your child's teacher by calling the school office. Children can get upset if the person picking them up isn't on time.

Share this information with your child's carers such as grandparents, nannies and friends who may be taking your child to or from school.



# Supporting your child

Your child's teacher is your partner in supporting their education. They will let you know the best way to keep in touch with them and find out about your child's progress. Keep your child's teacher informed of any changes in your child's life that may affect their learning or enjoyment of school.



## Additional support staff at school

Every NSW public school has a learning and support team and other staff to provide personalised learning and meet students' specific needs.

These positions can include:

- Learning and Support teachers
- School Learning Support Officers
- School counselors and school psychologists
- Vision and Hearing Itinerant teachers
- English as an additional language or dialect (EAL/D) teachers
- Community information and Liaison Officers
- Home School Liaison Officers
- Aboriginal Education Officers
- Aboriginal Education Committee.

Contact your school office if you think your child would benefit from these support services or you would like to know more.

## Students with disability and additional learning and support needs

NSW public schools provide specialised services to help students who need extra support with learning, behaviour, disabilities, and wellbeing. By law, NSW public schools must ensure students with disabilities have the same access to education as everyone else. This means making any necessary changes to support their involvement.

Every mainstream NSW public school has a learning and support teacher who works in the school to support students with disability.

If your child has a disability or additional needs, start by talking to your school. The school will have a meeting with you to find out more and talk about how they can help.

A school can make reasonable adjustments for your child – for example, changes to lessons, or to the classroom, or even big changes like putting in ramps or doing building work. You know your child best, so it is important to have early conversations so that you and the school can work together to come up with a plan.

Your child might do well in a mainstream classroom with some extra support, or the school might recommend a support class for children with higher levels of disability needs. Support classes can be at a local public school or a school for specific purposes. The decision to apply for a support class is yours, and the school will discuss options with you and assist with the application process if you choose to proceed.

[education.nsw.gov.au/starting-school-with-additional-needs](https://education.nsw.gov.au/starting-school-with-additional-needs)



## School counselling and support services

All NSW public schools have access to psychological expertise through the School Counselling Service, which includes school counselors and psychologists. They help students with learning, relationships, and managing emotions. These professionals play a crucial role in student success and wellbeing. You can make an appointment by contacting the school. Some primary schools also have additional staff, such as a wellbeing nurse, dedicated to student health and wellbeing.

## Kids helpline

If your child is having a tough time and needs someone to talk to, let them know they can call or chat to someone at Kids Helpline.

Kids Helpline gives young people aged 5 to 25 free phone and online counselling support.

**Phone 1800 55 1800 or chat online (24 hours a day)**

[kidshelpline.com.au](https://kidshelpline.com.au)

## Inclusive education in schools

Inclusive education ensures all that students, regardless of differences, can access and participate in learning with their peers.

The NSW Department of Education values diverse school communities and is dedicated to creating an inclusive education system that includes every student, regardless of disability, ethnicity, socioeconomic status, nationality, language, gender, sexual orientation, or faith. This is done by making customised changes and using teaching methods that address the specific needs of each student.

Our culture, policies, and everyday practices support the integration of inclusion throughout school life.





# Every Day Matters

A day away from school here or there doesn't seem like much, but absences add up.

## Why is attendance important?

Attending school every day gives your child the best opportunity and access to a wide range of learning, wellbeing and social connections.

Each day of school builds on what was learned the day before.

Your school is here to support you in getting your child ready and motivated for school every day.

When your child is absent, inform the school and provide a reason within 7 days. Notify the school in advance if you know your child will be absent. This helps make sure schools know where their students are and offer support for you and your family if needed.

Please contact your school if your child needs to miss school for any reason, so they can plan continued support for your child's learning and wellbeing.

[education.nsw.gov.au/every-day-matters](https://education.nsw.gov.au/every-day-matters)

### Did you know?

If your child misses as little as

**1** day per week

they will miss

**8** weeks of school per year

which adds up to over

**2.5** years missed over their school life



# Engaging with your child's education

Relationship building is the most important part of transitioning to school. Your school is committed to working with you to ensure you have all the information and support you need to help your child get the most out of school. In addition, you have the right to feel welcome at school, be treated fairly and be able to actively participate in your child's schooling.

In return, we ask that you interact with the school community in a positive way. This includes your child's teacher, school staff, other children and their parents and carers. We are all partners in our children's education.

School staff have the right to feel safe in their workplace without experiencing intimidating actions, language, or inappropriate and unhelpful communications.

All of our interactions and communications – including those about difficult or complex issues – should be timely, respectful, transparent and focused on solutions.

[education.nsw.gov.au/school-community-charter](https://education.nsw.gov.au/school-community-charter)





## Get involved

- Get to know teachers, school staff, other parents or carers and your child's friends.
- Attend school events such as parent and teacher nights, presentation nights, award ceremonies, performances or showcases.
- If you can, provide your child with out-of-school opportunities to bond with their friends and the community such as volunteering, sports and supervised play dates.

## How to find the right person if you have questions or concerns

The best education happens when families and schools work together.

If you have questions about your child starting Kindergarten, aim to contact your local school before term starts. You can find information about the enrolment process and find your local school on our website.

[schoolfinder.education.nsw.gov.au](https://schoolfinder.education.nsw.gov.au)

Once your child has started school, you may have questions or concerns. Your child's teacher is often the best place to start if you would like to talk about your child's progress. If you aren't sure who to talk to, your child's teacher or school office staff can give you the right contact details.

[education.nsw.gov.au/your-feedback](https://education.nsw.gov.au/your-feedback)



# Getting your child ready for literacy and numeracy learning



## Literacy

Literacy involves speaking and listening, reading and writing. Engaging with your child in play-based literacy activities every day will support their development of early literacy skills.

Talk and interact with your child. Through talk, children learn about communicating with others. They also learn how to take turns, ask questions and develop a knowledge of words. These skills help children develop a strong foundation for reading and writing

## Activities to try with your child

### Speaking and listening

Speaking and listening skills are important for children to socialise, make friends and to actively participate in school activities.

- Make conversations fun. For example, make up funny or nonsense rhymes.
- Use everyday words that are part of your child's culture, experience and interests.
- Have fun with the sound of letters. Make up silly sentences using words that start with the same sound, such as, "Sam sat on 6 socks."

### Reading

Read to and with your child daily. Encourage your child to explore books by themselves or with a family member. This will support your child to understand how books work and build a love of reading.

- Read books with rhymes and riddles that your child enjoys.
- Sing songs. Make up a song about an everyday activity such as getting dressed.

### Drawing and writing

Encourage your child to draw or write about topics that interest them. This will help your child explore how messages can be communicated in different ways.

- Ask your child to draw or write about things they like to do, make or play. Talk with your child about their drawing or writing.
- Encourage them to create a card for a friend, or an invitation to a special event or celebration.

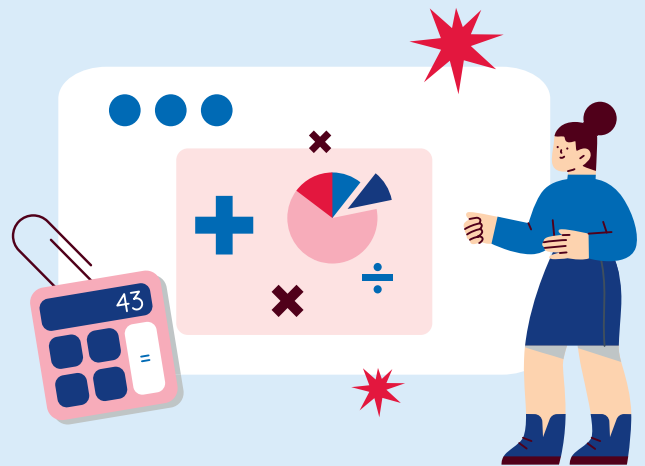


## Year 1 Phonics Screening Check

In NSW Department schools, Year 1 students take the Year 1 Phonics Screening Check in August. This is a brief assessment that helps teachers understand how well your child is doing with phonics.

Phonics is crucial for children who are learning to read. This check assesses how your child reads words with various letter combinations. Its purpose is to provide teachers with information to plan for your child's learning.

If you want to know more about the check, please contact your child's school.



## Numeracy

Numeracy is the ability to confidently use mathematical skills in learning and daily life. It involves understanding how numbers work in everyday situations.

We see and use numbers daily. For example, we see page numbers in books, and when we buy something, we add and subtract numbers.

## Activities to try with your child

### Numbers and counting

Encourage talking and learning about numbers during daily activities.

- Play board games that use dice and counting.
- Find numbers or count objects when going on a walk or other daily activities.
- Sing counting songs such as 'Five little ducks' or 'Ten green bottles'.

### Adding and subtracting

Support your child to develop a sense of adding and subtracting.

- Add or subtract everyday items such as putting food in their lunch box or taking food out of their lunch box.
- When shopping, talk about how many items need to be purchased. For example, "how many bananas do we need for everyone in the family?" "If I have one banana how many more do I need?"

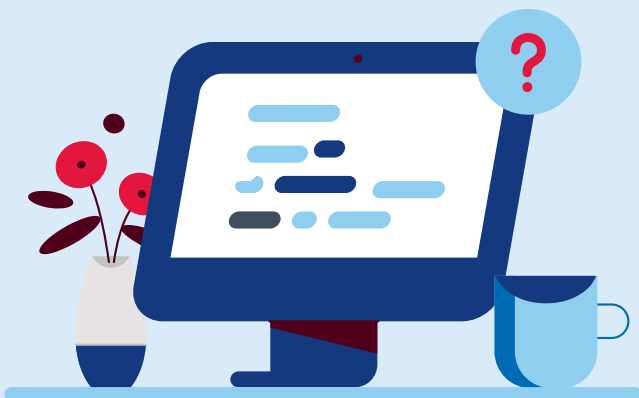
### Identifying and creating patterns

Have fun recognising, creating, identifying, copying and continuing patterns every day.

- Play clapping games where you clap a pattern and your child repeats the pattern.
- Create patterns with everyday items such as toys and pencils.

Always encourage your child and use activities and topics they are interested in. If you speak a language other than English, it is important that you support your child to use their home language when interacting.

Most importantly, have fun with your child and make use of opportunities in everyday activities. The early years are critical to developing a lifelong love of learning.





## NAPLAN

Students in Years 3, 5, 7 and 9 in Australian schools sit the National Assessment Program – Literacy and Numeracy (NAPLAN).

NAPLAN is held in March and involves 4 different tests:

- language conventions (spelling, punctuation and grammar)
- writing
- reading
- numeracy.

They are not English or mathematics tests. Rather, NAPLAN assesses students' general literacy and numeracy skills, which are required in all subject areas. Texts used in NAPLAN come from a variety of key learning areas.

Students with disability or additional learning and support needs may qualify for disability adjustments. Contact your school to discuss further.

[nap.edu.au](http://nap.edu.au)

## Curriculum

Each year, students are taught from syllabuses developed by the NSW Education Standards Authority. Schools and teachers use these syllabuses to create lessons. These syllabuses explain what knowledge, skills, values, and attitudes students should gain at each learning stage.

[edu.nsw.link/curriculum](http://edu.nsw.link/curriculum)



  
Bella Vista  
PUBLIC SCHOOL

# Eating at school

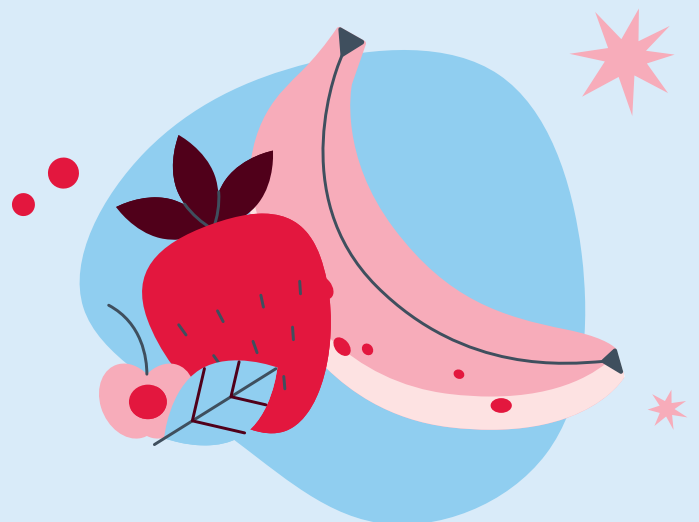
Eating at school will be a different experience for your child compared to eating at home or at preschool. There are no places to keep food hot or cold. Children often sit on the grass or on benches and balance their food on their knees. They will also need to be able to open everything their food is wrapped in, and they won't want to spend so much time eating that they miss out on playing.

## Tips to help your child

- Encourage your child to practise eating from the lunch box at home.
- Pack food that is easy to open, easy to eat and not messy.
- If your child needs utensils like chopsticks or cutlery, make sure these are packed with their lunch.
- Write your child's name on their lunch box, water bottle and any other containers.
- Include a frozen drink bottle to keep food cold. Wrap it in a tea towel in case it leaks.
- Use insulated lunch boxes or cooler bags.
- Avoid using plastic wrap as children find it hard to pull apart. Paper bags are better for the environment too.
- Pack tissues or paper around fruit so it won't bruise.
- Remind your child to wash their hands before eating and to use the toilet at recess and lunch.
- Pack a water bottle for your child each day and remind them that they can also get water from the taps or bubblers throughout the day.
- If your child can order food from their school canteen, help them identify healthy food and drink choices.

## Recess and lunch ideas

- Cut fruit into pieces and put them in a small container. Squeeze some lemon juice on apples or pears to stop them going brown.
- Cut up vegetables such as carrots, celery and cucumber. Put dips or yoghurt in a separate container.
- Make wholemeal muffins and freeze them.
- Try different breads, such as rolls, roti, pita, wholegrain or tortilla wraps.
- If using tomato in a sandwich, slice it thinly and place the slices between other fillings to stop the sandwich from going soggy.



# Health and wellbeing

You can help support your child's health and wellbeing as they start Kindergarten and move through primary school.



## Face your child's feelings

Whether your child has attended preschool or is starting primary school for the first time, they may experience difficulty settling into school routines.

### Your child may be feeling:

- excited or happy about starting school
- nervous or anxious due to new routines
- frustrated or annoyed about all the changes.

## Talk with your child

**Check in with your child before, and particularly after, school.**

- What was the best part of your day?
- What did you learn?
- Who did you help today?

Communicate with comfort and connection. Be relaxed in your facial expression and body. Get down to your child's level and offer gentle touch or affection.

### For example:

"I know Kindy is different from preschool. We have to go to school. Let's sit together and figure out how to make this easier."

Validate and relate to your child's feelings. Consider how they're experiencing the situation from their point of view.

Discuss and set limits. Wishes and feelings are acceptable, but some behaviours are not. It is important to remain calm, clear and assertive.

### For example:

"I hear you want to play more. It is important that you get a good night's sleep before school. It is bedtime."

"I can see you are frustrated but it is not okay to yell or hit."





Notice and address any physical, behavioural or emotional changes. Some reactions to stress include tiredness, struggling to fall asleep, boredom, feeling irritable or acting out, being withdrawn or avoiding school and homework, complaints of an upset stomach or headache, excessively asking questions, or seeking reassurance. Always share any concerns with your child's teacher.

## Create routines at home

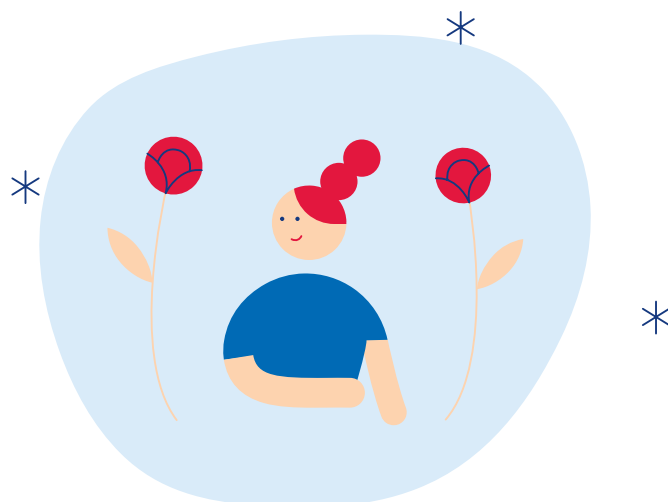
- Make sure your child is getting a good night's sleep and at least 30 minutes of daily exercise.
- Cook nutritious meals including breakfast, lunch and dinner and make sure your child is eating regularly.
- Encourage your child to stay hydrated, even in the colder months.
- Read to your child as part of your daily routine.

Kindergarten children can get very tired at night because they are doing so many new and exciting things. For this reason, it helps to keep before and after school routines – like bath time, meals and reading – as regular as possible. It's also important to leave time for your child to play and get a good night's sleep each night.

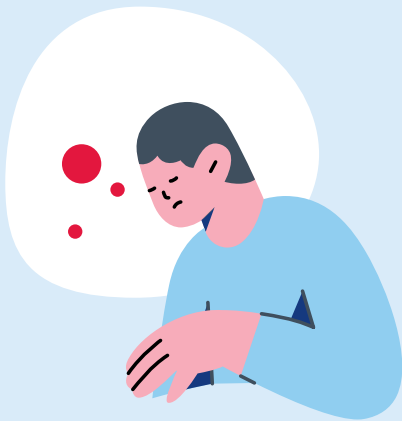
## Anti-bullying environment

All NSW public schools work to prevent bullying and encourage appropriate behaviour by building students' social skills and respect for others. Each school has a behaviour support and management plan with strategies to address bullying, cyberbullying, and harassment. Contact your school for a copy of the plan or to report a concern.

[education.nsw.gov.au/anti-bullying](https://education.nsw.gov.au/anti-bullying)



# Sickness and allergies



## If your child is sick at school

If your child gets sick or injured at school, the school will contact you. If your child is ill, they will go to an area where they can lie down and be monitored. You will be called to come and collect your child if they are too sick to go back to the classroom. For this reason, it is important to keep your contact details up to date with the school, including an alternative contact – such as a relative or neighbour – who the school can call if you are unavailable.

## If your child is sick at home

From time to time your child may get sick. If they display any of the following symptoms, they should stay at home and see a doctor:

- a fever of 38°C or above
- vomiting or diarrhoea
- cough or respiratory symptoms
- cold or flu symptoms
- rashes of an unknown origin.

## Head lice

Head lice spread when children are in close contact. They are easily treated and are not harmful to your child. Having head lice is not a reflection on the level of your child's personal hygiene. NSW Health advises that there is no need for students to be sent home or excluded from school because of head lice.

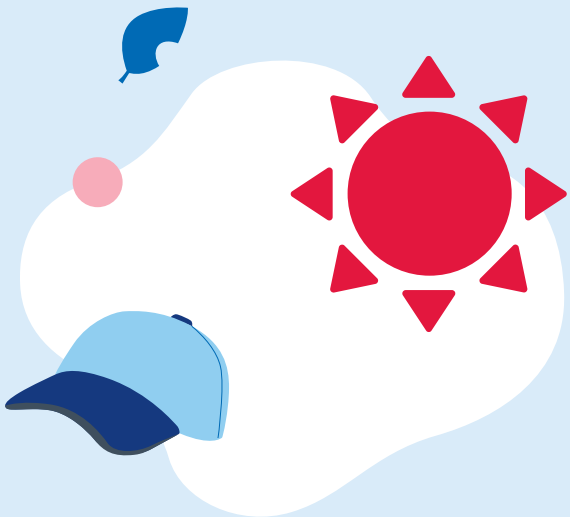
[health.nsw.gov.au/environment/headlice](https://health.nsw.gov.au/environment/headlice)

## Preventing head lice

- Check your child's hair regularly.
- Keep long hair tied back, plaited or braided.
- Keep a fine-toothed comb in the bathroom and encourage your family to use it when they wash their hair.

## Treating head lice

Daily combing with a white hair conditioner (to help see lice) and using a fine-toothed comb will help get rid of head lice and their eggs (nits). If your child has head lice, let the school know so they can ask other families to check their children's hair. Your child will not be identified.

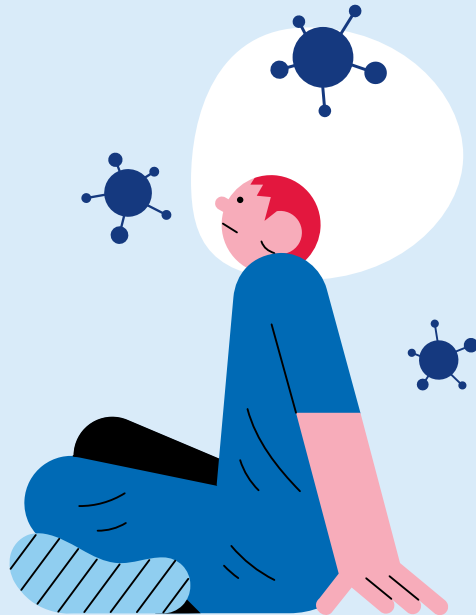


## Sun safety

Schools promote sun-smart behaviour by encouraging students and staff to Slip, Slop, Slap, Seek and Slide. Sun-safe uniform items – including hats that protect the head, neck and ears – are included in school uniforms. School staff encourage students to play in covered areas around the school. Most schools have a ‘no hat, no play’ policy, so your child will need their hat to play outdoors with their friends at recess and lunch.

You can protect your child from the damaging effects of UV radiation by applying sunscreen each morning before they leave for school and ensuring they are wearing a sun-safe hat. Children can also wear sunglasses at school to protect their eyes from sun damage.

[cancercouncil.com.au/sun-protection](https://cancercouncil.com.au/sun-protection)



## Allergies and asthma

It is important for you to inform the principal and the school if your child has asthma or allergies – not just those diagnosed as severe or food allergies. Anaphylaxis is a severe and sudden allergic reaction to allergens such as nuts or shellfish, or insect bites. If your child is diagnosed with asthma or at risk of an anaphylactic reaction, you must provide the school with information from your child’s doctor, including an Action Plan for Anaphylaxis in accordance with the Australasian Society of Clinical Immunology and Allergy.

The school will develop an individual health care plan to describe your child’s needs and how the school plans to meet them during the school day, on excursions and in other school activities such as sport.

Schools, parents and carers work together to put arrangements in place for health care support. Information from the child’s doctor that you provide will inform the planning process.

[allergyfacts.org.au](https://allergyfacts.org.au)



# Ways to get involved with your school community

If your family is new to the school, consider connecting with other families in the community. You could get in touch with your children's friends, or get involved in school activities.

## Get connected

Ask the school if there are any school-specific apps or social media groups to connect you with other parents and carers, or get updates on school activities. Check out your school's website and find out if they have a Facebook page or newsletter that promotes opportunities to get involved.

## Parents and Citizens Association

The Parents and Citizens (P&C) Association is a formal organisation for parents and members of the community to support their school. The P&C might source equipment for the school, organise fundraisers, help with public events (such as fetes and concerts) or encourage parents and citizens to work closely with teachers. As the principal attends P&C meetings, there is an opportunity for families and community members to be involved in school education matters. The P&C usually has a budget which can come from voluntary donations and sources such as uniform shops, canteens or public fetes and carnivals.

Joining the P&C is a great way to actively help the school and be involved in the community.

[pandc.org.au](http://pandc.org.au)

## Help in the classroom

Parents and carers may have opportunities to assist in the classroom. Each school is unique so your school can best advise ways you could volunteer. Classroom volunteers might help by assisting the teacher and working with children in small groups. They could assist with maths, reading or comprehension activities that the teacher has organised. Mentoring volunteers generally work with a single student each week, offering one-to-one support to increase their academic confidence.

## Volunteer for school activities

Parents and carers can also help out beyond the classroom. There could be opportunities to volunteer time at the canteen or library, or assist at a school sports carnival, excursion or after school activity. Each school will be slightly different.

## Initiate something you're passionate about

You may have your own ideas for improving the school and its community. For example, you could offer to help start a new club (like chess or debating) or support a co-curricular activity (such as learning a language or sport). Perhaps you know of a community partnership opportunity, or a great guest speaker that could visit. Share your ideas with the school or the P&C.

The most important part of volunteering is that you're able to commit your time and energy. Choose a school activity that you'll truly enjoy taking part in and get involved.



# Connection to Country in schools

Aboriginal and Torres Strait Islander peoples have been here for tens of thousands of years and are the Ongoing Custodians of our land. Each unique group has its own culture, language and lores.

During their time at school, your child will learn about the history, culture, and contributions of Aboriginal and/or Torres Strait Islander peoples, as well as how they can work towards reconciliation.

Learning about this rich history and culture can help students understand cultural differences and show respect for diversity.

## What is Country?

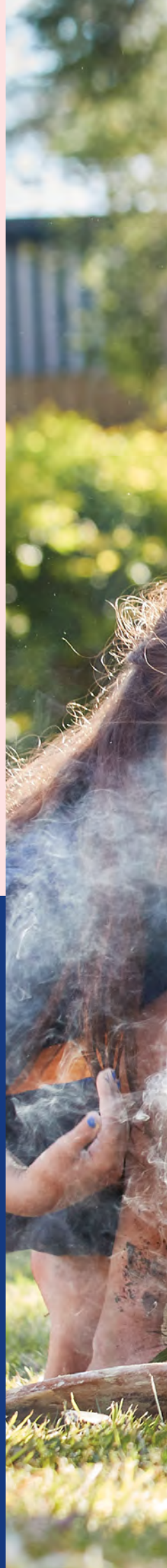
Aboriginal Peoples have a strong and lasting connection with their land and water, known as Country. This profoundly spiritual connection links them to their land and ancestors and creates a sense of belonging and identity. Despite the challenges of colonisation and forced removal, Aboriginal Peoples have managed to maintain this sacred connection.

Your child can learn about Aboriginal and/or Torres Strait Islander history and cultures by:

- finding out whose Country their home is on
- finding out whose Country their school is on
- writing down an Acknowledgement of Country
- learning some words of the local Aboriginal language by consulting with the local Aboriginal community.

## What is an Acknowledgement of Country?

Acknowledging Country is a way for us to remind ourselves that we live and go to school on Aboriginal lands and take the time to pay our respects to Aboriginal and/or Torres Strait Islander people of generations past and present for continuing to take care of our land, earth, skies and seas. It is a statement of recognition of the Traditional Owners of the land. It is a way to show respect for Aboriginal peoples, cultures and heritage and the ongoing relationship the Traditional Custodians have with the land.





## Activity

Help your child complete their Acknowledgement of Country for their school's land. Scan the QR code or visit [edu.nsw.link/indigenous-australia-map](https://edu.nsw.link/indigenous-australia-map)



Today we are playing and learning on

country and pay our respects to Elders past and present.



# Useful websites

[education.nsw.gov.au/useful-websites](https://education.nsw.gov.au/useful-websites)

## Aboriginal Education Consultative Group

[aecg.nsw.edu.au](https://aecg.nsw.edu.au)

## Aboriginal Outcomes and Partnerships

[education.nsw.gov.au/teaching-and-learning/aec](https://education.nsw.gov.au/teaching-and-learning/aec)

## A strong start to school

[education.nsw.gov.au/early-learner-animations](https://education.nsw.gov.au/early-learner-animations)

## Complaints, compliments and suggestions

[education.nsw.gov.au/your-feedback](https://education.nsw.gov.au/your-feedback)

## Disability, learning and support

[education.nsw.gov.au/starting-school-with-additional-needs](https://education.nsw.gov.au/starting-school-with-additional-needs)

## Enrolment

[education.nsw.gov.au/enrolment](https://education.nsw.gov.au/enrolment)

## High potential and gifted education

[education.nsw.gov.au/teaching-and-learning/high-potential-and-gifted-education](https://education.nsw.gov.au/teaching-and-learning/high-potential-and-gifted-education)

## Information for parents and carers

[education.nsw.gov.au/parent-guide](https://education.nsw.gov.au/parent-guide)

## NSW Health

[health.nsw.gov.au](https://health.nsw.gov.au)

## Parents and carers resources

[education.nsw.gov.au/parents-and-carers](https://education.nsw.gov.au/parents-and-carers)

## Road safety

[education.nsw.gov.au/safe-travel](https://education.nsw.gov.au/safe-travel)

## School Community Charter

[education.nsw.gov.au/school-community-charter](https://education.nsw.gov.au/school-community-charter)

## Translated school information

[education.nsw.gov.au/translated-documents](https://education.nsw.gov.au/translated-documents)

## Other useful websites

[education.nsw.gov.au/useful-websites](https://education.nsw.gov.au/useful-websites)

We would like to pay our respects and acknowledge the Ongoing Custodians of the land and also pay respect to Elders both past and present.

### Say hello

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