

# PEATS RIDGE PUBLIC SCHOOL

# NEWSLETTER

Persevere & Aim High – Respectful & Connected - Responsible

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Term Four

Week 4

Wednesday 1 November 2023



Dear Students, Families and Friends,

Look at the happy faces of our Kinder start student Mayson with our current Kinder students, Isla and Eunice. Mrs Owens has done an amazing job of running the Kinder Start Program for this year. There are two more sessions to go and I'm sure Mrs Owens has some fun activities planned. We are so fortunate to have the expertise of a highly experienced teacher to give our youngest students a great start to school.

## Book Parade

Yesterday we held our book parade in the hall. Thank you to the parents that attended and big thanks to everyone who sent their children along in costume. Mrs Byrne made a balloon arch as a colourful decoration and back drop for the photos. We had fun dancing around and showing our costumes. There are lots of photos at the end of this newsletter.

## Snake

Yesterday we had an unwanted visitor who reminded us that it is snake season. We think it was a python who emerged from under the canteen where it must've been feasting on rats. Before the snake catcher could arrive, it had been frightened off by the noise of the students and slithered into the bush. We will be having many discussions with the students about snake safety around the school.



## Enrolments for 2024

At this stage we have two Kindergarten students enrolled for 2024 and should maintain our current amount of students for 2024. If you know that you will be moving away from the area or changing schools, could you please let me know via email or a phone call to the school as I will be making decisions about our staff for 2024. On the other hand, if you know of any families in the local area who are undecided about which school to send their children, could you please encourage them to come and visit the school to see what we can offer.

## Assembly

Our next assembly will be on Friday 10 November at 2:30pm in the library. Parents and carers are welcome to attend.

## Bush Fires

Peats Ridge PS has been rated as a Category 1 school when it comes to bushfires. This means that if the RFS sets the Fire Danger Rating to "Catastrophic" the school will be non-operational for that day. Fire Danger Ratings describe the potential level of danger should a fire start. The ratings are determined by a combination of factors including air temperature, relative humidity, wind speed and drought. Our Fire Danger Rating for today, Wednesday, was "Extreme" with a total fire ban. Check this website for more information about Fire Danger Ratings. [Fire Danger Ratings and Total Fire Bans - NSW Rural Fire Service](#)



To support the health, safety and wellbeing of students and staff, the department, in consultation with NSW Rural Fire Service (NSW RFS), will direct the school to temporarily cease operations on days when a Catastrophic Fire Danger Rating has been declared for your school's NSW fire area. Alternative learning arrangements will be put in place for these days. Schools may be directed by the department to become non-operational at any time based on advice from emergency services and the State Emergency Operations Centre.

At approximately 4:00pm each day the Fire Danger Rating is issued for the following day. This means that schools, including onsite preschools, will be notified after school hours that it will be non-operational the following day. Your school will notify you as soon as possible by the preferred method of communication.

Parents and carers are requested to:

- provide up-to-date home and after-hours contact details to your school
- stay up-to-date with news and local media through the bushfire danger period through the following ways,

				
'Hazards Near Me' Free Smart-phone App	Direct message from the PRPS Sentral Parent Portal	Fire Danger Ratings at <a href="https://rfs.nsw.gov.au/fdr">rfs.nsw.gov.au/fdr</a> Fire Activity and Alert Levels at <a href="https://rfs.nsw.gov.au">rfs.nsw.gov.au</a> <a href="https://www.livetraffic.com">Livetraffic.com</a>	Local radio, TV, newspaper, local ABC/emergency broadcaster	<a href="https://facebook.com/nswrfs">facebook.com/nswrfs</a> <a href="https://twitter.com/nswrfs">twitter.com/nswrfs</a>

Take care, everyone.  
Robynne Scott  
Principal















# Australian Childhood Anxiety TREATMENT STUDY

## Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

### About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

### About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.


Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

### Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 [cadrp@griffith.edu.au](mailto:cadrp@griffith.edu.au)

 [griffith.edu.au/childhood-anxiety-treatment-study](http://griffith.edu.au/childhood-anxiety-treatment-study)



Australian Government  
National Health and  
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