



# SPOTLIGHT

## Upcoming Events

**DRIVE 4 LIFE**  
Every Wednesday  
Senior students

**KARI**  
Alternative Thursdays  
Junior & Senior students

**SWIM SCHOOL**  
Term 4 - Weeks 1 & 2  
Every Day  
Junior students



## SWIM SCHOOL

A reminder that **Junior students** have the opportunity to participate in Swim School **commencing Day 1 of Term 4, Monday 14th October.**

The program will be on every day for the first two weeks of Term 4, enabling students to gain new confidence in the lead-up to Summer.

**Please ensure you send back permission notes for your child to attend.**

## PRINCIPAL'S MESSAGE



*Brett Atkinson*

It is an exciting time at PVLC as we move towards the Term 3 holiday break.

There will be some infrastructure changes that will be occurring over the next few months and for any families who have been on-site, you will notice that the large tree in the main courtyard has been removed. This marks the commencement of works where the school has planned for a Ninja Warrior course, an Outdoor Gym and an additional Half-Court Basketball court to be added to our grounds.

These facilities will provide greater opportunities for our students to access and engage in, especially at recess and lunch. Be sure to keep an eye out for progress on these items.



**Staff Focus**



My name is Nigel Doecke and I am the SSO at PVLC.

I grew up on Ngadjuri Country on a farm located in South Australia.

I began my career as a Diesel Mechanic before becoming a Youth Worker with Fusion, which gave me the opportunity to be involved in many school, youth and street programs before beginning my association with PVLC as a Chaplain.

I love working alongside students to discover their strengths and skills. I bring all kinds of wellbeing and practical skills to support students in a positive way. My goal is for them to leave school with more tools in their toolbox for life... practical, mental and emotional.



**Feeling Hungry?**

Students at PVLC are required to bring their own food for recess and lunch.

Our **Breakfast Program** is available to all students on arrival to school and fresh fruit is available throughout the day.

**\*PVLC is a nut free school.**

**A Message from our School Counsellor, Caroline**



*As the weather starts to warm up and we look toward sunnier and warmer days, sometimes it can take us by surprise that despite the warmer weather we just can't seem to shake off the 'winter blues'.*

Depression is a mental health condition that can impact as many as 1 in 4 young adults in Australia.

Recent research has shown that most people will first experience depression during their adolescence, with cases being more prevalent in ages 15 to 24. For many teens causes of depression are frequently related to fights with family or friends, changes in school, being bullied and relationship difficulties.

As a parent of my own teenagers, I know it can be difficult to raise the topic of depression - and even spot it - let's face it, what teenager isn't sleeping or laying around too much, lacking motivation and irritable from time to time? These are all symptoms of depression!

Unfortunately, undetected or untreated depression is strongly linked to teen self-harm and suicide.

As parents or carers, we may not always be the person who a teen feels comfortable to talk with about depression. Thankfully in an age of technology there are many helpful online digital resources and tools which can support teens to develop skills to address and reduce their depressive symptoms.

I would encourage you to take a look at and share with the young person/s in your life some of the great resources attached to the provided QR code.



**JOBQUEST**

Working towards the future



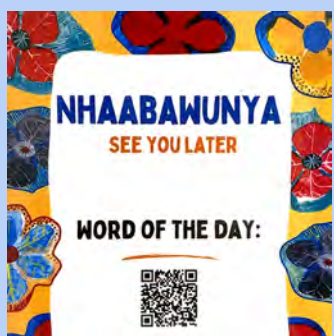
The **Job Quest** program comes to a close this term, with students receiving either a Certificate or a Statement of Attainment.

The highlight of Term 3 was an excursion to **Productivity Bootcamp** in Penrith. Students participated in welding rebar, wheelbarrow skills with cinder blocks, using hammer and nails, using wire and snips to secure rebar, and using four different types of saws in the carpentry workshop.



Students were self-motivated to remain active throughout the day and wore their safety sunglasses with pride.

**If your child is at least 16 years old and interested in an introduction to various trade skills, the 8 week program might be a successful pathway to post-school employment.**



### Classroom Focus on Dharug Language

Over this Term, our Aboriginal Education Officer Scott has been introducing words from the local Dharug language to each class.

These words are presented with a QR code, allowing staff and students to learn how to pronounce each word correctly and know its meaning.



### Uniform Shop

Contact the office staff for purchases of all uniform requirements.

- Shirt \$25      Shorts \$22
- Pants \$30     Jacket \$35
- Hat \$12



### WATTLE

This Term Wattle Class have been learning how to use problem solving skills through our class project of building a foam armour helmet.

Students have learned how to contribute to projects in various ways using their strengths such as tracing patterns, putting patterns together, cutting out patterns, and ensuring we have the necessary equipment, such as sharp pencils.

More recently students have been experimenting with how to use glue guns efficiently and effectively. They have practiced assembling scrap pieces and are observing the characteristics of the hot glue.

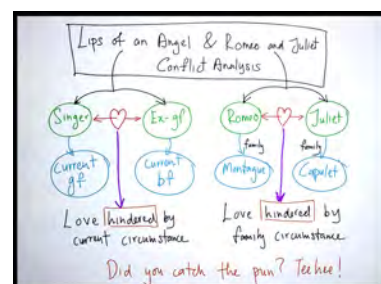


### WARATAH

This Term Waratah Class focused on problem solving the Pythagorean Theorem. We collected like terms in Mathematics, before moving onto feeding our inner curiosity and expanding our perspective by exploring and learning about our solar system and recent space discoveries such as Spiral Galaxy NGC 628 captured by the James Webb telescope. Exciting times in the scientific world!

Students then delved into an introspective analysis of Romeo and Juliet. We moved away from the popular and more common understanding of Romeo and Juliet as primarily a love story, analysing the external and internal conflicts that present themselves from the beginning of Shakespeare's tragedy in the prologue and across all five acts of the play.

We also discovered the similarities between "Lips of an Angel" by Hinder and Romeo and Juliet, which defined the relevance of this four-hundred-year-old Shakespearean play.





### BOTTLEBRUSH

Bottlebrush Class were excited to do a Science experiment called **Rockets**.

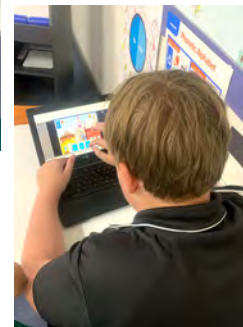
Each student had to write down what equipment was required, together with the steps of the experiment and the expected reaction or hypothesis. Students were asked to practise opening their film canisters before they began. They then made a rocket and learnt how to adjust the levels of paste or vinegar to assist the rockets to fly.



### BANKSIA

This Term Banksia Class have taken their maths online by using **MangaHigh**, a game-based learning platform.

Students have been learning addition, subtraction, estimation, inverse operations, number sequence and a whole lot more! Maths has become an exciting part of the day.



## NAIDOC WEEK



**NAIDOC Week** celebrations at PVLC started with a Welcome to Country and Smoking Ceremony, followed by some group activities of traditional art, weaving and yidaki.

Staff and students eagerly worked together representing their house teams and played traditional Indigenous games. At the end of our activities, everyone feasted on a traditional cook up of emu, kangaroo and crocodile.

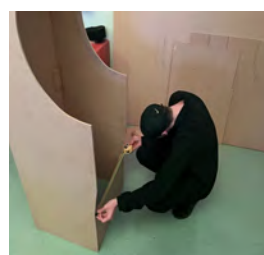


### GREVILLEA

Grevillea Class are busy working on a couple of projects featuring Indigenous and creative artworks.

Our raspberry pi arcade machine is coming along nicely and has involved mathematical problem solving and learning new woodwork skills.

Great to see the creativity and focus blossom.





## A Conversation Can Change A Life

We encourage you to **Ask R U OK? Any Day** of the year because a conversation could change a life.

By having regular, meaningful conversations, you build trust and normalise talking about what's really going on, so when the people in your world find themselves struggling, they know you're someone they can talk to.

You don't need to be an expert to reach out - just a good friend and a great listener.

Use these four steps and have a conversation that could change a life:

- Ask R U OK?
- Listen
- Encourage action
- Check in



Dear students,

The NSW Department of Education is making an important change to help keep our students safe online, reduce the risk of cyber threats and make sure your student email accounts are used for their intended educational purposes only.

### What's happening

Starting Day 1 Term 4, you won't be able to use your student email address to sign up for, or recover access to any social media, gaming, instant messaging or similar accounts.

### What you need to do

If you have signed up for a social media, gaming, instant messaging or similar account using your student email address, please change to a personal email address on each platform by Sunday 13 October to make sure you don't lose access to the account. Here's how:

1. Log in to each account.
2. Go to the account settings and update your email address to a personal one. Add a mobile number too, if you haven't already.

### Why this is happening

The department is making this change to ensure all student accounts are being used for their educational purposes, and to help protect you from risks online. Using your personal email address for these platforms instead of your student email address reduces the chances of someone gaining access to information in your school account.

Regards,

Brett Atkinson  
Principal, Penrith Valley Learning Centre

## PVLC WORD SEARCH

E	V	I	E	C	R	E	A	T	I	V	I	T	Y
S	E	E	P	C	S	I	M	E	T	R	I	O	I
H	H	K	R	A	A	N	E	S	C	E	S	P	E
N	A	O	E	I	E	U	N	T	M	S	R	P	C
Y	E	P	U	E	A	H	T	W	R	I	C	O	N
E	N	E	P	S	P	U	O	R	O	L	A	R	A
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W	O	R	K	E	X	P	E	R	I	E	N	C	E
S	T	N	E	D	U	T	S	P	I	E	T	E	P

- HOUSE TEAMS
- STUDENTS
- CREATIVITY
- PERSEVERANCE
- MENTOR
- WORK EXPERIENCE
- HAPPY
- VERSATILE
- OPPORTUNITY
- RESILIENCE



NSW Department of Education

# PVLC Classroom Expectations 2024

## Safe

- I am seated in my chair.
- I am following instructions.
- I am kind to myself and others.

## Responsible

- I use my manners.
- I speak politely to others.
- I face the teacher to show I am listening.
- I wait patiently for my turn.

## Learner

- I am on task.
- I reflect on my mistakes.
- I work cooperatively.
- I allow others to learn.

**Would you like to see what's happening at school each week?**

Check out PVLC's social media page to see if you were photographed!

[www.facebook.com/profile.php?id=100068039185471](https://www.facebook.com/profile.php?id=100068039185471)



## Every Day Matters

Parents and carers play an important role in ensuring students get to school and stay in school every day. Consistent attendance improves each student's opportunity to learn, create social connections, improves their wellbeing and increases career options.

**Fearless**

Tips for dealing with **SCHOOL REFUSAL**

- 01** Show your child you understand - "I can see you are worried about school. I know it's hard, but it's good for you to go. Your teacher and I will help you."
- 02 Create Calm** Stay calm and Plan for calm - If your child sees you are worried, stressed or frustrated, it can make it more difficult. Take a deep breathe before responding. Have a plan in place with them from the night before about what you will do to stay calm in the morning (like putting music on, allocating time for a favourite activity like reading or colouring, or leaving at a specific time).
- 03 Routine** Have a morning and evening routine that will help to feel more organised, calm, and structured as a family. For example, get bags ready the night before, prepare lunch, and make sure the uniform is laid out.
- 04** If your child does end up staying home, make home "boring" during school hours. This may mean, no devices like TV, video games, and phones, during the school hours.
- 05** Praise your child when they show brave behaviours like getting ready for school, getting out of bed, getting into the car. Like "I know it's hard for you, but it is great that you're giving it a go. Well done!"
- 06 Drop Off Support** Have a plan in place with the school staff about what will happen when you arrive at school. Where will the teacher meet you? Where will your child go? What calming strategies can everyone use together? Get someone else to drop your child off if you can as they usually cope better away from a parent.