

# Rouse Hill Public School



**Kindergarten 2024  
Parent Information Evening**



# Acknowledgement of Country

I would like to acknowledge the Darug people, who are the traditional custodians of the land on which Rouse Hill Public School is built.

I acknowledge the continuing connection that Aboriginal and Torres Strait Islander Peoples have to culture, language, land, sea and waterways.

I pay my respect to Elders past, present and emerging, as well as to any Aboriginal and Torres Strait Islander peoples here today.

# PARENT INFORMATION EVENING



- Principal's address
- Welcome from our Year 6 Student Leaders
- Meet the Team
- P&C Welcome: Uniform & Canteen Information
- OOSH Welcome
- Kindergarten Orientation
- First Days of Kindergarten
- Preparing your Child for School
- Things to look forward to in Kindergarten

# WELCOME FROM OUR STUDENT LEADERS

**Evy & Jayden**



# MEET THE TEAM



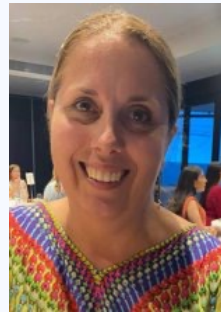
PRINCIPAL  
ROB JARVIS



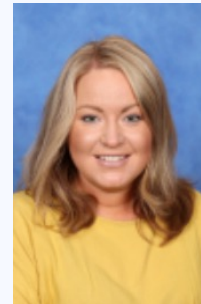
K-2 DEPUTY PRINCIPAL  
JESS PINTADO



3-6 DEPUTY PRINCIPAL  
REBECCA WALLACE



KINDERGARTEN AP(REL)  
MISS MARIJA MLINAC



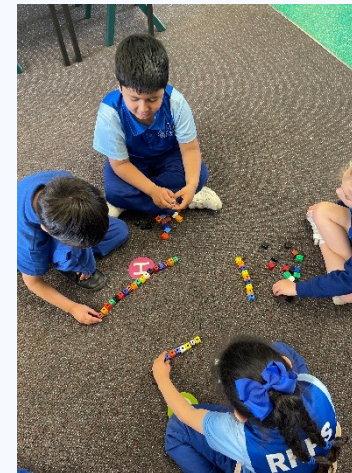
LEARNING & SUPPORT AP  
KIM COOK



Rouse Hill Public School  
**P&C Association**

# PARENT INFORMATION EVENING

- OOSH Welcome
- Kindergarten Orientation
- First Days of Kindergarten
- Preparing your Child for School



G

Aspire  
toBE



# Rouse Hill OOSH



Passion



Curiosity



Collaboration



Community



# GENERAL INFORMATION

Katelyn



Lachlan



Sofia



Simi



Tanner



Amelia



**Venue Location**  
On the grounds of Rouse Hill Public School in front of the school court.

**Opening Hours**  
Before School Care: 7:00am-9:00am  
After School Care: 3:25pm-6:00pm  
Vacation Care: 7:00am-6:00pm  
Admin: 7:00am-6:00pm

Centre Manager & Nominated Supervisor: Katelyn Teuma

Educational Leader: Lachlan McCormick

Admin Assistant: Sofia Irfan

Cook: Simi Dalia

Lead Educators: Tanner Lelo and Amelia Perring
















# CENTRE PROGRAM

We provide a program that allows children to develop their social, physical, emotional, and intellectual abilities. We provide indoor and outdoor experiences for a range of different interests.

The program will also give children opportunities that foster and enhance:









































- Friendships
- Individual/staff interactions
- Cooperative and responsible behaviours
- Individual/group experiences



Weekly Indoor & Outdoor Program			
Term 4, Week 2 - Week Beginning 16/10/2023			
	Indoor BSC	Indoor ASC	Outdoor BSC & ASC
Monday (16/10/23)	WATER-COLOUR MERMAID TAILS 	GODZILLA MOVIES + POSTERS 	CLOUD WATCHING + RESEARCH 
Tuesday (17/10/23)	CAMOUFLAGE SHAPES 	HAND-PRINT SPIDER PAINTING 	WILL IT FLOAT? 
Wednesday (18/10/23)	UNO TOURNAMENT 	SKELETON DECORATIONS 	HOPSCOTCH + CHALK DRAWINGS 
Thursday (19/10/23)	JEWELLERY MAKING 	HALLOWEEN CRAFT - SPIDERS 	BEANBAG TOSS 
Friday (20/10/23)	CHARADES + TALENT SHOW! 	CLOUD DRAWINGS 	RELAY RACES! 
Permanent Learning Spaces + Spontaneous Activities			
Construction Area	Imagination Station	Book Nook	Creating & Communicating
			Coming Together
			Learning about Nature
			Room to Move
			Places for peace & quiet

Revised 20/7/2023.

# CENTRE MENU

 Vegetarian  Dairy Free						
Term 4 Menu 2023						
Breakfast	Wholemeal toast with vegemite, jam, margarine, honey or cinnamon. Cereals, including rice bubbles, multigrain, Weetbix and corn flakes.					
Drinks	Water & Low-fat milk					
Fruit & Veggies	Served with Afternoon tea @3:30pm. Mixed platter of seasonal fruit & Veggies, including apples, oranges, bananas, pears, grapes, carrots, cucumbers, cherry tomatoes, strawberries and watermelon etc.					
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week A</b> 1, 5, 9	Special Breakfast	Chocolate oat slice				
	Afternoon Tea	Scrolls Jam, Vegemite, Cheese, margarine & Ham and Cheese.  	Snack Platter Crackers, cheese cubes, carrot & celery sticks, ham, popcorn, various dips  	Carrot Muffins 	Hot Crackers vegemite, margarine, jam, cheese, ham, tomato, avocado  	Wrap Platter Vegemite, jam, margarine, cheese, Chicken & salad  
	Late Snack	Rice Cakes with Fruit and Veggie platter				
<b>Week B</b> 2, 4, 10	Special Breakfast	Super Fruit Smoothies				
	Afternoon Tea	Pizza Toast Cheese, ham, pineapple  	Baked Meatballs Served with pita bread, lettuce, & tomato *Vegetarians will be served potato gems*  	Banana Muffins & Yoghurt  	Roti Bread Served with a variety of dip.  	Bolognese Pasta & Sauce  
	Late Snack	Rice Crackers with Fruit and Veggie platter				
<b>Week C</b> 3, 7	Special Breakfast	Chocolate Oat Slice				
	Afternoon Tea	English Muffin Pizza Cheese, ham, pineapple  	Yoghurt cups and baked pancakes  	Snack Platter Crackers, cheese cubes, carrot & celery sticks, ham, popcorn, various dips  	Cheese & Vegemite scrolls  	Choc Chip Oat Cookies  
	Late Snack	Rice Cakes with Fruit and Veggie platter				
<b>Week D</b> 4, 8	Special Breakfast	Baked Pancakes				
	Afternoon Tea	Quesadillas Spinach, cheese, chicken  	Bolognese Pasta & Sauce 	Custard and Fruit Salad  	Banana Muffins  	Pizza Toast Cheese, ham, pineapple  
	Late Snack	Rice Crackers with Fruit and Veggie platter				

Sandwiches, rice crackers and rice cakes are available throughout the afternoons.

Sugar-free zipper doopies are available occasionally on hot days.

Our menu & centre is nut free & allergy aware.



# KINDY READINESS PROGRAM

## NEW FRIENDS

The children make some new friends in kindy before they start their first official day!

## SKILLS

Children are supported through learning social and age-appropriate skills.

## ROUTINES

The children get to experience a school-like routine including recess/lunch and focus time!

## FUN

The children continue their fun from the holidays while transitioning to big school!



**G**

**Aspire  
to BE**

**Storytellers**

**Co-pilots**

**Dreamers**

**Friends**

**Leaders**

**Thinkers**

**Artists**

**Explorers**

**We are Guardian.**

# Communication with the School

<b>Principal:</b>	Mr Rob Jarvis
<b>Phone:</b>	(02) 8824 7330
<b>Email:</b>	<a href="mailto:rousehill-p.school@det.nsw.edu.au">rousehill-p.school@det.nsw.edu.au</a>
<b>Hours:</b>	9.25 am – 3.25 pm (supervision from 9 am)

## Entrances:

- **Side Gate:** OOSH Entrance / Community Centre car park next to the basketball court
- **Back Gate:** Entry at the school's back oval
- **Front Gate / Kiss & Drop:** Very front entrance of the school that leads to the school office

**Bus Stop:** Students wait outside the office for their duty teacher who will walk them to the front gate to board their bus upon its arrival.



# Information about School Events and Initiatives

## School Enews app log in

### Download the free app to receive alerts!

**iPhone / iPad** and **Android**: Press the App Store or Play Store icon on your device, search for "Rouse Hill Public School".

**Windows**: Press the Windows Store icon on your device, search for "**School Enews**". Download app, open and search for "Rouse Hill Public School".

### Subscribe for Email Updates

You can also subscribe below for updates sent to your email account. Note: Every email that we send to you has a link to unsubscribe.



## School Facebook Page




### Rouse Hill Public School NSW


1.8K followers • 1 following



# SCHOOL INFORMATION



## Rouse Hill Public School Information Booklet



Clower Ave, Rouse Hill NSW 2155  
Phone: (02) 8624 7330  
News App: Download from App/Play Store  
Website: [www.rousehill-p.schools.nsw.edu.au](http://www.rousehill-p.schools.nsw.edu.au)  
Email: [rousehill-p.school@det.nsw.edu.au](mailto:rousehill-p.school@det.nsw.edu.au)



# HEALTH CARE PLANS & MEDICATION

## ASTHMA ACTION PLAN

Take this ASTHMA ACTION PLAN with you when you visit your doctor

NAME	DOCTOR'S CONTACT DETAILS	EMERGENCY CONTACT DETAILS
DATE	Name	Name
NEXT ASTHMA CHECK-UP DUE	Phone	Relationship

**WHEN WELL** Asthma under control (almost no symptoms) ALWAYS CARRY YOUR RELIEVER WITH YOU

Take heart if used above

<p><b>Your preventer is:</b> <small>name &amp; strength</small></p> <p>Take _____ puffs/tablets _____ times every day</p> <p><input type="checkbox"/> Use a spacer with your inhaler</p> <p><b>Your reliever is:</b> <small>name</small></p> <p>Take _____ puffs</p> <p>When: You have symptoms like wheezing, coughing or shortness of breath</p> <p><input type="checkbox"/> Use a spacer with your inhaler</p>	<p><b>OTHER INSTRUCTIONS</b> <small>For heart if used above</small></p> <p><small>In a, other medicines, trigger medicines, what to do before school</small></p> <p>_____</p> <p>_____</p>
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**WHEN NOT WELL** Asthma getting worse (needing more preventer than usual, having more symptoms than usual, waking up with asthma, asthma is hard to control with usual treatment) Contact your doctor

Take heart if used below

<p><b>Keep taking preventer:</b> <small>name &amp; strength</small></p> <p>Take _____ puffs/tablets _____ times every day</p> <p><input type="checkbox"/> Use a spacer with your inhaler</p> <p><b>Your reliever is:</b> <small>name</small></p> <p>Take _____ puffs</p> <p><input type="checkbox"/> Use a spacer with your inhaler</p>	<p><b>OTHER INSTRUCTIONS</b> <small>For heart if used below</small></p> <p><small>In a, other medicines, when to stop taking your preventer</small> <input type="checkbox"/> Contact your doctor</p> <p>Preventer/prednisone: Take _____ each morning for _____ days</p>
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**IF SYMPTOMS GET WORSE** Severe asthma flare-up/attack (needing reliever again within 2 hours, increasing difficulty breathing, waking often at night with asthma symptoms) Contact your doctor today

Take heart if used below

<p><b>Keep taking preventer:</b> <small>name &amp; strength</small></p> <p>Take _____ puffs/tablets _____ times every day</p> <p><input type="checkbox"/> Use a spacer with your inhaler</p> <p><b>Your reliever is:</b> <small>name</small></p> <p>Take _____ puffs</p> <p><input type="checkbox"/> Use a spacer with your inhaler</p>	<p><b>OTHER INSTRUCTIONS</b> <small>For heart if used below</small></p> <p><small>In a, other medicines, when to stop taking your preventer</small> <input type="checkbox"/> Contact your doctor today</p> <p>Preventer/prednisone: Take _____ each morning for _____ days</p>
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**DANGER SIGNS** Asthma emergency (severe breathing problems, symptoms get worse very quickly, reliever has little or no effect) Call an ambulance immediately

Take heart if used below

**DIAL 000 FOR AMBULANCE** Call an ambulance immediately

Say that this is an asthma emergency

Keep taking reliever as often as needed

Use your adrenaline autoinjector (EpiPen or Anapen)

**National Asthma Council Australia**

nationalasthma.org.au



## ACTION PLAN FOR Anaphylaxis

Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Photo

Medicines to be avoided: \_\_\_\_\_

Family/Carer name(s): \_\_\_\_\_

Wash No: \_\_\_\_\_

Address: \_\_\_\_\_

Mobile No: \_\_\_\_\_

Don't proceed for: \_\_\_\_\_

Height: \_\_\_\_\_

Sex: \_\_\_\_\_

**How to give EpiPen® or EpiPen® Jr**

1. Hold the EpiPen® with thumb and index finger. Do not touch the blue cap.

2. Press the orange cap against the thigh. Push the orange cap firmly against the thigh.

3. Hold the EpiPen® with thumb and index finger. Do not touch the blue cap.

4. Press the orange cap against the thigh. Push the orange cap firmly against the thigh. Massage the injection site for 10 seconds.

**MILD TO MODERATE ALLERGIC REACTION**

- swelling of lips, face, eyes
- hives or welts
- tingling mouth, abdominal pain, vomiting

**ACTION**

- stay with person and call for help
- give medications if prescribed
- locate EpiPen® or EpiPen® Jr
- contact family/Carer

**Watch for any one of the following signs of Anaphylaxis**

**ANAPHYLAXIS (SEVERE ALLERGIC REACTION)**

- difficult/noisy breathing
- swelling of tongue
- swelling/tightness in throat
- difficulty talking and/or hoarse voice
- wheezing or persistent cough
- loss of consciousness and/or collapse
- pale and floppy (young children)

**ACTION**

- Give EpiPen® or EpiPen® Jr
- Call ambulance™, telephone 000 (Aus) or 111 (NZ)
- Lay person flat and elevate legs. If breathing is difficult, allow to sit but do not stand
- Contact family/Carer
- Further EpiPen® doses may be given if no response after 5 minutes

**If in doubt, give EpiPen® or EpiPen® Jr**

EpiPen® Jr is generally prescribed for children aged 1-6 years. Medical supervision is required for at least 4 hours to monitor after anaphylaxis.

Additional information: \_\_\_\_\_

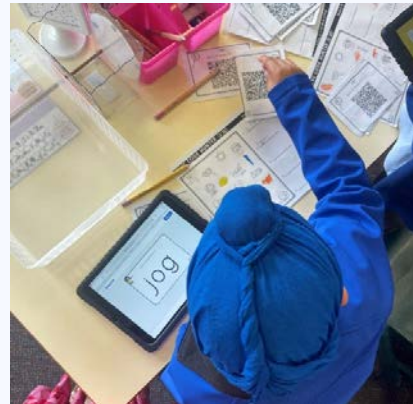
**ascia** www.ascia.org.au

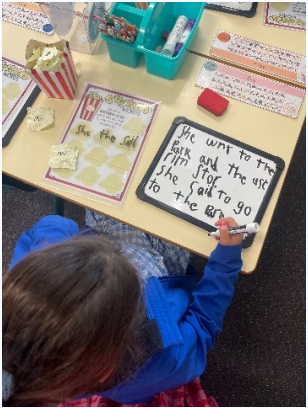
# KINDERGARTEN ORIENTATION

## 1. ORGANISATION



## 2. WHAT TO BRING





## FIRST DAYS OF 2024

- Best Start Dates: 1st February – 7th February
- Half-day orientation: 8th February
- First day in classes 9th February



## SOME THINGS YOUR CHILD AND FAMILY CAN LOOK FORWARD TO:

- 100 Days of Kindergarten
  - K-2 Athletics Carnival
    - Excursion
- Public Speaking Competition
  - Mini Fete
    - Easter Hat Parade
- K-2 Book Week Parade

# Positive Behaviour for Learning (PBL) Overview

**Be Resilient –**  
Stay positive – Bounce back!



Rouse Hill Public School

**Be Responsible –**  
Do what you know is right!



Rouse Hill Public School

**Be Respectful –**  
Treat others the way you  
want to be treated!



Rouse Hill Public School



# Rouse Hill Public School

In all we do, we do our best

**T:** 02 8824 7330

**E:** rousehill-p.school@det.nsw.edu.au

[About our school](#)

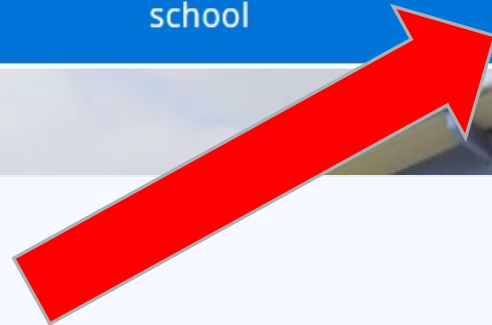
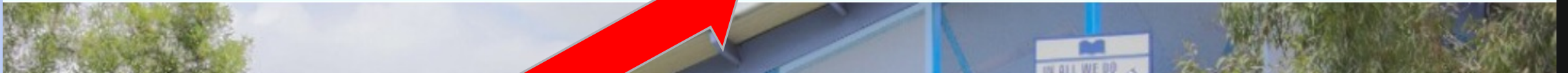
[Supporting our students](#)

[Learning at our school](#)

[Kindergarten 2024](#)

[Newsletters and Notes](#)

[Contact us](#)



## SCHOOL WEBSITE: KINDERGARTEN 2024

## PREPARING FOR SCHOOL: SOME BASICS



**LOOK AFTER BELONGINGS**



**BE POSITIVE**



**USE THE TOILET**

## HYGIENE BASICS:



**SHOE LACES & CLOTHING  
ON AND OFF**



**WASHING HANDS**



**BLOW THEIR NOSE**



# CRUNCH & SIP, RECESS & LUNCH:



**CRUNCH & SIP**



**OPEN & CLOSE  
CONTAINERS & PACKETS**



**EAT ON THEIR OWN**

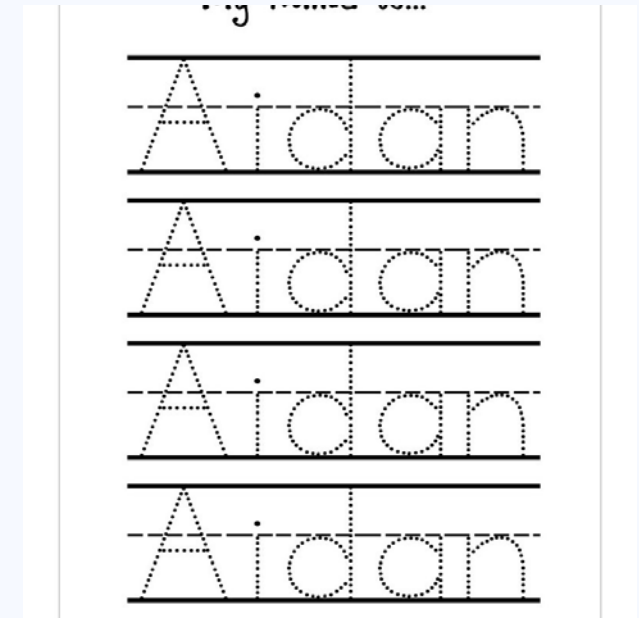
# PREPARE YOUR CHILD ACADEMICALLY



**PRACTICE USING SCHOOL STATIONERY**



**READ TO YOUR CHILD**



**CAN SAY THEIR FULL NAME**

# DROPPING YOUR CHILD OFF FOR THEIR FIRST DAY OF SCHOOL

## Arriving at School

- Talk to your child about what will happen when you get to school
- Tell them where you are going and reinforce who will pick them up and at what time
- Encourage your child to carry their own school bag
- Say a cheery goodbye
- Then go! Don't be tempted to linger

