

# Stage 1 News



## Term 1, 2021

Welcome to the new school year! We are pleased to have your child/ren back with us again. For new families to the school, we welcome you to the Mascot Public School community. We look forward to getting to know you and your child better throughout the school year. This newsletter aims to inform you about the teaching and learning programs and upcoming events in Stage One (Year One and Two). Please contact Ms. Robertson if you have any comments about this newsletter or if there are any topics you would like included in future editions.

### Stage 1 Teaching Staff

1A	Miss Aynie
1F	Miss Floudas
1P	Miss Parker
1/2R	Ms Robertson (R/Assistant Principal)
2G	Miss Georgou
2S	Mrs Santopietro

### Calendar of Events for Stage 1

#### Term 1, 2021

<b>23/02/21</b>	Meet the Teacher afternoon
<b>09/02– 31/03/21</b>	Yoganauts Program—Tuesday or Wednesdays
<b>01/04/21</b>	Last day of Term 1
<b>20/04/21</b>	First day of Term 2

## CURRICULUM INFORMATION - KEY LEARNING AREAS

Stage One will be working towards outcomes in the NSW Syllabus for the Australian Curriculum. Our learning this term will include:

### English

#### Reading & Viewing/Writing & Representing

Students will review their knowledge of simple sentences and develop their ability to construct compound sentences. They will engage with narrative texts, by learning to identify the characters, settings and events in a range of quality texts. Students will create simple imaginative texts, mapping their ideas prior to writing. During Reading Groups, students will focus on maintaining meaning as they read with specific practice of the strategies of predicting, making connections and visualising.

#### Phonics

Get Reading Right— see over page

#### Speaking and Listening

This term, students will participate in in-class activities, designed to enhance their skills of communication. They will focus on turn-taking, developing active listening skills and varying tone, volume and pace.

### Mathematics

#### Whole Number

Year 1 students will focus on counting forwards to and backwards from 100, with Year 2 students learning to count and identify numbers beyond 100 to 1000.

#### Addition & Subtraction

Year 1 students will focus on developing simple addition and subtraction strategies, with Year 2 students extending on this concept by making connections between addition and subtraction. Students will also develop their understanding of the concepts of length, patterns & algebra and chance.

### Science and Technology: Materials are used for a special purpose

Students will learn how the properties of materials influence their

use, and consider how Indigenous Australians used materials to create objects for a specific purpose. They will have the opportunity to design a shelter for a teddy bear and demonstrate the suitability of materials for this purpose.

### Geography: Features of Places

Students will investigate the natural and human features of places. They will describe the reasons places change and identify the role of citizens in the care of places. Students will explore activities occurring in places and how spaces are used for different purposes.

### Creative Arts

#### Drama

Students will develop knowledge and understanding, skills, values and attitudes in making, performing and appreciating by engaging in role, dramatic contexts, elements and forms.

#### Visual Art

Students will participate in learning opportunities which are linked to the English program. Students will explore, observe, investigate, imagine and experiment in their own art making.

### PDHPE

#### PDH— My Identity

In this unit, students will explore their own identity while developing caring and respectful relationships with their peers. Grow Your Mind— see over page.

#### PE—Yoganauts and Stage Sport

Yoganauts—Once per week, students will participate in yoga lessons.

Stage sport—Students participate in stage sport, developing their fundamental movement skills, fitness and teamwork.

## STAGE 1 PROGRAMS

### Get Reading Right—Synthetic Phonics

The process of reading with synthetic phonics involves breaking words into separate phonemes that can be blended together to read a word. The process of spelling with synthetic phonics requires children to identify all the phonemes in a word and then to use their knowledge of the alphabetic code to write it. Students will learn that some phonemes can be represented in more than one way, and that sometimes a letter(s) can represent more than one phoneme.

Year 1 students will learn:

- How to pronounce each of the vowel digraphs correctly
- The many ways that each of the phonemes can be written
- To respond to letters representing vowel digraphs quickly and automatically
- How to use visual memory as a tool for spelling
- To read and spell more complex words containing some difficult spelling patterns

Year 2 students will learn:

- How to pronounce each of the new phonemes correctly
- The many ways that each of the phonemes can be represented
- To respond to letters representing phonemes quickly and automatically
- How to use visual memory as a tool for spelling accuracy
- To spell complex words using some difficult spelling patterns
- That all words need to be recognised quickly & automatically in order for reading to be fluent

The Get Reading Right synthetic phonics program will be implemented for 20 minutes, once per day.

### Homework

Homework will commence in Week 5. Children will receive a weekly homework booklet on Mondays, and this will be marked on Fridays. Students will have three recommended tasks to complete: a spelling activity, a maths activity and an activity linked to learning in Grow Your Mind. Children are strongly encouraged to spend 10 minutes reading their home reader each night. Home readers will be sent home on Monday and Wednesday afternoons.

### Crunch and Sip

This is a program which aims to encourage students to eat more fruit and vegetables in their day and to drink more water. Each day at 10am, students will have time to eat fruit or vegetables, brought from home. We would appreciate your support in providing your child with food to eat at this time.

### Technology

Each class will visit the school's technology hub once a week to complete sequential skill development activities in technology. The school has a scope and sequence they follow to complete these lessons. Students will also have access to iPads in order to support and extend their learning.

### Grow Your Mind

Grow Your Mind is a wellbeing and mindfulness program that we have implemented at Mascot Public School. In 2021, all classes will participate in weekly Grow Your Mind lessons to teach our students how to look after their mental health and to focus on their wellbeing. The more we teach young children about emotional health and wellbeing, the more chance we have of positive mental health outcomes now and later in life.

### Positive Behaviour for Learning

Often referred to as PBL, Positive Behaviour for Learning is the behaviour program used by our school to explicitly teach the students skills in being responsible, respectful and a successful learner. As a community we will have a weekly focus and you will be informed of this through our newsletter. The students will be rewarded for good behaviour with certificates they can trade for bronze, silver and gold awards. These awards will be kept at home so you can enjoy collecting and discussing your child's achievements with them.

## ADDITIONAL INFORMATION

### Ways You Can Help Us

- Please ensure that you label all of your child's belongings.
- Please ensure your child's purple folder is returned to school each day.
- Please make sure that you return school notes promptly.
- If your child is sick, please do not send them to school. This is for the safety and protection of all our students and staff.
- If your child is absent from school, please email the office to provide an explanation ([mascot-p.school@det.nsw.edu.au](mailto:mascot-p.school@det.nsw.edu.au)).

### Class Routines for Stage 1

<b>Scripture</b>	Thursday— 1:50—2:20pm
<b>Assembly</b>	To be advised
<b>Crunch &amp; Sip</b>	Daily in all Stage 1 classes—10am
<b>Library</b> (Library bag needed to borrow books)	<b>1A</b> – Monday 12:15pm <b>1P</b> – Thursday 11:30am <b>1F</b> – Thursday 9:45am <b>1/2R</b> – Wednesday 11:30am <b>2G</b> – Tuesday 12:15pm <b>2S</b> – Tuesday 1:45pm
<b>Yogonauts</b> (Sports uniform to be worn)	<b>1A</b> – Wednesday 12:15pm <b>1P</b> – Tuesday 10:25am <b>1F</b> – Tuesday 11:30am <b>1/2R</b> – Wednesday 2:20pm <b>2G</b> – Wednesday 11:35am <b>2S</b> – Wednesday 10:25am
<b>Computers</b>	<b>1A</b> – Monday 11:30am <b>1P</b> – Thursday 12:15pm <b>1F</b> – Wednesday 12:15pm <b>1/2R</b> – Monday 12:15pm <b>2G</b> – Thursday 11:30am <b>2S</b> – Friday 1:45pm
<b>Sport</b> (Sports Uniform to be worn)	<b>1A</b> – Friday 1:45pm <b>1P</b> – Friday 1:45pm <b>1F</b> – Friday 1:45pm <b>1/2R</b> – Friday 1:45pm <b>2G</b> – Friday 1:45pm <b>2S</b> – Thursday 1:45pm



There's always so much to learn and do, when you're in Year 1 and 2!



# Healthy lunch box ideas for children

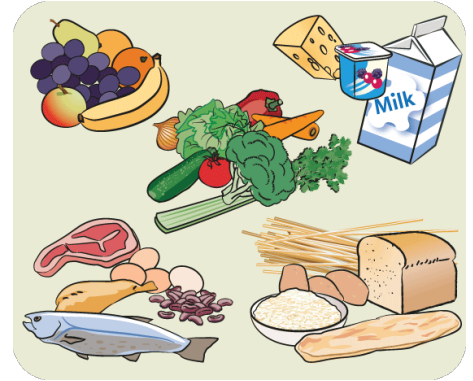
## Packing a healthy lunch box for child care, preschool and school



When you're food shopping, buy enough healthy foods to make your child's lunches for the week. This makes it easier to come up with healthy lunch ideas each day.



Let your child choose his own healthy lunch box food. He's more likely to eat food he's chosen himself. Packing the night before gives him time to choose carefully.



Include foods from each of the [five food groups](#) in your child's lunch box. This gives your child the energy and nutrients he needs to grow, learn, play and stay healthy.

## Colourful, environmentally friendly and healthy lunch box ideas



Aim for a 'rainbow' of different-coloured fruits and vegetables in your child's lunch box. This gives your child more chances to get all the nutrients she needs.



Pack fresh foods with minimal packaging. Try reusable containers, pockets and wraps. They're better for the environment, healthier and easier for kids to handle.

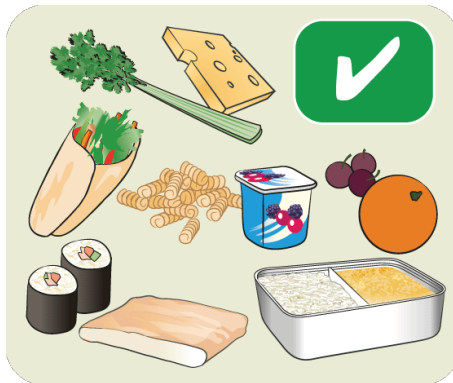


Tap water is the best drink for your child. Send a refillable water bottle with your child each day. Avoid sugary drinks like fruit juice, soft drinks and flavoured milk.

## Safe, interesting and healthy lunch box ideas



Keep food cold until you pack it. Add a frozen water bottle or use an insulated lunch bag to keep food cool. Check whether [allergy-causing foods](#) should stay at home.



Try different options, like sushi, salads, pasta and noodles. Different sandwich fillings can keep your child interested too. Check out more [tasty and healthy lunch ideas](#).



Avoid packing 'sometimes' foods – like chips, muesli bars, biscuits and chocolate. These foods are unhealthy. They're high in saturated fats, sugar and salt.