



Principal's Message



Welcome back to Term 4. I hope you all enjoyed the holiday break.

We are following changes in Government, Health and Department of Education COVID-19 guidelines and have been able to resume some of our activities such as excursions, therapists delivering services on site and transition. Lenore and I have been meeting the parents and some of our incoming Year 5's, after school hours and showing them around our school environment. We will be having some student visits soon. Year 8's started their transition visits to Senior School on Wednesday and sharing meetings for their parents and carers are scheduled early November.

Thank you so much to all the parents and carers who completed the *Partners in Learning Tell Them From Me* annual survey. I really appreciate that you took the time to provide feedback for us on your perspectives. When the report comes back, we will analyse the information and comments. We have had an absolutely wonderful response from our parent / carer partners in learning and I hope you enjoyed your chocolate thank you treat.

We have an online Musica Viva performance in Week 3. Da Vinci's Apprentice will be providing what looks like an interesting musical show for students to enjoy as part of a variety of extra-curricula activities. As it is not an onsite performance due to COVID-19, the school will pay for the fees. We are fortunate to be subsidised again by Port Waratah Coal Services for this program.



Thanks and kindest regards,
Judy Mouthaan
Principal

Diary Dates - Term 4

Week 3

Wednesday, October 28th	School Banking
Thursday, October 29th	Musica Viva Performance

Week 4

Wednesday, November 4th	School Banking
	Year 8 Senior School Transition visit

Week 5

Wednesday, November 11th	School Banking
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Week 6

Wednesday, November 18th	School Banking
	Year 8 Senior School Transition visit

Week 7

Wednesday, November 25th	School Banking
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Week 8

Wednesday, December 2nd	School Banking
	Year 8 Senior School Transition visit

Week 9

Wednesday, December 9th	School Banking
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Week 10

Wednesday, December 16th	Last Day of Term 4 – Students
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Office News

School Fees

\$100 per year or \$25 per term.

The office has the facility to accept payments by eftpos, Mastercard or VISA, there is now the ability to pay via our school website also. (go to newcastlem-s.school@det.nsw.edu.au and follow the prompts).

Uniforms

With the warmer weather and new school year approaching, now is the time to start thinking about uniforms. We will be placing an order **Wednesday - 25th November**. (This is the last day the uniform manufacturer will be accepting orders for 2020)

If you would like to purchase uniforms please use the order form attached.

CLASS AWARDS

Room 3

Wk 1	Jesse Martin	Agriculture
	Sam Watson	Music
Wk 2	Jesse Martin	PDHPE
	Sam Watson	English

Room 4

Wk 1	James Bailey-Hardes	Mathematics
	Kai Thrift	English
Wk 2	Taj D'Angelo-Hunt	English
	Alessandro	English

Room 6

Wk 1	Joseph Austin	PDHPE
	Olivia Burns	Citizenship
Wk 2	Jamie	Mathematics
	Ella Culpán	Mathematics

Room 8

Wk 2	Adrian	Music
	Tadhg Moore	PDHPE

Room 9

Wk 2	Nate Morgan	PDHPE
	Landon Wolstenholme	PDHPE

Room 11

Wk 1	Hayley Scarr	Communication
	Alexander Tagaroulis	Visual Art
Wk 2	Jaleel	Visual Art
	Isabel Lester	English

Congratulations and well done to all recipients!



NEWCASTLE MIDDLE SCHOOL

Uniform Order

Navy Zip Jacket:	\$25	Long Sleeved Red Polo Shirt:	\$20
Navy Jumper:	\$20	Wide Brim Hat:	\$10
Short Sleeved Red Polo Shirt:	\$20	Baseball Cap	\$15

Childs' Name: _____

Class: _____

	Size 6	Size 8	Size 10	Size 12	Size 14	Size 16	Small	Med	Lge	XL	2X	3X	COST
Short Sleeve Red Polo													
Long Sleeve Red Polo													
Navy Jumper													
Navy Zip Jacket													
Wide Brim Hat	One Size Fits All												
Baseball Cap	One Size Fits All												
Total Amount Paid													\$

Please hand your order form with full payment to the school office.

Allow time for processing as some stock may have to be ordered. For more information please phone the school office on 4960 2122.

Name: _____

Child's Name: _____

Payment for: Uniforms Amount: \$ _____

I have enclose cash / Cheque.

I have made an online payment. My receipt number is: _____

I am paying via eftpos. VISA Mastercard (✓Please Tick)

Card Number: _ _ _ _ - _ _ _ _ - _ _ _ _ - _ _ _ _

Expiry Date: _ _ - _ _

Cardholder's Name: _____

Cardholder's Signature: _____

Where carers can find support



Do you look after a family member or friend with disability, a medical condition, mental illness or who is frail due to age?

Do your caring responsibilities affect your wellbeing or your ability to work, study or socialise?

If you answered yes to any of these questions, Carer Gateway can help you.

What is Carer Gateway?

Carer Gateway provides in-person, phone and online services and support to Australia's 2.65 million unpaid carers.

By calling **1800 422 737** Monday to Friday between 8am and 5pm, you can talk to a Carer Gateway service provider who will help you access services and support.

The dedicated Carer Gateway website (carergateway.gov.au) connects you with online support and information.

Services available through Carer Gateway include:



Coaching

Reflect on how your caring role impacts your life and learn new ways to manage stress and improve your wellbeing.

- **Self-guided coaching** – undertake online interactive courses.



Counselling

If you're feeling stressed, anxious, sad or frustrated, a professional counsellor can talk with you about your worries and offer help.

- **In-person** – speak one-on-one with a professional counsellor in your local area.
- **Phone counselling** – speak with a counsellor over the phone in the comfort of your own home.



Respite care

- **Emergency respite** – get assistance in looking after the person you care for if an unplanned event stops you from being able to provide care. For example if you are ill or injured.
- **Planned respite** – plan for regular breaks to rest and recharge while respite services look after the person you care for.



Connect with other carers

Meet with people in similar caring situations and share your stories, knowledge and experience.

- **In-person** – meet local carers, share advice and learn from each other in a safe space.
- **Online forum** – join the online forum and be part of a supportive community with other carers.



Online skills courses

Learn new skills in caring for someone and your own wellbeing, including dealing with stress and legal issues.

'You are stronger than you think. Look after yourself and trust your gut.'

Pam, carer to her son.



Financial support

Get financial support to assist you in your caring role.

Financial support packages:

- one-off practical support in the form of equipment or an item to assist you in your caring role.
- a range of ongoing practical supports, such as planned respite or transport, provided over a twelve-month period.

How do I contact Carer Gateway?

Carer Gateway offers a national website at www.carergateway.gov.au

or you can phone **1800 422 737**

Monday to Friday between 8am and 5pm.



An Australian Government Initiative



Carers NSW is the dedicated Carer Gateway Service Provider for Hunter New England, the Central Coast and the North Coast of NSW.

carergateway.gov.au

Connecting carers to support services