

# Emu Plains School News

Emu Plains School Newsletter is available on the school website  
Web:<http://www.emuplains-p.schools.nsw.edu.au>

Term 4

Week 2

23<sup>rd</sup> October 2018

Be Learners

Be Respectful

Be Safe

Be Responsible

## DATES FOR YOUR DIARY

| Term 4 - 2018 |         |     |   |
|---------------|---------|-----|---|
| Tue           | 23      | Oct | Kinder Orientation (Students) @ 9:15 – 10:00am  |
| Tue           | 23      | Oct | Kinder Orientation (Evening) @ 7:00pm           |
| Wed           | 24      | Oct | Grandparents Afternoon – Starts @ 12:30pm       |
| Fri           | 26      | Oct | Group Photos                                    |
| Sat           | 27      | Oct | EPIC @ EPPS – Gates open @ 4.30pm               |
| Tue           | 30      | Oct | Year 4 CARES – 4B                               |
| Tue           | 30      | Oct | Kinder Orientation                              |
| Tue           | 30      | Oct | Healthy Canteen Strategy 2020 Information @ 2pm |
| Wed           | 31      | Oct | Year 4 CARES – 4M                               |
| Fri           | 2       | Nov | Year 6 Fun Day                                  |
| Tue           | 6       | Nov | Kinder Orientation                              |
| Thu           | 8       | Nov | Collett Smart – Guest Speaker                   |
| Tue           | 13      | Nov | Kinder Orientation                              |
| Thu - Fri     | 15 - 16 | Nov | Year 3 Camp –Mowbray Park                       |
| Tue           | 11      | Dec | K-2 Christmas Concert @ 9:30am                  |
| Tue           | 11      | Dec | Presentation Assembly @ 6.30pm                  |
| Wed           | 12      | Dec | K-2 Christmas Concert @ 12 noon                 |
| Thu           | 13      | Dec | Yr 6 Graduation & Farewell Dinner               |
| Mon           | 17      | Dec | Party Day                                       |
| Wed           | 19      | Dec | End of Term – Guard of Honour for Yr 6          |

**While no school can be a totally nut free environment please be considerate of the many students here who have life threatening allergies.**

For more information check out [www.anaphylaxis101.com.au](http://www.anaphylaxis101.com.au) or  
[www.foodallergyaware.com.au](http://www.foodallergyaware.com.au)

## **PRESENTATION EVENING 2018**

As a result of the positive feedback received regarding after school access as an addition to Open Day earlier this year I am pleased to announce that Emu Plains will be holding our 2018 end of year Presentation Assembly on Tuesday evening 11<sup>th</sup> December, commencing at 6.30pm. As in past years, families of students who will be receiving awards will be notified by mail. Our hope is that the Presentation Evening will allow families greater flexibility in terms of attending and inviting extended family to attend and for a greater number of the EPPS community to celebrate and recognise the achievement of these students. It is also hoped that the heat usually experienced during the day at that time of year, will not be so extreme during an evening ceremony.

To recognise the achievements of students in front of their peers, a Leadership Recognition ceremony will be held the following morning acknowledging the excellent work of the 2018 leadership team and to congratulate and introduce the 2019 leadership team to the entire school student body.

### **EPIC!@EPPS**

Our amazing P&C are holding their annual 'big' fundraiser, EPIC!@EPPS, this Saturday. Gates will open at 4:30pm where everyone can join in lots of fun activities. The movie Coco will be screening on the large outdoor screen. The EPIC! Raffle, which has many amazing prizes, will be drawn at 6:30pm. Please purchase your tickets through [trybooking.com](http://trybooking.com) this week. Further information is included in this newsletter. Feel free to tell your family and friends about this wonderful event. We hope to see you there. Thank you to our P&C for the tireless organisation of this wonderful event where all funds will go towards saving for a multi-purpose court for our students.

### **HEALTHY CANTEEN PARENT INFORMATION SESSION**

The Live Life Well @ School team from Nepean Blue Mountains Local Health District will be running an information session on the NSW Healthy School Canteen Strategy which will be fully implemented in 2020. All parents and carers are welcome to attend on Tuesday 30<sup>th</sup> October in Room 7 at 2pm.

### **RAISING RESILIENT CHILDREN PARENT INFORMATION EVENING**

EPPS is happy to be hosting a seminar with Collett Smart, a psychologist, teacher, lecturer and author. She will be focusing her seminar on ways to raise resilient children, which is so pertinent in today's complex society. A note with further information around cost and child minding has recently gone home. Please contact the school if you require another copy of the note.

### **EPPS IN THE SPOTLIGHT**

It is always very exciting to see our students in the media showcasing their talents. Recently Ava H featured in the Emu+Leonay Gazette, as the first student to represent EPPS in the sport of Equestrian Show Riding. This Thursday our very own Cooper C will feature with some of his Goalball team mates on Play School. This will be shown at 9am on Thursday morning on ABC Kids. What an exciting time for these students! We have so many talented students and it is always a pleasure to read about or watch their endeavours beyond the school.

You may have heard about the wonderful work taking place to beautify the student bathrooms. In the holidays, after sharing a few photos of the amazing work via our twitter handle @EmuPlainsPS, the work was shared over the world and admired by many. This project was on the list for the recent working bee, but due to the time required, it was completed in the holiday break. Thank you to the parents and carers who made this possible. How wonderful to see a strong positive message about our school be shared repeatedly across the world. Please consider following us on Twitter.

If you haven't already followed us on Facebook, this is another thriving space. Please search for Emu Plains Public School. As of last count, our Facebook account has 193 followers!!! This account has been designed to share with our parent and carer community, all the wonderful things happening at our school. Please join us in keeping EPPS in the spotlight.

### **DEFIBRILLATOR**

Earlier this year the SRC held a mufti day to raise money for a defibrillator. The P&C have generously offered to donate the remaining funds required to purchase a fully automated defibrillator for our school. At the moment the unit is on backorder and we hope to have it in our school and all staff trained by the end of the year.

### **UNIFORM POLICY**

We are currently in the process of updating our uniform policy to ensure it is in line with Department of Education policy, which has recently been updated. We have had new photos taken to reflect the changes and will share the new photos in a future newsletter. There are no significant changes to the uniform however we now have a wide-brimmed hat option available at Back To Basics. Another change is that all students can choose to wear any items from the uniform list on any given day. As long as your child is comfortable and in full school uniform, this is acceptable uniform at our school.

Jodi Bennett  
Principal

## CHILD PROTECTION

In the light of evidence from the Police Royal Commission in 1995 the NSW Department of Education has developed a series of lessons designed to assist in reducing the incidence of child sexual assault. The lessons focus on developing protective skills and establishing and maintaining positive relationships.

To ensure that all students are taught the parts of the curriculum relevant to their grade we will be continuing to focus on the teaching of Child Protection during Health, Physical Education and Personal Development lessons during Term 4 - 2018.

*If you have any concerns regarding the content of these lessons please see Mrs Ryan.*

## ANTI BULLYING

During Term Three all students at Emu Plains participated in an anti bullying program. During this time students from all grades worked together to investigate topics such as; what bullying is, how bullying makes people feel, ways to stop bullying. The lessons culminated in students writing an anti bullying code for our school. We are pleased to announce the student driven and decided upon anti bullying code to be:

At Emu Plains Public School we believe:

- ▶ Bullying is never okay
- ▶ Putting an end to bullying is everyone's responsibility
- ▶ We all have the right to feel safe and supported
- ▶ We all have the right to be valued for who we are

As you can see by the students reflections below, all students enjoyed the lessons and learnt a lot. As a school we will be continuing these powerful and important lessons into Term Four.

I think this program was great and gave everyone a chance to talk and have a say on what they think and it was a hands on activity and also a lot of talking.

I have learnt that an upstander is someone who helps the victim. I also learnt to always tell someone if you are getting bullied so they can help you. I think the most important thing that I learnt is that bullying is a very serious cause and can be bad for your mental health and can possibly lead to depression.

I liked the fact that it teaches young children about bullying and helps them to defend themselves.

In the future I think this will help me because in high school when some of the older age groups bully my group I can stick up for us and help everyone. It will also help when I am a father and I'm helping my children through bullying and teach them what I have learnt from the program.

This program can help anyone and it was a great idea to teach this at public schools like Emu Plains.

**Luke H 6R**

Through the anti bullying lessons I learnt that bullying is a very dangerous thing to someone's mental health and can trigger depression later on.

What I liked about anti bullying program is that it can be a hands on some of the times and lets everyone have a turn at speaking but.....what I didn't like was how in the “anti bullying” program they didn't go further enough with the older children; like what people would feel like been bullied over a period of time and also the things some people said the teacher would say yes to things that'll NOT work; eg stop it I don't like it or go away these thing and some other word will only make it worse.

This anti bullying program helped me to understand what the bully does and how the victim feels. And if YOU bully someone think of how it will affect the you and the victim.

**Josh D 6R**

The Anti-Bullying classes taught each Thursday were great for everyone! It taught the younger students that bullying is not ok to do, and taught older students not to be a bystander, but to upstand because it is better to stand up for yourself and others. –

**Laura L 6J**

In the Anti-Bullying program, we learnt what to do if we came across a situation that involved bullying, as well as the difference between dobbing and reporting. I think this was a good idea because it helps the younger students learn the right behaviour early.

**Olivia T 6J**

Anti-Bullying is very important, in case it happens to you or someone you know. During the lessons, we learned to Stop, Talk, Walk and Tell. The steps are Say STOP to the bully, TALK to the bully (either telling them to stop or saying something funny or random), WALK away by yourself or with someone and then TELL a trusted teacher or adult.

**Hannah J 6J**

In my opinion, the Anti-Bullying program was really useful, not only to me but everyone else who took part in getting involved and listening to the teacher. It taught us about bullying and how to deal with it. People learnt how they can defend themselves and others.

**Declan S 6J**

### **YEAR 5 LEADERSHIP DEVELOPMENT DAY**

On Wednesday 17<sup>th</sup> October, Year 5 students were involved in a Leadership Development Day. The aim was to prepare them for leadership opportunities in Year 6. Some of these include being a *Kinder Buddy*, *Be a Friend Leader*, badged opportunities and most importantly, being role models for the rest of the school community. Students participated in team building games, activities that helped them understand and reflect upon the qualities of a good leader, and developing a code of conduct particular to Year 6, 2019. They also had the opportunity to talk and ask questions to the current 2018 Leadership Team. This helped our Year 5 students understand expectations and challenges, as well as the positive and fun components of leadership. Thank you to Mrs Ryan for organising the day.

As you can see by the student's thoughts below our students enjoyed the day and learnt a lot.

MRS D JELINCIC

**Year 5 Class Teacher**

Yesterday was our Year 6 leadership practice day. We talked to the current leaders and got an idea on the responsibilities of being a good leader. We also talked about Captains and other jobs, and how there are more jobs with no badges then there are with badges. Overall, I thought it was helpful and it gave me an idea on becoming a school captain. I think it was a great day.

**Lachlan H 5J**

On Wednesday at the leadership day, I had a great opportunity to talk to this years leaders and I thought that it was a great chance to think about whether I really wanted to be a part of the leadership team and what things I might not like about it.

I loved that I got to talk about what qualities a true leader has. That really helped me think about who I thought would be capable for the job.

The games about communication were extremely helpful, in how you need to give specific instruction to help others understand. I think that writing down honestly what qualities we thought we had and what things we thought we needed to work on, was really helpful for me.

Lastly, I really appreciated yesterday that the teachers put that day together so that we could think thoroughly on whether we really wanted to be a 2019 school leader.

***Liana M 5J***

On Wednesday, all of Year 5 went to room 7 to talk about the amazing leadership roles at Emu Plains Public School, such as School Captains, SRC and Sport's Captains just to name a few. Another thing we talked about was what will happen in Year 6 and we made up safe and respectful rules for Year 6. We got told to think about who we were going to vote for as School Captains. We needed to think about someone who is safe, respectful and is an awesome learner. I had an awesome day.

***Olivia B 5J***

Our Year 5 students also came up with the following behaviour codes:

**Emu Plains Year 6 2019 will:**

1. Have pride in our school
2. Be kind, caring and accept people for who they are
3. Follow all our school rules
4. Be upstanders
5. Be positive roles models who set a good example
6. Have a positive mindset and strive to do our best





## **SYDNEY WEST ATHLETICS**

The Sydney West Athletics Carnival was held on Wednesday 19<sup>th</sup> September 2018. Emu Plains Public School was proudly represented by 9 athletes, across both track and field events. I am so proud of all our competitors for their efforts and sportsmanship, they were outstanding representatives for our school and the Penrith region.

Congratulations to the following competitors on their fantastic results:

- Cohen M 8<sup>th</sup> Place (15.50s) - 8 years 100m Dash
- Georgie Z 1<sup>st</sup> Place (8.91m) - Junior Girls Shot Put  
1<sup>st</sup> Place (25.52m) - Junior Girls Discus
- Kaaren H 4<sup>th</sup> Place (14.86s) - 10 years 100m Dash  
4<sup>th</sup> Place (30.84s) - 10 years 200m
- Emma M 1<sup>st</sup> Place (10.01m) - Senior Girls Shot Put  
5<sup>th</sup> Place (3.97m) - Senior Girls Long Jump  
1<sup>st</sup> Place (33.17m) - Senior Girls Discus
- Joel J 12<sup>th</sup> Place (16.35s) - 13 years 100m Dash
- Junior Girls 4x100m Relay Team – Imogen J, Grace W, Ava H and Kaaren H, 16<sup>th</sup> Place (1.06.63)

Additionally, a special congratulations to Georgie Z and Emma M on their selection into the Sydney West PSSA Athletics team. Both students will now compete at the NSW PSSA Athletics Championships, held at Sydney Olympic Park on Wednesday October 31<sup>st</sup> and Thursday November 1<sup>st</sup>. We wish them the very best in their events and will be sure to let our community know their results!



### ***OUR WONDERFUL JUNIOR GIRLS RELAY TEAM***



***JUNIOR GIRL DISCUS AND SHOT PUT CHAMPION  
GEORGIE Z***



***SENIOR GIRL SHOT PUT AND DISCUS CHAMPION  
EMMA M***



# K-2 Sports Carnival

We held our annual K-2 Sports Carnival on the last day of term 3, Friday 28<sup>th</sup> September. There was rain earlier in the week but Friday we woke to a sunny day! It ended up being a hot day.

We were so impressed with the effort that all students put in on the day. It was so encouraging to see students who fell during their race get right back up again and keep running. We are so proud of you.

Congratulations to the 2018 Age Champions

## 5 Years



Girls – Zoe Z



Boys – Jacob T

## 6 Years



Girls – Madison E



Boys – Lincoln M

## 7 Years



Girls – Evelyn B



Boys – Patrick B

## 8 Years



Girls – Lucinda H



Boys – Brayden E

## 9 Years



Boys – Eamon B

After the excitement of the age races and the ribbon presentation, our carnival continued with some novelty events. Kindergarten, Year 1 and Year 2 students then split into year groups for these fun activities.

We had a wonderful time dancing in the hall with Miss Thurston



Playing unders and overs and egg and spoon relays with Miss Everett and Miss Hill



Parachute games with Mrs Borgen and Miss Dunn



Thanks to all the families who stayed for the novelty events. They are such a fun way to end our sports carnival. A great day was had by all!

Mrs Loobeek, Ms Serebriakov and Mrs Koutzas  
Organising Teachers



## SRC CAKE STALL FUNDRAISER



The Student Representative Council (SRC) will be holding a cake stall at lunch on **Wednesday 24<sup>th</sup> October 2018**. Funds raised by the cake stall will support future SRC initiatives such as the GRIP Leadership Conference and the ‘Pay it Forward’ program.

The ‘Pay it Forward’ program aims to teach students about the importance of *when someone does a good deed for you, instead of paying them back, pay it forward by doing a good deed for someone else.*

Please support our SRC initiatives by donating of cakes or cookies **on the day**. They can be taken to our spare classroom (Room 7).

## ART CLUB NEWS

At the end of Term Three I received this amazing letter by a number of Year 5 girls trying to persuade me that Emu Plains Public School needs to start an art club. In the face of such strong and imaginative arguments what choice did I have but to agree? So I am excited to announce the commencement of Art at Emu Plains Public School. The art club will be held each Wednesday lunchtime in Room 7. Students will be given the opportunity to paint, draw or colour during this time. I would like to thank Evie, Emma, Kaylyn and Katie from Year 5 for their dedication and passion to enable this club to start.

MRS RYAN  
Assistant Principal – Stage 3

Dear Mrs. Ryan,

As you know, we are eager to start a school art club. In this “letter” we hope to enlighten you about the good things that come with an art club.

Some of the best things about an art club are the opportunities. Children can learn how to draw and maybe get so good that when they’re older they could become an artist.

Learning to draw benefits everybody in ways you might not know, like increased motor development in your hands.

What we are proposing is the coming together of any interested students once a week in a yet to be determined location (this is where we need your help).

We could develop our art skills by helping younger (or maybe even older) students with developing theirs.

In this art club we would be teaching things like faces, landscape, famous book/movie characters, abstract art and colouring techniques.

If some of the things we want are not possible we are willing to compromise. We are also willing to use some of our own supplies.

Yours Sincerely,  
Evie, Emma, Kaylyn and Katie.

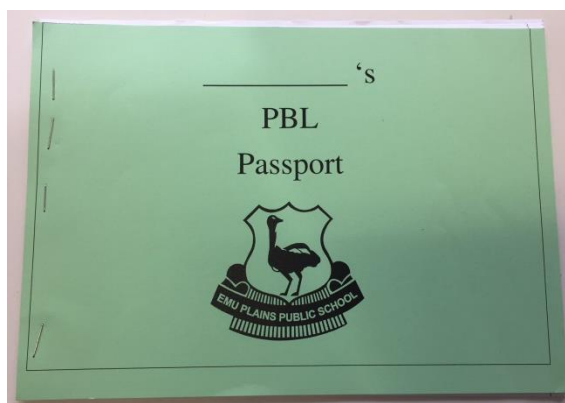


## **PBL (Positive Behaviour Learning) UPDATE**

At the end of Term 3, the Emu Plains Public School teachers participated in a Professional Development afternoon run by the PBL team. The team shared the lessons and resources they had developed to teach the students about the expectations in our school.



Each student should have received a “PBL Passport” this term. As the students learn about the expectations in each area of the school, they will receive a stamp in their passport.



The students have also been introduced to our Eddie the Emerald Emu. The staff have been diligently handing out Eddie the Emerald Emus to students who display safe, respectful, learner behaviours. Class teachers collect their students' Eddie the Emerald Emus and on Tuesdays they are sent to the office to be placed in our barrel for the raffle draw. Each Wednesday 10 tickets are drawn and the winners receive an ice block from the canteen.

## **FABULOUS STAGE 3 WRITING**

In a world too often controlled by colourful screens and useless video games, books can be forgotten, left to collect dust. Come through the portal to an extraordinary place filled with stacks of good books. Vibrant colourful chairs fill the space. Listen to the silence as you escape to different worlds. Amazing books have the ability to take you to amazing places. This is a place you can feel safe as you run with Snow White in the dark woods or face Mrs Trunchball with Matilda. These books are the stories where our entertainment began, our history. Come and start your story in the big blue chair.

***Ava F 6R***

## **EQUALITY**

Is there anything guys can do that women can't? Absolutely not and it makes me completely frustrated how people think so. In the olden days men would work and women would cook, sew and clean, however we should have progressed from then. By now women should get equal pay and be treated no differently.

For example, in a period of time in Australia's history women couldn't even vote and were treated horribly and as if they were less than men. Sexism is a huge issue in today's society and needs to be stopped immediately.

Secondly women are to this day considered like they are weaker. One time when I went to a school conference with the leadership team the speaker talked as if girls didn't even know what football was and also stated that when a boy turns fourteen or older they should not play in gender neutral teams because they become too strong and big for the girls to handle. This made me extremely annoyed and also made me wonder why different sexes were treated differently in the first place.

In addition to that, women and girls have more stereotypes than males. For example every girl wants to be a princess and wear pink frilly dresses with sequins and glitter. Absolutely, completely wrong. Most girls including myself would have to be offered one million dollars to wear anything of that description but because of silly stereotypes nobody knows that. Don't get me wrong, some girls will be like that however, I strongly believe that we shouldn't be so strongly grouped and expected to like these items.

So, after seeing my side of the argument do you still feel like men are just overall more capable than women. It still seems like a mystery to me why the two genders were so strongly categorised in the first place and why people still believe in them with such passion. Gender stereotypes, assumptions, labels and unfair, sexist behaviour should be stopped A.S.A.P

***Matilda L 6R***

## FABULOUS STAGE 3 WRITING CONTINUED

On Wednesday 17<sup>th</sup> October the whole of Year 5 had a leadership day. We learnt about what it is like to be a leader and how to be a leader.

I learnt that being a leader has it's pros and cons and won't always be easy. I also learnt that just because you don't have a badge doesn't mean you are not a leader.

The leadership day was important because it helped Year 5 decide what leadership position they wanted to have. It also taught us what it would be like being a leader.

We did activities in groups. There were 8 different groups. We did activities like getting a pair of people to link arms and try and stand up together, linking arms in a line and getting a hoop through the whole group and stealing pegs off your teammates to try and get the most pegs.

I enjoyed the leadership day and am happy I got to go to it.

*Katie E 5D*

## LIBRARY NEWS

*Reading aloud and talking about what we're reading sharpens children's brains. It helps develop their ability to concentrate at length, to solve problems logically, and to express themselves more easily and clearly.*

*Mem Fox*

The **Astrid Lindgren Memorial Award** is one of the most prestigious international children's and young adult literature awards with a prize of five million krona (A\$784,289). Of the 246 candidates from 64 countries 10 are from Australia. They include: Randa Abdel-Fattah, Ursula Dubosarsky, Mem Fox, Susanne Gervay, Morris Gleitzman, Robert Ingpen, Margo Lanagan, Melina Marchetta, Margaret Wild and the Indigenous Literacy Foundation. The winner of the 2019 Award will be announced next April in Stockholm and Bologna simultaneously.

A group of researchers from the Australian National University have recently confirmed that people who grow up with books at home tend to have higher reading comprehension and better mathematical and digital communication skills. Those who had approx. 80 books at home tended to have average scores for literacy, with literacy continuing to improve as the number of books at home increased to approx. 350. Those with less than 80 books at home tended to have below-average literacy, which was defined as "the ability to read effectively to participate in society and achieve personal goals."

Happy reading!

Mike Botham  
*Teacher/Librarian*





Grab your tickets and have a great time while supporting your school. Tickets are \$10 each via

<https://www.trybooking.com/WPEL> or  
<https://www.trybooking.com/396927>



Remember, all funds raised by you and the P&C will go towards a multicourt for the school playground.



As you know it's shaping up to be a wet week, but with some reshuffling of locations, EPIC!@EPPS is still likely to go ahead, even if there is some rain expected. So, buy your tickets to come along and support the school. If we do need to cancel, notice will be provided on Saturday morning via P&C Facebook page.

Weather permitting, the event will go ahead, so we will still have all the great activities available for those who come along. If the playground is very wet, or evening rain is expected, we will set up the movie screen under one of our COLA's. Our other activities will utilise areas around the school that have shelter, if necessary.

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|---|--|--|
|   | <p><b>TICKETS ON SALE NOW!</b><br/>         \$10 P/P (PLUS BOOKING FEE)<br/> <b>AVAILABLE VIA TRYBOOKING</b><br/> <a href="https://www.trybooking.com/WPEL">https://www.trybooking.com/WPEL</a><br/> <a href="https://www.trybooking.com/396927">https://www.trybooking.com/396927</a></p> |  |
| <p>SIDESHOW ALLEY ~ STALLS ~ DRINKS ~ SAUSAGE SIZZLE ~ FAIRY FLOSS ~ KINDIFARM ~ FAMILY FUN<br/>         MINI PUTT-PUTT ~ MINIMELTS ICE CREAM ~ FACE PAINTING ~ WHITE ELEPHANT ~ CRAFT CORNER<br/>         COCO ON OUTDOOR SCREEN ~ PHOTOZONE ~ POPCORN ~ DRESS UP IN COCO THEME ~ RAFFLE</p>   |  |  |
| <p><b>EPIC!@EPPS P&amp;C FAIR AND MOVIE NIGHT ~ SATURDAY 27 OCTOBER FROM 4:30PM</b></p>   |  |  |
| <p>Emu Plains Public School P&amp;C Association is fundraising to help construct a multicourt in the school playground. Bring your family, bring your friends, bring your picnic rug and bring your spare change! Grab a bite to eat as you check out the stalls. There are many fun activities included in your entry fee. You can play a round of mini golf, test your skills in sideshow alley or pat a friendly animal from the kindifarm. Take a selfie in the fun photozone and express your artistic side in craft corner before you settle down with your family, on your picnic rug, to watch Disney Pixar movie "Coco" under the stars.</p> |  |  |
| <p><b>No smoking, no alcohol and no glass allowed on the school grounds.</b><br/>         Stay up to date with all the great things that are happening at EPIC by liking and following our P&amp;C Facebook page:<br/> <a href="https://facebook.com/EPPSPNC">https://facebook.com/EPPSPNC</a></p>  |  |  |
|   |  |  |

Our EPIC! raffle will be drawn at 6:30pm on 27<sup>th</sup> October, so if you haven't already got your tickets, this week is your last chance to be in the draw for some fabulous prizes. Everything has been donated by businesses wanting to support our goal. We hope to see you there for an event your children will enjoy and remember.



# Have you downloaded our SkoolBag App?

The Skoolbag App is one of our main forms of communication with our school community.

In the event of an emergency, this will be our main tool to keep you informed. If you don't already use the app, it would be a great idea to download it today.

