Newsletter Term 1
2nd March 2016

From the Principal
On Monday our captains and vice captains went to the National Young Leaders Day with Mrs Cox. The students had an enjoyable day and met some interesting and inspirational leaders.

In the next few days our year 6 students will be bringing home some information and an Expression of Interest form for High School. Please complete the form and return it to Mrs Cox as soon as possible.

Envelopes for school photos will come home with your children today. If you wish to purchase photos please return your completed envelope by Friday 18th March. Photos will be taken on Monday 21 March. I would remind you that change is not available from the office so please make sure you place the correct money inside. If you would like a family photo envelope please see the office.

Easter comes early this year and our celebrations will take place on Wednesday 23rd March. We will also have an Easter raffle. Tickets will be sent home today and more are available at the office if you need them. Further details will be provided in the next newsletter.

Congratulations to James in 3/4L who went to the District Swimming Carnival last Thursday. James came 3rd in his heat and we are now waiting to see if he has qualified for the next level. Well done James!

Last week we were lucky enough to have two 2016 Penrith Panthers players visit our school. Trent Merrin and Te Martin spoke to our students about health and well-being and also the 2016 football season. Our gymnastics program has gotten off to a great start with all students enjoying themselves and learning new skills.

Mrs Toni Thomas

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IMPORTANT MESSAGE - YOUR CHILD’S INDIVIDUAL HEALTH CARE PLAN/UPDATE

So that we can effectively manage your child’s needs/conditions, it is necessary that we have a current and accurate medical plan. These plans may be for asthma, allergies etc. If you are unsure of what to provide, please see Mrs Starling at the office.

Thankyou
**Cookie Dough**
Cookie Dough orders are due in by Friday 4th March! Please send all orders and money to the front office.

**Easter Raffle**
Raffle tickets are coming home with today's newsletter. Tickets are $1 each or 3 for $2. First prize is a family pass Sydney Royal Easter Show. All other prizes are Easter egg hampers! Money and tickets are due in by 9am on 23rd March and drawn on 23rd March.

**Swimming Program**
Starting this Friday Year 5 and Year 6 students who do not do play a PSSA sport will have the opportunity to take part in a learn to swim program. This is a free program as we have received funding under the Sporting Schools Program. It's only available to 40 students in Year 5 and Year 6 however if we don't get 40 students Year 4 will be offered a position. Please return notes by Thursday 3rd March as this program will start on Friday 4th March.

**Year 6 Shirts**
All orders for Yr 6 shirts are due in by Friday 11th March. The cost is $35 and a deposit of $25 is required when you order.

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### Dates to Remember

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<td>Tuesday 8th</td>
<td>Got It - 11.30am</td>
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<td>Thursday 10th</td>
<td>NRMA School Visit</td>
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<td>Tuesday 15th</td>
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<td>Monday 21st</td>
<td>School Photos</td>
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<td>Tuesday 22nd</td>
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<td>Wednesday 23rd</td>
<td>Easter Hat Parade</td>
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<td>Friday 25th</td>
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<td>Monday 28th</td>
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<td>Tuesday 22nd</td>
<td>Got It - 11.30am</td>
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<td>Tuesday 29th</td>
<td>Whole School Assembly - 9.30am</td>
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<td>Thursday 31st</td>
<td>Cross Country</td>
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**April**

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<td>Wednesday 6th</td>
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On Monday Mrs Cox took the Captains Ainzlee and Kimi and Vice Captains Chloe and myself to the National Young Leaders Day at Acer Arena, Olympic Park. The event was fun and we met Nathan Dubsy, Melanie Lee, Ben Austin, Police Commissioner Andrew Scipione and a panel of magicians. Each of these people talked about Leadership and how they have shown leadership in their lives or how they become leaders. Ben Austin was a Paralympian in swimming and he was born with one arm but can actually beat people who have both arms.

The phrase of the day was "Mastering the Little". This means take little steps to get to the big goal. I had a really fun and enjoyable day and I hope the leaders next year get to go as it was an amazing experience.

By Machilah
Ahmed and Venus were laying on the grass with Miss Tiffany, whilst looking up into the sky we saw some birds above us in the trees. Ahmed told Miss Tiffany that his mum feeds the birds at home. He continued to explain that his mum wets the bread and leaves it outside for them.

Venus started counting the birds “one, two, three”.

Miss Tiffany suggested that we feed these birds like Ahmed’s mum does at home.

We found a big pot from the kitchen and started collecting food for the birds.

Ahmed “they like grass Miss Tiffany”

Venus “they eat leaves too”

We collected lots of grass and leaves for the birds. Venus started mixing all the food together for the birds to eat.

We left the pot of food outside for the birds to eat.

Outcome 1.3 ~ Children develop knowledgeable and confident self-identities

1.4 ~ Children learn to interact in relation to others with care, empathy and respect

2.4 ~ Children become socially responsible and show respect for the environment

5.1 ~ Children interact verbally and non-verbally with others for a range of purposes

Pedagogical practice:

EP5: Learning environments

Where to next?

Talking to mum about she feeds the birds at home and talking to children about what different foods animals like to eat.
Dinosaur Matching

23.2.16

Today as an extension and follow up of our interest in different dinosaurs and their names we introduced a dinosaur matching game. Kade, Alexander, Chase, Tyrelle and Jaynias were all eager to participate in this game. We took turns and found matching pictures as well as practising their different names. We found some of the names difficult to say but we gave it a go. Kookaburras I was very proud of you helping each other in finding the cards. As we played this game, we used concepts of same and different.

Learning Outcomes:

1.4 - Children learn to interact in relation to others with care, empathy and respect

2.1 - Children develop a sense of belonging to groups and communities and an understanding of the reciprocal rights and responsibilities necessary for active community participation

4.1 - Children develop dispositions for learning such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity

4.2 - Children develop a range of skills and processes such as problem solving, inquiry, experimentation, hypothesising, researching and investigating

What next? Continue exploration about dinosaurs and provide more opportunities for structured games.
Tall and Taller

Today we were watering our sunflowers, Amani! These are getting tall! "They sure are!" commented Miss Louise. "They are even taller than me", added Amani. Soon we were joined by others eager to compare their heights with the sunflowers. Seth and Luca found a sunflower that was taller than they were. Even Miss Louise had a sunflower taller than her. We took turns to find sunflowers that were taller and shorter. Nicholas and Destiny decided that they would see if the coin was taller or shorter too.

I loved the way that you were able to demonstrate your knowledge of the concept of length and comparison using our sunflowers. You took great care to look after our plants as we measured ourselves against their stalks and engaged in comparisons about not only yourself but also that of your friends.

Learning Outcome 1.3 - Children develop knowledgeable and confident self identities
Learning Outcome 2.4 - Children become socially responsible and show respect for the environment
Learning Outcome 5.3 - Children express ideas and make meaning using a range of media

Next: We will explore measurement using tools
Nutrition Snippet

The simplest way...
to make fruit and vegie snacks.

Snacks are an important part of a healthy diet for active children. And a great way to serve fruit and veg!

Try some of the following fun, nutritious snacks to help your kids eat more fruit and veg.

- Raw vegie sticks with homemade or shop-bought dip.
- Pumpkin scones or vegie pancakes.
- Celery boats (filled with reduced fat cream cheese + sultanas dotted on top).
- Fruit frozen paddle pops (thread pineapple wedges or banana halves on a stick and freeze).
- Apple crumble (stewed apple + muesli, baked).
- Poppletana (unsalted popcorn + dried apple + sultana = nibble mix).

For more ideas and recipes visit eatittobeatit.com.au.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well & School Program.

NSW Health Western Sydney Local Health District.

SunSmart Snippet

The simplest way...
to protect your skin.

Did you know?
Our faces are exposed to ultraviolet (UV) radiation every day of the year. Wearing the right hat can protect skin from damage and reduce by 50% the amount of UV radiation reaching our eyes.

Choosing the right hat
The right hat will protect your face, head, ears and the back of the neck. Make sure it has: a broad brim to shade the whole face; close-weave fabric; a dark lining to reduce UV reflection; good ventilation; and is not a safety risk (i.e. with cords or toggles that may get caught during physical activity).

Sun-safe hats:
- Broad-brimmed hat: brims should be at least 7.5cm for adults and 6cm for children.
- Bucket hat: should have a deep crown and sit low on the head.
- Legionnaire-style hat: should have a flap that covers the back of the neck.
- Baseball caps and sun visors do not protect the cheeks, ears and back of the neck and therefore are not recommended.

To help keep your kids safe, check your school's SunSmart status by heading to www.sunsmart.nsw.com.au

Nutrition Snippet

The simplest way...
to serve a fun-filled dinner.

Presentation is key to encouraging kids to eat more fruit and vegetables, and to entice fussy eaters to try new things.

The dinner table is a great place to try out fun-filled foods the whole family can enjoy.

Serve dishes that allow kids to take a hands-on approach.

Why not try Sang choy bow (picted)?

Kids will love wrapping the mince and veg mixture in a lettuce cup and picking it up with their hands to eat.

Go to eatittobeatit.com.au for a recipe.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

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Nutrition Snippet

The simplest way...
to shop in season and save.

Buying fruit and veg when it is in season is much cheaper than at other times of year. It’s better quality and tastes better too.

Autumn heralds a host of new season produce. Here is a guide for March, April and May:

FRUIT
- Apple (Red Delicious, Granny Smith), Avocado, Banana, Custard Apple, Fig, Grapes, Grapefruit, Kiwifruit, Mandarin (Imperial), Melon, Nashi, Orange (Valencia), Passionfruit, Pear, Plum, Persimmon.

VEGETABLES
- Asian Greens, Beans (Green), Beetroot, Broccoli, Cabbage, Capsicum, Carrot, Cauliflower, Celery, Cucumber, Eggplant, Leek, Lettuce/Salad Mix, Mushroom, Onion, Peas (Snow), Potato, Pumpkin, Shallots, Spinach, Sweetcorn, Tomato, Tunip, Zucchini.

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Be SAFE
Be RESPECTFUL
Be a LEARNER