



# NEWSLETTER

## GIRRAWEEEN PUBLIC SCHOOL

Principal: Mr. G Walker  
Phone: 9631 3650

9 Bando Road  
GIRRAWEEEN NSW 2145

28th February 2013

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**School book packs and equipment accounts are now due. Please pay at the office.**

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### School Website:

<http://www.girraween-p.schools.nsw.edu.au/>

### Principal's Message

We had a very successful P&C meeting last Wednesday evening in our school library. I would like to thank all those parents who attended and also those who have taken up leadership positions in our P&C for the 2013 school year. I am sure we will have a very successful year with so many enthusiastic parents involved in our P&C.

The next P&C meeting will be Wednesday, 13 March. Mr Spark, Principal of Greystanes High School, will talk to parents at this meeting. He apologises for our last meeting and will discuss programs for students at Greystanes High as well as student performance in 2012.

Our annual parent information sessions will be held next week. I encourage all parents to attend these sessions so that you are aware of the expectations for your children. Teachers will outline the class program for the year, topics and skills to be covered and major events planned for the year. You will have a better understanding of how you can help your child during the year with the information given at these sessions. Please join us for these session in the school hall at the allotted time for each grade.

This year school packages have not included pencils, rulers, glue or scissors. This has helped us keep the costs down for all families and consistent at \$70.00 per child for the whole year. This money goes towards the cost of exercise books, paper, classroom resources including computers and ipads, art and craft supplies and dictionaries. We have had a significant number of families already pay the amount due for school packages, thank you. Please pay at the school office if you have an outstanding account for your children.

Our students will be ensuring our school grounds are well maintained tomorrow. They will clean up their house area of the playground as part of School's Clean Up Australia. There will be points for the cleanest areas of the school.

Our school routines are now running smoothly with PSSA sport and scripture in place each week. We have had a very positive beginning to our school year.

Have a great weekend everyone,

*G. Walker*

### DATES FOR YOUR DIARY

1 March	2pm School's Clean Up Australia
4 March	3pm Support Class information session
5 March	4pm Kindergarten information session 5:15pm Year 1 & 2 information session
6 March	District swimming carnival—Blacktown 4pm Year 3 & 4 information session 5:15pm Year 5 & 6 information session
13 March	P&C meeting

## Helpful Parent Websites

### SCHOOL A TO Z— TOOLS, TIPS AND RESOURCES FOR PARENTS

The NSW Department of Education and Communities provides excellent website for parents, providing tools, tips and resources. It is regularly updated, so make sure you have a look.

<http://www.schoolatoz.nsw.edu.au/home>

Parenting ideas by Michael Grose: [www.parentingideas.com.au](http://www.parentingideas.com.au) The website offers information and regular tips particularly the “Insights” page.

### ZONE SWIMMERS

Congratulations to the following students who will be representing Girraween Public School in the Zone Carnival:

Dominic Hu

Andy Chen

Akesh Edward

Kalyan Anderson-Prasad

Royce Leslie

Saleen Ahmed

Kaharrinnee Somasundaram

Shebani Jeyakumar

Lauran Gafa

Kishaan Ilango

Thanuskan Indrakumar

Krishna Ragavan

Jayce Leslie

Vithuya Uruthiran

Amelia Randall

India Anderson-Prasad

Madissyn Powells

Xin Yuan Chen



### Carpark Safety—Bando Rd

We would appreciate it if parents could keep our carpark clear. It is our responsibility to ensure that all our students are kept safe and would appreciate it if you do not walk your child through our carpark. The gates at the Bando Rd crossing are always open.

Thank you for your understanding.



★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★  
★ **CONGRATULATIONS** ★  
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★  
★ Well done Saleen Ahmed for  
★ making the Sydney West  
★ Tennis Trials at Richmond. ★  
★ Good luck. ★  
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

# INSIGHTS

by Michael Grose – No. 1 parenting educator



## The pitfall of using other children as benchmarks

*Benchmarking children's progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.*

Have you ever compared your child's behaviour, academic progress or social skills with a sibling or your friend's children?

Comparing your child with others is a stress-inducing and, ultimately, useless activity.

*But* it's hard to resist, as we tend to assess our progress in any area of life by checking out how we compare with our peers.

When you were a child in school you probably compared yourself to your schoolmates. Your teachers may not have graded you, but you knew who the smart kids were and where you ranked in the pecking order.

Now that you have kids of your own do you still keep an eye on your peers? Do you use the progress and behaviour of their kids as benchmarks to help you assess your own performance as well as your child's progress? Or perhaps you compare your child to yourself at the same age?

Benchmarking children's progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.

### Kids develop at their own rates

Each child has his or her own developmental clock, which is nearly impossible to alter. There are slow bloomers, early developers, bright sparks and steady-as-you-go kids in every classroom. The slow bloomers can cause the most concern for parents who habitually compare children to siblings, their friends' kids and even themselves when they were in school.

The trick is to focus on your child's improvement and effort and use your child's results as the benchmark for his or her progress and development. "Your spelling is better today than it was a few months ago" is a better measure of progress than "Your spelling is the best in the class!"

### Gender matters

It's no secret that boys' and girls' brains were developed by different architects. One major difference lies around timing, or maturity. The maturity gap between boys and girls is anywhere between 12 months and two years. This gap seems to be consistent all the way to adulthood.

Quite simply, girls have a developmental head start over boys in areas such as handwriting, verbal skills and relationship skills. Boys benefit greatly from teaching strategies designed for their

specific needs. They also benefit from having teachers and parents who recognise that patience is a virtue when teaching and raising boys, as it seems to take longer for many boys to learn and develop.

### Kids have different talents, interests and strengths

So your eight-year-old can't hit a tennis ball like Novak Djokovic, even though your neighbour's child can. Avoid comparing the two as your child may not care about tennis anyway.

It's better to help your child identify his or her own talents and interests. Also recognise that the strengths and interests of a child may be completely different to those of his or her peers and siblings.

### Avoid linking your parenting self-esteem to your child's performance

As a parent you should take pride in your children's performance at school, in sport or their leisure activities. Seeing your child do well is one of the unsung pleasures of parenting. You should also celebrate their achievements and milestones, such as taking their first steps, getting their first goal in a game or getting great marks at school.

However, you shouldn't have too much personal stake in your children's success or milestones, as this close association makes it hard to separate yourself from them. It may also lead to excessive parental pressure for kids to do well for the wrong reasons – to please you!

The maxim "You are not your child" is a challenging but essential parental concept to live by. Doing so takes real maturity and altruism, but it is the absolute foundation of that powerful thing known as "unconditional love".



[parentingideas.com.au](http://parentingideas.com.au) [parentingideas.co.uk](http://parentingideas.co.uk) [parentingideas.co.nz](http://parentingideas.co.nz)

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## **Girraween Public School P&C Uniform Shop News**

The uniform shop continues to provide uniforms for all its students. We encourage you to purchase all your uniform needs with us. Buying from the school benefits the school as a whole, as it is your children who will benefit from the profits raised.

### **Exchange policy**

**We are happy to exchange items ONCE but uniforms must still have the tag and be unwashed.**

**No exchange without the Receipt and within 4 weeks.**

### **NO REFUNDS**

**We are now open every Tuesday morning from 8:45am to 10am  
and Wednesday morning from 8:45am to 10am**

**If this time is not suitable for you, please leave a completed order form with money at the School Office.**

**Nishanthy Thevarajah  
Uniform Shop Coordinator  
P & C 2013**



### LIMITED VACANCIES!



Preschool is a necessary stepping-stone to 'big school' and an important stage in a child's development. At First Academy Preschool Childcare, we pride ourselves on providing a safe and nurturing environment in order for your child to reach their full potential.

Our centre caters for children from 0- 6 years of age, operating between 7:00 am and 6:00 pm and offering:

- Quality supervised, learning and development programs integrated with play time
- School readiness and transition programs for pre-school children
- Fun and enriching activities
- All meals, including hot lunches, fruit and milk

For enrolments or any enquiries, please call **9863 2361** or visit the centre at 35 Carinya Rd. Girraween and meet our qualified and friendly staff.

First Academy Preschool Childcare  
The Kids Paradise.



## Northmead

Creative and Performing Arts High School

### Audition Information for Parents and Students

Auditions for Year 7-11, 2014 will be held on  
**Monday 18th and Wednesday 20th March.**

Talented students in Dance, Drama, Visual Arts and Music are encouraged to apply for the Creative and Performing Arts program.

Audition application forms can be obtained via our school website:

[www.northmead-h.schools.nsw.edu.au](http://www.northmead-h.schools.nsw.edu.au)

Or contact Mrs Stepic 9630 4116.

### Blacktown Boys' High School

Year 7 2014 Information Evening on  
Wednesday 6 March 2013 at 6 to 7pm at  
Blacktown Boys' High School  
Library, Fifth Ave.

For further information please contact the  
school: 9622 1558



### Value of the Month: Democracy

*Accepting and promoting the rights, freedoms and responsibilities of being an Australian Citizen.*

In school communities, evidence of this value includes:

- Listening to different views on school related issues
- Consulting parents, staff and students about major changes
- Ensuring that minority groups have a voice in decision making processes
- Choosing appropriate processes for decision making

In classrooms, evidence of this value includes:

- Consulting and negotiating assignment timelines
- Respecting the rights and responsibilities of others
- Accepting responsibilities of one's own learning.

## HAS ANYTHING CHANGED???

With a new starting, there maybe a chance that your details have changed. If any of you addresses, phone numbers, mobile numbers, emergency contacts or email details have changed, please fill in the slip below and hand it to the Of-fice Staff.

**All information is kept confidential**

Name: \_\_\_\_\_ Student: \_\_\_\_\_ Class: \_\_\_\_\_

New address: \_\_\_\_\_

New Phone/Mobile no: \_\_\_\_\_

New Work contact: \_\_\_\_\_

New Emergency contact: \_\_\_\_\_

Email address: \_\_\_\_\_



# CANTEEN MENU

## HOT FAVOURITES

Hot Dog - 100% Chicken Halal With Sauce	\$ 2.20
Chicken Nuggets	\$ 0.60
Hash Brown	\$ 1.00
Potato Wedges	\$ 1.50
Garlic Bread	\$ 1.50

## BURGERS

Chicken Burger - 100% Halal Chicken !	\$ 3.50
Hamburger - Tomato Lettuce, BBQ Sauce	\$ 3.50
Cheeseburger - Cheese, Tomato Sauce	\$ 3.50
Vege Burger	\$ 3.50

## PIE & SAUSAGE ROLL

Party Pie	\$ 1.00
Meat Pie	\$ 3.20
Potato Pie	\$ 3.80
Sausage Roll	\$ 2.50

## PIZZA & PASTA

Pizzas - Bacon & Cheese or Hawaii	\$ 2.50
Pizzas Large Slab - BBQ Chicken or Margharita	\$ 3.50
Lasagna or Spaghetti Bolognese - Beef	\$ 3.50
Macaroni & Cheese	\$ 3.00

## OTHER HOT STUFF

Chicken Crackles	\$ 0.70
Yummy Drummies	\$ 1.20
Fish Fingers	\$ 0.60
Corn Cob	\$ 0.80
Cup of Noodles - Chicken, Beef	\$ 2.50
Mini Hot Dog	\$ 1.20
Toasted Cheese Sandwich	\$ 1.60

## WRAPS - LARGE

Salad Wrap	\$ 3.50
Chicken Salad Wrap	\$ 4.50
Hawaiian Wrap - Chicken, Lettuce, Pineapple, Mayo	\$ 4.50
Sweet Chilli Wrap - Chicken Tender, Lettuce, Mayo	\$ 4.50

## SANDWICH & SALADS

Vegemite, Jam or Honey	\$ 1.50
Devon	\$ 1.60
Cheese	\$ 1.50
Egg	\$ 2.00
Salad	\$ 2.80
Ham or Tuna - Salad add \$1.00	\$ 2.50
Chicken	\$ 3.00
Extras - Mayo 20c, Cheese, Tomato, Beetroot, Cucumber Carrot Pineapple 40c Sauce Portions 30c Lunch Bags 10c	
Salad Bowl - Light Tasty Cheese	\$ 3.50
Salad Bowl - Chicken, Tandoori Chicken, Ham, Egg, Tuna	\$ 4.80
Caesar Salad	\$ 4.20
Caesar Salad - With Chicken	\$ 4.80



## SNACKS

Red Rock Chips - Honey Soy	\$ 1.20
Jumpys	\$ 1.00
Mamee Noodles	\$ 1.00
JJ's Chicken Crackers	\$ 1.20
Popcorn	\$ 1.00
Choc Chip Cookies	\$ 1.00
Ovalteenies	\$ 1.20
Eucalyptus Drops	\$ 0.70
Yoghurt - Various Flavours	\$ 2.00

## HOMEMADE CAKES

Homemade Muffins - Various	From \$ 1.00
Brownies	\$ 1.00
Banana Bread	\$ 2.00
All Homemade Items are "Light"	

## MILK DRINKS

Moove 300ml - Chocolate or Strawberry	\$ 1.80
Moove 500ml - Chocolate or Strawberry	\$ 2.80
Hot Chocolate	\$ 2.00
Up & Go Breakfast Drink	\$ 2.00
Dare Iced Coffee - (Teachers & Parents Only)	\$ 3.60

## COLD DRINKS

Poppers 100% Juice	\$ 1.20
Berri Pure Fresh Juice	\$ 2.00
Sprite Zero	\$ 2.00
Diet Coke - Caffeine Free	\$ 2.00
Aroona Mineral Water	\$ 2.00
Water - 355ml	\$ 1.20
Water - 600ml	\$ 1.60
Jelly Cup	\$ 1.00

## SLUSHIES

Small Slushie	\$ 1.50
Large Slushie	\$ 2.00

## ICE CREAMS

Jelly Joys	\$ 0.20
Fruitee Ice	\$ 0.40
Sour Snap Aparts	\$ 1.00
Sunny Boys	\$ 1.00
Ice Mony	\$ 1.00
Zooper Dooper	\$ 0.70
Mini Calippo	\$ 1.20
Paddle Pops	\$ 1.60
Frozen Yoghurt	\$ 2.20

## FRESH FRUITS

Apple, Orange, Banana, Watermelon	\$ 1.00
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**Regular \$1.50 OR Large \$2.00**

**\$4 Lunch Meal Deal**

Available Every Day

- 1 x Hot Dog (100% chicken)
- 1 x Drink of Your Choice\*
- 1 x Packet of Chips

\* Bottle of Water, Popper or Soft Drink Only



**\$4 Lunch Meal Deal**

1 x Chicken Burger (100% Chicken)

1 x Juice Popper or Water

**OR**

1 x Potato Wedges Large

1 x Fresh Popcorn

1 x Juice Popper or Water

**OR**

1 x Salad Bowl

1 x Apple or Banana

1 x Water

healthycanteen.com.au

**Round 1      22/2/13      Wentworthville PSSA Summer Sport**

Softball	Newcombe Ball	Cricket	Tee Ball	AFL
Girraween V Toongabbie <i>Parramatta Park</i>	Girraween V Toony West <i>Girraween PS</i>	Girraween V Westmead <i>Girraween Oval</i>	Girraween V Toongabbie <i>Parramatta Park</i>	Girraween V Toony West <i>Binalong Oval</i>
		BYE    Greens		

**Round 2      1/3/13**

Softball	Newcombe Ball	Cricket	Tee Ball	AFL
Beresford Rd V Girraween <i>Darling St</i>	Girraween V Pendle Hill <i>Girraween PS</i>	Darcy Rd V Greens <i>Bathurst St</i>	Beresford Rd V Girraween <i>Darling St</i>	Girraween V Pendle Hill <i>Binalong Oval</i>
		BYE    Girraween		

**Round 3      8/3/13**

Softball	Newcombe Ball	Cricket	Tee Ball	AFL
Metella Rd V Girraween <i>Darling St</i>		Warriors V Greens <i>Bathurst St</i>	Metella Rd V Girraween <i>Parramatta Park</i>	Girraween V Blues <i>Binalong Oval</i>
		Metella Rd V Girraween <i>Girraween Oval</i>		
	BYE    Girraween			

**Round 4      15/3/13**

Softball	Newcombe Ball	Cricket	Tee Ball	AFL
Girraween V Darcy Rd <i>Parramatta Park</i>	Beresford Rd V Girraween <i>Girraween PS</i>	Westmead V Greens <i>Bathurst St</i>	Girraween V Warriors <i>Parramatta Park</i>	Beresford Rd V Girraween <i>Binalong Oval</i>
		Toongabbie V Girraween <i>Daniel St</i>		

**Round 5      22/3/13**

Softball	Newcombe Ball	Cricket	Tee Ball	AFL
Westmead V Girraween <i>Parramatta Park</i>	Girraween V Westmead <i>Girraween PS</i>	Greens V Girraween <i>Daniel St</i>	Girraween V Westmead <i>Parramatta Park</i>	Reds V Girraween <i>Binalong Oval</i>

**Round 6      5/4/13**

Softball	Newcombe Ball	Cricket	Tee Ball	AFL
Girraween V Toongabbie <i>Parramatta Park</i>	Girraween V Toongabbie <i>Girraween PS</i>	Girraween V Darcy Rd <i>Girraween Oval</i>	Girraween V Toongabbie <i>Parramatta Park</i>	Toongabbie V Girraween <i>Binalong Oval</i>
		Greens V Metella Rd <i>Daniel St</i>		

**Round 7      12/4/13**

Softball	Newcombe Ball	Cricket	Tee Ball	AFL
Beresford Rd V Girraween <i>Darling St</i>	Metella Rd V Girraween <i>Girraween PS</i>	Girraween V Warriors <i>Girraween Oval</i>	Beresford Rd V Girraween <i>Darling St</i>	Metella Rd V Girraween <i>Binalong Oval</i>
		Greens V Toongabbie <i>Daniel St</i>		