



NEWSLETTER

GIRRAWEEEN PUBLIC SCHOOL

Principal: Mr. G Walker
Phone: 9631 3650

9 Bando Road
GIRRAWEEEN NSW 2145

28th March 2013

3 May Mother's Day Mufti Day

Gold coin donation

7-8 May Mother's Day Stall

Gifts \$1- \$10 each

Principal's Message

School Website:

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

Dear Parents,

Today was a fantastic day of fun and fundraising for our school. **The Girraween Show Day** is the result of a huge effort from our teachers and provides a wide range of games, face painting, dancing, music and food! The proceeds of the day go towards increasing our iPads in the school for students to use in lessons from Kindergarten to Year 6. I'm sure everyone had a great day!

To note the **Easter holiday** we held a combined scripture service this morning. Students were presented with the Christian story of Easter in two sessions for K-2 and 3-6 students. Thank you to the volunteers who presented the sessions.

Parents and students have seen the preparation work to **resurface the playground under our COLA** next to the school hall. Our P&C have prioritised funds for the work to be completed over the school holidays at the end of this term.

I would like to thank Fox & Symes Associates for their generous donation of \$1,000.00 towards the cost of this project. Mr and Mrs Srikrishna, parents of our students Yaejnesh and Tarunesh, have assisted with this wonderful donation. The resurfacing of the playground under the COLA will make a significant improvement to our school learning environment. This is something very exciting for the beginning of term 2.

End of term assessments are in the process of collection in all our classes during the last two weeks of term. I expect all students to continue to apply themselves to their studies right up to the end of term.

There is a survey regarding onsite after school care in 2014 with this newsletter. This survey can also be found on the homepage of our school website. Please return completed to the school office by 12 April.

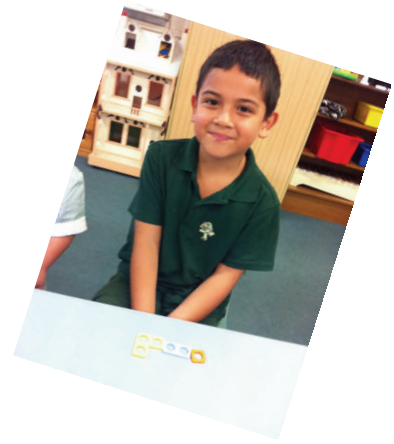
With the end of term approaching I would like to wish everyone in our community a happy Easter. I hope all our Hindu families enjoyed the Sydney Murugan Temple festival over the last 10 days. Have a great long weekend everyone.

DATES FOR YOUR DIARY

29 March	Good Friday—no school	7-8 May	Mother's Day stall
1 April	Easter Monday—no school	10 May	Winter PSSA afternoons T2-3
12 April	Anzac Day service, Last Day of Term 1	14-16 May	NAPLAN
1 May	Term 2 classes begin		



HR14 Learning Number with Numicon



HR14 this term has been focussed on developing their skills in Mathematics using Numicon. Numicon is a learning tool which helps students understand number by learning through action, seeing, and sense of pattern.

By manipulating the shapes the students in HR14 practise ordering numbers from smallest to largest along the number line. The children are learning that numbers don't occur randomly, but are part of a highly organised system.

The children in HR14 are all working at different levels of the program. As they grasp each new concept, they move to the next content strand and continue to develop their understanding of number.



Value of the Month: Integrity

Being consistently honest and trustworthy

In School communities, evidence of this value includes:

- Open and transparent decision making processes
- Consistent school policies and actions.

In Classrooms, evidence of this value includes:

- Trusting others to work independently
- Doing what you say you will do
- Teachers mark students work consistently to agreed standards



Anaphylaxis

Anaphylaxis is a severe and sometimes sudden allergic reaction. It occurs when a person is exposed to an allergen. Anaphylaxis is potentially life threatening and always requires an emergency response.

Schools use the *Anaphylaxis Procedures for Schools* and information on the department's student health web pages when planning to meet the health care needs of students diagnosed at risk of anaphylaxis.

A number of students in our school have severe allergic reactions to nuts. To ensure the safety of our students our school is a nut free zone. Our canteen does not stock food containing nut products.

Parents are required to ensure no nut products are brought to school in lunches or snacks. This includes products such as Nutella and Peanut Butter.

Thank you for your cooperation.

Enrolment

To ensure our school continues to provide space for local residents and their children the following requirements have been established to demonstrate proof of local address. This applies to all student enrolments. Kindergarten enrolments for 2014 will be taken from October and will require confirmation proof of local address in February 2014 before students commence classes.

ACCEPTABLE PROOF OF ADDRESS

List A	
<p>We require the following:</p> <p>If you are the owner of the property</p> <p>Purchase contract for property AND Council rates OR Water rates</p> <p>If you are renting a property</p> <p>Rental Lease Agreement AND Rental Bond Receipt AND 2 (two) x rental payment receipts – recent date</p>	<p>All documents must be; In YOUR name ORIGINALS – no photocopies Current date – no more than 3 (three) months old</p>
List B	
<p>We also require the following accounts:</p> <p>Electricity AND at least 1 (one) of the following; Gas Landline phone (not mobile) Internet connection Home contents insurance</p>	<p>All documents must be; In YOUR name ORIGINALS – no photocopies Current date – no more than 3 (three) months old</p>



Exercise & Brain Function

By Dorte Bladt D.C.

Would you like your child to perform better in school; to get better grades and concentrate for longer? Really, who wouldn't?

How much would that be worth to you? \$20-\$50-\$100 per week?

What would you be willing to do to get this for your child? Get a tutor, get a computer program, or fight every night to get the hours of homework done? Sweet talk, or speak seriously to the teacher to make sure your child gets what they need?

What if I told you there is a free, easy, fun, family-oriented way for kids to get better at school? Wait - there is more - you also get more energy, lose weight, reduce your family's risk of diabetes, cancer, stroke and heart disease. It also decreases the symptoms of depression, dementia, ADHD and autism.

That sounds fantastic, doesn't it? Give me some of that!

You guessed it: the best way to get your brain and body working is with exercise, movement, physical activity!!!

In a 2001 study of 279,000 Californian 9th graders, it was found that fit kids score twice as well as unfit kids in standard academic tests. The California Department of Education correlated information from a state-wide physical assessment program called FitnessGram, in which kids were measured for aerobic fitness, body fat percentage, abdominal strength and endurance, trunk strength and flexibility, upper body strength and overall flexibility and their performance at standard reading, writing and math tests.

The type of exercise is less important than the daily participation in it. For children over two years old it is recommended to exercise a minimum of one hour per day. Exercise could be: going to the playground, playing tips, walking, running, team sport, swimming, dancing, skating, skiing, surfing, gym, pilates, gross motor activities, cycling and even vacuuming, mopping and cleaning windows. Exercise is anything and everything that increases the heart rate. The one hour can also be broken up into smaller time frames, particularly for little ones.

There are many theories to how exercise works to help cognitive function such as reading and maths:

Exercise increases the blood flow around the body, including to the brain, which results in more oxygen and glucose which the brain needs to function, think and concentrate.

Exercise increases the body's production of a substance called Brain Derived Neurotrophic Factor (BDNF) which helps make new brain cells and to protect the ones you've got, as well as speeding up transmission of messages between nerve cells.

Movement stimulates the pathways in the brain where cognition takes place, so you actually increase your ability to think and concentrate by running or doing other exercise.

90% of stimulation to the brain comes from movement of the spine. If you or your children have misalignments in the spine, those bones will not move properly and there will be a decrease in nerve flow to the brain.

Your chiropractor is a specialist in assessing the health of your spine and nerve system and can detect if there are areas where the vertebrae don't move properly. They can gently and safely remove the misalignment and induce proper movement, ensuring proper function and stimulation of your brain and nerve system. So get your child's spine checked!

Exercise:

- ❑ Fosters neuroplasticity-the capacity of the brain to modify its structure & function as a result of the interaction with the environment

Out of School Hours Care (OSHC)

Start Up School Survey

Girraween PS OSHC School Survey

Parents are asked to complete the survey below to help us plan for a better OOSH in 2014. The survey will not be treated as a commitment to attend, rather it will inform us on the potential usage by families of this community.

Section 1 – Potential Usage of the Service

1.1 After School Usage	No of Children	Tick most likely
I will rely on OOSH for after school care > more than 3 days a week		
I would regularly use OOSH after school care > up to 3 days per week		
I have not previously used the service and now intend to use OOSH for after school care > more than 3 days a week		
I have not previously used the service and now intend to use OOSH for after school care > up to 3 days a week		
I may use OOSH for after school care occasionally		
I have not made any decision		
I will not require the service		

1.2 Before School Usage	No of Children	Tick most likely
I will rely on OOSH for before school care > more than 3 days a week		
I would regularly use OOSH before school care > up to 3 days per week		
I have not previously used the service and now intend to use OOSH for before school care > more than 3 days a week		
I have not previously used the service and now intend to use OOSH for before school care > up to 3 days a week		
I may use OOSH for before school care occasionally		
I have not made any decision		
I will not require the service		

1.3 Vacation Care Usage	No of Chil- dren	Tick most likely
I will rely on OOSH for Vacation care > more than 3 days a week		
I would regularly use OOSH Vacation care > up to 3 days per week		
I have not previously used the service and now intend to use OOSH for Vacation care > more than 3 days a week		
I have not previously used the service and now intend to use OOSH for Vacation care > up to 3 days a week		
I may use OOSH for Vacation care occasionally		
I have not made any decision		
I will not require the service		
I would consider sending my child to another local Vacation Care Service – please provide more information		

Section 2 – Daily Usage Forecast

Forecast of Usage

Please place the number of children likely to be using the service during 2014

	Monday Number	Tuesday Number	Wednesday Number	Thursday Number	Friday Number
Before School					
After School					

Please return this note to the school office by	12 April	2013
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Parent / Carer Name	
Phone Number	
Childs Name(s)	
Class(s)	

Thank you,

If you pay your band fees in full by **TUESDAY 2nd April** you will be able to take advantage of the \$50 discount on fees.

Each payment option available appears below.

- **OPTION A - \$715 Year**

This option includes tuition at school, school instrument hire and band fees for the year.

- **OPTION B - \$535 Year (Violins \$745)**

This option includes tuition at school and administration fees for the year. Students provide their **OWN INSTRUMENT**

Band fees are to be paid at the Office. Please write your child's name, class and Band Option on an envelope and place it in the box at the office.

The option for a \$50 discount is only open until Tuesday 2nd April.

Round 6: 5/4/13

Softball

Girraween
V Toongabbie
Parramatta Pk

Newcombe Ball

Girraween
V Toongabbie
Girraween PS

Cricket

Girraween
V Darcy Rd
Girraween Oval

Tee Ball

Girraween
V Toongabbie
Parramatta PK

AFL

Toongabbie
V Girraween
Binalong Oval

Greens
V Metella Rd
Daniel St

Dear parents,

When paying for excursions, book packages or other events that require money, please only include Australian money.

Money from another country included in your payment, will be returned to you and we ask that you provide a payment with Australian money.



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.



<http://www.parentingideas.com.au/Home>

Parentingideas Magazine

Issue 8



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 Hawalin	\$ 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 Drumsticks	\$ 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

