



NEWSLETTER

GIRRAWEEEN PUBLIC SCHOOL

Principal: Mr. G Walker
Phone: 9631 3650

9 Bando Road
GIRRAWEEEN NSW 2145

5th September 2013

7th September Federal Election BBQ @ GPS— 8am to 1pm

10th September Multicultural Day

11th September Regional Athletics Carnival

Relieving Principal's Message

School Website:

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

What a wonderful couple of weeks this has been for Girraween Public School!

Girraween students expressed themselves creatively during the Celebrating the Arts Festival at the Parramatta Riverside Theatre on Tuesday night. Our Celebrating the Arts Choir performed five songs that had the audience marvelling at the vocal control and skill of primary school students. Our Senior Dance Group impressed the crowd with slick choreography and passion for dance. Two of our senior students displayed visual arts works that were framed for families and students to enjoy. These groups would not have these opportunities if it were not for the continued time commitment and dedication that our teachers contribute on a daily basis. A special thank you goes out to Miss Rawlinson and Ms Rogers for guiding the Senior Dance Group and Mr Connell and Ms Srikanthan for guiding the CTA Choir. It was an incredibly successful night for Girraween.

Thank you to our active P&C for their organisation of the Fathers' Day Stall. Lots of dads would have received some wonderful gifts last Sunday. Events such as these would not occur without our parent community volunteering their time to support our school. A report of the event is included in this newsletter.

The Federal Election takes place this Saturday and our school is being used as a place to vote. Our P&C is running a BBQ during this time. So come along, cast your vote and then enjoy a cool drink and a hot snack.

On Sunday our Tournament of Minds team, under the supervision of Ms Srikanthan, will be journeying to the University of NSW to participate in the State Finals. This is the first time that Girraween has been part of this competition and it is a great reflection on the creative thinking skills of our students that they have been successful in moving to the State Finals. Thank you to Ms Srikanthan and Mr Powys for facilitating the entry of two teams into this competition. Reports from the teams that participated in the Regional Finals are included in this newsletter.

Next Tuesday we have our very first Multicultural Day. Students and teachers have been investigating the culture of one country in their classrooms. Families are invited to school on Tuesday to enjoy the learning experiences that the students have engaged in and watch our Multicultural Day parade in the afternoon. Details of this event are included in this newsletter.

Our school community continues to demonstrate commitment to and passion for learning in everything that we do.

Rebecca Webster

DATES FOR YOUR DIARY

10 September

Multicultural Day. Classroom displays, lunch order deals, dress parade.

20 September

Last day term 3.

8 October

Term 4 begins. Kindergarten 2014 enrolments open.

FATHERS' DAY STALL



Dear Parents / Caregivers,

On behalf of the Parents Committee at Girraween Public School we would like to say a HUGE 'thank you' for the wonderful support for the Fathers' Day fundraising event.

We have raised \$2153.57 from this event and we can assure you that every dollar will go to the development of school programs.

The kids had a wonderful time buying gifts for their loved ones and thoroughly enjoyed the shopping experience! We also enjoyed serving these little shoppers.

This wouldn't have been possible without our able volunteers who worked tirelessly to make this event a success. A BIG THANK YOU to you all!

We hope all the dads and granddads enjoyed the gifts from your little angels and we are looking forward to the next Fathers' Day.



Thank you!

Parents Committee for Fundraising



Multicultural Day at Girraween

Girraween Public School is well known for being an inclusive school. All cultures and nationalities are celebrated at Girraween Public School.

On Tuesday 10th September 2013 students and teachers welcome families to join us in our Multicultural Day celebrations. Each class has been studying a different country. We are proud to show families what we have been learning.

Classrooms will be open for families to visit at 1.40pm – 2.00pm.

Families are then invited to attend the Celebration Parade in the playground.

The Celebration Parade will be from 2.00pm -2.45pm.

We look forward to seeing you on Multicultural Day. With our special lunch being organised, orders need to be in to the office by **Friday 6 September**. An order form has been attached in this newsletter.



**GIRRAWEEEN PUBLIC SCHOOL
MULTICULTURAL DAY
Tuesday 10th September, 2013**

Dear Parents/Caregivers,

On **Tuesday 10th September**, we will be holding our **Multicultural Day**.

This is our main fundraiser for Term 3 and all money raised goes back into the school, and consequently to our students.

Part of our day includes the opportunity to purchase a lunch/recess order. If you would like to place an order please complete the section below and return it to the office money slot by **Friday 6th September**.

Thank you for your support.
Mr Ward
26th August, 2013

✂

**GIRRAWEEEN PUBLIC SCHOOL
MULTICULTURAL DAY Tuesday 10th September, 2013**

NAME _____

CLASS _____

Recess includes: Fruit and a bag of chips or popcorn.

Lunch (Please tick one)

Sausage on a roll ☐

Vegetarian Fried Rice ☐

Fried Rice ☐

A drink and a treat will also be included with lunch.

I have enclosed \$8.00 to cover the price of the meal package.

Signed:.....



LIFE EDUCATION NSW

Our Life Education lessons will be taught in Term 4.
Below is a brief outline of the program. Lessons will be taught in class.
Children will receive a Life Education workbook and sticker.

The Life Education van is coming to Girraween between

Wednesday 9 October to Thursday 24 October.

A timetable of when each class is going will be in the next newsletter.

Kindergarten	Clued Up	Healthy lifestyle, personal safety, safety with medicines, body knowledge and self -assertion skills
Year 1	Harold's Mystery Tour	Body workings, passive smoking, safety, and decision making.
Year 2	Harold's Hereos	Environmental health issues, emergency procedures and individual needs.
Year 3/4	Be Cyberwise	Explores cyber safety through animation, vox pops of children, relevant scenarios, discussions and problem solving.
Year 5/6	It's Your Call	Definition of legal drugs, decision making, emotions, peer pressure, risk taking, problem solving, safe and appropriate use of communication technology.

The programs address many of the components and objectives within the NSW PDHPE curriculum.

Most children have paid \$10.00 for Life Education, as this was included with the textbook package.

For those who have not paid, money is due Friday 20th September. Notes have been sent home this week.

Stay tuned till after the holidays for information about how to purchase Life Education products. You can help Life Education continue to spread their message to school children.

Thank you
Miss Khoury
Life Education Co Ordinator



Stage 2 Observatory Excursion Recount

Smaran Pillai 3L

On Monday, 5th of August, 2013, Year 3 students and teachers went to Luna Park and the Sydney Observatory.

First of all, we went to Luna Park and sat right outside the front of the face where we finished some work, while eating recess.

Next, we went inside Luna Park. We saw lots of rides and took lots of photos, but unfortunately we didn't get to play.

After that, we went to the Sydney Observatory and completed three activities with our guide, Lisa. Everyone was tired, so we went back to school.

That day was very fun and exciting. I loved it!



Theja Thevathasan 3L

On Monday, 5th of August, 2013, the whole of Year 3 went to Luna Park and the Sydney Observatory.

Firstly, when we arrived at Luna Park, the students took photos of the surrounding views, which included the Sydney Harbour Bridge, Sydney Opera House and Sydney Tower (Centrepont Tower).

Secondly, we went through the gaping mouth of Luna Park. We completed some small activities.

Thirdly, we ate our recess and were challenged to draw the one half of Luna Park. Then, our bus driver came and he drove us to Sydney Observatory.

There were three activities, which included viewing the telescope, watching a movie in the 3D theatre and looking at the stars in the planetarium.

It was so exhausting, but we had a great day!



Ipsita Rawat 3L

On Monday, 5th of August, 2013, Year 3 went to the Sydney Observatory by bus.

First, we went to the COLA to get our names marked off. Then we were divided into groups. Group A was 3P, 3F and some of 3C, while Group B was 3L, 3T and some of 3C. I was in Group B.

While Group A headed off to the Sydney Observatory, Group B went to have a snack in front of Luna Park. We also got worksheets. After we finished our snack, we went to have a little look inside Luna Park. Soon the bus came to pick us up and take us to the Sydney Observatory.

At the Sydney Observatory, our guide, Craig, took us to the planetarium first. It was a place where you could see the stars during the daytime and night time. We looked at some of the constellations.

After that, we went to look through a cool-looking telescope and got to see the Sun and Venus.

Last, but not least, we went to watch a view movies in the 3D theatre. One was called "Bigger than Big" and the other one was called "The Little Things".

I had an exhausting, but great day.

I think it was one of the best excursions ever.



Value of the Month: Responsibility

Being accountable for your individual and community's actions towards yourself, others and the environment.

In school communities, evidence of this value includes:

- reflecting policy and school community needs in school rules
- supporting the decisions of the school
- accepting responsibility for the school's involvement in community activities
- including in school rules strategies to reinforce appropriate behaviour as well as consequences for breaking rules.

In classrooms, evidence of this value includes:

- self-discipline
- modelling expected behaviours
- involvement in strategies to encourage compliance with school rules.

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 preschool 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.



Library News



BOOK FAIR

A huge thank you to all students, parents and caregivers who purchased books and items at our Scholastic Book Fair held in August. Due to your generosity the Library is able to purchase over **\$3900** worth of new books and resources for the children.

It was wonderful to see so many parents and caregivers enjoying the occasion.

A special thank you to my parent helpers: Mrs Gale, Mrs Goss, Mrs Anand, Mrs Jani, Mrs Zaveri, and Mrs Jegendran. Without you and the help of many of the staff at Girraween PS the Book Fair would not have enjoyed the success that it did.

Mrs K. Propst
Teacher Librarian

Parentingideas Magazine
Issue 8



<http://www.>

[.com.au/Home](http://www.parentingideas.com.au/Home)



Senior A Dance Group



This year, our Senior A Dance Group, consisting of 24 children from years 5 and 6, was formed after a series of auditions. They have been meeting twice a week for rehearsals since Term 1. The group has already received great praise for their performance at the Performing Arts Night.

They have again been successful in their audition for the Celebrating the Arts Festival. They performed in the festival on Tuesday, 3rd September, 2013. Two year one boys, who are also very eager to perform, have recently been included in the item.

The successful item is called Black or White and features the music of Michael Jackson.

Members of the group are : Gaayathiri Shanmugarajah, Mo-hanisha Mehra, Rubika Mohanarajah, Abi Prakash, Keshavi Anphlahan, Laarnie Baluyot, Sahithyah Baskaran, Yasmin Kayyal, India Anderson-Prasad, Amelia Randall, Aishani Ravichandran, Riya Thakur, Hannabeth Marchant, Brittany Gafa, Vithuya Uruthiran, Kharrinee Somasundaram, Aditi Bathla, Janavi Visakulan, Acshaya Vijayaratnam, Tahira Col, Lily Gosbell, Xinyuan Chen, Kaushanah Thivagarupan, Marvyenn Goyone, Aryan Surani & Prem Patel.

Wakakirri

The students pictured are: Sahithyan Baskaran 5P, Thanuskan Indrakumar 5A, Pravin Gajendra 5R, Royce Leslie 6L, Rityu Ramsundar 6L, Sayo Sasikumar 6S, Nithilan Mambakkam 6S, Hiri-haran Nanthapoopan 5A, Youssef Jhaish 5A.

They participated in the Wakakirri story dance competition on Monday 12th August at the Riverside Theatre Parramatta. The students had a wonderful time and Mrs Johnson was extremely proud of them. We performed the story "The Hobbit".

Although we didn't make it to the finals, we were praised for our story telling and props. I would like to thank Mrs Khalil, one of our artistic kindergarten mothers for painting our awesome fireplace backdrop.

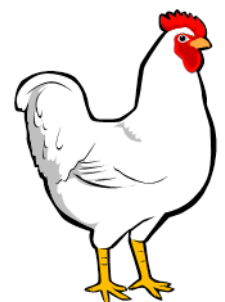


To the following students who attended practices faithfully throughout the year, well done: Sinchana Hahesh 4M, Jasmine Flora 4M, Ananya Rajesh 4m, Teresa Chhabra 4W, Ramyaa Jayakanth 4W, Sayo Sasikumar 6S, Mishti Rastogi 6S, Nithilan Mambakkam 6S, Melanie Monaki 6C, Roma Naidu 6L, Rityu Ramsundar 6L, Himani Nandedkar 6L, Karishma Thevathasan 6L, Joylyn Sooriyakumar 6L, Royce Leslie 6L, Janhavi Shinde 6L, Gabria Vinod 6L, Krinal Patel 6L, Arathi Arulnesan 5R, Sangavi Anphalan 5R, Deeva Sood 5R, Aarini Puvichandran 5R, Pravin Gajendra 5R, Paridhi Mittal 5P, Mehek Syed 5P, Praveena Srikumar 5P, Anjali Sudharshanan 5P, Shruti Mohite 5P, Sahithyan Baskaran 5P, Melanie Liyanage 5A, Youssef Jhaish 5A, Thanuskan Indrakumar 5A, Raaghavi Anphlahan 5A, Shebani Jeyakumar 5A, Hiri-haran Nanthapoopan 5A.

Kindergarten's Excursion to Calmsley Hill City Farm.

By KH.

On Wednesday 14 August 2013, Kindergarten went to the farm. First we went on the tractor ride and it was bumpy. Then we met our guide. Her name was Danielle. We first saw ducks and hens and roosters. Next we saw cows and pigs. After that we milked the cow and the cow's name was custard. Then we patted rabbits and saw a baby goat. Next we ate lunch and had a rest. Then we watched the whip show and Mrs Galea and Solomon cracked the whip. After that we saw the sheep dogs and sheep shearing and then we went back to school. It was a fun day. Recount constructed by Pia, Saiesha, Saanvi, Shlok, Dheeraj and Nicole.



Tournament of Minds

Operation Discovery

Tournament of Minds is a challenging competition for teams of students from a variety of different schools. We were very lucky to be selected to participate in this mind-solving experience. Our group was called Operation Discovery. For our storyline we were in disguise. Our group contained, Ovia, Deeva, Yasmin, Prithi, Dominic, Casey and Kishhaan. Mr Powys facilitated our group but was not allowed to contribute any of his ideas. All ideas had to come from us.

We encountered many difficulties but managed to overcome these issues. Striving to work to the best of our abilities, we excelled in a long-term challenge. For this challenge, we chose the topic, Social Science. We created a play based on three main characters, the pilot (Kishhaan), the sculptor (Prithi) and the singer (Casey). We had a harsh environment, as we were tortured.

The second part of the contest was the spontaneous challenge in which we had four minutes to prepare a one-minute impromptu speech. This was very nerve-racking but we enjoyed our time and that was all that mattered to us. We gave it our best and had fun preparing our impromptu speech and performing it too. This was Girraween Public School's first appearance at the Tournament of Minds competition. We were very proud of what we presented and achieved but the most important thing to us was our enjoyment and experience on the day. Operation Discovery had bumps in our play but we managed to fix these problems.

Kishhaan Ilango and Casey Lieu



Tournament of Minds – Two Sides (The Competition)

By Aishani Ravichandran & Melanie Liyanage

Tournament of Minds (a.k.a ToM) is a problem solving competition for school students. Our school, Girraween Public School, entered two teams into this tournament. Both Two Sides (our team, consisting of Aishani, Melanie, Shebani, Ashleigh, Madhu, Nithilan, Ramyaa and our facilitator, Ms Srikanthan) and Operation Discovery (the other team) went to the tournament on 25th August, at the University of Western Sydney.

In preparation for the event, Two Sides selected a topic from a variety of topics which we were given. Applied Technology was our choice. This meant we had to create an avatar and a virtual environment for the avatar. We also had to create a user. Our group decided to base our play on womens' rights. We created a script and learnt our lines, practised every Monday afternoon from 3:00 – 4:00pm throughout term 3 and also created and designed our masks (these were for our play.)

On the day, Two Sides arrived at the university at 12:30pm. After Ms Srikanthan and Miss Webster had checked the timetable they told us that we only had to perform at 1:30pm. At 1:30pm we entered Block U (this where we were to perform) and started our performance. When it finished we went to have lunch.

When the time came for the Spontaneous Challenge, Two Sides entered Block I. This meant we were given a challenge that we had never seen before. Our team began the challenge knowing we would have to be quick on our feet. The challenge was that we were to base a presentation on a picture that we were shown of four penguins. It was that we should form a plot for the penguins. We had to discuss whether the plot failed or succeeded.

After the Spontaneous Challenge, our group gathered and waited for what seemed like an eternity. When it was 4:00pm we headed to the main auditorium, this was where the presentation was to be held. Matt, the host, talked about the tournament and entertained the audience while the organisers sorted out the last of the winners.

Soon it was time to start the ceremony. They awarded the Spirit Award and then began to present awards for the topic Applied Technology. First, they awarded a few schools in the primary category. Then it was time to announce the winner of the Applied Technology section. (This team would compete again in the state competition.) They announced the winner and the winner was... GIRRAWEEEN PUBLIC SCHOOL! Cheering and applauding each other, our team bounded down to the stage to receive our certificates and shield.

Even after the day of the tournament, our group still could not believe we had won. We were over the moon, extremely happy and proud of ourselves and our achievements. We were **Two Sides!**



Girraween Public School App

We now have our very own Girraween Public School app.

The app will be used to send notifications to communicate sudden changes to routine, for example PSSA being cancelled due to rain.

The school calendar will be updated through this app. This school calendar will also be linked through our website and can be found by clicking the *Our School* tab on the top menu bar then the *School Calendar* tab on the right menu bar.

This app is available for download for free in the Apple App Store and the Google Play Store. It can be found by searching 'Girraween Public'. You will see the Girraween Public School logo. Click on the icon to download it. To access the app enter the following details:

Username: community

Password: girraweenps

When you open the app you will be able to select the grades for which you would like to receive notifications and information.



A feedback section is also included for users to comment on the app. This information will periodically be collated and sent to the school.

Book Week 2013 – Storytelling Time

As part of our **Book Week** celebrations on Monday 2nd September outstanding and highly devoted librarians from Holroyd City Council Library Service came to our school in honour of Book Week. The librarians presented books that have been shortlisted for the Children's Book Council of Australia awards. They dressed up as key characters and acted out the stories including *Peggy* by Anna Walker and *The Pros and Cons of Being a Frog* by Sue deGennaro. Our K-6 students absolutely loved the performance and the opportunity to immerse themselves in the wonderful world of literature combined with drama.

Also during Book Week various classes have engaged in reading in a variety of imaginative ways including creating book trailers, making posters and creating inspiring comic strips using iPads.

Thank you to all the parents, students, teachers and wonderful librarians who participated to make Book Week 2013 such fun. We can't wait until next year!



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 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

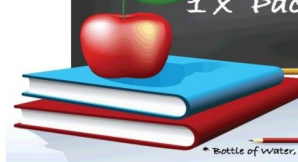
Apple, Orange, Banana, Watermelon	\$ 1.00
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Regular \$1.50 OR Large \$2.00

\$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



INSIGHTS

by Michael Grose - No. 1 parenting educator



Father time is valuable time

On Father's Day it's worth reflecting on how good fathering matters. It matters to mothers. It matters to men. And importantly it matters to children.



"He's a bit of a rascal"

This is how Prince William, the Duke of Cambridge described his new born son in a recent televised interview.

Watching the interview it's apparent that Prince William is totally smitten by his son. He is a changed man. As any dad knows, there's no turning back.

Early indications are that the Duke of Cambridge is going to be a modern, hands-on dad who wants to be an active participant in the life of his son. It was he who carried the baby from the hospital to greet the media pack, and it was he who put the baby capsule in the back seat of the car before heading home. "I'm a hands-on dad" was the message beamed around the world. Good on him.

Building up frequent father points

Prince William is typical of many modern dads. Gone are the days when the only relationship many men had with their children was through their wives. Men, increasingly, recognise that their effectiveness is dependent on first-hand interactions with their kids. That means their presence is needed for more than any presents they may provide for their kids.

For some dads first-hand interactions with children are easier said than done. Family separation, work circumstances and busy lifestyles are all factors affecting their capacity to become involved in their children's lives.

In these circumstances it's important that men maintain an emotional attachment to their kids; do their best to know what's going on in their children's lives; and respond appropriately to the developmental imperatives of their children.

The impact of fathering on children

Good fathering matters.

It matters to mothers as a supportive father makes a mother's life easier.

It matters to girls. Good fathering has been linked to higher confidence levels in girls, particularly during the tricky adolescent years. The notion of a father who is present, available and attentive affords a sense of security to a girl, which is necessary for healthy development.

Dads are also the first introduction to the world of men for girls so it's important that fathers treat their daughters with gentleness and respect, but also encourage them to be assertive. In a sense, fathers teach their daughters how

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they should expect to be treated by males as they get older.

Good fathering matters to boys. They learn their first lessons of manhood from their dads. Early primary-aged boys usually want to spend a great deal of time with their dads. Steve Biddulph, author of *Raising Boys*, describes this phenomenon as 'father-hunger' and suggests that dads need to be around their sons in the primary school years so they can 'download the software' of how to be male.

The father-son relationship during adolescence can be problematic. While teen boys seem to be hard-wired to challenge their fathers, most desperately want their dads to be proud of them. Teen boys need a dad who can be firm when needed as they don't always make great decisions. They need a dad who remembers the awkwardness and insecurity of being a teenage boy themselves. And they relate best to dads who don't take themselves too seriously. The judicious use of humour, particularly with boys, is a great fathering strategy.

Fathering matters to men

And, of course, involved fathering matters to men. Most

health scales state a healthy relationship with their children is a predictor of good health and longevity for men, as well as of life satisfaction levels. I suspect there is something relaxing and de-stressing for a man to get into a child's space and time. There is a big kid in most men just bursting to get out.

Parental well-being would be the last thing on Prince William's mind as he attends to his young son's needs. It is through these early forays into parenting that Prince William, like countless other men, will find his feet as a dad, and also discover his place in the life of his son.

Five fathering tips (whether you live with the children's mother or not):

1. Go on dates with your daughters.
2. Have adventures with your sons.
3. Support your partner's parenting.
4. Change as your child changes.
5. Discipline with firmness and compassion.

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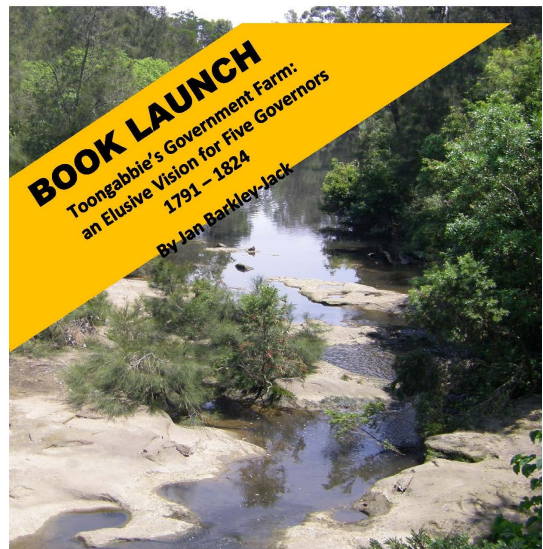
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Did you know...

Tomatoes gain weight as they ripen!



Cherry or grape tomatoes make a tasty snack for children. Why not pack your child some for Crunch&Sip*?



BOOK LAUNCH
Toongabbie's Government Farm:
an Elusive Vision for Five Governors
1791 - 1824
By Jan Barkley-Jack

All Welcome - Saturday 7th September, 2013

To be launched by Michael Flynn
at Third Settlement Park (Edison Parade, Winston Hills)
beside Toongabbie Creek on the site of the historic Toongabbie Government Farm.

As part of 25th Birthday Celebrations for Toongabbie & District Historical Society
in conjunction with Parramatta City Council.

Begin at 10.30am in Palestine Park (Goliath Avenue, Winston Hills) with unveiling of a plaque marking the Listing of the Farm on the NSW State Heritage Register, then move to Third Settlement Park for entertainment and displays, followed by the **Book Launch** and sausage sizzle lunch organised by PCC and Winston Hills Rotary Club.

No Fresh Fruit? No Worries!

Although fresh fruit or vegetables are the best choice for Crunch&Sip*, your child can snack on canned fruit in natural juice or with no added sugar or dried fruit (DO NOT send fruit straps, bars or rolls).

To save money, buy a large can of fruit and send to school in reusable containers. Good for the environment too!

