



NEWSLETTER

GIRRAWEE PUBLIC SCHOOL

Principal: Mr. G Walker
Phone: 9631 3650

9 Bando Road
GIRRAWEE NSW 2145

19th September 2013

School resumes Tuesday 8th October

Relieving Principal's Message

School Website:

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

Congratulations to our school community on another productive and exciting term at Girraween Public School. In true Girraween style we end the term with even more stories of student celebration and success.

On the sporting front we had a number of students attend the Regional Athletics Carnival. All of our students were great competitors and did our school proud. In the 11 Years Girls Discus, Kharrinnee Somasundaram threw the discus 25.83m. This throw has qualified her to go to the State Athletics Carnival later in the year. Woohoo!

Our winning house for this term is Cuthbert. Students from Cuthbert have performed well in sporting events and kept their allocated area of the playground tidy. The purpose of our house teams is not only to focus on sporting achievements but also a way to display school pride and citizenship. Well done Cuthbert.

On the academic front Girraween continues to demonstrate high standards of student achievement. In the 2013 English ICAS the students from GPS received 3 High Distinctions, 35 Distinctions and 53 Credits. This is a wonderful result for our students and is a reflection of the quality learning environments that exist at GPS.

Year 3 and Year 5 NAPLAN student reports are expected to be sent home to families in week 2 of next term.

On the cultural front we had a very successful Multicultural Day. Students, staff and families came together to celebrate the diversity of our school community and marvel at the classroom displays that were the product of investigative learning throughout the term.

The P&C will be concentrating all fundraising efforts in the near future towards the raising of money to returf our playground. Approximately \$100,000 is needed to sustainably and safely beautify our playground. There are plenty of opportunities for all of our students, staff and families to work together to make this happen. The P&C has arranged for GPS to run the Seven Hills Bunnings BBQ on 26 October. Included in this newsletter is a form that you can fill out to help us achieve our fundraising goal by offering some of your time. Working together we can benefit our students.

All students return to school on Tuesday 8 October next term.

Have a safe and relaxing holiday.

Regards,
Miss Webster

DATES FOR YOUR DIARY

20 September	Last day term 3.
8 October	Term 4 begins. Kindergarten 2014 enrolments open.
9 October	P&C Meeting @ 7pm
26 October	Bunnings BBQ @ Seven Hills

ICAS English Competition

Recently we had 233 of our students from Years 3 -6 sit the 2013 ICAS English competition.

Of those students who sat the English competition, 3 students were awarded High Distinction, 35 received Distinctions and 53 were awarded Credits.

Congratulations to all of the students who participated in the English competition.

High Distinctions:

Stage 3

Hannabeth Marchant and Aishani Ravichandran

Stage 2

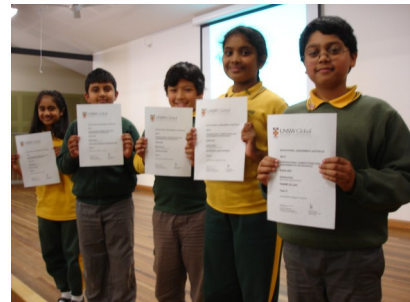
Ananya Rajesh



Distinctions:

Year 3:

Siya Pujari, Aravind Nadadur Rangarajan, Anunaya Rai, Shahana Sarvananda, Habib Ullah



Year 4:

Front Row: Davinna Srimohanarajah, Gajan Suntherachelvan, Akshanth Suresh, Piraveen Sutharsanan

Second Row: Archanaa Kananathan, Vedika Sathi, Amrutha Sivarangan, Rishanthi Sribaskaran

Back Row: Sai Achanta, Jeremy Angelo Mathialagan, Mahika Arora, Dericka Hong, Gobiramya Jayakanth, Avanthika Kalaichelvan

Absent from photo: Nidhiban Sivakanthan

Stage 3:

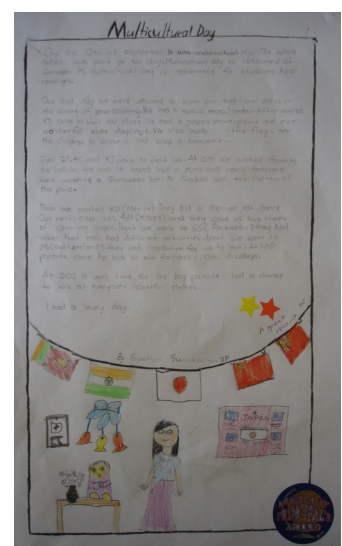
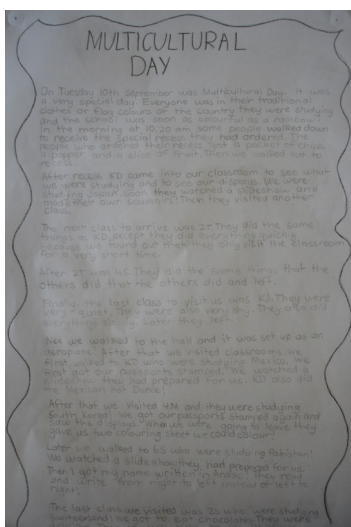
Girish Ravi, Praveen Premkumar, Shruti Mohite, Riya Thakur, Shebani Jeyakumar, Casey Lieu, Kaeshikan Ravi Raj, Xinyuan Chen, Ovia Gajendra, Harshithaa Muralidaran, Shivam Patel, Sajith Puvanendran, Pathmesh Rajeswaran, Piraveen Sribaskaran
Absent from photo: Anoosha Mohanaraj



Girraween Public School

Multicultural Day—10th September 2013

During Term 3 all classes researched and explored a country of the world. Students displayed their work around their classroom. On Multicultural Day, students visited different rooms to learn from and enjoy the presentations and displays of other classes. Thank you to our ESL and Support Staff who made this day possible. We are proud to celebrate the diversity of our school culture and share our learning with our community.





Girraween Public School

Telephone: 9631 3650 - 9631 9632 Facsimile: 9896 3392 Bando Road, Girraween NSW 2145

Girraween Public School The School Photographer Re-Order Photos

The following photographs will be on display at the school, and may be ordered by completing a Re-Order envelope from the school office. Please place payment either **Cash or Cheque** in the envelope provided. Credit card payments can be made online through our website:

www.theschoolphotographer.com.au

Please enter your Order Number on the envelope and return to the office by **Friday 18th October (Term 4 Week 2)**.

The photos are **\$14.00** each, 2 for **\$26.00**, 3 for **\$36.00**, 4 for **\$44.00** or 5 for **\$50.00**. Any additional orders over **5 photographs** are **\$10.00** each. This discount is only available per family order. Maxi sized photos which are A3 in size are **\$20.00** (e.g. Whole school). **OR** purchase a **Sports booklet** which has all the sports photos for **\$25.00**.

Please note if payments are not received before photos are sent to the school a late fee of \$5 will be incurred.

SPORTS BOOKLET \$25.00

Name of Group	Name of Group
Performance Band	Library Monitors
Wakakirri	Infants Choir
Celebrating the Arts Choir	Senior Newcombe ball
Year 1 Dance Group	Junior Newcombe ball
Senior B Cricket	Junior B Cricket
Senior Boys Yellow Soccer	Junior Green's Soccer
Chess Club	Girls Softball
Boys Softball	Senior Green Netball
Senior Gold Netball	Year 6
Year 6 (FUN)	Beginner Band
Intermediate Band	SRC
Junior Choir	House Captains
Pulse Choir	Junior Dance
Senior A Dance	Year 2 Dance
Senior Oz Tag	Senior Cricket
Senior Girls Green Soccer	Senior Boys Green Soccer
Senior Girls Yellow Soccer	Junior Boys Yellow Soccer
Junior Girls Yellow Soccer	Junior Boys T-Ball
Senior AFL	Junior Girls T-Ball
Junior AFL	Junior Green Netball
Junior Gold Netball	Junior Boys Green Soccer
Junior Cricket	Junior Oztag
School Captains	

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.

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 TOMORROW (FRIDAY).

Stay tuned until 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





Girraween Public School

Bando Road, Girraween, NSW, 2145.

9631 3650 - 9631 9632 (Ph); 9896 3392 (Fax); girraween-p.school@det.nsw.edu.au

P&C BUNNINGS BBQ (Seven Hills-Abbott Road) SATURDAY 26th October 2013 7am to 5pm

19 September 2013

Calling all families! Come along to Seven Hills Bunnings and help raise money for our school playground. We need volunteers to cook the food and serve the customers.

Please indicate on the slip below what times you would be able to help. Feel free to tick more than one time slot. Alternatively, you can send an email to the P&C Secretary, Jane Kelly, at jane_simon@otpusnet.com.au with your name and times available.

The P&C is fundraising towards the returfing of our school playground and we need everyone's help to reach our fundraising goal, as the cost of this work is significant.

A returfed playground will be wonderful for our children.

We appreciate any time that you are able to give us to make this happen and thank you in advance for your support to provide our children with a new playground surface.

Please complete the slip below and return to the office by **Monday 21st October**.

P&C Seven Hills Bunnings BBQ 26 October 2013

Times I am available to help:

☐ 7am-9am ☐ 9am-11am ☐ 11am-1pm ☐ 1pm-3pm ☐ 3pm-5pm

OR

I am available at the following times: _____

Parent/s Name: _____

Contact Number: _____

Email Address: _____

Child's Name(s): _____ **Class:** _____

JoanFest 2013



JoanFest 2013 is coming to Girraween Public School.

This is a film festival for and by Girraween Public School students. Some of our students will work in groups to create a short film.

The film festival is called JoanFest in honour of the assembly cat who recently starred in her own short film. Ask your child to tell you more about Joan.

In Term 4, students participating in JoanFest 2013 will be making short films in class.

Some families might have a video recording device at home that they are no longer using or a video recording device that could be kept at school during term 4. If so, we would love to borrow these devices. The devices will be used by students to record their film.

If you are able to lend us your device, please label your device with your child's name and class and send it to Miss Webster in the office.

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.



Phone

iPad



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

Value of the Month: Care

Concern for the wellbeing of yourself and others, demonstrating empathy and acting with compassion.

In school communities, evidence of this value includes:

- Providing early notice of students, parents and teachers experiencing difficulties
- Volunteering to assist in school activities
- Programming to actively counter bullying and harassment
- Implementing responsive student support systems being in place.

In classrooms, evidence of this value includes:

- Maintain friendly relationships
- Making constructive and encouraging comment about other people's work
- Listening to others
- Modelling skills for positive and caring relationships.

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.



UNIVERSITY OF WESTERN SYDNEY PENRITH OBSERVATORY School Holiday Kids Astronomy Programs

Wednesday 25 September (10 am – 12 noon) - Rocket Launches

Come along and find out the latest information on rocket launches.

Astronomy Nights –

Saturday 28 September (7pm – 9 pm) - Rocks from Space

This talk will explain where the different groups of threatening objects come from, tracing their story back to the formation of the Solar system, as well as discussing the threat they pose to the Earth, and the other planets in the Solar system.

Saturday 5 October (7pm – 9pm) - Exoplanets and life elsewhere: Which ExoEarths should we search for life?

This talk will explain how astronomers across the globe are searching for exoplanets, before discussing the various features of a planet and its host star that researchers think might influence its habitability.

These nights also include a 3D astronomy movie and viewing of the night sky through the University's 0.6 metre and 0.25 metre telescopes. Our programs run regardless of the weather.

Cost: \$15 adult, \$10 child/concession and \$40 family.

Bookings are essential: Book and pay online: www.uws.edu.au/observatory. **Enquiries:** Phone (02)4736 0135 or email r.mccourt@uws.edu.au

Parentingideas Magazine

Issue 8

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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



Lunchbox snack foods

Children need to eat a range of different foods to provide nutrients to meet growth and energy needs. Snacks need to be everyday foods rather than sometimes foods.

Everyday Snacks	Sometimes Snacks
fruit loaf	muesli bars and dried fruit bars
plain popcorn	potato crisps / chips and corn chips
plain or fruit yoghurt	lollies and confectionary
cheese and crackers	chocolate
fresh fruit or canned fruit	cordial
dried fruit and cheese cubes	soft drink
wholemeal biscuits or crackers	
vegetable sticks and dip or salsa	
corn or rice cakes with or without spreads	
celery, cherry tomatoes and carrot sticks	

Confectionary and lollies are very high in sugar, provide extra kilojoules and cause tooth decay. They are not recommended for lunch boxes. Keep these foods for special occasions only.



Environmentally friendly snack foods

Choose an apple, mandarin, orange, pear, banana, plum, mangoes, pieces of melons, nectarines, peaches or other fresh seasonal fruit for a quick, easy, environmentally-friendly snack. No packaging, full of nutrients and antioxidants, plus it tastes delicious!

Treats for special occasions

Food is an important part of special occasions for everyone and should be enjoyed. Your child may be invited to a party with lots of foods high in fat and sugar or to a meal at a fast food restaurant. These meals will do no harm as long as they are only eaten occasionally. But remember, children's parties don't need to be filled with junk food to be fun. Try to include some healthy foods as well. Here are some suggestions:

- ✓ pretzels
- ✓ mini pizzas
- ✓ fruit platters
- ✓ fresh berries
- ✓ finger sandwiches
- ✓ low-fat mini fruit muffins
- ✓ homemade popcorn
- ✓ slices of watermelon
- ✓ frozen orange wedges
- ✓ hummus and pita bread
- ✓ cheese cubes and crackers
- ✓ vegetable sticks and rice crackers with dips
- ✓ toasted Lebanese bread in place of corn chips and crisps.