



NEWSLETTER

GIRRAWEEEN PUBLIC SCHOOL

Principal: Mr. G Walker
Phone: 9631 3650

9 Bando Road
GIRRAWEEEN NSW 2145

6th March 2014

12th March National Curriculum Information Session @ 6pm / P&C Meeting @ 7pm

10th April Girraween Show Day

School Website:

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

This week we held our annual parent information sessions. The new format included an opportunity for parents to visit their child's classroom and meet with teachers. Stage information sessions were held in the hall for all parents attending following the classroom visits. These sessions were extremely well received by parents and attendance was very high. We will continue with this format in future. Please pass on your feedback to teachers or the school office or suggestions for improvements next year. If parents would like to follow up any issues with their child's teacher, please make an appointment to meet at a mutually convenient time. Parent-teacher interviews will be held at the end of term 2.

Next Wednesday we will hold a parent information session in our school hall to inform everyone about the new English and Mathematics curriculum. This will then be followed by our monthly P&C meeting. Mr Grant Sparks, principal of Greystanes High School will address the meeting to inform parents of the programs and achievements at Greystanes High School as well as transition from Year 6 to Year 7. All parents are welcome.

Following the tragic incident at Pitt Town Primary School, all schools in NSW are required to have trees inspected for potential danger. Our school has had all trees inspected annually and a number of trees removed in the last 2 years. At last inspection no trees were presenting hazards in our school playground.

This weekend will be a big one for all NRL fans. The season begins with a bang for all teams. I'm hoping the Eels will get up off the bottom of the ladder this year. There's always hope. May your team do well.

Enjoy the weekend everyone,

G. Walker

DATES FOR YOUR DIARY

12th March	6pm National Curriculum Information Session
	7pm P&C Meeting
20th March	Regional Swimming Carnival
	Harmony Day at Girraween Public School
25th March	School Photos
10th April	Girraween Show Day
11th April	ANZAC Day ceremony
	Wetter and Wilder Day
	Last day of Term 1

Our school Vision

Girraween P.S. will create 21st century learners through innovative, culturally sensitive teaching practice with a focus on project based learning.

VALUE OF THE MONTH: PARTICIPATION

Being a proactive and productive individual and group member, having pride in and contributing to the social and economic wealth of the community and the nation:

In School Communities, evidence of this value includes:

- communicating openly within and between different groups in the school community
- encouraging and considering new ideas
- forming partnerships with business and community organisations.

In Classrooms, evidence of this value includes:

- contributing to class discussions
- encouraging creative thinking about issues and problems
- accepting roles in group activities.

The School Photographer—Tuesday 25th March 2014

Dear Parents,

Our school photo day is on **Tuesday 25th March**. Each student will receive a photo envelope prior to the day. All money / orders are to be placed in the money box at the front office. Please return all envelopes by **Monday 24th March**, even if not purchasing photos. Students need to be wearing **full school summer uniform** with correct socks and black shoes. Photos will be taken of all students.



Regards,

Mark Gosbell

Rel. Deputy Principal

2014 SRC Trolley

To raise money for our school, our SRC will be continuing with the trolley we had in the playground last year. This will be available for students to purchase stationery items such as novelty pens, pencils, rubber and rulers. The trolley will be operated by SRC representatives at the following times:

Monday – before school
Wednesday – before school
Thursday – before school



If you child requires new stationery items consider buying them from the SRC trolley as all the money goes back to the school.

Mrs Ferns
SRC coordinator

Yash Patil (4J) was recently selected to play tennis in the Sydney West Zone trials. We wish him all the best for his upcoming matches.



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Premier's Reading Challenge 2014

The Premier's Reading Challenge encourages students to take up reading as an activity choice in their leisure time and ultimately enhance literacy performance in our school. It is a challenge to each student to read more and to read more widely.

Students in **Kindergarten** to **Year 2** will be completing the Premier's Reading Challenge in class with their **teacher** reading them the stories and entering the students' details online for them.

Students in **Years 3 to 6** are required to complete the Challenge independently at home.

How can Year 3 to 6 students participate?

1. The 2014 Premier's Reading Challenge begins on 3rd March. Students can register for the Challenge by entering their first completed book online by typing in **DET Student Portal** into a search engine.
2. Log on to the *Student Portal* page using their **school internet** user name and password. **Note: New students who have transferred from NSW state schools use the user name and password from their previous school.**
3. On the *Learning* link click on the + then the word *More.... Premier's Reading Challenge* will appear on the list. Click on it.
4. A box comes up with questions that you are required to answer before moving forward.
5. Click on *Student Reading Records* (left hand column of page)
6. To add a book either;
 - Select the *Book title* box and begin to type in the title of the book. A drop box will appear below where you can click on the book and the ID# as well as other relevant information will automatically scroll into the information boxes or;
 - Click on *Booklists* (left hand column of page). Select your PRC level and search by the title or author here.
7. Click on *Add* to add the book to your child's list. A new line will appear for the next entry.
8. Borrow at least one Premier's Reading Challenge Book from the Library every week during your Library lesson and you'll be well on the road to completing this challenge. **Remember the PRC books are clearly displayed in the Library with the appropriate coloured stickers on the front of each book.**

It's **easy** and it's a lot of **fun** too so make sure you are a part of the Premier's Reading Challenge in 2014.

Mrs K. Propst
Teacher Librarian

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Round 2 7/3/2014 Wentworthville PSSA Summer Sport

Softball	Newcombe Ball	Cricket	Tee Ball	AFL
Toony West V Toongabbie Parramatta Park	Westmead V Wenty White Wentworthville PS	Westmead V Wenty Girraween Oval	Toony West V Toongabbie Parramatta Park	Toony West V Beresford Reds Binalong Oval F1
Beresford Rd V Westmead Parramatta Park	Beresford Rd V Warriors Westmead PS	Wanderers V Warriors Best Road Oval	Beresford Rd V Westmead Parramatta Park	Beresford Blues V Westmead Binalong Oval F2
Darcy Rd V Metella Rd Darling St	Darcy Rd V Toongabbie Toongabbie PS	Toongabbie V Darcy Rd Binalong Oval	Warriors V Metella Rd Darling St	Darcy Rd V Wenty Binalong Oval F3
	Girraween V Pendle Hill Girraween PS	Girraween V Pendle Hill Bathurst St	Girraween V Wenty Darling St	Girraween V Toony Whites Binalong Oval F4
	Metella Road V Wenty Black Metella Rd PS	Greens V Metella Rd Daniel St		Metella Rd V Toony Reds Binalong Oval F5
BYE Girraween				BYE Pendle Hill

Round 3 14/3/2014 Wentworthville PSSA Summer Sport

Softball	Newcombe Ball	Cricket	Tee Ball	AFL
Toongabbie V Westmead Parramatta Park	Wenty White V Warriors Wentworthville PS	Wenty V Warriors Daniel St	Toongabbie V Westmead Parramatta Park	Toony West V Wenty Binalong Oval F1
Toony West V Metella Rd Parramatta Park	Westmead V Toongabbie Westmead PS	Westmead V Toongabbie Binalong Oval	Toony West V Metella Rd Darling St	Beresford Reds V Westmead Binalong Oval F2
Beresford Rd V Girraween Darling St	Beresford Rd V Pendle Hill Pendle Hill PS	Wanderers V Pendle Hill Best Road Oval	Beresford Rd V Girraween Darling St	Beresford Blues V Toony Whites Binalong Oval F3
	Darcy Rd V Metella Road Metella Rd PS	Darcy Rd V Metella Rd Bathurst St	Warriors V Wenty Parramatta Park	Darcy Rd V Toony Reds Binalong Oval F4
	Girraween V Wenty Black Girraween PS	Girraween V Greens Girraween Oval		Girraween V Pendle Hill Binalong Oval F5
BYE Darcy Rd				BYE Metella Rd

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THE HILLS SPORTS HIGH SCHOOL OPEN AFTERNOON WEDNESDAY 12TH MARCH, 2014 3.30pm—6pm

Year 6 Students and their parents are invited to come and experience what is available at the Hills Sports High School. Meet Staff, visit our specialist rooms and see what is on offer in each Faculty. Tours of the school will occur every half hour until 6pm.

Enjoy a coffee or a cold drink (prices available at event)

Talented Sports Program

An information evening will be conducted for students and parents interested in the talented sports program. A talk will take place in the Library at 5pm. Sports on offer are AFL Athletics, Baseball, Cheerleading, Cricket, Golf, Netball, Rugby League, Rugby Union, Soccer, Softball, Swimming, Tennis, Touch Football and Water Polo.

Trials will be held in May / June 2014.



Canteen News

Weekly Combo Deals

Weeks 6-7 \$4

- Pizza either Ham & Pineapple or Cheese & Bacon with jj's chicken crackers and either water/juice or diet lemonade

OR

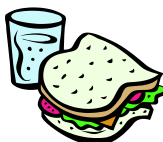


- Fried Rice (Vegetarian) with either water/juice or diet lemonade

Weeks 8-9 \$4

- Pizza wrap ham or chicken & cheese with jj's chicken crackers and either water/juice or diet lemonade

OR



- Salad Wrap (no meat) and either water/juice or diet lemonade



Parents would your child like a FREE tennis t-shirt and Spongebob backpack*?

As you may be aware our school is now an official partner of Tennis Australia's National Grassroots Program, MLC Tennis Hot Shots. As a benefit to this program all kids in our school have the opportunity to claim a FREE tennis Hot Shots t-shirt and a Spongebob backpack*. In addition to the t-shirt and backpack*, our school will receive a \$2 rebate per child that registers which goes towards additional tennis equipment for our school.

To take advantage of this offer simply:

1. Log onto MLC Tennis Hot Shots website: <http://hotshots.tennis.com.au/claim>
2. Scroll down to the bottom of the page and ignore the "MyTennis ID login" and go directly to the "MLC Tennis Hot Shots Venue"
3. Please type in the school postcode or name of the school and click the blue search button
4. Find our school and click the blue 'select' button
5. Now scroll down the page and complete each of the fields. Please note that in the phone field you need to include your area code before your phone number so for example 0298765432 with no spaces
6. Once all fields have been completed your child will receive their t-shirts and backpack* at school. These gifts will be handed out at the end of each month

We thank you for your ongoing support.

* SpongeBob backpacks are only available for a limited time. To ensure you don't miss out, register your details online, now.

hotshots.tennis.com.au

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INSIGHTS

by Michael Grose – No. 1 parenting educator



7 ways to help you be on top of your parenting game

Effective parents equip their children with the skills, know-how and values they need to stay safe and be successful. These seven ideas will help make sure your parenting reflects the times in which we live.

Everyone wants to be the best parent they can be, yet it can be confusing knowing just what to focus on. Here are seven ideas that reflect current trends and needs and will help you be on top of your parenting game:

- 1. Give the gift of restraint.** At a time when kids receive so much it's easy to forget that restraint is a virtue. Just because you can afford to give children and young people what they want, doesn't mean you should. Differentiate between a *want* and a *need*, and encourage restraint, goal setting and saving.
- 2. Build your developmental knowledge.** Lucky you have two eyes, as you need to keep one parenting eye on meeting kids' current needs and the other on preparing them for the next stage of development. If starting or leaving secondary school is a year away then start thinking now about how you can make sure your child or young person is ready for the next phase of their life.
- 3. Reinforce self-regulation.** "You waited your turn! Great stuff!" "Thanks for packing away the toys without being told." "Good on you for staying in bed when you woke up rather than coming to our bedroom and waking us up." A child's ability to self-regulate behaviour (like the ability to self-soothe and self-occupy) is highly underrated, and doesn't come naturally to all kids. That's where consistent parenting using visual management and behavioural consequences comes in.
- 4. Practise digital parenting.** The most tech-savvy generation ever raised needs digitally-aware parents. The internet is fun and it's here to stay, but it can pose risks for some kids. Digital parenting means providing guidelines for safety without limiting children's opportunity to learn and communicate in the online world. It also requires you to understand the digital world that your kids inhabit.
- 5. Develop character strengths in kids.** Recent studies (most notably the work of US-based Angela Duckworth) have found that character, not cognitive ability, is the single most reliable determinant of how a person's life will turn out. The traits associated with success include the inclination to persist at boring or difficult tasks (**grit**), the ability to delay gratification (**self-control**) and the ability to follow through with a plan (**conscientiousness**).
- 6. Practise reciprocity.** The best families, like the most meaningful communities, are built around the principle of reciprocity. "We help

each other out and we treat each other fairly" builds belonging and forges greater kinship between siblings. Start by getting kids of all ages to help out at home without being paid.

- 7. Encourage social risktaking.** One in three children are risk-adverse when it comes to meeting new people and entering new social situations. Social media removes risk for these kids, yet it's not the answer. Use a variety of strategies ranging from **scaffolding** (baby steps), **practising** meeting and speaking to new friends and **modelling** social risk taking yourself to encourage kids to continually refresh their social networks.

Pick one or two of these ideas, or your own parenting idea, to focus on over a month. Once you've mastered one idea then move on to another, so that you are constantly improving and being up-to-date as a parent.



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.

parentingideas.com.au parentingideas.co.uk parentingideas.co.nz

Michael Grose Presentations

PO Box 167 Balnarring Vic 3926 p + 61 3 5983 1798 f (03) 5983 1722 e office@parentingideas.com.au

All rights reserved. For more ideas, support and advice for all your parenting challenges please visit our website.

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Brand New Before & After School Care at Girraween PS



From Term 3, 2014 there will be a brand new on-site Before and After School Care and Holiday Program at Girraween PS run by OSHClub. OSHClub programs are great fun programs as there is so much to do, heaps of things to play with and they are staffed with wonderful, experienced and trained people. We will be running the program in the hall.

Check out our mega toy boxes full of brand new fun stuff.

- > Loads of toys and cars
- > Board games
- > Art and craft materials
- > Dress ups
- > Games
- > Sports gear

Join in our exciting activities:

- > Science
- > Drama
- > Cooking
- > Art/Craft
- > Sports

Both permanent and casual or last minute bookings available.*
Book as much or a little as you need, whenever you need it

The program will be open as follows:

	Fee **	Opening Hours
Before School Care	\$1.86 to \$10.50	7:00am – 9:00am
After School Care	\$2.67 to \$15.50	3:00pm – 6:00pm
Holiday Program/Pupil Free Days	\$3.86 to \$45.00	7:00am – 6:00pm

* A late booking fee of \$3.30 applies to all BSC/ASC bookings made within 24 hours of the session. Fees subject to change

**** Families can apply for Child Care Benefit and the 50% Child Care Rebate so the actual fee payable will vary between these amounts depending on individual families' circumstances. The CCR is not means tested which means just about all working or studying parents are eligible to receive it. Call 13 61 50 to register.**

Please enrol and book at www.oshclub.com.au to secure your place from Monday March 17th, 2014.

www.oshclub.com.au



03 8564 9000

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CANTEEN MENU

Pricelist 2014



HOT FAVOURITES

Hot Dog With Sauce (Chicken Meat - Not Pork) (H)	\$ 2.50
Chicken Nuggets (H)	\$ 0.60
Hash Brown (H) (V)	\$ 1.00
Potato Wedges (H) (V)	\$ 2.00
Garlic Bread (H) (V)	\$ 1.80
Cheese & Bacon Roll	\$ 2.00
Fish Finger (H)	\$ 0.60
Corn Cob (H) (V)	\$ 1.00
Mini Spring Rolls - Vegetarian (H) (V)	\$ 0.60
Nachos	\$ 3.20
Cup of Noodles Chicken OR Beef (H)	\$ 2.50
Popcorn Chicken Cup (H)	\$ 3.00

BURGERS

Kids Cheeseburger Cheese, Tomato Sauce	\$ 2.00
Chicken Burger 100% Breast Schnitzel (H)	\$ 3.60
Hamburger Tomato, Lettuce, BBQ Sauce (H)	\$ 3.60
Cheeseburger Cheese, Tomato Sauce (H)	\$ 3.60
Vege Burger (H) (V)	\$ 3.80

PIZZA & PASTA

Pizzas Bacon & Cheese or Hawaiian	\$ 2.50
Pizzas Slab Margharita (H) (V)	\$ 3.50
Lasagna or Spaghetti Bolognese (H)	\$ 3.50
Macaroni & Cheese (H) (V)	\$ 3.50
Butter Chicken & Rice	\$ 3.50
Fried Rice (H) (V)	\$ 3.50

WRAPS

Kids Chicken Schnitzel & Lettuce Wrap (H)	\$ 2.80
Pizza Wrap Ham, Cheese & Pizza Sauce	\$ 2.50
Salad Wrap Add Fresh Shredded Chicken \$1 (H) (V)	\$ 3.40
Caesar Wrap With Lettuce & Mayo - Add Chicken \$1	\$ 3.20
Chicken Schnitzel Wrap With Lettuce & Mayo (H)	\$ 4.00
Hawaiian Wrap Chicken Schnitzel, Lett, P/apple, Mayo (H)	\$ 4.00
Sweet Chilli Wrap 2x Chicken Tenders, Lett, Mayo (H)	\$ 4.00
BBQ Wrap Ham Toasted Chicken, Cheese, Bacon & Sauce	\$ 3.80

PIE & SAUSAGE ROLL

Party Pie	\$ 1.00
Sausage Roll (H)	\$ 2.50
Meat Pie (H)	\$ 3.40
Potato Pie (H)	\$ 3.60

SANDWICHES

Vegemite, Jam, Honey, Devon OR Cheese	\$ 1.70
Egg or Egg & Lettuce (V)	\$ 2.00
Ham or Tuna Salad add 80c	\$ 2.70
Salad	\$ 2.80
Chicken	\$ 3.00

EXTRAS

20c Mayo Cheese Tom Beet Cuc Carrot 40c Pineapple 10c Lunch Bag

SALAD BOWLS

Caesar Salad Add Chicken \$1	\$ 3.50
Salad Bowl Chicken, Ham, Egg, Tuna, Cheese	\$ 4.50

FRESH FRUITS

Apple, Orange, Banana	\$ 0.80
Watermelon	\$ 1.00
Fruit Salad Cup	\$ 1.50
Grapes in a Cup	\$ 1.50
Fruit Salad Bowl Add Tub Yoghurt \$1	\$ 3.80

SNACKS

Red Rock Chips Honey Soy	\$ 1.30
Jumpys	\$ 1.10
Mamee Noodles	\$ 1.00
JJ's Chicken Crackers	\$ 1.20
Popcorn	\$ 1.00
Eucalyptus Drops	\$ 0.90
Yoghurt Vanilla	\$ 2.00
Jelly Cup	\$ 1.00

MILK DRINKS FLAVOURED

300ml Choc / Strwbry / Vanilla	\$ 2.00
600ml Choc / Strwbry / Vanilla / Choc Mint	\$ 3.20
Hot Chocolate	\$ 1.50
Up & Go Breakfast Drink	\$ 2.20

COLD DRINKS

Poppers 100% Juice 200ml	\$ 1.50
Pop Top Berri Pure Fresh Juice 250ml	\$ 2.00
Aroona Mineral Water 350ml	\$ 2.00
Water 350ml	\$ 1.20
Water 600ml	\$ 1.60
Appletiser 250ml Sparkling Apple Juice 99%	\$ 2.20
LOL 250ml Assorted Flavours Sparkling 100% Juice	\$ 2.20
Glee 250ml Assorted Flavours Sparkling 60% Juice	\$ 2.20
Lido Diet Lemonade No Artificial Colours / Flavours *	\$ 1.50
Slushie Small	\$ 1.50
Slushie Large	\$ 2.00

ICE BLOCKS

Jelly Sticks	\$ 0.20
Fruitee Ice	\$ 0.50
Zooper Dooper	\$ 0.80
Sour Snap Apart	\$ 1.00
Ice Mony	\$ 1.00
Mini Calippo	\$ 1.30
Sunny Boys	\$ 1.50
Paddle Pops	\$ 1.60
Fruit Stack	\$ 0.80
Frozen Yoghurt	\$ 2.20

CRUNCH & SIP SPECIAL ORDER BEFORE SCHOOL

Apple, Orange, Banana + Bottle of Water	\$ 1.50
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