



NEWSLETTER

GIRRAWEEEN PUBLIC SCHOOL

Principal: Mr. G Walker
Phone: 9631 3650

9 Bando Road
GIRRAWEEEN NSW 2145

15th May 2014

Chocolate Drive, 19 May—13 June. All notes and money to the school office please!

School Website:

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

Dear Parents,

Our annual Mother's Day stall held last week was a great success. All students were able to buy a gift for their mums over the two days our P&C ran the stall. Thank you to all the parents who volunteered to assist with the stall and the P&C members who spent time organising the gifts. I hope all our mothers had a wonderful Mother's Day last Sunday.

This week our Year 3 and Year 5 students sat the NAPLAN assessment. This is a national program made up of tests in the four areas of; reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. The assessment is used by teachers to plan teaching programs for students to address areas for improvement and to provide the school with data to plan whole school programs in literacy and numeracy. The results of the NAPLAN assessments will be provided to parents and schools in September this year. All our Year 3 and Year 5 students have been well prepared for the NAPLAN and worked with quiet focus to complete their work during each session this week. A full report of our school performance will be included in our annual school report published later this year. Results will also be available on the My School website.

Fundraising this term will be a chocolate drive. Notes went home this week for families to commit to selling a box of chocolates for the school. Money raised will go towards finalising the resurfacing of our playground, the Year 6 farewell and classroom resources. All notes and money can be returned to the school office. Mr Marscham will distribute boxes of chocolates each afternoon next week to those students who have returned a signed note. Every student who sells a box of chocolates will go into a raffle for prizes including an iPad, an iPod, \$50.00 JB Hi Fi vouchers and 7 board games. The chocolate drive will continue until the 13 June.

Walk Safely to School is next Friday. This is an important promotion for health and road safety. *Parents are reminded that cars and trucks have right of way when crossing at Gilba Road pedestrian refuge.*

Our monthly P&C meeting was held last night. Parents were provided with an outline of the work teachers will be doing in 'project based learning'. Discussion was also held on the school uniform shop and purchasing options for parents, including online ordering through the school website.

G. Walker

DATES FOR YOUR DIARY

16th May
23rd May

Winter PSSA starts
Walk Safely to School Day

19 May—13 June Chocolate Drive fundraising

Our school Vision

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



MOTHER'S DAY STALL

Thank you to the P&C for providing all the lovely gifts for our Mother's Day Stall.
Thank you to all our wonderful volunteers who helped on the days.



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P&C sponsor Madissyn Powells

Our P&C have sponsored Madissyn with \$1,000.00 to assist her compete at the national swimming championships in July.

We can all contribute towards Madissyn competing at the national championships by buying raffle tickets each Monday and Friday morning at the school hall. Tickets are \$2.00 each.



P&C School Building Fund

This year your P&C has continued to provide assistance to our students and school fundraising. We have funded student injury insurance, \$35,000.00 towards to resurfacing of the school playground, Mother's Day stall and sponsorship for students competing in sporting competitions.

The P&C Building Fund is a fund operated by our P&C to assist with school facilities improvements. All donations are tax deductible and with the end of the financial year coming this is a reminder to parents of the benefits to our school and this option that is available when supporting our school.

Please note, the contributions to the building fund are tax deductible.

How do I contribute?

Please complete the slip below and return with your contribution.

Cash/cheque – send your contribution to school office. Cheque in favour of “Girraween Parents and Citizens Association”

Bank Transfer/direct debit:

BSB : 062224

Account No

: 0090 1405

Bank : Commonwealth Bank of Australia

If you are depositing via **Internet banking** don't forget to include your name as reference to the payees account and send a copy of the transfer receipt for the purpose of issuing a receipt and records, with the slip below. You may also **directly deposit** the nominated amount at any **Commonwealth Bank** branch. Send us a copy of the deposit slip with the slip below.

Your P&C, and of course the students at Girraween P.S. will greatly appreciate your support.

Please find enclosed a donation to “Girraween Public School Building Fund”

Child's Name: _____ of Class _____

Parent's Name: _____ Date: _____

Amount enclosed: \$ _____ Signature: _____

Uniform shop—ordering online.

Parents can now order and pay for uniforms online by following the ordering procedures at our school website in the P&C section. Check the ‘**Uniform Shop**’ tab. Complete the order form and save you copy. Email the order form and a copy of your funds transfer to the school email account. Items will be delivered to students to take home Each Tuesday and Wednesday.

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Pedestrian Refuge Islands

Here are some helpful tips on how to stay safe when using the pedestrian refuge island on Gilba Road, Girraween.

It is important to remember that a Pedestrian refuge island is not a pedestrian crossing; they are installed on busy or wide roads to help pedestrians cross in two stages, therefore vehicles have right of way.



When using a pedestrian refuge island:

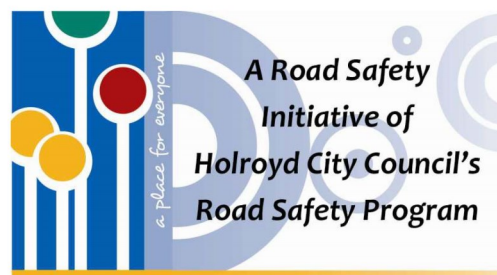
- Always give way to vehicles
- Always Stop, Look, Listen and Think
- If you can't get all the way across, use the island and stop half way
- Always hold hands with your child

For more information contact

Holroyd City Councils

Road Safety Officer

Ph: 9840 9880



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Walk Safely to School Day
Friday 23 May 2014

Walk Safely to School Day

Walk Safely to School Day (WSTSD) is an annual, national event when all Primary School children will be encouraged to walk and commute safely to school. It is a Community Event seeking to promote Road Safety, Health, Public Transport and the Environment.

It will be held throughout Australia on Friday 23 May 2014

The objectives of WSTSD are:

- To encourage parents and carers to walk to school with primary school age children and reinforce safe pedestrian behaviour.
- To promote the health benefits of walking and help create regular walking habits at an early age.
- To ensure that children up to 10 years old hold an adult's hand when crossing the road.
- To help children develop the vital road-crossing skills they will need as they become mature pedestrians.
- To reduce the car dependency habits that are being created at an early age and which will be difficult to change as children become adults.
- To promote the use of Public Transport.
- To reduce the level of air pollution created by motor vehicles.
- To reduce the level of traffic congestion.

WSTSD is an opportunity for parents and carers of Primary School aged children to promote safe pedestrian behaviour.

WSTSD will inform parents and carers that they need to closely supervise their young children, particularly those under 10 years of age, in all road environments, holding hands when near or crossing the road.

WSTSD will promote and inform parents, carers, teachers and children of the significant physical, mental and social health benefits which can be achieved through regular walking.

The event is supported by the Australian Government, all State, Territory Governments and Local Governments.

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Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Healthy ways for kids to manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

What training did you get from your parents in recognising or regulating your feelings – in other words, in managing your emotions? If you are like me, you didn't get much really constructive help at all.

"Don't worry! It will all turn out right!" was about the extent of the emotional management in my house, and I suspect in most other houses at that time.

I guess that's why many people automatically default to ineffective ways of dealing with their feelings – such as avoidance, denial and straight-up worrying – when difficult emotions emerge.

Those ineffective strategies are then passed on their children. Little wonder that anxiety, anger and apathy are commonplace among today's children and young people, even though we live in affluent times.

Sometimes, despite what we were taught, it's better to find ways to deal with negative feelings rather than avoiding them. Avoiding them can allow them to overwhelm us or cause us to act out. Here are seven healthy ways to manage your emotions that you can pass on to your children:

1 Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.

2 Find a favourite relaxation exercise

There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3 Use a positive reappraisal

Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut

their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you'll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4 Use positive, REALISTIC self-talk

Ever talked yourself out of doing something exciting, new or challenging before you've even started? Maybe you've said something like: "I'll never be able to do that" or "This will stress me out big time" or "I'm no good at...."? I know I have.

Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like "I've done it in the past and I survived. So I should be able to do it again." Repeat this a few times and your emotional state will shift to a better one.

more on page 2 >>

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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



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Parenting *ideas* INSIGHTS

... healthy ways
for kids to manage
their emotions ...

2

Deal with negative feelings

5 Exercise

Exercise releases endorphins, nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising when that's exactly what we really need. Don't let those feelings stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6 Distract yourself

A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worriers! It's amazing how much better a situation will seem after giving your mind a short break from it...

7 Have constructive habits and hobbies

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up. The same, of course, holds for kids. All work and no play makes ... well, it's hard to hold it together if you are feeling stressed all the time.

It's important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that'll we'll feel better, make better decisions and be more effective as parents and teachers as well.

This is an extract from "15 right ways to manage emotions", a special report available at ParentingIdeasClub.com.au

Michael Grose



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

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HAVE **FUN**, LEARN NEW SKILLS, AND
MAKE FRIENDS PLAYING
AUSTRALIA'S FAVOURITE GAME!

HOLROYD PARRAMATTA GOANNAS ARE
LOOKING FOR BOYS AND GIRLS AGED 5 – 17
TO PLAY AFL ON SUNDAY'S IN 2014.

Sharlene Cormack
0418 691 700

president@gogoannas.com.au

Gipps Road Oval, Greystanes

OR VISIT **PLAYAFL.COM.AU** FOR MORE
INFORMATION.

Once you have registered, call 02 8867 7400 and
quote the promo code **'FOOTY'** to go into the draw to
WIN a Sony PS4, Lego voucher or an iPad!

playafl > **ausskick** > **junior** > **youth** > **senior** > **superstar**

P&C NEWS

Reforms to P&C Federation

The NSW Parliament has introduced legislation to reform the NSW Federation of Parent and Citizens Associations, which has suspended operation pending Supreme Court action. While these reforms will not affect the day-to-day operation of individual school P&Cs, they will introduce a new executive structure which will ensure the Federation operates as a modern and representative body on behalf of school P&C Associations.

Each school's P&C Association will be asked to vote for councillors and delegates who will represent their electorate at the Federation's Annual General Meeting and councillors who will serve on the Federation's Board of Management. More information will be available on the Department's website at

<http://www.schools.nsw.edu.au/gotoschool/a->

Girraween Activity Centre St Anthony's

Attention Parents—please be aware that Girraween Activity Centre at St Anthony's procedures of walking the students to and from school will continue to operate as normal. There will be no changes to the general running of the Centre once our Before and After School Program commences at Girraween Public School.

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.



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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

Phone: 1800 460 870

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Round 1 16th May 2014 — Wentworthville PSSA Sport

Soccer	OZ Tag	Girls Soccer	Netball
Beresford Rd V Girra Yellow Daniel St	Beresford Rd V Westmead Binalong Oval	Beresford Rd * V Westmead Bathurst St	Beresford Rd V Toony White Binalong Oval
Darcy Rd V Warriors Girraween Oval	Darcy Rd V Wentworthville Binalong Oval	Darcy Rd V Warriors Bathurst St	Darcy Rd V Metella Gold Binalong Oval
Girra Green V Westmead Daniel St	Girraween V Toony White Binalong Oval	Girra Green V Girra Yellow Girraween Oval	Girra Green V Girra Yellow Girraween PS
Metella Blue V Wentworthville Girraween Oval	Metella Rd V Toony Red Binalong Oval	Metella Blue V Toongabbie Binalong Oval	Metella Blue V Warriors Binalong Oval
Pendle Hill V Toony West Best Rd			Pendle Hill V Westmead Best Rd
Toongabbie V Metella Gold Binalong Oval		* Beresford Rd walk to Bathurst St	Toony Red V Wentworthville Binalong Oval
	BYE PENDLE HILL	BYE METELLA GOLD	Toony West V Wanderers Best Rd 

VALUE OF THE MONTH: Excellence

Striving for the highest personal achievement in all aspects of schooling and individual and community action, work and life-long learning.

In school communities, evidence of this value includes:

- giving recognition to students achieving high standards
- frequently encouraging and acknowledging individual improvement
- celebrating school community achievements
- encouraging students' awareness of broader life opportunities

In classrooms, evidence of this value includes:

- reaching personal best performance
- maintaining high learning expectations
- setting and meeting high standards
- persisting through challenges and difficulties in learning

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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	
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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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