



NEWSLETTER



Established 1962

29 July 2013

Principal's Message

Welcome to Term 3. I hope everyone had a lovely, enjoyable and relaxing break. The students have certainly returned with high motivation to learn and achieve as well as beautiful behaviour and manners. This has been evident throughout the school in the early weeks of this term. Well done, everyone!

This term will be a very busy one with lots of fun events and activities to enjoy.

Education Week

Our special Education Week celebration Day is Wednesday 31st July. There will be a special Education Week assembly on Wednesday 31st July at 11:30am. Every student will have a part in this. Following this assembly, we will open our classrooms so that parents, carers and family members can see learning in action and students can enjoy sharing their quality work. Everyone is invited to have a picnic lunch in our playground just before classes resume as normal at 2pm. We also have our two dance groups and choir performing at Mt Druitt shopping centre on Monday 29th July.

Book Week

We are looking forward to Book Week in week 6, the week beginning Monday 19th August. The theme is 'Read Across the Universe'. Mrs Colusso has been very busy planning a book fair and book parade. We have booked some storytellers to work with students during this week and all library lessons leading up to Book Week will focus on the short listed children's books and the Book Week theme. It is going to be a wonderful week.

Athletics Carnival

Our Athletics Carnival will take place on Thursday 8th August at Charlie Bali Reserve. Teachers have been working hard to organise this so that things run smoothly on the day. We are fortunate to have to assistance of Doonside Technology High School senior students on the day. This means that all parents can enjoy watching the events from the spectator's area.

It is very important that all parents and carers ensure that their child/children come to school on this day with a hat and sunblock that can easily be reapplied every two hours. All students will be actively engaged in outdoor activities and events all day and it is crucial that they have adequate protection from the sun. Permission notes plus \$3 due back to the office by this Friday 2nd August.

Blacktown Music Festival

Our choir, under the expertise and talent of Mr Butterfield, has been preparing for the Blacktown Music Festival which will take place in September this term. They sound beautiful and I am looking forward to this event which is always a memorable one.

Cookie Dough Drive

I would like to thank our wonderful P&C for running the recent Cookie Dough Fundraising Event. I would also like to thank all the families that assisted by purchasing cookie dough. All profits will go directly to the school to purchase resources for our students and every penny is very gratefully received.

What will my child learn this year?

"What will my child learn this year?" seems like a simple enough question. After all, isn't there a big book of lessons somewhere that all teachers refer to? Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/what-will-my-child-learn-this-ye>

Talented kids - how hard should you push them?

Rachel Friend asks experts and parents of talented children how much of their success is due to natural ability and how hard we should push our kids to succeed. Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/development/talented-kids-how-hard-to-push>

Budding filmmakers

Here's a project for the next school holidays: have your kids create an entry for the Trop Jr film festival. In the process they'll learn something about scripting, shooting, editing and copyright. Find out more: <http://tropfest.com/tropjr/>

Homemade muesli bars

Here's a recipe for muesli bars that will prove popular with children of all ages, yet it contains only half the sugar and fat of their shop-bought equivalents. Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/food/recipes/cakes-biscuits-and-treats/nutfree-muesli-bars>

Have a great term,
Warmest regards,
Mrs Mandy Hollis
Principal



PLEASE NOTE
THE DRIVEWAY IS CLOSED FROM
8AM – 4PM TO TRAFFIC
FOR THE SAFETY OF YOUR
CHILDREN

Congratulations to the following students who have been selected for the Blacktown PSSA Zone Netball Team: Lilla SaLe and Hannah Duncan.

ENROL NOW FOR KINDERGARTEN 2014

If you know of any friends or neighbours that have a child turning 5 before the 31 July 2014, please ask at the administration office for an enrolment form. **Please return your enrolment applications, if not already, as**



we are now preparing for Smart Start, which commences on Thursday 15 August.

SCHOOL ACTIVITY LEVY

Term 3 School Activity Levy of \$30 is payable by Week 5 Friday 16 August. As always, if you have difficulty paying the levy, especially large families, please see the office for assistance.

SCHOOL SWIMMING SCHEME FOR YEARS 2-5 STUDENTS



Instruction will take place at Emerton Leisure Centre, Poppondetta Road Emerton. This year the Swimming Scheme is being conducted during Term 4. It runs for 10 days from **Monday 4 November to Friday 15 November 2013 (Weeks 5&6)**. This program is offered to students in **Years 2-5 who are non-swimmers or weak swimmers**. Students will leave by bus at 12.15pm and return by 2.30pm each day. **The total cost for the 10 day scheme is \$79.00, which includes transport by bus and pool entry.**

Students will be assessed during the School Swimming Scheme for all water safety skills. **We ask that a deposit of \$10.00 is paid with the permission note.** If your child is eligible for the scheme, please complete and sign the form available at the office together with a **\$10 deposit**. Parents may pay the balance in instalments at any time prior to the commencement date using the payment card given when a deposit is paid.

CANTEEN NEWS

Fuel your Adventure & Win Campaign

This campaign runs from Monday 29 July to Friday 20 September. When you buy any fruit or vegetable from the canteen you will receive a sticker. When you collect 4 stickers you are able to collect a minor prize from the canteen and your entry goes into the major prize draw. You may enter as many times as you want.
Barbara Dwyer – Manager

CAMP PLACES AVAILABLE

There are vacancies for the Years 5-6 Camp. If you wish your child to attend please ask at the administration office for a note:

Years 5/6 Yarramundi Camp over 3 days 29-31 October. Cost \$230.00 with a deposit of \$30.

BE SAFE

What's Coming Up...



July

- Mon 29 Education Week Canteen closed
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- Wed 31 Ed Week Open Day K-6 Assembly at 11.30am, followed by open classrooms and picnic lunch until 2pm. Normal classes resume 3/4 Camp balances due today

August

- Thurs 1 Gym K-2
 - Fri 2 PSSA Athletics Carnival note & \$3 due back to the office today
Public Education Concert Rooty Hill RSL
What's On home Weeks 4/5
 - Mon 5 Canteen Closed
 - Wed 7 K-2 Assembly at 11.30am
Host KL Years 3-6 Assembly at 12.15pm Host 5N
 - Thurs 8 Athletics Carnival
 - Fri 9 PSSA
 - Mon 12 Canteen Closed
 - Tues 13 ICAS Maths
 - Wed 14 K-2 Assembly at 11.30am
Host KC Years 3-6 Assembly at 12.15pm Host 4B
 - Thurs 15 Gym Years K-2
Smart Start begins
Back up date for Athletics Carnival
BMF Choir Cluster rehearsal
 - Fri 16 PSSA
What's On home Weeks 6/7
 - Mon 19 Canteen closed
 - Tues 20 Longneck Lagoon
Newsletter home
 - Wed 21 Book Parade
K-6 Assembly at 11.30am
 - Thurs 22 Gym K-2
Smart Start
Year 1/2 Excursion
 - Fri 23 PSSA semi finals
 - Mon 26 Canteen Closed
 - Wed 28 K-2 Assembly at 11.30am
Host 1/2C Years 3-6 Assembly at 12.15pm Host 3/4N
Year 5/6 Excursion
 - Thurs 29 Gym K-2
Smart Start
Literacy Walkathon
 - Fri 30 PSSA Grand Finals
What's On home Weeks 8/9
- ### September
- Mon 2 Canteen Closed
Newsletter home

News from the Asthma Foundation

Can your child bend it like Beckham or make a splash like Thorpie?

You might be surprised to know that some of the most famous sports stars have asthma, and it hasn't stopped them achieving at the top of their game. David Beckham and Ian Thorpe are just two examples of how asthma doesn't need to hold a person back in sport. Exercise Induced Asthma (EIA) is when being active makes you feel short of breath, wheezy, tight in the chest or makes you cough, and **these symptoms do not improve within a few minutes of rest**. If your child experiences this they may have EIA and you should speak to your doctor about these symptoms.

Why does it happen and can you prevent it?

Normally we breathe through our nose, which warms, moistens and filters the air we breathe. When your child exercises they will start to breathe faster and through their mouth. This can have a dehydrating effect which can cause the muscles around the airways to tighten, making breathing more difficult.

If your child has already been diagnosed with asthma, make sure you are managing it well. Ensure they take any medications exactly as prescribed by the doctor and help them to stay fit and healthy. Encourage them to warm up before sport or exercise; ten minutes of gradually increasing exercise is the minimum someone with asthma should do before working out intensely. In very cold, dry weather you could try giving them a scarf or face mask to wear during warm up.

If the child is doing this and still experiences symptoms when exercising go back to your doctor, he or she may need to change the type of medication being used. For some people they will advise an extra dose of their blue reliever puffer before they start exercising, but this needs to be monitored carefully so it's not too much.

BE RESPECTFUL

BE A LEARNER