



NEWSLETTER



31st July 2017

A message from the Principal

Welcome to Term 3. I hope you all had a great holiday. What a great start to Term 3 we have had! We have a very busy term ahead with many exciting events to look forward to as well as lots of learning and achieving happening in all classrooms across the school.

Chess Day

Last term, on Monday 26th June, Marayong South Public School hosted a Chess Tournament. This was a huge success. Eighteen of our students competed. Over 80 students, in total, completed from seven schools across the Blacktown area. The event was organised and run by Miss Colusso. She did an outstanding job. Congratulations to all our competitors and to Ms Colusso for doing such an outstanding job organising the event.

School Camps

Our stage camps were a great success this year. A tremendous amount of time and effort goes into the organisation of events such as these. Teachers give up their personal/family time to ensure that our students get these wonderful experiences. We are blessed to have such dedicated and committed teachers at our school.

Education Week

Education Week is this week. Our dance group and senior choir will be performing at Westfields as well as our Education Week assembly on Thursday. We look forward to seeing parents and family members at this assembly as well as our open classrooms and picnic lunch.

Swim School

Unfortunately this very valuable program had to be cancelled due to a lack of interest. Despite 60 parents indicating that they would pay for their child's participation in the program, only 38 parents paid by the, already extended, due date. We needed a minimum of 60 in order to run the program. Thanks and sincere apologies to those parents who show commitment to the program.

Smart Start

This program will commence on Thursday 17th August. It is designed to help preschool children become familiar with the school environment and routines, and develops their pre-skills in Literacy and Numeracy.

Smart Start will run each Thursday from **9.15am to 10.45am** for a total of 11 weeks finishing Term 4, Thursday 9th November.

Children participate in the following activities:

- Developmental play,
- PALs Social Skill Program,
- Crunch and Sip,
- Shared reading experiences and,
- Pre-writing skills/fine motor activities.

The PALs social skill program teaches children about greeting others, listening, sharing, taking turns, dealing with feelings and solving problems. This program is a fun way for children to learn and develop skills needed to become effective communicators. Each week you will receive information telling you about the skill your child is learning.

Smart Start is a very valuable program. If your child is starting 'big school' next year, make sure you come to the office and register them, it's not too late.

Late Arrivals

Every morning at Marayong South Public School we have many, many students who arrive well after 9am. It is very important for all students to arrive at school on time every day. Every class commences their Reading, Writing and Spelling learning activities promptly at 9am just after rolls are marked. Students who are late miss out on this important learning. If a child is just 10 -15 minutes late for school every day this will result in one hour of lost learning time every week totalling 10 hours a term. Many students regularly arrive at 9:30/10am and even later. These students are disadvantaged because they miss out on crucial learning time. This also applies when students are collected early and they miss out on afternoon learning activities.

Attendance

It is a legal requirement that all children attend school every day from 9am to 3pm. The exceptions are: illness, injury or infectious disease. Periods of non attendance will affect a student's educational progress. Regular non attendance will result in failure to obtain the continuity in their education that is desirable and necessary for them to succeed and achieve. I thank all parents and carers for ensuring that their child attend school every day and on time.

SIGNS ADULTS ARE BEING TOO STRICT

It can be hard to find a balance between crime and punishment. Many parents worry that they are being too lax or too strict with their children. So do teachers. Some of these signs can indicate that adults are being too strict.

- 1. A zero tolerance policy** - while it's important to have clear rules, it's equally important to recognise that there are often exceptions to the rules. Rather than taking an authoritarian stance on everything, show a willingness to evaluate behaviour in context of the circumstance. This is how children learn to exercise their own judgement and understand right and wrong.
- 2. Telling lies** – harsh discipline turns children into good liars. If adults are too strict, children are likely to lie about little things – as well as the big things – in an effort to avoid punishment.
- 3. More restrictions than other classes and families** – families have different expectations but if parents are always the strictest parent in the crowd, it could be a sign that their expectations are too high. A teacher who is constantly enforcing rules, disciplining students and calling on senior staff to reprimand them may be the one at fault and out of kilter rather than the children.
- 4. Little patience for silliness** - kids love ridiculous jokes and silly games. It's important to have fun together, develop shared jokes and fool around.
- 5. Little tolerance for other people's discipline** - strict adults often have difficulty tolerating the way other teachers run their classroom. It's good for children to be exposed to adults who have different rules and standards but they should always know they can expect respect, balance and fairness.
- 6. A long list of rules** - rules have their place, but too many rules can be harmful. A classroom or household run on rules is rarely a happy, relaxed place to live. Watch out for too many rules, charts, punishments and lists of consequences. No child can live up to a life so regimented.

7. No allowance for natural consequences – we develop our values by making mistakes and suffering the natural consequences. That is how our consciences grow. Feeling bad about what you did is the best way of learning from your mistakes. Adults don't have to be constantly wagging their fingers and haranguing children.

8. Nagging - nagging stops children from taking responsibility for their own behaviour. If adults keep on nagging children about everything they will find it hard to learn to manage to do those things on their own – or will do it only when they hear that nagging voice.

9. Handing out constant directions - constantly telling children how to sit, hold a pen, speak and eat leads to children tuning out the adult voice. Show respect for children's ability to use their own good sense and skills.

10. No choices - strict adults often bark orders without any consultation or input from the child. Giving children freedom, especially when both choices are good ones, can go a long way. While there are times that kids need adult direction, it's important to allow for initiative and creativity.

11. Praise for outcomes not effort - strict adults usually reserve their limited praise for perfection, rather than the child's effort. If you praise children only for getting full marks in a test, they learn that affirmation is conditional on high achievement.

12. Outrageous threats - strict adults make disproportionate threats on a regular basis. The punishment long outlasts the offence. Too often others are drawn in when a whole class is punished for the actions of a few. Avoid making threats and make sure consequences are about improvement not punishment.

Acknowledgement: Amy Morin in About Parenting

Warm regards,

Mandy Hollis, Principal

**Marayong
South
Public
School
Weekly
Breakfast Club**



Breakfast Club are looking for volunteers to help on Thursday and Friday mornings from 8.15am. If you are available, please see Mrs Cooper.

To help promote healthy eating, Marayong South will be hosting a weekly breakfast club on

Thursday & Friday mornings at 8.30am - 8.50am

The weekly breakfast club will be held outside of the School Library and will be offering toast and fruit.

50 cent donations are welcome but not mandatory.

**ENROL NOW
FOR
KINDERGARTEN 2018**

If you know of any friends or neighbours that have a child turning 5 before the 31st July 2018 please ask at the administration office for an enrolment form.



Important information:

- **Smart Start transition offers** were mailed to all students who have returned their child's enrolment application

this week. If you are interested in your child attending Smart Start, please return your child's enrolment form as soon as possible and complete a Smart Start Application.

- **Smart Start:** This program aims to help your child become familiar with the school environment and routines, and to develop their pre-skills in literacy and numeracy. Smart Start will run each Thursday from **9.15am to 10.45am**, commencing in Term 3, Thursday, 17th August 2017. The program will run for a total of 11 weeks and finish on Thursday, 9th November 2017.
- **Teddy Bears Picnic**
Thursday, 21st September 2017.
- **Parent Information Night:**
Tuesday, 21st November 2017.

- **Parent interviews** will be conducted during **Best Start Assessments** held 30 January, 31st January & 1st February 2018. Prior to commencing Kindergarten all students attend a Best Start Kindergarten Assessment session at the school. This is a chance for teachers to identify each student's literacy and numeracy skills and understanding at the beginning of Kindergarten. It is important to remember that all children learn at different rates. Don't be concerned if your child can't answer all the questions. The *Best Start Kindergarten Assessment* is designed to provide teachers with information about each student's abilities so they can plan effective teaching and learning programs during the first year of school. It will also provide you with feedback about how you can support your child during the first year of school.

2018 SCHOOL TERMS

- Term 1 – Tuesday 30 January to Friday 13 April 2018
- Kindergarten 2018 start date to be advised.
- Term 2 – Tuesday 1 May to Friday 6 July 2018
- Term 3 – Tuesday 23 July to Friday 28 September 2018
- Term 4 – Monday 15 October to Friday 21 December 2018

CANTEEN CLOSED ON MONDAYS



Assembly Roster

*Week 3 Thursday 3rd August
Education Week Special
Assembly at 12.15pm
The following are at 2pm on
Wednesdays
Week 4 2D
Week 5 5N
Week 6 2J
Week 7 Whole School
Week 8 5/6R
Week 9 1/2S
Week 10 5/6M*

Parents please update your information if you have changed your address, phone numbers or emergency contacts.



Parent may, use any of the following: call in, phone, use the Skoolbag app or email the school with their updates.

Marayongs-p.school@det.nsw.edu.au



**SCHOOL
ATHLETICS
CARNIVAL**

**MONDAY
7TH AUGUST**

Blacktown
International
Sportspark,

Eastern Road, Rooty Hill.

Permission notes due
Wednesday
2nd August.

**BOOK
WEEK**

WEEK 6

Tuesday 22nd

**The Pirates of Marayong
Feast Character Parade**



**SILLY SOCK
DAY
THURSDAY 31ST
AUGUST**



PLEASE NOTE

**THE DRIVEWAY IS CLOSED
FROM 8AM – 4PM TO TRAFFIC
FOR THE SAFETY
OF YOUR CHILDREN
STAFF & DELIVERIES ONLY
PARKING IN THE SCHOOL
GROUNDS IS PROHIBITED**

EDUCATION WEEK OPEN DAY 2017

Thursday 3rd August



Marayong South Public School will be celebrating Education Week on *Thursday 3rd August 2017*.

We are inviting family members to participate in the celebrations.

12.10pm

Special Assembly in the hall - Choir and Dance Group will be performing.

1.15pm

Please join the students for a picnic lunch.

2pm

Peer Support Activity - Students will complete an activity with their Peer Support Group - all parents welcome to participate

2:30pm - Open Classrooms.

We will be holding a raffle and a 'Change for Change' coin collection to raise funds for our school beautification project where we will be painting fun and exciting games and pictures around the school. Please bring your spare change with you.

We look forward to seeing you all here and sharing in a day where we all join together and celebrate the excellent education that the MSPS teachers, community and families provide.

Warm regards from the Staff and Students of Marayong South Public School





Nutrition Snippet

**Cancer
Council
NSW**

The simplest way

...to keep all the nutrients and minerals.



Here are some useful tips to help keep the nutrients and minerals in your fruit and veg during preparation and cooking.

- Follow storage tips. Not only will your fruit and veg last longer, it will retain more nutrients and taste better too.
- Try not to peel your fruit and vegetables if you can avoid it.
- The skin is packed with fibre and other nutrients such as vitamins lie close to the skin surface.
- When cooking fruit and veg try not to chop it up too much.
- Heating fruit and boiling vegies loses many of the wonderful vitamins and minerals inside. Fruit and vegies are great fresh and raw. If you prefer them cooked, steaming, blanching, grilling, roasting, stir frying or microwaving retain more nutrients.
- Fresh is great but the nutrient value of food is also retained when snap frozen.
- Use the outer leaves of vegetables unless they are wilted or unpalatable.
- Keep it simple and do what works for you. We agree that eating fruit and veg any way you can is still a win!

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Life Well at School Program.



Health
Western Sydney
Local Health District

**Eat it To
Beat it**



Marayong South Wanderers

CHRISTMAS NIGHT OUT

Sunday 10th December 2017

Our Christmas night out is a three hour evening cruise on Port Hacking on Board Gunnamatta with commentary. On arrival tea/ coffee Christmas mince pies and shortbread. Full table service meal BBQ chicken & leg ham slices Roasted chat potatoes tossed green salad bread roll & butter, Christmas pudding & custard, tea and coffee. BAR ON BOAT.

Come along and be in the fun and Christmas spirit also dress in theme (optional) Please wear appropriate footwear (High heeled shoes not recommended)

COST \$90.00 Deposit \$20 with names, Balance by 20/10/2017

Coach leaves 4.00pm

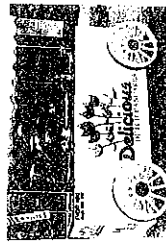
PICK UPS Lyton Street cnr Arthur Ave, Blacktown

Blacktown Railway Station North side near Lift (bus Interchange Stands)

For any further enquiries please phone Melva on 9621 5507 Friends and neighbours most welcome.



MARAYONG SOUTH WANDERERS TULIP TOP GARDENS



Sunday 24th September 2017

A day in the Tulips, Tulip Top Gardens were established in 1997, the family now maintained by the owners, Patricia and Bill planting over half a million bulbs and flowers by hand each year. The 10 acre garden of magnificent tulips, daffodils and annuals creates a spectacular display amongst the 1000 blossom trees. Take advantage of the chairs and listen to the classical music wafting through the trees. Entry and Lunch is included.

Free sausage sandwich 9am-1.30pm Free tea / coffee all day

COST \$80.00 Names with a deposit \$20 Balance NO LATER THAN 1/9/2017

Coach Leaves 7.00am

Pick Up: Lyton Street cnr Arthur Ave, Blacktown

Blacktown Station North Side near lift Bus Interchange Stands

For any further enquiries please phone Melva on 9621 5507

~Friends and neighbours most welcome~