

PADSTOW NORTH PUBLIC SCHOOL

"A Quality Education in a Caring Environment"

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Thursday 27th March 2014

Term 1 – Week 9

Dear Parents,

Parent Interviews

A reminder for those who haven't already returned their forms indicating their attendance at next week's parent/teacher interviews these are due tomorrow. On this occasion teachers, including support staff teaching Library, Technology, Reading Recovery, English as an Additional Language and Learning and Support teachers will all be available to discuss your child's progress and set goals for the rest of the year. I urge you to take advantage of this opportunity to share in your child's educational progress.

Sylvia Williams is retiring

After an association of more than 38 years with Padstow North in many roles as a parent and grandparent, P & C member and, most importantly, girls uniform dressmaker, Sylvia has decided to hang up her 'needle and thread'. I would like to take this opportunity to publically thank Sylvia for her efforts over many, many years and wish her well for her future.

Parking on Wet Days

Parents are requested to follow the parking signs and obey the parking regulations on all days. Just because it is wet doesn't mean that you can flaunt the rules – the rangers are still around even on wet days and you will be fined and lose demerit points from your driving licence. The safety of all children is paramount and parents are requested to simply wait their turn in picking up their children from the designated areas.

Colouring Competition

Entries for the LJ Hooker colouring competition close tomorrow - there are some great prizes to be won. Our thanks go to Lush Pillay and David Loaney from LJ Hooker who are long term supporters of Padstow North P.S.

Parent Meeting

As part of our commitment to providing as much information as possible to our parents our first term parent meeting was held last week with Mrs Morse and Mrs Mizon addressing a large gathering of parents on 'How Best to Teach Your Child to Read'. Feedback from several parents was positive and in second term another meeting will be held on a topic to be confirmed.

Parent Meeting on Cyberbullying

On Thursday 7th August the school has organised for ACMA presentations to children from 3-6, teachers and most importantly parents on the topic of 'Cyberbullying'. In the current world of social communications this is a must for all parents to attend. More details as to times will be forthcoming in future weeks but keep this evening free in your diary!

Gold! Gold! Gold!

Congratulations to Geddd Priscion, Athena Scionti, Tarley Killorn, Nicholas Sanders, Hanan Narvel and Moustafa Oriebi who have all qualified for a gold award and will be presented at next week's gold assembly.



Sport in Schools K-2

The last five weeks of the term are devoted to our K-2 children participating in the Sport in School program each Thursday. As you can see by the photos the children are certainly enjoying the range of activities this group provides while learning the necessary skills to participate in future games and activities.



Healthy Harold

Last week saw all classes visit the Life Education van in the school grounds. At these sessions children were given messages about healthy nutrition, harmful effects of smoking, alcohol and illicit drugs and all classes were treated to a visit from Harold himself. Teachers will follow up these messages in classes with further lessons on nutrition and healthy lifestyles.

Here are some responses from our students:

Last Thursday 3/4 Amber visited Healthy Harold where they experienced an informative and very enjoyable health education lesson. The program has been revamped from previous years to include a video of three actors being miniaturized and flying in a small spaceship through a human body stopping at, or travelling through, points of interest like the digestive system. Our students were riveted by the engaging manner in which they learnt about the processes which keep their bodies healthy, and the things that can affect those processes. We importantly examined the impact that the foods we eat, or don't eat, has on our body.

By 3/4 Amber

On the 20th March my class 5/6 Teal went to Healthy Harold. I liked it because it taught me the dangers of drugs and what to do if I came across them with friends. It was lots of fun. It was also really squashy because it was in a van. It informed you of the consequences of smoking; therefore, you'll be scared to smoke. I think it was awesome. I definitely recommend it.

Damian 5/6 Teal

I have enjoyed Healthy Harold. We have been learning about all systems go. It talked about your body. I have learnt many things in Healthy Harold. It taught me things and it was fun. I hope you enjoy my writing.

Justin 3/4 Aqua

K.J.Bowden
Principal



Stage 3 Start Smart Presentation

The Start Smart program was a free workshop that taught the students about money. They talk about money management through fun, interactive activities.

I enjoyed the presentation because it was really useful at teaching me how to save and use my money wisely. Stephanie was very entertaining to watch and she explained words that were relevant to saving such as income, budget and key card. Overall I really enjoyed watching the presentation.

Daniel



I enjoyed the Start Smart visit because they made us laugh at some points, and I learnt what a credit, debit and a key card was. I also learnt that saving your money is important and if you don't spend it well you might not get to your goal.

Nanah

I thought that the Start Smart presentation was awesome. We learnt about all the different cards you can have to access your money and what and how a budget works. We also learnt what would happen if you lost your card. Stephanie captured our attention from the start.

Helena

PSSA - Newcombe Ball

We had great success last week playing Newcombe Ball against Picnic Point on their home ground. Both of our teams began their games a little shaky due to nerves but, once they settled into their games, were soon playing excellent Newcombe Ball. Our Juniors won their games 15-5 and 15-4, and our seniors won their games 15-7 and 15-1. Congratulations to both of our teams for their continuing sportsmanship and fine efforts.

Mr R Grinham

Coach

PSSA – Netball

Round 2 2014

In round 2 of netball, Senior and Junior A's took on Tower Street and Senior and Junior B's played Padstow Heights. There were a few close games, but unfortunately we were unable to secure a win. They are beginning to learn the importance of defence. Players' player was given to Jessica, Serena, Nanah and Jessie.


Round 3 2014

In round 3 of netball, all four teams played Panania. Many of the girls are starting to show versatility on the court, trying a range of positions and succeeding. We were able to get the ball to our end of the court, but couldn't seem to get the goals we needed. Players' player went to Olivia, Makayla, Isabella and Layel.

Well done girls!!

Miss K Channells

Coach




Attendance Tips

NSW Department of Education and Training
From the HGO
Number 3

DON'T GIVE IN IF YOUR CHILD COMPLAINS OF ILLNESS AND YOU SEE NO PHYSICAL SIGNS.

If you are unsure, send your child to school with a note of explanation and a contact number should the school need to phone you. You may well find that this works and the number of times it happens reduces. It will help your child to develop the right habits for the world of work—where absence and lateness are rarely tolerated. If this continues, ask to meet the Year Advisor or class teacher—it may be an indication that your child is unhappy about something at school.



Harmony Day 2014

This year Harmony day was celebrated on March 21st. The whole school wore orange and attended a Harmony Day assembly. Stage 3 performed some skits showing the harmonious and inharmonious way to deal with everyday school situations. The P & C sold orange fairy bread, jelly, rockmelon and twisties at lunch time, which was a welcome treat for the students. Some students in 1/2 Green wrote down their thoughts on Harmony Day...



I think Harmony day is about people being friends. If we don't have friends we will be lonely. That's why we have Harmony Day.

Maria Zoe

I think Harmony Day is about us all being different. Harmony Day is a day that everyone should be kind to everyone else and orange is the colour of Harmony Day. Harmony Day is a special day.

Caitlin

Harmony Day is to celebrate diversity and live in peace, knowing that all of us are part of the human family. On Harmony Day we all come together and celebrate humanity. We will remember that all of us are the same.

Caleb

Harmony Day is about all the people in the world coming together and sharing their love. Harmony Day is for the whole world. It doesn't matter if you come from a different country, we will all love each other.





Metacognition- Thinking about your own thinking

Metacognition is the habit of mind that lays the foundation for better communication, better relationships and more effective living overall. The term metacognitive usually refers to the ability to think about your own thinking and thinking about your emotional responses. Why is metacognition so important?

Practising metacognition is a pathway to engage in thinking skills before, during and after a task or throughout decision making.

Metacognition leads to better planning.

When you think about your thinking ahead of time, you increase your chances of success.

You increase the chance of controlling emotions and gives us moments to process our emotions.

You learn to assess what worked well and why? What didn't go so well and how to make it better and ways to come up with good solutions...

Ways to think about your own thinking.

Commit to learn more: Ask yourself... I wonder what's going on here. Let's see how we can figure this out? How am I feeling about this situation?

Take few seconds to reflect on your intentions and own behaviour in a situation.

Use thinking words... I am puzzled by, I was wondering about.... I am considering.....I need clarification about...

Make connections between what is happening (the facts,) emotional regulation (the response) and the choices made.



P&C Report

It was wonderful to see so many new faces at our morning tea last Tuesday and I thank those who were able to attend. A special thank you to Nahaa who helped to set up and pack away for the morning tea.

Due to its popularity I am looking for another parent who may be able to help on a Tuesday morning with school banking, it usually takes between an hour to hour and a half depending on how many we get so if you can help please let me know, full training will be given.

Family Portrait Day

For those who have booked for the Family Portrait Day the photos will be taken in the Northern End Staff Room.

If you and a few of your friends would like to become involved please contact the school, a member of the P&C committee or anyone currently volunteering. We will be more than happy to welcome you and to help you become involved.

Our next P&C meeting will be held on **Tuesday 11th May at 9.15** in the hall everyone is welcome.

Phill Allsop-Guest

P&C President 2014

0401 503 017

pnpnpncevents@y7mail.com

Fundraising News

Our very first FUNdraisier for the year was a colourful success, with the Orange Food Stalls on Harmony Day providing a bright tasty treat for the students. We are happy to have raised \$190! I would like to say a big thank you to everyone for bringing in their 50c on the day and to all who gave up their time to help.



There is only 2 weeks left of school and the Family Photo Day is this Saturday, 29th of March. Don't forget to double check your family's appointment time and come ready to SMILE!



The Mother's Day Stall that will be held in the beginning of Term 2 and will have a gift wrapping day before the end of this term. We have many gifts to wrap and are asking for extra parent/carers helpers on this day. If you can spare 2 hours of your time we would greatly appreciate it and ask you to please contact me by the end of this week.

Thank you to everyone who has returned their raffle tickets, please keep your tickets coming in there are great prizes to be won. All tickets are due in by Monday 7th April.

Starting Monday 7th April the Easter Egg Counting Competition will begin for all classes. Guesses will be \$1 each and the student who guesses correctly wins the entire jar of yummy eggs. Parent helpers will be outside classrooms for 15mins prior to school starting from Monday, Tuesday and Wednesday morning and will be collecting money and recording your child's guesses.

All Easter Egg Counting Competitions and Raffles will be drawn following the Easter Parade on Thursday.



There will also be a sausage sizzle available for lunch on this day as well as tea, coffee, hot cross buns and Easter treats available for parents to purchase at the parade.



We hope you and your children enjoy all these exciting things we have planned and remember every little bit helps to raise funds that benefit all our children.

Thank you for your support.

Emily Baker

Fundraising Co-coordinator

0401 787 571

IMPORTANT:

**We desperately need canteen volunteers on a Friday.
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0412 664 379**

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CHURCH

Sundays
9:30am

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Call Ps. Paul **0409 980 903**



FOR YOUR DIARY

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10	31 Young leaders Conference captains attending	1 April Kindergarten to "Pete the Sheep"	2 Autism awareness day SRC mufti blue day	3 Sport in Schools Yrs K-2	4 Gold Assembly
11	7 KATTTS	8	9 Combined Easter service @ 9.15am in Hall	10 Easter Hat Parade 11.30am Sport in Schools Yrs K-2	11 Kinder Bilby Day ANZAC Service 11.30am LAST DAY OF TERM 1
1	28. Staff Development Day	29 First day for children in term 2	30	1 May	2
2	5	6 School Cross Country carnival	7 K-2 Mother's day Stall	8 3-6 Mother's Day stall	9



Help your child to develop a weekday routine –

Sleep is so important and most children do not get enough. Most primary and secondary age children should aim for 10 hours sleep per night. Try to develop an evening routine – homework, dinner, TV/computer, shower/bath, reading then bed – and try to avoid social outings on school nights. It is also a good idea not to have a TV or computer in your child's bedroom – research says this hinders rather than aids sleep and social behaviour.

Afternoon

- Have a place where school bag, hat, shoes etc are put so they can be easily found.
- Take lunchbox to kitchen and pack schoolbag for next day.
- Set a time to do homework.

Evening

- Set a limit on time spent watching TV, on computer or playing electronic games.
- Make sure uniform is ready for next day.
- Try to make time to read with your child.
- If possible, eat the evening meal together around a table – talk about the day's events.
- Decide whether bathing or showering is to be done at night or in the morning. Stick to it.
- Have a set bedtime. Do not allow unlimited tv or computer access in bedrooms after bedtime.

Morning

- Have a set time to wake up. Use an alarm.
- Have school uniform ready for child to dress him or herself.
- Make sure there is time for breakfast – it is the most important meal of the day.
- Know what time they need to get out the door to get to school on time. Make sure they will be ready.

Remember - you are not a friend, you are a parent. You can be friendly, but you are the boss. *Always.*