Message from the Principal - Enrolling for Kindergarten

It’s hard to believe that the year has progressed so far. If you or your family, friends or neighbours are planning to enrol your child for Kindergarten 2015 please do so as soon as possible. Orientation sessions will be held on 14, 21 and 28 October.

Thank you

Thank you to those parents who have sent in all money owed for music, student work books and the Reading Eggs program.

Reminder notes will be sent home soon.

Please remember that school costs can be paid off in small amounts over time. Please drop into the office or phone if you would like to arrange this.

Celebrating Success

It was with pleasure that I watched a number of students receive recognition at this morning’s assembly for academic achievement. G-Port certificates were awarded as well as certificates of credit and distinction in the University of New South Wales English Assessment.

Students are able to participate in assessment of English, Mathematics, Computer, Writing, Spelling and Science. Well done to those students who choose to participate in the challenge. We are still awaiting some results but special congratulations to the following students.

Science
Jayden (Yr. 3) Credit
Amelia (Yr. 3) Credit
Cassie (Yr. 4) Credit
Nafisa (Yr. 6) Credit

Writing
Amelia (Yr. 3) Credit
Ansh (Yr. 4) Distinction

Spelling
Dean (Yr. 3) Credit
Anika (Yr. 3) Credit
Annamaria (Yr. 3) Credit
Jayden (Yr. 3) Credit
Ansh (Yr. 4) Credit
Nafisa (Yr. 6) Credit

English
Sophia (Yr. 2) Credit
Ellen (Yr. 2) Credit
Drew (Yr. 2) Distinction
Anika (Yr. 3) Credit
Amelia (Yr. 3) Credit
Ansh (Yr. 4) Credit

Congratulations to Indyanna and Charina for representing our school at the regional athletics carnival. Well done in high jumps, 100m and 800m races!

G Force
Congratulations to the following G Force members for being safe, respectful learners:

3/4B
Alieza, Leidy, Sonya, Ruby, Amelia, Towhidul, Hugo, Michael, Cameron

1B
Kester, Bianca, Jemma, Taj, Valerie

1KL
Dominque, Abbygail, Kayla, Leora, Kristiava, Mia

Get ready to cheer and wave flags at our Commonwealth Games Day!

All parents are welcome to attend our upcoming sports day on Tuesday 16 September. This is part of our school program and all children will be participating. Please see the note at the end of this gazette for more details.

News from the Art Room

Support Unit students from K-2N working on their paintings.
4/3B, 4/3G and 4/3R have been using oil pastels and watercolour paints to recreate Brett Whiteley’s Terraces.

KF have been looking at the art of Ken Done with Mrs Grivas this term. The children jointly created The Beach, inspired by Ken Done’s work. The media used in this work are acrylic paints and oil pastels.

A quote to think about:
Education is the great engine of personal development. It is through education that the daughter of a peasant can become a doctor, that a son of a mineworker can become the head of the mine, that the child of farmworkers can become the president of a nation.
Nelson Mandela
**News from the Bandmaster**

Week 7 saw the band go to Banksmeadow Public for a combined workshop, giving them the opportunity to play in a larger size ensemble and make new friends through music. The morning was a great success with all students making significant progress in the finer points of music such as correct posture and breathing, balance, dynamics (Volume), and playing to room acoustics.

**What you should be working on this week?**

3 new pieces will be given out in week 8 in readiness for future performances in term 4 such as the presentation assembly.

**Tips & Tricks**

With new music being given out, just focus on 1 item in the first week of having it so you don’t get overwhelmed & just go through it slowly at first.

**Bandsperson of the week**

This week it goes to Sara Ospina for musicianship at the workshop. Great work!

Mr Kevin Christmas

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**P&C**

Thank you to those parents who were able to attend this month’s P&C meeting. For those unable to make it I have included my report presented on Tuesday evening.

**Principal’s Report for the P&C**

2nd September 2014

**Staffing**

- Sad loss of Ms Michelle Caruana during the last school holidays. Michelle was a teacher in the support unit and has been on sick leave since 2011. Our sincere sympathy is extended to Michelle’s family.

**Teaching & Learning**

- Ms Kasses will be providing additional support to students identified by teachers in Years 2-6. The funds for this will be utilised from our RAM (Resource Allocation Model) funding.
- Ms Ntziaferis attended professional learning about issues of mental health and anxiety in children. She shared this with other teachers at our weekly staff meeting.
- Ms Beattie and Ms O’Brien will be attending professional learning on Assessment with the UNSW. This will enhance the work we are currently undertaking to develop a curriculum scope and sequence plan for K-6 including a quality assessment schedule.

**Buildings and Maintenance**

- Awaiting quotes for repair to flagpole, and additional painting of building A & B.
- SMOOSH obtained a grant for the establishment of a garden outside building C on Botany Road. I have commissioned a plan and quote for additional plantings in the enclosed playground.

**General**

- Finance meeting being held tomorrow (Wednesday 3 Sept) @ 8.30am. Amy (P&C Treasurer) invited to attend.
- Kinder info session tomorrow evening. Jodie to attend on behalf of the P&C.

**Congratulations on a great assembly 3-6M**

Ms McDonnell and the students of 3-6M impressed the whole school at assembly last week. They shared their enjoyment and love of learning science.

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**Scientists well prepared and at work in the classroom**
School Schedule for Term 3
Please be aware that sometimes circumstances arise that necessitate a change to the schedule.

<table>
<thead>
<tr>
<th>Week 7: 25-29 August</th>
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<tbody>
<tr>
<td>28: Big Band Bash</td>
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<tr>
<td>Week 8: 1-5 September</td>
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<tr>
<td>2: P&amp;C Meeting</td>
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<tr>
<td>3: Kindergarten Information Evening</td>
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<tr>
<td>Week 9: 8-12 September</td>
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<tr>
<th>Week 10: 15-19 September</th>
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<tbody>
<tr>
<td>16: K-6 Commonwealth Games Sports Day</td>
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<tr>
<td>19: Support Unit Excursion to Ridge Farm</td>
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Please find below the tentative schedule for Term 4. There may be changes and/or additions to this in the following weeks.

<table>
<thead>
<tr>
<th>Week 1: 6-10 October</th>
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<tr>
<td>6: Labour Day</td>
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<tr>
<td>Week 2: 13-17 October</td>
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<tr>
<td>14: Kinder Orientation</td>
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<tr>
<td>Week 3: 20-14 October</td>
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<tr>
<td>21: Kinder Orientation</td>
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<tr>
<td>24: P&amp;C Trivia Night</td>
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<tr>
<td>Week 4: 27-31 October</td>
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<tr>
<td>27–29: Stage 3 Camp</td>
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<tr>
<td>28: Kinder Orientation</td>
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<tr>
<td>31: World Teachers Day</td>
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<tr>
<td>Week 5: 3-7 November</td>
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<tr>
<td>4: P&amp;C Meeting</td>
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<tr>
<td>Week 5: 10-14 November</td>
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<tr>
<th>Week 6: 17-21 November</th>
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<tbody>
<tr>
<td>21: P&amp;C Disco</td>
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<td>Week 8: 24-28 November</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Week 9: 1-5 December</th>
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</thead>
<tbody>
<tr>
<td>1: Swim School for Year 2 commences</td>
</tr>
<tr>
<td>2: P&amp;C Meeting</td>
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<tr>
<td>4: Aspire for Year 5</td>
</tr>
<tr>
<td>Week 10: 8-12 December</td>
</tr>
<tr>
<td>9: Presentation Day</td>
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<tr>
<td>12: Reports Home</td>
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<tr>
<td>Swim School ends</td>
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</tbody>
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<table>
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<tr>
<th>Week 11: 15-19 December</th>
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<tbody>
<tr>
<td>15: Year 6 Farewell</td>
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<tr>
<td>16: Sky Zone end of year celebration K-6</td>
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<tr>
<td>17: Last day for students</td>
</tr>
<tr>
<td>18/19: School Development Days for teachers</td>
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</tbody>
</table>

Merry Christmas & Happy Holidays

For family budgeting
Music Program 3-6:
All children in Years 3-6 will be participating in this program. Thank you to those parents who have already paid for this in Semester One. It is great value as the children are receiving 20 weeks of music lessons.
Cost: $60

Years 5 & 6 Camp:
Cost: $270

Sky Zone K-6:
Cost: $12

Swim School for Year 2:
Cost: $70

*Students participating in PSSA sporting teams and tennis coaching pay for participation each week

Please talk to the office about paying by instalment if this makes budgeting easier for your family.

Digital Storytelling in 2/3K
Our new English syllabus includes an emphasis on the use of technology and images in the study of English and to tell stories.

Students in 2/3K have been using Microsoft PowerPoint and Google images to tell the story of why they love Australia.

Jai has thought carefully about the design and content of his presentation. Well done!
Keeping healthy at school

It can be difficult ensuring your child has a healthy and well balanced diet at school. A good guide is to include fresh fruit, vegetables and healthy choices in sandwiches, pasta or rice. Sweet and processed snacks are best kept to a minimum with no more than one product in the lunchbox as a treat.

Some helpful information about this is included in the following pages.

Kim Sheen
Principal.
Friday 5th September
To celebrate Fathers’ Day, the P&C will be running our regular gift stall on Friday morning after assembly, in the corridor. If you would like your child to purchase a gift, please send them with some money tomorrow. Gifts range from $1 to $8.00.

We also need more parent volunteers to help run the stall and/or help students with their purchases. If you are available to help out between 8.15 - 11.30am please send us an email grpparents@gmail.com or just turn up on the day.

We have a limited supply of bags this year so please send your child with a plastic bag on the day.
Raffle Time!
The P&C are organising a raffle which will be drawn at the Trivia Night on the 24th October 2014.

Prizes
Prizes include an Apple iPad Mini, a birthday party at Manhattan Super Bowl for 10 kids, a Breville Electric Wok and Family Movie pass for Randwick Ritz.

But there's more...
In addition to this, the family that sells the most raffle tickets will win a birthday party at Manhattan Super Bowl for 10 kids.

How can you take part?
We are required to request consent from you before we can send any fundraising material home with your children. Your child should have received a blue fundraising request form in their bag. If you have not done so yet, could you please sign and return the form to the office. Only then can we send raffle tickets home with your children.
Alternatively, you can email your fundraising consent to grpsparents@gmail.com. Please include your name, child/ren's name/s and class/ea.
Finally, you can always collect more raffle tickets from the office.

Trivia Night @ Newmarket Hotel from 6pm for 7pm start. Dinner and drinks are available for purchase from the bar. Tickets $20 each. Why not organise your own table of 10? Come along for a fun filled night with games, prizes and more!

All proceeds from the Trivia Night will be donated to the upgrade of Technology at GRPS.
Eat more fruit and vegies

Did you know?

★ 56% of primary and 80% of secondary school students do not eat the recommended daily amount of vegetables.

★ Research shows that watching a lot of TV is associated with children and teenagers drinking more soft drinks and not eating enough fruit and vegetables.

★ Fruit and vegetables are a great source of vitamins, minerals and dietary fibre.

★ Eating fruit and vegetables every day helps children and teenagers grow and develop, boosts their vitality and can reduce the risk of many chronic diseases - such as heart disease, high blood pressure, some forms of cancer and being overweight or obese.

How many serves do kids and teens need?

All of us need to eat a variety of different coloured fruit and vegetables every day - both raw and cooked. The recommended daily amount for kids and teens depends on their age, appetite and activity levels - see table below.

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Fruit (serve/day*)</th>
<th>Vegies (serve/day*)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>girls</td>
<td>boys</td>
</tr>
<tr>
<td>2-3</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>4-8</td>
<td>1½</td>
<td>1½</td>
</tr>
<tr>
<td>9-11</td>
<td>2</td>
<td>2</td>
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<tr>
<td>12-18</td>
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</table>

*One serve of fruit is 150 grams (equal to 1 medium-sized apple; 2 smaller pieces (e.g. apricots); 1 cup of canned or chopped fruit; ½ cup (155ml) 100% unprocessed fruit juice; or 1½ tablespoons dried fruit).

Fresh fruit is a better choice than juice

While whole fruit contains some natural sugars that make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice.

One small glass of juice provides a child's recommended daily amount of vitamin C.

Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.

“Children may need to try new fruits and vegies up to 10 times before they accept them”
How to help kids and teens eat more fruit and vegies

Eating more fruit and vegies every day can sometimes be a struggle. However, research shows that we're more likely to do so if they're available and ready to eat.

Children may need to try new fruits and vegies up to 10 times before they accept them. So stay patient and keep offering them. It can also help to prepare and serve them in different and creative ways.

Some ideas to try:

- Involve the whole family in choosing and preparing fruit and vegies.
- Select fruit and vegies that are in season — they taste better and are usually cheaper.
- Keep a bowl of fresh fruit in the home.
- Be creative in how you prepare and serve fruit and vegies, such as raw, sliced, grated, microwaved, mashed or baked; serve different coloured fruit and vegies or use different serving plates or bowls.
- Include fruit and vegies in every meal. For example, add chopped, grated or pureed vegies to pasta sauces, meat burgers, frittatas, stir-fries and soups, and add fruit to breakfast cereal.

- Snack on fruit and vegies. Try corn on the cob, jacket potato topped with reduced fat cheese; plain popcorn (unbuttered and without sugar or salt coating); chopped vegies with salsa, hummus or yoghurt dips; stewed fruit; fruit crumble; frozen fruit; or muffins made with fruit or vegies.
- Try different fruits or vegies on your toast – banana, mushrooms or tomatoes.
- Add chopped or pureed fruit to plain yoghurts.
- Make a fruit smoothie with fresh, frozen or canned (in natural or unsweetened juice) fruit; blend it with reduced fat milk and yoghurt.
- Chop up some fruit or vegie sticks for the lunchbox.
- In summer, freeze fruit on a skewer (or mix with yoghurt before freezing) for a refreshing snack.
- Make fruit-based desserts (such as fruit crumble or baked, poached or stewed fruit) and serve with reduced fat custard.
- Have fresh fruit available at all times as a convenient snack – keep the fruit bowl full and have diced fruit in a container in the fridge.

For more information and ideas on healthy eating and physical activity, go to www.healthykids.nsw.gov.au
Local Rosebery and Mascot businesses are invited to have a regular ad placement in our newsletter each week. Payment of $75 incl. GST will be by the term. The ad specs are: Business Card size (90mm x 50mm) or Banner size (185mm x 28mm). Please contact: Claire Williams on 0447573309 or email her at claire@insydneytutoring.com.au if you would like to place an advertisement. All submissions must be in jpeg or pdf format.

While we exercise due care, Gardeners Road Public School does not endorse or guarantee any goods or services advertised.
Dear Parents,

- The cost of participation in the Commonwealth Games Day is $4 per student.
- Children should wear their sports uniform on the day.
- Please enclose this note with money in an envelope and return it to the office.

Child’s name: _________________________________ Class: ____________

Child’s name: _________________________________ Class: ____________

Child’s name: _________________________________ Class: ____________

Amount enclosed: __________________

Thank you.