



# INGLEBURN NORTH PUBLIC SCHOOL

## NEWSLETTER

Macdonald Road  
INGLEBURN NSW 2565  
9605 2459

## 'THE BUGLE'



Term 1 – Week 10 – 2014

### Message from the Principal

Dear members of the Ingleburn North Public School community,

**Harmony Day may have been wet, but the INPS students' spirits were not dampened!** What a great day (in spite of the weather). Thanks to the parents and carers of 5-6C and a special mention goes to Mrs Tran and Mrs Ngyuen for all of those fabulous Vietnamese spring rolls. YUM!!!! What days like this show quite clearly is that it does not matter where we come from (my ancestors were Irish and English), we all share this wonderful country, we all value peace and harmony and we all want the best for our children. One only has to watch the students at INPS to see that this is easy to achieve. Sadly though there are a few adults who forget this. Perhaps they need to enrol at our school and our wonderful students will teach them how to ignore what we can see and focus on more important things such as kindness, generosity and respect.

**INPS Fundraiser to be held at Liverpool Cash Converters on Sat 3<sup>rd</sup> May 8.30am to about 1pm.** Please let the Admin Office, or Mr Nitto know if you can volunteer an hour to man the BBQ!

**A new permanent Assistant Principal has been chosen through a merit selection process.** Congratulations go to Ms Kathryn Duffy who comes with an exceptional reputation as a fabulous teacher. Ms Duffy will commence teaching 5-6C on Wednesday 7<sup>th</sup> May. Fortunately, the amazing Mr Cosis has agreed to stay on until then.

### Coming Events

#### April

- Thurs 3<sup>rd</sup> Yrs 1&2 Excursion - Fairfield City Museum  
Tue 8<sup>th</sup> Term 1 Student Interim Reports  
Fri 11<sup>th</sup> Last day of Term 1  
Easter hat parade - 12pm

#### TERM 2

#### April

- Tue 29<sup>th</sup> First day of Term 2 for students  
Tue 29<sup>th</sup> Camp open to Year 4 (if places still available)  
Wed 30<sup>th</sup> ANZAC Day ceremony  
Thur 31<sup>st</sup> Mufti Day – all proceeds go to helping pay for Toby Curry to compete in the State tennis comp.

#### May

- Sat 3<sup>rd</sup> **BBQ Fund raiser at Cash Converters 8.30am to 1.30pm – volunteers needed!!!!**  
Wed 7<sup>th</sup> P&C Meeting at 6.15pm  
Wed 7<sup>th</sup> **SCHOOL PHOTOS DAY**  
Thurs 8<sup>th</sup> School cross country  
Tue 13<sup>th</sup> NAPLAN  
Wed 14<sup>th</sup> NAPLAN  
Thur 15<sup>th</sup> NAPLAN  
Fri 16<sup>th</sup> NAPLAN (catch up day)  
Fri 23<sup>rd</sup> Zone cross country  
Thurs 29<sup>th</sup> Kindergarten excursion – Calmsley Hill Farm

### Disclaimer:

Ingleburn North Public School does not endorse any product or services advertised in this newsletter.

**More food for thought!** For years now I have been going on about our students' diet. You have heard me rant about the fact that our CHILDREN HAVE TOO MUCH SUGAR in their diet (more than any other generation in the history of the human race). THEY EAT TOO MUCH FAT - it is very high in foods such as KFC, McDonalds, pizza, potato chips, chocolate and biscuits. THEY DO NOT HAVE ENOUGH PHYSICAL ACTIVITY (in the old days kids had one rule on the weekends: be home before dark – they then spent the whole day playing!). THEY DO NOT GET ENOUGH REGULAR SLEEP (one of our students was observed yawning 17 times in 30 minutes, and most of our students complain of being tired in class ALL THE TIME – high sugar diets will do this). The problem with all this, not to mention the fact that their chances of developing diseases and ailments are greatly increased, is that children, more than at any other time in recorded history, are having difficulties concentrating in class. THEIR LEARNING **DOES** SUFFER.

**School Contributions are very important in our delivering the best possible education to your children.** These voluntary contributions have been fixed for a number of years now at \$40 for a single child and \$70 for a family. It is the policy of INPS that all money raised through your contributions will go directly to purchasing additional learning resources.

**Labelling of student uniforms now available:** Thanks to Mrs White (ordinarily our Student Learning Support Officer – SLSO) we are now able to embroider the students' hats and jackets, etc., with their initials. We will keep a list of students and their initials and, should we need to, we will use a number system. To recoup the cost of the cotton, stabiliser, needles and the servicing and cost of the machine, the maximum cost per item of uniform embroidered will be \$3. Should you wish to have personal items of clothing embroidered the cost will be \$1.50 per letter (gold lettering only). Mrs White has completed some bucket hats and jackets and they look great! AT LAST, NO MORE LOST CLOTHING!

### **School Banking Day Reminder.**



Don't forget that **Wednesday** is School Banking day and students should bring in their weekly deposit to the front office before 9am.

For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. Once students have individually collected 10 tokens they can redeem them for a school banking reward item in recognition of their continued savings behaviour.

Remember our school earns 5% commission on every deposit made (to a maximum of \$10 per individual deposit). Thank you for supporting the School Banking program at Ingleburn North Public School

### **P&C NEWS**

#### **Note**

On Friday 11<sup>th</sup> April, P&C is hosting the Easter Hat Parade BBQ. A note has been sent out for orders of sausage sandwiches.

#### **Casual Helpers**

P&C needs your help. We need helpers for the Easter Hat Parade BBQ. So if you would like to help and if you have an hour or two or more to spare, please don't hesitate to approach me (Andre Yusuf - I'm in the canteen most of the time).

#### **Canteen**

**Term 2 roster is up so we need volunteers to keep the canteen open everyday.**

**New Autumn & Winter menu now available and starts of Term 2.**

**New to the menu: noodle cup soup, hot cakes and barbecue chicken pizza**

A wonderful way to be part of the school community is through volunteering. We currently have some amazing volunteers in our canteen to ensure we maintain a full-time canteen for our students. However

through volunteers' children moving on to high school and work commitments, the canteen is in desperate need for some new volunteers.

No experience necessary.

If you are able to donate any of your precious time, please contact the canteen or office staff.

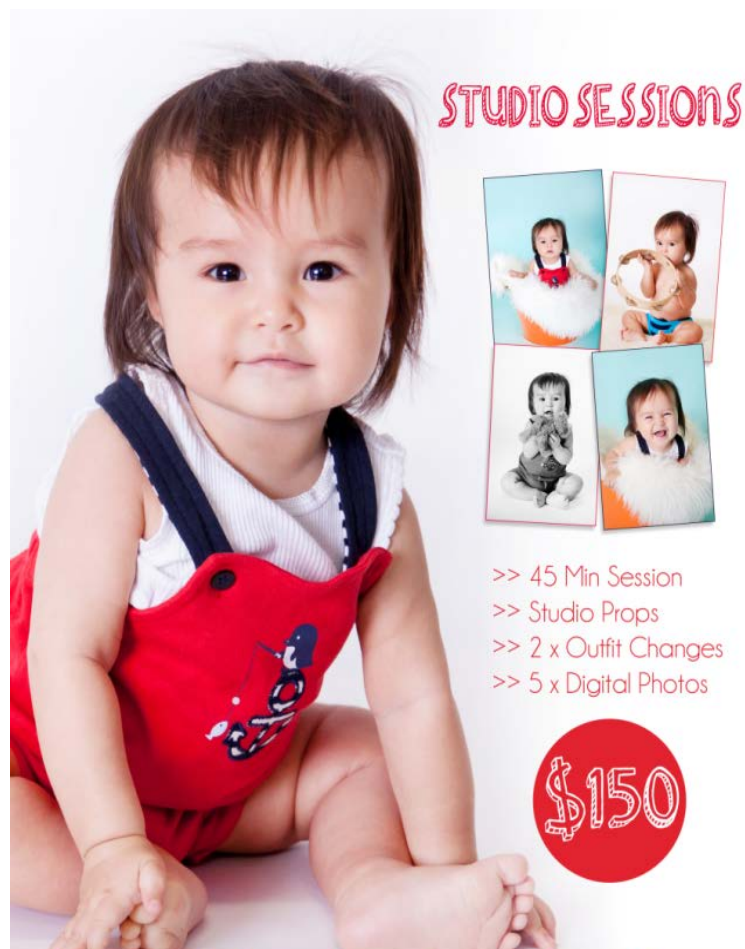
Your children also gain a sense of pride when their parent helps at the school.

Many Thanks  
Andre Yusuf  
P&C President

### **Student Insurance**

Student insurance is due now @ \$5.00 per student. This insurance covers our children at school, on camp, on excursions etc. Please pay as soon as possible at the office, so we can mark each name off.

Thank you  
P&C



**STUDIO SESSIONS**

- >> 45 Min Session
- >> Studio Props
- >> 2 x Outfit Changes
- >> 5 x Digital Photos

**\$150**

## *Tissues*



Last year our supply of tissues dwindled. It would be appreciated if families would pop a box into their shopping trolley next time you are shopping to build up our supply. Boxes can be sent to the office. Thank you to those who have already donated boxes.

Thank you in anticipation.



**Weddings & Family Photography Studio**  
Shop 3/42-44 Queen St, Campbelltown NSW  
PH: 02 4656 1439  
[www.jfreshphotography.com.au](http://www.jfreshphotography.com.au)

**Jfresh**  
PHOTOGRAPHY  
STUDIO  
family friendly prices

## The simplest way

### to add healthy snacks in lunch boxes

Snacks are an important part of a healthy diet for active children. Kids have little tummies so they need small amounts of food often. Try these simple & healthy snack ideas in your kid's lunchbox:

- **Popcorn:** plain air-popped popcorn (without salt or butter) mixed with sultanas and dried apple
- **Dried fruit snack packs:** buy them ready made, or make your own at home in reusable containers
- **Fruit salads:** buy small tubs of diced fruit in natural juice, or cut up small pieces of fruit and make your own
- **Crackers & veg:** slice up some avocado or tomato with some rice crackers



It's scientifically proven that kids like smaller portions – so cutting up fruit + veg will ensure it's eaten every day!

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
 or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



## The simplest way

### to bust hunger after school

Try these great veggie filled recipes that will top up their tank until dinner time.

#### Speedy Pizza

A wholegrain English muffin with tomato, corn, capsicum and reduced fat grilled cheese.



#### Fast Toasty Fingers

A slice of wholegrain toast cut into soldiers served with 'reduced salt' or 'no added salt' baked beans.

#### Veggie Kebabs

Kebab skewers with reduced fat cheese, cherry tomatoes & cucumber slices.

#### Macho Nachos

Corn tortillas and sprinkle with quartered cherry tomatoes, kidney beans and reduced fat cheese. Bake in oven for 15 minutes and serve with mashed avocado.

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
 or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



## LADIES FITNESS AND ZUMBA

**New**

**Class times: 6:30 p.m. to 7:30 p.m.**

**When: Monday to Thursday**

**Where: Ingleburn North Public School**

**Contact our friendly trainers**

**0449 628 063**

**Hear Us Roar!**



## REMINDER

If you have not returned your blue note regarding parental/carer occupation would you please do so as a matter of urgency. This information needs to be updated to be extracted from our computer system.

Thank you to those parents who have returned their note. This information is vital to ensure that we receive all the funding we are entitled to.

For your convenience a copy of the note has been attached to this newsletter. Please complete the note and send to the school office as soon as possible.

Thank you from the office ladies.



## SYDNEY ACADEMY OF CHESS

ABN: 14 139 982 004

Phone: 02 9745 1170 Fax: 02 9745 1176

PO Box 1325 Burwood NSW 1805

[sydneyacademy@gmail.com](mailto:sydneyacademy@gmail.com)

[www.sydneyacademyofchess.com.au](http://www.sydneyacademyofchess.com.au)

Dear Parents,

Sydney Academy of Chess is looking at running chess lessons at your son/daughter's school, Ingleburn North Public School. The classes will take place once per week.

Chess is a valuable activity for children, developing their logical thinking skills, concentration and discipline, as well as being a source of much enjoyment!

What better way to combine learning and fun!

These classes begin with an interactive lecture by one of our experienced coaches. During the second half of the class children play games against each other, putting newly learned strategies into practice. As the term progresses and the children become proficient in all the basics, the lectures will move on to more complex ideas such as strategy, middle game ideas and chess technique.

The cost for chess lessons is \$7 per child per lesson. There are approximately 8-10 lessons each term.

If you are interested in your child taking part in this activity, please fill in the form below and return it to the school office.

Thanks and regards,

Sydney Academy of Chess

---

### **Ingleburn North Public School – Chess Classes (2014)**

I would like my son/daughter to take part in the chess coaching organised by the Sydney Academy of Chess in 2014.

Student's name: \_\_\_\_\_ Class: \_\_\_\_\_

Parent's name and signature: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_



## West's Kid's Birthday Party Packages

Basic 2 hour package includes;

- Selected theme
- Lunch
- Themed birthday cake
- Face painting
- Games
- Bubbles
- Dancing
- Prizes
- Invitations

**West's now offers Birthday Party Packages for kids starting at just \$18 per child\***

Suitable for ages 12 years and under

Themes include;

- Princess
- Fairy
- Mermaid
- Cars
- Transformers
- Magic
- Reptile
- Zoo
- Clown
- Circus and much more!!

**Party Package extras;**

- Pizza making
- Petting Zoo's
- Reptile Shows
- Circus Workshops
- Magic Shows
- Clown Shows
- Slushie Machines
- Popcorn Machines
- Fairy Floss Machines

**We tailor the packages to suit your needs!**

Please call our Functions Team on 02 4628 4188 for inquiries  
\* Minimum of 10 children. Subject to availability

**west's**  
CAMPBELLTOWN

## West's School Holiday Events

### West's Kid's Easter Disco

Head down to West's these school holidays to keep the kids entertained. The Easter Bunny will be there for meet and greet as well as "Kidz in the Biz", a song and dance crew! Lots of great prizes to be won with our kids hat parade - so make sure to bring your best Easter hat.

**Date:** Thursday 17th April  
**Time:** 11am - 2pm  
**Cost:** \$10 per child includes free soft drink  
**Ages:** 12 years and under  
**Location:** West's Leagues Club Auditorium  
 10 Old Leumeah Road, Leumeah  
**Contact:** Reception 4628 4188

### Easter Fun Time

**With Kidz in the Biz**

"Join Kids in the Biz for singing, dancing, and Easter Fun Time!"

### Fun 4 Day Tennis Clinic

West's Tennis Club is the perfect place to bring the kids over the Easter school holidays. Keep them happy and fit with our Fun 4 Day Tennis holidays event!

**Dates:** 14th, 15th, 16th and 17th April  
**Cost:**  
 Option 1: \$120 for 4 days (9am - 3pm)  
 Option 2: \$35 per day (9am - 3pm)  
 Option 3: \$20 per day (9am - 12pm)  
**Ages:** 5 - 17 years old  
**Location:** West's Tennis Club  
 16 Old Leumeah Road, Leumeah  
**Contact:** Jared 0404 457 088 or Ian 0411 330 107

**west's**  
CAMPBELLTOWN

## SCHOOL ZONE PARKING OFFENCES

Current as at 1 July 2013



Means that in the area in the direction of the arrow, you **must NOT STOP your vehicle** at any point on the road or kerb, unless there is a medical or other emergency.

**Maximum Penalty**

**\$405**

**+ 2 Demerit Points**



Means that you have no more than 2 minutes for drop-offs or pick-ups of passengers or goods and the driver must stay within 3 metres of your vehicle.

**Penalty**

**\$169**

**+ 2 Demerit Points**



Means that in the direction of the arrow or arrows you are not allowed to stop your vehicle unless you are driving a bus.

**Penalty**

**\$304**

**+ 2 Demerit Points**

### DOUBLE PARKING

You are **NOT PERMITTED** to stop or park your vehicle alongside another vehicle that is already parked parallel to the kerb.

**Penalty**

**\$304**

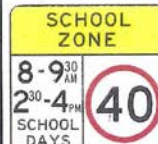
**+ 2 Demerit Points**

- STOP in a NO STOPPING zone: \$304 + 2 Demerit Points
- STOP on or near a Children's or Pedestrian Crossing (within 20m on approach & 10m on departure side of crossing): \$405 + 2 Demerit Points
- STOP on path/strip in built up area: \$169 + 2 Demerit Points

Please Note: fines subject to change without notice. These penalties apply to offences in school zones only while the zone is active.

## SCHOOL ZONE TRAFFIC OFFENCES

As at 1 July 2013



### SPEEDING OFFENCES

School Zone speeding offences attract higher fine and demerit points than other speeding offences.

**Maximum Penalty**

**\$3,612**

**+ 7 Demerit Points**



### MOBILE PHONE USE

Drive using a hand-held mobile phone in a School Zone.

**Penalty**

**\$405**

**+ 4 Demerit Points**



### CHILDREN'S CROSSINGS

Disobey hand-held stop sign at Children's Crossing or approach Children's Crossing too quickly to stop safely.

**Penalty**

**\$506**

**+ 4 Demerit Points**



### U-TURNS

Make a U-Turn without giving way to pedestrian or vehicle in a School Zone

**Penalty**

**\$405**

**+ 4 Demerit Points**

For a full list of all new penalties and offences, please visit:  
[www.rms.nsw.gov.au](http://www.rms.nsw.gov.au) or phone the RMS on: 13 22 13

Please Note: fines subject to change without notice. These penalties apply to offences in schools zones only while the zone is active.







# INGLEBURN NORTH PUBLIC SCHOOL

Phone: 9605 2459  
Fax: 9829 3967

Email: [ingleburnn-p.school@det.nsw.edu.au](mailto:ingleburnn-p.school@det.nsw.edu.au)  
Website: [www.ingleburnn-p.schools.nsw.edu.au](http://www.ingleburnn-p.schools.nsw.edu.au)

## IMPORTANT INFORMATION REQUIRED TO ENSURE WE RECEIVE OUR CORRECT FUNDING FOR RESOURCES FOR THE STUDENTS OF INGLEBURN NORTH PUBLIC SCHOOL

Two of the most important measures the government looks at when working out how much money they are going to give a school are parents and carers' level of **education** and **occupation**

The higher the education and occupation level of parents and carers, the lower the amount of funding schools receive.

Another important measure is whether or not the parent/carer is a **single** parent/carer. This too will provide the school with more money.

These measures are used to determine what is called the Family Occupation and Education Index (FOEI).

To ensure that the school is receiving all entitled funding, would you please complete the details below and send to the front office **as soon as possible**.

Please note that individual details are not used, only occupation and education totals. The Department of Education & Communities is bound by the *Privacy and Personal Information Protection Act 1998*.

Parent/carer 1 Name: \_\_\_\_\_ Current Occupation: \_\_\_\_\_

Parent/carer 2 Name: \_\_\_\_\_ Current Occupation: \_\_\_\_\_

Student/s Name: \_\_\_\_\_

I am a single parent / carer ☐ (tick if correct)

### School Education

What is the highest level of schooling completed?  
(mark one box only)

- ☐ Year 12 or equivalent
- ☐ Year 11 or equivalent
- ☐ Year 10 or equivalent
- ☐ Year 9 or equivalent or below

### Educational Qualifications

What is the highest qualification completed?  
(mark one box only)

- ☐ Bachelor degree or above
- ☐ Advanced diploma/diploma
- ☐ Certificate I to IV (including trade certificate)
- ☐ No non-school qualification

I have not been in paid work for the past 12 months (i.e. retired, given up work to raise family etc.) ☐

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Your co-operation is appreciated in ensuring that the school receives all available funds to purchase vital resources for your children.

21/03/2014

# INGLEBURN NORTH PUBLIC SCHOOL

## CANTEEN AUTUMN & WINTER MENU 2014

### SANDWICHES

Bread - White, Wholemeal & Multigrain  
Roll - Soft white

Vegemite / Jam / Honey	\$ 1.50
Cheese	\$ 1.80
Tomato	\$ 1.80
Cheese & Tomato	\$ 2.00
Ham / Tuna / Chicken / Egg	\$ 2.00
Salad (Lettuce, carrot, tomato, beetroot, cucumber)	\$ 2.50
Ham / Tuna / Chicken / Egg - with SALAD	\$ 3.00
Salad Bowl choice of meat as above with egg and salad	\$ 3.50

### HOT FOOD

Fish Fingers	\$ 0.40	each
Chicken Dino Snacks	\$ 0.60	each
Chicken Chippies	\$ 0.60	each
Chicken Wedges	\$ 0.80	each
Hash Browns (oval size)	\$ 1.00	each
Noodle Cup Soup (Chicken/Beef)	\$ 2.20	
Sausage Roll	\$ 2.30	
Pizza - Supreme / Margarita / Hawaiian	\$ 2.40	
Lasagne	\$ 2.40	
Macaroni & Cheese	\$ 2.40	
Traveller Pie (meat)	\$ 2.60	
Hot Cakes (Plain)	\$ 2.80	

### CHICKEN BURGERS

with Mayo or Sauce	\$ 2.70
with Lettuce, Mayo or Sauce	\$ 3.00
with Lettuce, Tomato, Mayo or Sauce	\$ 3.30

### BEEF BURGERS

with cheese and sauce	\$ 3.00
with Lettuce, Tomato and Sauce	\$ 3.30

### EXTRAS

Tomato Sauce	\$ 0.10
Maple Syrup	\$ 0.20
BBQ sauce	\$ 0.20
Mayonnaise	\$ 0.20
Beetroot	\$ 0.30
Cheese Slice	\$ 0.30
Cucumber	\$ 0.30
Lettuce	\$ 0.30
Tomato	\$ 0.30

### FRUIT

Seasonal Fruit one piece	\$ 0.50
--------------------------	---------

### HOT CHOCOLATE

\$ 1.50

### DRINKS

Water 600ml	\$ 1.00
Juice (Apple or Apple B/Current)	\$ 1.00
Juice (Orange or Paradise punch)	\$ 1.00
Milk Plain served in a cup with straw	\$ 1.00
Milk (Chocolate or Strawberry)	\$ 1.50
Quench (Apple Raspb, Blue Heaven, Cola, Lemonade)	\$ 1.50

### SNACKS

Mamme Noodle Snack	\$ 0.80
Jumpy's (chicken, BBQ, Salt & Vinegar)	\$ 0.80
JJ'S (chicken)	\$ 1.20
Plain Salt Chips - Smith's	\$ 1.20
Honey Soy Chicken - Red Rock Deli	\$ 1.20
Fun Bun - Finger Bun	\$ 1.00
Cheese & Bacon Roll	\$ 1.50

### ICE BLOCKS

Fruit Stack ice block	\$ 0.50
Lemonade Icy Twist	\$ 0.80
Calippo (Raspberry)	\$ 0.80
Paddle Pop (Banana, Choc, Rainbow)	\$ 1.20
Paddle Pop (Trop-o-saurus)	\$ 1.60
Bubble Gum Berry Lava Paddle Pop	\$ 1.60
Shaky Shake Chocolate Cup	\$ 1.80

### Miscellaneous

Bread Sticks	\$ 0.10
Fruity Jelly	\$ 0.20
Choc chip Cookies	\$ 0.60
Ovalteenies	\$ 0.80
Fruit Jelly Cups	\$ 1.20

### Specials

Barbecue Chicken Pizza	\$ 2.60
Hot Cakes (Plain)	\$ 2.80

Recess bags, Lunch bags, spoons, forks \$ 0.05 each