



# INGLEBURN NORTH PUBLIC SCHOOL

## NEWSLETTER

Macdonald Road  
INGLEBURN NSW 2565  
9605 2459

## 'THE BUGLE'



Term 2 – Week 8 – 2014

### Message from the Principal

Dear members of the Ingleburn North Public School community,

**Winter is the time for losing jackets! Don't waste your money on replacing lost clothes!** The maximum cost per item of uniform embroidered is \$3. They look great and AT LAST, NO MORE LOST CLOTHING!

**School Name Change:** Thankyou so much to all of those people who have already returned the survey. The response has been amazing – best return for a survey ever! Just to ensure that everyone has an opportunity to take part in this momentous decision, I have attached the survey to this newsletter (bottom of page 2). Please have your child return it to their teacher. The closing date for survey returns is this Wednesday 18<sup>th</sup> June.

**Friendly Frogs'** last day of running our OOSH will be Friday 22<sup>nd</sup> August. On Monday 25<sup>th</sup> August **Camp Australia**, a very reputable OOSH service provider with some 60 OOSH centres in Australia, will commence running the INPS OOSH. They will hold an information evening on Wednesday 20<sup>th</sup> August at 5.30pm in the school library (the P&C Meeting will follow this at 6.15pm as usual).

<http://www.smh.com.au/comment/private-schools-and-their-moral-failings-20140605-zry5k.html> A fascinating article in the Sydney Morning Herald about the darker side of private schools.

### JUNE

Tue 17 <sup>th</sup>	ICAS Spelling Test
Thur 19 <sup>th</sup>	ASSEMBLY
Fri 20 <sup>th</sup>	Gala Day
Fri 20 <sup>th</sup>	Last Day for Camp Payments
Tues 24 <sup>th</sup>	Student Reports Sent Home
Tues 24 <sup>th</sup>	Parent-Teacher Night
Fri 27 <sup>th</sup>	<b>Last Day of Term 2</b>

### JULY

Tue 15 <sup>th</sup>	<b>First day of Term 3</b>
Wed 23 <sup>rd</sup>	CAMP
Thur 24 <sup>th</sup>	CAMP
Fri 25 <sup>th</sup>	CAMP
Tues 29 <sup>th</sup>	ICAS English Test
Wed 30 <sup>th</sup>	Athletics Carnival – ALL WELCOME
Wed 30 <sup>th</sup>	Academic Challenge
Wed 30 <sup>th</sup>	P&C Meeting
Thur 31 <sup>st</sup>	G-DAY (Education Week Open Day)

### **Disclaimer:**

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

**Insuring your children at school is smart!** A number of years ago at INPS two children running flat out from opposite directions collided. One poor child suffered depressed fractures of the nose and eye socket. Four operations later over a period of two years the family was left with a bill for many thousands of dollars. To avoid such costs I suggest VERY STRONGLY that you insure your child through our P&C for only \$5 per year!

**Voluntary Contributions** are a very important part of the INPS budget. This money is used to buy the latest and the best educational resources we can find for your children. Sadly, only 41% of families have made the voluntary contribution this year. So that we can continue to provide high quality educational resources to your children, in 2015 INPS will no longer provide free stationary and exercise books. We will make up resource packs and sell them at not for profit prices. Of course, you may choose to purchase these items yourself from Big W, etc. A note will go home at the end of 2014 listing the items in the different resource packs and their costs (the packs will differ depending on the age of your child).

**A wonderful school:** I know I do tend to brag about our school an awful lot, but I have a lot to brag about! Never in my career (a quarter of century!) have I worked in a better school. The students are really just beautiful people – curious, polite, hardworking and smart. Their overall behaviour this year has been amazing – the best I have seen in my time at INPS. Nor have I ever worked with such a dedicated group of professionals – every single member of staff cares about your children and wants them to achieve their best. And you, our parents and carers, are incredibly supportive of our efforts. In particular, I am amazed by those terrific parents and carers who volunteer their time to help out in the canteen or the library, etc., or to raise money for the school. I think when I write stuff like this people may assume I *have* to say these things. But I have never wanted to leave this school and I have never sought promotion elsewhere. Why would I want to leave the best school in NSW?

**Student reports** will be sent home on Monday 23<sup>rd</sup> June. Please remember that ‘Sound’ **DOES NOT** equate to an old fashioned ‘C’. Should a student be awarded ‘Sound’ for any particular strand or subject, this means that they have achieved the expected level of achievement for their stage, for **this** semester. This is certainly something to celebrate! ‘Basic’ simply means the child needs to be on time to class every day, work hard and concentrate in class a little more and in time they will also achieve the expected level of achievement for **that** set of outcomes. I hope that you will celebrate your child’s efforts. We need to encourage children to try harder, but we also need to acknowledge their best attempts to improve.

I will be taking **long service leave** at the end of this term and will return on the 18<sup>th</sup> August. Miss Lewis will be the Principal (Acting), Mrs Duffy will continue as Assistant Principal and Mr Hanus-Smith will assume the role of Assistant Principal (Acting). Enjoy your term holidays and be safe!

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I \_\_\_\_\_, parent of \_\_\_\_\_ who attends INPS,  
**am in favour** of changing the name of INPS to Bardia Public School.

Signature: \_\_\_\_\_

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**OR**

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I \_\_\_\_\_, parent of \_\_\_\_\_ who attends INPS,  
**am not in favour** of changing the name of INPS to Bardia Public School.

Signature: \_\_\_\_\_

## SSW Area Cross Country Carnival


Last Thursday 12<sup>th</sup> June, Andrew Kelly, Toby Curry and Alex Matepi attended the Area Sydney South-West Cross Country Carnival at Hurlstone Agricultural High School. These students competed against some of the best long-distance runners from all schools across the greater South-West Sydney area, from Picton to Parramatta. The race itself was a difficult one with the overall course being lined with mud, large puddles and steep hills. Well done boys for your fantastic efforts and achievements - you did INPS proud!

Miss Morgan

## School Bus News

As of the 1<sup>st</sup> June, Busabout no longer operates the school services in our area. This service will now be operated by Interline Bus Services. Please see the new timetable below. Also note that the routes remain the same but the bus numbers have changed.


**SCHOOL BUS TIMETABLE**  
**Ingleburn North Primary School**  
EFFECTIVE 2 JUNE 2014



Bus No	Time	Morning Bus Route
<b>223</b> <b>(3011)</b>	<b>8.41</b>	<b>EX MACQUARIE LINKS ESTATE</b> - Via Macquarie Links Dr, R Williamson, R Macdonald to school.
<b>108</b> <b>(3002)</b>	<b>8.32</b>	<b>EX CNR BALLANTRAE DR &amp; STRANRAER DR</b> - Via Ballantrae, R St Andrews Rd, L Midlothian, Aberdeen, L St Andrews Rd, Bouddi, L Central Park, L Campbelltown Rd to St Andrews Rd roundabout turns around and returns via Campbelltown Rd, R Macdonald to school.

Bus No	Time	Afternoon Bus Route
<b>222</b> <b>(4031)</b>	<b>3.06</b>	<b>EX SCHOOL</b> - Via R Macdonald, L Williamson, L Macquarie Links Dr to Governors Way returns via Macquarie Links Dr, R Williamson, R Macdonald, L Campbelltown Rd, L Central Park, R Bouddi, St Andrews Rd, R Aberdeen, Midlothian, R St Andrews Rd to cnr Ballantrae Dr.

For updates please visit [www.interlinebus.com.au](http://www.interlinebus.com.au) or call 9605 1811



Nutrition Snippet

### The simplest way

...to eat more fruit & veg

Did you know that eating the right amount of fruit and veg is essential in the fight against cancer?


Try to make them part of every meal, to make sure you get your 2 serves of fruit and 5 serves of veg every day.

At brekky, add some mushrooms or spinach to your eggs. Eat a piece of fruit at morning tea, and then add a salad to your lunch. Serve vegies with dinner, and have fruit and yoghurt for dessert.


To make lunch boxes as healthy as possible:

- Pack some veggie sticks, like carrot or cucumber
- Cut up fruit into small pieces
- Freeze fruit like grapes and add to the lunch box
- Include left over baked vegies.

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







Nutrition Snippet

### The simplest way

...to use legumes

Did you know that legumes are classified as a vegetable?

Legumes include: **baked beans, kidney beans, lentils, chickpeas, cannellini beans and split peas.**


They're high in protein, fibre, B-group vitamins, calcium, iron, phosphorus, zinc, magnesium, folate and anti-oxidants.


*Basically, they are really good for you!*

Besides their nutritional value, the great thing about legumes is that they're very cheap, readily available and easy to use.

Chickpeas make a great addition to casseroles, soups and pasta sauces. Add lentils or kidney beans to minced meat in bolognese, chilli con carne and nachos. Hummus (pureed chickpeas) makes a healthy snack in a lunch box. Or simply serve baked beans on toast that even the fussiest eater will love!

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





## P&C NEWS

**We are in urgent need for volunteers for the canteen for Term 3. If we do not receive new volunteers, the canteen will be closed on days it cannot be manned.**

### Canteen

Term 3 roster is up so we need volunteers to keep the canteen open every day.

New Autumn & Winter menu now available.

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

Also new to the canteen menu - hot dogs \$2.50

Lunch Wallets are available \$9.00.

Colours: Pink, Blue, Green, Red, Purple, Yellow and Grey.

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, 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

**Sarah Redfern High School is proud to host the 2014 Creative Arts Competition.**

A colorful poster for a Creative Arts Gallery. The background features abstract, swirling brushstrokes in shades of yellow, orange, red, and blue. On the left side, the text 'GALLERY 2566' is written vertically in a bold, red, sans-serif font, with a dashed red line running alongside it. In the center, the main title 'YOU'RE INVITED TO CREATIVE ARTS GALLERY' is displayed in large, bold, red and blue capital letters. Below this, smaller text in blue capital letters states: 'CREATIVE WORKS WILL BE SHOWCASED BY TALENTED STUDENTS FROM KINDERGARTEN TO YEAR 6, FROM THE 20 SCHOOLS PARTICIPATING IN THE CAMPBELLTOWN ACADEMIC CHALLENGE.' The date 'WEDNESDAY 30TH JULY, 2014' is prominently featured in large, bold, blue capital letters. Below the date, the gallery hours 'GALLERY OPEN FROM 10AM-6PM' are written in bold, blue capital letters. The location 'AT THE SARAH REDFERN HIGH SCHOOL LIBRARY' and '1 MONAGHAN STREET MINTO' are listed in smaller blue capital letters. At the bottom, the contact information 'ANY ENQUIRIES CALL FIONA MCKINNON (02) 9820 1566 EXT 156' is provided in blue capital letters. In the bottom left corner, there is a small circular logo featuring a stylized sun or flower design.





Learn alongside world class instructors, owned and operated by the Australian Olympic Taekwondo Coach

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## CLASSES AVAILABLE FOR 3YRS PLUS

Olympic Taekwondo  
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Acrobatic Tumbling  
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Olympic Wrestling  
Martial Arts  
Martial Arts Tricking  
Ladies Fitness Classes

## CONTACT US (02) 9607 5960

28/340 Hoxton Park Road, Prestons NSW 2170  
[www.globalmartialarts.com.au](http://www.globalmartialarts.com.au) / [info@globalmartialarts.com.au](mailto:info@globalmartialarts.com.au)

## Tissues



The cough and cold season has arrived. We need to bulk up our stock of tissues for the winter.

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 in anticipation.

Office staff.

### 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.



**OPEN MONDAYS & WEDNESDAYS 9:30AM – 2:30PM @GREGORY HILLS**

**9:30am (SHARP): Healthy Breakfast is served**  
**10am – 12pm: FREE Wellness Evaluations & TANITA Body Analysis Scan**  
**12pm: 30 minutes Healthy Active Lifestyle Activity (WEDNESDAYS Walk-2-Fit Club)**  
**12:30pm: Healthy Lunch is served**  
**1pm – 2pm: Healthy Herbies Happy SKIN Care Hour**  
**2pm – 2:30pm: FREE Information Session “Becoming a Health Coach”**  
**7pm – 8pm: Adult Hula FitClub @Eaglevale Neighbourhood Centre (MONDAYS)**  
**7pm – 8pm: Walk-2-Fit Club @Gregory Hills (WEDNESDAYS)**

**Pre-paid Membership Available FROM \$8 per visit. Walk-ins Welcome. Ask about our “Bring A Friend Promo”...**

**CONTACT: Melody (call or TXT) 041 030 8621 or Email [bizzvhealth@hotmail.com](mailto:bizzvhealth@hotmail.com)**

