



# INGLEBURN NORTH PUBLIC SCHOOL

## NEWSLETTER

Macdonald Road  
INGLEBURN NSW 2565  
9605 2459

## 'THE BUGLE'



Term 3 – Week 4 – 2014

### Message from the Principal

Dear members of the Ingleburn North Public School community,

**Kindergarten enrolments for 2015** – If you have a child or know of friends or neighbours with children starting Kindergarten in 2015, please call in at the office and collect an enrolment form. We are starting to organise our Kindergarten Orientation Program and will send an invitation to families to attend. Our Kindergarten Orientation Program will be held on the first three Tuesdays in November from 9:10 – 11am.

**Academic Challenge** - Congratulations to Amani, Amber, Emily and Taylah who participated in the Academic Challenge at Sarah Redfern High School last week. Each team of students from 20 local primary schools participated in game show style activities covering the areas of English, maths, science and human society and its environment. The girls enjoyed their day and were very pleased when it was announced that they had won **first place in the science challenge**. A wonderful achievement girls!



### AUGUST

Wed 6 <sup>th</sup>	Line of Coins – Year 6 Fundraiser
Mon 11 <sup>th</sup>	Responsible Pet Ownership talk K – 2
Tues 12 <sup>th</sup>	ICAS – Maths Competition
Thurs 14 <sup>th</sup>	Zone Athletics Carnival
Thurs 14 <sup>th</sup>	Assembly
Fri 15 <sup>th</sup>	Zone Athletics Carnival
Mon 18 – Fri 22 <sup>nd</sup>	Book Week
Tues 19 <sup>th</sup>	Mufti – Storybook characters
Wed 20 <sup>th</sup>	Author visit – Michael Salmon
Wed 20 <sup>th</sup>	Dad's Reading Afternoon
Fri 22 <sup>nd</sup>	Gala Day
Tues 26 <sup>th</sup>	Book Fair
Wed 27 <sup>th</sup>	P & C Meeting at 6:15 p.m.
Thurs 28 <sup>th</sup>	Assembly

### SEPTEMBER

Fri 5 <sup>th</sup>	Father's Day Stall
Mon 8 <sup>th</sup> – Fri 12 <sup>th</sup>	Fruit and Veggie Week
Thurs 11 <sup>th</sup>	Assembly
Fri 12 <sup>th</sup>	Gala Day
Wed 17 <sup>th</sup> – Fri 19 <sup>th</sup>	Life Education Visits
Fri 19 <sup>th</sup>	Last day of Term 3

### Disclaimer:

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

**Athletics Carnival** – A big thank you to Miss Morgan for her outstanding effort in organising the day to ensure all the events ran smoothly. The weather was fabulous and the students' enthusiasm and behaviour were fantastic as they aimed to do their personal best in each event. Thank you also to Mr Pearson in assisting with the ground markings and setting up of the day and to all staff and volunteers for ensuring it was a successful carnival. Congratulations to all students who have made it through to the Zone Athletics Carnival on the 14<sup>th</sup> and 15<sup>th</sup> of August. Best of luck!



Last Thursday was our **Education Week Open Day**. It was wonderful to see so many parents, grandparents, carers and guests visiting classrooms to watch their children participating in a maths lesson and enjoying their BBQ lunch in the lovely sunshine. Our assembly showcased the talents of the students from KM, K/1L and 3C and recognised the achievements of a number of our students. Thank you to the volunteers who prepared the sausage sizzle lunch for everyone.

Congratulations to Danielle for taking out first place in Stage 1 in the 2014 Creative Arts Competition held at Sarah Redfern HS. Congratulations also to Nicole in Stage 3 who received a special mention award from Heffalump Design, the judges of the competition, and to Zachary in Stage 1 for the Community Team encouragement award for artistic talent.



Last Friday the **NED show** visited students at Ingleburn North PS. The show combines the use of storytelling and humour with magic tricks and yo-yos to deliver a positive message to students on how they can become champions at school and in life. The key messages are: Never give up, Encourage others and Do your best! If students would like to purchase a yo-yo from the show, order forms and money need to be returned to the office by Monday 11<sup>th</sup> August.

**The School Swimming and Water Safety Program** will be held during Weeks 1 and 2 of Term 4. The intensive learn to swim program develops water confidence and provides students with basic skills in water safety and survival. Students who are unable to swim 25 metres confidently and unaided in deep water are encouraged to attend. The program focuses on students in Years 2 and 3 but provides for non-swimmers in

Years 4 to 6 as well. If you wish your child to attend this important program, please fill in the parent consent form and return to school with the \$30 deposit. Extra forms are available at the office.



**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).

**Embroidery service** - 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!

# CAMP REPORT

By James Hansell and Laura Smith

Happily we got on the bus with the excitement of going to camp. After a lengthy journey our first stop was the Electoral Office. We entered the Office quietly so that we didn't disturb anyone. The first thing we did was watch a short clip about electing and voting. The Old Parliament House was beautiful, it had delicate carpet and walls. In fact, we had to all wear white cotton gloves so that we didn't spoil it. We sat down and were split into two groups and explored the museum. After the museum, we had recess in the rose garden. Then we enjoyed some more activities and got back on the bus.

Hungrily we ate our recess and took a short bus ride to the Australian National Museum. We cheerfully toured the museum for an hour or two and then everyone exhaustedly jumped on the bus and we went to our cabins in the Snowy Mountain Motor Inn at Berridale. We had dinner and then went to bed after watching a movie.

On day two, we woke up at 6.00 am and left at 7.00 am for the snow. It was an icy-cold morning and our hearts jumped with excitement as we were leaving for the snow. The snow is unique and if I ever get a chance to go again my answer will be one thousand times 'yes'!

Altogether the camp was an unforgettable experience with friends which we will treasure for as long as we live.

James Hansell and Laura Smith 5/6D

## THE SCHOOL PHOTOGRAPHER ORDER OF PHOTOS

The following photos are on display in the front office and may be ordered by completing a re-order envelope which can be obtained from the school office:

- \* Captains                      \* Year 6
- \* House Captains           \* Year 6 (fun)

Orders must be received at the office by **Friday 15<sup>th</sup> August**. Photos are \$14.00 each, \$26.00 for 2, \$36.00 for 3, \$44.00 for 4 or \$50.00 for 5. This discount is only available per family order.



### School Banking

Wednesday is school banking day and students should bring in their weekly deposit to the front office before 9:00 a.m.

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.

## Peer Support Program

Congratulations to our Year 5 & 6 Peer Support Leaders who have facilitated sessions with their small group of students. Although a little daunting it was a great opportunity for our Year 5 & students to develop their leadership skills and for the younger students to develop relationships across the whole school.



*The vision of this program is to develop mental, social and emotional wellbeing in young people who can make informed and skilled contributions to their communities.*

*Peer Support Australia envisions all young people to be:*

*Personally responsible for their own wellbeing*

*Able to manage their lives positively and safely*

*Involved in, and supported by, their community.*

In session two the children looked at the notion that what they choose to spend their time on often reflects their values. The activities assisted them in identifying ways they care for themselves and others, developing their understanding that you care when you notice the feelings and needs of yourself and others.

In session three the children will participate in activities to help them identify and accept differences in people. They will also identify ways they can demonstrate being caring through their actions.

Please take the time to discuss with your child the importance of accepting differences in other people whether it is appearance, religion, culture or disabilities. Ask your child to share the qualities they appreciate in their friends.

*If you have any questions concerning this program please contact our Peer Support coordinator through the office on 9605 2459.*

*Mrs Wyber*

Nutrition Snippet

### The simplest way

...to bust hunger after school

Try these great fruity recipes that will keep your child satisfied until dinner time.

**Raisin Toast Rippers**  
2 slices raisin toast topped with banana and a drizzle of honey.



**Krazy Kebabs**  
Fruit skewers with watermelon, grapes, rockmelon, & strawberries, served with reduced-fat yoghurt for dipping.

**Fruity Smoothie**  
250mls reduced-fat milk  
1 handful of berries  
1 banana chopped  
Place into blender and mix

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



Nutrition Snippet

### The simplest way

...to increase your fruit and veg intake

**Myth:**  
Frozen and canned fruit and vegetables don't count towards your daily intake of fruit and vegetables.



**Fact:**

- Frozen or canned fruit and vegetables are great alternatives when fresh varieties are out of season, unavailable or more expensive.
- Frozen and canned vegetables are usually packed shortly after picking, so there is little nutrient loss.
- Varieties with no added sugar or salt are the best choice (look for tinned fruit in natural juice rather than syrup and tinned vegetables with no added salt.)

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







# Library News

Only a few weeks now until **Children's Book Week** in Week 6, 18<sup>th</sup> - 22<sup>nd</sup> of August.

Our events are;

- Tuesday 19<sup>th</sup> August ~ Come as your ***Favourite Book Character Mufti***, whole school ***Scavenger Hunt*** and ***Book Swap***
- Wednesday 20<sup>th</sup> August ~ ***Dads' Reading Afternoon***. Please return note ASAP
- Tuesday 26<sup>th</sup> August ~ ***Book Fair***

Our ***Favourite Book Character Mufti*** is not a book parade but an opportunity for the students to have fun dressed as their favourite book character. It is hoped that because we try to keep the event low key and fun it will take some of the stress out of finding a costume. On the day the children are asked to bring a gold coin donation that will go towards buying books for the library.

Start looking for books to swap for our annual ***Book Swap*** which will start at 2:30pm (Tuesday 27<sup>th</sup> August) when the children and parents can bring a book from home that they no longer want and swap it with someone else. No money is required and bringing a book is optional. The library will also have old books available for swapping as well.



## **Dads' Reading Afternoon**

As part of the children's Book Week celebrations we will again be holding our Dads' reading afternoon in the K-2 rooms. It will be on **Wednesday 20<sup>th</sup> August** at 2:15 pm. We would love to see lots of dads, uncles, older brothers or grandads along to read to a small group of children. Please fill out and return the form if you are able to attend.

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I am able to attend the Dads' Reading Afternoon on Wednesday the 20<sup>th</sup> August from 2:15pm onwards.

Name \_\_\_\_\_ Contact Details \_\_\_\_\_

Child/ren's Name: \_\_\_\_\_ Class: \_\_\_\_\_

\_\_\_\_\_ Class: \_\_\_\_\_

## P&C NEWS

### Canteen

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.

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.

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.

Many thanks

Andre Yusuf - P&C President

### **P & C Meeting**

**The next P & C meeting will be held on Wednesday, 27<sup>th</sup> August in the library at 6:15 p.m. All welcome!**

### **Student Medical Insurance**

**Have you paid your \$5 to the P&C to ensure your child is covered for medical expenses for accidents incurred on school premises or on school-related activities.**

## **ADVERTISEMENTS**



# **JOIN NOW 1 MONTH FREE**



### **CLASSES AVAILABLE FOR 3YRS PLUS**

Olympic Taekwondo  
Kickboxing / Muay Thai  
Acrobatic Tumbling  
Self Defense

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)

## **NOTICES**



### **Friendship volunteers needed**

Do you have an hour a week to be a mate? Compeer friendship volunteers provide social support to people in their local community who are isolated because of difficulties with their mental health. Go for a walk, visit a local museum or catch up for a cuppa. Your friendship can make a big difference to your new friend's self-esteem and quality of life, and help reduce the stigma and isolation associated with mental illness. Training and ongoing support is provided. Volunteers aged 30 – 75 currently needed. Phone 4627 9180 email [compeermacarthur@svdpwgong.org.au](mailto:compeermacarthur@svdpwgong.org.au) or visit the website [www.compeer.org.au](http://www.compeer.org.au) for more information.