



INGLEBURN NORTH PUBLIC SCHOOL

NEWSLETTER

Macdonald Road
INGLEBURN NSW 2565
9605 2459

'THE BUGLE'



Term 3 – Week 10 – 2014

Message from the Principal

Dear members of the Ingleburn North Public School community,

Employee of the month award goes to Mr Dave Pearson, our illustrious General Assistant! Last Saturday marked the 9th anniversary of Mr Pearson's employment at INPS. I am sure that all who know him will agree that he is in equal parts an industrious, garrulous, friendly and loyal member of the INPS staff. There are very few general assistants with Mr Pearson's acumen and range of practical skills. Last Xmas holidays he removed the old concertina doors adjoining the kindergarten rooms in B Block. Last term holidays he repeated this exercise in A Block. In place of these useless doors (which did very little to prevent the adjoining classes from disturbing each other) now stands two solid, professionally finished walls. Because Mr Pearson possesses such skills the school has saved many thousands of dollars in tradesmen's fees – money which can be spent on the education of your children.

Kindergarten enrolments for 2015 – Please let us know if you have a child starting school in 2015. Odd as it may seem, we are already starting to organise classes for 2015.

Student attendance at school is compulsory by law. Should you wish to take your child on holidays during the school term, you are required by law to submit a written request to the principal *prior to the proposed absence*.

SEPTEMBER

Wed 17th – Fri 19th Life Education Visits
Fri 19th Premier's Spelling Bee Final
Last day of Term 3

OCTOBER

Tue 7th Students' first day of Term 4
Tue 7th Swim Scheme begins
Wed 8th Public Speaking
Fri 10th Public Speaking finals
Fri 17th Swim Scheme ends
Thur 23rd ASSEMBLY – all welcome

NOVEMBER

Tue 4th Kindergarten Orientation 9.10am – 11am
Thur 6th ASSEMBLY – all welcome
Tue 11th Kindergarten Orientation 9.10am – 11am
Tue 18th Kindergarten Orientation 9.10am – 11am
Thur 20th ASSEMBLY – all welcome

DECEMBER

Tue 9th Presentation Day
Thur 11th Year 6 Farewell
Wed 17th Last day of school for 2014!

JANUARY 2015

Wed 28th Students Years 1 to 6 commence classes

Disclaimer:

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

The Kindergarten Orientation is where parents are provided with LOTS of information and all their questions about school are answered. This year, as always, it is open to ALL parents, not only those whose children commence kindergarten in 2015. The Kindergarten Orientation Program will be held on the first three Tuesdays in November: 9:05am – 11am. **ALL WELCOME!**

Are you hurting your child's chances in life? Every time you allow your child to arrive at school after class has started; every time you take them home early; and every time you allow them to stay at home – unless for a significant reason (for example, they are extremely unwell) – you ARE hurting their education and therefore you ARE hurting their chances in life. And please take my word for it: ***every minute of class time your child misses out on DOES affect their education.***

*****SPORTS REPORT *****

On Wednesday 10th September, 7 students from INPS represented the Zone District at the Sydney South-West Athletics Carnival. All students performed in their events with skill and determination. Some outstanding achievements were:

Jordan Watt 8th in the 11yrs boys 100m

Cyrel Tumandao 2nd in the 13yrs boys 100m

Cyrel will now represent the Sydney South-West Region at the NSW Athletics Championships to be held at Homebush in October.

Gala Days

Due to unfortunate weather, Winter Gala days were only held twice this term. However, this did not deter our soccer and netball boys and girls from participating with the same enthusiasm and sportsmanship that has become synonymous with Ingleburn North. This spirit also led to some wonderful results.

Our Senior Soccer team finished on top of the table with only just one goal scored against them in 8 matches! Rounding out Mr Hanus-Smith's super soccer squad, the juniors finished equal first with 2 other teams. Well done to all these promising soccer stars.

Our Senior and Junior Blue Netball teams continued to dominate with their athleticism and skill. Senior and Junior Netball teams also had some great results and I am very happy to report that each student improved with every single game they played.

We congratulate all our students on their achievements.

Miss Morgan

**Results and points from all netball games are still being compiled and are unavailable as this newsletter is going to print.*

Fruit and Veg Month

The staff and students at Ingleburn North PS have been participating in Fruit and Veg Month with great success. Students have been bringing extra fruit and vegetables for lunch instead of less healthy options. We have lots of entries in the Sydney Markets Competition to win some of the wonderful prizes. Good luck everyone!

As well as bringing healthy foods to school, our students have also been involved in learning about healthy eating in our classrooms. 5/6D were fortunate enough to have Miss Elizabeth Wyber, who is studying nutrition at university, come in and be a guest speaker, teaching us all about the importance of a balanced diet.

On Thursday morning all staff arrived early at school armed with cutting boards and sharp knives. We created a rainbow of fruit and vegetable platters for the students to taste test and create their own fruit and vegetable kebabs. The platters were devoured with enthusiasm and we would like to thank **Minto Fruit Orchard** who donated most of the fruit and vegetables that the children got to enjoy and Woolworths Ingleburn for their \$50 voucher to purchase strawberries, capsicums and cucumbers.

Our assembly was very successful with KM and K/1L performing a very exciting rendition of The Banana Song, 1/2P presenting very descriptive and interesting fruit & veg poetry, 2A showed us their very artistic Fruit and Vegetable Rainbow Serpents, 3C showing their very creative fruit & veg superheroes, 4/5H showed us the life cycle of a tomato and 5/6D made up an amusing song about fruit and vegetables to the tune of Row, Row, Row your Boat.

Congratulations everyone on a very successful Fruit & Veg Month!

A big thank you to MINTO FRUIT ORCHARD



who donated most of the fruit and vegetables that the students enjoyed last Thursday for Fruit & Veg Month. It is through generous donations like these that we are able to offer our students these fun and educational experiences.

Minto Fruit Orchard and Deli is a family owned business renowned for selling a wide range of quality fresh produce. They have the best prosciutto I have ever tasted!!

Please support local businesses that support your school community.

Minto Fruit Orchard and Deli is located at 42 Ben Lomond Road, Minto.

M. Hancock - Office



Woolworths often promote healthy eating in children and were very enthusiastic about donating a \$50.00 voucher to help with the purchase of fruit and vegetables for Fruit and Veg Month.

Please support Woolworths Ingleburn who assisted our school community with this important program.



P&C NEWS

Canteen

We are in urgent need for volunteers for the canteen for Term 4. 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 4 roster is up so we need volunteers to keep the canteen open every day.

New Spring & Summer menu is now available.

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, 22nd October 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.

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.

Tissues

The cough and cold season is here. We are in urgent need of tissues.



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.

INGLEBURN NORTH PUBLIC SCHOOL

CANTEEN SPRING & SUMMER MENU 2014

SANDWICHES

Bread - White, Brown & 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
Sausage Roll	\$ 2.30	
Pizza - Margarita / Hawaiian /BBQ Chicken	\$ 2.40	
Lasagne	\$ 2.40	
Macaroni & Cheese	\$ 2.40	
Traveller Pie (meat)	\$ 2.60	
Chicken Chippies Tortilla Wrap (3 Chippies, Lettuce, Mayo)	\$ 3.50	

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
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
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SLUSHI (Blue Lemonade)

\$ 2.00

DRINKS

Water 600ml	\$ 1.00
Juice (Apple or Apple B/Current)	\$ 1.00
Juice (Orange, Orange Mango or Paradise punch)	\$ 1.00
Berry Mix Smoothie	\$ 1.50
Milk (Chocolate or Strawberry)	\$ 1.50
Quench (Apple Raspb, Blue Heaven, Cola, Lemonade)	\$ 1.50

SNACKS

Mamme Noddle 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, Vanilla)	\$ 1.20
Bubble Gum Berry Lava Paddle Pop	\$ 1.60
Paddle Pop (Trop-o-saurus)	\$ 1.60
Choc Shakysake	\$ 1.80

Miscellaneous

Bread Sticks	\$ 0.10	each
Fruity Jelly	\$ 0.20	each
Choc chip Cookies	\$ 0.60	each
Ovalteenies	\$ 0.80	each

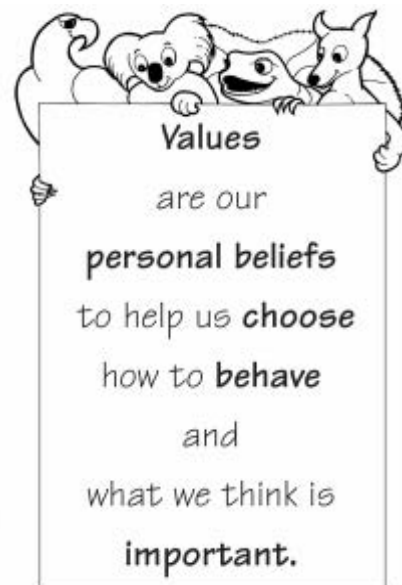
Recess bags, Lunch bags, spoons, forks	\$ 0.05	each
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Peer Support Program

Values education is essential in fostering relationships, personal achievements and improved student wellbeing across the school community.

Schools use values education to build students' social skills, resilience, and responsibility and to enable them to take risks within safe boundaries. A key outcome is to empower students to actively participate in school communities. Professor Lovat, 2006, University of Newcastle, states "values education has the potential to go to the very heart of what it is that teachers, schools and education systems are about."

The responsibility of teaching values rests with schools in as much as it does with parents. School communities are significant environments for the socialisation of students into meaningful participants in society. Through values education we can equip students with the skills to assist them to make more informed choices about their life and their community.



"Values are the important ideals and beliefs influencing our decisions and behaviours. They provide a framework to guide us in our interactions with others and in our sense of Self. Our values define who we are and give purpose and meaning to our lives."
Peer Support Australia, 2007.

During session 7 the children were encouraged to attempt new and unfamiliar tasks by trying their best. The activity involved the peer support group being separated into 3 groups and rotating through 3 different tasks. The different tasks helped the children identify different strengths in each other and that everyone's different strengths can be used to solve problems or complete a task.

This week was the final session of "Promoting Harmony" but not the last time the students will learn in these groups. It is hoped that the students will continue to form and make connections with their peer support group throughout the rest of the year.

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

Mrs Wyber

Library News

Well the end of term is fast approaching and the shelves again need tidying so that we can again find things. If you are able to spare an hour on Thursday afternoon (2pm- 3pm) this week it would be greatly appreciated. Afternoon tea will be provided.

Notices for overdue books will be sent out on Thursday. I will be reminding the children to start looking for and returning their books.

Premier's Reading Challenge

The challenge is now over with all the primary students entering their books and the K-2 children completing the challenge in class. The certificates will be given out later in the year.



Happy Reading!
Mrs Wyber

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- ☒ No sign up or cancellation fee



Contact us for an enquiry.

✉ Email: pathwaytouniversity@gmail.com

☎ Phone/Text: 0402046208

👤 Principal Tutor: Sanjeev (B. Pharmacy)