



INGLEBURN NORTH PUBLIC SCHOOL

NEWSLETTER

Macdonald Road
INGLEBURN NSW 2565
9605 2459

'THE BUGLE'



Term 3 – Week 8 – 2014

Message from the Principal

Dear members of the Ingleburn North Public School community,

Thanks for the kind welcome back. I had a terrific holiday, my batteries are recharged and I am excited to be back at our great school. A huge thank you goes to Tanya Lewis who took the role of Acting Principal; by all accounts she did a fantastic job. Thanks also to Mrs Duffy, Mr Hanus-Smith and the entire staff for their outstanding efforts in my absence.

Do we have the best librarian in Australia or WHAT? Once again Mrs Wyber has outdone her previous year's BOOK WEEK efforts. First was our traditional Book Character Day. It was great seeing many of the students and all of the teachers dressed as favourite book characters. I was dressed as Wally (Where's Wally) which certainly drew a few laughs from the students. Later, on the same day, we had our Scavenger Hunt – the children love this one. Next was Dads Reading Arvo. Thanks to all the blokes for helping out. This certainly sends the right message to everyone that reading is "cool" for men too! Then we had Michael Salmon, the famous children's author, entertaining the children and helping us to appreciate the wonders of our imagination. Last we had Book Fair where parents were able to buy real treasure for their children – yep...books.

Whew! I think the answer to my question above is a definite YES!

SEPTEMBER

Fri 5 th	Father's Day Stall
Mon 8 th – Fri 12 th	Fruit and Veg Week
Thurs 11 th	Assembly
Fri 12 th	Gala Day
Mon 15 th	4/5H and 5/6D visit to Bardia Barracks
Wed 17 th – Fri 19 th	Life Education Visits
Fri 19 th	Premier's Spelling Bee Final Last day of Term 3

OCTOBER

Tue 7 th	Students' first day of Term 4
Tue 7 th	Swim Scheme begins
Wed 8 th	Public Speaking
Fri 10 th	Public Speaking finals
Fri 17 th	Swim Scheme ends
Wed 22 nd	P&C Meeting
Thur 23 rd	ASSEMBLY – all welcome

NOVEMBER

Tue 4 th	Kindergarten Orientation 9.05am – 11am
Thur 6 th	ASSEMBLY – all welcome
Tue 11 th	Kindergarten Orientation 9.05am – 11am
Tue 18 th	Kindergarten Orientation 9.05am – 11am
Thur 20 th	ASSEMBLY – all welcome

DECEMBER

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

Disclaimer:

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

Swim-Scheme: For those of you who have been members of our community for a number of years, you will remember that despite the community's wishes, we were unable to operate a swim scheme because we did not have the student numbers to warrant the hire of a bus.



Now, at last, we are fortunate enough to offer what is literally a course that could save your child's life. We already have the minimum number of students required to hire a bus, but we are able to take 10 more students. If you do not want your child to miss out, please pay the \$30 deposit to the Admin Office as soon as possible. As soon as the final number of students attending is known, we will let you know the final cost (somewhere between \$80 and \$100).

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

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; not only that, we would like to invite all parents and carers of students in kindergarten 2015 to our Kindergarten Orientation Program – held on the first three Tuesdays in November 9:05am – 11am.

Camp Australia our new Out of School Hours (OOSH) operators have commenced business. It has been a smooth transition to our new operators and I offer them a very warm welcome. Camp Australia comes with an outstanding reputation and I am sure they will provide an excellent service. I am also pleased to announce that Danielle and the ladies working for Friendly Frogs have all found employment with Camp Australia. A great outcome, I'm sure you will agree.

At the P&C Meeting last Wednesday night I discussed the progress of a number of programs affecting your children. I also discussed aspects of our school uniform, the operation of the canteen, the new School Plan, the car park and classes for 2015. Parents and carers attending such meetings are afforded an insight into the operation of the school that exceeds by far any other form of communication. It is also at these meetings that we reach collaborative decisions about the way our school runs. Last Wednesday night the following decisions were made:

- a) From the commencement of 2015, the canteen will offer a reduced range of items. An advisor from Live Life Well will be advising us about making sure that we offer **only** healthy foods.
- b) Over the years, the girls' uniform has changed to include numerous options. This has occurred because of your desire to maintain the girls' modesty and to keep them warm in the winter. From the commencement of 2015 there will be three options for girls (not including jackets, etc.): **bootleg pants** (the thicker material type), **skorts** (the shorts + skirt thingies that provide for modesty during sport) and **dresses**. The dresses *may* be worn with thick dark blue stockings and will be considered the "formal" uniform for girls and must be worn when representing the school and on school photo day. More information about this will be provided in Term 4. Please note: all other items of uniform already purchased will be acceptable for all of 2015.
- c) Many of you have contacted me to complain about pieces of your child's uniform going missing. The teachers, canteen volunteers and the cleaner have complained about the piles of jackets, polar fleece jumpers and hats left around the school each afternoon. The students have complained about their hats being "borrowed". I am unhappy about students writing their names on the outside of their hats (very unsightly). From the commencement of 2015 all hats, jackets and polar fleece jumpers purchased will have the cost of the embroidered child's initials included.

Uniform help! Please help our students to take pride in their school by ensuring that they wear the complete and proper school uniform. Remember that shoes must be *mostly* **black**. These can be the highly recommended standard school shoe, which offers the best protection for your child's feet and supports good posture; however, black runners are also acceptable and are of course the acceptable sports shoe. Note: the laceless slipper type of shoes (Raybens and jiffies) are **BANNED**.

Car Park Chaos! Please remember that despite the fact that the parents' car park can be a nuisance, we are one of only a handful of schools in NSW to have one! Over the years I have tried everything to make it easier for you to use, but at last I have come to the following conclusion: if you use common sense, if you are considerate of others, if you remember that small children can dart out in front of you or behind you at any moment and if you remember not to park near the southern end where the bus turns, the nuisance will be bearable!

Happy Father's Day to all the dads and grandfathers this Sunday. Hope you have a wonderful day.

Peer Support Program

It all began in the early seventies when a student in a Sydney High School died as the result of a drug overdose, the founder Elizabeth Campbell, a health educator, was called upon to develop a program to help deal with the death and the drug related issues. The Peer Support Program was the result. She realised that resilience was a key issue and that students needed to learn the skills of resilience from an early age so that they were prepared for their teenage years. We are trying to prepare our children for the challenges of the future



*Kids need to learn that acting responsibly might involve doing something difficult –
like studying for a test
or giving up social plans in favour of helping the family.
Responsibility can also take moral strength
--such as saying no to drugs.*

During session 6 the children will discuss developing ways to be responsible. The activities reinforce the concept that being responsible is doing what we say we will do and to the best of our ability. You can help your child develop responsibility by helping them find 2-3 things they can do around the home i.e. feed the dog each night, set the table.


For more ideas on teaching responsibility and age appropriate chores;

<http://www.lotsofkids.com/LOK-Household/Articles/age-appropriate.php>

<http://www.sheknows.com/parenting/articles/817968/7-tips-for-teaching-your-child-responsibility>

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


Mrs Wyber

Nutrition Snippet

The simplest way

...to use avocado.

Avocados are packed full of Vitamin E and Vitamin C, contain good fats, and are high in fibre - making them a great choice for a stand alone snack, or addition to a main meal.




Botanically avocados are a fruit because they grow on trees and contain a seed – but nutritionally they are a vegie – meaning they count towards your 5 serves!

How to use avocado:

- As a spread on toast for brekky
- Add to a salad for extra flavour
- Mash, and add lemon juice + garlic for an easy guacamole – then serve with vegie sticks
- Eat straight from the skin with a spoon

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



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.eatitbeatit.com.au
or join us at [facebook.com/eatitbeatit](https://www.facebook.com/eatitbeatit)



Library News

Book Fair

Congratulations Ingleburn North P.S.!!!! This year at book fair we sold over \$2700 worth of books. This means the library can buy books to the value of \$880. Again it's wonderful to see such great support for the library and reading at our school, especially as there have been a lot of school costs this term. Your support shows in our school's continued success in reading. All of the orders have been placed and should arrive in the next week. Also thank you to Mrs Freeman, Mrs Preo, Mrs Egan and Mrs Wood for helping out.



Book Week

Wow! What a fantastic week we had. The children were excited about dressing up and enjoyed the enthusiasm of the staff getting into the spirit. The scavenger hunt was also a great success with classes 2A winning the junior prize and 4/5H winning

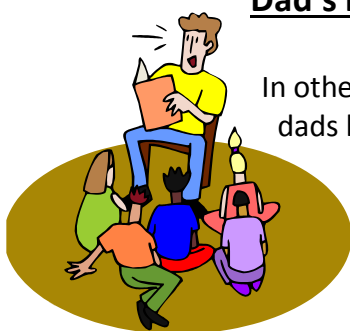


the senior prize. We also had the author, Michael Salmon, visit the school and entertain and motivate the students into drawing and writing their own stories. He has been to many schools over the years and commented that INPS was a highlight. "You're students are so polite!" he said. His drawings can be seen in the display cabinets outside the library.



Dad's reading Afternoon

In other library news there was great excitement when the dads came to read. Several of the dads had the children in fits of laughter. Each year this event builds and we hope to keep it growing. Pictures of the afternoon will be displayed on the library veranda. Thank you to all our dads old and new, we know your time is valuable.



Happy reading!
Kathy Wyber
Teacher Librarian

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, 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.



Gifts can be purchased this Friday 5th September. Prices range from \$4 to \$10.



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.



Stewart House Bags

We are again collecting for Stewart House. If you have any clothes or manchester that you no longer need, you may drop these off at the office by **Friday 12th September, 2014**. Stewart House bags are available at the office.

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.

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Contact us for an enquiry.

✉ Email: pathwaytouniversity@gmail.com

☎ Phone/Text: 0402046208

👤 Principal Tutor: Sanjeev (B. Pharmacy)



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28/340 Hoxton Park Road, Prestons NSW 2170
www.globalmartialarts.com.au / info@globalmartialarts.com.au