



Sutherland North Public School

Grounds to Grow

Schooltalk – 15 May 2013

Diary Dates

May

Tues 14 – Thur 16

NAPLAN

Wednesday 15

7.30pm P&C

Wednesday 22

1.30pm Triple P Positive Parenting Program

Wednesday 29

Music Festival tickets on sale

June

Wednesday 5

Science Competition
 1.30pm Triple P Positive Parenting Program

Thursday 6

10am Kindergarten 2014 Parent Information Meeting

Thursday 13

1/2 day Junior Choir Rehearsal

Tuesday 18

1/2 day Senior Choir Rehearsal

Wednesday 19

School Photographs
 7.30pm P&C

Principal's Message

Leanne Noon

P&C Meeting

Parents are invited to attend the P&C meeting tonight Wednesday 15 May at 7.30pm. There will be further discussion about the Before and After School Care service. I would encourage any parents who use the service to please attend the meeting. We look forward to seeing you tonight.

School Photographs

School Photographs will be taken on Wednesday 19 June. Payment envelopes were sent home this week. Packages are priced from \$30. Payment must be received by Tuesday 18 June. If you would like to have a family photograph taken, envelopes are available from the school office. These photos are for siblings attending our school and the packages are priced from \$15. This year the children will wear their winter uniforms for school photographs. Girls: winter tunics or navy trousers and school polo shirt, maroon school jumper, white socks or navy tights & black school shoes. A reminder that bike pants, track pants, navy trousers or leggings are not to be worn under the winter tunic. Boys: grey long trousers, school polo shirt, maroon school jumper, grey socks & black shoes.

Sutherland Shire Schools Music Festival (SSSMF)

Our Year 2 Choir and Junior Dance Group will perform in the Sutherland Shire Schools Music Festival at 7pm on Wednesday 21 August. The Senior Choir and Senior Dance Group will perform at 7pm on Thursday 15 August. Both concerts are held at the Sutherland Entertainment Centre. Tickets for this event will only be available online. All tickets will go on sale at **9.00am on Wednesday 29 May**, on a first-in, first served basis. We recommend you order yours as early as possible. In the unlikely event that there are unsold tickets for a particular concert, these will be available at the box office on afternoon/night of the concert. Tickets this year are \$17.50. Due to health and safety regulations, the Entertainment Centre will not allow children to sit on parents' laps. Each person attending the concert will require a ticket. To order and purchase tickets, go to www.trybooking.com/CUWN



Morning Assembly

Parents are asked to please stop talking, keep toddlers with you and move away from the area at the back of the stage so that we can conduct our morning assembly. Parents are also reminded that teachers are not available for interviews during morning assembly or while on playground duty. Children need to be at school by 9am each morning wearing their school hat ready for morning fitness.

'Safe People, Safe Places'

Parents are encouraged to teach their children the following 'Safe People, Safe Places' messages:

- ✚ Make sure your parents, or another adult you know, knows where you are at all times.
- ✚ Walk to and from school in pairs or groups if possible.
- ✚ Always walk straight home or to the place you are walking to.
- ✚ Know where safe places are – a shop, service station, police station, library or school. If you are ever frightened, you should go to one of these places and ask them to call the police.
- ✚ Learn about safe adults you can look for and talk to, if you need help – police officers, teachers at school, adults you know and trust.
- ✚ Don't talk to people you don't know and never get into a car with someone you don't know. If a car stops on the side of the road and you don't know the person inside, do not stop.
- ✚ If you are scared and can use a phone, call 000 and tell them you are scared.

Kindergarten Enrolments 2014

We are now accepting enrolment applications for 2014. Any school families with pre-schoolers turning 5 years by 31 July 2014 and are ready for school are eligible to enrol. If you have family, friends or neighbours interested in enrolling at Sutherland North, please encourage them to enrol soon, so that plans for transition to Kindergarten can be developed. There will be a Kindergarten 2014 Information Meeting at 10am on Thursday 6 June for interested parents/carers. We will also be holding a *Starting School* information session for parents at 7.30pm on Tuesday 23 July, 2013. Our Kindergarten Transition activities for the children will be held during Term 4.

Opportunity class placement for Year 5 entry in 2014

Parents seeking opportunity class placement for Year 5 entry in 2014 are required to submit an application by **this Friday 17 May 2013**. Generally students are in Year 4 in 2013 when applying for Year 5 entry in 2014. Parents of students currently enrolled in a NSW public school with access to the internet, a printer and their own email address (not the student's) should apply for opportunity class placement online by going to the <http://www.schools.nsw.edu.au/ocplacement> Online applications opened on Monday 29 April 2013. All other applicants must complete an official printed application form. Application packages will be available in schools from 6 May 2013. **Application forms whether submitted online or lodged with the principal should be received by the school by this Friday 17 May 2013.**

Important things to do this week.....

- ✚ Attend the P&C Meeting tonight 7.30pm in the Library
- ✚ Attend the Triple P Positive Parenting Program
- ✚ Organise your child's winter uniform
- ✚ Volunteer as an Ethics teacher
- ✚ Collect Woolworths Earn and learn points
- ✚ Enrol your child for Kindergarten 2014



Assembly Awards - Term 2 Week 2				
Award		Student Names		
Principal's Award for Kindness		Isabella B 1DG		
Winning Class - lines		KK		
Spelling Award		Jai C Yr 5		
Library		Kosta M Yr 2, Chris G Yr 5		
Infants Sport		Mitchell S Yr 2, Taylor L Yr 2		
Primary Sport		Sam Y Yr 6, Inosi S 3/4		
PSSA		Amelia D Yr 5, Olivia H 3/4, Jack D Yr 6		
Class	Student of the Week	Class Awards		
KK	Tamara G	Evie C	Mina W	
KP	Taylor C	Aayan K	Camille P	
1DG	Abigail H	Brooke C	Jordan T	
1M	Shalei R	Hannah M	Tenisha C	
Yr 2	Hayden S	Samantha D	Isiah L	
2/3	Codie F	Blake K	Grace M	William J
3/4	Inosi S	Alessandro S	Hugo V	Jayden R
4/5	Daniella B	Claudia C	Joshua S	Joshua C
Yr 5	Jai C	Liam K	Kaewta N	Amelia D
Yr 6	Billy Z	Caitlin C	Charlotte W	Jacob Y
Bronze Pennants				
Kaewta N Yr 5, Liam C 2/3, Sarah K 3/4, Noah L 4/5, Damian K Yr 5, Hayden F Yr 5				
Premier's Reading Challenge				
Tyler M KK, Kennan M Yr 2, Blake K 2/3				



Art & Craft Festival

43rd Annual Oyster Bay Public School

Opening Night Preview, Friday 24th MAY at 7:30PM

Persons over 18 only Tickets \$20.00.

wine & light supper will be provided

Saturday & Sunday 25th - 26th May, 10am till 4pm

FOOD • CRAFTS • PAINTINGS • LIVE SHOWS

KIDS ACTIVITIES • FUN DEMONSTRATIONS



Oyster Bay Public School (Infants Site) Phillip St, For Details contact the School on 9528 7525

Canteen Roster Term 2

	Monday 10.30am – 2pm	Tuesday 1pm – 2pm	Wednesday 10.30am – 2pm	Thursday 1pm – 2pm	Friday 10.30am-2pm
Week 3			15/5 Rachel Graham	16/5 Lindsay Smith	17/5 Phyllis & Ian Elton
Week 4	20/5 Elisa Fulton Kate O'Brien	21/5 Jane Murray	22/5 Anne Davies	23/5 Leanne Pullen	24/5 Monica Brabant Victoria Parsons
Week 5	27/5 NEED HELP	28/5 Anita Oze Jean Barrett	29/5 Cathy Whittingstall	30/5 Katrina Briancourt	31/5 Phyllis & Ian Elton
Week 6	3/6 Mien Tze Ng	4/6 Jo Hunnisett	5/6 Rachel Graham	6/6 Jane Murray	7/6 Monica Brabant Jennifer Swan
Week 7	10/6 PUBLIC HOLIDAY	11/6 Jean Barrett	12/6 Anne Davies	13/6 Lindsay Smith	14/6 Nicole Mogensen Emma Hall
Week 8	17/6 Jemima Jupp	18/6 Anita Oze Natalie Skinner	19/6 Rachel Graham	20/6 Leanne Pullen	21/6 Monica Brabant Jane Love
Week 9	24/6 Mien Tze Ng	25/6 Jo Hunnisett	26/6 Cathy Whittingstall	27/6 Katrina Briancourt	28/6 Nicole Mogensen Lisa Brooks



WE'RE TAKING IT IN OUR STRIDE ON FRIDAY, 24 MAY 2013



Well it's that time of year again when our school seriously starts talking about walking!

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.

You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

Remember, children under 10 years old should always hold an adult's hand when crossing the road. It is also possible to track your walks to and from school with the Walk Safely to School Day App. See the website below for details.

Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey for Friday 24 May 2013!

For more information, visit www.walk.com.au

Mrs Noon
Principal SNPS
12-18 Auburn Street
Sutherland NSW 2232

3 May 2013

Dear Mrs Noon,

Do you want your students to concentrate more and increase their mental performance? Introducing Crunch and Sip will achieve this. Crunch and Sip means children have fruit and vegetables to snack on for ten minutes with a sip of some fresh water. They have this break in class at around 10 o'clock to give them more energy until recess.

Firstly, scientists have proven that a Crunch and Sip time boosts mental performance, concentration and good behaviour. They have found that three out of five children don't eat enough vegetables, that two out of five do not eat enough fruit and nearly half of all children don't meet their daily fluid requirements. Crunch and Sip will help children meet these needs.

Secondly, many principals have already seen the results of Crunch and Sip in their schools and are happy they started it. Their children are less irritable and have fewer headaches because of dehydration. With a short break they gain energy from the fruit and vegetables they eat and rehydrate themselves by sipping on water.

In addition, Crunch and Sip would give us a short break from hard brainwork and help us concentrate more. Sometimes students waste their fruit and vegetables at recess time because they prefer to play. Crunch and Sip will stop the waste of good food.

Crunch and Sip would be great to have in our school because it will get our brains working and more kids will be encouraged to eat fruit and vegetables. Please consider introducing Crunch and Sip time.

Sincerely,

Erin, Chloe, Kaeuta and Ashleigh.





Crunch & Sip



Crunch and Sip is when students have a break from their hardwork to enjoy a fruit or vegetable snack with some water, usually in the morning before recess break.

Crunch and Sip allows your students to avoid headaches and dehydration caused by hunger and thirst. It stops distraction and irritability caused by loss of concentration, and stops kids asking to go for a drink of water.

A lot of students are at before school care early in the morning, so they will get hungry, therefore we should have 'Crunch & Sip' to quench their thirst and hunger.

Crunch & Sip will refuel and rehydrate your students so they improve their concentration and attention in class. It won't disrupt the class because you can do it during a class activity. It is tested by schools like Chittaway Bay and North Rocks Public School. Yarrawarrah Public School has a 'munch and crunch' programme which is similar to Crunch & Sip and these are proven to be successful.

We should do Crunch & Sip because it is proven to Refuel and Rehydrate kids and also teaches them healthy snack choices.

Luca

