From the Principal

Congratulations to the students pictured below who have progressed to the next level of competition in swimming.

Well done Kasey J, Holly C, Monique D, Jennifer B, George W and Jackson S.

The four girls will represent East Hills in the senior girls’ relay. Holly will also compete in the backstroke and Jennifer will compete in the breaststroke.

George won the Junior Boys’ Medley and the butterfly. He came 2nd in Junior Boys’ breaststroke and the 50m freestyle (9 yrs).

Jackson came 1st in the 50m freestyle (12yrs) and 2nd in the 100m freestyle, backstroke and butterfly.

Attendance

I need to bring a new ruling to your attention. The Department of Education and Communities has declared that holidays taken during the school term are to be recorded as unacceptable absences on your child’s record unless you can show their educational value. An extended trip around Europe, for example, is likely to receive an exemption because of the educational experience this would provide. On the other hand, a week on the Gold Coast visiting theme parks or a cruise would be deemed as an unacceptable reason to be absent from school.

Attending school everyday is vital for student success.

Lindy Bryant

Principal’s Award

Caitlyn B, 6O, was recognised for her kind and compassionate approach to everyone around her. Caitlin is an excellent role model.

Results from the School Swimming Carnival

Congratulations to GEORGE W (3A) & ANGELINA S (5C)- Junior Swimming Champions-

JACKSON S (6K) & HOLLY C (6O) - Senior Swimming Champions

Congratulations to BANKSIA - School Swimming House Champions

Calendar of March events

Mar 11th Disco K-2 5:30-6:45; 3-6 7:00- 8:15
Mar 11th SRC meeting lunchtime
Mar 13th PSSA Round 2
Mar 17th SWS regional swimming carnival
Mar 20th PSSA round 3
Mar 20th K-6 assembly
Mar 20th Last day for high school forms to be returned
Mar 23rd Parent teacher interviews for next 2 weeks
Mar 27th PSSA Round 4
Mar 31st Combined scripture assembly for Easter 9:20
Apr 1st Easter Hat parade
Apr 1st Red Day and Reward Recess
Apr 2nd last day Term 1
Apr 21st Students return for Term 3
PSSA SPORT Round 1

Rugby League
Padstow Heights Juniors were narrowly defeated 14-10 by Padstow Park at Delauney last Friday. Jayden G, Joshua I, Joshua J and Khodr M all showed touches of class.

Padstow Heights Seniors defeated Padstow Park 26-10 in an exciting game. Aiden T, Jackson S, Jackson S, Indiana R and Jack C all had strong games.

Note: Thursday W8, March 19, District Rugby League trials (11’s) at Killara Reserve Panania at 3.30pm

Junior Boys Touch
Padstow Heights DEFEATED Tower Street 4-2. Great effort by the whole team!
Senior Boys Touch
Padstow Heights lost to Tower Street 5-2. Good effort by the team, they’ll bounce back this week.

Newcombe ball

Juniors
For many of us, it was the first time we had played PSSA Newcombeball. We played against Picnic Point Public School on the grass court. It was an extremely close game and unfortunately we lost both sets. The stars of the match were Laney M and Blake I who listened very closely to the umpire. The score in the first set was 15-13 and the second set was 15-12. Next week’s captain will be Kai C and we will play at Padstow North Public School. Report by Angelina S and Alex R

Seniors
We played a very strong Picnic Point on our tennis court at school and gave our very best! The scores were 15-3 in the first set. We made a strong comeback in the second set however the final score for the second set was 15-7. Unfortunately, we lost both sets. It was a great game, so better luck next time. The star of the match was Jamal Y who showed great enthusiasm and sportsmanship. Next week’s captains are Cameron S and Taya I. Report by Tahlia M and Stefi A

Netball
Junior A - Picnic Point defeated Padstow Heights 9-2
Junior B - Padstow Heights—Bye
Senior A - Padstow Heights defeated Picnic Point 11-7
Senior B - Padstow Heights defeated Milperra 4-1
Well done girls! Fantastic start to the season.
Miss Clay and Mrs Bennett

REMINDERS

CARS
Parents are NOT to drive into the school grounds except for After School Care collections after 4:00pm.
Please be thoughtful when parking in the side streets and under no circumstances should you double park or stop just before the crossing to let the children out.
Remember to GO SLOW 40KM/hr in school zones.

DOGS
Please do not bring dogs into the playground at drop off and pick up times. Please wait outside the school gates with your dog.

Congratulations to our District Swimming Team!
Not only did they swim well they behaved perfectly and attracted high praise from Mrs Dwyer, the team manager. It was wonderful to see so many parents there supporting their children. Thank you to everyone who helped transport students to and from Birrong pool. Thanks Mrs Cook for organising the district carnival for all the schools!
Winter Uniforms!

Organise your winter uniforms now. Don’t leave it till the last minute.

If your child needs a new uniform for winter, please place your order by the 19th of March 2015 (this enables us to order correct quantities, so that your child does not miss out). Order forms can be downloaded from the P&C tab on the school website or collected from the uniform shop and office. Please leave completed forms at the Office, Uniform Shop or email them to phpsuniforms@outlook.com

Year 4 played in the bushy grove constructing shelters and creating spaces.

DISCO TOMORROW!

To ensure a bright start to the school year, the P&C will be holding the EVER HIGHER, EVER BRIGHT FAMILY SOCIAL & DISCO on WEDNESDAY 11 MARCH.

This gives the opportunity for new & existing families to meet on a social level, whilst the students are being entertained by a professional DJ.

The cost is $5 per student.

Pay on the night. Canteen will be open. Glo products for sale.

Look out for the posters up around the school.

P&C Fundraising Committee

The Easter Raffle

Year 6 students are running the Easter raffle this year with all money raised going towards the Year 6 Farewell.

Tickets are 50cents each or 3 for $1.

Prizes are chocolate Easter eggs and assorted chocolate novelties.

The tickets will be sold from Monday March 9

Before school: in the top playground near the old canteen

At Recess: in the top playground near the old canteen

At first half of lunch: Outside the new canteen

The raffle will be drawn straight after the Easter Hat Parade on Wednesday 1 April 2015.

C Oliveri—6O teacher & Raffle Coordinator

The simplest way

...Six steps to packing a healthy lunch.

Follow these tips to make lunch-packing a cinch!

Breads/ cereals: wholemeal or wholegrain bread, wraps and pita. For a treat, pack pikelets, rice cakes or homemade muffins and scones.

Fruit: Serve in fun ways: try fruit kebabs or fruit in jelly, and cut whole fruit into small pieces.

Veggies: Pack carrot or celery sticks with hummus.

Reduced-fat dairy: A slice of cheese, yoghurt or custards are all great lunch box items.

Lean protein: cooked chicken, tuna, egg or roast meat. Legumes like red kidney beans and chickpeas are a good source of protein, and a great source of fibre too!

Water or milk: Water or reduced-fat milk are the best drink choices for the lunch box.

For more information visit
www.eatittobeatit.com.au
or Join us at facebook.com/eatittobeatit

Nutrition Snippet

Eat It To Beat It

http://www.padstowhts-p.school@det.nsw.edu.au