3 February 2016

Principal’s Message

Greetings to all our Padstow Heights Public School families. I hope you had an opportunity to relax and unwind over the school holiday break. The children were also in need of some rest and relaxation. The new school year is underway with students allocated to classes. Classes are confirmed as of today. We have farewelled some families but another 9 new families have joined the school with children in Years 1 to 5. Welcome to Hugo and Zoe (2K), Levi (3V), Jasmine (3/2B), Javanie 3W, Nicholas (4J), Lucas (4H), Andreas and Brian (5J).

We welcomed 60 kindergarten children on Monday morning. They have made an excellent start. Everyone will be watching out for them and helping them to settle in. There were many notes sent home on Friday. With swimming lessons for years 1 and 2, swimming carnival, textbook information and a performance this Friday, we needed to let you know as soon as possible. Please read through the news items in this newsletter. The newsletter is an important avenue of communication. Here’s to another happy and successful year ahead!

New Students
New Staff

For 2016 we are delighted to welcome Ms Samantha Wells, Ms Lauren Harding and Mrs Lisa Hampson, Mrs Hull, Mrs Green and Mr Stephen Wilsen are returning as classroom teachers. All of these positions are classed as Temporary because they are replacing permanent staff members who are on leave. Mrs Simons’ role has changed to RFF Library on Mondays and Tuesdays. She will take most classes from year 3 to year 6. Mr Armstrong has changed to RFF for Term 1. (Errol is retiring at the end of Term 1)! Mrs Dwyer is job-sharing with Mrs Heslehurst on Kindergarten on Mondays and Tuesdays. Mrs Dwyer will then continue in her role as Instructional Leader, working with teachers to support quality teaching practices. She will also take some RFF groups for music. Mrs Vrachas is working 3 days a week and will job share with Mrs Hampson.

New School Rules

On day one we introduced new school rules. Research has shown that students respond best to a minimal number of rules that they can easily remember. Student behaviour is guided by the following three rules: Be Safe, Be Respectful and Be a Learner. Teachers are working with the students on understanding the rules and how to follow them.

Supervision

In 2016, Mrs Bronwyn Kolodziej is the Assistant Principal responsible for Years 4, 5 and 6. She is also supervising the library program. Mrs Dwyer is the Assistant Principal responsible for Kindergarten, Years 1, 2 and 3. Mr Armstrong is the Assistant Principal responsible for Learning & Support, the support staff, RFF and Scripture. If you have any problems, concerns or issues it is usually best to contact the class teacher. The next port of call is the supervising assistant principal. If you are unable to resolve the issue then contact the principal.

Attendance

It is important that your child is at school on time ready for the start of the school day. The first 15 minutes is usually a time when teachers outline the day’s activities, give messages and do drill work. If your child is late, this can cause unnecessary anxiety for your child. Daily attendance is strongly linked to success at school. Children should only be absent if they are sick. Appointments should be made outside school hours wherever possible. Absences due to birthdays, trips to the airport to collect family, Easter show, siblings being sick and holidays are all recorded as unacceptable. If a long-term absence is unavoidable you should apply for an Exemption Certificate. These will only be granted if the occasion can’t reasonably be expected to happen in the school holiday break. Parents must commit to continuing the children's education while they are gone. Short holiday breaks during school terms will not receive exemptions. A letter should be written to the class teacher whenever your child is absent from school explaining why they are away. The Schoolzine app also provides an absence notification form which can be sent electronically.

Communication

We work hard to provide as many ways as possible to keep you informed. If you have a smart phone please download the school app provided free through Schoolzine. Search for Schoolzine in your app store. We send notifications via the app about changes to routine, reminders, emergencies, excursion and sport information. You are also able to receive the school newsletter via the app. The school website (google Padstow Heights Public School) is also kept up to date. The website calendar allows you to see what’s on. Permission notes for events are also attached to the calendar. The photo galleries and video posts are a wonderful record of student and parent engagement at school. There is also a link to the P & C Facebook page from the website. The Facebook page is very handy if you need to know which uniform to wear or about P & C or school events from a parent’s need to know perspective! The electronic signboard at the Chamberlain Rd entrance is also kept up to date. The school phone number can be called to hear messages about sport and excursions (reactivated this year). If you are unable to access these electronic forms of communication please request a hard copy of the newsletter by sending a note to the office.

NB The Skoolbag app will be discontinued at the end of Term 1. Please change now to Schoolzine and delete the Skoolbag app.

| School Learning & Support Officers | Mrs Jenni Robins  
|                                 | Ms Renee Watt |
| Office staff | Mrs Lisa Trevithick (rel. manager)  
|                                 | Mrs Anne-Maree Hoskins  
|                                 | Ms Doreena Kourtesis (Tues, Thur, Fri) |
| Cleaners | Risto  
|          | Janetta (Zanetta) who is usually helped by her mother Peggy! |
| General Assistant | Mr Chris Coleman (relieving while Graham is on leave) |
**Anti-Bullying Policy**

We have updated our policy and it is currently being assessed by members of the P & C. Once the feedback is received we will make any adjustments and publish it. Every teacher will conduct lessons on the new processes so children know what to do if they are being bullied or bothered. Teachers also have procedures to follow.

**Friendly Schools Plus**

All classes will follow this program this year. The program is designed to help students develop strong and effective social skills. It aims to build resilience and respect for others.

**What is the earliest time that my child can arrive at school?**

Please remember that legally students should not be in the school grounds before 8:45am unless they are attending band practice. A child care service is provided by the YMCA from 7:00am. If you need to drop your child before 8:45am you should make arrangements for child care. There is no teacher supervision before 8:45am.

**What is the latest time I can collect my child from school?**

Legally, children and parents should leave the school grounds within 5 to 10 minutes of the final bell at 3:15pm. If you cannot organise to collect your child by that time arrangements should be made with the YMCA after school care service. There is no rostered teacher supervision after 3:15pm.

**Band Messages**

The new band year commences next week with Senior Band on Tuesday morning. Be at school ready to start at 8:15am. Junior band for our beginning students starts on Wednesday morning at 8:15am in the new hall. Instruments will be given out then. If you have any questions about band please see Mrs Vrachas (Teacher in charge) or Mrs Skead (Band Committee parent).

We currently have limited places available in our Acoustic Guitar group. This is open to all students in years 3-6.

This is a different group from our concert bands.

The cost involved is $100 per term which includes a 1/2 hour tutorial per week (during the school day), all music & some performance opportunities throughout the year.

It would be preferable if you had your own 3/4 Nylon string guitar (new ones cost under $70 at JB Hi fi )

If you are interested in this please see Mrs Vrachas for more information.

**Players wanted**

We still need some players in years 3-6 for the following instruments

- Saxophone , trombone & baritone.

Please see Mrs Vrachas is you are interested

**A message from the Band Committee**

Welcome to a new all new members. A note went home on Tuesday regarding uniform requirements & band shirts. Please look out for this. If you don’t receive one please email our P&C band committee at bskead@optusnet.com.au

Also information regarding band rehearsals & fees was also sent home.

If you’d like to help out with the band come along to our P&C meeting Wednesday 3rd Feb at 7pm in the staff room.

**Message from the Office**

It’s a great idea to use the Parent Online Payment system accessible from the school website (Make a Payment) so that you can process payments anytime from home. This avoids trying to find the cash and also gives you a record of what you have paid immediately.

Keep all receipts in a safe place.

If paying at the office please put cash or cheques in an envelope with the note, Include name and class on the front.

Invoices for other term costs will be sent home next week.

Just a reminder, that the following payments are now due. I understand that there is a lot happening at the moment so here is a checklist for you to use to ensure you haven’t forgotten any payments.

- Text Books
- Swimming Carnival (Years 3-6)
- Being Brave
- Years 1 & 2 Swimming Program

**Chess**

Chess starts next Thursday 10th February, in the library from beginning of lunch 1:00. Bring your lunch with you. This is an extra-curricular activity. Contact Sydney Academy of Chess if you want your child to take part.
Mandarin

Mandarin lessons started this week. It’s not too late to join in. Beginner and extension. K – 6. Choose from Tuesday or Wednesday 3:30 – 4:30pm in school hall. Contact Vicki at Little Beans Mandarin

Lunchtime Hip Hop classes

Classes at lunchtime instead of after school! Contact DanceZone

Road Safety

Extra care should be taken by drivers and pedestrians around schools. Please respect the speed limits and stop at the crossings. Barb, our crossing supervisor is empowered to direct both adults and children at the crossing. Both adults and children must wait until the crossing supervisor invites you to cross. It is illegal to drive a car across the crossing while the supervisor is on any part of the crossing. (Yes parents have driven over the crossing while Barb was in the middle of it, too impatient to wait!). Children should not ride bikes, skateboards or scooters across the crossing. Walk quickly but don’t run. Use the crossings provided - don’t teach your children to jaywalk. Please be mindful of parking across our neighbour’s driveways while waiting to collect your children. It is illegal and causes some of our neighbours great anxiety. There is plenty of parking further up Chamberlain Rd. A two or three minute walk is a healthy habit.

Canteen News

Welcome back everyone to Term 1 and also to our new students and families.

Our Term 1 menu is now available.

The school canteen is open every day for breakfast, recess and lunch. Lunch orders are to be handed in to the canteen in the mornings or placed in blue class box. Please remember to write your child’s class on the bag.

As the canteen follows the Healthy School Canteen guidelines, our new look Menu indicates whether the item is Green (healthy everyday food) . All other items on menu are Amber (eat in moderation). We also have Halal items on the menu.

Please feel free to ask any questions at the canteen.

Rene Kapsimalis

Kindergarten

Our new students are settling in well. There have only been a few tears and they haven’t lasted long. The next newsletter will include a photo gallery of their first 2 weeks.
The simplest way
...to encourage healthy eating.

If you’ve got a fussy eater in the family, a behaviour reward chart can be a great way to get them eating and enjoying new foods and more fruit and veg.

Praise from parents or the offer of small rewards is a good motivator for many children.

A behaviour reward chart can work wonders too. Remember to decide on rewards and goals in advance and keep them realistic and motivating.

Want more great tips and strategies to overcome fussy eating? Register for a Fruit & Veg Sense workshop online: eatittobeatit.com.au

Find this chart and others online too.

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

The simplest way
...to get organised for school lunches.

Over the course of your child’s school life, you will pack around 2,500 school lunches!

Follow our six-step method to make school lunches easy, healthy and eaten every day:

1. Always include a serve of fruit (cut up if your child is young)
2. Always include a serve of veggies (don’t forget legumes like baked beans count, too!)
3. Always include a drink of water
4. Always include a serve of wholegrains (bread, rice or pasta leftovers)
5. Always include a serve of reduced-fat dairy (cheese, yoghurt)
6. Always include a protein (egg, chicken, tuna).

See our website and facebook for more ideas!

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