

Metella Road Public School

Growing and developing to our full potential



117 – 131 Metella Road Toongabbie NSW 2146 T 9636 1922 F 9896 3201 E metellard-p.school@det.nsw.edu.au

Term 4 - Week 2

Monday, 14 October 2013

Calendar

What's On

Week 2

Tuesday, 15 October	Wanderers Cup Final
Wednesday, 16 October	P & C Mufti Day Parents Auxiliary Meeting at 2.00pm
Tuesday, 22 October	Kindergarten Orientation Program – Day 1
Saturday, 26 October	MRPS Spring Fete
Monday, 28 October	Swim Scheme commences
Wednesday, 30 October	Kindergarten Orientation Program – Day 2
Thursday, 7 November	Kindergarten Orientation Program – Day 3 Parramatta Oz Tag Gala Day
Tuesday, 12 November	P & C Meeting at 7.30pm

Principal's Message

Welcome Back!

As we move into the final term for this year we look forward to some fantastic events ahead. Our new students beginning next year start their journey with three Kindergarten Orientation Days, students will be participating in Swim School, Stage 3 will be off to camp and then beginning their final countdown to their primary schooling with Presentation Day, Sports Presentation Day and the Year 6 Farewell. All of this while we still work hard throughout the term continuing to be *Motivated, Respectful, Proud and Safe!*

Crunch & Sip

During the morning session students are given the opportunity to eat a piece of fruit or healthy snack and drink water. The Crunch & Sip break happens before recess each day. Can I please ask parents to provide a piece of fruit or healthy snack as well as recess. A number of students are eating their recess during the Crunch & Sip break, leaving them nothing to eat during the recess break.

Voluntary Contributions

Thank you very much to all the parents that have paid the voluntary contributions. Your thoughtful donation is very much appreciated.

Harvest Hub

Are you interested in getting fresh fruit and vegetables? Our community is looking into starting our own Hub. What is Harvest Hub? *The Harvest Hub is a social enterprise providing fresh, seasonal produce and groceries to local communities across Sydney. Most produce is grown or manufactured in the Sydney basin. There is a range of mainstream, chemical free and organic produce and groceries.* There is more information at the end of this newsletter and an **Expression of Interest** slip. Please place the expression of interest in the P&C box in the office.

Mr P. D'Ermilio
Principal

Book Club

Book Club Issue 7 was given to students today and orders are due back to school **on or before** Thursday 24 October. Please fill out the order form on the back of the brochure with name, class and items you are ordering (this is extremely important if you would like to receive your order). If paying by credit card you will need to follow the instructions for paying online or by phone. If paying by cheque, make cheques payable to Scholastic Australia. Cash payments need to be correct money (no foreign coins). Please place order and payment (or credit card receipt) in an envelope with child's name and class marked on the front.

It is extremely important that orders are received on or before the Thursday 24 October to enable the orders to be collated.

Mrs D. Martin
Book Club Organiser

Stewart House and the Smith Family Clothing Appeal

Stewart House clothing bags have been sent home today. We are asking for donations of good quality wearable clothing and shoes, also we will gratefully accept blankets. Your donation helps both organisations raise much needed funds to continue this important support for disadvantaged children in our communities. Please return these bags to the Library **before Wednesday, 6 November.**

ICAS Results-English and Maths Competitions

Congratulations to the students who participated in the ICAS English and Mathematics competitions. For the English competition, 30 students received a Credit and 10 students received a Distinction certificate. For the Mathematics competition, 37 students received a Credit, 14 students received a Distinction and 1 student received a High Distinction certificate.

Ms S. Curran
Organiser

PSSA

This term PSSA reverts back to Friday mornings like we did in Term 1. Students will need to be at school on time to collect their jersey from their coach and be ready for the first bus pick up at 9:00am. Students will return to school around recess time. Reverting back to morning PSSA means students are not in the hot afternoon sun during the spring / summer months. Please feel free to come along and support the students, encouraging participation and sportsmanship.

The summer PSSA competition games will be played as follows:

Friday, 18 October

Softball vs Westmead PS @ Darling Street
Newcombe Ball vs Girraween PS @ Girraween PS
Cricket vs Darcy Road PS @ Bathurst Street
T-Ball vs Westmead PS @ Parramatta Park
AFL vs Girraween PS @ Binalong Oval

Mr T. Calnan
PSSA Sport Coordinator

Parents Auxiliary News

Our next meeting will be held this Wednesday 16 October 2013 at 2.00 pm in the staffroom, everybody is welcome to come along and have a chat and find out what's new at school. Preschoolers and toddlers are welcome, we would love to see some new parents so mark the date on your calendar.

Toy Warehouse Shopping Trip: There are still a few tickets left for tomorrow night, Tuesday 15 October 2013 at 6.30 pm. If you would still like to purchase some tickets please place an envelope with your name, child's name, child's class, a contact number and number of tickets, together with the money in the P & C box in the office. An important point to note is that **NO CHILDREN** are allowed to attend.

Mrs A. Steele
Parents Auxiliary



Great Food
that doesn't
cost the earth

Coming to Metella Road Public School

Join our school Hub.

Go to www.harvesthub.com.au and type in Metella Road, Toongabbie. Choose **Toongabbie02**. Click in circle make this my Hub. When there are enough members you will receive a complete registration form.

*** Fruit * Veg * Groceries**

Every Harvest Hub order you have raises \$4 for the P&C each week. This will also help with our 'Free Fruit' program.

Join the Toongabbie02 Hub® **Local Seasonal Fresh**

...know where your food comes from. Support local growers & reduce waste

Why Harvest Hub?

- ✓ Fresh daily
- ✓ Supporting growers
- ✓ Fully customised choice Flavour
- ✓ Minimum spend \$20
- ✓ Range Groceries (dairy, bakery, dry grocery)
- ✓ Reduced packaging
- ✓ Mainstream, chemical-free & organic produce
- ✓ Weekly newsletter & recipes
- ✓ Reduce impulse purchasing
- ✓ Give-back program

Celebrate our 5th Birthday

Become a Harvest Hub Member

- * make a difference
- * make it sustainable
- * give back to your community

Register before 31st October

To receive 50% off membership
Where hear about us?
Use Code: Med01

- **Value Bags** Customise it
- **Small** \$27.50 **Med** \$37.50 **Large** \$47.50
- (Wow! Minimum spend only \$20)
- or build a **Custom Bag**.
- **Membership \$25** includes insulation bag, weekly newsletter & recipes.
- Home delivery also available – Ask us.

See How It Works

www.harvesthub.com.au

1300 799185

...A social enterprise food network

HARVEST HUB EXPRESSION OF INTEREST

I would be interested in joining a
Harvest Hub at Metella Road Public
School.

Name: _____

Child's Name: _____

Class: _____

*Please return to the P&C Box in the
Office*

What is the best thing about Stage 3?

The fun things we do as a stage including, science expo.

Corinne 6M

Getting to do all of the high school prep work or transition things.

Alicia D 6M

Doing all the fun fundraises for year 6.

Madison 6M

One of the fun things in Yr 6 is the mini fete.

Luke 6M

Having great teachers and doing fun activities.

Pavanitha 5/6G

Having fun everyday and enjoying the fun things we get to do.

Darlene 5/6G

To be the responsible leaders of this school.

Harishnaa 5/6G

Mostly maths because I am SUPER good at it. I also enjoy computers and art.

Braveen 5/6G

The best thing is art because I like art.

Tehmani 5C

The best thing about being in stage 3 is you get to do new things.

Daniel 5C

The best thing about being in stage 3 is that you get to do more stuff.

Emily 5C

The best thing about stage 3 is computers since you know awesome games.

Jenkin 5c

The best thing about being in stage 3 is the fun games and activities.

Jasmyn 5A

The most utterly amazing thing in stage 3 is that you can participate in things such as School Leader, library monitor and sports captain.

Jay 5A

The best thing about being in stage three is that you can go to camp.

Niyati 5A

The best thing about being in stage 3 is the activities and responsibilities.

Luke 5A

What I like in stage 3 are the awesome teachers and camp.

Corey 6C

The best thing about being in stage 3 is camp and the teachers

Brad z 6C

Some amazing things you get to do in stage three are camp, fundraisers and science experiments.

Alex 6C

Stage 3 does fun and exciting things like mini fete and the teachers teach us things that can be useful in the future.

Nandini 6C

The best thing about stage 3 is the mini fete and lots of the fun stuff we get to do.

Lucan 5/6H

The best thing about stage 3 was that we learnt things that can be used in the future and the mini fete was fun and exciting.

Harun 5/6H

The best thing this year was making lots of fun things.

Lenni 5/6H

Stage 3 has been my favourite class to work in.

Tyren 5/6H

Community Noticeboard

Metella Road Public School, as a service to parents, will advertise community events that may be of interest.

Metella Road Public School does not necessarily endorse or sponsor the events and accepts no responsibility for the management or organisation of these events.



Wesley Family Centre -The Hills
Hills Family Centre
Unit 437- 14 Lexington Drive
Bella Vista NSW 2153
8805 7288

Wesley Family Centre -The Hills
Rouse Hill Families Connect
Unit 437- 14 Lexington Drive
Bella Vista NSW 2153
8805 7288

Triple P Parenting Program

PPP is for parents with children aged 2-12 years and provides tools for encouraging behaviour you like from your child, teaching your child new skills and behaviour, and managing problem behaviour to help alleviate the stress out of parenting. Childcare is available for this group if pre-booked - limited places. For more information /register contact Tanya - Wesley Family Centre – The Hills 8805 7207.

Date: Wednesday, 30th October – 4th December 2013 (6 weeks)

Cost: \$30.00 single, \$45.00 couple

Time: 10am-12pm

Location: Hills Family Centre, Unit 437, 14 Lexington Drive, Bella Vista, 2153
Registrations for this group are essential.

Anchor Program - Connect Kids

For children aged between 8yrs –12yrs

Connect Kids is a fun, supportive group which aims to help kids adjust to some of the difficulties of separation and divorce. Whilst children are participating in the group, there will be afternoon tea and an informal discussion group for parents where we look at what the children are learning in the group that week. There will also be a family worker from Hills Family Centre and a Unifam Family Relationship Counsellor available to discuss any concerns parents may have for their children.

In the group, the children will:

- meet other kids whose parents are separated or divorce.
- explore different feelings, and think about how family members have different points of view.
- have the chance to talk about moving between two homes and what that can be like.
- explore what it like living with separated parents who don't get on.
- explore roles for parents versus what are appropriate roles for kids in families.
- discuss how and why people don't always show their true feelings and introduce the idea of masking feelings.
- be helped to understand they have choices about their future and about the way they act on feelings.
- learn relaxation techniques to manage stress.

Date: Wednesday, 16th October-4th December 2013 (8 weeks)

Cost: \$30.00 single, \$45.00 family

Time: 4pm-5:30pm

Location: Hills Family Centre, Unit 437, 14 Lexington Drive, Bella Vista, 2153
Registrations for this group are essential.

For more information or to register contact Kamalini Wesley Family Centre – The Hills 8805 7207.
A partnership between Unifam and Wesley Family Centre, the Hills.



CYBERSAFETY

Prevalence

An estimated 72,000 children (or 3% of all children who used the internet at any location between April 2008 and April 2009) had experienced one or more personal safety or security problems online at some time in their life.

The most common problems were:

- accessing inappropriate material,
- having strangers ask for or gain access to personal information, and
- experiencing online bullying or threatening behaviour.

<http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/4102.0Main+Features60Jun+2011>

Danger signs

- Your child constantly sits on the computer in chat rooms or instant messaging, from straight after school to very late at night
- Your child begins showing unexplained money or items that come from "a friend you don't know"
- Your child starts being secretive about what they are doing online – this could include anything from minimising screens as you walk past to not letting you see their blogs/chat/social media sites

<http://www.schoolatoz.nsw.edu.au/technology/cybersafety/keeping-kids-safe-online>

Tips for parents:

EDUCATE

- Find out about the internet.
- Make children aware of risks.
 - Don't take everything at face value – people aren't always honest online.
- Teach children cybersafety rules:
 - Always keep passwords secret.
 - Think before posting information – once posted it's difficult to remove.
 - Never give out identifying information such as home address, school name or telephone number.
 - Set profile to 'private'.
 - Use privacy settings when posting photos online.
 - Avoid responding to messages from unrecognised email addresses.
 - Never click on links in emails from strangers.
 - Don't accept offers that seem too good to be true.
 - If a threatening message is received they should 'STOP, BLOCK, TELL'.

Integrated Violence Prevention & Response Services, NBM LHD & WSLHD. August 2013.



Top Tips for Parents from a Child's Perspective

- I know I can't have everything that I ask for... I just like to ask, so please don't spoil me.
- I feel more secure when I know where my boundaries are. So don't be afraid to set some limits.
- I will take more notice of you when you talk quietly with me in private. So please don't correct me in front of others.
- When I make mistakes please remember I'm just learning. This helps me want to try again.
- I know I have to learn about the consequences of my choices even when sometimes I make a wrong choice.
- Sometimes I might say hurtful things when I think you are bossing me. I need your loving guidance.
- Sometimes I feel like I need a little more attention so I might seem a bit over sensitive.
- Sometimes I might look like I'm not listening. I tend to switch off to the nagging tone and I'm more likely to pay attention to a conversational tone.
- I can feel very disappointed when promises are broken. So please be careful what you promise me.
- Sometimes I don't get all the details straight. Please understand that I am doing my best to remember and explain.
- Sometimes I may feel frightened into not telling the whole truth even when I know it is the right thing to do.
- Sometimes I seem to be asking endless questions. Please be patient. I really like talking with you.
- Being consistent with me helps me know you are trustworthy and I can rely on you.
- It means so much to me when you don't think my fears are silly. They can feel so real and I need your respectful reassurance.
- Help me to understand that everyone makes mistakes, even you. We are all learning to become the best we can be.
- I learn that it's OK to say "sorry" and to admit when I am wrong, by knowing how it feels when you do the same to me.
- It must be hard for you to see me growing up so fast. I want you to enjoy every step with me.
- I learn and grow by experimenting and sometimes taking risks. This can be tricky for both of us.
- Your understanding and love is what helps me thrive and to be the best that I can be. *Thank you.*

Blue Mountains Coalition Against Violence & Abuse, Child Protection Week Committee 2011, reframed from 21 Memos from Your Child off the NAPCAN Preventing Child Abuse website: www.napcan.org.au





GIRRAWEEEN HIGH SCHOOL

Invitation to our Open Night

To Year 5 Students and their Parents

Girraween High School is an Academically Selective High School that offers students a curriculum for those who expect to achieve exceptional HSC results. The school has experienced staff providing students with safe well-disciplined classes and well-equipped facilities.

You are invited to attend our Open Night that will be held at our school

Our school band will perform from 5:30pm and you are welcome to enjoy this performance, as well as classroom tours, displays, presentations & the chance to meet students and teachers

Refreshments will be provided.

Date: Tuesday, 29th October 2013
Time: 6pm to 8pm
Venue: Girraween High School
 110 Gilba Road
 GIRRAWEEEN NSW 2145
Tel: 9636 7293 or 9636 7303
Fax: 9896 3274
Web: www.girraween-h.schools.nsw.edu.au



HSC 2012 Achievements:

- 24 students received an ATAR above 98.
- 9 students received the Premier's Award for All Round Excellence (Over 90% in all their subjects).
- 227 Mentions on the Distinguished Achievers List (Band 6 Results).
- 100% of the students achieved the top two bands in English Extension 2, History Extension, Senior Science and Visual Arts.
- 98% of the students achieved the top two bands in Mathematics Extension 2 and 97% in Mathematics Extension 1.