

Metella Road Public School

Growing and developing to our full potential



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Term 2 - Week 8

Monday, 16 June 2014

Calendar

What's On

Week 8

Tuesday, 17 June	ICAS Spelling & Writing Competition Interrelate – Yr 6 Snr Dance Grp rehearsal
Thursday, 19 June	Western Sydney Wanderers Football Program Maths Madness – Greystanes HS High Achievers Program Team 1 Debate vs Seven Hills West PS @ MRPS Team 2 Debate vs Crawford PS @ Crawford PS PSSA Snr Girls Soccer training 3.00pm – 4.00pm
Friday, 20 June	Kindergarten Farm Excursion, Hindu Scripture Meeting PSSA

Week 9

Tuesday, 24 June	Naidoc Week Aboriginal Performance K-6 Assembly Interrelate – Yr 6 Snr Dance Grp rehearsal
Wednesday, 25 June	Pulse Choir Rehearsal OOSH Meeting @ 7pm
Thursday, 26 June	Reports sent home Father and child football World Cup

	Western Sydney Wanderers Football Program Maths Madness – Greystanes HS High Achievers Program PSSA Snr Girls Soccer training 3.00pm – 4.00pm
Friday, 27 June	Principal's Distinction Day PSSA Last day Term 2

Term 3, Week 1

Monday, 14 July	Staff Development Day
Tuesday, 15 July	Students return to school P&C Meeting @ 7.30pm
Thursday, 17 July	Western Sydney Wanderers Football Program Team 1 Debate vs Crawford PS @ MRPS Team 2 Debate vs Lynwood Park PS @ Lynwood Park PS PSSA

Principal's Message

What a school! As parents we always want what is best for our children. One of the most important decisions you will make is where you will send your child to school. I can appreciate the concern and eagerness for all parents to ensure the school they choose will do the best job developing their child academically, socially and physically.

You may be reading this newsletter already as a parent with a child at MRPS, you may have a second child about to begin here at MRPS or you are reading this newsletter as an interested parent looking to enrol.

Apart from the amazing opportunities we afford to our students academically, creatively and socially, Metella Road always strives to create the best teachers and students.

Together with an involved community, we will begin in Term 3 to shape our strategic direction for the next three years.

Whether you have been a parent with us for years, have recently become a member of our community or will become part of our family next year, your input is critical. Your say is important to us.

I look forward to working with you in Semester 2.

Canteen

There have been some recent changes to how we will run our canteen and more changes to come in the near future. Firstly lollies will no longer be sold at our school AT ALL. We are also in the process of changing our canteen over to a Healthy Canteen which will have a new menu. We are also enquiring about setting up an online ordering system to allow parents to order recess and lunch from home.

NAPLAN Trial

Our school has been selected to participate in the National Assessment Program – Literacy and Numeracy (NAPLAN) trial tests. These tests are used for the development of the final NAPLAN test items and an integral part of the testing program.

The tests will be administered by the Australian Curriculum, Assessment and Reporting Authority (ACARA). The tests will take place between Monday 3 August and 8 August, 2014. Two classes from Year 3 and Year 5 will be asked to participate. The aim of the trial assessment is to determine whether or not trial questions are of sufficient quality to be included in future NAPLAN tests. The trial will not be used to report student or class results. As we receive more information, parents will be informed.

Too sick for school?

As the cold weather hits, so do the winter bugs. It is often hard to know whether to send your child to school or let them stay home to recover, especially when that means an adult cancelling work. For safety's sake, if your child seems unwell you should always keep them home from school and seek medical advice.

School A to Z and the NSW Health have created an at-a-glance chart to help answer your questions about common childhood illness and how long sick kids need to miss school. Find it by typing this link into your web browser www.bit.ly/1hytn2E

Mental Maths Strategies

We teach children a range of different strategies to add and subtract numbers. By showing them several methods for solving maths questions, we are helping them to look for patterns. All this builds a good sense of "number" which means they understand the relationships between different numbers and why different ways to add and subtract work well. The goal is that your child will understand many ways to approach a maths problem and will be able to choose a way that makes the most sense to them. School A to Z has a lot of resources, including help sheets on mental maths strategies, here : www.bit.ly/JkiUsY

Does speaking another language at home confuse children?

Are your children fortunate enough to be growing up in a home where two or more languages are spoken? Many parents worry that bilingualism can cause confusion and even delays in

learning for their children, but according to the Raising Children Network, that's not the case at all. A good knowledge of your native language can actually help your child with learning English. Bilingual children who read books and are spoken to in their in their native language find it easier to learn to read and write in English when they get to school. More information is at www.bit.ly/1m0agnk

Congratulations – Thomas Holburn

Recently I received a letter from the Sydney West Lawn Bowls Manager Mr Michael Devine. Mr Devine wrote to me with great praise for one of our students Thomas Holburn. Tom had recently represented Sydney West as an official Marker at the NSW Combined High Schools Lawn Bowls Championships. Tom has filled this important role for several years and has been praised by Senior Officials for not only his technical expertise, but also for his conduct on and off the green.

Mr Devine went on to explain that on the first day of the Championships, a player failed to show. Tom filled in as a player in the Boys Singles and performed remarkably against players up to seven years older than him. The highlight was a narrow loss to a state representative player, as well as winning a match against a Riverina representative.

A wonderful comment expressed was that as a result of Tom's performances, Sydney West School Sport has identified him as being instrumental in the future development of the sport of Bowls in the Region. Tom has been invited to compete for Sydney West in a Development side competition against the Hunter Sports High School in Term 4.

Congratulations and well done Tom!!

Mr P. D'Ermilio
Principal

Deputy Principal's Report Positive Behaviour for Learning

This term at Metella Road PS, we have had a fortnightly focus in our PBL (Positive Behaviour for Learning) Programs. Students in all K-6 classes have enjoyed participating in lessons to promote the following behavioural expectations:

Be Safe – Keep your hands and feet to yourself

Be Respectful – Listen when others are speaking

Be Motivated – Be in line on time after recess and lunch

The PBL Focus for the current fortnight is 'Be Proud – Put your rubbish in the bin.'

Please talk with your children to see what they've been discussing in class regarding these topics. The continued implementation of these explicit PBL lessons is resulting in continuous improvement in terms of our student population meeting our behavioural expectations.

Attendance

Attendance is monitored on a daily basis at MRPS. We have a proud attendance record with an average attendance rate in excess of 95%. This is excellent in comparison to the average for Western Sydney Region. However, we can still improve! If your child is ever away from school, please ensure they have a note explaining the absence upon their return to school.

In terms of being 'in line, on time, at 5 to 9,' we have made exceptional improvements in the past 12 months. This time last year, an average of 25 students were late for school each day. Now, that figure is down to just 12 students late each day this term. Arriving on time is one of the key pointers towards achieving success at school. A late arrival has a huge impact on student learning as key instructional teaching segments are often missed.

The students in 1/2C and 4S lead the way in terms of arriving at school on time. Over the course of this term, each class has recorded just a single late student! Keep up the great work!

M-League

This term over 200 students from Years 3-6 have enjoyed participating in the M-League Football Competition held at recess each day. Separate competitions have been held for Stage 2 and Stage 3 with students representing various World Cup nations.

The Finals for this competition will be held on our playing field this Thursday 19 June commencing at 2:20pm.

The Stage 2 Final will feature Holland playing against Japan. At this stage, Germany has qualified for the Stage 3 Final but their opponent will not be decided until a 'Semi-Final Replay' between Holland and Brazil. We are set for a big finish on Thursday and all parents are welcome to come along and cheer on a team.

Our K-2 students don't miss out either! In the last week of term, they will be asked if they would like to register for this year's K-2 competitions. These matches will be held during recess throughout Term 3.

Father & Child Football World Cup

Entries have now closed for the Father & Child Football World Cup to be held at our school on Thursday 26 June, commencing at 1:45pm. Close to 30 dads have registered to play a series of football games alongside their children. Separate games are being planned for the various grades in what promises to be a fun-filled afternoon. All registered players will receive a note containing further information later this week.

The Father & Child Football World Cup is an initiative of Dad's Corner. Coordinated by one of our Kindergarten parents, Mr Jason Warne, Dad's Corner is held each Friday morning from 8:50-9:30am in the Connected Classroom. Please drop in this Friday for a coffee or tea and a biscuit and share your thoughts as to how Dads can become more involved with their children at MRPS.

Club 250 New Members

Congratulations to Aadit G (5/6Y) and Sophie F (5C) who earlier this term became the newest members of Club 250 by achieving their 5th Deputy Principal Award and badge sticker, and therefore, a Principal Distinction Award. We have approximately 15 other students who are just one step away from the same ultimate reward. All students who become Club 250 members this term will be rewarded with a movie session at Hoyts Cinema Blacktown with Mr D'Ermilio. This excursion will take place in the last week of this term.

All students who have achieved Deputy Principal Awards or Principal Distinctions since the beginning of Week 6 will be

presented with their certificates on Tuesday 24 June at our K-6 Assembly commencing at 2:10pm.

Mr S. Staveley
Deputy Principal

From the Office

1. Money collections at school: Please place money and permission notes into the envelope together and place into the black letterbox in the office. Do not give to the child's teacher. The first part of the note is for your information (eg: time to be at school, what to wear, return time, requirements). If your child does not bring home a note these can be accessed or downloaded from the school website in the note section. www.metellard-p.schools.nsw.edu.au/

2. Clothing needed: From time to time children have accidents at school we are running low on larger sizes of shirts and shorts, smaller sizes of shirts and girls long pants. Any donations would be greatly appreciated. If we cannot change a child, parents will have to be called to collect their child from school.

3. Last day for collection of money for the term will be 11.00am on Thursday 26 June.

Mrs C. Ryan
School Administration Manager

Kindergarten News

Wow, I can't believe it's almost the end of Term 2. We have had a productive term and the students have continued to learn many new and exciting things.

The students in Kindergarten have continued to improve their literacy skills through the implementation of our L3 program.



The students have been involved in a range of reading and writing activities through the use of small group situations.



During these group activities they have the opportunity to learn a range of skills including reading and comprehending simple texts, learning sounds, using their knowledge of sounds to record unknown words, reading and recording sight words

and writing sentences.

L3 is taught in our classrooms to small groups of students as part of the daily literacy lesson. While the teacher is working with a small group of students in the 'engine room', the remainder of the class participate in carefully selected individual or group literacy learning tasks.



The L3 program allows the Kindergarten teachers to closely monitor individual student progress through the collection of data. The analysis of this data enables teachers to assess student progress in literacy and then

use this data to plan teaching and learning programs.

The L3 program is successful in achieving improved literacy outcomes for our Kindergarten students as well as providing an engaging and enjoyable way for the students to become successful readers and writers.

Mrs S. Larobina
Early Stage 1 Supervisor

Stage 1 News

Stage 1 has been working tirelessly this term. Students are engaging critically with quality texts; analysing the author's intention and learning how to write for various purposes – just like an acclaimed author!

In Mathematics, students have been learning how to tell the time, both on analog and digital clocks. They have been learning about addition and subtraction; employing numerous problem-solving strategies to work out complex questions.

In Science, students have been conducting exciting experiments; determining what objects float or sink.

They have also been investigating various types of transportation in HSIE. It has been so thrilling to see that we have many promising inventors in Stage 1 who have designed new modes of transportation. Keep your eyes out for flying beds, cars made out of chocolate (Ms Minenko was particularly fond of that idea), rockets that are fuelled from bubbles and school spaceships where students are able to learn in space! Stage 1 has also been using the BouncED website at school during Reading Groups and many students have been accessing the website at home for their homework.

This term, Stage 1 teachers have been busy writing school reports for Semester 1. They are excited about sharing the many successes that their students have been experiencing in class. Keep up the amazing work Year 1 and Year 2! You are all superstars!

Ms J. Minenko and Mrs L. Bartlett
Stage 1 Supervisors

Stage 2 Report

Stage 2 enjoyed the 'best excursion ever' when they went to the *Powerhouse Museum* and to *The Rocks* last week. A huge thank you to Miss Diamond for her careful organisation which ensured the day was a great success.



Also, a massive thank you to the parent helpers, we could not have walked an entire stage of students through *The Rocks* or the museum without your assistance!



Finally, the behaviour of all the students was exemplary and it was an absolute pleasure to spend the day with you.

Mrs N. Parker
Stage 2 Supervisor

Stage 3 News

It has been another busy term for Stage 3 this term. Further payments for the Stage 3 trip to Canberra next term are now required. This is a great excursion that links well with the HSIE unit of Democracy next term.

Year 6 students have begun their participation in Interrelate sessions about 'Moving into the Teen Years' which will continue for the remainder of the term. These sessions have been well received by our students.

Year 5 students continue to do an excellent job running our play support program for the younger students. This program has assisted Year 5 to build on their skills of being responsible and positive leaders of our school. Their commitment to the program has been very much appreciated by our Stage 3 teachers, the K-2 students and K-2 staff.

Last week Year 6 held a Cake Stall to continue their fundraising efforts. It was great to see so many students supporting the fundraiser by purchasing some delicious cakes and sweets. Year 6 students did an excellent job providing the cakes and the Student Leaders were brilliant helpers. A special thanks must go to Miss Moulakas for all of her organisation and effort in putting the stall together. Further fundraisers and organisation for the Year 6 Mini Fete will occur next term so please stay tuned. All of your support is appreciated and welcomed.

Stage 3 students have completed a number of assignments this term. It has been pleasing to see the quality of work that many students have submitted. The final assignment for the term is the Science assignment which only Year 6 students need to complete. This is due on Thursday 19 June.

We hope everyone enjoys a well-deserved break over the holidays after such a busy term!

Mrs A. Saad and Ms E. McKenzie
Stage 3 Supervisors



Library News

Stage 1 have been learning about how key words can be used to label transport vehicles. After reading *A Bus Called Heaven* and *Driving Buddies* they have drawn and labelled some great buses and cars.

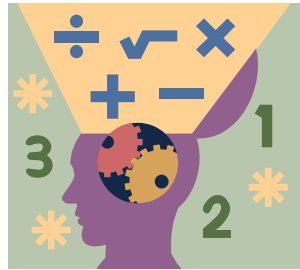
Stage 2 have been learning about the Dewey System and how to find things in the non-fiction part of the library.

Stage 3 have been learning how to reference and use key words to write good sentences that avoid plagiarism in research. This term's research has been on an Asian country.

Mrs B. Aylett
Librarian

Maths Olympiad

This term, the MRPS Maths Olympiad team completed two of their five Olympiads. These Stage 3 students have worked very hard in their preparation sessions to learn and apply skills and techniques required to answer the contest problems. Olympiads 3, 4 and 5 will be held in Term 3.



Miss Y. Moulakas
PICO (Person In Charge of Olympiads)

Pulse Choir

Our next all day rehearsal will be on Wednesday 25 June. We will travel by bus to Jamisontown Public School as we did last time. Keep practising at home!

Mrs L. Boase
Pulse Coordinator

Junior Choir

The Junior Choir gave a breath-taking performance of "Let it Go" at the Week 5 K-6 Assembly and the children should be very proud of their achievement. If any parents would like to share any photos or videos they took of the performance can you please see Miss Cheetham.

The Junior Choir meets on Wednesday at lunch time in 1M and we always welcome new members who have a passion for singing!

Junior Dance Group RED

The Junior Dance Group RED group has been working hard at perfecting our dance for the K-6 Assembly performance in Week 9. Parents are invited to attend our K-6 Assembly on Tuesday, 24 June, 2014 at the school hall. The assembly will start at 2:05pm. We are very excited about our upcoming performance and can't wait to show the school community our dance!

The Junior Dance Group RED meets at lunch time on Tuesday and Thursday at the school hall.

Miss M. Cheetham
Coordinator

Senior Dance Group

A HUGE congratulations is in order for the Senior Dance Group. They performed with outstanding energy at the Sydney West Dance Festival in Week 6. The girls were acknowledged by the Sydney West organisers for their fantastic behaviour and great stage presence. Well done girls, you should be very proud of yourselves!

If you missed the performance you will be able to view this group during Education Week Open Day next term.

A monstrous amount of thanks to all of the girls' parents, family and friends for making Sydney West possible for them. Without you, we would not be able to rehearse, wear amazing costumes or be transported to the event.

A reminder that there will be no rehearsal on the last Tuesday of this term (Week 9, 24 June). Enjoy your holidays and keep dancing!

Miss M. Jennings
Coordinator

Senior Choir Report

The Senior Choir continues to rehearse on Tuesday at lunch time. Our repertoire consists of songs for the Blacktown Music Festival which will be held at the end of Term 3, as well as other chosen favourites. We will be performing at the end of this term in the K-6 school assembly as well as in Education Week in Term 3. New members are always welcome in the choir, whether they sing on key or not. There is always a part for anyone who loves to sing.

Mrs J. Cartwright
Senior Choir Organiser

SRC Update

Wow! What an amazing turnout we had at our recent disco. Everyone appeared to have a great time and the behaviour was exceptional. The money raised is going towards assisting a former student of Metella Road PS, who unfortunately has an inoperable brain tumour. Hopefully, with the money raised she will be able to enjoy an outing, courtesy of the supportive students and families of Metella Road. The grand total raised was \$1832.50. There was some interest about making a personal donation to help this young lady. Please contact Mrs Holburn who will pass on the bank details.

We have another disco in the pipeline. Stay tuned for further details.

Mrs M. Holburn
SRC Coordinator

PSSA News

We have had a good start to the Winter PSSA season with lots of wins. All coaches have praised the sportsmanship of their teams.



Just a reminder that socks are now available at the Office for \$8.00 a pair. All soccer players need long socks and shin pads. All jewellery needs to be removed prior to the game due to safety reasons.

Friday 20 June

Boys Soccer Metella Blue vs Metella Gold @ Girraween Oval
 Oz Tag vs Darcy Road @ Binalong Oval
 Girls Gold Soccer vs Beresford Road @ Daniel Street
 Girls Blue Soccer vs Darcy Road @ Girraween Oval
 Netball Gold vs Girraween Yellow @ Girraween PS
 Netball Blue vs Toony Red @ Binalong Oval

Friday 27 June

Boys Gold Soccer vs Beresford Rd @ Daniel St
 Boys Blue Soccer vs Westmead @ Best Rd Oval
 Oz Tag vs Pendle Hill @ Binalong Oval
 Girls Metella Gold Soccer vs Metella Blue @ Best Rd Oval
 Netball Gold vs Pendle Hill @ Binalong Oval
 Netball Blue vs Toony White @ Binalong Oval

Let's hope that the rain holds off for the remainder of this term.
 Good luck for the coming games.

Mrs M. Holburn
 PSSA Coach

Boys Knockout Softball

Congratulations to the boys for a wonderful tournament. They were runners up to Quakers Hill in the Sydney West Division. What a great achievement. I was very proud of the way the boys conducted themselves at the games. They were a credit to their school, family and themselves. Thank you to Mrs Holburn for your assistance at the games and with transporting the children and also Mrs Murphy, who helped transport children to every game. Without your assistance it would not be possible to compete.



Mrs L. Wilkinson
 Coach

NSW PSSA Girls Knockout Football

Our girls played their Round 3 match against Crestwood PS on Tuesday 10 June. While the wet grounds and drizzling rain made for testing conditions our girls won the match 4 – 3. We scored first but our momentum was stopped by the sprinkler system wanting to join in the fun. The game was halted for several minutes while the council was called. Play resumed and we went in to half time in front. They equalised early in the second half and then went ahead 2 – 1. We rallied again and equalised ourselves. With the wind and rain in our favour we scored twice to lead 4 – 2. A late goal made the score 4 – 3 with our girls holding on for the win. Congratulations girls on another great performance, wonderful sportsmanship and excellent behaviour.

Mr T. Calnan
 Coach

P&C and the Parents Auxiliary

Today a separate flyer was sent home regarding our joint fundraiser for the school. We are selling Entertainment Books which have many great offers for restaurants, movies, hotel accommodation and many other things. They are great value,

so if you are interested in purchasing one of these books, please follow the instructions on the flyer or pop into the Office.

Dad's Corner

The Dad's Corner coffee on Friday mornings continue to go well. We now have 18 dads signed up! Plans for the Dads and Kids Soccer World Cup on the last Thursday of term (26 June) are also going well. We now have 30 dads and their kids getting ready for match day. It's not too late! All dads, granddads and uncles can still sign up for the big afternoon.



Next term the Dads Corner Coffee Fridays are also going to be setting up some Dads and Kids activities. Dads will get the chance to make and create something with their children. Details to follow.

The idea behind the Dads Corner is to help dads feel more connected to the school. For working dads it is a real juggling act to be able to get involved at school. Here at Metella Road, we plan to do whatever we can to help dads out because their involvement with their children is so important. In fact, recent research into modern parenting tells us that the father-child relationship contributes unique aspects to a child's emotional and social development:

- Increased self-worth and self-esteem
- More assertive without the use of aggression,
- More likely to enjoy school and do well at school
- Be better at solving problems
- More able to deal with stress and frustration
- More likely to have good friendships
- Less likely to be depressed
- More likely to have a successful career as an adult
- Happier with life in general when they are adults

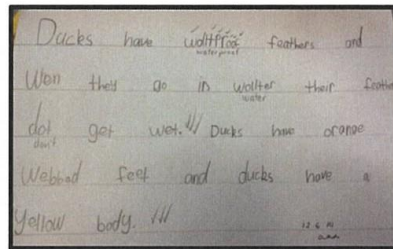
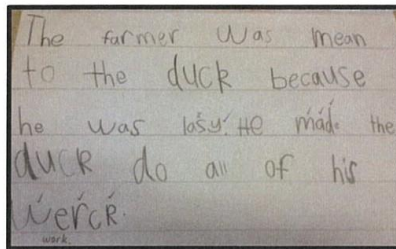
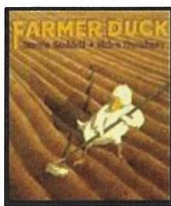
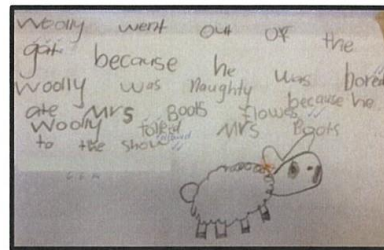
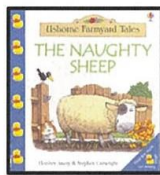
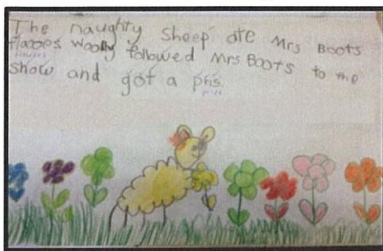
Dads really do make a huge difference to their children's lives!

Jason
 Parent Volunteer

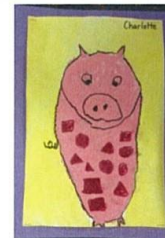
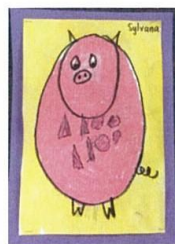
Kindergarten

Kindergarten is learning about different farm animals and why farms are important to us. We are looking forward to our first school excursion to Calmsley Hill City Farm this Friday.

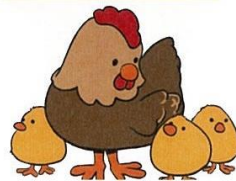
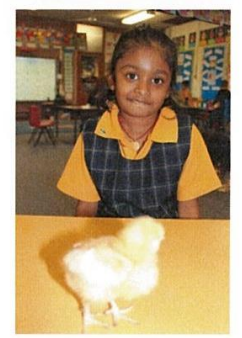
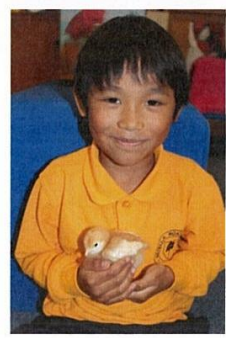
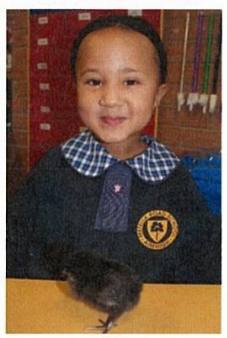
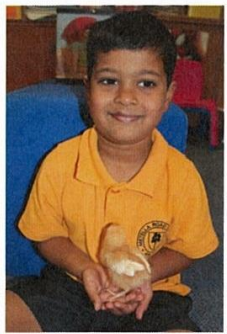
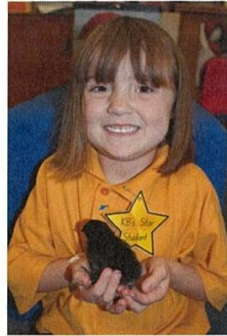
KA has been working hard to hear and record sounds in words during writing lessons. We have written about different farm animals and the books titled "The Naughty Sheep" and "Farmer Duck".



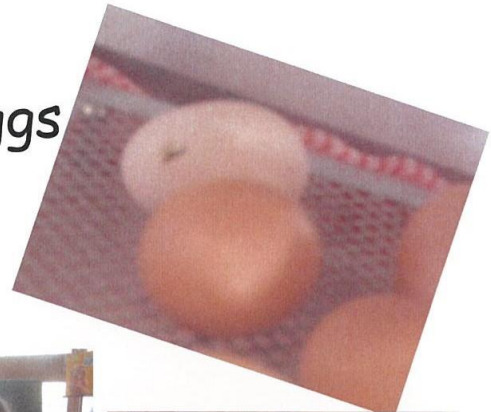
We had fun making hens and cows with our student teacher Miss Yip and Pink Patterned Pigs with Mrs Land.



KB loved having the chicks visit our classroom.



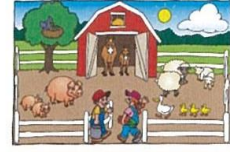
KG Living Eggs



KG enjoyed watching the chicks hatch and grow. They were excited as they were able to hold and care for them.



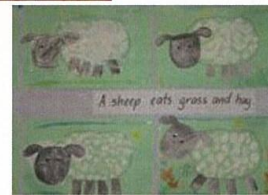
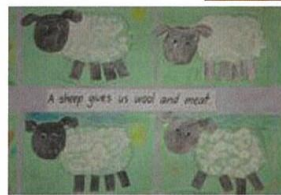
The students in **KL** have enjoyed learning about farm animals this term.



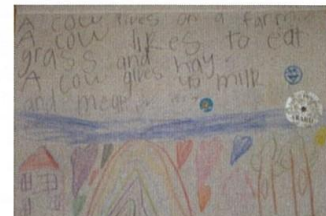
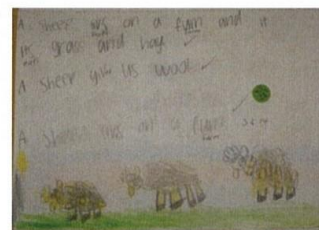
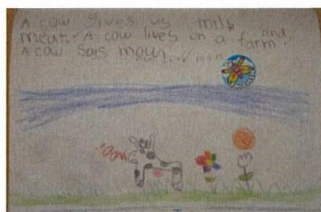
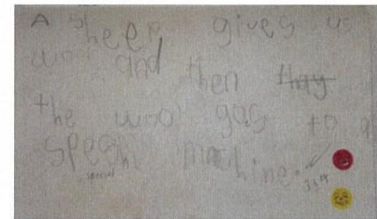
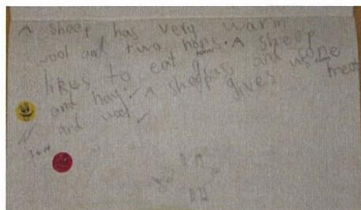
We loved having the chicks in our classroom. We got to watch the chicks hatching out of the eggs and we were able to see them growing and changing. It helped us to better understand the life cycle of a chicken.

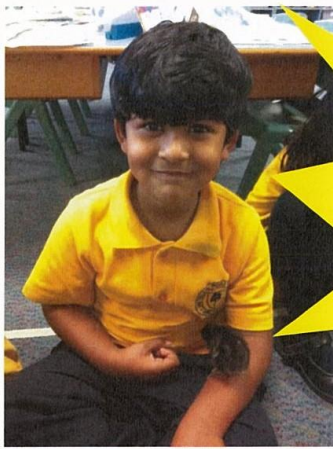


We had fun making artworks about different farm animals.

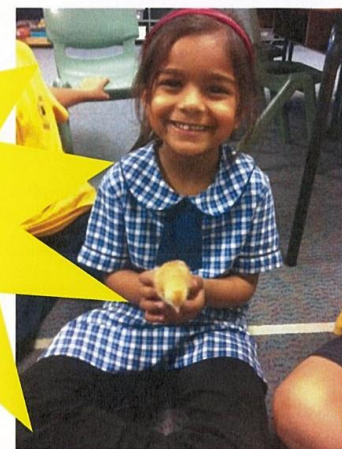


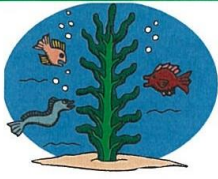
We wrote lots of information reports about different farm animals.





KM loved holding the newborn chicks.
They learned to draw chickens and painted them using watercolours.



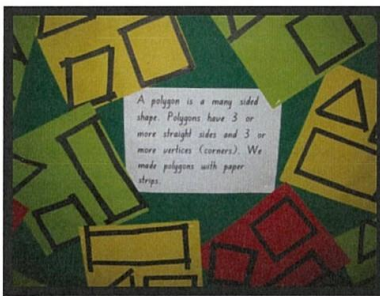


Year 2



What have Year 2 been up to?

The students in 2N have been learning about Wet and Dry Environments in Term 1. They have identified the features of both Wet and Dry Environments. They have made interesting dioramas showing how plants and animals adapt to and depend on their environment.



2F have been very busy this term! We have been having fun learning about Number and 2D and 3D space in Mathematics. Look at the photos of the polygons we made with strips of paper!

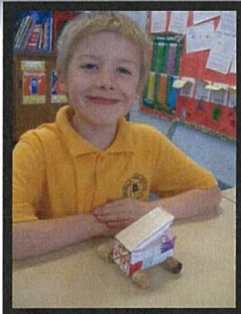
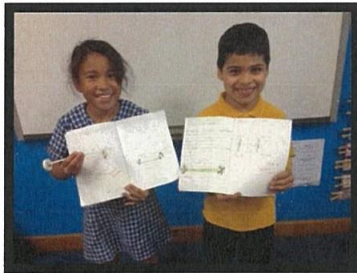
We read a variety of books as a class and did lots of writing about the texts we read. When we read 'The Very Hungry Caterpillar' we wrote storyboard recounts about the text. Check out our photos!

2F are always hard working and happy!





In 2A this term we have been learning about Transport. Did you know that all transport that has wheels needs an axle so that the wheels can turn? 2A have become axle and wheel experts. In Science we worked in pairs to design and make our own axle and wheels using a variety of materials. Check out our photos!



2T have been looking at transport this term and have tested some axle and wheel designs. We have enjoyed the design process with mixed success. Have a look at our design process in action.



2C have been learning many things about snakes in Term 2. We enjoyed the Snaketails Incursion and have been doing lots of writing about snakes. Here is some of what we have been learning.

Snaketails- a recount by Luna Costa-Hey

On Tuesday after recess, Stage 1 went to Shake Tails. We were very excited! First we went to the Connected Classroom. Lots of other classes were there too. Soon we were all ready to start. The person who was showing us the snakes was called Bob. He was funny. The first animal he showed us was a freshwater turtle. Her name was Gertrude. He told us lots of interesting facts about turtles, and that a tortoise is very different to a turtle. He then told us that turtles are Carnivores and tortoises are herbivores since they are sooooo slow. Next he showed us a bearded dragon. He told us that it is not a frill neck lizard because some people had mistaken it for one. He told us that they were cousins. James was chosen as a volunteer. He acted as a tree so the bearded dragon (called Jeremy) could climb up him. Jeremy even climbed on his head! After that he showed us a blue tongue lizard and her name was Speedy because it was a joke. Blue tongues are slow! Speedy kissed Amelia and Aiden on the nose! Later he showed us 4 deadly snakes locked up in boxes because they were venomous. The four snakes were the fierce snake, brown snake, tiger snake and the red bellied black snake, in that order of deadly to not so deadly. He said that the tiger snake bit him in a vein once and he called him a rat bag. You really should never hurt a red bellied black snake because you are saving a brown snake's life. Red bellies are helpful snakes. Then he showed us an olive python, his name was George. Did you know that your Mum's leather handbag feels like an olive python? We got to pat him at the end. He reminded us never to kill or hurt a snake.

I had fun at Snaketails!!!

Snake Report by Kanishk Ruhil

Appearance: It's appearance is the same colour as it's habitat because then it can hide from it's prey. It has no legs. It doesn't have eyelids. They look shiny and scaly. It's long.

Habitat: It lives in the deserts, trees, wild bushes and rainforests.

Food: Only King Cobras eat other snakes but they can't eat other King Cobras. They eat smaller animals like mice and rats. They eat meat. Snakes are Carnivores.

Reproduction: Snakes reproduce by laying eggs.

Enemies: Their enemies are people and big birds.

Interesting Facts: A fierce snake has enough venom to kill thousands of rats or mice, or 100 people. Snakes smell with their tongues. Some snakes squeeze their prey.

Persuasive Writing: Are snakes good or bad? By

Rihanna Roychoudhry

I think snakes are good for our environment because they do good deeds.

Snakes are good for our environment because parts of their body make medicine. But this medicine only helps snake bites.

I strongly feel that snakes are very good because they make really good clothes. Snakes can make boots, belts, coats and lots more.

I feel that snakes are good for our environment because they eat garden pests. The pests are rats, mice, birds and other animals. Some snakes eat other poisonous snakes.

Snakes are also good for the environment because other animals can eat them. Most birds like vultures and eagles eat snakes. Aboriginal tribes can feed on pythons.

You must not kill a snake! It's not nice! It's bad for the environment to kill a snake!

BouncED Competition

YOU CAN WIN AN ELECTRONIC TABLET!

We are very excited to be able to announce that Metella Road Public School will be running a competition, where students have the opportunity to win an electronic tablet. The organisers of the BouncED website (Members Alliance Education Foundation) have kindly donated the electronic tablet and all students need to do to be in the running to win this tablet, is access the BouncED website (www.bounced.com.au) at home for the next two weeks.



This competition begins on Monday, 16 June, 2014 and will conclude on Friday, 27 June, 2014. When students access the website, their name will enter a draw – the more they use the website, the better their chance is of winning the electronic tablet. One name will be drawn out of a hat on Friday, 27 June, 2014 and the winner will be announced on the first day back of Term 3. If students are experiencing difficulties accessing the website, please do not hesitate to email us at metellard-p.school@det.nsw.edu.au

Good luck everyone!



Ms J Minenko
Computer Coordinator

Numeracy Committee 2014

Tips and Strategies for Students and Parents No.3:

Counting On and Off the Decade

Counting on and off the decade is an important skill for students to understand as it allows students to add and subtract using the jump strategy and to add numbers by the same increment of ten each time.

Counting on the decade refers to counting by tens when the number is a multiple of 10.

e.g. 10, 20, 30, 40, 50 is a sequence that counts forward on the decade.

Counting off the decade refers to counting by tens when the number is not a multiple of 10.

e.g. 92, 82, 72, 62, 52 is a sequence that counts backwards by ten off the decade.

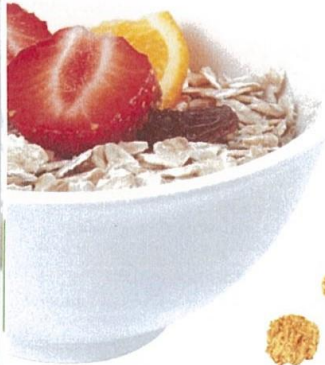
Games and Activities

- **Buzz:**
 - At least 2 players.
 - Choose a number to count up to or count back to.
 - Decide whether you will count on or off the decade.
 - Go around the group saying the next number in the sequence.
 - After the last number is said, the next player says, 'Buzz'. The player next to them is out.
- **Circle Champion:**
 - At least 2 players.
 - Requires two dice.
 - Two players roll the dice. Using the number formed, say the number that is ten more or ten less.
 - The player who says the correct answer first challenges the next player in the group.
- **Skip Counting:**
 - Skip count from a given number, forwards or backwards, to your favourite song or nursery rhyme.
- **Interactive Games:**
 - 100 Hunt: Add 10 to the target number. <http://www.ictgames.com/100huntplus10.html>
 - Duck Shoot: Click on the duck that is indicated. You need to count by 10 to get the right duck. <http://www.ictgames.com/newduckshoot10s.html>
 - Octopus: Practise counting 10 more than a number. <http://www.ictgames.com/octopus.html>

A good breakfast

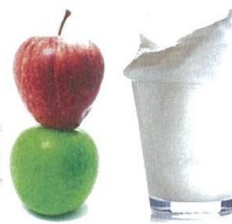
Get set for the day. Breakfast takes only 10 minutes to eat and provides essential nutrients that you'll need to help get the most out of the day ahead.

Benefits of eating breakfast



Boost wholegrain intake

Cereals can contain wholegrains and starting your day with a wholegrain cereal will help kick start your daily intake of wholegrains. It's that simple!



Calcium

The most recent national children's nutrition survey in Australia shows that calcium is a key nutrient of concern with 60% of children aged 9-16 years not meeting calcium requirements.

Calcium is important for building and maintaining strong bones. As children get older their calcium requirements increase, but their intake of dairy foods does not increase to meet their needs. Many teenagers, especially girls, have low intakes of dairy foods and subsequently more than 80% are not meeting their calcium needs!

Dairy has long been recognised as an important dietary source of calcium, with milk being the greatest source. Dairy Australia recommends 3 serves of dairy foods per day. Reduced fat milk, yoghurt, and cheese are great choices.

While plain milk is always a great choice, flavoured milk is also a nutrient rich beverage and may be an effective way to help increase milk consumption and calcium in children's diets, without impacting on body weight measures.*



2007 Australian National Children's Nutrition & Physical Activity Survey
*Faps et al 2013, Australian Children who drink milk (plain or flavoured) have higher milk and macro-nutrient intakes but similar body mass index to those who do not drink milk. Nutrition Research, 33: 95-102

Tips for a brilliant breakfast

Get into grains

Buy high fibre bread and cereals for dietary fibre to help keep you regular.

Breakfast on the go

For a quick brekkie if you're in a rush, make some wholegrain toast and pour yourself a glass of reduced fat milk.

Dabble in dairy

Enjoy reduced fat dairy (milk, yoghurt and cheese) for protein, calcium and other essential nutrients.

Have it hot

For a warm start to the day try some porridge, or poached eggs or baked beans on toast.

Fit in fruit

For a light breakfast grab an apple or a banana.



For more information on nutrition, visit: www.nutrition.nestle.com.au

A balanced lunch

After an action-packed morning it's important to refuel with a nutritious and tasty lunch. Taking a break to sit and enjoy a balanced lunch will help ensure that busy bodies are nourished and recharged.



Pack a balanced lunch

Sandwich

Wholegrain breads are great choices.

Piece of fruit

You'll be halfway to your two serves of fruit for the day.

Reduced fat dairy

Pop in a tub of yoghurt, some slices of cheese or a milk drink.

Bottle of water

A frozen bottle of water or long life milk drink are the best choices.

Tasty Snack

Try muesli bars, rice crackers or carrot sticks with hummus.



Lunchbox tips

A note from our nutritionists

Give your kids some choice

Lunchboxes are within the child's ultimate control so it pays to have an open discussion about what and when they like to eat. Offer them 3-4 things you're happy to include and let them choose.

Wrap it

One of the favourites of my three boys is a wrap made with leftover cooked chicken, grated carrot, grated cheese and lettuce with either barbecue sauce, sweet chilli sauce or mayonnaise. Celery sticks with hummus in them are also popular.

Remember - safety first

Food spoilage is an important issue for school lunchboxes as it can result in illness. Choosing an insulated lunchbox or one with a frozen water bottle is one way to keep lunches cool. Teaching your children to check if their lunch is cool before tucking in can also reduce the risk of illness. Finally, when preparing lunches, wash your hands properly and teach your children to do the same before they eat.

Smart snacks for sporty kids

Try high fibre fruit muffins for morning tea or after-school sport; homemade sushi rolls for lunch; and a dried fruit and chocolate chip combo for sport energy.

Keep it crunchy

We use a Tupperware lunchbox with dividers - we put fruit or veg in one or two sections and finger-like bread sticks with sesame seeds on them in the other section. We use cream cheese or avocado to hold ingredients together and sometimes make wraps for variety.

A great play snack

Try crispy pita triangles with a delicious homemade dip. Bake pita triangles in the oven until crisp and put in a small airtight container in the lunch box. These are great with a delicious dip of hummus or avocado guacamole put into a small sealed container. Pita crisps are also scrummy when baked with a small topping of vegemite or grated parmesan cheese.



For more information on Healthy Kids Association visit: www.healthy-kids.com.au

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.

IDEAS FOR PARENTING

(Because parenting doesn't come with a manual)

Riverstone Youth Centre
Tuesday, 17th of June, 2014
6pm-9pm

If you have a teenage child
(11-18 years of age),
we welcome you to come along to
this workshop. Learn tips on ways
to:

- Create better relationships with your teen kids
- Help your teenager deal with issues and problems
- Feel less stressed out



For more information or to make a booking, contact
Bishop on 9627 3622

RIVERSTONE NEIGHBOURHOOD CENTRE



 interrelate

Are you caring for a child with a disability or illness?

You are warmly Invited for Morning Tea

Wednesday, June 25th 10 am—12 pm

Toongabbie Community Centre

244 Targo Road, Toongabbie, NSW 2146

Cost: Free

Tea, Coffee and snacks provided

Free Childcare available

This initial meeting will be an opportunity to come together and discuss current issues and to create a parent/carer support group.

Come along for a chat, to relax, have fun, build new friendships and gain more information.

Please call to confirm your participation.

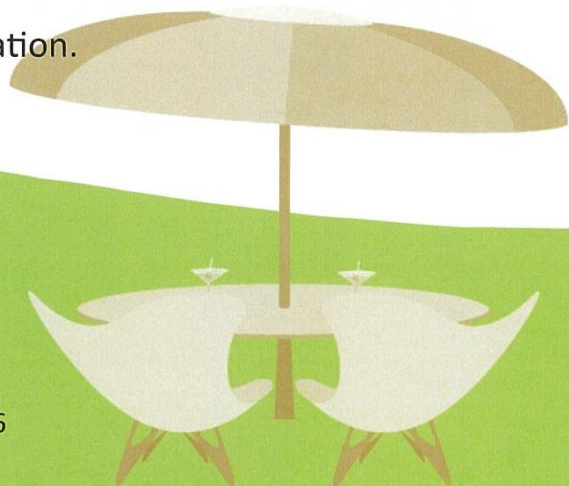


Boronia Multicultural Services Inc.

10 A Octavia Street, Toongabbie, NSW 2146

PO Box 217, Toongabbie, NSW 2146

Phone: (02) 9631 1777





Are your children ready for big school?

The Hills Little Learners is an accredited Pre School catering for children aged 3 to 5. Our curriculum is developed by professionally qualified staff with an emphasis on developing their school readiness skills covering numeracy, literacy and science.

Our new online web learning system also allows you to login at any time of the day so you can track your child's development.

Present this flyer when you visit the Hills Little Learners and one of our friendly staff will be more than happy to show you around and take you through our early learning programs.

Please call 9838 4400 to secure your child's place today!



THE HILLS LITTLE LEARNERS
CHILD CARE CENTRE

56 Pioneer St, Seven Hills NSW 2147 | (02) 9838 4400

www.hillslittlelearners.com.au



School Holiday Gymnastics Clinics

For school aged boys and girls

Come and experience the fun and excitement of gymnastics

- Fun in a safe and structured environment
- Qualified and Professional Coaches
- Olympic Standard Equipment
- Foam Filled Landing Pits
- Trampolines
- Affiliated with Gymnastics Australia and NSW



Full Day Sessions (9.00am-3.00pm)

\$40.00 per day

Half Day Sessions (9.00am-12.30pm)

\$30.00 per session

June 30th – July 4th and July 7th – 11th

Term 3 2014

Enrolments Now Being Taken

Classes for Boys and Girls 2 years and above

Book now on 9620 8323 or sydacgym@hotmail.com

Unit 7/32 Artisan Rd Seven Hills

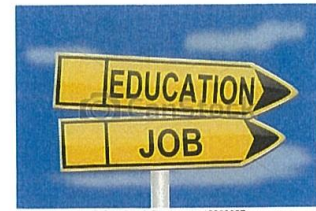
Unit 5/1a Gibbon Rd Winston Hills

www.sydneygymnastics.com.au



FREE

Free for Australian citizens and Permanent residents



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**Not sure of your career path?
Try our taster course with study in:**

- Information Technology
- Retail
- Child care
and
- Aged care

Also gain some job seeking skills and an understanding of the Australian workplace

Then you need to enrol in:

Certificate II in Skills for Work and Vocational Pathways

Course No: 20108

at

Blacktown TAFE College

How do I enrol?

Attend our Compulsory Information Session and meet our Adult Basic Education teachers who will ensure that the course is the right one for you.

When: Monday 23 June 2014

At 1:00 pm in GG 94

This course is:

18 weeks (15 hours per week)

9:00 am to 2:30 pm

Want to know more? Ring or email our Adult Basic Education Head Teachers:

- Gaye Evans on 02 9208 1858 or gaye.evans@tafensw.edu.au
- Sandra Bennett on 9208 1798 or sandra.bennett@tafensw.edu.au

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FREE

Free for Australian citizens and Permanent residents



Need computer skills for your career in Information Technology?

Do you want the opportunity to:

- Learn new computer skills to gain employment
- Feel confident studying in Information Technology in the future
- Get some skills for the Australian workplace
- Increase your reading and writing skills

Then you need to enrol in:

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Not sure of your reading, writing and numeracy skills?

- Improve your skills in reading, writing and numeracy to apply for jobs in Australia
- Improve your confidence to study vocational courses in the future
- Improve your written and oral communication

Then you need to enrol in:

Certificate I in Skills for Vocational Pathways

Course No: 20107

at

Blacktown TAFE College

How do I enrol?

Attend our Compulsory Information Session and meet our Adult Basic Education teachers who will ensure that the course is the right one for you.

When: Tuesday 24 June 2014
At 10:00 am in GG 94

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18 weeks (15 hours per week)
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FREE

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Need basic computer skills and skills in reading, writing and numeracy?

- Gain basic computer skills
- Improve your reading, writing and numeracy skills
- Write your job applications
- Prepare for work and entry into the Australian workforce by improving your oral and written communication

Then you need to enrol in:

Certificate I in Skills for Vocational Pathways

Course No: 20107

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