Term 1 Week 2

Important Dates for your Diary

<table>
<thead>
<tr>
<th>TERM 1 Week 2</th>
<th>Week 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed. 6th Feb- P&amp;C Meeting</td>
<td>Tues 12th Feb- P&amp;C Meeting</td>
</tr>
<tr>
<td></td>
<td>Small Schools</td>
</tr>
<tr>
<td></td>
<td>Swimming Carnival (selected</td>
</tr>
<tr>
<td></td>
<td>students only)</td>
</tr>
<tr>
<td></td>
<td>Fri 15th Feb- P&amp;C Meeting</td>
</tr>
<tr>
<td></td>
<td>Gymnastics</td>
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</table>

From the Principal’s Desk….

Welcome back!

It was wonderful to see the smiling faces of our students when we had our first assembly of the year last Wednesday.

I’d like to welcome the following families who have joined the Castlereagh school community, they are the –

- Bransdon Family with Amy in Kinder
- Davidson Family with Mary in Kinder
- Fletcher Family with Zanya in Kinder
- Hourigan Family with Tayla in Kinder
- Johnson Family with Ella in Kinder
- Nanninga Family with Liam in Kinder
- Collins Family with Jade and Chloe in Kinder, Joseph in Yr 3 and Derek in Yr 4
- Gosling Family with Tahlia in Kinder
- Weissel Family with Cohen in Yr 1
Ham Family with Madeline in Yr 2
Rogers Family with Jaime Lee in Yr 2
Bryant-Scicluna Family with Jordan in Yr 4
Cox Family with Madelyn in Yr 6

Also a very big welcome to Jemma, Lily, Hailey, Abbey, Evan, Malachi, Kane, Andrew and Brock who have joined us in Kindergarten and have older siblings at school. The staff wish you all the very best in your school careers at Castlereagh Public School.

A few reminders …

• Staff are on duty from 8.30am
• Please make sure that students arrive at school before the morning bell, if they arrive after 8.55am they need to be signed in, by an adult, at the office and get a ‘Late Arriver’ card to give to the class teacher. We fully understand that occasionally things happen in the mornings that could cause your child to be late but please remember that a student arriving late not only misses out on learning time but also disrupts the rest of the class.
• It is a legal requirement that if your child is absent from school a note explaining why the child was absent must be send in to the office as soon as possible after the child returns to school. There will be a tear-out note in the newsletters that can be filled in and sent to school.
• Please ensure that your child has a school hat each day. Caps are not suitable.

Keith Hayman
Principal
P & C Newsletter

P&C Meeting

The first P&C meeting for 2013 will be held tonight at 7pm. We hope you can join us!

Uniform Shop

Starting this year our uniform shop will be opened on Tuesdays only from 9am to 11am ran by Mrs Farrant. If you are unable to make it to the uniform shop on a Tuesday then you may complete an order form and send it to the office any day, Mrs Farrant will fill your order and send it home with your child on the next Tuesday.

Avon

Castlereagh Public School P&C do a lot of fundraising throughout the year to help raise funds for school resources. Avon is one of these fundraisers. If any parents are interested in receiving an Avon book each month please let Mrs Lamey know.

Getting involved in your child's school can be a rewarding experience. There are many types of school activities and parents/caregivers are always welcome to participate.

Crunch and Sip

Castlereagh Public School is now a certified ‘Crunch and Sip’ school. Thanks to Mrs V. All classes have a ‘Crunch and Sip’ break during the day where children are encouraged to eat fruit and sip water. A tally of the fruit eaten is kept as it is one of the activities the children can complete to obtain their Healthy Lifestyle Challenge, Healthy Badge.
**Waste Free Wednesdays**

Every Wednesday is a waste free day at CPS. This means whatever food and drink wrappings/scrapings that the children have that day must be taken home with their lunches, a class tally is kept of the number of children having 'nude foods'! These are foods that have no wrapping but come in a reusable container. Thank you for your continued support for these two programs.

Jane Lennon

**Lost Badges**

If your child loses a badge that has been awarded to them for example a Healthy Lifestyle Badge or a Bronze Cockatoo, there will be a charge of $5.00 to replace it.

**Small Schools Swimming Carnival**

The Small Schools Swimming Carnival will be held on Tuesday, 12\textsuperscript{th} February. If you are interested in competing in this event please see Mrs Lennon no later than Thursday morning.

Thank you

**REMINDER**

Please remember to return the following permission notes:

- Gymnastic note and payment by Monday 11\textsuperscript{th} Feb.
- Life Education note and payment by Thursday 14\textsuperscript{th} Feb.
- Authority to Publish note is to be handed in by the 18\textsuperscript{th} Feb.
- Year 6 students need to have their note and payment for Year 6 shirts handed into the office by Friday 2\textsuperscript{nd} March.
**Direct Deposit Banking**

When purchasing uniforms and you wish to use direct deposit please place money in the P&C account which is:

Account Name: Castlereagh Public School P&C Association  
BSB No: 062 589  
Account No: 00913185

When paying for excursions etc and you wish to use direct deposit please place money in the school account which is:

Account Name: Castlereagh Public School  
BSB No: 032 001  
Account No: 159 722

Please staple receipt to permission note and return to office thank you.

**Absence notes**

Parents, for your convenience we have included an absentee note to be filled out and returned to office as soon as your child is back at school.

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**Absentee Note**

*To be returned to the School Office first day back after absence*

Student’s Name: ……………………………………………

Class: ………………...

Date/s of Absence/s:
…………………………………………………………………………………………

Reason for Absence:
…………………………………………………………………………………………
…………………………………………………………………………………………
…………………………………………………………………………………………

Signature of Parent/Caregiver: …………………………… Date: ………………….
Student Requirements 2013

Year 1 and Year 2

- An A4 homework book (128 page)
- 1 small pencil case
- 12 colour pencils
- 12 twistable crayons
- 4 x 2B lead pencils
- Sharpener
- 1 eraser
- 2 glue sticks per term
- 1 box of tissues
- 2 rolls of paper towels
- Art shirt

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Year 3 and Year 4

- An A4 homework book (128 page)
- 1 small pencil case
- 12 colour pencils
- 12 twistable crayons
- 3 x HB lead pencils
- Sharpener
- 1 eraser
- 1 ruler (30cm including mm)- not flexible
- 2 glue sticks per term
- 1 box of tissues
- 2 rolls of paper towels
- Optional- Oxford Dictionary

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Year 5 and Year 6

- Coloured pencils
- 30cm ruler (with mm)- not flexible
- Small/ medium pencil case
- 1 eraser
- Sharpener
- 2 glue sticks per term
- 1 box of tissues
- 4 x HB lead pencils
- A4 homework book (128 page)
- Small scissors
- Pen pack (red, blue, black ballpoint pens)

***ALL ITEMS MUST BE LABELLED WITH CHILD’S NAME***
Getting kids to school ON TIME!

"Come on Jack! Get a move on. School starts in ten minutes and you’re not even dressed yet!"

If this scenario sounds familiar then you are not alone. Anecdotal evidence suggests that getting children to school or pre school on time can be one of the most difficult tasks for parents.

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late. Current research shows that mornings for most children are the most productive time of the day with 10.00am the peak period for productivity. When children arrive late and take time to settle as they inevitably do precious minutes are lost. A child who is fifteen minutes late to school each day misses one week of school every year.

How can you get your dawdling kids out the door without yelling yourself hoarse? Here are a few techniques and ideas for you to try to get your punctually-challenged children to school on time:

✔ Establish a morning routine.

Make sure your children know what is expected of them in the morning, and also what you will do. Resist nagging but be willing to take them to school even if they haven’t fully prepared for the day.

✔ Identify and remove distractions such as television.

If the children are regular watchers before school change the routine and keep the TV off. It should only be turned on when children are completely ready for school.

✔ Teach some of the basics of time management.

The average adult underestimates by about 25 per cent the time it takes to do various jobs. Make sure you have realistic time estimates and stop packing so much into the time you allocate. Encourage older children to estimate how long it takes to do activities such as getting ready in the morning. Then they can measure the time taken to do these tasks and compare their estimates with real time.

✔ Arrive at school ten minutes early.

Plan to arrive at school early rather than be there on time. This idea works well for perpetual latecomers, whether young or old.

✔ Model a good routine.

It’s pointless expecting children to be organised in the morning if you are in a muddle yourself. Set a good example by being as methodical as possible and avoid sleeping in unless your children are so organised that they get you breakfast in bed. And pigs might fly as well!
Tea Ladies

High Tea To You

Bridal Showers, Baby Showers, Birthdays & Special Occasions

Sit back & relax – we provide everything from the table cloth to the tasty treats!

Danielle & Robyn

0449 001 570
Red's Racing Service

50cc to 110cc

PY50 3-6
Red / Blue

48cc, Full auto, 2-stroke, Pull starter, Great for beginners

ZRF70 Estart & kick
Red / Blue

70cc, 4 speed s/automatic, 4 stroke, Kick & E Start

Zuma T110E
Blue-white / Red-White

110cc, 4 speed s/automatic, 4 stroke, Kick & E Start

125cc to 150cc

XB80 Dirtbike
Blue / Black / Pink

125cc, 4 speed manual, kick start, adj. suspension

Scrambler XY150
White (as shown)

150cc, 4-stroke, OHV, Kick & E Start, 3/4 Trail, Lights

250cc

XB31B
Blue

250cc, 4-stroke, Kick & E Start, Adj. suspension, 21”/18”

XB35
White

250cc OHV 4-stroke, Kick & E Start, Adj. susp. 21”/18

XY250 Motocross
White / Black

250cc, DOHC 4-valve, high performance, Competition
# Red's Racing Service

## Quadbikes

<table>
<thead>
<tr>
<th>Model</th>
<th>Color</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meerkat 50 (C4) Kids</td>
<td>Blue/Red/Yellow</td>
<td>50cc, 4 spd s/auto, 4 str, E/start, remote kill, fr&amp;rr brakes</td>
</tr>
<tr>
<td>Dirt Devil 70</td>
<td>Blue/Red/Black</td>
<td>70cc, Full auto, 4-stroke, E/start, Remote kill</td>
</tr>
<tr>
<td>Linmax 150-3</td>
<td>Red/Blue/Black</td>
<td>150cc Full auto w/reverse, 4 stroke, E/start, Remote kill</td>
</tr>
<tr>
<td>Outback 300 4x4 IRS</td>
<td>Red/Camouflage Green</td>
<td>Full auto, 4 stroke, W/cooled, 300cc, 4x4, Fully optioned IRS</td>
</tr>
</tbody>
</table>

## Go-Karts / Buggies

<table>
<thead>
<tr>
<th>Model</th>
<th>Color</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scorpion 300</td>
<td>Red</td>
<td>300cc, Full auto, 4 stroke, W/cooled, 2x4, IRS, Winch, Towball</td>
</tr>
<tr>
<td>Redback 90 Mini</td>
<td>Silver/Red</td>
<td>90cc, 2spd, s/Auto &amp; reverse</td>
</tr>
<tr>
<td>Solar Racer 350</td>
<td>Dark Green</td>
<td>350watt motor, 24Volt, variable speed, Mains &amp; Solar charge</td>
</tr>
</tbody>
</table>

## Electric Bicycle

<table>
<thead>
<tr>
<th>Model</th>
<th>Color</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zuma /Bike</td>
<td>Silver/Black</td>
<td>36volt, 200watt, folding alloy frame.</td>
</tr>
</tbody>
</table>
Do you want Healthy • Active • Happy • Kids?

Join in the fun and learning that is Go4Fun!

Go4Fun is a FREE ten week healthy lifestyle program for children to become fitter, healthier and happier. The program is fun and interactive and supports 7 - 13 year old children and their families to adopt a long lasting and healthy approach to living.

Go4Fun® will be running at Emu Heights Public School on Mondays and Wednesdays from 4pm to 6pm throughout Term 1, 2013.

BOOK NOW! PLACES ARE LIMITED!

To register your family or for more information
Call: 1800 780 900
Visit: au.mendcentral.org
This facilitated group is for parents in the Hawkesbury caring for children aged 0-8yrs who have limited contact with other parents or are new to the Hawkesbury. The group strives to break isolation and be a vehicle for developing friendships through meeting regularly to share common experiences and gain information that strengthens participants capacity to parent effectively. The group will operate in the centre from 10am -12noon fortnightly on Mondays during school terms with free childcare provided through Hawkesbury Community Outreach. Through the group participants will:

- Enjoy uninterrupted parent to parent adult company
- Give children an opportunity to play with other children without parents present
- Build relationships that sustain parents outside group time
- Plan and enjoy discussions and activities of interest to parents
- Learn information relevant to parenting and local services

Dates the group will operate in
Term 1, 2013 on MONDAYS:

11th February, 28th February, 11th March, 25th March and 8th April, 10am-12noon

Come for a “Meet and Greet Getting to Know You” session with delicious morning tea provided on Monday 11th February 2013, 10am 12 noon.

To register and book childcare please call Carol on 4588 3504 or email:

familysupport@rcsi.ngo.org.au
HORSE RIDING

Horse riding lessons for beginners and children 5 years and over- $30 per hour.
Tiny tots riding for children under 5 years- $20 per half hour.

See the ponies on Facebook- Tammy’s Ponimaa Ponies or www.facebook.com/TammysPonimaaPonies.

Will do parties for up to 12 children.
For more details phone Tammy on 0431 263 998.
A quality education in a caring, small school environment

Cadbury AFL9s is a non-contact version of AFL played on smaller fields with modified rules & 20 minute halves. It's the perfect way to get your mates together, stay active and have fun.

It's great for both guys and girls with mixed competitions now open for registration. Individual and teams welcome in Youths (U14's and U16s) and Adults!

Come along for a FREE Come and Try night on Monday 11th February 2013

Where: Dukes Oval (Cnr Park St and Great Western Highway) Emu Plains
When: Competition is then every Monday from 25th February – 22nd April 2013
Time: Games run from 6pm (Youth) and from 7pm (Adults)

For more information visit www.afl9s.com.au
or contact Aaron Savage on 8867 7400 or email aaron.savage@aflnswact.com.au
PLAY AFL ON SUNDAYS!

AFL is a fun, safe and inclusive sport for boys and girls aged between 5 and 12. Benefits of joining your local Junior AFL Club include meeting new friends, keeping active, opportunities to be a part of Gala Days and to meet GWS GIANTS players throughout season.

The Penrith Swans are located at Greygums Oval Cranebrook with the 2013 junior AFL season running from March to September.

To find out more information and to register please contact:

Greg Howe
greg.howe@aflnswact.com.au
0421 064 047
‘Zero Tolerance’ to protect your child

When it comes to the safety of vulnerable road users like schoolchildren, drivers found breaking the law will be met with zero tolerance.

If you’ve heard the expression “It’s only a matter of time until someone gets hurt” then you understand why it is important for everyone to obey the road rules.

When an offence is detected - you will be fined and 2 demerit points will apply

Illegal parking around schools endangers children’s lives

**FACT**
When a child is hit at an impact speed of 30km/hr they have a 99% chance of surviving.
At 70km/hr, that child’s chance of survival is less than 7%.*

*Source Australian Transport Safety Bureau

**FACT**
Children are small, harder to see, behave unpredictably and are extremely vulnerable. They need you to take extra care when driving and parking around school zones.

---

**NO STANDING**
What does this mean?
You cannot stop in this area for any reason.
Why is it there?
To keep sight distance clear for drivers, children & other pedestrians to avoid crashes.

---

**BUS ZONE**
What does this mean?
You cannot stop or park in a bus zone unless you are driving a bus.
Why is it there?
To provide a safe place for buses to set down & pick up passengers

---

**SCHOOL ZONE**
40 km/hr School Zones are provided to increase the safety of all pedestrians, but especially children, who are walking in the vicinity of schools. Obey the limit and be aware of the time of day

8-9 AM
2-4 PM
SCHOOL DAYS

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NOTE - Parking on footpaths/nature strips is an offence - fines can be issued including the loss of 2 demerit points

A message from Penrith City Council Rangers
Primary and High school

2013 homework planner

Kids and families run more smoothly when there's a plan. The 2012 homework and study calendar includes key dates and school holidays. You can print it out month by month, or by the whole year.


Doing well in class

Our expert panel shares tips about how parents can help their younger and older kids reach their full potential at school and motivate them for learning. Watch the video.


Primary school

Eight ways to get your kids organised

Are you ready for morning madness, late assignments, yesterday's half-eaten lunch sweating in the schoolbag? Just like adults, children cope much better if they can manage their time and their environment wisely.


Smart foods to boost learning

Mother Nature is full of foods that help us think and feel better. What do you give your child to help them think more clearly, and enhance concentration and memory?

Approaching Our School
A parent and community guide for seeking information and expressing concerns.

From time to time parents or other members of the school community may need to approach the school in order to:

- Discuss the progress or welfare of own child
- Express concern about actions of other students
- Enquire about school policy or practice
- Express concern about actions of staff

It is therefore necessary to have procedures that will help solve problems as soon as possible so that a safe and harmonious school environment is maintained. The best results usually flow from working together.

These guidelines aim to:

- provide a guide in order that concerns are dealt with in an open and fair manner.
- ensure that the rights of students, teachers and parents are respected and upheld.
- support sensitivity and confidentiality.
- help reach an agreed solution

On occasion, concerns may cause frustration and anxiety. At such times it is always important to organise a time to talk with school staff in an unhurried and confidential atmosphere.

<table>
<thead>
<tr>
<th>CONCERN</th>
<th>APPROPRIATE ACTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>The academic progress of own child</td>
<td>• Directly contact the child’s teacher either by note, by phone or in person, to arrange a suitable time to discuss any issues.</td>
</tr>
<tr>
<td>The welfare of own child</td>
<td>• For minor issues, directly contact your child’s teacher to arrange a suitable time to clarify information.</td>
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<tr>
<td></td>
<td>• For more serious concerns, contact the office. State the nature of your concern and arrange a suitable time to talk with class teacher or appropriate staff member.</td>
</tr>
<tr>
<td></td>
<td>• To convey information about change of address, telephone number, emergency contact, custody details, health issues etc, please contact the office.</td>
</tr>
<tr>
<td>Actions of other students</td>
<td>• Contact the class teacher for a classroom concern.</td>
</tr>
<tr>
<td></td>
<td>• Contact the classroom teacher, then Mr Hayman for playground concerns.</td>
</tr>
<tr>
<td>School policy or practice</td>
<td>• Contact office, state the nature of concern and make an appointment to see Mr Hayman or an appropriate member of staff.</td>
</tr>
</tbody>
</table>

Castlereagh PS, April, 2012
Be a friend. Make a difference.

Did you know that over 45% of people will experience a mental illness at some point in their life? People living with a mental illness can become isolated and spend a lot of their time on their own, which makes recovery challenging.

Compeer, a special work of the St Vincent de Paul Society, addresses this by matching someone who is lonely and living with a mental illness in friendship with a volunteer for social support.

How you can help

We are looking for friendly volunteers to be matched with someone of the same gender and similar age who is living with a mental illness in your local area. If you have four hours a month we’d love to hear from you.

You and your friend will meet for an hour a week to enjoy social activities such as grabbing a bite eat, going for a walk, or attending a sports event. It’s a flexible and rewarding program which can be organised around your other commitments.

What others say about Compeer

“My world had fallen apart and I felt deserted. My Compeer volunteer was a sudden light in a seemingly endless dark tunnel. These days I am so much better and she is a huge part of that.” - Compeer client

“Compeer has helped me feel that I am not alone.” - Compeer client

“I have a greater understanding of humanity on every level.” - Compeer volunteer

More info?

To find out more about volunteering with Compeer, head to the website www.compeer.org.au or email compeer@vinnies.org.au or phone 02 9568 0295
CASTLEREAGH PUBLIC SCHOOL

Mission Statement

In our caring and supportive environment, each student strives to become a unique person and a valued member of society.

We recognise and strive for:

- Excellence in academic achievement,
- Positive aesthetic, personal and social attitudes,
- Whole school pastoral care for all students,
- A sense of belonging and a secure and caring environment enabling students to establish self-esteem,
- Sensitivity toward others
- Awareness of the environment and
- Valued community participation.

School Prayer

Help us our father, here to find
The best of life and peace of mind.
In this our school, let love abide,
Where friendship dwells naught can divide.
Let love of God direct our way,
Both in our class and at our play.
In word and deed thy truth proclaim,
Bring honour to our school’s good name.
AMEN.

Citizenship Affirmation Statement

From this time forward, under God,
I pledge my loyalty to Australia and its people,
Whose democratic beliefs I share,
Whose rights and liberties I respect and
Whose laws I will uphold and obey.

Pledge

If I wish to be a worthy member of my school and community,
I must at all times watch:
My words,
My actions
My thoughts,
My companions and my habits.