## Term 1 Week 4

### Important Dates for your Diary

<table>
<thead>
<tr>
<th>TERM 1 Week 4</th>
<th>Week 5</th>
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<tbody>
<tr>
<td>Wed 20th Feb - Parent/Teacher Info Evening 6pm</td>
<td>Mon 25th Feb - Mr Hayman on leave for 2 weeks</td>
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<tr>
<td>Wed 20th Feb - Life Education</td>
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<tr>
<td>Thur 21st Feb - Life Education</td>
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<tr>
<td>Fri 22nd Feb - Healthy Breakfast 8.30am</td>
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<tr>
<th>Week 6</th>
<th>Week 7</th>
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<tbody>
<tr>
<td>Thur 7th Mar - 500 Schools Planting Program Yrs 3-6</td>
<td>Tues 12th Mar - Pet education Program 10.15-12.55.</td>
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<td>Wed 13th Mar - Cyber Bullying Yrs 3-6</td>
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<td>Wed 13th Mar - P&amp;C meeting</td>
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### From the Principal’s Desk….

As you may be aware I will attending my son’s wedding in Thailand and will be on leave from Monday, 25th February until Tuesday, 12th March. During that time Mrs Lennon will be taking the role of Relieving Principal.

### Mathletics

Just a reminder that each year the school purchases a license for all our students to participate in the Mathletics program. This entitles our students to
access the program 24/7 so that they can use it at home; all they need to do is remember their username and password.

Parking around the school
I’ve included in this newsletter a map of the south-eastern corner of the school and surrounding streets. On the map I’ve put in the relevant parking and no parking areas. This is to remind parents about where they can park while dropping off or picking up their children. Unfortunately, almost every day we see several cars that are illegally parked or stopping in the no stopping or no parking zones, doing U-turns across the double yellow lines around the pedestrian crossing, etc. The police will come and check that drivers are doing the right thing in our school zone and issue fines and demerit points where necessary.

Small Schools Swimming Carnival
I would like to congratulate our Small Schools swimming team on their great achievements and acknowledge the hard work of Mrs Lennon in organising our sporting activities.

Premier’s Reading Challenge
Again, this year we will be participating in the NSW Premier’s Reading Challenge. Registration opens on 1st March via the website. Login information from us will be forthcoming but for now, some information is available for interested parents on this website: www.schools.nsw.edu.au/premiersreadingchallenge

We are aiming for 100% participation this year so please encourage to participate and support your child(ren) during the challenge.

Meet the Teacher Evening
Tonight we will be hosting a ‘Meet the Teacher Evening’ from 6 – 7pm. This is a great opportunity to meet your class teacher and find out a little bit more about how the class will be organised this year. We will commence with a meeting in the school library and after a short information session, proceed to the classrooms for a more informal opportunity to talk to the class teacher. I hope to see many of you then.

Can you help?
In order for our Mandarin lessons to continue this year, Mrs V picks Ms Xin Mingyang up each Tuesday morning on her way to work and I drop her home
when the lessons are finished at 12 noon. This is because there is no public transport between her home in Kingswood and the school. There will be time that I will not be able to take her home so I am looking for volunteers to drive her home when I am not able. It takes about 10 – 15 minutes each way from school. If you can assist could you please let Mrs Lamey know.

Keith Hayman
Principal

<table>
<thead>
<tr>
<th>Year Group</th>
<th>Congratulations</th>
<th>Merit cards</th>
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<tbody>
<tr>
<td>K/1</td>
<td>Chloe S</td>
<td>Zanya F</td>
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<tr>
<td></td>
<td>Lily C</td>
<td>Amy B</td>
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<td></td>
<td>Zanya F</td>
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<td></td>
<td>Hailey F</td>
<td>Lily C</td>
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<td></td>
<td>Jacob R</td>
<td>Kane N</td>
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<td>Chloe S</td>
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<tr>
<td>1/2</td>
<td>Jaela F</td>
<td>Cohen W</td>
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<td></td>
<td>Declan O</td>
<td>Madeline H</td>
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<td></td>
<td>Damian W</td>
<td>Jaime-Lee R</td>
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<td></td>
<td>Jackson C</td>
<td>Jaela F</td>
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<td></td>
<td>Luca M</td>
<td>Joni-Rose B</td>
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<td>Damon P</td>
<td>Maxwell G</td>
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<td>Jessica P</td>
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<td>Lexie R</td>
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<td>Joshua F</td>
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<td>James T</td>
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<td>James W</td>
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<tr>
<td>2/3/4</td>
<td>Emily B</td>
<td>Chelsea M</td>
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<td></td>
<td>Caitlin S</td>
<td>Evie B</td>
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<td></td>
<td>Lorelei F</td>
<td>Hayden D</td>
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<td></td>
<td>Chelsea M</td>
<td>Dylan P</td>
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<td>Emily S</td>
<td>Robert W</td>
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<td>Breeanna S</td>
<td>Evie B</td>
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<td>Corey M</td>
<td>Jack B</td>
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<td></td>
<td>William B</td>
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<tr>
<td>4/5/6</td>
<td>Samarah V</td>
<td>Jordan B-S</td>
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<td></td>
<td>Jacob T</td>
<td>Madison E</td>
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<td></td>
<td>Emily M</td>
<td>Samarah V</td>
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<td>Noah M</td>
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<td>Jacob T</td>
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• Ribbons were awarded to – Luke S, James W, Thomas W, Robert W Jack B, Emily B and Dylan P.
• A Bronze Cockatoo Badge was awarded to– Damien D and Caitlin S.
• A P.E Badged was awarded to – Annabelle B.

P & C Newsletter

P&C Meeting
The next P&C meeting will be held Wednesday the 13\textsuperscript{th} March 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. The uniform shop needs coat hangers, so if you have any spare please bring them into the office. Thank you.

Healthy Breakfast
A Healthy Breakfast morning has been organised for Friday 22\textsuperscript{nd} Feb, at 8.30am. Cereal, fruit and juice will be provided at no cost to the students. Each child is asked to bring a bowl, spoon and cup. Thank you to Kelloggs for donating the cereal.

Easter Raffle
We are asking for donations of Easter Eggs to go towards making up our Easter Raffle hampers. Each donation will receive a free ticket into the draw. Raffle tickets will be sent home soon. Donations can be sent to the office.

School Lunches
School lunches are now available to order each Monday. Please go to schoollunchbox.com.au or see the flyer attached for instructions on how to order.

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.
Waste Free Wednesdays

What a great start! This week, excluding Kindergarten who have being given a few weeks to settle in, our school had 82% of the children with nude foods at lunchtime on Wednesday. Well Done!

Jane Lennon

Small Schools Swimming Carnival

It may have been overcast but that did not dampen the enthusiasm of our eight representatives- Kieran, Madi E, Nicholas P, Hannah, Celeste, Daniel S, Emily S and Robert W at the Small Schools Swimming Carnival on Tuesday 12th Feb, All did their best and were wonderful ambassadors for our school. Many thanks to their fantastic parents/grandparents who transported them, cheered them and showed everyone why our children are so well behaved.

Jane Lennon
Rooby Roo

Rooby Roo Reading is back! Each Friday morning at 8.30am books are available for students and their younger siblings to read. Thank you to Mrs Almond for supporting us in this program.

Booster Seats

If anyone has a booster seat they no longer need, we would love to give it a new home. Please bring it to the office. Thank you.

Child Protection

It is a condition for all Volunteers who work with children in schools to complete a Child Protection Declaration. If you are a new parent and would like to volunteer here at school or if you have not updated your declaration in the last 2 years please go to the following website to complete the appropriate forms. At the end of your declaration it will allow you to print a copy that can be bought into the office for our records. We value our volunteers very much and thank you in advance for taking the time to go through this process.


Thank You

Thank you to Mrs Mary Vella for organising Pancake Day and to Mrs Michele Cox for helping on the day.

REMEMBER

The Authority to Publish notes should have been handed in by now, if you have not please bring them to the office ASAP.

Thank you.
Hawkesbury District PSSA 11’S and Open Rugby League Trials

**Date:** Friday 1\(^{st}\) March 2013  \hspace{1cm} **Time:** 3.30pm-4.30pm

**Venue:** Hawkesbury High School (Kurmond Road Freemans Reach)

Open to boys and girls in Yrs 4, 5 and 6 who are turning 11 or 12 or 13 this year. The trials will be to select two teams-one under 11’s squad and one open age team. The under 11’s squad will be made up of 13 players who will then attend a further selection trial at a later date. This selection trial will be will used to make a combined Hawkesbury/Ridges/Castle Hill team that will compete at Sydney West Under 11 selection trials on Thursday 4\(^{th}\) April at Richie Benaud Oval, North Parramatta. The Opens team will be made up of 17 players and will compete directly at the Sydney West Open s trials on Wednesday 10\(^{th}\) April at Richie Benaud Oval, North Parramatta. It is possible for players who turn 11 this year to be selected in both teams.

Students attending **MUST** have rugby league experience and be of **GOOD** standard.

If you are interested please see Mrs Lennon by Wednesday 27\(^{th}\) Feb, 2013.

**Healthy Breakfast**

Please remember to bring a **BOWL, SPOON** and **CUP** for our Healthy Breakfast on Friday 22\(^{nd}\) February at **8.30 am**.

*Please take note of our earlier starting time for our breakfast 8.30am*
**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:  
A quality education in a caring, small school environment
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

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.
Parent Connect Group
FREE GROUP FOR DADS & MUMS OF CHILDREN AGED 0—8YRS WITH FREE CHILDCARE

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@rcsci.ngo.org.au
No Stopping Zone

- Offence: Disobey no stopping sign (school zone)
- Penalty: $298 fine and 2 demerit points

No U-turns over double yellow lines

- Offence: Disobey no U-turn (school zone)
- Penalty: $298 fine and 2 demerit points

Crossings

- Offence: Stop on/near children’s crossing (school zone)
- Penalty: $397 fine and 2 demerit points

Kiss and Drop Zone

- Offence: Disobey no parking sign (school zone)
- Penalty: $165 fine and 2 demerit points

- Offence: Disobey no parking (school zone)
- Penalty: $298 fine and 2 demerit points

Parking

- No stopping zone

Main gate
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 to 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
It’s not okay to be away ... nor to be late to school

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem.

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day—and gets there on time.

It sounds simple, but it’s true.

The correlation between school attendance and children’s achievement levels is well-established. The more time kids spend at school, the more likely they are to experience school success.

Conversely, according to a report from the Victorian Auditor General, students who are regularly absent from school are at the greatest risk of dropping out of school early, and of experiencing long-term unemployment.

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem. Also, many teachers tell me, it’s often the kids who can least afford to take time off school who are most likely to be serial absentees.

Of course, most people know this intuitively, yet school absenteeism is a huge problem in Australian schools—and much of it is parent-condoned.

It’s hard to get an accurate picture across the country but it would appear that Australian students miss an average of between 12 and 15 days per school year, with parent-condoned absenteeism highest among young primary-aged children.

That adds up to a year’s lost schooling over the school-life of a child.

In today’s highly competitive world, this rate of absenteeism is alarming, putting our kids at a distinct disadvantage.

That’s not a reason to be away!

It’s now commonplace for children to stay away from school for reasons that would have been unheard of just twenty years ago. These include staying away to celebrate their own or a sibling’s birthday; being absent because they stayed up too late watching television; going shopping for clothes; an extended long weekend; and kids not wanting to take part in a sports day or special school event.

This type of absenteeism sends a strong message to kids that parents don’t really value learning or their children’s school experiences.

Australian kids only spend 15% of their total time at school. They spend more time asleep than they do at school. So we need to maximise every day to get full value. That means turning up to school every day, on time.

Being late is not okay either

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, valuable learning time is lost.

It takes strong parenting...

As a parent myself I know how persuasive children of all ages can be when it comes to taking a day off school. It takes a strong will to resist the persistent pressure that kids can bring to bear, particularly if they play the guilt card with comments such as “It’s not fair that I have to go school today because Aunty is coming to visit!”

Nice try. But the answer should be “No!”

As parents we need to make a commitment that our kids make the most of their precious time at school. That means that we send them to school every day, on time and ready to make the most of the school day.

Of course, there will be times, such as illness or genuinely extenuating family circumstances, when kids should be away. But these need to be a rarity rather than the norm.

It’s reassuring to know that you increase their chances of future success just by making sure they turn up to school every day. And of course regular school attendance also helps kids prepare for the workforce, where it will be expected that they turn up each day work-ready. The real world is unforgiving of those who stay away with NO EXCUSE.
Students enjoying gymnastics.

Our gardening club keeping our gardens free of weeds.
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.