Important Dates for your Diary

**TERM 1**
**Week 6**

Thur 7th Mar- 500 Schools Planting Program Yrs 3-6

**Week 7**

Tues 12th Mar- Pet Ed. Program
Wed 13th Mar- Cyber Bullying Yrs 3-6
Wed 13th Mar- P&C meeting
Wed 15th Mar- Basketball Gala Day

**From the Principals Desk………**

It has been another busy fortnight at Castlereagh with the students being involved in a variety of other activities along with their usual program.

**Life Education Visit**

The children enjoyed lessons in the Life Education Van with Harold being particularly popular. The units that were covered were Early Stage One *Harold’s Surprise*, Stage One *Harold’s Heroes*, Stage Two *Harold’s Diary* and Stage Three *Think Twice*. Thank you to Mrs McFadden who organised the visit.

**Healthy Breakfast**

Tying in with our Life Education visit was our Healthy Breakfast on Friday 22nd February. The children thoroughly enjoyed this activity and many thanks to the people who helped. They were Ms Searle and her mum. Mrs Farrant, Mrs Glover, Mrs Sultana, Mrs O’Hanlon, Mrs Cowlishaw, Ms Ritzrow, Mrs Doig, Mrs Blackall and Mrs Mifsud who all assisted on the morning with setting up, serving, washing up and making sure all children received their breakfast. Mrs Vella supplied the grapes, watermelon and also organised the cereal from
Kelloggs, and Mrs V provided the milk and juice. As always the activity could not have run so smoothly without you all giving your time so generously.

Anti-Bullying Assembly
Monday 25th February saw us being involved in 2013 Penrith Panthers Anti Bullying Community Carnival Blitz. Three first grade Panthers players and an educational officer presented a short Anti Bullying DVD. They then had a question and answer time on the issue of bullying and then went on to questions and answers of the players.

Meet the Teacher Evening
Many thanks to the parents who attended the evening. It is always good at this stage to explain to parents the way each classroom runs.

Nude Foods on Wednesdays
The number of children participating in this continues to rise. It is also most rewarding to see the number of children who now regularly bring Nude Foods for their lunch. Well done.

Student Representative Council
Congratulations to the following children who were elected by their peers to represent them on the SRC.
President – Samarah
Vice President – Jacob
Secretary – Kieran
Treasurer – Madi E
Year 5 – Adam
Year 4 – Daniel S and Jack B
Year 3 – Chelsea
Year 2 – Caitlin S and Maxwell
Year 1 – Luke S
Kindergarten – Jacob R

Sporting Leaders
Congratulations to the following children who were elected by their sporting houses to lead them in 2013.
Kookaburras – Jake and Celeste
Lyrebirds – Aaron and Hannah
Rosellas – Jacob and Hayley
Parking around the school
This continues to be a problem for a small number of people. Especially with the wet weather we have been having it is important that everyone abides by the rules. 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.

Coming Events
- Stage Two and Three are participating in the 500 Schools Planting Program on Thursday 7th March at Glendenning.
- Early Stage One and Stage One are participating in Pet Education lessons on Tuesday 12th March
- Stage Two and Three are attending a Cyber Bullying performance on Wednesday 13th
- Selected Stage Two and Three students are participating in the Small Schools Basketball carnival on Friday 15th March

Jane Lennon on behalf of Keith Hayman
**Woolworths Dockets**

We have received our goodies this week from Woolworths. Thank you to all for collecting the docket.

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<thead>
<tr>
<th>K/1</th>
<th>Congratulations</th>
<th>Merit cards</th>
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<tbody>
<tr>
<td>Jemma B</td>
<td>Abbey H x 2</td>
<td>Hailey F</td>
</tr>
<tr>
<td>Chloe C</td>
<td>Ella J x 2</td>
<td>Evan A</td>
</tr>
<tr>
<td>Jade C</td>
<td>Malachi F</td>
<td>Jessy B</td>
</tr>
<tr>
<td>Zanya F</td>
<td>Brock M</td>
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<td>Liam N</td>
<td>Kane N</td>
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<tr>
<td>Jacob R</td>
<td>Andrew S</td>
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<td>Chloe S</td>
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<tr>
<td>Jaela F</td>
<td>Joni-Rose B</td>
<td>Alexis M</td>
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<td>Brianna M</td>
<td>Jaime Lee R</td>
<td>Brianna M</td>
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<tr>
<td>Dante F</td>
<td>Jackson C</td>
<td>Megan B</td>
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<td>Cohen W</td>
<td>Maxwell G</td>
<td>Joshua F</td>
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<td>Damien W</td>
<td>Luca M</td>
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<td>Damon P</td>
<td>Luke S</td>
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<td>Thomas W</td>
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<th>Merit cards</th>
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</thead>
<tbody>
<tr>
<td>April A</td>
<td>Aidan A</td>
<td>Evie G</td>
</tr>
<tr>
<td>Bronte H</td>
<td>Jack B</td>
<td>Emily S</td>
</tr>
<tr>
<td>Lorelei F</td>
<td>Hayden D x 2</td>
<td>Joseph C</td>
</tr>
<tr>
<td>Jamie-Lee G</td>
<td></td>
<td>Corey M</td>
</tr>
<tr>
<td>Emily S</td>
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<td>Matthew P</td>
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<th>4/5/6</th>
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<th>Merit cards</th>
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<tr>
<td>Emily M</td>
<td>Maida R</td>
<td>Ben P</td>
</tr>
<tr>
<td>Jesse M</td>
<td>Samarah V</td>
<td>Annabelle B</td>
</tr>
<tr>
<td>Ben N</td>
<td>Aaron M</td>
<td>Maida R</td>
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<tr>
<td>Hannah B</td>
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<td>Aaron M</td>
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* Ribbons were awarded to – Luca M and James T.
P & C Newsletter

P&C Meeting

The next P&C meeting will be held Wednesday the 13\textsuperscript{th} March at 7pm. A representative from Penrith City Council will be attending to discuss community use of our school; also Southern Cross Photography will be attending to discuss school photos. We hope you can join us!

Uniform Shop

Our uniform shop will be opened on Tuesdays only from 9am to 11am. 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. Your order will be filled and sent home with your child on the next Tuesday.

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. Donations can be sent to the office. Extra books are available in the office.

School Lunches

School lunches are now available to order each Monday. Please go to schoollunchbox.com.au for instructions on how to order.

Cereal

We are selling the remaining cereal left over from the Healthy Breakfast Morning. Please find the order form attached if you are interested.

Keep the Date Free

Tuesday, 19\textsuperscript{th} March 6:00pm- 7:30pm. McDonald’s Family Fun Night. More information to come.
Updating Student Details

We will be sending home with this week’s newsletter, student details information. Can you please change any details that need to be updated in red pen and send back to the office as soon as possible. If all details are correct please sign and send back. Thank you.

Hawkesbury Primary Cricket Trials-Boys

The Hawkesbury PSSA cricket trial is a chance for experienced cricketers to earn eligibility for a place in the Sydney West trial in the 21st and 26th March. Boys wishing to attend the Hawkesbury trial must be experienced, talented players as I am limited to a MAXIMUM of 8 places, not a team of 11. They will need to bring their own equipment including bats, gloves, pads and helmet. If you feel your child would be eligible to attend the trials please see Mrs Lennon.

Time- 4pm- approx. 5.30pm
Date: Tuesday, 12th March
Venue: Richmond Indoor Sports Centre, 14 Lukis Pl, Richmond
Cost: $5 per player to be paid on the day (this goes straight to the sports centre)
Equipment: Cricket whites or school sports uniform, own bat/gloves/pads/helmet
Other information: Helmets MUST be worn by batsmen and keepers.

Thank you
Jane Lennon

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.


Richmond High School Information Evening

RHS is holding an information evening for Years 5 & 6 on Wednesday 13th March at 4-6pm. Regarding Year 7 enrolments.

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: ………………….
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:

family_support@rcsi.ngo.org.au
CASTLEREAGH PARENTS AND CITIZENS ASSOCIATION

6 March 2013

Kellogg’s

Cereal for Sale

Kelloggs have kindly donated a number of boxes of cereal to Castlereagh Public School. The children have already enjoyed some cereal with our Healthy Breakfast. The remaining cereal will be sold to parents and carers at very reasonable pricing.

We currently have these on sale as follows:

- Sultana Bran 1kg catering pack - $4.00 per bag
- Rice Bubbles 1kg catering pack - $4.00 per bag
- Corn Flakes 1kg catering pack - $4.00 per bag

The retail cost of these products range up to approximately $10.00 per pack

If you would like to pre-order packs of cereal, please complete the slip below, send in the correct money in a sealed envelope and we can send your order home with your child. Feel free to pass onto your family and friends!

Kind Regards

Mary Vella
On behalf of the Castlereagh P&C Association

Please send home the following cereal with my child:

<table>
<thead>
<tr>
<th>Cereal</th>
<th>Price per pack</th>
<th>No of packs required</th>
<th>Total Cost</th>
</tr>
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<tbody>
<tr>
<td>Sultana Bran 1kg</td>
<td>$4.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice Bubbles 1kg</td>
<td>$4.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn Flakes 1kg</td>
<td>$4.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Cost of Order</strong></td>
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</table>

I have enclosed $__________________ to cover the total cost of my order.

Name: ___________________ Name of Eldest Child at school: ______________
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 3-8
Red / Blue
49cc, Full auto, 2-stroke, Pull starter, Great for beginners

ZRF70 Estart & kick
Red / Blue
70cc, 4 speed s/auto, 4 stroke, Kick & E / start

Zuma T110E
Blue-white/ Red-White
110cc, 4 speed s/auto, 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, OHC, Kick & E/start, 3/4 Trail, Lights

250cc

XB31B
Blue
250cc, 4-stroke, Kick & E/start, Adj suspension, 21"/18"

XB35
White
250cc OHC 4-stroke, Kick & E/start, Adj susp. 21”/18

XY250 Motocross
White / Black
250cc, DOHC 4-valve, high performance, Competition
WANT TO JOIN THE LEADING CHEER TEAM IN PENRITH?

Recreational and competitive cheerleading classes available in PoM, tumbling, dance and stunt, partner stunt.

Classes available from ages 5 and up for tumbling and ages 3 and up for dance and cheer.

No experience necessary
Beginners welcome

For more information call Kirsten on 0438 355 304
Or visit the studio - 3/31 Coombes Drive, Penrith

www.penrithdistrictcheerleading.com.au

PENRITH DISTRICT CHEERLEADING
Sleep and School-aged Children (5-12 years)

Children aged five to 12 need 10-11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers, the media and Internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioral problems such as hyperactivity and cognitive problems that impact on their ability to learn in school.

Sleep Tips for School-aged Children

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child's bedroom conducive to sleep – dark, cool and quiet.
- Keep TV and computers out of the bedroom.
- Avoid caffeine.
ATTENTION UNDER 11 BOYS

Play Rugby Union in 2013!

Hawkesbury Valley Rugby union are looking for players for 2013

We train Thursday nights 5:30 to 6:30 at Deerubbin Park, Windsor
And play Saturday mornings
Players new to Rugby Union very welcomed!!
Supportive coaching from a senior player
Great opportunities available with the Penrith rep team
(99% of last years team played in the Penrith rep side.)
Feel free to come down to training meet the team & have try

Registration is $90 including shorts and socks. Jerseys provided
www.hawkesjrs.rugbynet.com.au
Orientation night and first training session 14/2/2013

For further information contact
Mal – 0466635930 or malkaczorowski@y7mail.com
Amy (club secretary) – amykilmr@gmail.com
‘Zero Tolerance’ to protect your child

When it comes to the safety of vulnerable road users like school children, 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 STOPPING**
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

**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
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.
Attention is the currency of relationships

Being in the moment when parents are with their children boosts their confidence and resilience

Article contributed by Justin Coulson

There is one thing that shows our children we love them more than anything else in the world. It is taking the time to be emotionally available for them. In my book I refer to it as 'being where your feet are'.

This idea seems so simple that it might be easy to nod your head in agreement, shrug your shoulders, and move on. But to do so may mean you miss the valuable insight that practicing emotional availability provides for your family. Parents who are emotionally available will find that their children are among those most likely to grow up secure, confident and resilient.

Being emotionally available requires us to pay attention – close attention – to the emotional world of our children, and to respond compassionately. In fact,

Just as dollars are the currency of our economy, attention is the currency of our relationships.

Being emotionally available

My eight year old daughter drove this point home to my wife and I during a recent conversation. We were conducting a parenting performance appraisal (which you can read more about on my blog). My wife asked Ella,

"Do Mummy and Daddy make you feel important?"

Her response:

"When you are busy you don't listen to me properly. Like when Dad's on the computer or you (Mum) are doing craft you're not available to me. It feels like those things are more important than me."

Ouch. Those were her words, not mine. Our kids notice when we are not available.

A father told me he was having daily battles with his teenage daughter. He suggested he go for regular walks with her each morning or evening and be emotionally available. The first few walks were awkward. She felt like he had an agenda, and she refused to talk. But within a week they were looking forward to their time together and talking more freely and pleasantly than they had for months. He complained to me (in jest!) that he was thinking of making the walks less regular just so she would stop chewing his ear off!

Invite Your Children Into Your Space

Whether your child is two or twenty two, being emotionally available will improve your relationships with your children. Here’s how to do it:

Go out, turn off your phone, and simply be together – and listen.

It may be in a park, at the beach or on a mountain trail. It might simply be wandering around your neighbourhood. Just make sure there are no distractions (so that means no movies – you can’t talk). Then ask questions, listen carefully and suspend judgement.

Your children will love being in your space and will feel special. Invite them to allow you into their space. It may take more than one date. But if you put your attention into your relationships, they’ll become enriching sources of happiness and meaning for you.

Mums and dads who make themselves available for their children have happier families and better functioning children. Kids do best with both parents being there emotionally, regardless of your family structure. Having happy kids and strong family relationships ... it’s about time.

Hints for being emotionally available to your children:

▶ Minimise distractions by turning off TV, radio, the internet and iPods.
▶ Ensure every child gets some one-on-one time with just you.
▶ Ask questions, listen, suspend judgement.
▶ When one of your children says something to you, stop what you’re doing and really take in their words.
▶ Try to look past the things they say to see their heart and the intent behind their words.
▶ Recognise that challenging behaviour may be your child using her limited communication skills to send a signal that she needs you.

Dr Justin Coulson is a parenting expert and the author of What Your Child Needs From You: Creating a Connected Family. He blogs at happyfamilies.com.au and offers parenting coaching and workshops.
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.