Important Dates for your Diary

TERM 1
Week 9
Thur 28th April - Easter Hunt
- Scripture Assembly
Fri 29th April - Good Friday

Week 10
Mon 1st April - Easter Monday
Wed 3rd April - P&C Meeting
Fri 5th April - Last day of Gymnastics

From the Principals Desk..........

Cyber bullying Performance
Last week our Years 3 – 6 students attended a performance based upon how the inappropriate use of social media sites, such as Facebook, can seriously affect young people. Although it was set in a high school the message was very relevant to our students and judging by the Q&A session at the end they seemed to have taken in the message very well. Some of the messages the students learnt were –

- Children under 13 should not have Facebook accounts
- Even though someone may delete something that they have posted, it remains ‘forever’
- Cyber bullying is a crime and police can get involved
- A simple message posted can ‘snowball’ and can cause hurt and distress

McDonalds Fundraiser
Thank you to all those families and staff who took part in the P&C fundraiser at North Penrith McDonald’s, it was a fun and profitable night for all with $200 being raised. I would like to thank Mary Vella and the P&C for organising this event.
ANZAC Day Commemoration
We will be holding our ANZAC ceremony on Thursday, 11th April. Parents are invited to attend and send in memorabilia that can be put on display during the ceremony. The ceremony will start at 10.40am and conclude at 11am. Our Stage 3 students will be attending the Combined Schools ANZAC Service in Penrith on Tuesday, 9th April.

Keith Hayman
Principal

<table>
<thead>
<tr>
<th>K/1</th>
<th>Chloe C</th>
<th>Lily C</th>
<th>Hailey F</th>
<th>Tahlia G</th>
<th>Brock M</th>
<th>Kane N</th>
<th>Andrew S</th>
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<tbody>
<tr>
<td></td>
<td>Amy B</td>
<td>Jade C</td>
<td>Ella J</td>
<td>Evan A</td>
<td>Andrew S</td>
<td>Jessy B</td>
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<table>
<thead>
<tr>
<th>1/2</th>
<th>Luke S</th>
<th>Megan B</th>
<th>Alexis M</th>
<th>Lexie R</th>
<th>Jackson C</th>
<th>James T</th>
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<tr>
<th>2/3/4</th>
<th>Emily B</th>
<th>Lorelei F</th>
<th>Emily S</th>
<th>William B</th>
<th>Robert W</th>
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<tbody>
<tr>
<td></td>
<td>Caitlin S</td>
<td>Evie G</td>
<td>James B</td>
<td>Bronte H</td>
<td></td>
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<tr>
<td></td>
<td>Lorelei F</td>
<td>Jamie-Lee G</td>
<td>William B</td>
<td>Axyl G</td>
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<table>
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<tr>
<th>4/5/6</th>
<th>Hayley G</th>
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<tr>
<td></td>
<td>Jordan S</td>
</tr>
<tr>
<td></td>
<td>Damien D</td>
</tr>
<tr>
<td></td>
<td>Kieran A</td>
</tr>
</tbody>
</table>

* Ribbons were awarded to – Jackson C, Hannah B, Lorelei F & Hayley G.
Congratulations to our Library Monitors for 2013


Sports News

Congratulations to Madison E for making the District Softball team and to Jacob T for making the Small Schools PSSA Basketball Team.

Last Friday I took a team of 11 students to the Hawkesbury Indoor Stadium for a Gala day. On the day a number of students would be chosen to represent the Hawkesbury area in the Small Schools team. It was a very nervous but exciting time as we our first game and saw some team being annihilated…OMG! was the popular choice of words. Do we have to play them? Umm yes…

We played 5 games winning one and having 2 very close ones with one point in it! The students who represented our school had impeccable manners and sportsmanship and they are to be commended for their efforts. I was a very proud teacher and was glad to have been involved. Thanks to the parents who attended and a special thanks to Mrs Psathas our score person!

From the day we were very lucky to have one of our students chosen to represent the school in the Small Schools team and congratulations need to go out to Jacob Tabone. Great effort considering he plays for fun!

Well done to all the students!

Thanks Mrs V
P & C Newsletter

P&C Meeting
The next P&C meeting will be held Wednesday the 3rd April at 7pm. 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
Thank you to everyone that donated Easter eggs for our raffle. The raffle will be drawn on Thursday 28th March.
Thank you to Leonie Farrant, Erin King, Christine Bransdon, Joanne Davidson, Leanne Nanninga and Sarah Jane O’Hanlon for wrapping our Easter raffle prizes.

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.

Avon
Avon Campaign No 9 was sent home last week. It is due Monday 25th March. Please bring to office.

Bunnings Warehouse BBQ Fundraiser
We are running the BBQ at Bunnings North Penrith, on Saturday 4th May if you can spare some time to help it would be greatly appreciated. There is a slip to complete if you are able to help located in the newsletter. Please support your school.
**P & C Newsletter continued**

**McDonalds Family Fun Night Fundraiser**

Thank you to everyone who was able to come out to McDonalds North Penrith last night. There were approx. 120 people from the Castlereagh Community who participated and we raised $200 from over $1500 in sales over the front counter between 6:00 and 7:30pm.

This was a fantastic and fun fundraiser for our school and the great attendance rate was important to help foster community bonding.

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.

**Healthy Kids Corner**

This week your Healthy Kids pamphlet explains the importance of eating your fruit and vegies. With 60% of kids not eating enough vegetables it is important that we remind ourselves of ways we can include them in our meals! The ‘Eat more fruit and vegies’ pamphlet explains the serving sizes for each developmental age group and gives you some ideas to get the kids eating fruit and veg again. Have fun!

Mrs V.

**Updating Student Details**

If you have not sent back your form please send it in as soon as possible. Please change any details that need to be updated in red pen. If all details are correct please sign and send back. Thank you.
High School – 2013

The transition to high school for our Year 6 students has begun with the distribution of the *Moving into Year 7 in a government school in 2013* package which includes the *Expression of Interest* form. Information from the completed forms is required from every Year 6 student to allow the relevant high schools to begin planning for next year. The *Expression of Interest* form covers all students – those attending their local high school - Richmond or Cranebrook High, applying for an out-of-area public high school, those applying for a selective high school and those students attending a non-government high school. This form must be completed and signed by a parent and returned to school.

**Important dates - Friday 22\(^{nd}\) March completed forms to be returned to school**

Text Books

Invoices for Workbooks and Voluntary School Fees have been sent home. Please make payment to the office as soon as possible. If you are having difficulty making payment please see Mrs Lamey in the office. Thank you

Years 5 & 6 Camp Expression of Interest

If you have not returned your expression of interest for the Yr 5/6 Great Aussie Bush Camp, please do so by Wednesday 27\(^{th}\) March.

International Competitions and Assessments for Schools (ICAS) 2013

We will be offering students in Years 3-6 the opportunity to participate in the ICAS tests. These tests are strictly optional and students may opt to participate in specific tests or all of them. Notes have been sent home with this newsletter. Please fill out and return to Mrs Lamey with payment.
**Mother’s Day Stall**

The P&C are running a Mother’s day stall on Thursday 9th May. The gifts will be $5.00 each and need to be pre-ordered. The order form has been sent home with this newsletter. Please complete order form and return it with the correct money in a sealed envelope to the school office by Thursday 28th March. Thank you.

**Nude Foods**

Congratulations to K/1 who last week had over 50% of the class with nude foods.

**Premiers Reading Challenge**

It is that time of year again. Premiers Reading Challenge has started for 2013. There is a note coming home with this newsletter with all the information regarding the challenge.

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**UNIVERSITY OF WESTERN SYDNEY**

**PENRITH OBSERVATORY**

**FAMILY ASTRONOMY NIGHT**

Is There Anyone Out There? – The hunt for ET

The UWS Penrith Observatory is running an astronomy night for families on Saturday, 23 March at 8pm. The evening will include a multimedia presentation with question time, a 3D astronomy movie and observing of the night sky through the University’s computerised telescopes.

**Cost:** $15 adult, $10 child/concession and $40 family.

**Bookings are essential:** Book online: [www.uws.edu.au/observatory](http://www.uws.edu.au/observatory)

**Enquiries:** Phone (02)4736 0135 or email r.mccourt@uws.edu.au

Roslyn McCourt I Administrative Officer
School of Computing , Engineering and Mathematics
Locked Bag 1797, PENRITH NSW 2751 Tel 02 4736 0135
Email: r.mccourt@uws.edu.au
**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: ………………….
13 March 2013

Dear Parents and Carers,

As part of Castlereagh Public School fundraising in 2013, we have secured the Bunnings Sausage Sizzle North Cranebrook on Saturday 4 May 2013. As many of you would have seen when visiting this store on a weekend, the sausage sizzle is a hugely popular event, and as a fundraiser, has proved to be a very successful one for our school.

We will need to run the BBQ from 8am until 4pm, and will therefore need volunteers to prepare and sell the food over this time. All volunteers must also wear closed-in footwear – NO THONGS.

So, if you can spare 2 hours to come along on the day and help out, please complete the slip below with your details.

Thank you for your support and assistance. The monies raised from this fundraiser will go towards the purchase of technology ie IPADS for the children to use.

Regards,

Mary Vella
P&C President

Name_________________________ Contact Nos: (home)____________________(mobile)__________________

Child’s Name:______________________ Year:____________

☐ YES, I would like to assist in the Bunnings BBQ on Saturday 4th May to help raise much needed funds to purchase technology for the benefit of our children at Castlereagh Public School

The hours I/we can assist are as follows:

☐ 7:00am Set Up ☐ Peeling Onions
☐ 8:00am till 10:00am ☐ Pick Up Bread & Transport
☐ 10:00am till 12:00pm ☐ Transport Drinks & Accessories
☐ 12:00pm till 2:00pm ☐ 2:00pm till 4:00pm
☐ Other (please indicate)________________________
These School Holidays

UNLIMITED BOWLING & LASER SKIRMISH

$15.90 PP ALL DAY*

BUY NOW

AMFBOWLING.COM.AU | CALL 132 263

*See amfbowling.com.au for full terms and conditions
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@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

Kellogg’s
Cereal for Sale

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>
</thead>
<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: __________________
‘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.

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.

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.

What does this mean?
You can stop in this area to drop off or pick up passengers for a maximum of 2 minutes. You must stay within 3 metres of your vehicle.
Why is it there?
To provide safe places for children to be picked up - usually associated with Kiss & Ride zones

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
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!

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For more ideas, support and advice for all your parenting challenges
visit: www.parentingideas.com.au
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.