Important Dates for your Diary

TERM 4

Mon 20 October            Years 3-6 Public Speaking Competition  
Tues 21 October           Year 5/6 Warragamba Dam Excursion  
Fri 24 October            Years 3-6 Final Public Speaking Competition  
Fri 24 October            Grandparents Day  
Mon 27 Oct. – Fri. 7 Nov  Simply Swimming  
Fri 31 October            Halloween Disco  
Mon 3 November            Stewart House Collection  
Wed 5 November            P & C Meeting 7pm  
Wed 12 November           Year 5/6 Cake Day (note date change)  
Thur 13 November          Kindy Orientation  
Thur 13 November          Interrelate Year 5/6  
Wed 19 November           Swimming Carnival (note date change)  
Thur 20 November          Interrelate Year 5/6

Permission Notes and Payments Due

Warragamba Dam                     Wednesday 15th Oct
Grandparents Day                   Friday 17th Oct
Interrelate Years 5/6              Thursday 6th Nov
Workbooks & Paper Levy            ASAP
Voluntary School Fees              ASAP

Please note these amounts can be paid off in instalments.
<table>
<thead>
<tr>
<th>Class</th>
<th>Congratulations</th>
<th>Merit cards</th>
</tr>
</thead>
<tbody>
<tr>
<td>K/1</td>
<td>Cye G&lt;br&gt;Zak W&lt;br&gt;Matthew E&lt;br&gt;Salim G</td>
<td>Lena A&lt;br&gt;Matthew E&lt;br&gt;Nicholas C&lt;br&gt;Madison F&lt;br&gt;Anthony B&lt;br&gt;Salim G</td>
</tr>
<tr>
<td>1/2</td>
<td>Amy B&lt;br&gt;Lily C&lt;br&gt;Katie C&lt;br&gt;Zanya F&lt;br&gt;Kane N&lt;br&gt;Andrew S&lt;br&gt;Jaela F&lt;br&gt;Brianna M</td>
<td>Jessica P&lt;br&gt;Bryce M&lt;br&gt;Declan O&lt;br&gt;Luke S&lt;br&gt;Cohen W</td>
</tr>
<tr>
<td>3/4</td>
<td>Emily B&lt;br&gt;Megan B&lt;br&gt;Caitlin S&lt;br&gt;April A&lt;br&gt;Luca M&lt;br&gt;Luke S&lt;br&gt;Chelsea M&lt;br&gt;Liam C&lt;br&gt;Corey M</td>
<td>April A&lt;br&gt;William B&lt;br&gt;Joel F&lt;br&gt;James W&lt;br&gt;Emily S&lt;br&gt;William B&lt;br&gt;Corey M</td>
</tr>
<tr>
<td>5/6</td>
<td>Amy A&lt;br&gt;Hayley G&lt;br&gt;Celeste S&lt;br&gt;Nicholas P</td>
<td>Evie B&lt;br&gt;Emily M&lt;br&gt;Jack B&lt;br&gt;Axyl G&lt;br&gt;Aliccia K-R&lt;br&gt;Annabelle B&lt;br&gt;Noah H</td>
</tr>
</tbody>
</table>

Ribbons were awarded to: Caitlin B, Jemma B, Nicholas C, Jaime Lee R, Dan Z, James B, Matthew E, Salim G

A Gold Cockatoo was awarded to: Hannah B and Noah M.
From the Principals Desk………

I would like to commence this newsletter by welcoming back the entire school community to Castlereagh Public School for Term 4. I trust that you all had a relaxing holiday break and are ready for the busy times that the conclusion of the year will hold. Please follow the website and information sent home to stay abreast of what is happening at Castlereagh Public School.

Walkathon
Thank you to the P&C, staff, students and family members who assisted in the running of the school Walkathon on the last day of Term 3. All money raised from this event will go towards the P&C, who will in turn direct it back to our school. If you have not yet finalised the collection of outstanding money could you please do so as soon as possible and return it to school along with your completed nomination forms. I look forward to announcing the total amount raised from this event.

Public Speaking Competition
Students from Year 3 – 6 will be participating in the school Public Speaking competition during Week 3 of Term 4 (commencing on 20th October). Towards the end of Term 3 information was sent home to families in preparation of this event. Winners from each age group will represent our school at the Semi-Finals to be held at Londonderry Public School on 4th November 2014. Please support your child/ren in preparation for this school event.

Grandparents Day Celebration
Castlereagh Public School will be holding a Grandparents and Special Guests Day on Friday 26th October 2014. The assembly will commence at 9.30am where the Public Speaking final for Year 3 – 6 will be held. Following the assembly at 10.30 classrooms will be open for visitors to enter. Finally there will be a morning tea held in the Library at 11.00am. Further information can be accessed through the school website.

Year 5 & 6 Warragamba Catchment Tour
Students from Years 5 & 6 will be attending a Warragamba Catchment Tour on Tuesday 21st October. During the day the students will participate in a variety of activities related to the catchment of Sydney’s water supply and participate in a local tree planting bushland management tour. It is anticipated that students will be leaving the school by 9.05am and returning to school.
before the 3pm bell. If you require further information related to this matter please contact the school administration office.

Simply Swimming Program
The Simply Swimming program will be commencing in Week 4 (27\textsuperscript{th} October) and will run every day for 2 weeks. This program is an ideal and strongly supported program that encourages and develops water safety and awareness. If you have not yet completed an expression of interest and you would like your child/ren to participate please contact the school administration office as soon as possible to ensure that a position is secured.

P&C Halloween Disco
The Castlereagh Public School P&C will be holding a Halloween Disco at our school on the evening of Friday 31\textsuperscript{st} October 2014 within the school grounds. Come dressed up in your scariest costume and bring along your best dance moves.

Castlereagh Public School Principal Position
Ms Deborah Summerhayes (Penrith Director of Schools), will be forming the panel to commence the appointment process for the next fulltime Principal of Castlereagh Public School. The outcome of this process will be known towards the end of Term 4. As soon as I have any additional information regarding this position I will forward it through to you.

Kindergarten Enrolment 2015
As we approach the conclusion of the year formal decisions are being made in regards to the make-up of classes for 2015. If you have a child commencing Kindergarten with us in 2015 or you know of someone who is planning on sending their child to our school and have not yet completed an enrolment form could you please do so as soon as possible. Orientation for Kindergarten 2015 will be on Thursday 13\textsuperscript{th} November 2015. Please stay posted for further information regarding this.

Selective High School Application 2016
Please be aware that Selective High School applications for 2016 are currently being processed. If you have a child in Year 5 this year and you are interested in applying for selective high school in 2016, an information letter will be forwarded home shortly. Applications must be completed online as there are no paper copies being accepted. Applications for entry in 2016 can be made online at [www.schools.nsw.edu.au/shsplace](http://www.schools.nsw.edu.au/shsplace) between 14\textsuperscript{th} October and
17th November 2014. All applicants are required to sit the Selective High School Test on Thursday 12th March 2015. I truly hope you have a magnificent week ahead!

Kind Regards

Mr Tony Jeff
Acting Principal

School Lunches
School lunches are available to order each Monday. Please go to www.myschoollunchbox.com.au and follow instructions on how to order.

P & C Newsletter

P&C MEETING
The next P&C meeting will be held Wednesday, 5th November at 7pm in the staff room. All welcome!

UNIFORM SHOP
Our uniform shop will be opened on **THURSDAY only from 9am to 10am** by Mrs Cowlishaw. If you are unable to make it to the uniform shop on a Thursday then you may complete an order form and send it to the office any day. Mrs Cowlishaw will fill your order and send it home with your child on the next Thursday.

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 a certified ‘Crunch and Sip’ school. 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/scrap 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.

Road Closure Nepean Triathlon

Castlereagh Road from Andrews Road to Rickard Road will be CLOSED on Sunday 26th October from 7am to 10am due to the Nepean Triathlon. A detour utilising the Northern Road will be in place.

Swimming Carnival Change of Date

Our swimming carnival has been moved from Wednesday 12th November to Wednesday 19th November, all stays same except date.

Thank you.

Cake Day 5/6

As the Swimming carnival has been moved to Wednesday 19th November, year 5/6 cake day will now be on Wednesday 12th November. Sorry for any inconvenience.

Thank you

Mini Mee Photo Sessions

On Saturday, 22nd November Mrs Mee (Bryce 1/2 & Holly K/1) will be holding photo sessions here at the school. This is a great opportunity to have some lovely family photos taken. Please see the following ad for details about the packages available.
Mini Mee Photo Sessions

$75
1/2 Hour Session
inc 10 digital
images on disc *
*images picked by CMee Photography

$125
1/2 Hour Session
inc All images on
disc with some
selected B&W.

Limited times available on the
22nd Of November 2014.
9, 9:30, 10, 10:30, 11, 11:30, 12, 1, 1:30, 2, 2:30, 3, 3:30.
Bookings are $10 and paid to Castlereagh Public School. The package you choose is
due on the day photos are taken.
Photos will be taken on the school grounds.
To Book call or txt:
0409 761 523
BOOKINGS

Bookings are essential for all groups. All groups are free unless there is a cost for workbooks.

If you register for a group, and the group is not able to attend, please contact us to let us know you are not coming. We often have a waiting list for groups and when you do not attend, you deprive another parent of coming to the group.

GROUP & WORKSHOP FLYERS ARE AVAILABLE AT HTTP://HANDSHEARTSMINDS.WORDPRESS.COM/PARENTING-GROUPS-AND-WORKSHOPS/.

REFRESHMENTS

Tea and coffee provided. Please bring your own snacks.
Most of the groups do not have a scheduled break.

CHILD MINDING

Child minding is available for some groups. Bookings are essential to ensure we have the correct carer to child ratio. Child minding services are provided by Care Pair and/or Nepean Community & Neighbourhood Services.
Please bring snacks, lunch, and drink bottle for your child (no peanut products please). Please dress your child in play clothes and sturdy shoes. Please bring a hat and nappies. Parents are responsible for toileting or changing their child.

TRANSPORT

All venues have parking available. They are also accessible by public transport. Please ask for more information when booking your place.

CONTACT DETAILS

Narellie Smith
Family Worker & Student Wellbeing Worker
Nepean Community & Neighbourhood Services

Mobile Phone: 0409 986121
Centre Phone: 4721 8520
Email: narellie@nepeancommunity.org.au

Facebook: Parenting in Penrith
Blog: handsheartsminds.wordpress.com
Blog: oranaplaygroup.wordpress.com
Pinterest: pinterest.com/handshearmind

WWW.NEPANECONMUNITY.ORG.AU
WWW.FACEBOOK.COM/NEPANECONMUNITY

Check out our parenting groups and workshops at:
handsheartsminds.wordpress.com/
pARENTING-GROUPS-AND-WORKSHOPS/

Flier updated 8/3/14

GROUP | DETAILS | DAY, DATE & TIME | LOCATION
--- | --- | --- | ---
**Triple P parent group (Positive Parenting Program)** | Need some more tools for your parenting toolbox? Build strong and positive relationships, manage mistaken behaviour, make parenting more enjoyable and less stressful. **YOU MUST ATTEND THE FIRST SESSION!** | **Wednesdays** - 6 sessions: 5th Nov to 30th Dec 10am to 12:15pm | South Penrith Neighbourhood Centre, 1 Trent St, South Penrith. Limited to 14 participants. Child minding available.

**Triple P**
- Parent Traps
- Coping with your anger
- Partner Support
- Coping skills
For parents who have completed the Triple P parent group. Need extra support to get Triple P going in your family? Please go to handsheartsminds.wordpress.com/parenting-groups-and-workshops/ for a description of these sessions.

Individual sessions by appointment (day only).
Cost: $10 for the workbook.

**Triple P**
- Family Transitions
For parents who are experiencing parenting challenges associated with separation and divorce.

Individual or small group sessions by appointment (day only).
Cost: $45 for the workbook & CD

**Circle of Security**
Increase your awareness of your children's needs and your responses to those needs. Become aware of the learned patterns that get in the way of being able to be a bigger, stronger, wiser, and kinder parent. Learn the importance of belonging and connection, and relationship repair.
**YOU MUST ATTEND THE FIRST SESSION!**

**Fridays** - 7 sessions: 24th Oct to 5th Dec 10am to 12:15pm | Floribunda Community Centre, 1 Floribunda Ave, Glenmore Park

**Cool Little Kids**
A programme for parents of children aged 3 to 6 years who are excessively shy or who are showing signs of excessive worry in the home and community.

**Mondays** - 6 sessions: 27th Oct to 1st Dec 11am to 3pm | Floribunda Community Centre, 1 Floribunda Ave, Glenmore Park
Child minding available.
Cost: $20 for the work book.

**Resilience Doughnut**
The Resilience Doughnut is a tool that parents can use to measure their child's resilience. In this workshop we look at how we can flip our child's problems into possibilities.

**Monday**
11am to 1:30pm | Floribunda Community Centre, 1 Floribunda Ave, Glenmore Park
Child minding available.

**Special Playtime**
Special Playtime helps parents build a relationship with their child through play, to reduce negative patterns of interacting and increase co-operation. This workshop is for the parents only.

**Thursday**
30th October 11am to 1:30pm | Floribunda Community Centre, 1 Floribunda Ave, Glenmore Park
Child minding available.

**Connecting with Kids**
Support for your Special Playtime and/or Circle of Security skills.

Individual sessions by appointment.

BOOKINGS ARE ESSENTIAL FOR ALL GROUPS AND WORKSHOPS. SEE BACK PAGE FOR CONTACT DETAILS.
INFORMATION ABOUT ALL GROUPS ARE AT HTTP://HANDSHEARTSMINDS.WORDPRESS.COM/PARENTING-GROUPS-AND-WORKSHOPS/.
Freemans Reach Public School

SPRING FAIR

Saturday 18th October 2014
9am—3pm

Rides  Lions BBQ  Market Stalls
Raffle  Showbags  Lucky Dips
Chocolate Wheel  Devonshire Tea
Plants  Book Stall  Cake Stall
Entertainment  Obstacle Course
Face Painting  Community Groups
Photo Booth  ....and much more!
**2014-2015 Family Energy Rebate**

Apply before Midnight 16 June 2015

2 MINUTES TO FILL IN A FORM
*eligibility criteria apply

**WHAT IS THE FAMILY ENERGY REBATE?**

The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:

- A $150 credit on electricity bills for eligible applicants who hold an account with an electricity retailer
- A $165 direct payment to nominated bank accounts for eligible applicants who live in a residential community (caravan or mobile home park) and receive electricity from the park operator.

**AM I ELIGIBLE FOR THE REBATE?**

To be eligible you MUST:

- Be a NSW resident; and
- Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2013-2014 financial year, and have received an FTB payment in respect of that eligibility; and
- Be an account holder of an electricity retailer, or a long-term resident of a residential community (caravan or mobile home park), whose name appears on the electricity account for supply to her or his principal place of residence.

**WHAT DO I NEED TO DO BEFORE I APPLY?**

Before you apply, here's a quick checklist. Have you:

- Lodged your tax return for 2013-14 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?
- Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?

**HOW TO APPLY**

- **ONLINE** – it takes just two minutes to submit an application. Processing starts immediately.
- **PAPER** – download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the residential community where you live.

**FOR MORE INFORMATION & ASSISTANCE**

PHONE Service NSW 13 77 88
EMAIL fer.program@trade.nsw.gov.au
Saturday 25th to Sunday 26th October 2014
9:30am - 4pm
Adults $5 • Concession $4 • Children $2

26th Annual
Doll, Bear, Craft Show

FEATURING:
• Unique Handmade Products
• Dolls and Accessories
• Wooden Toys and Furniture
• Doll’s Houses and Supplies
• Teddy Bear and Making Supplies
• Aromatherapy • Jewellery, Craft

For more information call 4731 3000
or visit www.museumoffire.com.au

Museum of Fire, 1 Museum Drive, Penrith.
The Museum of Fire is a Registered Charity.
Road safety around your child’s school
Your child’s safety depends on you

Drop off and pick up by car
Make sure your children are in an appropriate child car seat that is fitted and used correctly.
Stick to the 40km/h speed limit in a school zone as children are about.
Look for buses pulling out – watch for flashing wig wag lights.
Always park and turn legally around schools.
Avoid dangerous manoeuvres such as U-turns and three-point turns.
Always give way to pedestrians particularly when entering and leaving driveways.
Drop your children off and pick them up on the school side of the road in your school’s designated drop off and pick up area. Calling out to them from across the road is dangerous – they may run to you without checking for traffic.
It’s safest for children to get out of the car on the kerb side of the road to be away from passing traffic.

Walking together to and from school
Plan your trip to school so you use pedestrian crossings where possible.
Always hold your child’s hand. Children need your help to spot dangers such as vehicles coming out of driveways. They can also be easily distracted and wander into traffic.
Drop off and pick up your child near the school gate and avoid calling them from across the road.
Talk with your children about Stop, Look, Listen and Think every time they cross the road.
STOP! one step back from the kerb.
LOOK! for traffic to your right left and right again.
LISTEN! for the sounds of approaching traffic.
THINK! whether it is safe to cross.
Young children can learn these safe pedestrian habits from you and continue them later on when they are old enough to travel alone.

Did you know your child is learning about road safety at school?
School Tips -

Getting organised for Term 4
Welcome back to school! Keep track of the week numbers of each Term and help your family stay on top of the million and one things happening this time of year with School A to Z's monthly planners. They're easy to print out and pop up on the fridge for all to see. You might even want to print a spare for each child's bedroom so there are no excuses for them to forget homework, chores and other weekly activities. http://bit.ly/UbmQz8

Public speaking made easier.
Many people rate speaking in public as one of their worst fears. But it's an important skill for kids to master, which is part of the reason why we start them off with News in Kindergarten and progress to other presentation skills from an early age. Helping your child prepare their speeches and presentations at home will really boost their confidence. Here are practical tips any parent can use: http://bit.ly/Kr3ukB

Motivating “laid-back” children
Why do some children prefer to lead a lazybones life, while others love to tear around the sports field? Is it a hereditary trait? And what can parents do to encourage those children to get up off the sofa, or switch off the computer, and get a little physical? Find out more: http://bit.ly/1s5TN5Z

Lunch box ideas
Kids tired of the same old sandwiches for lunch each day? School A to Z's Lunchbox section has some fresh ideas to help busy parents add some healthy, fresh variety to school lunches. http://bit.ly/gsfDOE
**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: ………………….
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.

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.