Important Dates for your Diary

TERM 1

Thursday 20 March     Netball Clinic (in school, all grades)
Wednesday 26 March    All Purple Day 'mufti'
                      Keep Me Safe program
Monday 31 March       Parent/Teacher Interviews
Tuesday 1 April       Parent/Teacher Interviews
Wednesday 2 April     Parent/Teacher Interviews
Wednesday 2 April     P & C Meeting 7 pm
Thursday 3 April      Parent/Teacher Interviews
Tuesday 8 April       Cross Country
Wednesday 9 April     Hawkesbury Retirement Village Year 3/4
Thursday 10 April     Easter Scripture Assembly
                      ‘Out of the Bag’ Performance
Friday 11 April       Easter Egg hunt
                      Easter Raffle Drawn
                      Last Day Term 1

Permission Notes and Payments Due

Yr 6 Expression of Interest for High School     Friday 21 March
Easter Raffle Tickets                            Wednesday 9 April
Media Permission                                ASAP
Student Details Update                          ASAP
Workbooks & Paper Levy                          
Voluntary School Fees                           

Please note these amounts can be paid off in instalments.
<table>
<thead>
<tr>
<th>Class</th>
<th>Congratulations</th>
<th>Merit cards</th>
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<tbody>
<tr>
<td>K/1</td>
<td>Donavan F</td>
<td>Lena A</td>
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<td></td>
<td>Hailey F</td>
<td>Matthew E</td>
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<td>Mylie D</td>
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<td>Madison F</td>
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<td></td>
<td>Scarlett O</td>
<td>Holly M</td>
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<td>Anthony B</td>
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<td>Jemma B</td>
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<td>1/2</td>
<td>Amy B</td>
<td>Mary D</td>
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<td>Lily C</td>
<td>Brianna M</td>
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<td>Liam N</td>
<td>Cohen W</td>
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<td>Kane N</td>
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<td>Jessica P</td>
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<td>Jack D</td>
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<td>Kane N</td>
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<td>Bryce M</td>
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<td>Luke S</td>
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<td></td>
<td>Brianna M</td>
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<td>3/4</td>
<td>April A</td>
<td>Joni-Rose B</td>
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<td>Jaime Lee R</td>
<td>Emily B</td>
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<td>Jackson C</td>
<td>Luke S</td>
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<td>Joshua F</td>
<td>Chelsea M</td>
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<td>Emily S</td>
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<td>Damon P x 3</td>
<td>Robert W</td>
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<td>Dan Z</td>
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<td>William B</td>
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<td>Caitlin S</td>
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<td>5/6</td>
<td>Ben P</td>
<td>Axyl G</td>
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<td>Nicholas P</td>
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<td>Ben P</td>
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<td>Kaitlyn G</td>
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<td>Noah M</td>
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</tbody>
</table>
Ribbons were awarded to: Chloe C, Donavan F, Lily C

Congratulations to our new SRC : Janai R, Donavan F, Amy B, Brianna M, Emily B, Emily S, Emily M, Hannah B, Celeste S, Noah M and Adam S.

**From the Principals Desk………**

**Parent Teacher Interviews**

Interviews will be held during Week 10. We are using an electronic booking program this year so that parents can log on to the site and select suitable interview times with their child’s teacher. This is done on a ‘first come, first served’ basis. Those families who cannot access the internet will be able to contact Mrs Lamey, who will log on on their behalf. This program will give instant confirmation of interview times.

**Parents approaching children other than their own**

There seems to be an increasing trend of parents approaching children in the playground or around the school to make comments about things that have allegedly happened either at school or outside of the school or even the way they are behaving. **This practice must stop.** It causes distress for the child(ren) involved and ill will between families. If there is a problem, it should be dealt with through the staff.

**Year 6 to 7 Transition**

A reminder that all EOIs for high school placements need to be returned by this Friday, so that Mrs Lamey can process the forms and send them to the relevant schools.

**‘Keeping Me Safe’ program**

Sen. Constable Tracey Gallen, of Penrith Police, will be delivering the ‘Keeping Me safe’ program to our K-2 students next Wednesday and will be talking to our Yr 3 – 6 students about other safety issues following that.

**Road Safety**

Unfortunately we have seen and have had reports of unsafe bike riding and driving practices around the school when parents are dropping off and picking up their children.
Most concerning are the students who ride their bikes to school, either accompanied or unaccompanied. As a general guide, students should be 10 years old before they ride to school, always wear a helmet, ride straight home and be aware of road rules and safe riding practices.

At times, parking restrictions around the school are not being adhered to and as a result can lead to parking infringement fines from council rangers or the highway patrol, both of which make periodic checks. The most common of these are the ‘No Stopping’ zone near the main gates and the ‘No Parking’ zone next to the Hinxman Rd gates, where parents can quickly drop off and pick up their children without leaving the car. Please remember that doing a U-turn across double lines

**The RTA website states that –**

`No Stopping` = You may not stop your vehicle for any reason. If you stop in a 'No Stopping' zone that is in an operating school zone the fine is $243 and 2 demerit points

`No Parking` = You may not stop for longer than 2 minutes and only to drop off or pick up passengers or goods (i.e. you must remain within 3 metres of your vehicle).

I’d also like to request that if you are dropping off your child on the eastern side of Post Office Rd that you encourage your child to use the pedestrian crossing rather than walking straight from the car across the road to the gate. We have noticed an increasing number of students not using the pedestrian crossing when arriving or leaving the school.

**Keith Hayman**  
**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.

**School Banking**

Our school banking day is **Tuesday**, bring your bank book in to the office before the morning bell.
Dear Parents

Parent/Teacher interviews will be held in Week 10 (starting 31st March). You can now book interviews at times that suit YOUR FAMILY BEST. Go to www.schoolinterviews.com.au and follow these simple instructions.

BOOKINGS CLOSE FRIDAY 28TH MARCH AT 1PM.

Go to www.schoolinterviews.com.au

Enter this school event code. JM3BL
Then follow the 3 simple steps.

When you click finish, your interview timetable will be emailed to you automatically - check your junk mail folder if you do not receive your email immediately. You can return to www.schoolinterviews.com.au at any time, and change your interviews - until bookings close.

For parents that don’t have access to the internet at home, at work, at a friend’s house or on their phones, please call Mrs Lamey on 4776-1197 so that she can book a time for you. Interviews are strictly 10mins and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Parents can change their interview bookings, any time prior to the closing date, by re- visiting the www.schoolinterviews.com.au website, and using the event code. Remember to use the same name and email address, you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact the school directly on: 4776-1197.

We would love to hear what you think about online booking. If you get time, click on the “contact us” button on the www.schoolinterviews.com.au website, and leave some feedback - anonymously if you wish, but please include the school’s name and suburb.
PURPLE DAY FOR EPILEPSY
WEDNESDAY 26TH MARCH

On Wednesday 26th March we will be supporting Adam S of Year 6 by having a PURPLE mufti day to raise awareness about epilepsy. Students are asked to wear something PURPLE for a gold coin donation. Please do not go out and buy something. If you do not have anything PURPLE you may just wear mufti.

There will be merchandise to purchase on the day or from the office from the 10th March, there will also be cupcakes for sale at recess for 50c each.

Please support Adam and the Epilepsy Foundation to increase awareness and raise much needed funds for people and their families affected by epilepsy.

_____________________________________________________________

Websites that may be of interest

School A to Z app

Do you struggle to understand your child's homework? Does your child need to practise their spelling and times tables? Are you looking for inspiration for projects and assignments? This free homework helper app provides maths and English glossaries, assignment starters and more.

Find out more:  http://www.schoolatoz.nsw.edu.au/about/mobile-applications/school-a-to-z

Wild Australia app

Your child can use this terrific app as an interactive educational tool at Taronga Zoo in Sydney or at Taronga Western Plains Zoo, Dubbo. Wild Australia can also be used at home to discover more about the zoos’ amazing animals and interesting keepers.

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/scraps that the children have that day must be taken home with their lunches, a class tally is kept of the number of children having ‘nude foods’! These are foods that have no wrapping but come in a reusable container. Thank you for your continued support for these two programs.

Jane Lennon
**Easter Egg Raffle**

Castlereagh PS is holding their annual Easter Egg raffle again this year and we would like to ask if students could each donate an Easter Egg. Please bring your chocolate donation into the office by Monday 31st March.

Raffle tickets have been sent home for each family and will be due back at school by **Wednesday, 9th April**. The raffle will be drawn on Friday, 11th April.

Are you able to volunteer some time to help wrap the Easter Raffle Prizes? We would like to get a group of Parents/ carers together a week before the raffle is drawn. Please see Mrs Lamey in the office (or send her a note) if you are able to help.

Thank you.

**UWS PENRITH OBSERVATORY**

Astronomy Night – Saturday 22 March (8pm – 10pm)

**DADS & KIDS NIGHT**

Kids and dads also include grandfathers, kids and grandkids. So it is for everyone. Age is no barrier to spending an evening with the family and the stars. This night not only includes a multimedia presentation but also a 3D astronomy movie and viewing of the night sky through the University's computerised telescopes (weather permitting). Our program will run regardless of the weather.

**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), What's On

**Enquiries:** Phone (02)4736 0135 or email [r.mccourt@uws.edu.au](mailto:r.mccourt@uws.edu.au) (Mon, Wed, or Thurs)

Roslyn McCourt | Administrative Officer
School of Computing, Engineering and Mathematics
Tel: 02 4736 0135
Email: [r.mccourt@uws.edu.au](mailto:r.mccourt@uws.edu.au) | [www.uws.edu.au/observatory](http://www.uws.edu.au/observatory)
Office Hours: Mon, Wed and Thurs 8.30 am - 3.00 pm
Responsible Pet Ownership

This week K-2 had the pleasure of Mrs Lai and her beautiful dog, Diva, coming to our school to talk to us about responsible pet ownership. The visit has been occurring regularly for the last few years and I was most impressed with the knowledge the children had retained from last year.

Quotes from the children about their favourite apart:

When I got to be the angry dog……Luke

Patting Diva…..Jessica

When I patted the dog……… Mary

When we learnt about Victor and Victoria……Jack

Jane Lennon
Healthy Harold

Monday and Tuesday of last week Healthy Harold paid us a visit and the students were taught subjects such as the importance of healthy eating and exercise, drugs, bullying and peer group communication.

Life Education Visit

Firstly, when we walked in the doors Sam told us to sit down and then she turned on the board and we talked about cyberbullying. She put on four videos on how dangerous technology can be. The first one was about a boy’s two cousins that told him about a free website with the newest videos and when he logged in it asked for a credit card so he got his mum’s credit card and then $3000 was spent on her credit card.

We also watched a video on a girl with an I-pad who was playing a game and she couldn’t get past level 5 so she asked for some help and she asked someone else that played that game so the other person that played that game asked for the girl’s game password and when the girl went to play the game she had no more game credit left.

Then after that we got some cards and we had to act out if someone (or you) were getting bullied. We also got other cards with questions about technology to see if they were good or bad.

Evie Gilmore- 3/4

Life Education Visit

Firstly we met Sam and she told us to find a spot on the floor. Then she said ‘Guess what we are doing today!’ Then she told us we were talking about cyberbullying and so she showed us a quick video about a girl names Sarah. Then we watched a few more videos but this one particular video caught my eye and it was about a boy that played soccer and his mate videoed him and posted it on youtube. Then people started posting rude messages that really hurt his feelings but his mare didn’t know about it. Then he apologised because he didn’t know how much it hurt his feelings until he saw him one day at school and he was very down.

At the end of the lesson we got to pat Harold and received our things and also got a chatterbox and a letter with safety tips on it.

Emily Said- 3/4
On Monday, 10th March 2014, Graffiti Education came to Castlereagh Public School. You’re probably thinking “Did they come to teach graffiti?” No, they taught us how bad graffiti is!!

Zed come along and was talking to us about his childhood. One day, he came home with his report card and his parents were fighting. He went for a walk and saw these two cool dudes Beedo and Wazza from school. They were just sitting at the bus stop, not to be rude he went to say ’hi.’ Beedo and Wazza asked, “Do you want to do a bit of tagging”? He didn’t know what to do so he said, “Yeah,” thinking his parents would never find out!!! Later on they also went tagging at the train station. They were alone for a while until two police officers showed up!! What were they doing?? They were taking photos of the taggings and the taggers! For the rest of the afternoon they were at the police station getting questioned!! Zed got grounded for a month and a massive fine!!

Zed was telling us about the ‘No Game’ where you have to think to yourself is it a red light, an orange light or a green? If it is a red light don’t do it, If it is an orange light think about it for a little while, if it is a green light stay back for a little while.

The message that they were trying to get to us was is always stick up for yourself and don’t be afraid to say “no”!!

By Daniel and Celeste
**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: …………………..
Cough etiquette and respiratory hygiene

Cover your cough

- When coughing or sneezing, use a tissue to cover your nose and mouth
- Dispose of the tissue afterwards
- Wear a surgical mask, if possible

Wash your hands

- After coughing, sneezing or blowing your nose, wash your hands with soap and water
- Use alcohol-based liquids, gels or wipes if you do not have access to soap and water

Remember hand washing is the single most effective way to reduce the spread of germs that cause respiratory disease.

Anyone with signs and symptoms of a respiratory infection, regardless of the cause, should be instructed to cover their nose/mouth when coughing or sneezing; use tissues to contain respiratory secretions; dispose of tissues in the nearest waste receptacle after use; and wash their hands afterwards.

Australian Government
Department of Health and Ageing
11. Safe driving in 40km/h school zones

- The 40km/h school zone slows traffic in the vicinity of the school.
- Most 40km/h school zones operate between 8am and 9:30am and 2:30pm till 4pm on each gazetted school day. Gazetted school term dates for 2011, 2012, 2013 and 2014 are listed to the right.
- The 40km/h school zone speed limit must be observed even if school children are not visible.
- Take extra care near the school crossing.
- Follow the directions of the school crossing supervisor on supervised school crossings.
- 40km/h school zones operate on each gazetted school day. For further information, check the RTA website www.rta.nsw.gov.au.

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<thead>
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<th>GAZETTED SCHOOL TERM DATES</th>
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<tbody>
<tr>
<td><strong>2011</strong></td>
</tr>
<tr>
<td>TERM 1</td>
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<td>TERM 2</td>
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<td>TERM 3</td>
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<td>TERM 4</td>
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Minimum fines and loss of demerit points for exceeding the 40km/h speed limit in an operating school zone:

<table>
<thead>
<tr>
<th>Speed</th>
<th>Minimum fine</th>
<th>Minimum loss of demerit points</th>
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<tbody>
<tr>
<td>10 km/h and under</td>
<td>$150</td>
<td>2*</td>
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<tr>
<td>More than 10km/h but less than 20 km/h</td>
<td>$271</td>
<td>4*</td>
</tr>
<tr>
<td>More than 20km/h but less than 30 km/h</td>
<td>$451</td>
<td>5*</td>
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<tr>
<td>More than 30km/h but less than 45 km/h</td>
<td>$872</td>
<td>6*</td>
</tr>
<tr>
<td>More than 45 km/h</td>
<td>$1,967</td>
<td>7*</td>
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*These values are higher for provisional drivers and are doubled during designated holiday/long weekend periods.

For further enquiries www.rta.nsw.gov.au | 13 22 13

Move Ahead with Street Sense is a road safety education program delivered as part of the PDHPE program in all NSW primary schools.

March 2011 RTA/Pub. 11086 | Stock No 4509 8068

12. Safety around school crossings

- Ensure that your child always uses the school crossing – it is the safest point of entry to the school.
- Where there is a school crossing supervisor at a school crossing:
  - Pedestrians must wait on the footpath at least one step back from the edge of the road, until the school crossing supervisor indicates that it is safe to cross.
  - Drivers must not proceed until:
    - The crossing supervisor’s hand-held sign is no longer displayed; or
    - The crossing supervisor indicates that the motorist may proceed through the crossing.
- Where there is an unsupervised children’s crossing:
  - Drivers must stop at the white line if pedestrians are waiting to cross or are crossing, when the ‘CHILDREN CROSSING’ flags are displayed. Drivers must remain stationary until the crossing is completely clear of pedestrians.
  - Drivers need to know that a children’s crossing is a part-time crossing that operates before and after school hours, and at times when children are using the crossing, such as for excursions or during lunchtimes.
- The minimum penalty of a $344 fine and the loss of 2 demerit points applies if you park or stop on or near:
  - A pedestrian crossing.
  - A children’s crossing.
  - Any marked foot crossing.
- The minimum penalty of a $344 fine and the loss of 4 demerit points applies for failure to give way to a pedestrian.

For further enquiries www.rta.nsw.gov.au | 13 22 13

Move Ahead with Street Sense is a road safety education program delivered as part of the PDHPE program in all NSW primary schools.

March 2011 RTA/Pub. 11086 | Stock No 4509 8068
The power of a sincere compliment

It’s amazing the impact a sincere compliment can have on the confidence and self-esteem of a child or young person.

I overheard a friend tell her eight-year-old daughter last week:

“You did such a good job helping your brother yesterday. You are such lovely big sister!”

My friend’s face lit up with a smile as she said it. She gently put her hand on her daughter’s shoulder at the same time.

The little girl beamed, then she went off to play.

It was a simple parenting moment among many that my friend would have initiated that day.

I couldn’t help thinking that it doesn’t take much to grow kids’ self-esteem and create good feelings at home.

A sincerely given compliment has an enormous impact on the person who receives it. We all grow a little taller, at least inside, when we are given a compliment.

We also feel closer to the person who complimented us.

Compliments satisfy the deep craving we all have to be appreciated.

There is one problem. While compliments are easy to give, they are also easy not to give.

We forget.

We underestimate their impact.

We haven’t developed the habit of giving compliments.

Amplify the impact

There were two things my friend did that amplified the impact of her compliment.

1. She smiled as she gave the compliment.

2. She touched her daughter as well.

Touch will always amplify a compliment. It makes it personal.

Her mother’s smile told her daughter what her mum really felt. In fact, the touch and smile said it all. The words reinforced the smile and touch.

The compliment was given and received through three senses – visually, kinaesthetically and auditorily.

That’s how kids receive all our messages – they see, they feel, they hear – though we often focus on the words and forget the visual and kinaesthetic.

Next time your child does something worthwhile take the time to give a compliment.

Smile (tell your face you are happy) and add a little touch to really let them know how you feel. Watch your child’s reaction. It’ll have a significant impact.

It doesn’t take much.
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.