**Important Dates for your Diary**

### TERM 1

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 2 April</td>
<td>Parent/Teacher Interviews</td>
</tr>
<tr>
<td>Wednesday 2 April</td>
<td>P &amp; C Meeting 7 pm</td>
</tr>
<tr>
<td>Thursday 3 April</td>
<td>Parent/Teacher Interviews</td>
</tr>
<tr>
<td>Tuesday 8 April</td>
<td>Years 4-6 Anzac Ceremony at Penrith Paceway</td>
</tr>
<tr>
<td></td>
<td>In-school Cross Country</td>
</tr>
<tr>
<td>Wednesday 9 April</td>
<td>Hawkesbury Retirement Village Year 3/4</td>
</tr>
<tr>
<td></td>
<td>Dance performance 1pm- parents welcome</td>
</tr>
<tr>
<td>Thursday 10 April</td>
<td>Easter Scripture Assembly</td>
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<tr>
<td></td>
<td>‘Out of the Bag’ Performance</td>
</tr>
<tr>
<td>Friday 11 April</td>
<td>Easter Egg hunt</td>
</tr>
<tr>
<td></td>
<td>Easter Raffle Drawn</td>
</tr>
<tr>
<td></td>
<td>Last Day Term 1</td>
</tr>
</tbody>
</table>

### TERM 2

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 28 April</td>
<td>Staff Development Day</td>
</tr>
<tr>
<td>Tuesday 29 April</td>
<td>Students resume Term 2</td>
</tr>
<tr>
<td>Thursday 8 May</td>
<td>Mother’s Day Stall</td>
</tr>
</tbody>
</table>

### Permission Notes and Payments Due

<table>
<thead>
<tr>
<th>Activity</th>
<th>Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>‘Out of the Bag’ Performance</td>
<td>Monday 7 April</td>
<td>$6.00</td>
</tr>
<tr>
<td>Hawkesbury Retirement Village</td>
<td>Monday 7 April</td>
<td></td>
</tr>
<tr>
<td>ICAS Yrs 3-6</td>
<td>Tuesday 8 April</td>
<td></td>
</tr>
<tr>
<td>Easter Raffle Tickets</td>
<td>Wednesday 9 April</td>
<td></td>
</tr>
<tr>
<td>Mother’s Day Order Form</td>
<td>Friday 2 May</td>
<td>$5.00 per gift</td>
</tr>
<tr>
<td>Workbooks &amp; Paper Levy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Voluntary School Fees</td>
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</tr>
</tbody>
</table>

Please note these amounts can be paid off in instalments.
<table>
<thead>
<tr>
<th>Grade</th>
<th>Names</th>
<th>Merit Cards</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Lily C, Alexis M, Tayla H, Luke S</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Joshua F x 2, Luke S, Damon P</td>
</tr>
</tbody>
</table>

Ribbons were awarded to: Jemma B, Jacob R, Luke S, Emily S, Jessica P, Anika R, Luca M
From the Principals Desk………

As this is the last newsletter for the term, I’d like to wish both our students and staff a very restful and safe holiday break. We look forward to another productive and exciting Term 2. Just a reminder that this year Easter falls in the middle of the school holidays so school finishes on Friday, 11th April.

Next week will be a very busy and I’m sure, exciting week for our students. Next Tuesday, our Years 4, 5 and 6 students will be attending the ANZAC service at Penrith Paceway. Also on Tuesday we will be conducting our schools cross country carnival. On Wednesday, Class 3/4 will be entertaining the residents of Hawkesbury Retirement Village. Thursday, our students will be entertained by ‘Out of the Box’ and during scripture time our scripture groups will combine for a special Easter Assembly. On Friday, the SRC will be running their Easter Hat Parade and Easter Egg hunt.

Parent / Teacher Interviews
We had a very pleasing response to our new online parent/teacher interview booking system with over 70 interviews being booked and conducted across this week.

Well done, Adam
Last week’s Purple Day for Epilepsy Australia was a great success with over $700 being raised for epilepsy research. Congratulations to Adam, his mother and the parents who assisted on the day for making it a successful fundraiser for such a worthy cause.

SDD
A reminder that Monday 28th April is our Staff Development Day. We will be completing our training modules for the new English Curriculum as well as some other compliance training modules.

Easter Raffle
We will be drawing the Easter Raffle following the SRC Easter Hat Parade on Friday morning. A big thank you to the families that have donated eggs and to those parents who are organising the prizes and putting the baskets together.

Road safety around the school
Unfortunately, we are still seeing and hearing about unsafe driving and parking practices before and after school. The whole school community has the responsibility to ensure the safety of our students so please when you are dropping off or picking up your child make sure you are setting a good example for your child.

There have been reports from local schools of parents receiving fairly hefty fines and lose of demerit points for illegal parking, standing in no stopping
zones and parking in ‘Kiss and Drop’ zones during ‘School Zone’ times. We do witness these things happening around our school regularly.

Dance
Upon the conclusion of our dance program next Wednesday, 9\textsuperscript{th} April each class is going to perform a dance routine for each other. This will happen at 1pm and Parents/ Carers are welcome to attend.

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 \textbf{Tuesday}, bring your bank book in to the office before the morning bell.

P & C Newsletter

UNIFORM SHOP

Our uniform shop will be opened on \textbf{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. There is also a new order form for the uniforms, if you require one please see Mrs Lamey in the office or on our website.

P&C MEETING

The Next P&C meeting will be held tonight, Wednesday, 2\textsuperscript{nd} April at 7pm. All welcome!

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/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.

**School Uniform**
Recently there have been a number of students not wearing the correct uniform. Please make sure your child is wearing the correct uniform, if needed there are a number of items in the clothing pool for sale at $2 each.

**Easter Egg Raffle**
Raffle tickets have been sent home for each family and are 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.

**School Supplies**
Coming into Term 2 please ensure your children’s stationery supplies are replenished eg. glue sticks, pencils etc. Thank you for your support.
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.

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: ..................
Holiday activities @ your library

For the April school holidays, Penrith City Library will present an exciting mix of magic and family shows along with art and science workshops.

**Family shows:**

- **Beating around the bush with Mark Stewart** - Wednesday 16 April 2014
- **Magic show with Joel Howlett** - Wednesday 23 April 2014

**Workshops:**

- **Egyptian art workshop with Rosalie Thompson** - Tuesday 15 April 2014
- **Embroidery workshop with Del White** - Tuesday 22 April 2014
- **Magic and Juggling workshop with Joel Howlett** - Wednesday 23 April 2014
- **Chaotic Chemistry with The Crazy Scientist** - Thursday 24 April 2014
- **Mad Medicine with The Crazy Scientist** - Thursday 24 April 2014

**Teen Activity:**
- **Art workshop with Rosalie Thompson** - Tuesday 15 April 2014

**Activity at St Marys Corner:**
- **Lego Robotics workshops with Fizzics education** - Monday 14 April 2014

All presenters are experienced professionals in their fields and in working with children. Tickets sell fast so book now!

For more details, see the attached Children’s Newsletter. Feel free to display it, reproduce it in your school newsletter, and pass it on to your friends. Your **Art, Science, English and Gifted and Talented Program teachers** will be particularly interested in these activities, so please pass it on to them too.

Have a safe and healthy holiday.

Yours sincerely,

**Elizabeth Barry**
Senior Library Assistant, Service Delivery
E ebarry@penrithcity.nsw.gov.au
T (02) 4732 7891
PO Box 60, Penrith NSW 2751
Help your child ACHIEVE!

One way to help your child achieve at school is to work together with your child’s teacher. The parent-teacher partnership takes work from both sides to become a reality. Here are some ideas that will help.

There’s no doubt that the best outcomes for kids happen when teachers and parents work together to support children’s learning. Here are 10 ways you can work with your child’s teacher to maximise your child’s chances of school success.

1. Know what your child’s teacher is trying to achieve.
Like children, every teacher is different with their own specific expectations, goals and interests. Get to know your child’s teacher and gain an understanding of their approach and aspirations for your child’s class.

2. Keep your expectations reasonable and positive.
If your expectations are too high they may give up. Too low and they will meet them! The trick is to keep your aspirations for your child in line with their ability and their interests. Also be realistic about what your child’s school can deliver. Sometimes our expectations of schools are not in line with their capabilities or their roles.

3. Support your teacher’s expectations & activities at home.
One practical way of supporting your child is to take a real interest in their home-based learning tasks and follow the guidelines laid out by teachers.

4. Send kids to school ready to learn and on time.
Maximise your child’s chances of success by sending them to school in a good frame of mind, with plenty of sleep and a good breakfast. Also make sure they get to school on time. It’s estimated that many kids miss up to two weeks of school a year when they are routinely late by just five minutes a day.

5. Inform teachers of your child’s challenges and changes.
Life’s not always smooth sailing for kids. Family circumstances can alter. Friends move away. Illness happens. These challenges affect learning. Make sure you keep your child’s teacher up-to-date with significant changes or difficulties your child experiences, so he or she can accommodate their emotional and learning needs at school.

6. Skill children to work with others.
Schools are social places requiring children to work and play with each other much of the time. Teaching manners to kids, as well as encouraging them to share their time, space and things with others are practical ways to help kids with their social skills. Talk through any social challenges they may have, helping them develop their own strategies to get on with others.

7. Respectfully seek joint solutions to problems and difficulties.
Resist the temptation to solve all your child’s problems or think you have the only solution. Most learning and social problems can be resolved when teachers and parents work together in the best interests of the child.

8. Participate fully in class & school activities.
There is a huge body of research that points to the correlation between parent involvement in a child’s schooling and their educational success. Quite simply, if you want your child to improve his learning then take an interest in his learning, attend as many school functions as you can, and follow the lead provided by your child’s teacher. This simple strategy will have a massive, long-term impact.

9. Trust your teacher’s knowledge, professionalism and experience.
Your child’s teachers are your greatest allies. Their training, their experience around kids and their objective professionalism puts them in a strong position to make judgement calls about your child.

10. Talk up what happens at school.
Your child will take their cues from you about how they see their school. If you want your child to value learning, and enjoy their time at school then you need to support your school and make sure he or she hears positive messages about learning, teachers and the school itself. You can set a strong educational agenda at home by talking up your school.

This type of 10 point plan is easy to read but hard to put into practice, particularly when you get busy or your child has significant difficulties. Choose two or three ideas from this list to really focus on in the coming year and you’ll find that the rest will fall into place. Good luck and nurture the partnerships you have with your child’s teachers.
27th Annual Penrith Working TRUCK SHOW

Sunday 6th April 2014 - 8am-5pm

Australia’s Best Value Family Day

The Best In Country Music

Held At:
MUSEUM OF FIRE

“Learn, Don’t Burn”

Buddy Goode
Dan Murphy
Victoria Avenue

McAlister Kemp
The Wolfe Brothers
Kaylen Rain
Kaylee Bell

Plus much more!

Direct access from Penrith Station
Unlimited FREE amusement rides all day (18 rides)
Concert sound & full stage
Specialist trade stalls & displays
Entertaining games & competitions
Free Balloons & Fairy Floss
Free face painting
BBQ, drinks & beer tents
Major prizes & trophies
Price includes entry to Museum

Adults $30
up to 3 Children FREE
with paying adult

Children under 16
Student ID required
if over 13 years

www.pwts.com.au

Sydney Classic & Antique Truckshow on 15th June, 2014 (See website for more details)
Go4Fun is a family centred healthy lifestyle program for children aged 7-13, who are above a healthy weight range. The program is run after school for 10 weeks and is FREE for eligible families.

Go4Fun is a NSW Health initiative based on a UK program ‘MEND’.
MEND stands for:

Mind—Understanding and changing unhealthy attitudes toward food, setting goals, internal and external triggers and problem solving.

Exercise—Safe, fun physical activity to build strength, fitness, fundamental movement skills, confidence & team work

Nutrition—Enjoyable, practical activities teaching healthy eating & food choices including label reading, snack choices, healthy lunchboxes & a supermarket tour

Do it—Get involved!

Why Go4Fun?
The ‘State of Preventative Health 2013’ report has highlighted the trend of overweight and obesity in not only adults, but in children. Approximately 25% of children in NSW are overweight or obese. Go4Fun is not a diet, it is a healthy lifestyle program run by trained health professionals. The program takes a whole family approach to healthy eating, behaviour change & increasing activity and fitness.

Does the Go4Fun Program work?
Independent clinical studies show Go4Fun can help children reach a healthier weight, increase time spent being active, improve fitness and raise self esteem. The program meets all current Australia guidelines and National Health and Medical Research Council (NHMRC) recommendations for the Management and Overweight and Obesity in Children.

2014 Go4Fun Programs
- North Richmond
- St Marys Ripples Aquatic Centre
- Penrith YMCA
- Springwood

1-2 FUN sessions/week
Time: 4 or 4.30pm —6 or 6.30pm
Start each school term!
Children who participate in our programs have had a great time learning healthier eating habits and playing some fun, challenging games. Some of their comments from last term:

“Thank you for your time at MEND”
“Loved being here thank you :)
“I liked making new friends & learning new foods”

Parents also found the program fun, interactive and useful:

“Thank you for changing our lives forever”
“The best aspect of Go4Fun was the great support”
“A great course, very helpful and great to see the kids enjoying it”
“The instructors were fantastic people with a great attitude toward helping families”

We need your support:

Go4Fun has been running in the Nepean Blue Mountains Local Health District since 2011. To date we have helped 144 families become more physically active and change their nutrition habits. But we need support to promote this great program to families. You can help us by:

• Placing posters or flyers in your centre, office or practice foyer
• Placing information about Go4Fun in your newsletter, splash screen or website
• Circulating this information to your local networks via email/poster/word of mouth
• Inviting Go4Fun staff to present the program to your practice/office staff

To refer a child:

• Provide the family with an information flyer or website details
• Families can self-refer via the Go4Fun website

For more information:
Ada Kwan, Health Promotion Officer—Go4Fun
Ph: 4734 3305 Fax: 4734 3300
Email: ada.kwan@health.nsw.gov.au
For more info & registration: www.go4fun.com.au
SCHOOL HOLIDAY KIDS PROGRAMS

KIDS FUN DAYS
Wednesday 16 April (10 am – 12 noon) - Rockets
Make and launch your own paper rockets and watch water rockets being launched

Wednesday 23 April (10 am – 12 noon) – Star Stuff
A short multimedia presentation followed by hands-on science activities

KIDS ASTRONOMY NIGHTS
Saturday 19 April (7pm – 9 pm) – Mars Rovers
Come along and find out, why we are sending rovers to Mars

Saturday 26 April (7pm – 9pm) – The Lives of Stars
Where do stars come from and where do they go?
In addition to the multimedia presentation all programs will include a 3D astronomy movie and either safe viewing of the sun (day program) or viewing of the night sky through the University’s telescopes. Our programs run regardless of the weather.

Cost: $15 adult, $10 child/concession and $40 family.
Bookings are essential: Book and pay online: www.uws.edu.au/observatory, What’s On
Enquiries: Phone (02)4736 0135 or email r.mccourt@uws.edu.au

www.facebook.com/UWSObservatory
Roslyn McCourt | Administrative Officer
School of Computing, Engineering and Mathematics
Tel: 02 4736 0135
Email: r.mccourt@uws.edu.au | www.uws.edu.au/observatory
Office Hours: Mon, Wed and Thurs 8.30 am - 3.00 pm

Midweek Extravaganza for term 2
WACKY SCIENCE CLUB

Have you ever wanted to create weird and wacky science experiments? To examine gross super slime, gigantic bubbles and gruesome body bits? What about making dry ice and water cannons or radical water rockets that land with parachutes? Well, you can do all this and more with ‘The Crazy Scientist’ each week at Penrith Library!

Where: Penrith Library Theatrette
When: Thursday 1 May - Thursday 26 June at 4:15pm - 5:15pm
Cost: $135 for the term
Contact: Barjinder on 4732 7890 or bkaur@penrithcity.nsw.gov.au to book your place.

We need a minimum of 20 children to run the ‘Wacky Science Club’.
Contact Details

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

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

Facebook: Parenting in Penrith
Blog: handsheartsminds.wordpress.com
Blog: oramaframework.wordpress.com
Pinterest: https://pinterest.com/handsheartsmind

www.nepeancommunity.org.au
www.facebook.com/nepeancommunity

Check out our parenting groups and workshops at...

handsheartsminds.wordpress.com/parenting-groups-and-workshops/

Parenting Groups and Workshops
Term 2, 2014

Nepean Community & Neighbourhood Services
Supporting families to raise children

Advanced Triple P modules
For those parents who have completed the Triple P parent group.
Please call or email to register your interest. When there are enough parents interested in attending, a group will be organised.

* Coping with Your Anger
  2 x 2 hours
* Parent Traps
  2 x 2 hours
* Partner Support
  3 x 2 hours

Indigenous Triple P
(Positive Parenting Program)
with Carolyn Gilbert
Thursdays 10am to 12:30pm
with Carolyn Gilbert
Thursdays 10am to 12:30pm
May 8, 15, 22, 29
June 4, 11, 18, 25
South Penrith Neighbourhood Centre
Corner of Trent & Birmingham Roads, Sh Penrith
You MUST ATTEND THE FIRST SESSION!
Websites

Kids and phone bills
How do you teach your child to use their credit wisely? Ever seen the monthly phone or internet account and felt sick? It's called "bill shock", and there are many new ways families accidentally rack up hundreds of dollars of costs each month.

Managing depression
One in four kids over 12 have symptoms of depression. Would you know what to look for and how to help? In this podcast, brain and mind specialist Professor Ian Hickie chats with James O'Loghlin on helping kids beat the blues.

What makes a good book for young kids?
Books with vivid imagery, exciting stories and strong characters will not only entertain your child but set them up to enjoy reading for the rest of their life.

Helping kids learn how to make friends
If children are happy socially they tend to be more engaged in their learning. Teaching your child about the importance of making friends is as vital as learning their ABCs.
A win for Adam

Last weekend Adam Sciberras from Year 6 ‘showed’ his heifers Hope and Jacaranda at the Castle Hill Show. They came first in class at 12-20mths and Reserve Champion female. Adam has now made it into the finals at Sydney Royal Easter Show in April. Well done Adam!
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.