Important Dates for your Diary

TERM 2

Wednesday 4 June  Athletics’ Carnival Whole School
Friday 6 June    Brewongle Yrs. 3-6
Monday 9 June    Queen's Birthday Long Weekend
Tuesday 10 June  Cake Day Class 1/2
Wednesday 11 June C.A.R.E.S
Monday 16 June   ICAS Writing
Tuesday 17 June  ICAS Spelling
Wednesday 25 June HRV 5/6
Friday 27 June    Last Day of Term

Permission Notes and Payments Due

<table>
<thead>
<tr>
<th>Workbooks &amp; Paper Levy</th>
<th>ASAP</th>
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<tbody>
<tr>
<td>Voluntary School Fees</td>
<td>ASAP</td>
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<tr>
<td>C.A.R.E.S</td>
<td>Fri 6 June $15.00</td>
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<tr>
<td>Stewart House bags</td>
<td>Mon 16 June</td>
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Please note these amounts can be paid off in instalments.
<table>
<thead>
<tr>
<th></th>
<th>Congratulations</th>
<th>Merit cards</th>
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<tbody>
<tr>
<td><strong>K/1</strong></td>
<td>Caitlin B</td>
<td>Lena A</td>
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<td></td>
<td>Holly M</td>
<td>Bethany B</td>
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<td></td>
<td>Scarlett O x 2</td>
<td>Oliver B</td>
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<td>Oliver B</td>
<td>Nathan C</td>
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<td></td>
<td>Nathan C</td>
<td>Matthew E</td>
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<td>Cye G</td>
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<td>Jemma B</td>
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<td>Hailey F</td>
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<td>Zak W</td>
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<td>Donavan F</td>
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<td><strong>1/2</strong></td>
<td>Amy B</td>
<td>Brianna M</td>
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<td></td>
<td>Tayla H</td>
<td>Luke S</td>
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<td>Kane N</td>
<td>Zanya F</td>
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<td></td>
<td>Brianna M</td>
<td>Iona K</td>
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<td>Jessica P</td>
<td>Lexie R</td>
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<td></td>
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<td>Damien W x 2</td>
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<td></td>
<td>Nicholas C</td>
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<td><strong>3/4</strong></td>
<td>Emily B</td>
<td>April A</td>
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<td>Damon P</td>
<td>Emily S</td>
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<td>Luke S</td>
<td>James B</td>
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<td>Joni-Rose B</td>
<td>Liam C</td>
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<td>William B x 2</td>
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<td></td>
<td>Corey M</td>
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<td>Matthew P</td>
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<td>Robert W</td>
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<td><strong>5/6</strong></td>
<td>Ben N</td>
<td>Daniel S</td>
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<tr>
<td></td>
<td>Adam S x 4</td>
<td>Grace R</td>
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<td></td>
<td>Emily M x 2</td>
<td>Jordan O</td>
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<td>Ben P</td>
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<td>Hannah B</td>
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<td>Nicholas P</td>
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Ribbons were awarded to: Amy B, Maxwell G, Hannah B, Adam S, Caitlin B, Hailey F, Corey M

From the Principals Desk………

Mayoral Reception

It was with great pride that I attended the Penrith City Council Mayoral Reception for School Leaders last Thursday night to see our school captains, Hannah and Noah Mc, receive their certificates from the mayor of Penrith, Mr. Ross Fowler.

Athletics Carnival

As our school’s Athletics Carnival draws nearer I would like to again acknowledge the work of our House captains and Vice Captains, Annabelle, Hayley, Noah H, Nick, Jordan and Grace, who have been organising and training their house members ready for the carnival.

The weather forecast looks very promising for tomorrow’s carnival but if things change overnight please check the school’s Facebook page for any changes.

Rotary Raffle

As fundraising is an important part of schools ability to purchase resources for our students to use in the classroom, we have decided to participate in the Rotary Raffle. Raffle books will be sent home today with the students. We are asking parents to sell as many tickets as possible as Rotary gives back to the school $1.50 for every ticket sold. This means that if every child in the school sold one book the school would make $1500, and Rotary would make valuable funds for its wonderful charity work. So, please sell as many tickets as possible, as it is our students who will benefit the most.

The raffle will be drawn in July so all raffle books will need to be returned to school by the end of term.
Electronic Devices
We understand that on some occasions parents send their children with a phone so that any changes to routine after school can be communicated but an increasing number of electronic devices are being brought to school unnecessarily, i.e. devices such as iPads, iPods, electronic games, etc. Most students are doing the right thing and are handing them into the office at the beginning of the day, but they can cause problems so we are asking that only necessary mobile phones be brought to school and of course handed to Mrs Lamey at the beginning of the day. As with all belongings please make sure it is labelled with the child’s name.

P&C meeting
As tomorrow night’s P&C meeting will be my last, I am looking forward to finalising the committee so that the Castlereagh P&C can build upon the wonderful work that Castlereagh P&Cs have done in the past, move forward and work with the whole school community to develop plans that will contribute to our students’ education needs.

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.
Crypt 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 result 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.

P & C Newsletter

P&C MEETING
The next P&C meeting will be held Wednesday, 4th June 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. 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.
UNIVERSITY OF WESTERN SYDNEY
SCHOOL OF COMPUTING, ENGINEERING AND MATHEMATICS
PENRITH OBSERVATORY

ASTRONOMY NIGHT
Saturday, 7 June (7pm – 9pm)

WHAT YOU CAN DO WITH A RADIO DISH OR TWO
Radio astronomy involves looking at light from the weakest part of the electromagnetic spectrum, which has such little energy that giant radio dishes are needed to collect it. We’ll look at what you can do with a dish or two (or a few thousand), including historic discoveries, the space program, pulsars, radio dishes in space, future massive radio telescopes, and so on.
The night will also include a 3D astronomy movie that will run for 15-20 minutes, a tour of the dome area and stargazing through various computerised telescopes. Our program will 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

Roslyn McCourt l 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

Thank you to Mrs Ritzrow for sending away for some seeds from Mr. Fothergill’s. We have lots of nice winter vegies to plant in our garden.
**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: .....................
4th Annual
Sydney
Classic & Antique
Truck Show 2014

FREE Amusement Rides and Displays
Live Entertainment on Stage

ADMISSION: Adults $15 (includes up to three
children under 16 free with paying Adult)
Concession $10 (excludes free child entry)

OPEN TO HEAVY COMMERCIAL & SPECIALISED
VEHICLES OVER 30 YEARS (PRE-ENTRY REQUIRED)

EXHIBITORS ONLY: Saturday arrival and setup,
club run and night function. More details available
with entry form. FREE overnight camping facilities,
breakfast, tea & coffee, hospitality tent.

CONTACT DETAILS:
mail@museumoffire.com.au
(02) 4731 3000 www.museumoffire.com.au

PUBLIC SHOW DAY
Sunday 15th
June, 2014
8am to 3pm

VENUE:
Museum of Fire
Penrith, NSW
(CHARITY EVENT)

PROUDLY SPONSORED BY:

SUPPORTED BY:
Sleeping beauties

Helping kids get the right amount of quality sleep will reap manifold rewards when it comes to their development and general wellbeing, writes Karen Fontaine.

Article contributed by Karen Fontaine

Whoever coined the term ‘sleeping like a baby’ had obviously never lived with one. Infants’ sleep patterns are notoriously erratic, and as they grow up the story remains much the same. Preschoolers kick up about napping during the day, school-aged children want to stay up late at night and teenagers refuse to get out of bed in the morning.

One thing remains the same: sleep is critically important for children, but Australians are getting about half an hour less sleep per night than they did 30 years ago, according to a study by the University of South Australia’s Centre for Sleep Research.

Kids are going to bed later because it’s now the norm for both parents to work full-time, meaning that evenings are often the only opportunity for family time. In addition, the intrusion into bedrooms of digital media such as mobile phones, laptops and iPods means children are getting less shuteye – with far-reaching consequences.

“With disturbed sleep, you pretty well see changes in everything, from the cardiovascular system through to the skin,” says Dr Kurt Lushington, head of the University of South Australia’s Centre for Sleep Research. “You can go without food for a week or so but you cannot go without sleep.”

As Dr Lushington says, sleep is important for memory, “so if you want to remember things and to forget things – which is equally important – you have to sleep”.

“We also know from animal studies that sleep state seems to be incredibly important for the optimal wiring up the brain,” he says. “In infants and kids, sleep plays an important role in the optimal development of the brain. Sleep is also important for growth, and for those who don’t get enough there is a failure to thrive. Sleep plays an important role in the immune system and it also anchors the circadian body clock system.”

Most parents realise the importance of sleep, Dr Lushington says. However, “what many don’t appreciate is how important structure, namely a routine, really is”.

“Our research shows that in terms of kids being able to cope with school and life and not having any problematic behaviours, it’s not so much how long they sleep – what’s important is a regular schedule,” he says.

“Kids who go to bed at different times and wake up at different times with big swings on weekdays compared to weekends – those are the kids who tend to get into trouble. Sober habits are very important.”

There is no such thing as a sleep bank – meaning that even if a child had 12 hours sleep last night, they won’t get away with just eight hours tonight. Parents need to stick to a routine, make evenings as predictable as possible, and enforce hard-and-fast rules, particularly for teenagers, about digital media in the bedroom.

“The teen years are a period of life where it’s to be expected that you will hand over control to them; learning their own limits is part of the journey,” says Dr Lushington. “And, being young and healthy, they can sometimes stay up all night and be fine the next day. What you can do is help them see the connection between how they’re sleeping – and how they feel during the day.”

And to ensure your child gets the optimum amount of sleep, use the following as a guideline, says Dr Kurt Lushington, head of the University of South Australia’s Centre for Sleep Research:

<table>
<thead>
<tr>
<th>How much is enough?</th>
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<tbody>
<tr>
<td>Children aged 2-5</td>
<td>11-12 hours per night</td>
</tr>
<tr>
<td>Children aged 6-12</td>
<td>9-11 hours per night</td>
</tr>
<tr>
<td>Teenagers</td>
<td>8-10 hours per night</td>
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</tbody>
</table>

And adhere to these rules, advises Dr Lushington:

- “On the weekends, don’t let kids stay up more than an hour or two later than they normally do, and don’t let them sleep in more than an hour or two later than normal.”
- “Give them time to unwind before they turn out the lights and don’t let them fall asleep in front of the TV. There has to be a routine for falling asleep – otherwise what happens is that unless the light or the TV is on, kids can’t fall asleep – which is crazy.”
- “Exercise, big meals and hot baths are not a good idea directly before they go to bed.”
- “Keep track of how they are during the day. If they look like they’re not coping or if they’re irritable, it might be that they need more sleep.”
Parking safely near the school

INFORMATION FOR PARENTS

Parking unsafely can put children’s lives at risk. Increased fines and loss of demerit points apply when certain offences are committed in an operating school zone.

Parking or stopping on or near a pedestrian crossing
The minimum penalty of a $344 fine and the loss of 2 demerit points applies for stopping or parking a vehicle on or near:
- A pedestrian crossing.
- A children’s crossing.
- Any marked foot crossing.

The following behaviours put children at risk outside the school
- Calling children across the road.
- Dropping children on the wrong side of the road.
- Leaving children in a vehicle without adult supervision.
- Double parking.
- Parking in a bus zone or driveway.
- Making an illegal U-turn.

Double parking
The minimum fine for double parking is $258 and the loss of 2 demerit points.

Making an illegal U-turn
The minimum penalty for making an illegal U-turn is a $258 fine and the loss of 3 demerit points.

Parking on the footpath
The minimum penalty for parking on a footpath or across a driveway is $143 and the loss of 2 demerit points.

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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 POHEP program in all NSW primary schools

August 2010 RTA/Pub. 10243B Stock No 4509 4515
Healthy Lunch Box Ideas

Busy kids need a healthy school lunch to boost their energy and help them concentrate and learn in the afternoon. With our top lunch box tips and a 5-day lunch box meal plan, you’ll find packing a healthy lunch to nourish your kids a breeze!

Ensure you include a range of fresh fruit and vegetables and vary the food daily so kids don’t become bored.

Top tips for a healthy lunch box

- Always include fresh fruit and vegetables. Vary the selection to keep it interesting.
- Offer a variety of whole grain breads, rolls, pita bread and flat breads.
- Use avocado as a spread instead of butter or margarine.
- Use reduced fat dairy foods. Cheese and yoghurt are ideal.
- Kids need a serve of protein at lunchtime. Ensure you include lean meat, egg, peanut butter, chickpeas or tuna.
- Add a chilled bottle of water and limit juice.

Keep it fresh - packing the lunchbox

It’s important to keep food in the lunch box cold to inhibit the growth of harmful bacteria.

Pack the school lunch in an insulated lunch box and include a small freezer brick or freeze a bottle of water and pop it into the lunchbox to keep food cool.

Helpful tips for adding fresh fruit and vegetables to lunch boxes

- Kids like fresh fruit cut and ready to eat. Fruit salad is the ideal lunch box solution; it’s colourful, easy to eat and bursting with vitamins.
- Offer different seasonal fruits each day for a change in flavour, colour and texture.
- Freeze fruits in the summer or for sport days. Simply pop the frozen fruit into a small sealable plastic bag or airtight container.
- If including whole fruit in the lunchbox, select fruit that is a suitable size for a child to easily hold in their hand and eat (this is particulary important for younger children).
- Peel and slice or cut fruit if possible and choose seedless varieties of grapes, watermelon and Imperial mandarins.
- If you’re added tomato to sandwiches, place the tomato between fillings and not directly onto the bread. This prevents the bread becoming soggy.
- When using avocado, mash or drizzle with a little lemon or lime juice to prevent the avocado from discolouring.
- Mild tasting and crunchy lettuce varieties like Iceberg and Oak leaf and Lebanese cucumbers are ideal for kids.
- Add leftover (or cook extra) roast pumpkin or sweet potato to sandwiches, wraps and roll fillings. Naturally sweet and loaded with beneficial antioxidants, roast vegetables team well with a range of fillings.
- Make salads or salad sandwich fillings interesting by using a range of vegetables like grated carrot, snow pea sprouts, lettuce or rocket or baby spinach, sliced celery, tomatoes, avocado and cucumber.
- Use a vegetable peeler to slice cucumber into thin ribbons for sandwich fillings.
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.