Important Dates for your Diary

TERM 3

Wednesday 3 Sept
P & C Meeting 7pm

Wednesday 3 Sept
Mini Lessons RHS

Thursday 4 Sept
Father’s Day Stall

Wednesday 10 Sept
Hawkesbury Retirement Village K/1

Friday 12 Sept
Emily M’s NSW Hen Rescue Fundraiser

Saturday 13 Sept
Bunnings BBQ

Friday 19 Sept
P&C Walkathon
Last day of term

Tuesday 7 October
School resumes Term 4

Permission Notes and Payments Due

Workbooks & Paper Levy
Voluntary School Fees
Hawkesbury Retirement Village
After Hours School Care Survey
Walkathon permission

ASAP
ASAP
Fri. 5th Sept
ASAP
ASAP

Please note these amounts can be paid off in instalments.
Ribbons were awarded to:
*Kane N, Grace R*

A Bronze Cockatoo was awarded to:
*Jessica P*

A Silver Cockatoo was awarded to:
*Kane N,

Congratulations to the following students who participated in the ICAS Spelling and/or Writing Competition:
From the Principals Desk.........

Castlereagh Rd Asphalt Resurfacing
On behalf of Penrith City Council, State Asphalt Services (SAS) will be carrying out road resurfacing activities on Castlereagh Rd between the hours of 7am and 5pm. This will be ongoing until further notice. This upgrade will have an impact upon our school as there will be limited access to the school through Hinxman Rd due to the heavy flow of asphalt vehicles. Please be aware of these vehicles and reinforce with your child/children the need to be vigilant around roads and the need for us to practice our road safety skills at all times.

Stranger Danger
Recently there has been a report from a Primary School within the Penrith area of unknown male approaching students on their way to school. Please take the time to discuss with your children the importance of being alert and aware of stranger danger at all times. Further conversations will be held within the classrooms to support this message of staying safe.

2015 Kindergarten Enrolments
Kindergarten enrolments for 2015 are currently being taken. In order for us to prepare our classes and ensure that equitable class numbers are maintained it is essential that we have all the information needed leading into 2015. If you know of someone who is enrolling at Castlereagh Public School and has not yet done so, could you please pass on our school details. Additionally, if you have children in Kindergarten to Year 5 and are planning on moving at the end of the year, that information is important also.

Book Character Parade & Book Fair
I would like to sincerely congratulate and thank the students, parents, families and community members for your support during Book Week. Our annual book character parade was outstanding with many costumes on display from Disney stories to autobiographies. During the assembly the children performed three songs that they had been practicing in class and every student who participated verbally introduced their character to the audience. Following the assembly, the Book Fair was open with an outstanding response being made. It is so encouraging to see that here at Castlereagh Public School we value
books and the enjoyment reading can give us. During lunch time, many of the Year 6 parents donated supplies and cooked a magnificent BBQ sausage sizzle to support the Year 6 Farewell at the end of the year. I can attest to the quality of the sausage sandwiches, as can my now stained tie.

On behalf of the entire school I would like to thank the staff, both teaching and non-teaching for their hard work leading up to the event, the students for their enthusiastic participation, parents who spent countless hours preparing their children, the support of the Year 6 parents and the whole school community for making this such a valuable and rewarding experience that the students will remember for the remainder of their lives.

**Before & After Hours Care**

Early last week I sent home another survey related to the Before & After School Care needs of our community. I realise that you have previously had this survey sent home, however currently the results are inconclusive whether
or not our school could viably sustain such a facility. I do request that you return these surveys even if you do not require the service. Thank you!

**Afternoon Supervision**

At 3pm our school provides a teacher on duty to ensure that all students are picked up from school gates safely. Over the past several weeks I have noticed many students playing ball games and running around on the concrete in a dangerous manner well after the conclusion of the day. I would like to request that if you are still in the school grounds could you please supervise your child/children closely to ensure their safety? I am sure that you would agree with me when I say that we don’t want to see any avoidable injuries to the children of Castlereagh Public School.

**P&C Meeting**

I would like to briefly take the opportunity to remind you all that there will be a P&C Meeting held tonight (3rd September 2014) in the school office at 7pm. All parents and community members are welcome to attend. I am looking forward to further discussions related to the future direction of Castlereagh Public School.

I truly hope you have a magnificent week ahead!

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.

**Thank you**

Thank you to the P&C and parent helpers who organised, wrapped and will sell for the Father’s Day stall for this Thursday. I’m sure the Dads are going to love their gifts!
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.
Track and Field District Carnivals

We would like to congratulate all of the children who participated in the District track and/or field events in the last couple of weeks. You showed great sportsmanship and we are proud of the way you represented your school.

Emily M’s NSW Hen Rescue Fundraiser

On Friday, 12th September, Emily M will be holding a fundraiser for the NSW Hen Rescue. Lolly bags ($3) and postcards ($2) will be available to purchase at lunchtime.
To read more about the NSW Hen Rescue please visit: http://www.henrescue.org/

K/1 Cake Day

Thank you to everyone for supporting the K/1 Cake Day last Wednesday. Approx. $100 was raised to go towards school resources.
Thank you to the K/1 parents for the delicious treats that were provided.
There may be no 'i' in team but children who play team sports stand to gain so much more than the ability to bat, bowl, pitch, catch, kick and tackle – they’re also honing their skills in the game of life.

Amid the development of fine and gross motor skills during sport, what is also going on is something far more powerful than a cultivation of mere sporting prowess, according to psychologists.

“Social learning is one of the most potent factors in a child’s development and participating in team sports really encourages and enhances that,” says Tracey Veivers, a registered sport and exercise psychologist based in Brisbane.

“As human beings, we learn by observation – not only in skill development but also social development. What’s happening on the sporting field is a development of self-efficacy – that is, a child’s sense of belonging and their ability to participate among peers. And what that feeds into is self-esteem, which is just crucial throughout life.”

As Tracey points out, team sport has a powerful effect on helping to develop the all-important quality of resilience. “When you give children a different experience within a team environment it really can help them to gain a different sense of understanding around how relationships work beyond their small world at home,” she says.

Indeed, experiencing the highs and lows of winning and losing can help to develop certain types of resilience that will support them in their education.

“Striving towards something, practicing it, and being prepared for those pressure environments are all the life skills of a resilient adult. Kids will use them when they have to do a presentation or a show and tell; then in dealing with the pressures around how they feel at exam times, in dealing with how they feel when they get a result they weren’t expecting, time management and in developing the ability to juggle multiple tasks,” she says.

Not only that, playing sport can help children develop citizenship qualities they will retain throughout their lives, according to a 2011 study from Queens University in Canada. The researchers found that kids who play team sports are more likely to show initiative and be able to call on internal sources of motivation than those who don’t.

But on the other side of the coin, team sports can present an emotional pressure cooker environment and depending on the level of skills of the coach and the culture they develop, children can be subject to negative experiences as well, including feelings of self-consciousness or potentially a sense of feeling excluded and/or inadequate.

“If a team sport is not right for a child, it can lead to a situation in which they feel they are lacking mastery, and that can lead to a sense of failure which of course affects their confidence,” Tracey says.

“It is something parents and teachers need to bear in mind – sometimes a bit of experimentation pays. I hear parents say ‘I started them in this sport, they have to see the term or the year through’ – well, I think it’s more about a child doing something and being a part of something, and you can also get that in individual,
non-ball or water sports - skateboarding or even martial arts, for example. It's about being willing to put in the effort to help your child experiment and find their niche."

If a child is completely non-sporty then that's okay, too, says Tracey - there are pursuits such as art, music, chess and debating. "But what I really do encourage is helping children work towards things like a concert if they're in an orchestra, because that way they will experience being part of a group working towards a goal and how to manage their emotions."

"This is where we are potentially falling short as parents," she says. "We are not teaching our kids how to manage and self-regulate emotions - that working towards something that offers a little bit of pressure is not something to be avoided, particularly if they’re working with their peers. We need to prepare them for success but also disappointment and how to navigate any emotional consequences and still bounce back from that."

What if your child isn't sporty and shies away from participating in a team? Joey Toutounji, co-author of Please Mum Don't Super Size Me and presenter/producer of Fox at's Feel Good TV, offers five alternatives that foster their development in a similar way:

1. "Dancing is a great way in which children can keep active and fit as well as express their creativity and learn skills. Dancing is a great way for children to socialise with other children who are part of the studio. Dancing can also include on-stage performances which are an excellent way for children to build their self-esteem and confidence."

2. "Indoor rock climbing teaches children about problem solving. It is also a good activity to learn to work with others as they partner up with the person who is holding the rope at the bottom and helps guide them up to the top of the wall. It is great for building confidence and strength."

3. "Beach body boarding is an individual fun activity and a great introduction to water sports such as surfing, and it involves children in being active, helping them improve fitness, strength and balance whilst also learning about safety awareness in the water and ocean."

4. "Scouts and Girl Guides teach leadership, teamwork and confidence, and incorporate fun outdoor activities such as bushwalking and camping. They are also great ways for children to meet new friends, socialise with others and learn about community."

5. "Drama classes and performances build children's confidence and self-esteem. They promote movement in performances, creativity and socialisation with peers in their class. There may be drama activities that involve teamwork, working with others and cooperating in a group to brainstorm ideas for performances."

...for adults to share with young children

The *Kids and Traffic* Key Pedestrian Safety Messages are designed for adults to use with young children as they walk together.

Adults are responsible for keeping young children safe. By using these Key Pedestrian Safety Messages, adults can engage children in learning about how to be safe in and around traffic without making them responsible for their own safety.

- Always hold a grown-up's hand
- When a grown-up's hand is not available, hold a pram, bag or clothes
- Always cross the road with a grown-up.

...for all the adults in a child’s life

When children are walking near roads, footpaths, driveways and car parks

- hold their hands until they are at least 8 years old
- ensure they hold onto a pram, stroller, bag, trolley or your clothing if you cannot hold their hand
- closely supervise them up to at least the age of 10.
**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.