### Important Dates for your Diary

#### TERM 3

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 19&lt;sup&gt;th&lt;/sup&gt; Aug</td>
<td>District Field Athletics Carnival (select students)</td>
</tr>
<tr>
<td>Fri 21&lt;sup&gt;st&lt;/sup&gt; Aug</td>
<td>District Track Athletics carnival (select students)</td>
</tr>
<tr>
<td>Mon 24&lt;sup&gt;th&lt;/sup&gt; Aug</td>
<td>Book Week begins</td>
</tr>
<tr>
<td>Wed 26&lt;sup&gt;th&lt;/sup&gt; Aug</td>
<td>Cake Day (Kinder providing)</td>
</tr>
<tr>
<td>Fri 28&lt;sup&gt;th&lt;/sup&gt; Aug</td>
<td>Book Character Parade</td>
</tr>
<tr>
<td>Mon 31&lt;sup&gt;st&lt;/sup&gt; Aug</td>
<td>P&amp;C Meeting 7 pm (brought forward a week)</td>
</tr>
<tr>
<td>Wed 2&lt;sup&gt;nd&lt;/sup&gt; Sept</td>
<td>Stage 2 Longneck Lagoon (selected students)</td>
</tr>
<tr>
<td>Thur 3&lt;sup&gt;rd&lt;/sup&gt; Sept</td>
<td>Father’s Day Stall</td>
</tr>
<tr>
<td>Wed 9&lt;sup&gt;th&lt;/sup&gt; Sept</td>
<td>HRV Year 4/5/6</td>
</tr>
<tr>
<td>Fri 11&lt;sup&gt;th&lt;/sup&gt; Sept</td>
<td>ICAS Mathematics</td>
</tr>
<tr>
<td>Wed 16&lt;sup&gt;th&lt;/sup&gt; Sept</td>
<td>P&amp;C Disco</td>
</tr>
<tr>
<td>Fri 18&lt;sup&gt;th&lt;/sup&gt; Sept</td>
<td>Years 3-6 Excursion</td>
</tr>
<tr>
<td>Tue 6&lt;sup&gt;th&lt;/sup&gt; Oct</td>
<td>Students &amp; staff return Term 4</td>
</tr>
</tbody>
</table>

### Permission Notes and Payments Due

- **Father’s Day orders**: Wednesday 26<sup>th</sup> August, Appropriate money
- **Voluntary School Fees & Workbooks**: ASAP

Please note these amounts can be paid off in instalments.
<table>
<thead>
<tr>
<th></th>
<th>Congratulations</th>
<th>Merit cards</th>
</tr>
</thead>
<tbody>
<tr>
<td>K</td>
<td>Hayley H x 2</td>
<td>Nalini B x 2</td>
</tr>
<tr>
<td></td>
<td>Zavier F</td>
<td>Oliver B</td>
</tr>
<tr>
<td></td>
<td>Nalini B</td>
<td>Nathan C</td>
</tr>
<tr>
<td></td>
<td>Kendall K</td>
<td>Chad W</td>
</tr>
<tr>
<td></td>
<td>Floyd R</td>
<td>Kendall K</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Floyd R</td>
</tr>
<tr>
<td>1</td>
<td>Janai R</td>
<td>Mylie D</td>
</tr>
<tr>
<td></td>
<td>Malachi F</td>
<td>Madison F</td>
</tr>
<tr>
<td></td>
<td>Azim G</td>
<td>Salim G</td>
</tr>
<tr>
<td></td>
<td>Taylan W</td>
<td>Scarlett O</td>
</tr>
<tr>
<td></td>
<td>Zak W</td>
<td>Matthew E</td>
</tr>
<tr>
<td></td>
<td>Bethany B</td>
<td>Kasjan S</td>
</tr>
<tr>
<td></td>
<td>Scarlett O</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Andre M x 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Kasjan S</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Chloe C</td>
<td>Amy B</td>
</tr>
<tr>
<td></td>
<td>Mary D</td>
<td>Zanya F</td>
</tr>
<tr>
<td></td>
<td>Amy B</td>
<td>Kane N</td>
</tr>
<tr>
<td></td>
<td>Lily C</td>
<td>Mary D</td>
</tr>
<tr>
<td></td>
<td>Hope S</td>
<td>Krystion L</td>
</tr>
<tr>
<td></td>
<td>Donavan F</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Kane N</td>
<td>Liam N</td>
</tr>
<tr>
<td>3/4</td>
<td>Jaela F</td>
<td>Thomas W</td>
</tr>
<tr>
<td></td>
<td>Anika F</td>
<td>Dakirah B</td>
</tr>
<tr>
<td></td>
<td>Cohen W x 2</td>
<td>Alexis M</td>
</tr>
<tr>
<td></td>
<td>Emily B</td>
<td>Luke S</td>
</tr>
<tr>
<td></td>
<td>Caitlin S</td>
<td>Joni-Rose B</td>
</tr>
<tr>
<td></td>
<td>Joshua F</td>
<td>Megan B</td>
</tr>
<tr>
<td></td>
<td>Dan Z x 3</td>
<td>Max G</td>
</tr>
<tr>
<td></td>
<td>James T</td>
<td></td>
</tr>
<tr>
<td>4/5/6</td>
<td>Luca M x 2</td>
<td>Jaela F x 2</td>
</tr>
<tr>
<td></td>
<td>James B</td>
<td>Alexis M</td>
</tr>
<tr>
<td></td>
<td>Liam C</td>
<td>Jack D</td>
</tr>
<tr>
<td></td>
<td>Corey M x 2</td>
<td>Declan O</td>
</tr>
<tr>
<td></td>
<td>Jackson C</td>
<td>James W</td>
</tr>
<tr>
<td></td>
<td>William B</td>
<td></td>
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<tr>
<td></td>
<td>Matthew P</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dylan P</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Kaitlyn G</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jackson C</td>
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<td></td>
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<td>Emily S</td>
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<td></td>
<td></td>
<td>Joseph C</td>
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<tr>
<td></td>
<td></td>
<td>Zeikiel W</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Luca M</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Amy A</td>
</tr>
</tbody>
</table>

Bronze Cockatoos were awarded to: Anika R, Declan O.

Gold Cockatoos were awarded to: Emily S & Emily M.


From the Principals Desk………

Castlereagh Public school Walkathon
The annual P&C Castlereagh Public School Walkathon went ahead without a hitch last Tuesday. Fortunately the weather was perfect with the sun making an appearance all day. I would like to acknowledge the magnificent behaviour and commitment the students demonstrated throughout the rather lengthy walk and thank the parents who attended for their support in making it a fun and enjoyable day.

All money raised can be handed into the office at your earliest convenience. Please place it in a sealed envelope with your child’s name clearly labeled on it. The Smiggle vouchers for the most money raised from each class will be awarded along with the Scooter for the child across the school who raised the most money. Thank you for your support Castlereagh!

Next P&C meeting
Due to the upcoming Father’s Day stall the P&C will be holding their next meeting on Monday 31st August at 7pm in the school administration building. All members of the school and community are welcome to attend.
**Book Week Celebrations**
On Monday students from our school had the opportunity to attend the live performance of “Shine a Light”. This was an outstanding performance and I hope it has had a lasting impact on the children encouraging them to pick up a book and let their imagination take flight.

On Friday 28th August we will be holding our annual Book Character Parade. Traditionally this is one of the busiest assemblies of the year with outstanding costumes from many of our boys and girls. We are looking forward to once again a great day. If you are available to share the assembly with us it would be greatly appreciated. The Book Character Parade will commence at 11.30am and run till approximately 1pm.

**District Athletics Carnival**
The District Athletics Carnival is being held Wednesday 19th and Friday 21st August of this week. On behalf of the whole school community I would like to wish the team all the very best in their selected events.

**RAW Art**
RAW art was held on Tuesday of this week for Stage 2 and Stage 3 students. Unfortunately the art teacher who was scheduled to support our Kindergarten, Year 1 and Year 2 classes was unable to attend due to illness. Currently we are rescheduling RAW art for those classes and will inform you as soon as a date has been set.

I would like to offer our thanks and gratitude to the school P&C who supported the students by donating the funds for this activity. Opportunities such as RAW art are extremely valuable and rewarding activities for the students to participate in. At Castlereagh Public School we hope and aim that all children will gain an appreciation for art and love of learning in all areas of the curriculum including Creative Arts. There certainly are some very talented artists here at our school. Great job boys and girls!
Woolworths Earn & Learn
Our school is currently participating in the Woolworths ‘Earn & Learn’ program aimed at raising money for resources within the school. If you shop at any Woolworths store and receive the Earn & Learn stickers could you please collect, place on a tally sheet and either return to school where there is a box available in the administration or directly place them in the box labeled Castlereagh Public School at Jordan Springs Woolworths Shopping Centre. Thank you!

Year 1 Class Changes
Mrs. Lennon will be taking Long Service Leave over the next 3 weeks between 24th August and 9th September. Mrs. Rozzoli will continue to be at school and on class on Thursday and Friday of these weeks. Mrs. Webb will be covering the class for the 9 days and closely following the class program left behind for her.

Rugby League clinic
Mrs. Lennon has been very busy of late applying for financial sporting grants for our school. We will be conducting a 4 week Rugby League Sporting Program across our school on Tuesdays – 25/8, 1/9, 8/9 & 15/9. All students K-6 are requested to wear their full sports uniform on these Tuesdays. The session times are as follows;

- Session 1- 9.00am-9.40am  Year 2
- Session 2- 9.40am-10.20am  Kindergarten
- Session 3- 10.20am-11.00am  Year 4/5/6
- Session 4- 11.20am-12.00pm  Year 3/4
- Session 5- 12.00pm-12.40pm  Year 1

Please be advised that this is an additional program and does not replace our Friday sports sessions at Castlereagh Public School. Students will need to continue to wear their sporting uniform on Fridays also.

2016 Kindergarten Enrolments
Kindergarten enrolments for 2016 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 2016. 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.
I wish you all a happy and safe fortnight ahead.

Kind Regards

Mr. Tony Jeff
Principal

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

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.

Ice Blocks & Drinks
Ice blocks will be sold Monday, Wednesday and Fridays at lunch time. They range from 50c to $2 in price. Drinks will be sold Monday, Wednesday and Fridays, they will be $2 each.
School Banking Competition

Outer Space Savers
The Commonwealth Bank is holding a competition in Term 3, to enter you must bank three times in Term 3. You then will be placed in the draw for some great prizes which include:

* IPad minis Wi-Fi 16GB
* Beats by Dr.Dre Solo Headphones
* $30 Booktopia Gift Certificates

Students can also complete a Money mission at commbank.com.au/prizeportal to double their chance of winning. Please note, students can complete the money mission at any time, but are required to make three deposits by the end of Term 3 to double their chance of winning.

TUESDAY is School Banking day.
**P&C Meeting**
The next P&C meeting will be held on **Monday 31\textsuperscript{st} August** at 7pm in the staffroom. Please come along to participate or just observe. All welcome!

**Uniform Payments**
Direct Deposit is the preferred method of payment and cash is only accepted for orders under $50.
BSB Number: 062 589 Account No: 00913185

**Walkathon**
Well done to all of the students who participated in the P&C Walkathon on Tuesday, 11\textsuperscript{th} September. Please return your sponsorship money into the office ASAP.

**Father’s Day Stall**
Please return your orders to the office by Wednesday, 26\textsuperscript{th} August.

**P&C Disco**
The P&C Disco will be held on Friday, 11\textsuperscript{th} November. More information will be sent home soon.

*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.*
A sporting chance

Far from frivolous, a child’s participation in team sports is a powerful way to help shape their physical, academic, emotional and social development, writes Karen Fontaine.

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 sports 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 be aware of – 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...
A quality education in a caring, small school environment 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 Toutourgi, co-author of Please Mum Don't Supersize Me and presenter/producer of Fastest 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."

SIZZLING SEVENS
SYDNEY- BLACKTOWN
22nd September U7- U12
9am-3pm - $69 (inc Sportspack)
To register visit nswrugby.com.au
UWS PENRITH OBSERVATORY
SCHOOL OF COMPUTING, ENGINEERING AND MATHEMATICS

NATIONAL SCIENCE WEEK
The UWS Observatory will be celebrating National Science Week with the following events –

Friday 21 August - 7.00 pm – 9.00 pm – World Record Stargazing
The observatory will be participating in an attempt to break the Guinness World Record – Most People Across Multiple Sites in a Country (Australia). To help set the record, everyone who wants to participate will need to be at the UWS Penrith observatory and be looking through a telescope or binoculars at a pre-determined time during the evening. To obtain a ticket for the event click on "Find Tickets" on our Facebook event site (https://www.facebook.com/events/463603807146617/). If you do not have your own telescope you can purchase a commemorative World Record Stargazing telescope when obtaining your ticket. Free event

Saturday 22 August – 7.00 pm – 9.00 pm – Astronomy Night
A Long Time Ago in Galaxies Far, Far Away
Galaxies found in the distant, early universe look and behave differently from those in our local universe. In this presentation, Dr Amanda Bauer, Astronomer and Outreach Officer at the Australian Astronomical Observatory, will describe triumphs and tribulations towards our understanding of these changes over time, by highlighting some fundamental insights into the current mysteries of galaxy evolution, derived from telescopic observations and theoretical simulations. The evening will also include a 3D astronomy movie, a tour of the dome area and an opportunity to view the night sky through the observatory’s telescopes.
Cost: $18 adult, $12 child/concession and $50 family.
Book and pay online: www.uws.edu.au/observatory. What’s On
Enquiries: Tel: (02)47350135 or email penrithobservatory@uws.edu.au

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A quality education in a caring, small school environment
Please join us
for
RICHMOND HIGH SCHOOL’S
60th Birthday Celebrations
to be held on
Saturday, 5th September, 2015
at
RICHMOND HIGH SCHOOL
Lennox Street, Richmond
Ph: 45 78 1177
9.00am-4.00pm
60th Birthday Markets
Historical Displays including
Opening of the Time Capsule
Entertainment by
RHS Creative & Performing Arts Faculty Music Groups
Variety of Stalls
60th Birthday Cake
Food & Beverages available to purchase all day

RHS - Celebrating 60 years
ELECTRICIAN

Servicing the Penrith, Richmond and surrounding areas.

24 years of experience, very fast, reliable and professional service guaranteed.

List of services include

Hot Water Repairs
Stove, cook top and oven repairs
Lights, power points and switches
Safety Switches
Main Board Upgrades, repairs
Fans, Bathroom Heaters
Digital TV aerials, relocations
Phone/ Data points, repairs
Underground Power
+ More

Call Adam Sullivan on 0413 99 77 35 for an obligation free quote
**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.

<table>
<thead>
<tr>
<th>Absentee Note</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>To be returned to the School Office first day back after absence</em></td>
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</tbody>
</table>

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,
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.