Principal’s Message

Principal’s Awards

Congratulations this week to: Jessica. She was on her own as some of the others were boarding the bus for Special Swimming. We will catch them up on a later date. Look for the picture soon on our website.

Aussies of the Month Nominees

**Early Stage 1**
Finley - KP      Chloe - KH      **Winner: Bowen – KT**

**Stage 1**
Katie - 1N      Kaylum - 2G      Sarah - 2B      **Winner: Olive - 1K**

**Stage 2**
Brooklyn - 4S      **Winner: Nathan - 2/3R**

**Stage 3**
Bronte - 5C      Sophie - 5/6G      **Winner: Heath - 6J**

Work Health & Safety

As part of our WHS requirements, the school conducted drills in lockdown and evacuation last week. I am pleased to report that all students, staff and volunteers coped well with the sudden changes to routine.

Uniform Review

No substantial change was made to our general everyday uniform at the P&C meeting. I will outline the sports uniform that has been introduced in the first newsletter for Term 2. I thank Amanda Lee for the extensive research done on uniform options, and the parents who debated the issue thoroughly at the meeting.

Police and Principals Forum

I attended a meeting with police from Camden Local Area Command on Tuesday. The agenda included Keeping Me Safe (Child Protection), Crime in Schools, Cyber Crime and Facebook, and Assaults in Schools.
Uniform Shop

The uniform shop is open on the following days: Tuesdays and Thursday 8.30am - 9.00am and 2.30pm – 3.00pm

Band News

All Band Fees for Term 1 2013 are now due and payable.

Canteen

Updated Canteen Pricelists can be obtained from the office.

Tuck Shop Newsletter attached for your information.

Emergency Contact Forms

We are still waiting on a lot of parents to return their “STUDENT EMERGENCY CONTACT DETAIL REPORT”. We cannot stress how important it is to keep your details updated and correct in case of Emergency. If you require another copy, please advise the ladies in the office.

Also, if you have any updated Court Orders/AVO’s that you have not provided to the school yet, could you please arrange a copy as soon as possible. We also require you to advise the ladies in the office if the structure at home has changed so that we can update our records accordingly.

Reminder: Fruit Break

Could you please remember to pack fresh Fruit of Vegetables for your children for Fruit break.

FRESH FRUIT ONLY!
No packaged Jellies or Rollups.

Thank you

P & C

At the Annual General Meeting on Tuesday evening, the following people were elected to positions:

President: Lea Blatch
Vice President: Donna-Lee Henry
Secretary: Diane Hunt
Treasurer: Jeremy Phillips
Canteen Operations Manager: Lisa Williams
Canteen Stock Controller: Monique Liddle
Canteen Bookkeeper: Mel Moroz
Uniform Shop Coordinator: Amanda Lee
Uniform Shop Bookkeeper: Jo Tapp
Grants Coordinator: Tracy Daly
Auditor for 2013: Narelle Shafer

I congratulate the incoming office bearers, and thank those who have stepped down for the great job they have done for our school.

Earth Hour – We Won!

You may be aware that this Saturday is the annual event when we are asked to turn our lights off to highlight environmental sustainability. What you may not know is that Mrs Budd entered our school’s Yarning Circle as an example of creatively linking learning to nature and country. Thirlmere Public School has been selected as a Finalist for the World Wildlife Fund Earth Hour Education Award. As Mrs Budd is unavailable, I will be attending the WWF Earth Hour Awards Ceremony at the Museum of Contemporary Art on Saturday. Congratulations to Mrs Budd and our Aboriginal students, both past and present, for their hard work, and fingers crossed for Saturday!

Facts about fractions

If you’ve forgotten 3/5 of primary school maths and 7/8 of high school maths, what’s left? Ah ha! Kids need help learning how to add fractions too. The only thing left is to print these fact sheets.

From the beginning of Term 2, I plan to offer the newsletter in paperless form. Parents will be able to choose to:

- Log on to the school’s website, where the newsletter will be uploaded each week;
- Have the newsletter e-mailed to the address of their choice; or
- Maintain the status quo, and receive a hard copy each week.

Please indicate your preference on the form attached to the back of the newsletter and return it to the “frog’s mouth” in the school office.

Amazing art

Autumn’s the perfect season to take a trip to a gallery. The popular ArtExpress exhibition connects us to the inner lives and self-expression of high school students. Amazing works are on show throughout NSW. Check out the calendar. Find out more: http://artexpress.artsunit.nsw.edu.au/

Sounding out aloud

Making phonics fun. Help your child learn to read by sounding out their words. Here are some tips to help your child gain confidence reading.


This is my last newsletter for this term, as I am taking leave to walk my little girl down the aisle on Easter Saturday. Mrs Karolis will be Relieving Principal and Mrs McLachlan will teach 1K during my absence.

Enjoy the rest of Term 1 and have a safe and relaxing holiday.

Stephen Lord
Library News

All students K-6 have begun the Premier’s Reading Challenge in March.

Congratulations to Angus and Lachlan, the first two students to complete the challenge.

Please encourage your children to keep on reading, they have until 31 August 2013 to complete the challenge.

School Magazine

Stage 2 and 3 classes have again decided to include the school magazine into our school and class reading program.

Payment for School Magazine has been extended to 12 April 2013. Could you please forward payment to the office AS SOON AS POSSIBLE.

125th Anniversary Celebrations

Cookbook reminders were sent home to all families last week. There is still plenty of space & time to return your recipes or submit online yourself. It is a great way for your family to be remembered. Please do yours today. Surveys were also sent home with students regarding Anniversary memorabilia items. Please remember to return yours to the office. There is no obligation to purchase at this stage, just ideas.

School Photos

Envelopes with payments need to be returned to the office by no later than 2 April 2013
**GRANDFRIENDS DAY - COOK AT HOME MUMS**
**THURSDAY 28TH MARCH**

We need you! The Canteen will be hosting a morning tea for Grandfriends Day in exchange for a gold coin donation. Your help in making slices, muffins, cakes etc for the morning tea would be greatly appreciated. They can be dropped in to the canteen the morning of Grandfriends Day. We also need people to help set up the tea/coffee and morning tea – contact Lisa Williams if you can help on 0412 258 282.

The new canteen price list has been distributed. If you did not receive a copy, you can get one from the school office.

**CANTEEN ROSTER**

**Friday 22nd March** - Tracy Digger, Lisa Williams, Belinda Kelly

**Monday 25th March** - Lisa Fava, Mel Ruddiman

**Wednesday 27th March** - Ed Schlosser, Mel Chamberlain

**Friday 29th March** - EASTER FRIDAY – Public Holiday

**Monday 1st April** - EASTER MONDAY – Public Holiday

**Wednesday 3rd April** - Diane Hunt, Meryl Cooper

**Friday 5th April** - Chris Ahumada, Michelle Jobson, Sharon Browning

**Monday 8th April** - Helle Juske, Lisa Fava

**Wednesday 10th April** - Deb Day, Danielle Dunleavy

**Friday 12th April** - CANTEEN CLOSED FOR STOCKTAKE

The roster for Term 2 will be prepared soon – if any volunteers have changed their availability, please let Debby Parker know on pclan5@bigpond.net.au or 0408 72 73 99.
**Go4Fun** is a healthy lifestyle program for children aged 7-13 years who are above their healthy weight. The program is run after-school during the school term and is FREE for eligible families. Go4Fun is open for new enrolments at www.swswh.nsw.gov.au/populationhealth/Go4Fun.html

**Go4Fun** originated in the UK as an evidence-based multi-disciplinary program called MEND. This program was designed by a specialist clinical team focused on participation as opposed to competition, and has operated in New South Wales as Go4Fun for over three years.

**MEND stands for:**
- **Mind** - Understanding and changing unhealthy attitudes and behaviours around food, weight, physical activity and social interactions.
- **Exercise** - Adequate, safe and fun physical activity for one hour per week (based on ageappropriate activity). Activities include outdoor games, pool activities to help build physical activity and sporting skills, working on fundamentals such as speed and skills teamwork.
- **Nutrition** - Enjoyable and practical activities teaching healthy eating and food choices including healthy eating information (e.g. portion sizes, portion control), food label reading and a supermarket tour.

**Do it – Get Involved!**

What is ‘above a healthy weight’?

Approximately 50 per cent of children in NSW are overweight or obese. Children who are above a healthy weight for height and age include those who:

- Wear clothes sizes for an older age group
- Spend over two hours watching television (or using a computer) per day
- Are physically inactive for less than one hour per day
- Eat unbalanced meals, large portion sizes or more than one unhealthy snack per day

Being overweight can contribute to health problems like asthma, diabetes, heart problems, as well as affect a child’s self-esteem, willingness to participate in activities, and can even affect friendships.

**MEND**

- **Mind** - Understanding and changing unhealthy attitudes and behaviours around food, weight, physical activity and social interactions.
- **Exercise** - Adequate, safe and fun physical activity for one hour per week (based on age-appropriate activity). Activities include outdoor games, pool activities to help build physical activity and sporting skills, working on fundamentals such as speed and skills teamwork.
- **Nutrition** - Enjoyable and practical activities teaching healthy eating and food choices including healthy eating information (e.g. portion sizes, portion control), food label reading and a supermarket tour.

**Why should children attend Go4Fun?**

The benefits of the Go4Fun program:

- Improved self-esteem and confidence
- Improved physical activity and fitness
- Improved team work and communication
- Improved diet and learning
- Enhanced coordination and mood/behaviour

Where: Go4Fun programs are run from sports centres, schools and community centres in most council areas of South Western Sydney and Liverpool Local Health Districts.

When: Programs run after school, 3 days a week, for 10 weeks. Sessions runs twice a week for two hours, usually starting at 4:30pm, 5:30pm or 6:00pm.

How much does it cost?

The program is **FREE** for all families. Children who attend the program receive two free t-shirts, a drawings bag, bowling ball, water bottle and nutrition workbook.

**How to find more and contact details:**

Leah Choi - Program Manager
leah.choi@swswh.nsw.gov.au | 02 9780 2811 | 0457 507 606
FreeCall 1800 780 900 OR SMS 0409745645 for a call back.

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**GO4FUN DAYS AND LOCATIONS TERM 2 2013 South Western Sydney Local Health District**

- **Bankstown** - Bankstown PCYC
  Cnr Moorabbin St & French Ave Bankstown 2200
  Mondays and Wednesdays 4:30pm – 6:30pm
- **Camden** - Mount Annan Leisure Centre
  366 Welling Drive Mount Annan 2567
  Mondays and Wednesdays 4:30pm – 6:30pm
- **Campbelltown** - Aquatic Fitness & Leisure
  9 Old Monarclglo Road Campbelltown 2560
  Mondays and Thursdays 4:30pm – 6:30pm
- **Fairfield** - Fairfield Leisure Centre
  84-100 Warrimoo Ave Fairfield 2165
  Tuesdays and Thursdays 4:30pm – 6:30pm
- **Liverpool** - Liverpool West Public School
  7-9-1st Herbert Park Road Liverpool 2170
  Mondays and Thursdays 4:30pm – 6:30pm
- **Minto** - Minto Indoor Sports Centre
  9 Rodfont Road Minto 2566
  Tuesdays and Thursdays 4:30pm – 6:30pm
- **Wollondilly** - Tahmoor Public School
  201 Wollondilly Road Tahmoor 2573
  Tuesdays and Thursdays 4:30pm – 6:30pm

**Go4Fun is a FREE program funded by NSW Health for children aged between 7-13 years old who are above a healthy weight.**

Parents and children are invited to attend and register for the Go4Fun program at the locations listed.

For more information or to register for the program:

Leah Choi - Program Manager
leah.choi@swswh.nsw.gov.au | 02 9780 2811 | 0457 507 606
FreeCall 1800 780 900 OR SMS 0409745645 for a call back.
Thornton Bros

The school would like to thank Thornton Bros Flowers who are kindly donating a bunch of flowers to the school each fortnight to help beautify our office area.

STADS
New Dance Classes Now Available
Jazz/Musical Theatre – Hip Hop/Urban – Lyrical/Contemporary

Introducing – Tap, Gymnastics, Beginner Jazz, Beginner Ballet and Exams

Drama – STADS Singers – Dance/Choreography – The Agency

For more information call Sarah on 0415 995 225 or 4683 0193
Online Newsletter

From the beginning of Term 2, I plan to offer the newsletter in paperless form. Parents will be able to choose to:

- Log on to the school’s website, where the newsletter will be uploaded each week;
- Have the newsletter e-mailed to the address of their choice; or
- Maintain the status quo, and receive a hard copy each week.

Please indicate your preference on the form below and return it to the “frog’s mouth” in the school office.

Family name: ____________________________________________

Children and classes: ____________________________________________

I would like to receive the school newsletter by (please tick one)

- Logging onto the school website ______
- e-mail ______
  Please add e-mail address: ____________________________________________
- In paper form ______