Term 1 Week 8
Newsletter

DIARY DATES

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PRINCIPAL’S MESSAGE

School Photos

A reminder that our 2015 school photos will take place this Thursday 19th March. Please contact the school office if you have misplaced your envelope or have any questions. Remember full school uniform!

School Voluntary Contribution

A huge thank you to parents who have paid the voluntary contribution. A reminder that the amount is $25 for one child or $40 for a family.

Principal’s Topic of the Week

Children and Learning

At the very centre of the school’s work is the individual child. We know a lot about children and how they learn. Through this knowledge, teachers plan for your child’s educational needs and development. We know:

- Children are special: Children truly have a marvellous variety of abilities, interests and characteristics that make each one special. This uniqueness deserves the respect of every parent and teacher.
- Children need time to be children: We should not hurry childhood. Too many pressures, too much emphasis on using every minute productively, on achieving maximum results, can rob children of their right to live fully as children.
- Children pass through stages: As each year passes, they develop new ways of thinking and solving problems; they are able to manage their feelings and their social skills are developing. Children reach these stages at different times. In any one class teachers have to make allowances for a wide range of maturity levels, interests and readiness to tackle new challenges.
- Children want to know: Children are naturally active, curious, creative, searching individuals. They are born learners; learning is what they do best. By the time they start school they have learnt a language and that is a fantastic accomplishment!
- Children have needs: Children need love, acceptance, limits on their behaviour, challenge and success. These all help them to grow and develop their abilities to the full.
- Children need expectations: Children tend to live up, or down, to the expectations of important people in their lives. They thrive on high expectations and as long as they are supported through their mistakes, they learn that successful learning often requires considerable risk-taking.
- Children need to play: Play is a child’s natural way of learning about the world and their place in it. Through informal play, they create meaning, stretch their imagination, practise social skills, try out ideas and learn how to cope with problems.

Have a great fortnight!

Mr Richard Batty, Principal
LIBRARY NEWS

LIBRARY BORROWING TIMES: (in addition to your child’s lesson)
Monday – Wednesday 8.45am-9.10am
11.30am-11.50am (1st half lunch)
Thursday 11.30am-11.50am (1st half lunch)
Friday 8.45am-9.10am
11.30am-11.50am (1st half lunch)

Overdue, Damaged and Lost Items
Our school Library policy, approved by our Executive and Parent Body, was implemented in 2013. Part of this document refers to our policy concerning overdue and damaged books.

Students are frequently reminded during class lessons to return overdue books. Oral reminders are followed up by a written note to parents. At the end of each term all resources are to be returned to the library.

Any user who has had a series of 2 overdue notices for the same text from the library will have their borrowing rights withdrawn until the item is returned or a replacement cost is paid. Any items that have been lost or deemed “damaged beyond repair” will incur a replacement cost based on the original purchase cost that is accessible through the catalogue. A letter titled “Damaged Book Notice” will be issued requesting payment for the item.

Premier’s Reading Challenge

The 2015 NSW Premier’s Reading Challenge has begun. Kindergarten students will complete the Challenge at school with their classroom teacher and teacher librarian. Students in Years 1-6 will need to complete their booklists online themselves. The easiest way to access the website is to use this address: www.products.schools.nsw.edu.au/prc/

You can then click on “Login” on the left hand side and enter your child’s departmental username and password. If you experience any difficulties logging in, please see your child’s classroom teacher.

On the website you will find the rules and other important information. To enter your child’s books, please click on ‘Student Reading Records’ on the left hand side.

We will validate all completed Challenges on Friday 21st August, 2015. No late entries will be accepted.

The Library Staff.

Student Payments
Unfortunately the school will no longer be providing the printed envelopes for student payments.

We ask that any payments be returned in an envelope or plastic zip locked bag clearly marked with your child’s name, class and payment information.
These can be deposited in the white box located near the front door of the admin office.

Thank you for your support.

Uniform Sales

Uniforms can be purchased through the School Office on:
Monday 8.30 – 10.30 & 2.30 – 3.30
Wednesday 8.30 – 10.30 & 2.30 – 3.30
Friday 8.30 – 10.30 & 2.30 – 3.30

Newsletter

Newsletters are distributed every fortnight commencing Week 2 of each term. The newsletter will be emailed to each family on the Tuesday. If your email details have changed please inform the office so that you are assured of receiving the newsletter. A printed copy will be available from the office.

COFFEE CHAT
All parents welcome!
Every Friday morning 8.45 – 9.20am
except for Gala Days (27th March)

Held in front of the school near the silver seats.

Be involved
Meet the staff
Have a chat
Make new friends
Share your ideas
Drop off the kids & relax

Gelato is BACK!
Gelato for sale every Friday from 8am
Flavours: Chocolate Vanilla and the MYSTERY FLAVOUR
Cost: $3 per tub and spoon
Where: Kinder window near silver seats at the front of the school
When: Starting Friday 13th February 2015
All profits go towards school air-conditioning plan
SPORT NEWS

Zone Swimming Carnival

Congratulations to all the following students who represented St Andrews at the Zone Swimming Carnival in Week 5.

Melissa Neufeldt
Joanna Lill
Cameron Baker
Jordan Gray
Astrid Peterson
Alex Rocchetto
Hayden Murray
Charlotte Taulanga
Maidhcí Lane
Jessica Rocchetto
Skye Proud
Jackson Ropata
Savannah Coen
Dayyaan Matthews
Darren Mason
Jemma Murray

Your efforts and behaviour were exceptional. The school community is very proud of your achievements. We wish the swimmers who are going on to compete at the Sydney South West Carnival on Tuesday 17th March all the very best.

The Sydney South West Regional Basketball

The Sydney South West Regional Basketball Trials were held on Monday 9th March 2015 and at this trial one St Andrews Public School student was selected from numerous high level and very talented basketball players. Congratulations to Jordan Gray who was selected. He will represent Sydney South West at the NSW PSSA State Carnival to be held at Wollongong from 28-30 April, 2015. We cannot wait to hear all about his continued successes at this high level of representation.

The Fields Zone Soccer

Congratulations to Riley Bezett, Michael Binny and Delwyn Pereira who were selected for The Fields Zone soccer team. It was difficult for the selectors to choose the squad of 14 as there was a high level of talent displayed throughout the trial.

We all wish you the very best as you represent The Fields!

The Fields Under 11’s Rugby League

Congratulations to Jackson Ropata, Elijah Manu-Baker and Bryce Ball for making the The Fields Under 11’s Rugby League team. We know you will represent your school and zone well at the upcoming South West carnival.

COMMUNITY NEWS

The Fields under 11’s Rugby League

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School Holiday Care

For primary school aged children (5 to 12 years)

Convenient locations across the Campbelltown area

Campbelltown City OSHC
40 Broughton Street, Campbelltown
Open 7am-6pm

Eagle Vale Neighbourhood Centre
31 Emerald Drive, Eagle Vale
Open 7am-6pm

Family Day Care

For more information, call 4645 4600

Bicycle Education & Road Safety Centre

King St, Campbelltown NSW 2560
(nearest crossroad, Queen St Campbelltown)

FREE OPEN DAYS

Every Sunday and Monday to Friday during the School Holidays
10.00am to 3.00pm

Closed public holidays and over Easter and Christmas periods.
Parents must supervise their child/children at all times.
All children must bring their own helmet, bicycle and/or scooter and must wear their helmet at all times whilst riding.

Private hire booktngs available
Phone: 4645 4376

Please find copies of notes & further information on the school’s website

http://www.standrews-p.schools.nsw.edu.au
Crunch & Sip

Children rarely drink enough during break times at school and often forget to drink unless reminded. Dehydration can cause poor concentration, headaches and irritability. Be sure to pack a water bottle for your child to drink from during Crunch & Sip.

Fresh fruit and vegetables are the best option for Crunch & Sip. Small portions of dried fruit (e.g. 4 dried apricots, 1.5 tablespoons of sultanas) are permitted, but only occasionally, e.g. once a week. Fruit products such as fruit leathers, roll-ups and sticky muesli bars are not permitted, as they are often high in sugar.

Kids can be fussy about eating fruit and vegetables. They might have to be offered a food up to 10 times before they accept and eat it! Each time your child interacts with a new fruit or vegetable (seeing, touching, holding, and kissing) is a step towards them eating it.

Fruit and vegetables are virtually the only sources of vitamin C. The only other foods that provide this essential vitamin are breast milk and some offal meats. Vitamin C helps your body to fight off disease amongst many other things.

Snow peas or sugar snap peas are a crunchy, sweet Crunch & Sip snack. Choose bright, crisp, plump pods. Smaller pods are generally sweeter and more tender. They are a great way for kids to get all the valuable nutrients found in green coloured vegetables.

Kids love the crunchy outer and juicy inner of cucumber. Most kids take cucumber cut into sticks or slices for Crunch & Sip. However whole baby cucumbers, or a whole or half Lebanese cucumber, or section of a Telegraph cucumber can be great to munch away at during Crunch & Sip and requires less preparation.

Cherry or grape tomatoes are an easy, popular vegetable to take for Crunch & Sip. They are fun and easy to grow too. Let them ripen on the plant or at room temperature. Refrigerating before they are ripe will reduce the flavor and ability to ripen to their full potential.

Red and yellow capsicums are sweeter than the green variety. A medley of different coloured capsicum slices makes a fun traffic light themed Crunch & Sip snack. Baby capsicums are also great to pack whole for your child.

Juicy, juicy mangoes! What’s better than eating mango cheeks with your hands and letting the juice drip down your chin? However, it might be better to pack chunks of mango in a container with a spoon for Crunch & Sip ;). Pineapple may have a tough, unappealing exterior, but that ripe, sweet, juicy flesh is a perfect Crunch & Sip snack for kids. Chop into chunks and pack in a container with a fork to minimize mess for Crunch & Sip.

Allow hard peaches or nectarines to ripen at room temperature, then store in the refrigerator once ripe. Pack a paper napkin or sheet of paper towel for your child if their Crunch & Sip peach is particularly ripe and juicy or cut into segments that will easily separate from the stone and put in a container.

Strawberries are a great source of vitamin C, which is an important nutrient to help fight disease. Be sure to pack them in a container or the lunchbox so that they don’t get squashed.

Avocados are one of the few fruits to contain fat. They are a source of ‘good fats’, the type that helps to keep you healthy. Mash it up into a dip that you can dip other vegetable sticks into.

When packing grapes for Crunch & Sip it can be an idea to put them in a small container or the lunchbox so they don’t get squashed. Grapes are a popular fruit with kids. There’s something about putting them whole in your mouth and bursting them by biting!

Some people love to crunch on a whole stick of celery, but generally kids prefer it cut up into sticks. A variety bag of vegetable sticks (e.g. celery, carrot, cucumber) is great for Crunch & Sip. Chewing on celery can help clean your teeth!

A small handful of baby spinach leaves teamed with another crunchy veg such as capsicum, carrot or cucumber is a great Crunch & Sip snack. It also helps your child meet their intake of green leafy vegetables that can sometimes be tough.

Kids love watermelon because it is sweet and juicy. Pack a container of chunks with a fork or spoon for your child to eat during Crunch & Sip. A melon medley of different types and colours can be fun and appealing too.

Carrots can be one of the easiest vegetable options for Crunch & Sip. Kids generally love them, they can last for a while in your refrigerator and are easy to prepare. Smaller carrots tend to be sweeter. Give them a wash or scrub and pack whole or cut into sticks.

A few raw button mushrooms are a novel vegetable to take for Crunch & Sip. Make sure you wash and dry them before packing. You can team them up with another crunchy veg and pack them in a container of chunks with a fork or spoon for your child to eat during Crunch & Sip.

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Blueberries are little super fruit bombs of juiciness. They are rich in antioxidants and their benefits are said to outweigh all other berries combined! Kids love them, so why not pack some for Crunch & Sip?

Did you know the smaller the pod of the snow pea the sweeter it will taste? Snow peas can be washed and eaten raw so pop them in your child’s bag for Crunch & Sip.

Children are more likely to enjoy their Crunch & Sip if their produce is fresh and delicious. Choose fruit and veg that are currently in season and that feel firm, smell nice and look appealing.
WHY IS BREAKFAST IMPORTANT?

a. children who miss breakfast are often reported as having poor behaviour and poor concentration
b. children who miss breakfast are often unable to meet their daily nutrient requirements
c. children who miss breakfast are more likely to have a greater risk of being overweight or obese
d. eating breakfast helps children learn and establish healthy eating habits early in life

LOOKING FOR SOME BREAKFAST IDEAS?

We all know breakfast is the most important meal of the day. Here are some delicious and nutritious ideas to try:

- wholemeal English muffin with sliced banana and peanut butter
- grilled cheese and tomato on toast
- tinned baked beans and toast
- porridge and sultanas with reduced-fat milk
- wholegrain cereal with reduced-fat milk
- fruit smoothie (frozen berries, banana, milk and yoghurt)
- boiled eggs and toast
- slices of fruit with yoghurt and muesli
- raisin toast with sliced banana

3 TIPS FOR A SAFE LUNCHBOX

- Before preparing your child’s lunchbox, always wash your hands and ensure you have a clean chopping board, lunchboxes and utensils.
- Bacteria that cause food poisoning grow at room temperature so it is a good idea to keep lunchboxes cold, even in winter. Include a frozen drink or ice-brick to keep sandwiches fresh and safe.
- Wrap frozen drinks in a paper towel to stop condensation making lunches soggy.

IS DRIED FRUIT ALLOWED FOR CRUNCH & SIP?

Fresh fruit is the best choice; however a small amount of dried fruit e.g. a box of sultanas or 4 dried apricots is an acceptable Crunch & Sip food.

Please remember fruit straps, bars or rolls are NOT permitted for Crunch & Sip.

DRINK WATER

Tap water makes the best drink!
Not only is it thirst quenching, but it also contains fluoride which helps make teeth stronger. Here’s what water has to offer:
- it is cheap and readily available
- it doesn’t contain any kilojoules or sugar
- it encourages optimal function of the body
We should all aim to drink between five to eight cups of water a day. In the warmer months it is important to keep well hydrated. Always have water available when children are active. Encourage them to drink water regularly, even in cooler months.

THE NOT SO FRIENDLY FRUIT JUICE

Many people think fruit juice is a healthy option. While fruit juice contains some vitamins, it lacks fibre, antioxidants and other nutrients found in fruit. Fruit juices are high in sugar and energy, often containing similar quantities of sugar found in soft drink. Drinking large amounts can lead to tooth decay and excess energy consumption. Here are some things to consider if choosing juice:
- Eat a whole piece of fruit instead.
- Limit fruit juices to no more than half a glass per day.
- Consider diluting juice 50:50 with water to reduce the amount of sugar
- It is easy to drink too much juice. One popper of juice is equal in energy to two pieces of fruit.

DID YOU KNOW VEGETABLES ARE PERFECT FOR CRUNCH & SIP?

Green beans, cherry tomatoes, cucumber, capsicum and carrots make a great Crunch & Sip snacks. Slice vegetables and store in a small container with dip.