Great Start

A few weeks ago I sent home a note with all students welcoming everyone back and updates on new and returning staff. I also communicated that we had structured our classes based on predicted student numbers and we were waiting to see if any students had moved or new students had arrived. I can inform our community that the current class structure will continue for the remainder of 2016, as we have not had to make any changes. I will send home a note shortly detailing all of our staff and their role/responsibility.

We have had a fantastic start to the school year. Students are already active learners and teachers have reported back that the transition from the Christmas/New Year holidays to school has been awesome. Well done boys and girls! It is also an indication of how prepared staff are and how much work they put in during January to be ready for day one. A team effort!

I look forward to a brilliant year!

Some Updates

A note will come home with students indicating parent pick-up areas in the afternoon. We organise our pick-up areas carefully to ensure students leave the school grounds safely and parents are not interrupting learning spaces. We are seeing some parents wait outside classrooms and not in designated areas. This is not in line with our school student pick-up policy. Some parents are also

DIARY DATES

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<th>DATE</th>
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<td>25th February</td>
<td>Yarning Circle</td>
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<tr>
<td>26th February</td>
<td>Induction Ceremony</td>
<td>Yrs 2-6</td>
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<td>29th February</td>
<td>Responsible Pet Education</td>
<td>Kindy</td>
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<td>4th March</td>
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<td>11th March</td>
<td>Schools Clean Up Day</td>
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<td>17th March</td>
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<td>Whole School</td>
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<td>18th March</td>
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<td>Yrs 3-6</td>
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<td>18th March</td>
<td>Teddy Bears Picnic</td>
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<td>24th March</td>
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<td>24th March - 6th April</td>
<td>Life Education</td>
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<tr>
<td>8th April</td>
<td>Last Day of Term</td>
<td>Whole School</td>
</tr>
</tbody>
</table>

Term 1 Week 5
Newsletter

OFFICE HOURS
Monday – Friday
8.30am – 3.30pm

UNIFORM SALES
Monday, Wednesday & Friday
8.30am - 9.30am & 2.30pm – 3.30pm

SCHOOL PHOTOS

School photos will be taken on Thursday 17th March.
Children are to wear summer uniform.
Sibling photos will be taken in the hall before school from 8.30am and at lunch time.
A reminder that photo envelopes need to handed to the photographer on the day of photographing.
Payments can also be made online prior to the 17th March.

PRINCIPAL’S MESSAGE

SCHOOL PHOTOS
allowing their young children to play in our school which is completely out of bounds. I ask parents to support this policy. Mrs Danial and Mr Harris (Deputy Principals) will be monitoring areas during bell time.

We have had an increase in students arriving to school really early in the morning. Some children are being dropped off at 8.00am. This is concerning. Our official start time is 9.10am, however students are able to arrive 30 minutes before this time and play whilst being supervised by a teacher on duty. Any students arriving before 8.40am are not supervised and must sit under the Primary COLA area. We understand students may be dropped off 5 or 10 minutes earlier than this on particular occasions, however it becomes a concern if this is a regular occurrence. For students who arrive to school early on a regular basis, teachers will be asking their names and Deputy Principals will be contacting parents for an explanation. Thank you for supporting the school with this matter.

Animals on School Site

A reminder that there are to be no animals on school grounds at anytime unless approved by the Principal. We also ask that parents do not wait for their children out the front of the school with their pet dog. A number of our students have a fear of dogs and this can make home time an unsafe and anxious time.

Have a great few weeks!

Mr Richard Batty
Principal

UPDATE - OPAL Travel Passes

The free travel period will end on Friday 26th February. If students do not have an OPAL CARD they will not be able to travel on the bus unless they pay cash.

It is important that card holders tap on when entering the bus and tap off when departing off the bus.

Families unsuccessful with their application will either need to buy a term opal card or purchase a child card. Check out the cost of each, depending how often a week students travel on the bus.

The letter Mr Batty enclosed with the problem passes did not get a result. The school received a three page document outlining where students could cross the road safely; for a walking route to school go to apps.transport.nsw.gov.au/ssts/guidelinesForWalkingRouteToSchool

Transport NSW has written saying “the supervision of children to and from school is the responsibility of their parents and guardians.”

St Andrews will continue to process travel passes, however, if they are unsuccessful, parents will need to request their own review.

For more information on subsidised travel or the new OPAL card system please refer to the sites listed below.

www.transportnsw.info/school-students

Mrs Chapman (Office)

COFFEE CHAT

All parents welcome!
Friday morning 8.45 – 9.20am
4th March, 18th 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

SCRIPTURE NEWS

Scripture classes have now begun for 2016. Your child may attend Anglican, Catholic or Muslim classes. If your child is presently attending Non-scripture classes and you would like them to attend one of these groups, please write a note to Ms Lawrie requesting the change.

Thanking you, Ms Lawrie.
K-4J have begun visiting Campbelltown Library each Thursday. We leave school just after lunch time, board the school bus, sit in our designated seats with our seatbelts on and leave the school grounds. Ms Bond drives the School bus and Ms Mort describes the environment, places of interest and any other traffic issues during our journey. Whilst at the library, Ms Bond and Ms Mort take turns to read books which the students have chosen. Ms Bond gets very animated and the students all sit and listen. Ms Bond encourages the students to find particular letters or words in the books they have chosen. Other children who are visiting the library even come and join us. We arrive back at school by recess and the students are on a high. We will visit the Campbelltown Library each week this term. When asking the students what was the best thing about the visit to Campbelltown Library they replied…. Nathaniel: The bus. Skye: The books. Anisa: Being on the back seat of the bus. Summer: The library has many books. Alex: Ms Mort reading me the book. Joshua: Book, Library, Pictures. Ms Bond
SPORT NEWS

On 29/1/15 representatives from the Giants AFL club came to St Andrews Public School to run a clinic. It was a great chance for new classes to work as a team and interact. Thank you to the Giants who continue to support our school!
Please be advised that last week, February 15th-22nd was National Sign Up Gonski Supporters Week. We would like to encourage parents, caregivers and the wider school community to sign up and support the I Give a Gonski campaign. As this is a federal election year, we have now reached a critical phase of the campaign to secure the full Gonski funding.

The Gonski campaign continues to attract broad community support. In excess of 150,000 people have registered their support for the campaign whilst over 78,000 have subscribed to the I Give a Gonski Facebook page. Signing up online is the quickest way to register support for the Gonski campaign.

You are invited to register your support for this campaign at http://www.igiveagonski.com.au/. It takes less than a minute to sign up.

Please encourage family members and friends to like the Gonski Facebook page at https://www.facebook.com/igiveagonski and twitter site.

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Our next St Andrews PS Yarning Circle will be held at 2:10pm on Thursday, 25th February. All Indigenous parents/carers and community are welcome to attend.

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Dear Parent/Carer,

We will be launching a new resource booklet for parents and carers of Aboriginal and Torres Strait Islander students at our Campbelltown campus on Tuesday 1 March. The booklet is a resource to provide you with an overview of how to support your child’s higher education ambitions and what to expect when he or she enrolls at university.

The launch is a celebration of the support and encouragement parents give to their children as well as an opportunity to meet other parents and staff who may be able to offer help and advice in the future.

Guest speakers will include the University’s new Pro Vice-Chancellor, Engagement and Aboriginal and Torres Strait Islander Leadership, Professor Lisa Jackson Pulver.

We would be delighted for you and other members of your family to attend. Refreshments will be provided.

To assist with catering, please RSVP to Danielle with numbers ASAP.

Date: Tuesday 1st March 2016
Time: 5:00pm
Location: Campbelltown Campus, Building 6 Room G.213
Parking: Parking permits will be provided. Please park in the yellow parking bays located in the P2 carpark.

The booklet was produced as an adjunct to the 2015 “Walking Tall Together” program which featured on-campus school holiday camps for year 9 and 10 Aboriginal and Torres Strait Islander students. It will be distributed free-of-charge, including to those attending the launch events (one at Campbelltown and one at Penrith).

We hope that you may be able to join us.

Danielle Montgomery | Aboriginal and Torres Strait Islander Project Officer
Badanami Tertiary Entry Program
P: 9678 7325 | M: 0408 393 524
COMMUNITY NEWS

WESTFIELDS SPORTS CRICKET ACADEMY
YEARS 4, 5 & 6 BOYS & GIRLS

BACKGROUND INFORMATION
Westfields Sports in conjunction with Sydney Thunder and NSW Cricket are designing a cricket academy to be conducted during after-school on the dates listed below. Our program is designed to implement high performance, individualized coaching through a range of activities, games, drills, physical testing and biomechanical analysis.

TERM 2
Monday 4:30pm
Week 1: 2nd May
Week 2: 9th May
Week 3: 16th May
Week 4: 23rd May
Week 5: 30th May
Week 6: 6th June

TERM 3
Monday 4:30pm
Week 1: 2nd July
Week 2: 9th July
Week 3: 16th July
Week 4: 23rd July
Week 5: 30th July
Week 6: 6th August
Week 7: 13th August
Week 8: 20th August
Week 9: 27th August
Week 10: 3rd September

TERM 4
Week 1: 10th October
Week 2: 17th October
Week 3: 24th October
Week 4: 31st October
Week 5: 7th November
Week 6: 14th November
Week 7: 21st November
Week 8: 28th November

FOCUS
Players specific conditioning and functional movements
Week 2 and 3
Cost: $40 for the term ($10/week)
Maximum of 20 people/session

FOCUS
Confined specific functional movements and
conditioning, specialist skill development and game preparation
Cost: $30 for the term ($10/week)
Maximum of 20 people/session

FOCUS
Specialised positional skill development and
game preparation
Cost: $10 for the term ($3/week)
Maximum of 20 people/session

TRIALS TO BE HELD
When: Term 1, Week 9
Monday 21st March @ 4pm
Where: Westfields Sports High
School cricket nets

COACHES
Don Rixon - Level 3 coach
Ian GB - Level 2 coach
James Broadbent - Level 2 Coach
Special guest coaches to assist throughout the year

Would $500 assist you with education costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:
- school uniforms and textbooks
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- TAFE, traineeship and apprenticeship costs
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years of age, have some regular income from work (you or your partner) and have a child at school or studying yourself.

Contact Liz Tinney at the Benevolent Society
on 46 333 722 or 0407 310 205
email: liz.tinney@benevolent.org.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered to your local area. The program is funded by ANZ and the Australian Government.
6 tips to increase fruit and vegetables at home

1. Be a role model!
   Let your kids see you enjoying fruit, vegetables and water.

2. Get the kids involved!
   Grow, shop and cook with your kids. They’re more likely to eat something they’ve helped prepare.

3. Make it accessible!
   At home, keep ready to eat fruit and vegetables in easy to see and reach places. For example, place a fruit bowl on the counter and have ready chopped veggie sticks or fruit at kids’ eye level in the fridge.

4. Try Crunch&Sip® at home!
   Make it fun on weekends or during school holidays for a quick snack of fruit or veggies.

5. Keep trying!
   Kids might need to be offered new foods up to ten times before they try them, so don’t give up if a new food is rejected first time.

6. Include it in every meal!
   Think about how you can add vegetables to all your meals. For instance, add grated vegetables such as carrot and zucchini to bolognese, shepherds pie, pasta sauce and burger patties.

Crunch&Sip® Information for parents

What is Crunch&Sip®?
Crunch&Sip® is a primary school program where children crunch on fruit and/or vegetables and sip water at a set time during class every day.

Why it matters:
Crunch&Sip® encourages children to choose fruit and vegetables as a snack and water as a drink. It enables them to refuel and rehydrate, which helps improve concentration and mental and physical performance. Children rarely drink enough water and often forget to drink unless reminded, which can cause headaches and irritability. Crunch&Sip® gives them the opportunity to drink water, avoiding dehydration.

What you need to do:
Send your child to school with a water bottle and some fruit or vegetables so they can participate in Crunch&Sip®. The fruit or vegetables need to be ready to eat in the classroom. See catalogue for suggestions.

what to pack

A bottle of plain water
When it comes to thirst, choose water first! Give your child a bottle of water to take to school every day.

A whole piece of fruit or veg
Choose an easy to eat fruit or vegetable that isn’t messy, such as a carrot, apple, mandarin or banana.

Several whole, smaller fruit or veg
Use a container or bag to pack snow peas, corn, mushrooms, strawberries or grapes, for example.

Chopped fruit or veg
Pack a container of bite-sized pieces of fruit or vegetables such as watermelon, mango, broccoli or cauliflower. If needed, remember to include a fork or spoon to avoid sticky fingers.

Veggie sticks
Cucumber, capsicum, celery and carrot are great options.

Canned fruit
Fresh fruit and veg are best, but fruit canned in water or natural juice is OK every now and then.

Dried fruit
For example, apple, mango, apricots or sultanas, a maximum of once a week.

Helpful tips for Crunch&Sip®

1. Only fruit and vegetables are suitable for Crunch&Sip®. The following are NOT suitable: fruit juice, fruit products such as jubes, jelly or syrup, potato or veggie chips, rice, fruit canned in syrup, popcorn.

2. Crunch&Sip® is a good opportunity to encourage your child to eat a variety of fruit and vegetables. Variety packs look great and are a good way to introduce new fruit and vegetables alongside those familiar or accepted ones.

3. Make sure whatever you pack is a suitable amount for your child and ready for them to eat. It’s shopping or preparing can be done at school. Include a fork or spoon that won’t need to be made a great snack for Crunch&Sip®.

4. Prepare Crunch&Sip® in advance. Think of the day ahead by shopping all the snacks needed for Crunch&Sip® at one time. Or, simply cut up extra vegetables when preparing dinner the night before.

5. Crunch&Sip® is an excellent opportunity to encourage vegetables. Research shows that most kids eat enough fruit, but they need to increase the amount of vegetables they eat every day. Raw veggie sticks are a good snack for Crunch&Sip®.

6. Dried fruit should only be eaten occasionally, such as a maximum of once a week, as it sticks to teeth increasing the risk of tooth decay. Encourage your child to wash their hands around their mouth after eating dried fruit to help prevent tooth decay.
NATIONAL RIDE2SCHOOL DAY

Friday March 4 is National Ride2School Day. Swap your car for an active form of travel – cycle, walk, scoot or skate to school. If you live further away, drive or catch public transport part way then walk the rest of the way. Remember, kids need at least 60 mins of physical activity each day. Providing opportunities before and after school will make it easier to achieve this. Why not make it more fun by inviting families in your neighbourhood to travel together?

CRUNCH AND SIP

A change in season means a change in fruit and vegetables available at your local supermarket. Take this opportunity to try new foods and encourage your kids to do the same. Different coloured fruit and vegetables contain different nutrients and Autumn is full of colour and flavour. Why not pack one of the options below for Crunch and Sip? Or create your own pick n’ mix by cutting up a few different options.

- Apples
- Figs
- Grapes
- Kiwifruit
- Pears
- Persimmon
- Broccoli
- Mushrooms

WATER

Children need 1-1.5 litres of fluid per day. Although some of this can come from the food they eat, most of it should come from drinking water. It’s important to drink even more water on hot days and during exercise when water is lost as sweat. Regular tap water is:

- safe to drink
- contains fluoride to help protect teeth from decay
- available in most public places

And best of all is FREE!

So pack a water bottle every day for school and save your family from unwanted costs.

BREAKFAST

Mornings can be a busy time but starting the day right is important. A healthy breakfast can help your child learn and concentrate better throughout the day, reduce unhealthy snacking and provide nutrients for healthy growth and development.

Try these top tips for encouraging your kids to eat breakfast everyday:

- wake your child up in plenty of time for school
- agree to a few healthy brekky options that kids can choose from
- eat breakfast with your kids
- get ready for the morning by putting out plates, bowls and cutlery the night before
- toast, cereal, fruit and yoghurt are quick and easy ideas