



North Rocks Public School

NEWSLETTER

PHONE: 9871 1772 FAX: 9872 1448

www.northrocks-p.schools.nsw.edu.au

Number 3

Term 1 Weeks 5, 6, 7 2009

26 February, 2009

DIARY DATES

| | | |
|------|----------|---|
| Fri | 27 Feb | Clean up the school day |
| Sun | 1 March | Working Bee – 8am-1pm |
| Mon | 2 March | Swimming Carnival Canteen closed |
| Tues | 3 March | Promotions Committee meet 7pm in staff room |
| Wed | 4 March | Canteen Meeting 1:45 Staff room |
| Fri | 6 March | Wine and Cheese Evening school hall 7pm Uniform Shop AGM 9.30am |
| Mon | 9 March | PA Meeting in the hall Zone Swimming Carnival Heats |
| Tues | 10 March | Zone Swimming carnival finals |
| Fri | 13 March | Entries close for International Schools Competitions |

SCHOOL MESSAGES

CAR PARK ISSUES

No parents are permitted to enter or park in the staff parking areas. I am led to believe that Lawndale Avenue is a nightmare in the afternoons in particular. Considering we have the Westfield car park and the fantastic facility of Don Moore reserve it is difficult to understand the need to double park and entice children to cross through parked cars and across the road in places not safe. This is the third mention in the newsletter this year regarding our responsibilities with pick up and drops off. Please "Do the right thing!" **for your children's sake!**

PEER SUPPORT

I would like to congratulate Shantelle, Year 6, who has done a splendid job looking after a young kinder boy. Her kindness has gone a long way to ensure a great start to school for one little boy. Shantelle your kindness has not gone unnoticed.

SPORTS CAPTAINS ANNOUNCED

Congratulations to the House Captains elected and announced at last week's assembly.

| Hackett | Turner | Oakes | New |
|----------------------|------------|-----------|---------|
| Captains | | | |
| Josh D | Kane G | Riley C | Chris Z |
| Shantelle B | Megan O'K | Natasha M | Kate T |
| Vice-Captains | | | |
| Kevin H | Jason T | Stanley H | Aaron P |
| Joanna Q | Ashleigh R | Sarah F | Sarah T |

WORKING BEE

Our first working bee is planned for **Sunday 1st March** commencing at 8am and concluding at 1:00ish. I am very pleased with the wonderful response to the working bee and the work planned to beautify the school grounds. The efforts the team will put in on Sunday will be very rewarding. We have 39 adults and 37 students attending we have plenty of work to be done with the major areas around the ESL room to be tackled. If you haven't put in your working bee note we still would love to see you here. Don't think we have enough people or not enough work to be done. See you on Sunday!

SWIMMING CARNIVAL – YR 2 (8YRS) – YR 6

All students are expected to attend the North Rocks swimming carnival. These events are where school spirit, physical effort and participation are developed. We have a great school which can be shaped positively by the essence of friendly competition. Come along to Waves at Baulkham Hills and support the kids on Monday 2nd March. Wear your team colours!

SCHOOL PROMOTIONS COMMITTEE

Thank you to Jo-Ann X, Rosie V, Karen A, Anu S, Megan T, Joanna R, Gary B and Olivia H. We are meeting next Tuesday evening to plan our work to promote North Rocks Public School. If you have any ideas or expertise that you would like to offer please ring me on 9871 1772.

Working Bee
Sunday 1 March 8am-1pm



- *Truth and Knowledge since 1923* -



HIGH SCHOOL OPEN DAYS

Carlingford HS Wed 4 Mar 9:30-11:00 am 6:00-8:15pm
Northmead HS Tues 10 Mar 9:15-1:00pm 7:00- 9:00 pm
Muirfield HS Thurs 12 Mar 10:30-12:30pm 5pm-7pm BBQ
Cumberland HS Tues 10 Mar 5:30pm

CLASS INFORMATION EVENINGS

It was lovely to meet so many of the school's parents during this week's Meet the Teacher evenings. Chatting over a tea/coffee/wine was a terrific way to connect with the community. I hope that the information provided by the teaching staff was beneficial and that you can see that your child is in good hands.

PARENT TEACHER INTERVIEWS

If you need to speak to a teacher regarding any school issue please make an appointment through the office or directly with the teacher by dropping in a note outlining the issue and some times that would be convenient for you. The teacher will then do their best to accommodate you and try to have information which will shed light on the issue. My advice is to never ask to speak to a teacher during class time or when they are in charge of students. The teacher's attention must be on the job of teaching the class and it is inappropriate for any parent to enter a classroom to speak to a teacher during that time. The period prior to school is also a bad time for a teacher because that time is important to them as they prepare the lessons of the day. Please abide by this advice and I am sure you will find the teaching staff happy to help with whatever concerns you may have.

Formal parent interviews will be held in Week 10 and 11 this term.

SRC – VICTORIAN BUSHFIRE APPEAL

The student body is to be congratulated for their fine efforts in raising \$1700 for the victims of the Victorian Bushfires. The donation was made directly to the ANZ bank and we hope that our donation goes a little way to making someone's life a little easier.

CLEAN THE SCHOOL DAY

On Friday afternoon the students of our school will be involved in a School Clean Up as part of Clean Up Australia Day. We will target the school grounds. I ask that each child bring a pair of plastic or garden gloves to help with the task.

WINE AND CHEESE EVENING

Friday 6 March we will be holding a social evening in the school hall. Music, chatting, wine and cheese. A lovely way to meet others in the school particularly those who are new to the school. It shouldn't be a late evening but what a way to welcome in the new school year. An information leaflet is coming home this week.

BULLYING - SIGNS OF BEING BULLIED

Children who are being bullied may not always tell adults. They may be afraid or ashamed. Some signs of being bullied may be:

- not wanting to go to school
- finding excuses for not going to school, such as
- feeling sick
- wanting to go to school a different way to avoid the children who are bullying them
- being very tense, tearful and unhappy after school
- talking about hating school
- bruises or scratches
- talking about not having any friends
- refusing to tell you about what happens at school.

Your child may show other signs of unhappiness as well. For example, they may have problems sleeping. These signs may not necessarily mean they are being bullied but you need to check out what is worrying them.

More information at www.community.nsw.gov.au

COMBATING CHILDHOOD OBESITY STARTS AT HOME

Parents and carers are important influences on children's eating and exercise habits. There are some subtle lifestyle changes that can be made immediately that will have huge benefits to children's health.

Top tips for parents:

- Plan family activities to encourage children to stay away from the TV! Go out for a family bike ride or walk, or cook healthy meals together at home.
- Be a role model - kids will usually follow what you do more than what you say. If they see you enjoying physical activity and having fun, it will motivate them to be more active.
- Playing together is important. Help your child practise basic sporting and movement skills such as throwing and catching or kicking a ball.
- Remember that while exercise burns energy, feeding them junk food or sports drinks may mean they are still taking in more than they burn.
- And last but not least....make sure active children drink plenty of water!

- COMMUNITY NOTICE BOARD -

North Rocks Casual Child Care Centre – Westfield Shopping Town. Flexible child care for families needing care for appointments, emergency care, shift work, shopping, studying, leisure pursuits etc. For further information including the Child Care Benefit – 1800 670 305



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NEWSLETTER ADVERTISING

Would you like to take out a yearly advertisement in the school newsletter? The newsletter reaches 450 families and has 20 editions annually. Cost is \$440 gst inclusive and is available for the back page and limited to 10 companies. If you are interested please contact the school office.

Uniform Shop Roster Vacancies The Uniform Shop needs volunteers!!!

Friday mornings from drop-off time till about 9.15
If you are able to spare one Friday per month please let the uniform shop know. Your contribution can make a huge difference!!

CANTEEN NEWS

Hi Everyone, and welcome to 2009.
Thankyou to all of you who have volunteered to work in the canteen this year. We really do appreciate it. Unfortunately, the roster still has some big gaps in it. We are having problems filling Thursdays in particular, but also still have some gaps on Wednesdays and Fridays. If you are able to help, please contact Mary or Glenda, or fill in the attached form and drop it in at the canteen. We have taken delivery of our new upright freezer, and so we now have one surplus Chest Freezer. We'd be very happy to exchange it for a modest donation to the school. Please contact the office if you are interested.

Vicky Gillard, Canteen Co-Ordinator

PARENT AUXILIARY REPORT

Class Coordinator's for this year are being finalised. We are still looking for representatives from 2D & 2M. If you can assist please contact me on 96306680 or silveraldocks@optusnet.com.au. We will be having a class coordinators meeting on Wednesday 11th March at 7:30pm in the staffroom. If you have any ideas for fun or fundraising please let your representative or myself know prior to this date.

The contact book is being finalised. If you have not sent your form to the office please do so tomorrow as this will be your last opportunity to be included.

On Monday 9th March several Mums will be shaving their hair to raise money for the Leukaemia foundation. This will take place in the hall at lunchtime and we are encouraging the children to come along and join in the fun. A gold coin donation would be appreciated. If you would like to know more please contact Jodie Budd on 0417 438 532 or at jodiebudd@gmail.com.

Our next meeting will be on Monday 9th March at 9:00am at the back of the hall.

Kim Silver, President

TEXT BOOKS AND FEES

Thank you to the many parents who have so promptly paid their school account. If you haven't finalised your child's textbook and other payments I ask that you do so at your earliest convenience.

JOEY LEAGUE COACHING CLINICS

The Parramatta Eels development team will be conducting rugby league skill development clinics at our school on selected Thursday afternoons between 3 and 4pm. The dates are Thursdays; 26th Feb, 5th and 19th March. The cost will be \$1 per week. Boys and girls interested in participating in these clinics are asked to register their name and pay the \$3 to me by Friday 20th February.

Mr Cummins - Snr

STUDENT BANKING has commenced. Our volunteer parents are here on **Wednesday mornings** to process student's banking. Application packs are available at the office should you wish your child to open a Commonwealth Bank Super Saver account. The school receives a commission for processing these deposits.

ROXFEST 2009?

We desperately need a volunteer to fill the role of **Roxfest Co-Ordinator**. If we do not fill this role the festival will not take place this year

If you are interested or would like to find out more please contact me at roxfest@gmail.com

Thanks in advance

Jo-Ann Xegas

P&C President

PRAYER MEETING

A Christian prayer meeting is held every Tuesday morning from 8:30 - 8:50 in the VIP room. We meet to spend time praying about various needs in our school. Everyone is welcome.

Enquiries: Linda Gard 9872 6136.

*Swimming Carnival Monday 2nd March, Waves
at
Roxborough Park, Baulkham Hills*

Cameron has personally served

the North Rocks community since 1985
For all your real estate needs
call Cameron.
9871 7015 0412 790 336
info@clre.com.au



The Good Guys Support for North Rocks School.
Try "The Good Guys" for the best price on electrical goods and ask for the Support your school dollars for North Rocks PS.