Calendar

What’s On

Week 4

Tuesday, 20 May  
ICAS Computer Skills Competition

Wednesday, 21 May  
Pulse Choir Rehearsal
Parents Auxiliary Meeting @ 2.00pm

Thursday, 22 May  
Western Sydney Wanderers Football Program

Friday, 23 May  
Zone Cross Country Carnival

Week 5

Tuesday, 27 May  
K-6 Assembly

Wednesday, 28 May  
Hills Sports High School Boys Education Program 5-6S

Thursday, 29 May  
Western Sydney Wanderers Football Program

Friday, 30 May  
Parramatta Rugby League Carnival

Week 6

Monday, 2 June  
Snr Dance Group-Sydney West Dance Rehearsal

Tuesday, 3 June  
Stage 2 Excursion to Powerhouse Museum
Last day for Stewart House bags
Year 6 Interrelate

Wednesday, 4 June  
ICAS Science Competition
Blacktown Music Festival-Choir Rehearsal

Thursday, 5 June  
Western Sydney Wanderers Football Program

Principal’s Message

Year 2015 Enrolments

We are now taking Kindergarten enrolments for 2015. If you have a child you wish to enrol at school next year, please collect an enrolment form from the Office. If you know of any neighbours or friends in this area who have children ready to start school next year, please ask them to collect an enrolment form. It is important that we have names of children as early as possible to help us with staffing and school organisation.

Facebook

Metella Road Public School now has its own official Facebook page. Like us and keep up to date with information as it happens. You can find us at

www.facebook.com/metellaroaddpublicschool

Bumper Issues

At Metella Road Public School we pride ourselves on our connection and communication with our community. Apart from our new Facebook page, we have our website, our smartphone app and this newsletter. We currently produce the newsletter fortnightly and create a “Bumper Issue” in Weeks 4 and 8 each term. With instant notifications and up-to-the-minute information through our Facebook page, website and smartphone app we will only be creating the bumper issue newsletters from now on. Look out for our newsletters in Week 4 and Week 8 each term.

Learning Communities

Metella Road is an integral member of both the Blacktown Learning Community and Warali Wali Education Group. As a member of these learning communities, we have the opportunity to participate in a wide range of learning opportunities. Our students are able to participate in workshops such as anti-bullying, literacy and numeracy and cyber-bullying.
Harvest Hub
Metella Road PS is the first school to be associated with The Harvest Hub. As a hub MRPS parents have the opportunity to order fresh fruit and vegetables (along with a huge variety of other foods). As well as the fresh fruit and vegetables being part of the Harvest Hub our community have the convenience of having it delivered and packed at school. Our students also benefit from fruit and vegetables that are supplied for Crunch and Sip for any student that may have forgotten. If any parent is interested in joining the Harvest Hub please visit the website: www.harvesthub.com.au

Parents that are already using this fantastic service are asked to drop off their blue bags to our Multipurpose Room before school or during recess (11.00am – 11.30am), as lessons are conducted in the Multipurpose Room throughout the day.

School Uniform Online Ordering
You can now order our school uniform ONLINE! Full instructions are included at the end of this newsletter.

Chocolate Fundraiser
Thank you to all the families and friends that helped sell our chocolates for our fundraiser this year. We have just a few boxes left and the P&C will be running a final chocolate sale on Wednesday 21 May and Wednesday 28 May at recess and lunch for only $1 a packet under the 3-6 COLA.

Dad’s Corner
Thank you to Mr Jason Warne for organising this great initiative. Please read more further in this newsletter.

Reforms to P&C Federation
The NSW Parliament has introduced legislation to reform the NSW Federation of Parent and Citizens Associations, which has suspended operation pending Supreme Court action. While these reforms will not affect the day-to-day operation of individual school P&Cs, they will introduce a new executive structure which will ensure the Federation operates as a modern and representative body on behalf of school P&C Associations.

Each school’s P&C Association will be asked to vote for councillors and delegates who will represent their electorate at the Federation’s Annual General Meeting and councillors who will serve on the Federation’s Board of Management. More information will be available on the Department’s website at http://www.schools.nsw.edu.au/gotoschool/a-z/involvement.php.

Too Sick For School?
As the cold weather hits, so do the winter bugs. It’s often hard to know whether to send your child to school or let them stay home to recover, especially when that means an adult cancelling work. For safety’s sake, if your child seems unwell you should always keep them home from school and seek medical advice.

School A to Z and the NSW Health have created an at-a-glance chart to help answer your questions about common childhood illness and how long sick kids need to miss school. Find it by typing this link into your web browser www.bit.ly/1hytn2E

Mental Maths Strategies
We teach children a range of different strategies to add and subtract numbers. By showing them several methods for solving maths questions, we’re helping them to look for patterns. All this builds a good sense of “number” which means they understand the relationships between different numbers and why different ways to add and subtract work well. The goal is that your child will understand many ways to approach a maths problem and will be able to choose a way that makes the most sense to them. School A to Z has a lot of resources, including help sheets on mental maths strategies, here: www.bit.ly/JkUJsY

Does speaking another language at home confuse children?
Are your children fortunate enough to be growing up in a home where two or more languages are spoken? Many parents worry that bilingualism can cause confusion and even delays in learning for their children, but according the Raising Children Network, that’s not the case at all. A good knowledge of your native language can actually help your child with learning English. Bilingual children who are read books and spoken to in their in their native language find it easier to learn to read and write in English when they get to school. More information is at www.bit.ly/1m0agnk

Help!! Spare Clothing Desperately Needed!!
From time to time children have accidents at school. We have a very short supply of uniforms to lend to students. If we lend items of clothing to your child, please wash and return them to the Office as soon as possible. At this stage, if we do not have clothing to lend your child we will have to contact you to come and pick them up from school.

Second Hand Clothing Sales
Please note that our Second Hand Clothing sale will be held every 2nd Tuesday of the month from 2.30-3.30pm under the 3-6 COLA.

Cross Country
A very special thank you to all the parents, staff and students for being involved in our annual school Cross Country Carnival. It ran extremely well and it was a fun-filled day for everyone. All students who placed in the top three in their age group will now compete at the District Cross Country on Friday 23 May at Alwyn Linfield Reserve, Glenwood. Please ensure that those students return their notes and money as soon as possible.

Miss Middlehurst
Cross Country Carnival Organiser

Mr P. D’Ermilio
Principal

Mrs Ryan
School Administration Manager
Kindergarten News
Congratulations to the Kindergarten students for a great start to Term 2. It is wonderful to see the students so motivated and ready for a busy and productive term.

During our PBL lessons this term, the students in Kindergarten have been talking about keeping their hands and feet to themselves. We have discussed the good things we can use our hands and feet for and how we can interact positively with our friends.

This term the students in Kindergarten will also be learning about the importance of farms and farm animals. We have the privilege of having the Living Eggs Hatching Program in our classrooms this week. This program enables the students to develop a deeper understanding of the life cycle of a chicken. The students were able to witness chicks actually hatching from their eggs and observe them growing and changing. The students are thoroughly enjoying this heart-warming experience.

We are looking forward to seeing other farm animals and learning more about farm life, when we visit Calmsley Hill City Farm at the end of this term.

Mrs Larobina
Assistant Principal

Stage 2 Report
Term 2 is well under way and Stage 2 students are enjoying learning about The Human Body in Science. There are some great skeleton artworks being created, and many of the students are undertaking their own research at home. It is wonderful to see them so motivated.

We are also very excited by the excursion that Miss Diamond has planned to the Powerhouse Museum and The Rocks (3 June). It will be a fantastic day with students engaging in hands-on workshops. Please make sure that your child arrives at school by 8.15 am. The schedule for the day is hectic and the buses need to depart on time. Although the buses are due to arrive back at school at 3.00 pm, it would be advisable to arrange alternative transport for your child (if they catch the bus home) because we cannot guarantee the arrival time.

Finally, congratulations to our Year 3 students who completed NAPLAN for the first time last week. You all did a great job and your teachers were very proud of your effort. Well done!

Mrs Parker
Assistant Principal

Stage 3
Welcome back to another busy term. Stage 3 are already in the process of organising lots of activities for the coming terms such as the Mini Fete, the Stage 3 camp along with the ICAS competitions this term.

Year 6 students will once again be involved in the Interrelate program that looks at ‘Moving into the Teen Years’. Notes for this program have been sent home. All Year 6 students are encouraged to attend these sessions which have been subsidised by the P & C.

Year 6 students will also be holding a Cake Stall later this term to help raise money for our Year 6 Farewell and gift to the school. Notes will go home soon to let students and parents know when the stall will take place and what donations to bring in. Thank you to our wonderful Year 6 students for your contributions to our fundraising ventures!
The ICAS competitions for Computer Skills, Science and Writing and Spelling will be held this term. Stage 3 students who have entered these competitions will be allocated to particular Stage 3 classrooms to complete these tests.

All Stage 3 classes are continuing to use their diaries to record upcoming events as well as assignments. There will be three assignments this term that Stage 3 students are required to complete – a Speaking and Listening task, a HSIE brochure of an Asian country as well as an Electricity task. These assignments all have assessment sheets that will be sent home detailing the task requirements as well as due dates. If your child requires assistance with any of these assignments please speak to your child’s classroom teacher.

Mrs A Saad and Ms E McKenzie
Stage Three Supervisors

Greystanes High Achievers Program

Year 5 is participating in the Greystanes High Achievers Program again this year. Last term 4 students attended the Hands on History course, where they studied ancient Egyptian Gods. This term another 4 students are participating in Sushi Train, where they are learning about Japanese language and culture. This is a great opportunity, and over the next three terms the following programs will also be offered to selected Year 5 students:

- Junior Masterchef (Term 2)
- Maths Madness (Term 3)
- Putting Fitness First (Term 3)
- Forensic Frenzy (Term 4)

ICAS Competitions

We have three ICAS competitions this term. The Computer competition will be held on Tuesday 20 May and the Science competition on Wednesday 4 June. The Spelling & Writing competitions will also be held later in June.

Debating

Both of our debating teams are preparing for their third debate of the year. The topic is ‘That We Should Put the Environment First’. Team 1 will be debating against Bert Oldfield and Team 2 will be visiting Seven Hills West.

Ms Curran
Gifted and talented Coordinator

The Library

In the library this term Stage 1 have been learning who is the main character of a story with Year 2 extending this to a writing review. Stage 2 have been learning about key words for research. Stage 3 have been researching defining and searching for key words about natural disasters.

Chess, which started this year, has been a successful and enjoyable time for Stage 3 students during lunchtime on Fridays. If there are any parents who are really good at chess and interested in taking on our champion later in the year please let me know, or in helping juniors learn how to play.

Mrs Aylett
Librarian

Junior Dance Group Red

The Junior Dance Group Red continues to learn new steps to our “Gone Safari” item. The girls and boys have shown great enthusiasm and motivation to perfect the dance. We are looking forward to our performance at the K-6 Assembly in Week 9. We meet every Tuesday and Thursday at lunch in the hall. Keep up the great work Junior Dance Group Red!

Miss Land, Mrs Bekiaris and Miss Cheetham
Dance Coordinators

Senior Dance Group

The Senior Dance Group are almost ready to perform at the Sydney West Dance Festival to be held at the Evan Theatre at Penrith Panthers. The girls have completed the dance and are now polishing their moves for the stage. They will attend a dress rehearsal on the Monday, 2 June (Week 6) and perform that evening. The girls will also perform during the Friday matinee performance.

A huge thank you to the parents who have offered to drive the girls to and from the venue, to Mr and Mrs Craig for helping with costumes and to all of the parents for making the time for the girls to attend all after school rehearsals and performances. Sydney West would not be possible without you!

Keep up the energy girls, it’s almost show time!

Miss Jennings
Senior Dance Coordinator

Junior Choir

The Junior Choir has been busily preparing for our performance at the K-6 Assembly in Week 5. We have been learning the words to the "Friend Song" and “Let it go.”

Parents are invited to watch our performance at the K-6 Assembly on Tuesday, 27 May, 2014. The K-6 Assembly is held in the hall and will commence at 2.05pm.

The children are very excited to showcase their talent at the assembly and we hope to see you there!

Keep up the great work Junior Choir!

Miss Cheetham
Junior Choir Coordinator

Pulse Choir

The Pulse choir have been singing their hearts out in preparation for the Sydney Opera House performance in August.

The first of three rehearsals will be Wednesday 21 May at Jamisontown Public School. It is important that the 12 involved students are at school by 8:30am, to meet Mrs Boase. The Pulse choir have been singing their hearts out in preparation for the Sydney Opera House performance in August.

The first of three rehearsals will be Wednesday 21 May at Jamisontown Public School. It is important that the 12 involved students are at school by 8:30am, to meet Mrs Boase.

Mrs Boase
Pulse Choir Organiser

NSW PSSA Football Knockout

Congratulations to both our knockout teams on winning their opening fixture of this competition. The boys recorded a dominant 8-0 victory over Beresford Road, whilst the girls recorded a come from behind victory to defeat Beresford Road on count back. The Senior Boys team play Kings Langley on...
Monday and the girls are eagerly awaiting their next opponent. Good luck to both teams.

**Western Sydney Wanderers Football Program**

Well done to all the students who are involved in the football program this year. The feedback from the coaches has been outstanding and we are seeing some future Wanderers. It is great to see so many Year 2 students involved and doing so well. Information regarding the Term 3 program will be sent out later this term.

**Parramatta District Rugby League Knockout**

On Friday 30 May, 45 students from Metella Road will be representing our school in the annual Parramatta District Rugby League Knockout. This year we have entered three teams. Mr Calnan and Mr Sawell will coach the under 8’s whilst Mr Byrne, Mr Buckland and Mr Brown will be looking after the under 10’s and 12’s. We wish all the players the best in this competition and hope they enjoy the day.

Mr Byrne
Football Organiser

**SRC Update**

Thank you to everyone who supported our Mufti Day last term. The money raised will be helping the Starlight Foundation.

Our first Disco of the year will be held in the school hall on Thursday, 29 May.
K-2 5.00-6.15pm
3-6 6.30-8.0pm

This year we will be asking the parents/caregivers to come into the hall at the conclusion of each disco to pick up their child/children. Each disco we seem to have children not picked up or waiting at the front of the school. We have a duty of care to these students. A note will come home with further details.

Mrs Holburn
and the SRC

**Stewart House and the Smith Family Clothing Appeal**

Stewart House clothing bags were sent home last week. We are asking for donations of good quality wearable clothing and shoes, also we will gratefully accept blankets. Your donation helps both organisations raise much needed funds to continue this important support for disadvantaged children in our communities. Please return these bags to the Library before Tuesday, 3 June.

Mrs Gafa
Coordinator

**Can Count**

Our thanks to Kye F (1-2C), Darien D (KL), Luke F (6B), Sophie F (5C), Kiera S (2A), Aiden D (3L), Liesel S (3M), Ryan W (4S), Regan S (5M) and Jennifer S (5M) for collecting aluminium cans. Also thanks to other people who have donated cans who no longer have children at our school. The money we receive from the recycling helps us to provide classroom resources for your children. Aluminium cans which are bagged, labelled with your child’s name, class and the number of cans can be left outside my workshop in “D” Block on Friday mornings ONLY. Large amounts of aluminium cans can be picked up by arrangement.

Mr M. Nash
General Assistant

**Parents Auxiliary News**

We would like to thank all the volunteers who put aside time to help out at the Cross Country Carnival BBQ and Mother’s Day stall. We greatly appreciate your time and effort!

**Cadbury Chocolate Fundraiser**

We are still chasing chocolates, if you have the monies or any unsold chocolates please return to the school office ASAP.

**The Good Guys**

If you shop at Karl Holdsworth – THE GOOD GUYS, Prospect, mention at the PAY POINT that you want your SKOOL IS KOOL dollars to be allocated to the Metella Road Public School P&C Association. This is a great way for the P&C to get prizes and giveaways. We supported the chocolate wheel and raffle at the Spring Fete last year from this great sponsorship system. The Good Guys, Shop 17 HOMEBASE Shopping Centre, 19 Stoddart Road, Prospect.

**Entertainment Books**

The sale of Entertainment Books is currently available, so many bargains in one compact book. We are still waiting on the brochures to arrive.

**Next Meeting**

Our next meeting will be held on Wednesday, 21 May at 2pm in the staffroom. All parents welcome.

Alison Steele
Parents Auxiliary Convenor

**Book Club**

Book Club Issue 3 was given to students last week and orders are due back to school on or before Wednesday 21 May. Please fill out the order form on the back of the brochure with name, class and items you are ordering (this is extremely important if you would like to receive your order).

It is extremely important orders are received on or before the 21 May to enable the orders to be collated.

Mrs Martin
Book Club Coordinator

We meet every Friday from 8.45-9.30am at the K-2 COLA. Hope to see you there.

Jason
Parent Volunteer
Stage 2

Stage 2 has been working hard so far in Term 2 and here is a little of what they have been up to.

4H

4S

Colour Poem

A colour poem expresses how you are feeling about your favourite colour.

Yellow

Yellow looks like the bright sunshine.
Yellow sounds like busy bees buzzing in the meadow.
Yellow smells like the beginning of spring time.
Yellow tastes like a cold glass of solo.
Yellow feels like the warmth from the sun.

By Ryan Wolstenholme

Blue

Blue looks like the purity of the sky.
Blue sounds like water dripping from a sink.
Blue smells like a juicy blueberry.
Blue tastes like wobbly jelly in a cup.
Blue feels like a calm ocean.

By Corey Cleverley
JAMIE’S LIVE COOKING LESSON FOR FOOD REVOLUTION DAY

4B

COOKED ALONG WITH JAMIE OLIVER FOR FOOD REVOLUTION DAY AND MADE A TASTY RAINBOW SALAD WRAP

Thank you Mrs Stormon and all your trusted assistants.
From 4B
Easter events

Students at Metella Road Public School in Toongabbie donned their Easter hats for a parade on April 10. The students wore mufti clothes and donated a gold coin to the Starlight Children’s Foundation. The rain held off for students to happily strut the hats they created for the Easter holidays. At William Rose Public School, Seven Hills, firefighters came out to celebrate its Easter fun day. Among the fun activities, students were able to dress up in a firefighter’s uniform and had their faces painted.

Seven Hills firefighter Howard Rock with Jacob Van Gent, Joshua Budway and Jayden Cronan at the William Rose.
Numeracy Committee 2014

Tips and Strategies for Students and Parents No. 2:

Friends of 10
Knowing basic number facts helps children to fluently answer addition and subtraction problems.

Friends of 10 refers to basic number facts that equal 10.

![Diagram showing pairs of numbers that add up to 10]
Ten Frames

Ten frames are a fantastic resource for applying knowledge of Friends of 10 as they show these basic facts in a visual format.

Two ten frames can be used to represent the Friends of 20 which are the basic facts that equal 20.

Below are two ten frames and counters that you can print out and laminate to help your child practise their Friends of 10 and Friends of 20. Happy counting!
Guide to healthy eating

Healthy bodies need to be nourished & energised.

The Australian Dietary Guidelines provide advice about the amounts and kinds of foods that we need to eat for good health and well-being.

For more information visit: www.nutritionaustralia.gov.au

Tips for a healthy diet

1. Enjoy variety
   Choose different varieties of foods from within each of the five food groups from the day to day. Work at different times of the year.

2. A good balance
   For plenty of plant foods (vegetables, fruits, wholegrain bread, pasta, noodles, potatoes, vegetables, legumes and nuts), moderate amounts of animal foods (such as fish, poultry and eggs) and small amounts of heart-healthy fatty acids.

3. Keep hydrated
   Drink plenty of water.

What’s on your plate kids?

As children are constantly growing, their needs are different.

Generally, a plate for an active child should be split into 3 equal portions:

- 1/2 protein
  meat, fish, chicken or legumes

- 1/2 carbohydrates
  cooked rice, pasta or potato

- 1/3 vegetables
  vegetables or salad

Healthy eating as easy as 1, 2, 3.

Is your family eating enough fruit & veggies?

Here is how many servings you should all be eating each day:

<table>
<thead>
<tr>
<th></th>
<th>Fruit (serving)</th>
<th>Vegetable (serving)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children 0—2 years</td>
<td>3 servings/day</td>
<td>2 servings/day</td>
</tr>
<tr>
<td>Children 3—14 years</td>
<td>3 servings/day</td>
<td>2 servings/day</td>
</tr>
<tr>
<td>Women 15+ years</td>
<td>3 servings/day</td>
<td>2 servings/day</td>
</tr>
<tr>
<td>Men 15+ years</td>
<td>4 servings/day</td>
<td>2 servings/day</td>
</tr>
<tr>
<td>Women 18—79 years</td>
<td>2 servings/day</td>
<td>2 servings/day</td>
</tr>
<tr>
<td>Men 18—79 years</td>
<td>2 servings/day</td>
<td>2 servings/day</td>
</tr>
</tbody>
</table>

How to get your kids to eat veggies

It can be hard to give kids the recommended 1/4 of a plate of veggies or salad each day.

Here are some tips:

Grow your own veggies!

They’re fun to grow and getting the kids involved will add interest.

Be a role model!

Kids are more likely to develop a habit of eating vegetables if they see it’s a normal part of family meals.

Include veggies in dishes!

Like spaghetti bolognese and soups. Easy additions include grated carrots, zucchini and pumpkin.

Experiment!

with the way you present veggies. Sometimes the size or shape can make a big difference.
Metella Road Public School, as a service to parents, will advertise community events that may be of interest.

Metella Road Public School does not necessarily endorse or sponsor the events and accepts no responsibility for the management or organisation of these events.

HAVE FUN, LEARN NEW SKILLS, AND
MAKE FRIENDS PLAYING
AUSTRALIA’S FAVOURITE GAME!

HOLROYD PARRAMATTA GUANNAS ARE
LOOKING FOR BOYS AND GIRLS AGED 5 – 17
TO PLAY AFL ON SUNDAY’S IN 2014.

Sharlene Cormack
0418 691 700
president@guannas.com.au
Giggs Road Oval, Greystanes
OR VISIT PLAYAFL.COM.AU FOR MORE
INFORMATION.

Once you have registered, call 02 8867 7400 and quote the promo code ‘FOOTY’ to go into the draw to
WIN a Sony PS4, Lego voucher or an iPad!

A fabulous day out for the dog enthusiast
and the entire family!

‘Dogs on Show’

DOGS NSW OPEN DAY
With Farmer Dave as Host
Showcasing a Championship Dog Show
Breed Club Information Stands, Agility, Obedience,
Herding, Retrieving & Jr Handler demonstrations,
Dances with Dogs, Jack Russell Terrier Racing,
a colourful Pageant of Breeds, plus much more!

Saturday 14 June 2014
9.00am - 5.00pm
Free Admission & Parking
44 Luddenham Road, Orchard Hills NSW
(Take the Mamre Rd turn off the M4)
www.dogsnsw.org.au Enquiries: (02) 9034 0217
www.facebook.com/dogsnsw
Proudly presented by DOGS NSW & ROYAL CANIN

www.dogsnsw.org.au
www.royalcanin.com.au
BACK TO BASICS SCHOOLWEAR

ONLINE STORE
NOW OPEN

Go to:
http://www.cowanlewis.com.au

Hover over the SCHOOLWEAR link
Click ON CAMPUS

2. Click on the Back to Basics logo

3. Locate your school and place your order