Metella Road Public School
AIM HIGH

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Term 1- Week 4

Wednesday, 17 February 2016

Calendar
What’s On

Term 1, Week 4

Wednesday, 17 February  
Swimming Carnival

Friday, 19 February  
District PSSA Trials

Term 1, Week 5

Monday, 22 February  
Student Leadership Camp
Wanderers Football Program

Tuesday, 23 February  
Student Leadership Camp
Rock & Water Program

Wednesday, 24 February  
Greystanes High Open Day

Friday, 26 February  
PSSA Gala Day

Term 1, Week 6

Monday, 29 February  
Wanderers Football Program

Tuesday, 1 March  
Rock & Water Program

Thursday, 3 March  
Zone Swimming Carnival

Friday, 4 March  
Summer PSSA commences

Term 1, Week 7

Monday, 7 March  
AFL Auskick Clinic
Wanderers Football Program

Tuesday, 8 March  
P & C Meeting
Rock & Water Program

Wednesday, 9 March  
Kindergarten Parents
Welcome Morning Tea

Principal’s Message

Welcome back to all our students and their families. A special welcome to our new students joining the Metella Road family.

It was once again my great pleasure to be there for the start of our Kindergarten students’ life at school. It is wonderful to be able to share in the special moment with the mums, dads, grandparents and friends who come to see their loved ones start school. There were many smiles, lots of hugs and a few tears and that was just the dads!!

The school year is in full swing! Students are eager and engaged every single day. Each morning after our assembly Mr Staveley, Mrs Larobina, Mrs Parker and myself ensure each class is settled and ready to work. It is a wonderful opportunity to check in with every class and see the wonderful work our students are doing every day. I believe this is an extremely important part of our day and therefore we will not be available until 9:15am each morning for parent meetings.

As we begin the year it is timely to again highlight our school’s Mission Statement. The words we strive for as a staff and community at Metella Road Public School:

Metella Road Public School is dedicated to improving the well-being and educational outcomes for all students. Our curriculum promotes equity and excellence to ensure all students are successful learners, confident and creative individuals and active, informed citizens.

It is this statement that drives our decisions and ensures that all stakeholders are clear of our purpose and so everyone can be focused on the same goals.

2016 marks the mid year point of our three year plan (2015-2017). A collective effort at the end of 2014 saw our community create a Vision Statement for this cycle:

Metella Road Public School strives to become a centre of excellence, challenging children of all abilities to attain their highest level of achievement in academic, cultural and sporting pursuits.

Last year we saw great strides made toward achieving our vision. 2016 we will continue to strive. The article within this newsletter on Future Focused Classrooms is an example of MRPS as a centre of excellence.

Communication is the key!

Metella Road Public School Website

Our school website is always updated with the latest information and notes. You can find our school website at
Students are expected to wear black shoes each day except for their sport day and then sneakers are permitted.

The uniform shop is open each Friday from 8:15am – 9:30am.

**Letterbox Payments**
A black letterbox is fixed to the wall inside the front office on the left. Parents and students are asked to place their payment envelopes or notes in the letterbox. Parents may deposit envelopes at any time, as the letterbox will be emptied multiple times throughout the day. Please also remember ‘NO MONEY ON FRIDAYS’.

**P&C**
Metella Road PS’s Parents and Citizens Association (P&C) is a fantastic group of people that work closely with our staff. Together we make decisions about the direction of the school, fundraising for additional resources and occasionally hold a working bee to assist with odd jobs around the school.

This year we conducted our first meeting after the Meet The Teacher evening, in the hall. What a success! It was wonderful to see so many parents come along. Future meetings will be conducted in the staffroom.

Many parents wonder what the P&C is and why should they attend. The P&C is a group of parents and staff that discuss ways to make the school a better place. This may be through fundraising to purchase additional resources or infrastructure or discussing school structures and programs.

I encourage everyone if you are able to attend please come along.

**Parking**
It is imperative that parents and carers obey the parking rules surrounding our school. Parents and carers parking in the incorrect areas not only make the school zone unsafe but may find themselves receiving a fine from parking inspectors. The school car park is not for parents to park in under any circumstances. It is extremely unsafe to be entering or exiting the school car park.

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Please for the safety of all—obey the parking signs.

**Invoicing for school resources**
At the end of last year we sent home information regarding payments for this year to give parents an understanding of what will be required in 2016. Notes have been sent home regarding the required payments and we are in the process of invoicing parents for the associated costs. Thank you for your assistance with this procedure and we thank the parents who have already made payments.

**2016 Staff**
We welcome new staff to our family and a number of temporary teachers who join us for 2016. We welcome Mrs Bekiaris to our family. Mrs Bekiaris has been a long time parent of our school. Mrs Bekiaris is a great teacher and is a welcomed member of our staff. Mrs Davies was successful through merit selection and is now part of our permanent staff. Mrs Davies is a wonderful classroom teacher who brings a wealth of knowledge, enthusiasm and commitment to education. We also welcome Mrs Davies to our family.
Who Do I Ask For?

From time to time parents have a question or concern and would like someone to talk to about it. The first person to discuss any issue with is the classroom teacher. Parents are asked to contact the office and make an appointment time to meet. Most questions and concerns are easily alleviated by the child’s classroom teacher. If a parent wishes to discuss the matter with someone else, parents are asked to contact the office and make an appointment with the Stage Assistant Principal:

Early Stage 1 (Kindergarten): Mrs Larobina
Stage 1 (Years 1 and 2): Ms J. Minenko
Stage 2 (Years 3 and 4): Mrs Bartlett (Monday – Wednesday) and Mrs Adams (Thursday and Friday)
Stage 3 (Years 5 and 6): Mrs Parker

If the issue cannot be resolved, parents are asked to then make an appointment in the office to speak to Mr Staveley, Deputy Principal or myself.

Our main wish is that parents do not hold onto any concern, please speak to us if you have any worries.

Mr P. D’Emilio
Principal

Deputy Principal’s Report

Second-hand Uniform Shop

Our school community has benefitted from the re-introduction in recent times of a Second-hand Uniform Shop. Operated by volunteer parents, the shop sells good quality second-hand summer and winter uniform items at very reasonable prices. The stall is set up under the K-2 COLA and usually operates on the 2nd Tuesday of the month from 2.30-3.15pm. The dates for 2016 are as follows: 8 March, 5 April, 10 May, 8 June, 9 August, 13 September, 11 October, 8 November and 13 December.

Club 250 – Deputy Principal’s Award Badges

If your child has lost their Deputy Principal’s badge, replacement badges will be issued in 2016 at a cost of $5 each. Please pay direct to the office if you require a replacement badge.

School Photos 2016

School photos will take place on Tuesday 15 March 2016. MSP Photography will be sending order forms to school shortly so expect those to be sent home within the next week or so!

Mr S. Staveley
Deputy Principal

From the Office

Update for using Parent Online Payments

POP is now user friendly on mobile devices. Behind the scenes Westpac has been working on an upgrade to the Parent Online Payment webpage attached to the school’s website. In the past using the “$ Make a payment” page through a mobile device or tablet has not been as easy as on a computer. Now, automatically, when parents click on this page, via a mobile device, you will be able to complete the online form with ease.

Money Procedures – All money should come to school in an envelope with your child’s name, class and amount clearly
written on the front. Please remember to sign and return all permission notes with your payment, as permission is always needed for your child to participate in any activity. It is extremely important to remember to send all signed permission slips back to school. Whether paying by cash, POP or credit card, a payment does not automatically constitute permission to participate in an event. Please ensure you adhere to the ‘return by’ date to avoid any disappointment in missing out on activities. Envelopes should be placed in the ‘office mail box’ located in the front office. Please also remember ‘NO MONEY ON FRIDAYS’.

Spare Clothing for Children who have accidents at school
When children have accidents at school we lend them items from our limited supply of uniforms. Unfortunately, many times these items of clothing are not returned to the office. If we do happen to lend your child clothing in the event of an accident, could you please wash and return to the Office as soon as possible. We are also requesting that if you have any clothing (especially socks, underpants and smaller clothing) that your children have outgrown, could you please leave these at the Office so that we can replenish our supply.

Mrs C. Ryan
School Administration Manager

Kindergarten News
The Kindergarten students have settled well into school and class routines and seem ready for a busy term. At the beginning of the term the Kindergarten students participated in the Best Start Kindergarten Assessment. This process enabled teachers to identify the literacy and numeracy knowledge and skills that each child brought to school as they entered Kindergarten. The teachers assessed the students’ early reading and writing, their ability to communicate with others and how they recognised and worked with numbers, groups and patterns. The Kindergarten teachers will use the data to plan and develop teaching and learning programs to meet the individual and diverse needs of their students.

The first few weeks of Kindergarten have been very busy. The students have explored the school environment, discussed different places at school and have become aware of our school expectations. They have also been involved in a range of reading, writing and number activities. They are learning a range of skills including reading simple texts, learning single sounds, reading and recording sight words, counting and identifying numbers. The teachers are very proud of the students’ efforts.

Another aspect of school life that the Kindergarten students are looking forward to is meeting their Stage 3 buddies. Each Kindergarten class has a Stage 3 buddy class. Their Stage 3 buddies will help them become familiar with places around the school and will help to make their transition to ‘big’ school much smoother. Throughout the year the Kindergarten students will have the opportunity to participate in a range of activities with their buddy class.

The Kindergarten teachers would like to take this opportunity to thank the parents for their efforts in preparing their child for school. The ongoing support of parents and caregivers is greatly appreciated.

We are looking forward to a productive term.

Mrs S. Larobina
Early Stage 1 Supervisor

Stage 1 News
What a wonderful beginning to 2016! Our Stage One students have settled into their new classes extremely well. Classrooms are now a hive of activity, with students engaging in new and complex learning.

In Mathematics, students have been busy investigating the properties of two-dimensional shapes that they found in their classrooms and playground. Students have been learning to count to 100, trying to find the number before and after! We have such amazing mathematicians in Stage 1.

In English, students have been reading an assortment of quality texts on friendship. This has been a beautiful theme for students to study, particularly focusing on the author’s intention and how the author can effectively convey a message.

In Writing, students have been busy writing compound sentences, ensuring that their sentences include a conjunction (because, so and, but, as) to join two simple sentences together. Our students are also learning to compose meaningful sentences by including interesting vocabulary to help the reader to form a better picture of what is being described.

In Human Society and Its Environment (H.S.I.E), students have been learning about families both in the present and in the past. They have been brainstorming what constitutes a family and how families can be so diverse. Our students couldn’t believe it when they heard that 100 years ago, families didn’t have computers, televisions or PlayStations! They are thoroughly enjoying our journey through history to find out about families of past and present.

In Science, our Year 1 students have been transformed into budding scientists, examining how things grow and change. In particular, we will be looking at mealworms to see how they grow. We have already been creating the lifecycles of animals to see how they change throughout their lives. Our Year 2 students have been investigating the science of chemicals. They have been finding out about materials that do not mix well and others that are difficult to separate. They will be conducting hands-on investigations, examining how changing the quantities of materials in a mixture can alter its properties and uses.

This term, we will be beginning a Fitness program each Monday after lunch. Students will be engaging in aerobic exercise to increase cardiovascular fitness. Our teachers are excited about leading these programs! We would ask that all students wear their sneakers each Monday and bring a water bottle so they remain hydrated.

Our Stage 1 students are also encouraged to bring fruit and water every day so that they can enjoy this important snack during our Crunch and Sip time. We also encourage students to remember to bring their home readers back to school each week in their plastic folder so that they can have their readers changed. We hope that our students are reading every single night, helping to foster in them a love of reading, and helping them to become fluent, expressive readers.

We are so excited about learning as much as we can, being motivated students and always Aiming High!
Stage 2 News
Stage 2 students have settled well. We have planned a productive and exciting term. They have been working hard in class; demonstrating that they are motivated learners and Aiming High!

We would like to take this opportunity to highlight the class program that will be implemented this term.

Reading & Writing
The Stage 2 students will be involved in a range of reading and writing activities through the use of small group, whole class and independent situations. During these activities they will learn "knee to knee" partner talking strategies in modelled reading, opportunities to learn reading more complex texts, reading with expression and fluency, using their knowledge of spelling patterns to write unknown and known words in literacy groups. In Writing the focus is on persuasive texts where they will learn how to express their own opinion using reasons and examples through the planning stage, draft stage including editing and presentation stage.

Mathematics
The following concepts will be treated this term:
Whole number, Addition and Subtraction, Multiplication and Division, Fractions and Decimals, Two Dimensional Space, Three Dimensional Space, Length, Area and Chance

HSIE
Unit Title – Japan
This unit of work explores the following key areas in relation to Japan: Location and Mapping, National Symbols - Flags and flowers, Traditional Costumes, Sport and Leisure, Food, Schooling and Language, Japanese Anime, Festivals and Religions.
Throughout the unit, students also compare information with that of Australia.

Science & Technolocy
Year 3 Unit Title – Plants in Action: This unit provides opportunities for students to explore flowering plants through hands-on activities. Students will develop a sense of wonder and appreciation of plants as they investigate the processes of pollination and germination, the stages in a plant's life cycle and environmental conditions that plants need for growth.

Year 4 Unit Title- Material World: This unit provides opportunities for students to develop an understanding of the properties of materials and how they relate to use. Through investigations, students explore how to test the properties of materials fairly and how to use this knowledge to choose materials wisely.

PD/HEALTH
Unit: School Expectations lessons: This unit provides opportunities for students to become aware of the school expectations of the classroom, playground and whole school environment. This will enable students to develop positive school experiences enabling them to learn all they can.

CRUNCH AND SIP
Stage Two has 'Crunch and Sip' every day, with students eating fruit and vegetables in class during the morning. We encourage all parents to provide their children with fruit and water every day so that they can participate in this valuable program.

Mrs L. Bartlett and Mrs B. Adams
Stage 2 Supervisors

Stage 3 News
Welcome back to another great year at Metella Road Public School! We hope you had a wonderful holiday and are ready for a busy year!

Stage 3 had a fantastic start to 2016 and have settled well into their new classes. Already our Year 6 students are starting to receive information about high school information evenings and transition programs – so please keep your eye out for notes and information on the website and Facebook.

One of the big events coming up for Stage 3 school leaders is the leadership camp at Brewongle Environmental Education Centre. This camp is the first step towards their Leadership Award and our students will be engaged in a wide range of activities to assist them to develop the skills and qualities required of excellent school leaders. Year 5 students will shortly be involved in training for the Play Support Program that will commence later this term.

Year 5 students have also begun Rock & Water with Lyndon McMasters from Lynwood Park Public School. Lyndon works with our Year 5 students every Tuesday. Rock & Water is designed to allow opportunities for students to develop their resilience, self-control, respect and confidence through martial arts style activities. The feedback from students and teachers has been overwhelmingly positive.

Year 6 fundraising organisation will begin this term and notes will be sent home soon regarding the first fundraising event for Term 1. We appreciate the support we receive for these events and all money raised goes towards Year 6 end of year activities.

I hope that you all enjoyed the Meet the Teacher evening last week, and if you have any concerns or questions regarding your child or Stage 3 this year, please do not hesitate to speak to the Stage 3 teachers.

Year 6 Information
Northmead High School will be conducting Higher Ability Selection Tests (HAST) for placement into the Year 7 2017 Gifted and Talented class (GAT). The tests will be held on Thursday 24 March, 2016 at Northmead CAPA High School in the library. The results of these tests will determine selection into the GAT academic stream. The cost to parents for this examination is $65.00 payable on application (non-refundable). Year 6 students have already received a note from Northmead High School.

Greystanes High School Year 6 Open Day will be held on Wednesday 24 February for prospective Year 7 (2017) students. This event is only for students who are interested in attending Greystanes High School in 2017. Notes have already been sent home to Year 6 students.

Mitchell High School Information Evening Open Night
When: Tuesday, 8 March 2016
Time: 6:30 – 8:30pm
Where: Mitchell High School Hall, Keyworth Drive Blacktown.

Mrs L. Bartlett and Mrs B. Adams
Stage 2 Supervisors
Student Leaders
Next week the Year 6 leaders will be attending a leadership camp overnight with Mrs Gafa and Mrs Holburn. Thank you to the parents, in advance, for helping with transportation. The leaders have all started the year off in a positive way. They are taking their roles very seriously and fulfilling their duties whether it be handing out sports equipment during recess or lunch, flag raising or preparing for our assembly. We look forward to sharing this journey with them all.

Mrs M. Holburn and Mrs M. Gafa
Coordinators

Library News
In the library this term Stage 1 will be learning about a famous author called Mem Fox. Stage 2 will be learning research skills and applying them to Japan. Stage 3 are learning research skills and applying them to natural disasters. New Library monitors have been chosen and have started their training. Chess for those interested will continue for Stages 2-3 this term Friday lunch time.

In Kindergarten the Premier’s Reading Challenge is usually completed by class teachers as the required 30 books are read to them in class. From Year 1 up to Year 9 it opens online on 7 March so please keep your logs going until you can enter your child’s details. To access the website to enter details students use their school password to log in. It closes 19 August for all online entries. Students are to read to their parents and then enter details of books online using the PRC number on the book cover. Last year more than 272 000 students in NSW participated. Stage 1 read 30 books and Stages 2-3 read 20 books, of which 5 are personal choice. Each student participating receives a certificate, after 4 years a gold certificate, after 7 years a platinum certificate and after 10 years a medal.

Please ensure your child has a library bag and it is a good idea to put a plastic bag inside it to stop items getting wet. If your child receives an overdue note and you cannot find the book at home, please ask your child to check in their classroom and in the library. If the book cannot be located you may be required to replace or pay for the missing book.

Mrs B. Aylett
Librarian

Scripture
Scripture will begin as normal this term. Metella Road offers Catholic, Hindu and Protestant Scripture classes for half an hour each Wednesday morning, as well as, Non-Scripture classes. If for some reason you would like your child to attend a different Scripture class please write a note, signed and dated by you. Your child should deliver the note to Miss Diamond for appropriate arrangements to be made.

HINDU SCRIPTURE: Students need to supply a scrap book for use during their lesson time.

Miss C. Diamond
Coordinator

SRC Update
Thank you to everyone for supporting our recent mufti day. The money raised has been donated to Heart kids NSW. We have had our first SRC meeting and are looking forward to working with the students over the coming year. Lots of exciting activities are being planned. Just keep an eye out for notes or flyers coming home. Crunch and sip is an initiative introduced by the SRC a few years ago. It is an initiative where students are encouraged to bring fruit or vegetables and a water bottle to school. Each class teacher has set up a time where their students can eat these yummy healthy foods, during class time. Please make sure you read the information at the end of the newsletter. It has lots of good ideas.

Mrs M. Holburn
Coordinator

PSSA News
Last Friday a small group of students went to Binalong Oval to trial for a variety of district sports teams. Another trial day is set for next week. We wish all the stage 3 students, who are trialing for teams, the very best of luck. In the past, Metella Rd has had many students represent the zone. Let’s hope this tradition continues.

PSSA teams have been finalised and some teams have already started training. Please remember to send notes in as soon as possible. Coaches are not allowed to take students without signed permission.

For the first week of PSSA, our part of the zone will be holding a gala day for all the summer PSSA. The teams will be given more information as the day comes closer. Those who are not participating in PSSA will be staying at school and participating in school sport. Lots of fantastic activities are being planned.

Mrs M. Holburn
Coordinator

P&C and the Parents Auxiliary
Welcome back to all students, staff and the school community. A special welcome to the new students and staff starting at MRPS in 2016. Hope you all enjoyed your holidays and are looking forward to an exciting new year.

Next Meeting
The Auxiliary meetings are held the third Wednesday of the month, 2:00pm in the staffroom. Due to a very busy first month and the school swimming carnival on the 17 February, this month’s meeting took place on the 10 February. It was fantastic to see some new faces there. Our next meeting will take place on the 16 March and we are always encouraging and looking for new members to join us in fundraising, organising events and supporting this great school.

The P & C meetings are held the second Tuesday of the month, 7:00pm in the staffroom. Due to the “Meet the teachers” night on the 9 February coinciding with our first P&C meeting, the attendance in numbers were outstanding, almost double the usual amount. Let’s keep this up! Together we can make a difference, contribute ideas and decisions about the direction of our school and fundraise for additional resources that will benefit our children.

We would also like to thank Mrs Bosley, Mrs Wearing, Mrs Parker and their team of parents for their time and efforts in organising the “Meet the teacher” night BBQ. We are grateful to have these members on board and it is people like them that help make our school as awesome as it is!

If you shop at THE GOOD GUYS, Prospect, mention at the PAY POINT that you want your SKOOL IS COOL dollars to be allocated to Metella Road Public School P&C Association. This is a great way for the P&C to purchase prizes and giveaways for upcoming events, like this year’s movie night.
Advancedlife Studio’s Family Portrait’s

Last week students were sent home with an Advancedlife Studios brochure. This is our first fundraiser of the year and has already received an overwhelming response with numerous bookings from families here at Metella Road. For $20.00 you receive a 10 x 13 inch family portrait, a key ring and a chance to win $1500.00. Don’t miss out, book now! Contact Roxanne Black, 0401669409 or email roxanneblack1@optusnet.com.au for your photographic session.

Mrs R. Black and S. Kendall
P&C Representatives

Future Focused Learning Spaces
EQUIPING OUR STUDENTS FOR THE WORLD OF TOMORROW

Metella Road Public School has commenced 2016 with the creation of four future-focused learning spaces across K-6. These learning environments are an integral part of our School Plan which will see classrooms upgraded with furniture and technology to deliver flexible, innovative and modern learning for our students.

To succeed in the future, students are required to develop research, problem-solving and critical thinking skills; and the ability to effectively collaborate with their peers and teachers. Our learning spaces have been specifically designed to provide students with better opportunities for collaboration and deliver outstanding education through best teaching practice.

Over the next two terms, all students will be working within these learning environments to trial and evaluate the furniture and technology. We are looking forward to feedback from both the students and our teachers to facilitate classroom upgrades. If you have any questions or would like to visit the learning spaces, please contact the school.
Update for using Parent Online Payments

POP is now user friendly on mobile devices. Behind the scenes Westpac has been working on an upgrade to the Parent Online Payment webpage attached to the school’s website. In the past using the “$ Make a payment” page through a mobile device or tablet has not been as easy as on a computer. Now, automatically, when parents click on this page, via a mobile device, you will be able to complete the online form with ease.

DID YOU KNOW???

Under the Companion Animals Act 1998 No 87 (14.1.e), dogs are prohibited in school grounds, (whether or not they are leashed or otherwise controlled). For the safety of all students, toddlers, babies and adults, please do not bring dogs into the school grounds, even on leashes. Some children have a genuine fear and it can be quite distressing for them as well as for parents, particularly those with very young children. Thank you for your support in this matter.

For the safety of all students, toddlers, babies and adults, please do not bring dogs into the school grounds, even on leashes. Some children have a genuine fear and it can be quite distressing for them as well as for parents, particularly those with very young children. Thank you for your support in this matter.
What a great start to...Year 3!

3A

3A have been working hard in class. We have been trialling our future focused learning spaces and producing work of high quality in all Key Learning Areas.
3D

3D have had a brilliant start to the year. They are quick learners, showing much consideration for each other. 3D have been revisiting the school rules and are very good at being motivated, respectful, proud and safe. They have been learning many new things, including how pictures provide a lot of information, Japan is an Asian country made up of an island archipelago and rabbits love to eat out of lunchboxes. 3D are enthusiastic and excited about the year ahead.

3F

The students of 3F have settled back into the new school year very happily and they are already showing how motivated they are to learn. We are hard at work already in Mathematics, especially learning our times tables! In modelled reading, our first book is *The Day the Crayons Quit* and we have been writing a variety of informative and persuasive
texts based on the book. Reading groups will start in Week 5 and we look forward to practising our reading, spelling and comprehension skills. We will be learning about Japan in HSIE and plants in science. In art we combined the two, to create some beautiful Japanese cherry blossom pieces! Thank you parents, for sending your child with all the equipment they need as well as the items for our classroom such as soap and tissues. Please make sure your child has a junior dictionary to use at their desks throughout the year, as some children have not yet brought one in. Our timetable is now finalised. Our sport days are Tuesday and Friday and library day is Wednesday. We look forward to a great year of learning and smiles. Bring it on!

3/4B

3/4B has all settled really well and we are so pleased with their motivation and enthusiastic attitude towards their learning goals!

It has been enjoyable listening to their news about their exciting and relaxing holidays they have had. They have completed their published copy of their postcards where they wrote to a friend explaining one part of their holiday.

We have been reading lots of quality texts focusing on persuasive texts. In particular the students have been busy analysing the author's intentions in
“The Day the Crayons Quit” by Drew Daywalt, including various devices that the author and illustrator use to convey meaning. It has been enlightening to watch them discuss the concepts in this book using "knee to knee" strategies. They have also written their own persuasive letter to the character in the book using the OREO strategy.

Students have also been learning whole number strategies in Mathematics and two-dimensional concepts. It has been impressive to watch how quickly they have learnt these facts.

We have been getting to know one another and what the students in 3/4B wish to achieve this year through their goal plans. We also drew our self-portraits.
WHAT'S BEEN HAPPENING IN YEAR 4?

4W

This term in HSIE, 4W are learning about Japan. We have been working really hard to create amazing title pages that include everything we already know about Japan. We have researched and discussed the differences between Japan and Australia and were all astounded when we learnt that 127 million people live in Japan and it is 21 times smaller than Australia! We cannot wait to go into detail and learn all about Japan throughout the rest of the term.

4E

4E have had an exciting start to the year! We’ve set some goals, wrote a bit about ourselves, made some friends and started some great learning.

This term we are looking at persuasive texts and have started writing about an interesting book titled ‘The Island’. We’ve also begun some great mathematics work as well.

In HSIE we have started learning about Japan and have learnt some really interesting facts. We’ve had a look at its geography, its flag, and its population. We’ve also created our own Japanese Koi artworks too! We’re looking forward to learning more about one of our closest neighbours throughout the term.
Save The Pandas

Can you imagine this beautiful species extinct? I wholeheartedly believe that you desperately need to help save my furry endangered friends, for the following reasons. Firstly, Pandas are one of the most harmless animals that spend the majority of their days, approximately 14 to 16 hours, chomping on bamboo. In fact, Pandas are a symbol of peace in China, the country of their origin. According to Chinese statistical data, Pandas have been found to hurt less than 2 humans per year, commonly due to provocation, which is far less than animals such as hippopotamus, lions and bears.

The next reason why you must save the Pandas is because they play a crucial role in safeguarding Chinese bamboo forests, by helping the vegetation grow through the act of dispersing seeds. They nurture as well as help forests thrive. This means they are beneficial to the natural environment, indirectly helping other species such as dwarf blue sheep.

Pandas are unique, cultural animals that deserve to be saved and one big contributor to the decline in population is deforestation. Their habitat, the bamboo forests are getting obliterated to become extra farmland, which has no immediate need. By cutting down these trees we are actually destroying the Pandas homes, and this must stop!

Overall, I strongly believe that we need to save the Pandas from extinction and further look into providing them with an environment where they can expand their families. There are many ways you too can help these tranquil creatures, for example donating to the World Wildlife Fund (WWF), an organisation that promotes biodiversity and protects animals and their natural habitats. Pandas are becoming an endangered species and they need our help now! ARE YOU WITH ME?

Isaac S
41.
**To increase fruit and vegetables at home**

1. **Be a role model**
   Let your kids see you enjoying fruit and vegetables.

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

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

4. **Try Crunch&Sip**
   Make time on weekends or during school holidays for a quick snack of fruit or veggies.

**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 set times during class each day.

**Why it matters:**

Crunch&Sip® encourages children to choose fruit and vegetables as a snack and drink water as a drink. It enables them to “refuel” and rehydrate, which helps improve concentration and mental and physical performance. Children easily 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.

Crunch&Sip® helps ensure the fruit or vegetables you pack are eaten when they’re offered, may not be. It’s a great opportunity to promote vegetables as research shows children don’t eat enough vegetables, whereas they often eat enough fruit. Fruit and vegetables provide vital nutrients for kids, which are important for good health, both now and in the future.

**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 overleaf for suggestions.

**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.

**Vegetable sticks**

Cucumber, capsicum, celery and carrot are great options.

**Canned fruit**

Fresh fruit and veg are best. But fruit 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 products such as jelly beans, licorice or strips, potato or veggie chips, olives, fruit earned in syrup, popcorm.

2. **Crunch&Sip is good opportunity to encourage your child to eat a variety of fruit and vegetables.** Vary packs look great and are a good way to introduce new fruit and vegetables alongside more familiar or textured fruits.

3. **Make sure you pack a suitable amount for your child and ready for them to eat.** No chopping or preparing in the classroom. Include a fork or spoon where needed.

4. **Prepare Crunch&Sip snacks in advance.** Plan for the week ahead by chopping all the packs needed for Crunch&Sip® at one time. Simply cut extra vegetables when preparing dinner the night before.

5. **Crunch&Sip is an excellent opportunity to encourage vegetables.** Research shows children don’t eat enough fruit, but they need to increase the amount of vegetables they eat every day. Raw veggie sticks make a great 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 swap water around their mouth after eating dried fruit to help prevent tooth decay.
Community Noticeboard

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.

Club 2000 Seven Hills
Physie & Dance

Classes start on Monday 1st February, 2016.
Come along for your free first lesson!!

MONDAYS: Vardy’s Road Public School
Seniors: 13, 14 & 15yrs 5.00 – 6.00pm
1st, 2nd yr & Novice Seniors 6.00 – 7.00pm
Open Seniors 6.30 – 7.30 pm
Ladies: All Ladies 7.30 – 8.30 pm

WEDNESDAYS: Vardy’s Road Public School
Preschoolers: 3 & 4 Years 4.00 – 4.30pm
Juniors: 5 & 6 Years 4.30 – 5.30pm
7 & 8 Years 5.30 – 6.30pm
9, 10, 11 & 12 Years 6.30 – 7.45pm

Enquiries please contact:
Robyn: 0414 983 189 Lynda: 0478 648 434
Nanomi: 0433 255 949 Pam: 9631 1068

Email: club2000sevenhillphysie@hotmail.com
Website: www.club2000.weebly.com

Greystanes Physie & Dance

Dance classes that combine a fusion of innovative dance genres!

Do you LOVE to DANCE
Learn an assortment of dance styles combining ballet, jazz, contemporary, physie, lyrical and modern dance all in one up beat and energetic class.

Fun, Fitness & Friendship

Tiny Tots 3-4yrs Juniors 5-12yrs
0414 711 692 | www.greystanesphysiedance.weebly.com
Toongabbie Girl Guides invite you to Come and Try Guides!

Monday 22 February 6-7.30pm For girls aged 7 – 9 years
Friday 26 February 7-9.00pm For girls aged 10-13 years

Toongabbie Guide Hall Junia Ave Toongabbie
Please call Tracey 0425 205 024 or TraceyBrydon@optusnet.com.au
to register for this free event.
Or to find out more visit our website www.girlguides-nswact.org.au

WANT TO PLAY SOCCER IN 2016?

TOONGABBIE SOCCER CLUB

REGISTER ONLINE: www.toongabbiedemons.com

<table>
<thead>
<tr>
<th>AGE</th>
<th>FEES</th>
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<tr>
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<tr>
<td>7</td>
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<tr>
<td>15-16</td>
<td>$200</td>
<td>Monday Feb 15 – 6.30pm – 7.30pm</td>
</tr>
</tbody>
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* “Age” is the age you turn in 2016

More details are available on our website – www.toongabbiedemons.com

Fees include a soccer ball (up to and including Under 11s), shorts, socks, all fees and insurances. Shirts supplied by club.

Please attend your Grading session at Girraween Park. See details to the left. Bring boots.

Come and join us, new players very welcome.

We also register adults in All Age Men, All Age Women, Over 35 Men, Over 45 Men and Over 35 Women.
**PCYC SPARTANS RUGBY LEAGUE BLACKTOWN**

Players required for 2016 season for U/6 to Open Age
Girls 13 to 16 years & Ladies 17 and over
Minimum age to register for children is 4 years
Discounted fees for families with multiple children

PCYC Spartans are a young club now heading into our Ninth season and bearing some great results with our teams winning premierships and the club nominated and winning many prestigious awards.

PCYC Spartans is a GoodSports accredited Club and in 2015 was the NSW club of the year and National winner of the GoodSports Community Development Award.

2016 we require players for all teams
Girls can now register from U/6 to U/13 and compete in mixed teams with the boys and then from 13 to Women’s Open teams which are all female teams

We are Proudly partnered with the GEO Group at Flemington supporting us through their Industry programs.

We are located at Allen Robertson Reserve Vardy Drive Kings Langley Training Commences from February 2 call 0466509790 for details.

**GOOD SPORTS**

PCYC Spartans Blacktown Rugby League

**STRENGTH**

**PRIDE**

**ATTITUDE**

**RESPECT**

**TRADITION**

**ACHIEVEMENTS**

**NEVER GIVE UP**

**SPORTSMANSHIP**

U/6 to U/17 Registrations can be done on our Facebook page by clicking the sign up button
[https://www.facebook.com/BlacktownPCYCSSpartans/](https://www.facebook.com/BlacktownPCYCSSpartans/)

Or register at [http://www.player1.com/](http://www.player1.com/)

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**WOULD YOU LIKE TO**

**DANCE get fit?**

**HAVE FUN**

**FOR GIRLS AND WOMEN FROM 3 YEARS**

- Strength routines of physique combined with the technique and fun of dance
- All children catered for
- All students included in all performances
- Opportunities to represent at state and national level

**Physie & Dance Classes**

- 3-4 years
- 5-6 years
- 7-8 years
- 9-11 years

** Also, we are now offering**

- Private Lessons
- Dance & Sports Workshops
- Development Classes

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**Greystanes Physie & Dance**

**W**: Greystanesphysiedance.weebly.com

**P**: 0414 711 692

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**J & L PRODUCTIONS**

**REGISTER ONLINE NOW**

[www.jandlproductions.org](http://www.jandlproductions.org)

**LOOKING FOR DANCE CLASSES?**

- Jazz, Tap, Ballet, Acrobatics, Hip Hop
- Lyrical, Singing, Ready Set Dance

**Exam, Competitions & Just for fun classes**

**FREE TRIAL CLASSES & FAMILY DISCOUNTS**

**ADDRESS**: Unit 29/128 Station Road, Seven Hills

**EMAIL**: jandlproductions1956@hotmail.com

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