

Panania North Public School

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Principal Awards

The following awards will be presented at our K-6 Assembly to be held on Wednesday 22 November, 2017 at 2.15pm.

Principal's Award: Jeremiah D (5C), Jackson D (5C), Tahlia D (3W), Charbel E (2P), Yianni G (6H), Rowan M (3W), Isaac M (5C), Isabella P (4/5B), Logan R (6H), Benjamin R (6H), Jenna S (5C) and Rhythm T (2P)

Gold Principal's Award: Yianni G (6H), Logan R (6H) and Benjamin R (6H)

Principal's Badge Award: Yianni G (6H) and Logan R (6H)

Payments Due: Presentation Day, Swimming Carnival, Year 6 Fun Day, End of Year Celebration, Sausage Sizzle and PSSA Sport

Jump Rope for Heart

On behalf of the Heart Foundation, I am writing to express our thanks to the students, families, friends and staff of Panania North Public School for participating in the Heart Foundation Jump Rope for Heart program this year. In particular, I would like to acknowledge Sue Kaim, whose efforts in co-ordinating the program greatly contributed to its success.



Critical to the success of Jump Rope for Heart is the passion, motivation and commitment of teaching staff that co-ordinate the program within the school. The commitment of staff just like Sue has a positive impact not only on the health of the students but also in the heart health of the broader community. Sue has been a true heart health champion and should be commended for the time and dedication spent facilitating Jump Rope for Heart within your school.

We are most appreciative of the \$4695.00, raised by your school community. Unfortunately, despite great progress, Heart disease remains the single leading cause of death in Australia. By supporting the Heart Foundations Jump Rope for Heart, your school community is making a positive contribution to the health of all Australians, raising much needed funds for heart research.

We trust that Jump Rope has contributed to the health of your students by encouraging healthy lifestyle behaviours and showing them the many benefits of participating in regular physical activity.

Once more, thank you for your invaluable support.

Mitch Sandridge
 National Jump Rope for Heart Field Officer

What's Coming Up

Week Term 4

Tuesday 21 November

- Kindergarten Calmsley Hill Farm excursion

Wednesday 22 November

- K-6 Assembly - Kindergarten

Thursday 23 November

- Year 6 Fun Day
- No Scripture
- No Canteen

Week Term 4

Tuesday 28 November

- Presentation Day

Wednesday 29 November

- Talent Quest

Thursday 30 November

- Combined Scripture

Presentation Day

If you would like to book a seat for the Presentation Day on 28, November please use the following links. If you are having any problems please call the office and they will be happy to assist.

The booking URLs for this event are:

<https://www.trybooking.com/QJRU>

<https://www.trybooking.com/287762>

DANCE TROUPE

Congratulations to our wonderful dance troupe who recently performed at Bankstown Sports Club as part of the Bankstown East Hills District Dance Festival. They were met with great cheers and lots of applause for their 'Can't Stop the Feeling' performance. Well done to the entire troupe; we are proud of you!



After two great weeks of students furiously earning points in Mathletics the UNICEF Learn 2 Give event has reached it's conclusion. In just two weeks, Australian students have **raised an impressive \$6590 for UNICEF**, simply by doing their schoolwork. Amazing!

Our school has worked particularly hard during the event and has reached the **Silver level of UNICEF donation**. This means our students have placed in the **top 25% of contributors** Australia wide! Fantastic effort by all.

SILVER CONTRIBUTOR AWARD

Congratulations!

Panania North Public School

Your school was among the **top 25%** of UNICEF contributors in the **LEARN 2 GIVE** event!



Positive Behaviour for Learning (PBL) Corner

This week students have been discussing the importance of **Being Respectful in Assembly**. What does this look like?

- sitting quietly and listening to the speaker
- clapping appropriately for your peers
- singing the national anthem with pride



You can help at home by: talking to your child about being respectful during assembly; role playing receiving an award and clapping sensibly when someone receives an award.

Next week we will be focusing on **Be a Learner- Learn and follow the rules of the game**

We will be discussing establishing agreed rules before playing a game and how to react when rules change, being a fair player and how to win and lose graciously.

You can help at home by: playing fun indoor and/or outdoor games with varying rules; allowing the opportunity for your child to lose a game and praising your child when they play fairly

Thank you for your support.

PBL Committee



Halloween Disco

Thank you to all the P&C and Parent Volunteers for a successful and fun filled night. Without all your help, these events would not be possible. It was great to see so many students



School Banking Token Count Session

Children collect one token for every deposit made at school banking every week. However, sometimes kids misplace their tokens, or we may have forgotten to put a token in, other times friends or siblings merge tokens together. This causes the number of tokens in the child's bankbook to be different from the bank records – but ultimately the bank records are used for ordering rewards.

Milanka Plavsic, our local School Banking Specialist from the Commonwealth Bank will be attending our school to conduct a School Banking Token Count session.

On the day we can:

- Check your child's token tally
- Replace lost/damaged banking books
- Order rewards (bring your banking on this day to order)

Date: Wednesday 29th November 2017

Time: From 8.30am

Where: Outside the office.

Simply turn up on the morning and we can assist with your query!



Last day for School Banking - The last day for banking will be Wednesday 29th November. So please make sure any prize orders are submitted by then to ensure delivery before the end of the school year. Thank you to everyone who participated in the School Banking Program this year, and we look forward to doing it all again in 2018.

A Day For Shay

On Tuesday the 14th of November, Panania North PS celebrated the first annual A Day for Shay and the launch of Shay's Book Shack.

A Day for Shay received hundreds of donations and the children had hours of fun! Obstacle courses face painting, AFL drills and many other activities kept the children occupied for hours!

But most importantly the students went home knowing the signs of Type 1 Diabetes

- Thirsty
- Thin
- Tired
- toilet

On behalf of the Team at A Day for Shay, i want to thank everyone who spent hours dedicated to this worthy cause!

We would also love to thank the families for their generous donations. Know

What an amazing day!



Care Packages for Banksia Road Public School

Last week a tragic accident occurred at Banksia Road PS, which resulted in the death of two students. Our hearts and thoughts go out to the families, teachers, students, school and wider community. Parent's from Panania North PS got together and showed their support by donating practical items that may be useful for the staff in time of grief. Thank you to everyone for their generous donations. A special thank you to the parents, who organised the lovely baskets, wrapped and delivered them to the school. We are so lucky to have such wonderful parents within our school community.



MMM Oz Tag and Fitness at Sir Joseph Banks HS

On Thursday the 16th of November, some of the year five students participated in the MMM Oz tag competition as part of the Sir Joseph Banks High School Primary Partners Program.



The students were split into two teams, the Shredders and the Dream Team. They completed a skill session and then competed against other schools in the area. Both teams went through to the grand final undefeated where they played each other in a 4 all draw.

Advertisements

The school often publishes information on behalf of Community groups – parents need to decide the appropriateness of activities involving their child. It is the responsibility of each parent to research the bona fides of any organisation in which you wish for your child to be involved in.

Sensory Santa Photo Sessions

We will be hosting Sensory Santa Photo Sessions on the below dates and times.

These sessions are specifically for children with special needs where they can enjoy a quiet and relaxed atmosphere when visiting Santa before the Club becomes busy and noisy.

Session Dates and Times:

Tues 28 Nov	Thurs 30 Nov
Tues 5 Dec	Thurs 7 Dec
Tues 12 Dec	Thurs 14 Dec
Tues 19 Dec	Thurs 21 Dec

Session Times:

8.45am, 8.30am, 8.15am, 8.00am
Each session is for 10-15 minutes.

*Bookings are essential
for all Sensory Sessions*

Contact Kimberly on 02 8707 6982

Testimonial

Broderwick Gillawarna School Principle, Karen McDonnell comments on how these sensory sessions are valuable for children with special needs or disabilities.

"Sensory Santa Photo Sessions provide opportunities for children on the Autism Spectrum and those with intellectual disabilities to visit Santa in a low noise and low stress environment. Many children with special needs find it difficult and distressing at this time of the year when surrounded by excessive noise and crowds to engage appropriately in Christmas activities in shopping centres and other locations. Providing a calm and quiet atmosphere in which to visit Santa allows these children the best possible opportunity to celebrate Christmas."



 **revesbyworkers'**

Left: Koby (5 years) taking part in the Sensory Session with our wonderful photographers.
Above: Charlie Nicholls (5 years) and Max Nicholls (7 years) Sensory Santa Photo.



*Preparing kids for BIG SCHOOL
Limited places remaining for 2018*

Preparing kids for BIG SCHOOL
Limited places remaining for 2018

- ✓ Ages 2-6 years
- ✓ Learning programs delivered by experienced early childhood educators
- ✓ Comprehensive school readiness & transition to school programme
- ✓ Established links with local school
- ✓ A reputation that extends over 40 years
- ✓ Government fee subsidy approved

Call now and book a tour or visit our website for further information.

88 Tower Street, Panania

Ph. 9771 3461

www.pananiapreschool.com.au





INTERNATIONAL DISABILITY DAY

A DAY IN THE LIFE OF A WESTS TIGERS PLAYER

JOIN US ON DECEMBER 2ND FOR INTERNATIONAL DAY FOR PEOPLE LIVING WITH A DISABILITY, AND SPEND A DAY IN THE LIFE OF A WESTS TIGERS PLAYER!

DATE: SATURDAY 2 DECEMBER 2017

TIME: 11AM - 3PM

LOCATION: MICHAEL CLARKE RECREATION CENTRE
2 MARGARET DAWSON DRIVE, CARNES HILL

THE DAY WILL FEATURE A RANGE OF ACTIVITIES, INCLUDING GIVEAWAYS, SIGNING SESSIONS, DANCE CLINIC, AND THE CHANCE TO MEET WESTS TIGERS PLAYERS.

WEAR YOUR FAVOURITE TEAM'S JERSEY!

FOR MORE DETAILS VISIT WESTSTIGERS.COM.AU OR MICHAELCLARKECENTRE.COM.AU





Nutrition Snippet

The simplest way

...to enjoy a healthy holiday season.

You can still enjoy treats this holiday season, just don't forget it's all about moderation and aiming for two serves of fruit + five serves of veg every day.

At family dinners or barbecues with friends try these healthier choices:

- Try veggie sticks with veggie dip as a starter. Fill up on healthier foods first.
- Snack on roasted chickpeas or popcorn, and baked veggie chips.
- Make sure half your lunch or dinner plate is filled with vegies or tasty summer salads.
- Serve a big bowl of fruit salad or fruit kebabs alongside dessert.



For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



Nutrition Snippet

The simplest way

...to make fruity ice creams.

Watermelon

200g watermelon flesh
200g low-fat vanilla yoghurt
8 mint leaves



Mango raspberry

Flesh from 1 mango
1 banana, peeled
200g low-fat mango yoghurt
24 raspberries, fresh or frozen.

Method

Place all ingredients into a blender. Blend until smooth and pour into the cups or moulds. Freeze for 4-6 hours or overnight until solid. Stand at room temperature for a few minutes before removing from the cup or mould.

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Nutrition Snippet

The simplest way

...to add fruit and veg to a barbecue.

There are plenty of ways to add fruit and veg to your backyard barbecue menu.

Kebabs – add capsicum, zucchini, eggplant and mushrooms to pork, chicken or lamb.

Grilled fruit – grill some pineapple pieces or nectarine halves. Enjoy on their own or add to a salad.

Chips – slice potato or sweet potato and grill on the hotplate.

Salad – grab some green leaves and toss in tomato, cucumber, carrot, beans, capsicum or whatever takes your fancy! For a fruity twist add one of these – sliced mango, strawberries, apples or grapes.



For more information visit
www.eatittobeatit.com.au
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SunSmart Snippet

The simplest way

...to be SunSmart in summer!

Did you know?

Temperature doesn't determine when you need sun protection. It is UV radiation, which is not affected by temperature that damages skin cells and causes cancer. To reduce your family's risk of skin cancer, **use sun protection whenever UV levels are 3 or above.**

How do I know when the UV is 3 or above?

Download the free SunSmart App and set it up for your location!

Most parts of NSW experience high levels of UV radiation, especially from October to March. Check the UV every day using the app, or set up the auto-alert, to find out when you need to use sun protection.

Got any questions? Contact the friendly SunSmart Team on (02) 9334 1761.



To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au

