



Panania North Public School

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Principals Awards

The following awards will be presented at our K-6 Assembly to be held on Wednesday **19 June** 2019 at 2.15pm.

Principal's Award: Madison B (Albatross), Logan T (Green Herons), Daniel C (Seagulls), Tahlia D (Albatross), Ruby T (Turtle Doves), Yurika S (Eagles)

Gold Principal's Award: Noorunisa M (Wagtails)

Notes & Payments

Please be aware of the following payments/notes that are overdue, or that are coming up.

- PSSA
- Stage 2 Excursion (Georges River)
- Athletics Carnival
- Yoga (Kindy, Galahs, Corellas, Eagles and Turtle Doves)

What's coming up

Week 8

Tuesday 18 June

- Full Steam Ahead

Wednesday 19 June

- K-6 Assembly (Currawongs)
- Yoga Stage 2 & Lyrebirds

Week 9

Wednesday 26 June

- Yoga Stage 2 & Lyrebirds

Thursday 27 June

- SRC Fundraiser

Experiences of Parenting

Researchers from the University of Queensland are investigating parents' perceptions about parenting and their opinions about parenting programs.

The study aims to explore parent's perceptions about their child, the way they parent, and their perceptions regarding programs for parents. The study requires parent participants with a child between 2 and 12 years old. If you are a parent of a child aged 2-12 years old, please go online and complete the questionnaires, they take approximately 30 minutes. One month after completing the questionnaires, you may be asked to take part in a 5-minute follow-up survey, either online or by phone.

<https://exp.psy.uq.edu.au/parenting>

GREEN HERONS

The Green Herons have had a very busy term two, being safe and respectful learners. We are all working cooperatively and showing persistence, when learning new and challenging things.

The Green Herons have been working very hard in reading groups this term. Reading a variety of texts and learning how to locate evidence within a text, to answer literal and inferential comprehension questions. We have loved publishing all our work on the laptops and working on writing amazing 'sizzling starts' for our imaginative texts. The Green Herons are becoming great authors.

During mathematics, we have been using a variety of strategies to recall multiplication facts and have been playing fun multiplication games to help us learn all our times tables.

We have been attending the Life Skills Program on Wednesdays and have been very motivated Yoga participants. We have learnt about mindfulness, respect, breathing exercises and how to build resilience. We participated in activities where we did yoga moves to build on our teamwork and trusting each other.

The Green Herons will continue being inquisitive learners and having fun along the way. We are very excited about performing at our K-6 Assembly in Week 10 and looking forward to the school holidays in three weeks.



Sydney South West Regional Cross Country

Well done to all of our students who competed in the SSW Regional Cross Country yesterday. All students showed great sportsman ship and put in their best efforts. Congratulations to Lilliana A (Fairy Wrens) who placed 2nd in her age group and will go onto the state level, NSW PSSA Cross Country.



Early Bird Reading

**Kindy, Yr 1 and Yr 2 students
join us for our reading program
on Tuesday and Thursday
from 8:30 to 9:00am
In the Galah's classroom**





PSSA NEWS



PSSA Basketball Scoreboard

Week 1

Jnr boys - won 20-2

Jnr girls - lost 48-2

Snr boys - won 69-14

Snr girls - won 36-28

Week 2

Jnr boys - won 31-8

Jnr girls - won 14-6

Snr boys - won 44-20

Snr girls - lost 16-8



PSSA Soccer Scoreboard



Week 1

Jnr boys - lost 4-3

Jnr girls - lost 4-3

Snr boys - won 2-1

Snr girls - won 9-0



Week 2

Jnr boys - lost 2-1

Jnr girls - won 4-2

Snr boys - draw 1-1

Snr girls - won 3-1



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 your child to be involved.



FREE RUGBY LEAGUE CLINIC

Active Canterbury-Bankstown has teamed up with the NRL to hold two **FREE** school holiday clinics for children aged 5-13 years.

- Wednesday 10 July, 10am - 1pm
Neptune Park, Revesby
- Wednesday 17 July, 10am - 1pm
Roberts Park, Greenacre

Please arrive at least 15 minutes prior to the start time.

All equipment is supplied but please wear comfortable shoes or boots and don't forget to bring a water bottle.

To register visit cb.city/activecb-rugbyleague or, for more information, call Council's Recreation Officer on 9707 9236.

Have fun, make friends and play rugby league!





CHILDREN'S BOOK WEEK 2019

Reading is my Secret Power



Author and illustrator talks

Come and meet a renowned Australian children's author/illustrator.

Sarah Davis and Juliette MacIver



Sarah and Juliette, who have published six books together and, individually, more than 50 between them, present lively and hilarious sessions in which they sing about who of the two of them is the most important, dance with the children, talk about the trials and triumphs of picture-book creation, and read aloud from their books.

Where	Date	Suitable for
Bankstown Library and Knowledge Centre	Tuesday 13 August	Primary-school-aged children
Lakemba Library and Knowledge Centre	Friday 16 August	Primary-school-aged children

Wai Chim



Wai Chim is the author of the popular junior fiction series, *Chook Chook* and *Freedom Swimmer*, a young adult novel inspired by the true story of her father swimming from China to Hong Kong to escape Communist rule. Wai's most recent book is *Shaozhen: Through My Eyes – Natural Disaster Zones*, an evocative and compelling story about one boy living through the 2014 drought in Henan, China.

Where	Date	Suitable for
Riverwood Library	Monday 19 August	Primary-school-aged children
Campsie Library and Knowledge Centre	Wednesday 21 August	Primary-school-aged children

Sessions are held at 9.30am, 11.30am and 1.30pm. Bookings cb.city/BookWeek

Book Week Show



Kid's comedian and educator Sean Murphy is bringing his hilarious show, *Kid's Party Confidential* to libraries this August. Tying into this year's theme, 'Reading is my secret power', the show prompts children to unleash their super-powered imaginations and switch off screens, phones, games or plain old Netflix – to find fun in books, games and each other!

Where	Date	Time	Suitable for
Bankstown Library and Knowledge Centre	Friday 23 August	9-11am	Primary-school-aged children

Bookings cb.city/BookWeek



BOOK WEEK WRITING COMPETITION

This year's theme is 'reading is my secret power', so we want to know what your secret powers are.

The competition is open to students in Years 1-2 and close 5pm Friday 6 September.

Entries can be lodged at Bankstown, Campsie, Chester Hill, Earlwood, Greenacre, Lakemba, Padstow, Panania and Riverwood Library and Knowledge Centres.

Winners will be notified through their school on Wednesday 11 September.

1. Fill in your details below.
2. On the back, draw a picture of you and your superpowers.
3. Complete the sentence "My secret power is....."

Full Name

Age

School

Class

My Secret Power is _____

You and your Secret Powers.

The simplest way

... to add variety to the lunch box

Does your child get bored with their lunchbox?

Making a few small changes can keep it interesting. Try these quick tips to add variety



- **Mix up the breads** - instead of sandwich bread try: rolls, wraps or pita pockets.
- **Fruit** provides endless possibilities for variety, pack: different coloured, fresh, whole, diced, sliced, canned or dried fruit.
- Use our [interactive lunch box builder](#) and get your children to choose what they would like packed in the lunch box.
- Try some new [sandwich filling ideas](#) - visit our website for quick, easy and tasty filling combinations.
- Check out our website for new [healthy snack ideas](#).
- Cook extra for dinner and pack leftovers for lunch.

For more tips, recipes and ideas visit our [website](#).

healthylunchbox.com.au

The simplest way

... to make vegies easy to eat.

Eating 5 serves of vegetables and 2 serves of fruit each day doesn't need to be a chore. It's easy to reach these targets if you **spread your fruit and veg out throughout the day**.



Breakfast: Start your vegie intake in the morning with avocado or baked beans or tomato on toast

Morning tea: try some [zucchini slice](#) or wholegrain crackers and hummus.

Lunch: Include some salad with lunch. Try our tasty [salad recipes](#).

Afternoon tea: have your favorite piece of fruit.

Dinner: Try our delicious vegie filled [recipes](#).

Dessert: Berries and yoghurt or [healthy apple crumble](#).

healthylunchbox.com.au

The simplest way

... to ensure your child is eating from the five food groups

Try our nutritious [Chicken Burrito Bowl](#) which ticks off three of the five food groups.

Grain (Cereal) Foods

Meat & Alternatives

Vegetables



Together with a piece of fruit and some dairy, such as a tub of reduced-fat yoghurt, lunch is sorted!

healthylunchbox.com.au

The simplest way

... to role-model SunSmart behaviours

Children imitate adult behaviours - both good and bad.



ROLE- MODEL SunSmart behaviours by:

- Wearing a SunSmart hat
- Wearing a shirt with a collar and sleeves
- Be seen applying sunscreen before going outside
- Slide on a pair of sunglasses
- Choose shaded areas whenever you're outside.

By role modelling these behaviours you will reduce your own risk of skin cancer at the same time!

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