



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 **31 July 2019** at 2.15pm.

Principal's Award: Jorja D (Penguins), Watson W (Eagles), Sebastian B (Lyrebirds), Edward N (Eagles), Elliotte C (Green Herons), Charlise H (Seagulls), Maria A (Fairy Wrens), Ray S (Galahs), Tobias B (Galahs), Sofia S (Seagulls), Stephanie C (Turtle Doves)

Notes & Payments

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

- PSSA
- Kindergarten Symbio
- Yoga (Kindy, Galahs, Corellas, Eagles and Turtle Doves)
- Stage 3 Camp

What's coming up

Week 2

Tuesday 30 July

- Stage 2 Georges River Excursion

Wednesday 31 July

- K-6 Assembly (Honeyeaters)

Friday 2 August

- Yoga for ES1 & S1 begins

Week 3

Monday 5 August

- Public Speaking begins

Tuesday 6 August

- Education Day & Book Week

Friday 9 August

- Yoga for ES1 & S1

PRIMARY ETHICS CLASSES

at Panania North Public School

This year, we have two small Ethics classes at Panania North. The children have discussed a wide range of topics, and are learning how to think logically, disagree respectfully, and give reasons for their opinions. The Stage 1 class have talked about empathy and being similar and different. Stage 2 have discussed being greedy, whether lying is wrong, persuading, and being an ethical consumer.

We still have plenty of spaces for children to join our Ethics classes. If you are interested in enrolling your child, please contact the school office. For more information about Primary Ethics, please visit www.primaryethics.com.au.

If you are interesting in becoming a volunteer Ethics teacher, and you are available each Thursday morning, please visit www.primaryethics.com.au/volunteer. Alternatively, you can contact Volunteer Ethics Coordinator Kylie Tyler on 0423 320 063 or kyliectyler@yahoo.com.au.

Kylie Tyler
Volunteer Ethics Coordinator (PNPS)
Volunteer Ethics Teacher (PNPS)

David Walsh
Volunteer Ethics Teacher (PNPS)

PSSA Spring Season

PNPS community,

We are currently more than half way through our Winter PSSA Season of soccer and basketball. This season will end **Week 4 August 16th**. The Spring PSSA Season will commence **Week 6 August 30th** and our school will be participating in;

- Cricket (Junior team & Senior team)
- Softball/T-Ball (Junior & Senior boys and Junior & Senior girls)
- AFL (Junior team & Senior team- Non competitive and mixed boys/girls)

Trials are more than likely going to be held around the Week 3-4 period. Please remember that PSSA is a Year 3-6 competition. Students who are or are turning 8, 9 & 10 can try out for Juniors. Players who are or are turning 11, 12 & 13 can try out for Seniors.

Thank you
Mr Polson



YOGA/MINDFULNESS PROGRAM



We are very excited that Miss Tayla will be leading Kindergarten and Stage 1 students in Yoga sessions "Healthy Skills for living". These lessons will commence next Friday 02/08/19 and run for 8 sessions.

Mindfulness is part of the PDPHE program and therefore a compulsory part of the curriculum. Teachers and students have truly appreciated the benefits of attending this extremely important program. Social and emotional well-being is such important part of our daily life. Just a reminder that full Payment needs to be finalised by Thursday 01/08/19

Thank you
Mrs Bruno

Yarning Circle

Our Yarning Circle is now complete, Thank you to The Song Room for their generous grant, which allowed this space to become a reality. The Yarning Circle will be a feature of our school where students and the community can have their voice heard. 'Every Student, Every Voice.'



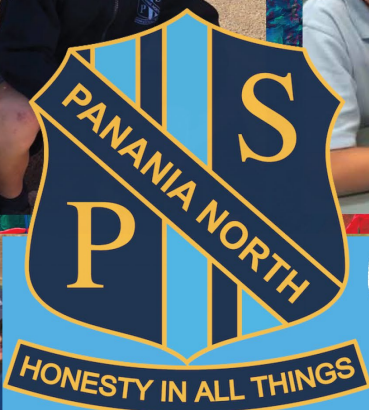
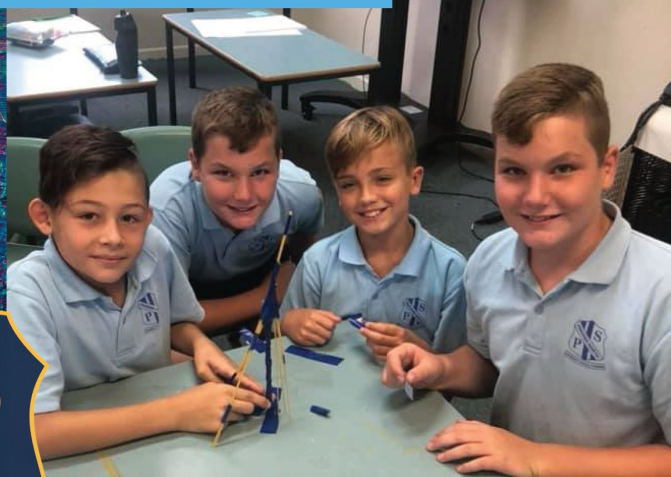
Book Fair

It is that time of the year again- Book Fair!

We will open on Thursday 1st August at 830am, Lunch and after school until Tuesday 6th August.

We will be open all day on Education Day. We look forward to seeing you at the Book Fair!

SAVE THE DATE TUESDAY 6TH AUGUST 2019



EDUCATION DAY AND BOOK WEEK 2019

EVERY STUDENT, EVERY VOICE

9.15 - 10 am	K-2 Open Classrooms
10 - 10.45 am	3-6 Open Classrooms
10.45 - 11.30 am	Picnic Recess and Book Fair
11.30 - 12.30 pm	Whole School Assembly including performances and book parade

**STUDENTS WILL COME DRESSED AS THEIR FAVOURITE BOOK CHARACTER
OR CREATE A SANDWICH BOARD OF THEIR FAVOURITE BOOK.
BOOK WEEK THEME: 'READING IS MY SECRET POWER'**



Athletics CARNIVAL



STEAM

Panania North students STEAMED ahead at their Primary Partners workshop at Sir Joseph Banks High School in their Learning Hub.

Students were excited to experiment with coding, physical programming, Ozobots and Micro:bits as they completed robotics activities and challenges.



Full Steam Ahead was fun. I liked when we had to code lego robots that we built. We had to make them dance and drive in a square. It was challenging.
By Ayrle



At Sir Joseph Banks High School we learnt about coding. First we learnt about ozobots then lego robotics and microbits.

Ozobots can be programmed by green, red, blue and black coloured markers. Microbits had LED's that can make pictures when you code. We built lego tasibots to code and play with. We coded them to dance and drive in squares. We had lots of fun with Miss Tran. It was a great experience.

By Benji, Josiah and Cobalt



Sir Joseph Banks was fun and creative. We got to meet new people and work as a team. Coding robots was challenging and difficult, but we go there in the end. It was an enjoyable day.
By Christelle



Teachers VS Year 6

TOUCH FOOTBALL



NAIDOC

On Tuesday 23rd July, we celebrated NAIDOC day at Panania North Public School. What an awesome first day back, right? Throughout the day the students participated in a range of different NAIDOC activities in their classrooms. These activities ranged from indigenous art works, dot painting on rocks, creating dreamtime stories using Aboriginal symbols and many more. We were extremely lucky to have the 'Muggera Dancers' join us again, providing us with a hip hop and dance workshop, as well as immersing us in the history and culture of Aboriginal and Torres Strait Islander peoples. In the afternoon we had a very special NAIDOC assembly to celebrate the wonderful contributions of Aboriginal and Torres Strait Islander People in our community and country. The students were able to showcase their incredible performances that they learnt throughout the day. It was an amazing day with lots of fun, laughter, culture and celebration. The students and staff had a great day!

NAIDOC DAY 2019.





PANANIA NORTH PUBLIC SCHOOL

KINDY 2020 ENROLMENTS NOW OPEN!

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 5

Jnr boys - lost 15-28

Jnr girls - lost 10-32

Snr boys - won 42-31

Snr girls - lost 18-29

Week 6

Jnr boys - won 38-8

Jnr girls - lost 4-30

Snr boys - won 114-12

Snr girls - lost 18-19



PSSA Soccer Scoreboard



Week 5

BYE



Week 6

WET
WEATHER



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.



Grace kids

All kids
ages 3-12
welcome!

Sunday afternoons
during school terms
@ Grace Christian Church
206 Marco Ave, Panania

3:15 Family afternoon tea
3:30-5:00 Kids program (K-6)
\$2 includes games, activities (cooking, craft,
photography, and more!), stories, special guests



\$7/morning includes
childcare, morning tea, craft

10 am - 12 pm
Grace Christian Church
206 Marco Ave, Panania 2213

To reserve your spot call
Jeanette @ 9773 4868

*Take a break as you get to
know other mums, enjoy a
cuppa, be creative and learn
something new.*

Term Three

- 26 July Knitting with Anna
Padstow Community Care
- 9 Aug Special Guest: Salvos
Family Finances**
- 23 Aug Soup tasting and Puzzles
- 6 Sept Craft and Discussion
- 20 Sept High Tea



Revesby Workers' Little Athletics Centre 2019/2020 Season Registration Information

Do you LOVE to RUN, JUMP or THROW or even just meet new friends?
Then come join Revesby Workers' Little Athletics Centre



Ages
5-17 years



1st Aug:	Online Registrations open http://www.revesbylac.org.au/
16th Aug:	Rego Pack & Uniform collection night - 5:30pm - 7:30pm
30th Aug:	Orientation night - 6:15pm
6th Sept:	First competition night - 6:15pm
13th Sept:	} Trialling athletes welcome - 6:15pm \$20 trial fee payable on the night & deducted from registration fees.
20th Sept:	



**W WESTERN SYDNEY
UNIVERSITY**

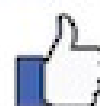
Bullecourt Avenue, Milperra



CONTACT US

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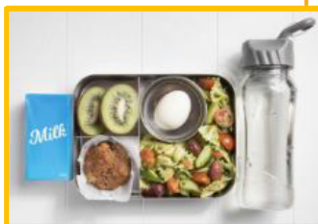
The simplest way

... to save time in the morning.

With some simple preparation at a time that suits you, you can save a lot of stress in the morning.

Try these tips to pack healthy foods quickly:

- Buy snack sized veg that don't require cutting e.g. cherry tomatoes, baby cucumbers and snow peas
- Keep some shelf stable items like beans and milk in the pantry
- Make and pre-pack individual serves of healthy snack mixes such as [poppletana](#).
- Get in to the habit of cooking extra for dinner and packing leftovers for lunch.
- Spend some time on the weekend preparing freezer-friendly lunch box items such as fruit or [vegie muffins](#).
- Allocate a drawer or area of the kitchen where lunch boxes and containers are kept, making them handy to find come packing time.



healthylunchbox.com.au

The simplest way

... to get new recipes.

To keep you and your kids from getting bored with the same lunch box we have updated our [website](#) with new recipes.



- [Veggie pasta soup](#)
- [Yoghurt rice pudding](#)
- [No bake cookies](#)
- [Nicoise salad](#)
- [Turkey, apple & avocado crepe](#)
- [Vegetable pasta bake](#)
- [Vegetable dumplings](#)
- [Mexican baked sweet potato](#)

For more recipes and ideas visit healthylunchbox.com.au

healthylunchbox.com.au

The simplest way

... to get free classroom resources.

Cancer Council supports **Fruit & Veg Month**, a health promotion event for NSW primary schools that puts a positive focus on fruit and vegetables.



This year Fruit & Veg Month will run from **Monday 2 September to Friday 27 September**. The event provides free classroom, and whole of school, resources that promote kids eating more fruit and vegetables. The event is funded by NSW Health and registration is **FREE!**

For more details on the event, and to register go to healthy-kids.com.au.

healthylunchbox.com.au

The simplest way

... to use winter vegetables.

Don't feel like salad during winter?

Here are some fruit and veg filled, winter ideas.



Cook extra for dinner and dessert and pack leftovers for lunch.

- Baked vegetables such as pumpkin, sweet potato, beetroot
- [Mushroom, spinach and lentil lasagna](#)
- [Sweet potato and lentil curry](#)
- [Salmon and potato cakes](#)
- [Shepherd's pie](#)
- [Stewed apples and sultanas](#)
- [Healthy apple crumble](#)

For these recipes and more visit healthylunchbox.com.au

healthylunchbox.com.au

The simplest way

... to wear SunSmart clothing

Clothing provides a barrier between your skin and damaging ultraviolet (UV) radiation - unlike sunscreen, it can't be wiped or washed off.



For the **BEST** protection, choose:

- Shirts with collars or high necks, and sleeves
- Trousers or longer shorts and skirts that come to below the knees
- Clothing that is loose rather than stretched across the skin

Clothing is just one part of sun protection! Remember to use SunSmart hats, sunglasses, apply sunscreen, and seek out shade.

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



2019 STANSW YOUNG SCIENTIST PAPER PLANE STATE CHAMPIONSHIP

AUGUST 31 – SYDNEY UNIVERSITY



THE UNIVERSITY OF
SYDNEY

2019 PAPER PLANE STATE CHAMPIONSHIP

Entry Details

Open to any K-12 Australian student who loves to fold and throw their own hand-crafted paper plane.

Age Levels and Qualifying Details

Year Level	Distance	Airtime
K-2	12m	5s
3	15m	5s
4	15m	5s
5	18m	6s
6	18m	6s
7-12	20m	6s

BIGGER and BETTER than ever with medals and \$100 money prizes for Distance winners



State Championships held at the Sydney University Sports and Aquatic Centre, Bryden's Showcourts: a University of Sydney Open Day Event

2019 REGIONAL HIGH FLYERS

Students from NSW, other Australian States & Territories and other countries who can't make it to Sydney, we have a separate competition just for you.

Regional High Flyers Details

You have until midnight Friday 30th August to upload a video of your qualifying distance and/or airtime throw.

Once the judging panel have approved that the throw was not wind assisted, they will award gold, silver and bronze medals for the top three distance and airtime throws in each age group – a total of 36 medals for the Regional High Flyers Challenge.



Organised by the STANSW Young Scientist Committee, who also run the STANSW Young Scientist Awards - NSW's premier curriculum-based STEM competition

web: www.youngscientist.com.au

For more details: www.paperplanes.youngscientist.com.au



Major Sponsor
Helping Hands Network - part of the Junior Adventures Group
Out of School Hours Care
www.helpinghandsnetwork.com.au



Can you beat this!

The current Australian Distance Record by a school student is 35.20m, set by Mitchell Irvine from Menai High School in 2017

