



# Panania North Public School

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Our newsletters will be distributed each fortnight, on a Friday.

Newsletters will be available on the Skoolbag App and on the school website.

Events, notes and information will be also available on both Skoolbag and the schools web page.

The following awards will be presented at our K-6 Assembly to be held on Wednesday 6 February 2019 at 2.05pm. ***(Please note this week's assembly will be starting early and will be done by 2.25pm. Future assemblies will begin at 2.15pm)***

**Principal's Award:** Isabella W (Penguins), Emily R (Penguins)

**Gold Principal's Award:** Emily R (Penguins)

**Principal's Badge Award:** Emily R (Penguins)

## What's coming up

### Monday 4 Feb

- Kindergarten students first full day of school

### Wednesday 6 Feb

- K-6 Welcome Assembly

### Thursday 7 Feb

- Swimming Carnival years 2-6

### Monday 18 Feb

- AFL after school clinic

### Wednesday 20 Feb

- Kindy BBQ

### Thursday 21 Feb

- First day of scripture



Panania North staff would like to welcome back all of our students and their families and extend a very warm welcome to our many new students who have joined our great school this year. A special welcome also to Miss Tonia Arzoumalian, Mr Liam Yabsley and Mrs Alia Evans to our school. We have another very exciting year ahead in 2019.

While our students have been enjoying their break, Panania North has been a hive of activity and building work in preparation for 2019. Rooms and buildings have been repainted, a new roof installed, walls removed and water bottle fillers installed.

Mrs Loveridge will be on leave from Tuesday 5 February to Friday 21 February. Mrs Rainer will be relieving as Principal during this time. Mr Hampton will be relieving Assistant Principal for Kindergarten and Mrs Fletcher for Stage 2.

## Swimming Carnival – Thursday 7 February (Years 2-6)

Our annual swimming carnival will be held next week, on Thursday 7 February, at Roselands Aquatic Centre. To help us ensure the carnival events run on time we would like to ask for students to be at school at 8.15am.

All students will be given coloured armbands based on their swimming ability to assist with supervision and will enter age races based on the age they turn this year.

Please encourage your child to bring a hat, sunscreen and rash shirt, as the staff will be reminding students to use them during the day. Parents, carers and grandparents are very welcome to attend to help us cheer on our kids.

If there is anyone who would like to volunteer on the day please see Mr Williams at the carnival on Thursday.

## East Hills PSSA is on Facebook



Please like and follow East Hills PSSA on Facebook. Our Facebook site will be used to communicate important information regarding competitions, carnivals, wet weather, dates and trials.

PSSA will begin in Week 5 on Friday 1 March. Years 3-6 have the opportunity to join a team. More information regarding which sports are available and trials will be provided in the coming weeks.



## Life Skills Group PDHPE Program

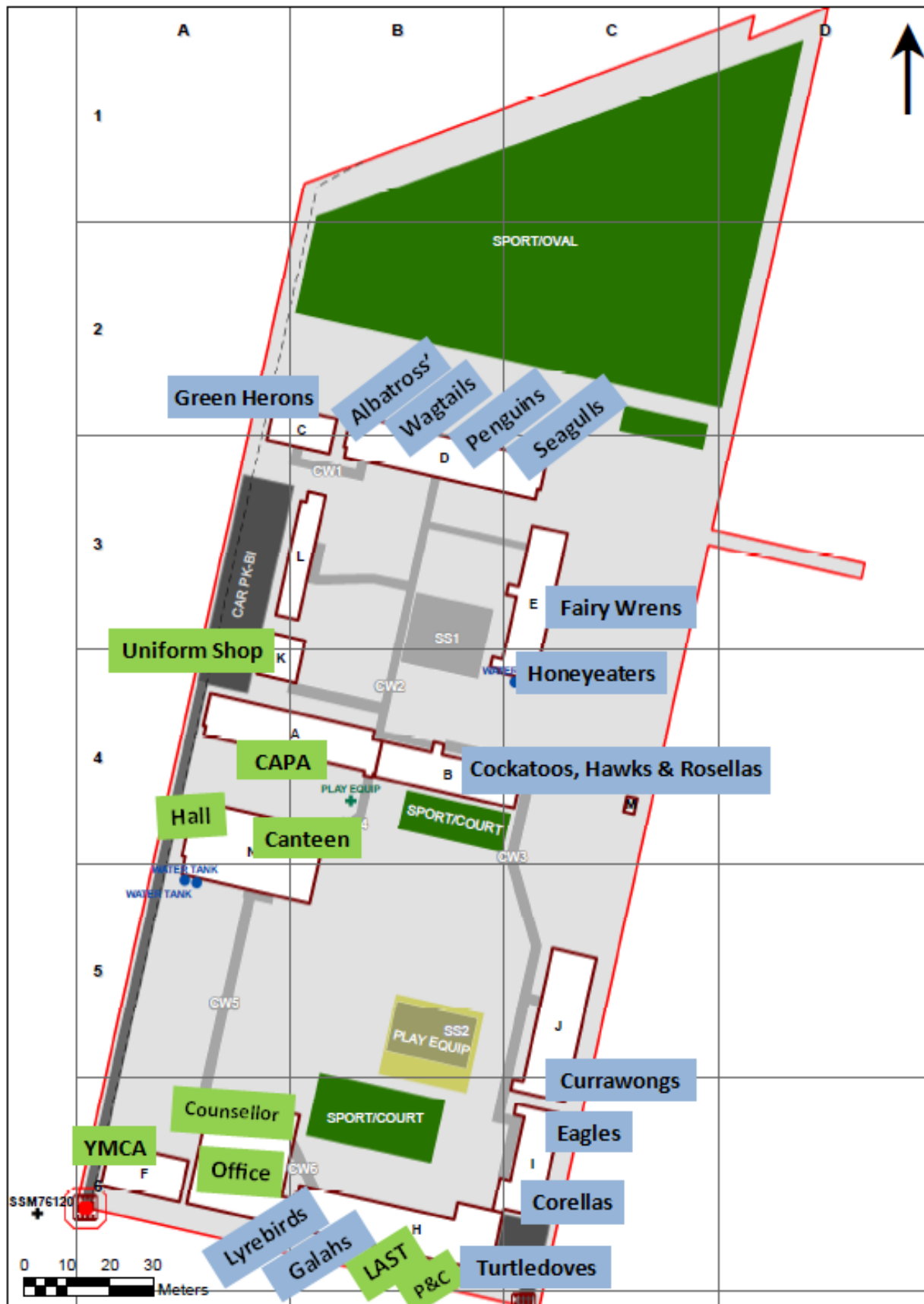
This term we have engaged Life Skills Group to deliver a PDHPE enrichment program that will extend our schools classroom learning. The enrichment program involves movement, games, stretching, mindfulness, creative activities, exercise and play aimed at building resilience, developing self-regulation, increasing self-awareness, practicing positive relationship skills, understanding inclusiveness and strengthening problem solving skills.

The enrichment program is also a professional development opportunity for our teachers who will develop their strategies for teaching physical, social and emotional health and wellbeing of students by working alongside the Life Skills Group teachers.

Our four Stage 3 classes and Currawongs will be kicking us off this term for their 8 week session with other classes to follow in Term 2 & 3.

For more information or if you have any questions, please contact Mrs Bruno.

## 2019 School Map



## The Effective Learner Profile

Please find below our learner profile for your reference, the more we promote our learner qualities the better!

Students should use these words to assist them in talking about themselves as learners and to articulate their progress.

We hope that the key words can identify the essential characteristics of an effective, life-long learner and that parents can also use this language at home.

# Panania North Public School

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### Self- Aware

- Organised
- Goal setting
- Reflective

### Wonder

- Mindful
- Curious
- Questioning

### Reflect

- Thoughtful
- Ponder
- Reasoning

### Persist

- Gritty
- Growth minded
- Determined

### Collaborate

- Connected
- Open minded
- Communicating

# PANANIA NORTH PUBLIC SCHOOL UNIFORM SHOP

## YEAR SIX SHIRTS – ORDER FORM 2019



Dear Parent,

Each year, the Uniform Shop organize specially printed commemorative shirts as a gift to our Year 6 students (kindly paid for by the P&C Committee). Please complete the order form below and return to the office by **Friday 8<sup>th</sup> February 2019** in order to receive a shirt. So there is no cost to parents for 1 shirt.

Year 6 are allowed to wear their commemorative shirts on any given day. Should you wish to have more than 1 commemorative shirt, they need to be ordered at this time. As this is a special order and minimum units apply – we are unable to order any more after this order has been placed. The extra Shirts are \$20 each. If you are interested in purchasing an extra shirt, please select the size required.

Please write your child's name clearly as it will be printed on the back of the shirt. Sizing is indicated in the chart below, but we do have sample sizes at the uniform shop. \_ Please chose carefully as we are unable to swap these over. - Shirts will be available approximately mid-to-late March.

### Child Sizing:

To Fit	8	10	12	14Y	16Y
Height	130cm	140cm	150cm	160cm	170cm
Chest	68cm	72cm	76cm	80cm	86cm
Waist	60cm	64cm	68cm	72cm	76cm

### Adult Sizing:

To Fit	S	M	L
Chest	90cm	95cm	100cm
Waist	82cm	87cm	92cm

**Year 6 Commemorative Shirt 2019** Please return to School Office no later than Friday 8<sup>th</sup> February, 2019.

Free Shirt: Please order me 1 shirt in size \_\_\_\_\_

Extra Shirts (\$20 Each): I/we require the following size/s Shirt.

8	10	12	14Y	16Y	S	M	L
---	----	----	-----	-----	---	---	---

I enclose \$ \_\_\_\_\_ payment in full for (qty) \_\_\_\_\_ shirt (\$20 per shirt).

Payment may be made by cash or cheque (Dishonoured cheque fee = \$20).

Student's Name (as will appear on shirt): \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Name/Signature: \_\_\_\_\_ Contact Number: \_\_\_\_\_



### 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.



Our school now has a great online ordering system called Flexischools.

As well as being convenient for parents, online orders are faster and easier to process - so it helps to simplify everyone's day!



CASH FREE,  
HASSLE FREE



PAY ANYWHERE,  
ANYTIME



SAFE &  
SECURE

Take advantage of this convenient new service. Go to [flexischools.com.au](http://flexischools.com.au) and click register.



flexischools



The Canteen is now offering a fast, secure, convenient way to order and pay for your child's lunch we are pleased to be able to offer online ordering with Flexi schools.

Go online to [www.flexischools.com.au](http://www.flexischools.com.au) to register.

### REGISTER



1 Go to [www.flexischools.com.au](http://www.flexischools.com.au) and select the REGISTER option and enter your email address.



2 You will be sent a registration email. Click on the link in the email to complete the registration.



3 Fill in your details on the Registration Form and click "submit".



4 Add your students, select their school and class.

### ORDER

1 Go to [www.flexischools.com.au](http://www.flexischools.com.au) and select the LOGIN option. Click on "Start an order" for your student.



2 Select the service you wish to purchase from. You can also set up orders in advance.



3 Add each of your items. Extras and options will appear where relevant to the item.



4 Select your payment option. Pay for the one order or "top up" your account. Complete payment to place order.



flexischools.com.au



### Panania Village Market 9th February

The Rotary Club of Padstow Inc. is hosting the Panania Village Markets on Saturday 9th February. Stalls will operate from 9.00 am to 1.30pm, located around the Panania Library Park, corner of Anderson Ave and Tower St Panania. The market offers a wide range of quality stalls including Art & Crafts, Baby & Children's Apparel, Books, Bric a Brac, Candles, Cards, Cosmetics, Essential Oils, Fashion, Gifts, Honey, Jams, Jewellery, Organic Food, Plants, Records, Cd's & DVD's, Toys, and more, all at a wheelchair friendly Outdoor Market.

Please come along and support our local market.

A project of the Rotary Club of Padstow Inc.



If your child is in infants or primary school we would love them to join us for a fun and exciting after school club

**FRIDAY'S**  
during term time

**3:30-5PM**  
6 Lambeth St, Panania  
NSW 2213

For more information please contact James Sneddon  
(Assistant Minister), [james@pananiaanglican.com.au](mailto:james@pananiaanglican.com.au)

**PANANIAANGLICAN.COM**







# SANDRA MALONE DANCERS

The Sandra Malone Dance Centre has been established since 1981 in three Sydney locations –  
**Abbotsford, Greenacre and Panania.**

Our students are offered a range of opportunities and performances while learning the art of dance.

*For more information contact us!*



## CLASSES AVAILABLE IN:

- ✦ Jazz
- ✦ Tap
- ✦ Ballet
- ✦ Modern/Contemporary
- ✦ Acrobatics
- ✦ Hip Hop
- ✦ Drama
- ✦ Musical Theatre

Perform At:

- ✦ Sydney Royal Easter Show
- ✦ Eisteddfods
- ✦ Ferragosto, Five Dock
- ✦ Burwood Festival ✦
- And many more!

## CONTACT US

**0419483108**

Facebook – Sandra  
Malone Dance Centre

Instagram -  
Sandramalonedc



# The simplest way

... to reduce your child's skin cancer risk

2 in 3 people who grow up in Australia will be diagnosed with skin cancer in their lifetime.

Protect their skin in these **FIVE** ways:

- Slip on sun-protective clothing
- Slop on SPF 30 sunscreen or higher
- Slap on a broad-brimmed, bucket or legionnaire hat
- Seek shade
- Slide on some wrap-around sunglasses.



When you protect your child's skin, you reduce their risk of skin cancer.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)

# The simplest way

## ... to swap a packet of chips

Chips are high in saturated fat and salt, are not very filling and do not contain the nutrients needed to fuel your kid's for the school day.



### SWAP chips FOR:

- Plain popcorn
- Plain rice crackers
- Dry roasted chickpeas
- Baked pita bread triangles
- Baked veggie chips

For more snack ideas, swaps and recipes visit our [website](http://healthylunchbox.com.au).

[healthylunchbox.com.au](http://healthylunchbox.com.au)

# The simplest way

## ... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.



A one-stop-shop for everything you need to know about packing a lunch box, Cancer Council's [website](http://healthylunchbox.com.au) is now even easier to use and share with friends and family.

- **Search** – you can now search for recipes by name or ingredients and quickly find the information and tips you are looking for.
- **Print recipes** – it's now easier to print recipes for safe keeping.
- **Share recipes** – on Facebook, Twitter and Pinterest.
- **Videos** – some recipes now feature short videos showing the simple steps to making the meal.
- **Lunch Box Builder** – plan a healthy lunch box with your kids using the new builder items.
- **New Content** – check out our new recipes, sandwich filling ideas and packed healthy lunch box examples.

[healthylunchbox.com.au](http://healthylunchbox.com.au)

# The simplest way

## ... To make Japanese veggie pancakes

Makes: 12 | Prep time: 15 min | Cook time: 10 min

### Ingredients

½ small cabbage, very thinly sliced  
4 medium carrots, grated  
2 cups baby spinach, thinly sliced  
4 spring onions, thinly sliced  
½ cup wholemeal plain flour  
6 large eggs, lightly beaten  
Pinch of salt  
Olive oil spray



### Method

Place the vegies in a bowl and mix together. Toss with the flour, coating all the vegies. Stir in the eggs and pinch of salt. Lightly spray a large non-stick fry pan with olive oil spray and heat over med-high heat. You may need to re-spray between batches. Add heaped tablespoons of the mixture to the fry pan in rounds. Gently press to flatten. Cook until golden, approx 3 minutes, and then turn to cook the other side.

For a video on how to make this recipe, visit our [website](http://healthylunchbox.com.au).

[healthylunchbox.com.au](http://healthylunchbox.com.au)

# The simplest way

## ... to ensure your child gets the nutrients they need at school

Simply pack something from each of the 5 food groups plus water. Try this great example lunch box:



**Wholegrain Breads & Cereals:** Bread Sushi

**Vegetables and salads:** Corn cob

**Meat & Alternatives:** Baked bean muffin

**Dairy:** Yoghurt tub

**Fruit:** Strawberries

**Water:** Always pack a bottle of water

For these recipes and more examples of healthy lunch boxes visit our [website](http://healthylunchbox.com.au).

[healthylunchbox.com.au](http://healthylunchbox.com.au)

# Keeping Kids In Mind

## A course for parents experiencing conflict after separation

Parents love their children and want the best for them. However, after separation, parenting often gets much tougher.

Keeping Kids in Mind is a five week course for separated parents who are experiencing ongoing conflict.

The course covers the following topics:

- Grief & Loss after Separation
- The Hidden World of Children
- Rebuilding Resilience
- Bridging the Gap
- Looking Back & Moving Forward

The course is designed for:

- Assist parents to see through their children's eyes the experience of parental separation.
- Develop greater understanding about how to support children following family separation.

*Keeping Kids in Mind is facilitated by qualified and experienced parent educators, counsellors and mediators.*

### 2019 Course Dates

#### Term 1

15/01 North Parramatta  
29/01 Campbelltown\*  
31/01 Lewisham  
31/01 Wollongong  
13/02 Brookvale  
18/02 Blacktown  
19/02 Waitara  
25/02 Campbelltown\*  
27/02 Nowra\*  
14/03 Wollongong\*  
14/03 Bankstown  
15/03 Fairfield\*

#### Term 2

06/05 Campbelltown  
07/05 Naremburn  
07/05 Lewisham\*  
07/05 Wollongong\*  
08/05 Fairfield  
08/05 North Parramatta  
09/05 Bankstown\*  
14/05 Waitara  
16/05 Penrith\*  
04/06 Campbelltown\*  
05/06 Naremburn\*  
06/06 Wollongong\*

#### Term 3

23/07 Campbelltown\*  
24/07 Bankstown\*  
25/07 Lewisham  
29/07 Fairfield\*  
31/07 Brookvale  
05/08 Blacktown  
13/08 Waitara  
20/08 Wollongong\*  
21/08 Campbelltown\*  
21/08 Nowra\*  
29/08 Wollongong

#### Term 4

14/10 Campbelltown\*  
15/10 Fairfield\*  
17/10 Wollongong\*  
21/10 North Parramatta  
22/10 Naremburn  
29/10 Waitara  
30/10 Springwood  
31/10 Bankstown  
04/11 Lewisham\*  
13/11 Nowra\*  
19/11 Wollongong\*  
19/11 Campbelltown

All participants must register their interest in attending the course and participate in a pre-group interview prior to the course. Courses marked with an \* are day time courses, all others are evening courses. Course dates and times may be changed, please check with relevant venue for further information. Certificates of attendance will be issued.

**1800 55 46 46**  
**[www.keepingkidsinmind.org](http://www.keepingkidsinmind.org)**

An initiative of CatholicCare in the Dioceses of  
Broken Bay, Western Sydney and Blue Mountains, Wollongong and Archdiocese of Sydney.





**WINNER**

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BANKSTOWN**

## *Step into Success!*

**Our singing, dancing & drama programs help children to succeed.**

**Teamwork & Leadership  
Unleash their potential!**

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*Classes for ages 2 years through to adults*  
**Creative kids AND active kids providers.**

Visit our website for more information—[www.jaksa.com.au](http://www.jaksa.com.au)

**JAKSA** Performing Arts Studio, 11/112 Ashford Avenue, Milperra . **0417 725 232**  
Winner MOST OUTSTANDING Performing Arts Studio.

**OPEN DAY** Sat 2nd February 3pm to 5pm



**OUR KIDS:**  
A group for children  
after their parents  
separate

An interactive group bringing together children from separated families through creative therapies. The seven week group topics will include:

- ▶ Different families
- ▶ My strengths
- ▶ Feelings
- ▶ Parents in different houses
- ▶ Keeping out of conflict
- ▶ Understanding change

**WHEN:** 4pm - 5.30pm Tuesday 19th February to 2nd April 2019.

**WHERE:** Bankstown Family Relationship Centre  
Ground Floor, 8 Jacob Street, Bankstown  
(02) 9707 8555

There will be a cost that covers resources and afternoon tea.  
Concession discount offered with concession/pension card.

The group will be facilitated by qualified and experienced child practitioners.