



Panania North Public School

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Notes & Payments

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

- School fees
- Year 1 & 2 Shopping excursion permission
- Cross country permission
- Swim scheme
- PSSA sport payments
- Paul Kelly Cup
- Life Skills Yoga payments

Principals Awards

The following awards will be presented at our K-6 Assembly to be held on Wednesday 20 March 2019 at 2.15pm.

Principal's Award: Indiana O (Penguins), Pranisha C (Eagles), Benji D (Galahs), Yurika (Eagles), Megan L (Currawongs), Lilly V (Currawongs), Alysa V (Penguins), Owen C (Galahs)

Gold Principal's Award: Lilly V (Currawongs), Princess S (Wagtails), Mitchell J (Wagtails)

What's coming up

Monday 18 March

- School Photos

Tuesday 19 March

- Stage 3 & Currawongs Yoga

Wednesday 20 March

- Harmony Day Assembly

Friday 22 March

- PSSA Sport

Saturday 23 March

- P&C State election BBQ

Tuesday 26 March

- Stage 3 & Currawongs Yoga

Wednesday 27 March

- Cross Country Carnival

Reminder School Photos are this Monday 18 March. All students are to wear full summer school uniform. Year 6 shirts are NOT to be worn.

Dear Parents/Carers

Any student who receives a note or attends a district sport/carnival should feel proud and privileged. To make or be selected in any district try out or team is a huge honour, an opportunity that many children do not have.

If you decide that you do not want your child to participate, you need to let the sport organiser, teacher or the office staff know straight away.

When a child does not attend, participate or decides to pull out you are taking away the opportunity for another child who would love the chance to try out.

This has been happening quite frequently and can become quite frustrating for all of the organisers.

Thanks for your cooperation.

SPORTS NEWS

We've had so much positivity surrounding sport at Panania North over the last 2 weeks, we're so proud of you all! Thank you for representing our school and giving each race, competition or try-out your very best!



Congratulations to all the PNPS students who participated in the 2019 District Swimming Carnival and those who then went on to the Regional Swimming Carnival.

Special mention to Abigail G (Honeyeaters) who placed 2nd in her age group and has made it to the NSW PSSA State Swimming championships, well done Abigail!

Congratulations, our PSSA District representatives pictured below.

PSSA District Representatives



Indiana O (Penguins), Emily R (Penguins), Imran H (Wagtails), Dominic K (Albatross), and Obadiah D (Penguins)



Joshua A (Seagulls) and Zachary A (Penguins)



Matiasi F (Penguins) and Philip F (Wagtails)

PSSA Rugby League



The Lyrebirds



After a busy start to the year, the Lyrebirds have now settled into their new habitat. We are working hard, but also making sure to have lots of fun in the classroom.

We have been striving to reach all goals in literacy groups. Our handwriting is improving every day and we are furthering our skills in comprehension. We aren't just reading words, we are now retaining the information that we have just read.

We are all lucky enough to have the opportunity to learn our creative arts KLA whilst also being taught about Indigenous history by Mr Shannon during our 'Song Room' lesson. The kids love our weekly hour with Mr Shannon.

It is great to see our mathematics knowledge growing with each lesson. All students are determined to understand the content, which is helped by our fantastic TENS lessons.

Lastly, our science component is largely based around materials and how they can be used together to create a variety of objects. These photos speak for themselves and show how creative the Lyrebirds are and how much fun these lessons are!



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**

Central Parent Portal



If you haven't already, make sure you register for access to our Parent Portal.
The portal allows us to directly share information about your child's progress at Panania North.

- Attendance overview
- School reports
- Parent/Teacher Interviews
- View activities

Full of possibilities, more applications and access points coming soon

Crunch&Sip[®] Pack ideas

Stuck for ideas to make your kids Crunch&Sip packs more interesting? Try these ideas:



1

Use texture

Make a pack that includes vegetables or fruits with varying textures.



2

Go for colour

Use a variety of colours in your packs to make them appealing.



3

Make it tasty

Pack chopped vegetables or fruits that taste great together.



4

Is it in season?

Vegetables or fruit in season will taste better.



5

Add a fun fact

Include a post it note with an interesting fact about the vegetable or fruit in the pack.

More information? Download the parent brochure from the Crunch&Sip webpage: www.healthykids.nsw.gov.au/campaigns-programs/crunch-sip.aspx



PANANIA NORTH
PUBLIC SCHOOL

Ready,
Steady,
Bake!



Panania North Public School Election Day Cake Stall/BBQ

March 23rd: 7am till all sold out!

**Please get baking to raise funds for
PNPS!**

gingerbread men, bags of popcorn, Rocky Road, slices, savoury or sweet muffins,
mini quiches, honey joys, chocolate crackles (no fresh cream)

Please drop uncut cakes off on Friday March 22nd before or
after school or even on Saturday.

We would also greatly appreciate any helpers on the day; help
cook the BBQ or sell the delicious cakes!

Thank you for your ongoing support.

Panania North Public School P&C Association

PNPS Election Day Stall Volunteers

Name of Volunteer.....

Contact Details.....

Time you are available.....

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.

**Jazz**

**Hip Hop**

**Tiny Tots**

**Ballet**

**Boyz Crew**

**Acro**

**Musical Theatre**

**Cheerleading**

**Singing**

Redeem free \$100 Active Kids voucher

**Free Playground**

**Tap**

**Cafe**

FIRST CLASS FREE

Punchbowl - Bankstown Business Park - unit D7 11-15 Moxon Rd

Liverpool - Whitlam Leisure Centre - Memorial Ave



phone: 9755 3210

www.danceit.com.au

principal: Sandra Fleeton

Performing Arts Studio

THE HUNGRY VOTER



**SUPPORT YOUR LOCAL
PANANIA NORTH PUBLIC
SCHOOL**

**ELECTION DAY BBQ
SATURDAY March 23**

7am till sold out!

202 Bransgrove Road Panania

**BBQ/COLD DRINKS/CAKE
STALL/GELATO**



*Take some TimeOut from the routine!
Get to know other mums for friendship and support
Have a cuppa and some yummy snacks
Be creative with crafts and other projects
Learn things that will help you as a woman and mum*

Term 1	Term 2	Term 3	Term 4
8 Feb	3 May	26 Jul	18 Oct
22 Feb	17 May	9 Aug	1 Nov
8 Mar	31 May	23 Aug	15 Nov
22 Mar	14 Jun	6 Sep	29 Nov
5 Apr	28 Jun	20 Sep	

Grace Christian Church

206 Marco Ave, Panania

10am - 12pm, Fridays

\$7 includes craft, morning tea

and childcare for 0-6yrs

To reserve your spot call Jeanette @ 9773 4868



SunSmart Snippet

The simplest way

... to choose a SunSmart hat

A SunSmart hat not only protects the face, head, neck and ears, it can also reduce the amount of UV radiation reaching the eyes by 50%.



CHOOSE a SunSmart hat:

- Broad-brimmed hats
- Bucket hats
- Legionnaire style hats

Baseball caps and sun visors do not protect the cheeks, ears and back of the neck and are not recommended.

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

The simplest way

... to choose foods for the lunch box

Pick one food from each food group:

Breads & Cereals:
rich in carbohydrates, the body's preferred source of energy – perfect for kids to play and learn all day.



Veggies & Salads:
high in fibre and packed full of vital vitamins and minerals to boost health and help maintain a healthy weight.

Meat & Alternatives: rich in protein, iron and zinc.

Dairy: important for growing healthy bones and teeth.

Fruit: naturally sweet and refreshing the perfect snack for growing bodies.

For simple ideas on foods from each group visit healthylunchbox.com.au

healthylunchbox.com.au

The simplest way

... to get kids involved in packing a healthy lunch box.

Getting kids involved in selecting – from healthy choices – what they would like to eat at school means they are more likely to eat what's packed in the lunch box.



Visit healthylunchbox.com.au and use our **interactive lunch box builder** with your children to plan a healthy lunch box.

Kids can choose lunch box foods from the pictures in each of the food groups to pack a healthy lunch box they will enjoy.

To help you plan for the week ahead, saving you time and money, you can email or print the lunch boxes your children pack online along with **personalised tips and recipes**.

healthylunchbox.com.au

The simplest way

... to keep Easter fun whilst making it healthy.

Easter can mean many things.

Easter bunny:

- Eat what bunnies eat, try some carrot filled recipes such as ['carrot cake oat biscuits'](#)
- Decorate pancakes with fruit to make a bunny face.



Easter eggs:

- Paint hard boiled eggs with food coloring - the perfect family activity *and* healthy snack.

Chocolate:

- Include other sweet treats in celebrations such as ['apple and date bliss balls'](#)

Family celebrations:

- Check out healthylunchbox.com.au for recipes the whole family will enjoy.

healthylunchbox.com.au

The simplest way

... to get kids excited about eating veg!

With only 5% of NSW kids eating enough vegetables, Cancer Council supports this great initiative linking vegetables to fun times!



Join hundreds of primary schools across NSW this term and **register** for **Vegetable Week & The Big Veggie Crunch, Monday 1st to Friday 5th April, 2019.**

Help break the record for the largest number of children eating vegetables simultaneously. More than 50,000 children crunched together in 2018. Let's smash this number in 2019!

For more information visit healthy-kids.com.au

healthylunchbox.com.au

BALLET.

TAP.

JAZZ.

HIP HOP.

CONTEMPORARY

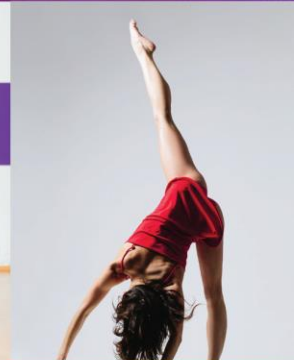
FREE TRIAL DANCE CLASSES

JOIN OUR
STUDIO
TODAY!

BOYS & GIRLS WELCOME NO ENROLMENT FEE
WWW.KIKSDANCECOMPANY.COM.AU

10% DISCOUNT ON CLASSES ON JOINING

0432 445 053



4:45PM - 5:15PM - PETITE BALLET (3YRS TO 6YRS)

5:15PM - 5:45PM - JUNIOR BALLET (7YRS TO 11YRS)

5:45PM - 6:15PM - JUNIOR TAP (7YRS TO 11YRS)

6:15PM - 6:45PM - JUNIOR JAZZ/HIP HOP
(7YRS TO 11 YRS)

6:45PM - 7:45PM - INTER/ADV CONTEMPORARY
(12YRS & UP)

7:45PM - 9:15PM - INTER/ADV BALLET
(12YRS & UP)

OPENING DAY!

WHEN: WEDNESDAY 1ST MAY, 2019

WHERE: BANKSTOWN ARTS CENTRE
5 OLYMPIC PARADE, BANKSTOWN

INFO@KIKSDANCECOMPANY.COM.AU

* DISCOUNTS AT 10% FOR JOINING FOR 2019. MULTIPLE SIBLINGS 15% DISCOUNT EA FOR JOINING FOR 2019.

KIKS
DANCE
COMPANY