



# 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.

- Life Skills Yoga payments
- District Cross Country

## Principals Awards

The following awards will be presented at our K-6 Assembly to be held on Wednesday **8 May** 2019 at 2.15pm.

**Principal's Award:** Sophie B (Seagulls), Jessica B (Eagles), Zoe C (Currawongs), Anisha H (Galahs), Anisa H (Galahs), Charlie H (Seagulls), Ryan P (Corellas), Shakti S (Currawongs), Swadya T (Seagulls), Tori Y (Eagles)

**Gold Principal's Award:** Sophie B (Seagulls)

## What's coming up

### Monday 6 May

- Life Education

### Tuesday 7 May

- Life Education

### Wednesday 8 May

- Life Education
- K-6 Assembly (Seagulls)
- Yoga round 2 begins

### Thursday 9 May

- Mother's Day Stall

### Tuesday 14 May

- NAPLAN

### Wednesday 15 May

- NAPLAN

### Thursday 16 May

- NAPLAN

### Saturday 18 May

- P&C Federal Election BBQ/cake stall



# Congratulations!

Congratulations to Miss Collins and Mr Wotherspoon on their permanent Teaching appointment at Panania North Public School. We are so excited to have you part of the Panania North team.



## Payments Reminder

Just a reminder that payments for all activities and excursion **must** be finalised by the due date. If you are unable to meet the cost of the excursion by the due date, please contact the school office. Late payments without notification to the office will not be accepted.



**On Wednesday 1.5.19 Panania North paid our respects to past and present Australians and New Zealanders who are or have served or died in all wars, conflicts and peacekeeping operations. We commemorated them for their contribution and suffering. Thank you to our school leaders, for leading the service and to our choir, who sung a moving rendition of Flanders Field.**

## YOGA/MINDFULNESS PROGRAM

Stage 3 and Stage 2 Currawongs completed a successful "Tools for Transition" and "Healthy Skills for Living" last term. Congratulations to all students for developing such important life long skills including compassion, honesty and resilience.

This term the program continues starting on Wednesday for Stage 2 and Stage 1 Lyrebirds and we are very excited for all students to be participating in such a valuable program. The skills the children learn supports a healthy and positive mind set which is so important as they grow.

The remaining classes will complete the program in Term 3.

All payments for Term 1 and Term 2 should now be **finalised**. If you have any outstanding fees can you ensure this has been paid to ensure the continuation and success of the program.

Please see Mrs Bruno if you have questions regarding the program.

# SPORTS NEWS



Congratulations Matiasi F (Penguins) for being successfully chosen as part of the NSW PSSA Boys Basketball team.

Matiasi will be travelling to Maitland next week to compete in the state carnival; we wish you luck, and are very proud of your achievements. Well done Matiasi!

## NAPLAN 2019

A reminder that the NAPLAN (National Assessment Program – Literacy & Numeracy) will be held once again this year for students in years 3 & 5 at Panania North PS.

Students will be completing the following assessments:

- Writing
- Reading
- Language (Spelling, punctuation, grammar)
- Numeracy (space, algebra, function & pattern; measurement, chance and data)

We would like to remind parents and students that NAPLAN is one of many tools that provides information regarding student capabilities in literacy and numeracy.

The dates for these tests are as follows;

Tuesday 14 May Language Conventions and Writing

Wednesday 15 May Reading

Thursday 16 May Numeracy

## OPPORTUNITY CLASS PLACEMENT FOR YEAR 5 2020

Opportunity classes cater for highly achieving academically gifted students who may otherwise be without classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

Applications for opportunity class placement are considered mainly on the basis of the Opportunity Class Placement Test results and school assessment scores. The Opportunity Class Placement Test will be held on **Wednesday 31 July 2019**.

If you would like to have your child considered for Year 5 opportunity class entry in 2020, you need to apply.

You will need to apply on the internet using a valid email address (not the student's email address).

The application website opens on **30 April 2019** and closes on **17 May 2019**. No late applications will be accepted.

More information on how to apply can be found at:

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5/information-for-applicants>

You must submit only ONE application for each student.





Panania North Public School will be participating in the Woolworths Earn & Learn program again this year. We were so proud of your efforts back in 2018 and we're looking forward to see how much we can raise toward equipment for science and technology, maths, arts and more for our school. More information will be coming soon.

# 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**



# Life Education

Life Education timetable 2019  
 Term 2 Weeks 1 and 2

Session Times	Wednesday 1.5.19	Thursday 2.5.19	Monday 6.5.19	Tuesday 7.5.19	Wednesday 8.5.19
9.30am – 11.00am	Wagtails	Albatross	Honeyeaters	Currawongs	Penguins
	RECESS	RECESS	RECESS	RECESS	RECESS
11.30am – 1.00pm	Sugar Gliders	12.00pm – 1.00pm Turtledoves	Fairy Wrens	Green Herons	11.30am – 12.30pm Lyrebirds 12.30pm – 1.30pm Galahs
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2.00pm – 3.00pm	Eagles	Corellas	Hawks	Cockatoos	Rosellas (miss out assembly)



THE 9TH AND 10TH OF MAY 2019

# The Annual P&C Mother's Day Stall

GIFTS RANGE FROM \$2 - \$10 WITH A LARGE VARIETY OF GIFTS TO CHOOSE FROM

GIFT CARDS AND  
GIFT WRAPPING \$1

**VOLUNTEERS** - WE WOULD LOVE YOUR HELP!  
WE WELCOME DADS, MUMS, GRANDPARENTS, AUNTS  
AND UNCLES!

IF YOU ARE AVAILABLE PLEASE COMPLETE THE FORM  
BELOW AND RETURN TO THE OFFICE

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## MOTHER'S DAY VOLUNTEERS

NAME.....

CONTACT DETAILS.....

I AM AVAILABLE TO HELP ON (PLEASE CIRCLE)

THURSDAY 9AM-11AM

FRIDAY 9AM-11AM

BOTH DAYS

OTHER.....



# VOTE 1 SAUSAGE



## ELECTION DAY BBQ

### PRICE LIST

Sausage & onion \$3.5

Bacon & egg \$4

Egg only \$3.5

Bacon, egg & sausage \$5

Gelato \$3

Assorted cakes starting at \$1

Water \$3

Soft drink \$2.5

**ALL MONEY RAISED WILL HELP THE P&C SUPPORT  
PANANIA NORTH PUBLIC SCHOOL**

#### 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.

## We are moving to **MONDAYS** after school

### Learn Science & Engineering with **LEGO®**



**Young Engineers is a **STEM** education provider that ignites a student's passion for Science, Technology, Engineering and Mathematics. Each class, students build different LEGO® models and learn the theoretical concept behind each model. What we deliver is e<sup>2</sup> – Education with Entertainment.**

- 10 weeks from 29<sup>th</sup> April 2019.
- Monday's 3:15pm – 4:45pm
- School Hall
- Students go to direct to workshop after class or from YMCA



**Works well with YMCA OSHC – Children log into YMCA then come to Workshop and return to YMCA afterwards.**

**Ten after school Workshops for \$200 or use your creative Kids voucher and**

**Pay \$100 For more information or to book**

**[www.trybooking.com](http://www.trybooking.com)**  
**[/BBXUA](#)**

Parents can use their Creative Kids Voucher - If you don't have a

**[service.nsw.gov.au](http://service.nsw.gov.au)**. Takes ten minutes.

**Panania North Public School**

**Young Engineers South West Sydney**

A.B.N. 95 625 511 720

4 Braesmere Rd Panania, 2223 - Phone: 0416 188 738

[www.swsydney.young-engineers.com.au](http://www.swsydney.young-engineers.com.au) [swsydney@young-engineers.com.au](mailto:swsydney@young-engineers.com.au)





# grace kids

Starting  
5th May

Sunday afternoons  
@ 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

10 am - 12 pm

Grace Christian Church  
206 Marco Ave, Panania 2213

To reserve your spot call  
Jeanette @ 9773 4868

- 3 May Mother's Day card and panel
- 17 May Art with Saskia
- 31 May **Special Guest: Kerrie Lumbewe**  
Marriage and Relationships Psychologist
- 14 June Connecting with your kids
- 28 June High Tea

Term Two



Chinese classes for preschool and primary students.

Classes taught in English and Mandarin, or English and Cantonese.

Experienced and qualified teachers, standard curriculum, small class sizes.

各班以英語普通話或英粵語授課  
經驗教師 規範課程 小班教學

為學前幼兒及小學生開設  
普通話班、粵語班



**Preschool 學前幼兒班**

Sat 星期六 9:00am-10:00am,  
10:15am-11:15am, 11:30am-12:30pm \$95

**Primary school 小學班**

Mon Wed Fri 星期一三五 3:30pm-5:30pm

Sat 星期六 9:00am-11:00am,  
11:15am-1:15pm, 1:30pm-3:30pm

per term

電話：0420 206 464, 0405 136 923

微信：vivian308138, vivianeiwu@gmail.com

Grace Christian Church

74 Cahors Road Padstow NSW

Organised by Inner Journey Ministry Incorporated

Free English classes for adults

附設免費成人英文班



# Seasons for Growth Level 2

## Program for children aged 11 -12 years

Join us for an 8 week program that is designed to create a safe environment for children to understand and respond to change and loss in their lives.

We aim to assist children by normalising their emotions associated with loss, developing a peer support network and helping to restore self-confidence and self-esteem.

**Date:** 8 May - 3 July 2019 (Wednesdays)

**Time:** 3:45pm - 4:45pm

**Cost:** Free

**Contact:** Angela - 1300 254 657 /  
0422 633 087

**Venue:** Creating Links Bankstown - Level 2

**Bookings are essential as places are limited.**

**NO child minding available**

*Parent info session will be held on April  
30 2019 to provide information to parents  
regarding this program*



# 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.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)



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

# The simplest way

## ... to make beetroot hummus.

### Ingredients (serves 8)

2 medium sized beetroots, skin on  
400g can chickpeas, rinsed and drained  
1/3 cup tahini  
1/2 large lemon, juiced  
1/4 cup olive oil  
2 garlic cloves, crushed  
1/4 tsp cumin  
3-4 tbsp water  
Pinch of salt



### Method

Pre-heat oven to 200°C. Wrap each beetroot in foil and roast for 1-2 hours (depending on size) until soft. Remove from the oven and cool. Peel and chop into chunks.

Place all ingredients in a food processor with only one tablespoon of water. Process until smooth. Add more water, one tablespoon at a time until the desired thickness is reached.

Visit [healthylunchbox.com.au](http://healthylunchbox.com.au) for more recipes and ideas.

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

# The simplest way

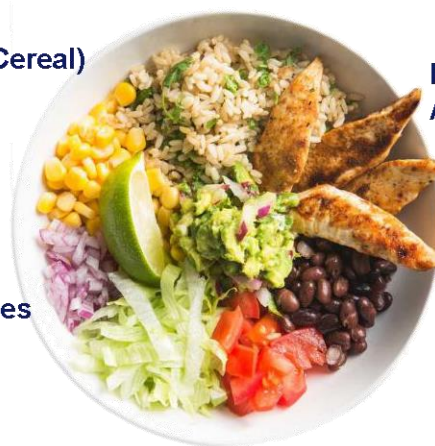
## ... to ensure your child is eating from the five food groups

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