Dates to Remember

Term 1

5.03.15  Environmentors talk for Stage 2 and SEU
6.03.15  Summer PSSA Round 3
9.03.15  9am-11am Playtime Sessions – Lidbury Hall
         6.00pm - High School Information evening
10.03.15 9.15am – P&C Meeting in Lidbury hall
           No Resources Group this week.
11.03.15  Terry Lamb 7’s Rugby League competition at The Crest, Bass Hill.
           Library Resource Group – Lidbury Hall – 11.45am to 1pm
12.03.15  Selective High School Test
           NSWPSSA Council Meeting for Mr. Lewis
13.03.15  Summer PSSA Sport Round 4
16.03.15  9am-11am Playtime Sessions – Lidbury Hall
           1pm-3pm – Parent Craft Session -
           Sydney West PSSA Swimming Championships at Homebush
17.03.15  Review Meetings (Special Education classes)
18.03.15  Parent Excursion – Foodi Tour of Bankstown
19.03.15  Instructional Rounds at Auburn PS – Mr Lewis and Miss Callan
20.03.15  Summer PSSA Sport Round 5

Principal’s Report

School Swimming Carnival

Our school’s annual swimming carnival / water safety day was held on Wednesday 25 February at Auburn Pool, and despite it being a dreary day, everyone had fun which was fantastic! Students from Years 3-6 (and one year 2 child) attended the carnival and had a great time either participating in a race or cheering them on and also participating in a rotation of activities run by the teachers.

Congratulations to all students for their excellent behaviour, sportsmanship skills and for their participation. A big thank you to all of the parents who volunteered to help on the day, for without their help

“A dynamic innovative school always moving forward”
our day would not have been as successful or enjoyable. Thank you also to our wonderful staff, especially our carnival organiser Mr. Windle, who continues to put in great efforts to make each experience for the students a valuable and enjoyable one, particularly the swimming carnival committee who organised an excellent community event.

The Auburn Zone Swimming Carnival was held at Granville Pool on Wednesday 4 March (yesterday) and a full report will appear in the next newsletter. What I can divulge is that we have won the Auburn Zone PSSA Swimming Carnival for the 4th time in a row and 4 of our swimmers were crowned age champions – Edwin Cho, Chanel Wong, Peter Bae and Kapeliele Fusi. A big congratulations to Mrs. Gatwood who ran a very professional carnival and to our students who were crowned overall winners of the 2015 Zone Swimming Carnival.

Selective High School Test

Applicants for Year 7 placement in a selective high school in 2015 are required to take the Selective High School Placement Test to be held from 9.00am to 1.15pm on Thursday 12 March 2015. Students must return to school afterwards or their absence will be recorded as a partial absence.

The test centre for students from our school is:

Sefton High School
Munro & Hector Sts
SEFTON NSW 2162

All parents were sent a letter advising them about the test centre their child is required to attend. They were also sent a copy of a test information bulletin.

The test centre allocations and a copy of Test Information for Parents and Students are available to principals from the Department’s intranet site, https://detwww.det.nsw.edu.au/directorates/schoimpro/EMD/shs_publications.htm and parents may check test centre allocations at:-

Summer PSSA Sport

After last week’s wash out, the students are very keen to play PSSA Sport this week, so fingers crossed the weather stays fine. You will notice that we put in the draw for PSSA sport every newsletter so parents know where their child(ren) are playing and then may go along to support them whilst they represent the school. Please be aware that the main philosophies behind PSSA sport are enjoyment, participation and sportsmanship. Please ensure that if you are going down to the park to watch your child involved in PSSA sport that you role model these correct behaviours too.
P&C Meeting
Our next meeting is the Annual General meeting and will be held on Tuesday 10 March, starting at 9.15am in Lidbury Hall, directly after our special K-6 assembly.

Student Leadership Day
This excellent opportunity was afforded to our school leaders and was a tremendously inspirational day for them. I know they got a lot out of the day and I can’t wait to see what sort of programs they will implement into the school as a result. A big thank you to Mrs. Ellis and Mrs Willis for organising such a worthwhile day for these students and also were able to take them to and from the venue.

Platinum Awards
Being Green suggests that your child is behaving very well and is doing what our teachers expect of them in the classroom and the playground. These awards in its current format have been running for over a year now and over the last couple of weeks we have only added 1 new person to our list and that was:-
Ceylin Tokyurek. Well done Ceylin!

Special Religious Education
Special Religious Education (SRE) classes commenced last Tuesday 3 March and will continue on Tuesday afternoons until 24 November 2015. SRE classes are available for Anglican, Catholic and Muslim students and they are taught by members of the community who have their religion’s approval to teach.

Unfortunately, we don’t have enough scripture teachers to form a Year 1/2 Anglican class or two Year 3 Muslim classes. If that changes during the year, we will let you know. Also, Mrs Zoeller, our Year 3/4 Anglican teacher is unwell at the moment so we hope she recovers very soon. Placement into SRE classes is based on the information that you have provided to the school. If you wish to have your child included or withdrawn from an SRE class, please provide a note to the office for Mr Lewis.

Website, School App & Facebook
We encourage you to keep an eye on our school website www.lidcombe-p.schooils.nsw.edu.au and to become involved in our school and work with us in the interests of your child’s education. We have a “School App” that works on an iPhone, iPod Touch or any smartphone android device (eg Samsung) or an iPad. Download the free “School App” to your device. Having this app will revolutionise our communications with our community. It is a notification type service, that allows you to get updates, reminders and even our school newsletter!

Get into the App store on your phone or device, put into the search engine “Lidcombe Public School”. Our school logo will come up straight away, so press the button to install.

Once installed, you will need the username and password to get into the information provided on our school app.

User Web Portal, iPhone App and Android App
username: community
password: lidcombeps

We have also launched a Facebook page called “Lidcombe Public School”. Many of you have already liked our page which means of course, you will get all of our messages and updates. If you haven’t liked our page yet, just put into the search engine “Lidcombe Public School” and it should be the first item that comes up, select it and you be on the Facebook page to like it.

Considering the many challenges and opportunities being experienced at the school and our relentless pursuit of school improvement it’s going to be another interesting and rewarding year at Lidcombe PS. Details of our 2015 priorities and School Management Plan will be communicated to you through the school website, newsletters and special bulletins as the year progresses.

Medical Issues
As a reminder, we have a few children who have an extreme allergic reaction (which can be life threatening) to peanuts and other nuts. This means that this child cannot come into contact with other people who have eaten nut products (eg. Nutella, peanut butter, any types of nuts or any foods that contain nuts or nut products.) I realise that the school can never really be nut free, but I’m sure that all parents can be very vigilant about this problem and not send their children to school with anything that contains nuts,
including homemade birthday cakes etc. This way, we will become nut-aware. It is a challenge for us at school as well as our community, but I am confident that everyone will pull together to make our school a safe place for every child.

As a rule anyway, if your child does present as ill before they come to school, it is better that you keep them at home, so as not to spread the disease throughout the school. We respectfully request that all children and parents of Lidcombe PS follow these guidelines over 2013 and beyond. If you have any enquiries regarding this, please contact me at the school office.

Closing the main school gate
If you are visiting the school during school hours and coming through the main school gate, please make sure the gate is closed behind you when you enter and when you leave to avoid a quick and easy exit for some of our younger students.

Mobile Phones
While it is accepted that mobile phones play an important part in modern life and communications, it is important that all staff, students and parents accept that their use during class time and on various other occasions at school is inappropriate.

If mobile phones are to be brought to school by students, they need to be switched off and left in their bags until 3pm or better still, left at the office. Parents and carers must give written permission for students to bring mobile phones to school. The school will not accept any responsibility for a mobile phone being lost or damaged.

High School Forms
We will be holding a High School information night on Monday 9 March 2015 at 6pm in the Hall. At this information session, we will hand to you the High School forms and explain to you how to fill them out. The tips and hints we give you at this meeting are crucial if you want to have the best chance of sending your child to the high school of your choice. Please ensure at least one parent is in attendance if your child is in year 6 this year.

Playground Equipment
The playground equipment near Block G (Kindergarten rooms) is a popular afternoon destination after school, but there are rules. Our rule at the school is that no child can play on the equipment unless they are directly supervised by one of their parents after school. Also, all students and parents must leave the equipment area at 3.30pm. It is still closed for repairs at the moment, but will be back in operation soon.

We don’t want any accidents to happen out there at all, and students will be told to move away from the equipment if we can’t see a parent close by, watching their children on the equipment. A few parents observe these rules, but others haven’t and it would be a shame if I had to make a blanket rule that no-one was allowed to use the equipment at any stage because too many people were being unsafe out there. Please consider this of an afternoon.

Lifeskills program
For a while now, I have been thinking that we cater for our students very well academically and extra curricularly, but what about their mental wellbeing ??? Not only do we want to develop literate, numerate and capable citizens at Lidcombe PS, we want to ensure that they have the skills to remain happy, upbeat and confident. At the end of last year, the staff were inserviced by Lifeskills Group who showed us a variety of techniques they use to improve student wellbeing. Life Skills Group offer interdisciplinary PDHPE / Mindfulness / Wellbeing and accredited Professional Development (BOSTES) programs that are non-competitive and curriculum based.

Their fundamental movement programs focus on physical, social, emotional and attentional self-regulating strategies and skills, developed to systematically cultivate wellbeing, resilience and lifelong learning, providing healthy skills for our students physical, social, emotional and mental wellbeing.

Through cross-sectional research and validated classroom pedagogies, Lifeskills Group combine:
- Fundamental movement / games / yoga / mindfulness and FUN
- Positive psychology
- Cognitive affective neuroscience with scientifically proven mindfulness activities and
- Solid research into child development and social emotional learning

Lifeskills Group’s programs teach students how to:
- Build resilience
- Develop self regulation
- Increase self awareness
- Practice positive relationship skills
- Strengthen problem solving skills

Their programs also address issues such as childhood obesity, bullying, peer pressure, negative body image, family breakdown, stress and performance anxiety issues commonly faced at school.

All programs include:
- Provision of fully screened, qualified and professional staff
- Weekly awards and end of term certificates
- Class plans, assessments and outcomes
- Free family Day
- Individual reports at the end of term
- Set up and supply of quality equipment
- BOSTES accredited 8 hours to Proficient Teacher level for your staff
- Certificate of currently $10 million Public Liability Insurance

For more information please visit their website at: www.lifeskillsgroup.com.au. Please click through to view what the students think of the program: https://www.youtube.com/watch?v=BBHkd83rPxA

I would like to discuss this program at our next P&C meeting on Tuesday 10 March at 9.15am in Lidbury Hall. I actually think that this may be a crucial program that all students need to be a part of at some stage of their school career.

Newsletter
If parents wish to have the newsletter emailed to them directly please fill out the form below. Electronic distribution is a much better method of communication with families as it allows the school community to enjoy great images of students in full colour without the environmental impact of substantial paper usage. We hope many of our families take up this option in the future. Thank you for taking up this option and saving just that little bit more of our environment.

SIXTY SECONDS WITH MR LEWIS

This newsletter, Aleyna Oner from S3N is our focus of 60 seconds with Mr. Lewis.
Name: Aleyna Oner
Class: S3N
What games do you play? Monopoly, Tennis.
What would you like to be when you grow up? A teacher or a lawyer.
Best piece of advice you have ever received? Never give up.
Favourite thing to do? Read
Favourite school subject? English
Favourite colour and number? Aqua and 10.
An interesting fact about yourself. I love to tap dance.
Is there any one thing you can’t do without? My Family.
Worst habit? Fidgeting on stage.
What’s your favourite school moment? Being picked for the school leadership team in 2014.

Thanks for spending 60 seconds with Mr. Lewis, Aleyna!
### WEEK 4 – 20th February

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<tr>
<th>SPORT</th>
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<td>Junior AFL</td>
<td>Granville</td>
<td>Won 43 – 26 – Garcia Kavana</td>
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<td>Senior AFL</td>
<td>Granville</td>
<td>Won 27 – 13 – Mohamed Zreika</td>
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<td>Junior Cricket</td>
<td>Auburn North</td>
<td>Lost 39 – 13 – Sophie Edwards</td>
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<td>Senior Cricket</td>
<td>Auburn North</td>
<td>Lost 29 – 26 – Tahsin Gaus</td>
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<td>Junior Girls T-Ball</td>
<td>Guildford West</td>
<td>Lost 12 – 6 – Olivia Ivanac</td>
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<td>Junior Boys T-Ball</td>
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<td>Tied 12-12 – Zac Esmail</td>
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<td>Senior Boys Soft Ball</td>
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<td>Won 14 – 10 – Peter Bae</td>
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<td>Senior Girls Soft Ball</td>
<td>Guildford West</td>
<td>Won 13 – 1 – Saane Bloomfield</td>
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### WEEK 5 – 27 February – WASHED OUT

### WEEK 6 – 6 March

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### WEEK 7 – 13th March

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LEADERSHIP CONFERENCE

On Wednesday 4 March the Student Leadership team attended the Grip Student Leadership Conference at the State Sports Centre. They learned that the greatest display of leadership is when a person stands up for something.

The students thought that the conference was: “Exciting. Fantastic. I learnt much about standing up and helping other people more. Awesome. Interesting- we had to talk to the other schools. We did extraordinary activities.”

The student leaders have come back to school with some great plans to put into action.

28 MARCH – ELECTION DAY SAUSAGE SIZZLE/CAKE STALL

As you will be aware there is a State Election coming up on Saturday 28 March. As usual the P & C will be holding a Sausage Sizzle and Cake Stall to raise funds for our school. For the day we will be needing parents to help cook/sell sausages etc and we will also be asking for homemade cakes/biscuits etc to be made by our families. Make sure you mark this date in your calendar.
We now have a supplier for our culottes and dresses and samples are being made at present. Hopefully, if all goes to plan we may have small size dresses on the shelves in about 6 weeks. We will keep you up to date as more information comes to hand.

Meanwhile, stocks of hats and shirts are in and our shelves are heavy with stock.

**SchoolAtoz – Benefits of Team Sports**

If you want your child to grow up to be a confident and well-adjusted adult, then team sports may well be the answer.

"When you play a team sport you learn that it doesn't just come down to the best player," says Ross Morrison, a sports expert with the NSW Department of Education and Communities.

"It comes down to working as a team, accepting decisions and understanding that people have different abilities."


**HEALTHY WAYS FOR KIDS TO MANAGE EMOTIONS**

Here are 3 healthy ways to manage your emotions that you can pass on to your children:

1. **Breathe deeply**
   The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight), count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. **Use positive, REALISTIC self-talk**
   Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like: “I’ll never be able to do that.” “This will stress me out big time.” “I’m no good at...” I know I have. Next time you catch yourself talking yourself or something down replace the negative with something realistic but more positive. Something like: “I’ve done it in the past and I survived. So I should be able to do it again.” Repeat this a few times and your emotional state will shift to a better one.

3. **Exercise**
   Exercise releases endorphins; nature’s feel-good chemical, which will move your mood to a better state. The paradox is that we often don’t feel like exercising, when we really need it. BUT going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

It’s important that as parents we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that we’ll feel better, make better decisions and be more effective as parents as well.
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<th>Boys Open 100m Freestyle</th>
<th>Girls 12 Years 50m Freestyle</th>
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<td>Peter Bae</td>
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<td>Muhammed Jamaleddine</td>
<td>Edwin Cho</td>
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<td>Michelle Cho</td>
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<td>Jenna Jarvis</td>
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**Senior Boys 50m Backstroke**  
Kapaliele Fusi 1st  
Samuel Livingston 2nd  
Jordan Mai 3rd  

**Senior Girls 50m Backstroke**  
Simran Tiwari 1st  
Sarah Steel 2nd  

**Junior Boys 50m Butterfly**  
Edwin Cho 1st  
Ashton Phuong 2nd  
Mujahid Kanj 3rd  

**11 Year Boys 50m Butterfly**  
Zane Bardouh 1st  
Peter Bae 2nd  
James Mylanos 3rd  

**Senior Girls 50m Butterfly**  
Junyeong Inn 1st  
Kapaliele Fusi 2nd  

**11 Year Girls 50m Butterfly**  
Jessica Trang 1st  
Litia Fusi 2nd  

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### PARENT CRAFT GROUP – EVERY SECOND MONDAY – 9 MARCH

At our first Parent Craft group a fortnight ago we made ‘envelope books’ which turned out great.  

Next Monday from 1pm-3pm we will be making a rag rug. There will be a cost of $10 per person to cover the cost of the rug backing and rags. If you have old material at home that you would prefer to use then bring it along. Could be old clothes, sheets etc but you will need quite a bit.

All materials and tools will be supplied but there will be a small charge to cover these costs. This is a good opportunity to meet other parents, chat, and learn how to create some beautiful craft items.

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### PARENT EXCURSION – FOOD TOUR OF BANKSTOWN – 18 MARCH

Start the day with a macchiato or perhaps a latte is more your style. Wander through this incredible supermarket - the smells are just amazing. Try this delicious Vietnamese sizzling pancake – banh xeo. Perhaps some Thai spring rolls and curry puffs, ever tried Egyptian cuisine – now’s your chance. We’ll finish the day off with some beautiful cakes and pastries.

It’s not too late to get your name down – just let Julie know. If you love food and like trying new things then this is for you. (Food and transport costs at own expense.)
SCHOOL ZONE TRAFFIC OFFENCES

Increased penalties for School Zones. Current as at 1 July 2014

SCHOOL ZONE
8:30 AM - 9:30 AM
2:30 PM - 4:00 PM

SPEEDING OFFENCES
There has been an increase to the monetary fine and number of demerit points applicable to Speeding Offences in School Zones

Maximum Penalty
$3,702
+ 7 Demerit Points

MOBILE PHONE USE
Drive using a hand-held mobile phone in a School Zone.

Penalty
$415
+ 4 Demerit Points

CHILDREN’S CROSSINGS
Disobey hand-held stop sign at Children’s Crossing or approach Children’s Crossing too quickly to stop safely.

Penalty
$519
+ 4 Demerit Points

U-TURNS
Make a U-Turn without giving way to pedestrian or vehicle in a School Zone

Penalty
$415
+ 4 Demerit Points

For a full list of all new penalties and offences, please visit: www.rta.nsw.gov.au or phone the RMS on: 13 22 13

Please Note: fines subject to change without notice. Current to 30 June 2015. These penalties apply to offences in school zones during posted school hours.
TOP TIPS FOR HEALTHY EATING

* Think about what your child likes to eat at home and try to translate that into a lunchbox option.
* Vegetables are often overlooked in the lunchbox. Try cutting up some carrot sticks or putting in a handful of cherry tomatoes.
* While the humble apple is a great lunchbox filler (sturdy and hard to squash), consider cutting softer fruit up and putting it into a smaller container for protection. Berries and kiwi fruit survive very well this way.
* Dairy can be hard to include, particularly in hot weather. If you can't safely get a yoghurt into the lunch box, make sure you offer dairy when she comes home from school.
* Last night's leftovers in a container with a small spoon can make a welcome change to the parade of endless sandwiches.
* Try putting together a small picnic in her lunchbox - slices of tomato, ham, grated carrot, grated cheese and some bread and butter - so she can build her own sandwich.
* Stick to water in the drink bottle - most juices are full of sugar and make the drink-bottle smelly. They also don't do a very good job of quenching thirst.
* Homemade pikelets are a great snack - easy to make ahead of time, they're filling and don't require any extra toppings.

Hello mums, dads and all the kids!

Hop on over to....
Rydalmere Bunnings
For our FREE Easter Family Night
“Once upon a time” Live Fairytale Easter Show
With lots of fun singing & dancing
Thursday 26th March 6pm – 8pm

*Easter Egg Hunt *Fun Horse Mechanical Rides
*Visit from the Easter Bunny *DJ Matt
*Kids craft & face painting *Laughing Clowns
*Refreshments *Clown & Balloon Animals
*Popcorn & Fairy Floss * Spin & Win, Games & Prizes

Bookings Essential See you soon, Cheers
Barbara, Activities Organiser
300-316 Victoria Road Rydalmere Phone : (02) 8832 8200
Students MUST NOT arrive at school before 8:30 am and must leave promptly at 3:00 pm

Parents are reminded that school supervision exists between 8:30 am and 3:00 pm. A Before and After School Care facility is provided on the school site for parents needing child minding. Contact 9749 2817 after school hours for further details.

Leaving students unsupervised on school grounds has legal implications for both the school and parents.

Access to the school is only possible via the pedestrian gate near the sandpit (Mills Street) during school hours. All visitors must report to the school office. Unauthorised persons on school premises are considered to be trespassing and will be reported to the police.

SMOKING IS PROHIBITED ON SCHOOL PREMISES