On the 8th of May, years three to six (and children turning eight) all walked to Steel Park for the school Cross Country.

When we arrived, the houses all sat in our designated spots under the shade of a tree. We started off with the house chants. All of the house captains (which I am) stood up and led the chants. Cooks won the chants, whilst Georges and Wolli tied for second.

After the chants, the races started. The 12/13 year olds raced first, and we worked our way to the lower ages. Wolli won the majority of the races, but Cooks and Georges won some of the races too.

After all of the races were finished, we packed up and walked back to school. Everybody cheered for every race, and there was never a dull moment, and everybody had fun. All in all, the Cross Country was a success. *by Hailie 5/6K*
I would like to extend a warm welcome to Miss Melissa Morrison who has joined our wonderful school this term. Miss Morrison is the new Assistant Principal taking the place of Mr Moran. She is currently teaching 1D and is also in charge of Early Stage 1 and Stage 1. Miss Morrison is very excited about joining the MWPS community. She is looking forward to providing support to all the students, families, community members and staff. She has a passion for assisting students be confident, organised and resilient learners who will become the best they can be.

Miss Morrison loves dancing, reading and spending time with her family. She has come from a lovely community school in the Hornsby District and has enjoyed specialising in K-2 and teaching many programs to improve the emotional and social skills as well as the literacy and numeracy outcomes of all students.

If you see Miss Morrison around please introduce yourself and say a cheery hello!

By Gilead

Top 10 Things that you should not give my Mum as a present.

10. Taxes.
8. A venus fly trap.
7. A card with nothing in it.
6. A present that looks like it has something in it, but it doesn't.
5. A flower that stinks and attracts flies.
4. A prop for a horror show. (E.g. A fake bloody hand.)
3. A fake snake. (My mum hate’s snakes, even fake ones!)
2. Chocolate that has been half eaten or fake.
1 and a half. A candle (My mom hate's candles, because that what I give her almost every mothers day.)

And finally…
The ten dollars that my mum gave me. Also making it look like a present, but when she opens it up, she finds out that I didn’t buy anything and she freaks out.

From the Office

Invoicing
Invoices will be sent home this week. This will give more opportunity to settle accounts before they become unmanageable. All outstanding amounts from last year will be carried forward to this year.

Hats
Please remember to bring a hat every day, and put your name in your hat.

Traffic Incidents Diary/Log
We have a Log / Diary for Traffic incidents that occur at our crossings outside our school. Please feel free to update the log if this occurs.

Spanish Magic Show

and photos from Spanish...

From the Principals’ desk...

I would like to extend a warm welcome to Miss Melissa Morrison who has joined our wonderful school this term. Miss Morrison is the new Assistant Principal taking the place of Mr Moran. She is currently teaching 1D and is also in charge of Early Stage 1 and Stage 1. Miss Morrison is very excited about joining the MWPS community. She is looking forward to providing support to all the students, families, community members and staff. She has a passion for assisting students be confident, organised and resilient learners who will become the best they can be.

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If you see Miss Morrison around please introduce yourself and say a cheery hello!

Ruth Bradfield-Ling
Principal

Ray White
Thank you Ray White!

Ray White Real Estate agents in Dulwich Hill and Marrickville have committed to donating a part of their commission from every property sold to one of 6 local charities. Vendors choose the charity which will receive the $500 donation.

Nick Karvouniaris from Ray White, Dulwich Hill recently sold a property in Anne St. The vendor chose our school as their preferred recipient of the money. Nick presented us with a cheque for $500 at morning lines last Friday. This additional funding will go towards ensuring we can continue to offer Spanish language classes two days per week at Marrickville West.

Thank you to our newest neighbour and to Ray White for their generous support of our school and wider community.

Calendar Dates

Every Friday – Got Sport
Every Monday – Homework Club Yr1-3
Every Wednesday – Homework Club Yr 4-6
Tuesday 13–15 May – NAPLAN Yr 3-5
Friday 16 May – Google HQ Excursion 5/6K
Wednesday 21 May – 3/4M Assembly
Tuesday 27 May – Apple Store Excursion – 5/6C
Wednesday 28 May – School Photo Day & Public Speaking Showcase
Friday 30 May – P&C Film Night

Congratulations Wolli, winners of the Principal’s Disco for House Point Competition in Term 1
KB enjoyed a lovely visit from Ari Kai’s Grandma Carol. She entertained us with stories and songs that she has enjoyed sharing with children in Canada where she lives. We certainly loved having her with us and look forward to seeing her again when she next visits Australia.

On Friday afternoons for a period of 40 minutes, all Kindergarten children share together in a session of play called “Golden Time”. This allows children from across the three classes to engage in play activities with their peers who are not necessarily in their own class. Activities range from “dressing-up” and role play, gross motor activities involving hoops, balance beams and balls, to quieter play with Lego, play-dough and puzzles. It is a delightful way to conclude the week and a positive way of encouraging children to broaden their circle of friends.

Emoticon symbols are made by typing a combination of symbols into the computer. Emoticons are very easy to make and there are many of them. They are used to express emotion. To make one, first put in the eyes, then a mouth. Then put them together, eyes first and then the mouth. In the end, it will come up like one of these:

- :) happy
- :\] another version of happy
- :B another version of happy but with teeth.
- =) extremely happy
- ( sad
- =( another version of sad.
- =) ( extremely sad
- :) one eyed happy
- :| neutral emotion or a random face
- >:( angry
- <=( extremely angry
- >:r revenge
- ^ confused
- =0 very scared
- :O shout or scared
- :+ I can’t say anything, my mouth is sewed up
- #: I very sure I can’t say anything, my mouth is stitched up
- :O slap me, I must be dreaming

I hope this has given you information about emoticons.

By Gilead

School website contains news, class overviews for the term, useful information from DEC and a school calendar with links to permission notes.
Go to: www.marrickviw-p.schools.nsw.edu.au
**Stage 1 Holidays Acrostic Poems**

2GK
Hotels
On the beach
Happy
Happy
Oh yeah
Lollies
Ice-cream
Dream life
Awesome
Yay
Snooze

**Stage 2**

**Printable planners for homework and study**

School A to Z has printable monthly planners which include school holidays and the numbered weeks of each Term (for example Monday 19 May is the start of Week 4, in Term 2). Print one for each child to stick on the fridge or on their noticeboards. It’s a great way to teach them how scheduling their time means they’ll be able to fit in the fun activities as well as their other commitments and responsibilities. Download at http://bit.ly/UbmQz8

**Is your child’s backpack damaging their spine?**

A recent Australian study has shown that approximately 25% of school-aged children suffer from back and/or neck pain at any one time. It’s believed to be due to a combination of factors such as poor posture, everyday load carrying and the use of computers. The Children’s Hospital at Westmead suggests young people should:

- not carry more than 10% of their body weight
- use a backpack with the straps over both shoulders and a waist strap
- load gear so that the heavier objects are nearer to the spine, with the lighter objects towards the front of the pack
- lift a backpack properly – bend at the knees and lift the pack with both hands

**We need Air Fresheners in the Senior Boy’s Toilet**

Dear Mrs Ling,

Imagine if every time you went to the bathroom you were greeted with a foul smelling stench that made it hard to smell anything (which feels yuck). Well that is what the senior boys at your school have to cope with. The point is the boys obviously need air fresheners installed in their rest room.

Only a fool would walk into that place and enjoy it; they don’t even wash their hands because they want to get out of the putrid toilet as quickly as possible. This also help the future of our school. How? Well visitors who come to MWPS and use that place will think: ‘This Principal really looks after her school; I think I might send my children here’.

So Ms Ling the boys really really need those air fresheners installed!

Kindest regards,

Iggy Price

**Dear Mrs Ling,**

I believe that our computer room should be open every lunch and recess.

My first reason is that sometimes kids have projects and research something, but they won’t get to do it because the library was closed. How would you feel if you really needed to use the computer but the library was closed?

My next reason is that some kids need to check their email because there might really needed to use the computer but the library was closed?

That’s why we should leave our computer room open.

Cheers

Sasha Dennise

**Dear Ms Ling,**

Every lunch time would you like to be bored and tired of playing the same game every day? Well my friends and I think exactly that.

In my opinion, old play equipment has been kicked up in the body triangle. I really wish have play equipment when no one can see us. It’s been there for years and no one has even touch it. It’s just sitting in the room can you every single day.

Most people would agree that, it would be fun, enjoyable and exciting for most students especially for lunch time and most other play times. Also when students who regularly come back to class stressed or bored would not to because there’s something new to play with.

Finally, students like my friends wouldn’t play fighting games and tackling games like football and wrestling (because my friends play wrestling sometimes).

Therefore that’s why MWPS desperately needs play equipment for the students to play new.

Yours sincerely,

Kevin

**We should have healthy lunch at the canteen**

Dear Ms Ling,

We should have healthy lunches at the canteen because it would be good and not junk. I strongly believe that we should have healthy lunch at the canteen so you don’t get sick or fat by eating junk food like many kids do. I agree that we should have healthy lunch at the canteen. When you eat junk food you can vomit. I strongly agree we should have healthy lunch at the canteen because you will feel healthy, good and nice.

So Ms Ling can you please let us have healthy lunch at the canteen. Thank you!

Kindest regards,

Tom Pham 3/4M

**Dear Ms Ling,**

I strongly believe we need iMacs in the school computer room for these reasons.

To begin with, you can have cool apps to download like math games, plane games, block games and more.

Secondly, iMacs are better than windows 7 because it has iMovie, iPhoto and more.

To sum up, now you know what an iMac/MacBook is, so please buy them (but don’t let the kids drag app icons because they will be deleted).

Cheers

Zyian 3/4M
Stage 2: Kiet's 'Reading is Thinking'

This book is called Wayside School. It tells us about teachers and students. One example is a book about school teachers. The story is about a school where there are no teachers. It is a very interesting story. The students are very happy because they do not have to learn anything. They just play and have fun.

Wayside School

First, it tells me about a school which was built on the top of the tallest building. On the very top of the school there were a lot of teachers. One day, the teachers decided to teach the students. The students were very happy because they did not have to learn anything. They just played and had fun.

Kathy and DJ

I wonder what is wrong with DJ. Maybe he lost something very important. I think he is sad because he might have something to tell someone. DJ is not sad because he has something to tell. DJ is not sad because he has something to tell someone. DJ is not sad because he has something to tell someone.
On the 6th of May, stage 3 went on an excursion to visit the Botanic Gardens. We firstly marked the roll then walked all the way to the Dulwich Hill train station. After we got there we each got assigned a number and had to call in order to check everyone was there. Then we got on and headed for St. James. After we arrived we quickly went to the botanic garden past the art gallery. Then when we arrived each class got a botanic garden teacher. We after had recess then we went with our teachers to explore the botanic garden.

5/6K and I went in a room with our botanic garden teacher and learnt about the letter and climate of a rainforest. We then went outside to look at various numbers of plants. After all of that we had lunch then headed to the train station to catch a train back to school. Finally we arrived and went to school just in time for recess. By Afz

On the 6th of May we went to the city to visit the Botanic Gardens to learn about plants and how they produce food.

My favourite plant would have had to be the ferns, because they are colourful and can be in loads of different parts of plants. Overall it was a fun experience!

Rain 5/6K

TERM 2 · WEEK 3 2014

STAGE 3 PAGE 3

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Rain 5/6K
Telstra grant application
Do you or anyone in your family (your partner, your brother or sister, the child's grandparent) work for Telstra? If so please let us know as we could apply for a grant through Telstra. You don’t have to write any applications, the P&C and School can do that, but if can name a Telstra employee we may have a chance at getting $1500 for our school. Email our P&C president Thomasin Litchfield (thomasin.litchfield@gmail.com) if you are related to any Telstra employees.
(see http://www.kidsfund.telstrafoundation.com for more information)

Sculpture by the School
This year’s major P&C event and fundraiser is coming up in September - “Sculpture by the School” – a reference to Sydney’s famous Sculpture by the Sea event. All students will be working in Term 3 to make sculptures and art work for the show, with the collaboration and assistance of local artists. There will be an art show in the Hall and around the school playgrounds, market stalls selling arts and crafts, food and entertainment. Watch this space for more info...

The planning team really need some more people to help to organise the different elements of the event; food, entertainment etc.

If you think you might be interested, please email Thomasin (thomasin.litchfield@gmail.com) to get a more detailed idea of how you could be involved.

Volunteers in Canteen always needed
We need more volunteers to help make coffee in the mornings at the canteen. One of our previous helpers has moved and we need someone to take their place, we need an extra helper on Wednesdays and we need to train someone who can help out on Fridays for when Melanie Stopic goes on holidays in Term 3 and 4. No experience is necessary – we can train you. It’s a great way to meet new parents and the teachers at the school. You are usually required from about 9:30-10:30 or 11:00. If you can help out in any of the following slots please let Melanie Stopic know (mstopic@exemail.com.au)

Mondays – working with Softly Dunstan
Wednesday – working with James Goodman
Fridays – working with Melanie Stopic, Chandra Attanyake and Ariyani Sulawo.

Second Hand Clothing Stall
Thanks to Helen for organising the past second hand clothing stall, we raised $71. We appreciate donations of good quality uniforms to sell on and raise money for the P&C.

Mothers Day Stall
We are hoping all our Marrickville West mothers are feeling thoroughly spoiled after the amazing Mothers Day stall the P&C arranged this year. We want to say a HUGE thank you to all the helpers. We can’t name you all, such a mammoth effort!! From all the fantastic and generous donations received in the leadup, and the helpers in the setup the day before and then all those amazing Wrapping Mamas on the day of the stall, plus the patient cashiers too. The kids clearly loved having such a wide and varied selection of goods to choose from, and we only hope this can continue to grow year by year. We raised over $1200 on the day, thanks mostly to the donated goods. So thank you again to all those who pitched in over the past weeks to make this the success it was.

Mothers Day stall: how many presents did you wrap ladies?

Manchester Animation Festival
Our long running Film Night has been transformed into a once-a-term animation festival. The first one, held in Term 1, was a huge success featuring ‘Room On The Broom’ by Julia Donaldson and ‘Partysaurus Rex’ by Pixar, plus a selection of animated shorts from around the world.

Huge thanks to the O’Grady’s for all their help in the set-up and also running the canteen, also thanks to Shelley the Machine, for being an octopus in the canteen.

The next one is coming up on Friday 30 May at 6pm in the school hall. Once again we have a great selection, the feature will be ’Gruffalo’s Child’ (again by Julia Donaldson) plus some more amazing animation to knock your socks off.

The canteen will be open serving choc-tops, popcorn and hotdogs... adults won’t be disappointed with coffee and hot chocolates and other delights.

NEXT P&C MEETING: 7pm Thursday 15 May
in the Staff Room. All parents are welcome to come along and learn more about the School and give their ideas on how to make it a better place.

facebook.com/MWPA bigtent bigtent.com/groups/mwpandc
Student Reports

Assessment and Reporting is an integral part of the teaching-learning cycle. Our school provides written reports to parents twice per year and invites families to attend school for a formal parent-teacher meeting at the end of Term 2.

It should be remembered that education is a partnership between school and home. Parents are encouraged to contact their child’s teacher at any time during the year if they have questions or information that might enhance the capacity of this partnership to support their child to achieve their personal best.

Students are assessed in their academic and social development through formal tests, assignments and teacher observations of classroom learning and behaviour. Student Reports will show your child’s progress in classroom learning and behaviour. Student assignments and teacher observations of social development through formal tests, students are assessed in their academic and personal best.

Parents are encouraged to contact their child’s teacher at any time during the year if they have questions or information that might enhance the capacity of this partnership to support their child to achieve their personal best.

MARRICKVILLE WEST PRIMARY SCHOOL NEWSLETTER

By Alex

May the Fourth be With You!

The fourth of May is the official Star Wars day and is considered a holiday by Star Wars fans. On the fourth of May fans celebrate the franchise’s films series and books. The date was chosen due to its sounding similar to the series May the Force be with you! A Star Wars joke.

Q: What car does Yoda drive?
A: Toyota.

Kids, social media and privacy

Regardless of your child’s age, the world may already know a lot more about them than you suspect. According to recent research: 92% of children under the age of 2 have a digital shadow (– it starts with proud parents posting newborn baby photos on Facebook or Instagram); a quarter of Australian children 8 – 12 years old use Facebook, but the minimum age for a user is 13 years. More than 20 per cent of tweens publish photos of themselves on Instagram; young people 14 – 19 have an average of 453 fans, friends or followers on social media. (Facebook or Instagram)

Showcase on Thursday 29th May after Morning assembly. Students’ speeches will be chosen to represent their grade at our K-2 Public Speaking Showcase and be judged by an independent adjudicator and parents will be invited to attend.

All students who present a speech to their class will receive a participation certificate, students who are selected by their class teacher to present their speech to their stage will receive a grade finalist certificate, students who represent their grade at the showcase will receive a finalist certificate and winners will receive a Public Speaking trophy.

K-2 SPEECH REQUIREMENTS AND GUIDELINES

- Kindergarten deliver a ½ - 1 minute prepared speech
- Years 1 & 2 deliver a 1-2 minute prepared speech

What makes a great speech?

- An interesting beginning to the speech that grabs the attention of the audience and sets the tone for the body of the speech. The speaker should not introduce him/herself at the beginning of the speech. He/she should not say “Good Morning” etc. The opening statement should be the actual beginning of the speech.
- Interesting ideas and appropriate language for the age and maturity of the child in the main body of the speech. Some facts, examples and opinions should be included here.
- A strong and obvious close to the speech that ties all ideas together and leaves a lasting impression. Do not finish the speech with words such as “the end” or even “thank you”.
- A natural delivery without an abundance of hand gestures or dramatic movements.
- A clear and confident voice that is easy for the audience to hear.
- A smile and real interest in the topic being delivered.
- All children MUST use palm cards that are made from thin cardboard. They must be numbered and no bigger than the child’s hand. The child should refer to them for cues but should NOT READ the speech from them. The palm cards may have the entire speech written on them or only a few words or pictures that give the speaker the cue for the speech. Make the cards to suit the needs of your child. Again, the child should NOT READ the speech from them.
- The use of a mind map may help you start the brainstorming to get the ideas flowing. Your child has been involved in these activities in the classroom. Ideas can then be expanded upon to start building the speech.

SOME SUGGESTIONS FOR TOPICS

- My Family
- Special Times
- School
- Colours
- How Do I Help?
- What Makes Me Special?
- Friends
- Holidays
- My Favourite Thing
- People Who Help Me
- Pets

OR……… Anything else that really interests you!
Dear Parents,

As part of the listening and speaking program across grades 3-6, your child will be participating in an in-school Multicultural Perspectives Public Speaking competition. All students at Marrickville West are expected to write a speech at home that will be presented in their class grade in Week 4 (week beginning Monday 19th May). These students will then be chosen to represent their grade at our Public Speaking Showcase on Wednesday 28th May during the school day. Parents of students who have been selected will be invited to attend. The school will then choose 2 speakers from stage two (yrs 3, 4, 5 & 6) and 2 speakers from stage three (yrs 5, 6 & 7) from this showcase to represent our school at a regional level.

All students who present a speech to their classroom will receive a participation certificate. Students who are selected by their class teacher to present their speech to the stage will receive a grade-finalist certificate. Students who represent their grade at the showcase will receive a finalist certificate and winners will receive a Public Speaking trophy.

The competition aims to heighten the awareness of multicultural issues among NSW primary school students while developing their interest in public speaking and improving their confidence and speech-writing skills.

Students will be supported in class by their teacher to research, prepare and deliver their speeches. You can also help by talking to your child about the topic they have chosen and helping them to practice their speeches at home from palm cards.

Students will be required to deliver a prepared speech selected from the list of set topics over the page.

3 - 6 SPEECH REQUIREMENTS AND GUIDELINES

- Years 3 and 4 deliver a 2-3 minute prepared speech
- Years 5 & 6 deliver a 3-4 minute prepared speech

What makes a great speech?

- The adjudicators will make their decision based on the manner, matter and method the contestants use in presenting their speeches. They will expect contestants to be confident and engaging speakers.
- The prepared speeches need to show an understanding of multiculturalism, and be well developed and interesting. Contestants are also expected to demonstrate a balance of personal opinion and information in their speeches, as well as a balance of humour and seriousness.
- An interesting beginning to the speech that grabs the attention of the audience and sets the tone for the body of the speech. This is the 1st minute of speaking time. The beginning of the speech should not say “Good Morning”. The opening statement should be the actual beginning of the speech.
- Interesting ideas and appropriate language for the age and maturity of the child in the main body of the speech. Some facts, examples and opinion should be included here. Students should be encouraged to talk about how the topic relates to themselves, the wider community and globally. Their entire speech should not say “Good Morning” etc. The opening statement should be the actual beginning of the speech.
- A strong and obvious close to the speech that ties all ideas together and leaves a lasting impression. Do not finish the speech with words such as “the end” or even “thank you”.
- A natural delivery without an abundance of hand gestures or dramatic movements
- A clear and confident voice that is easy for the audience to hear
- A smile and real interest in the topic being delivered
- All children MUST use palm cards that are made from thin cardboard. They must be numbered and no bigger than the child’s hand. The child should refer to them for cues but should NOT READ the speech from them. The palm cards may have the entire speech written on them or only a few words or pictures that give the speaker the cues for what to say. Make the cards suit the needs of your child. Again, the child should NOT READ the speech from them.
- The use of a mind map may help you to start brainstorming to get ideas flowing. Your child has been involved in these activities in the classroom. Ideas can then be expanded upon to start building the speech.

3-6 Multicultural Perspectives

3-6 Multicultural Perspectives Public Speaking Competition Topics

2014 Years 3&4 topics

- Racism is bullying
- Multiculturalism at the FIFA World Cup
- Empathy with other people
- Every family has a story
- Multiculturalism in the media
- Sydney Inner West Community A Fair!

2014 Years 5&6 topics

- Australia
- Multiculturalism at school
- Multicultural perspectives
- Asking questions to understand

3-6 Multicultural Perspectives

Public Speaking Competition Topics

2014 Years 3&4 topics

- Racism is bullying
- Multiculturalism at the FIFA World Cup
- Empathy with other people
- Asking questions to understand

2014 Years 5&6 topics

- Australia
- Multiculturalism at school
- Multicultural perspectives
- Asking questions to understand

Experience The Magic Of Hosting

Every year, families throughout New South Wales invite students from around the world into their homes, and gain a taste of another culture. The Sturtz-Haddick family from NSW share their joy of hosting Belgian student Magali, as they farewell her back home to Belgium:

“Magali has been a delight. She has fitted in with our family so well and we have loved every minute we have had together. She feels like a member of our family and in our hearts she will always be.”

The best part has just been sharing company across cultures and languages and adjusting to new rules and etiquette. While we have had some wonderful trips together, it is the time at home doing everyday things which has been so enjoyable and rewarding. We will definitely keep in touch.

Thank you sharing your life with us Magali, Travel safely and enjoy re-uniting with your family and friends in Belgium. We look forward to the next time we meet.”

New Students Arriving in July. Find Out More Now!

If you too want to partake in this life changing opportunity and enrich your family with an enthusiastic exchange student from another culture, contact WEP now to receive program information and student profiles. Full support is provided.

Request Free Program Information

Phone: 1300 884 733
Email: requests@wep.org.au
Web: wep.org.au/info/hosting-eng

Sydney Inner West Community A Fair!

The Addison Road Community Centre Organisation along with its key partners organisations present to you a CommUnity A Fair. The 1st Wednesday of every month at 142 Addison Road Marrickville.

How is this event good for you?

1. There are over 60 services and programs that are present to help you.
2. Need a job, TAFE is here to help you get skills.
3. DO you have debts you cannot manage
4. Are you homeless
5. DO you or a loved one need help regarding drug or alcohol issues
6. Do you get a Medicare card
7. Are you consuming too much electricity
8. Centre Link is here to answer all your questions and assist you
9. Need free legal services
10. Are you kicking for a fun day out, free food, good music ...
   and much more

Here are just ten reasons why you should do all your information shopping and address your issues in just one day.

No need to spend all day in queues, visiting one government department after another, taking a number.

No need to spend hours on the phone only to press 1, then 3, then and after 2 hours maybe you get to speak to a person.

JUST COME TO THE ADDISON ROAD CENTRE. THEY ARE HERE FOR YOU.

Marrickville station has free bus shuttle services running every twenty minutes.

Our School Day

9:20am: Morning Bell – meet in Hall
11:25am: Lunch – Eating time
12:15pm: End of Lunch
2:15pm: Recess
2:40pm: End of Recess
3:25pm: End of School

School banking

Wednesday 9-9.20am in the LIBRARY

Homonyms (also known as homographs) are words that are identical in pronunciation and spelling but have different meanings.

They can be nouns, adjectives or verbs. The context gives them their meaning.

Ask your child for an example, like this one:

I prefer a fine tip on my pen.

He gave me a tip for the Melbourne Cup.

Don’t tip the water on the floor.

You gave the waiter a generous tip.

The simplest way to include all 5 food groups in a Lunch Box

A well packed lunch box will provide your kids with the energy they need to learn and play. Remember to include lunch box items from the 5 food groups.

The Food Guide (MyPlate) suggests the following:

- **Starchy foods**: think brown rice, pasta, bread, rice, potatoes or corn chips
- **Fruit and vegies**: think fruit and vegies
- **Milk and dairy**: think milk, cheese, yoghurt
- **Meat and alternatives**: think meat, fish, eggs, beans, tofu
- **Fat and oil**: think oil, cheese, butter

**Breakfast**: Should be a lunch box staple as its high in fibre, vitamins and minerals. Some fruits in your lunch box can also be fruit salad or fruit in jelly.

**Veggie**: Pack carrots and sweet potato sticks with hummus or sauce, or a cold cucumber slice.

**Lunch box ideas**: Cheese sticks, yoghurt and nuts are all great lunch box items.

**Learn it program**: Include a variety of nutritious fillings: cooked chicken, beef, egg or lock meat. Legumes like lentils, beans and chickpeas are a good source of protein and fibre.


---

**HUNGRY?**

Join us for a Vietnamese Food Party!

**Thursday 5th June**

Please place order by Wednesday 28th May at Connect Office

**MENU**

- **Cupcakes**
  - 1 for $2
  - 2 for $3

- **Fresh Spring Rolls**
  - 1 for $2
  - 2 for $3

- **Vietnamese noodles**
  - $3 each

**OR**

**Lunch box special**

- Cupcake, 1 fresh spring roll and noodles
  - $5

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**PARENTING WORKSHOP SERIES**

**FOR PARENTS OF ADOLESCENTS**

Finding challenges in raising 12–18 year olds?

**FREE Parent Wise Parenting Workshops for ALL parents of adolescents.**

**Topics include:**

- **The stages of adolescence**
- **What parenting styles and communication techniques work**
- **How to keep a positive approach to discipline**

**Rosemount Good Shepherd Youth & Family Services**

**Address:** 410 Marrickville Road, Marrickville

**Date:** Thursday afternoons – one session per week for 6 weeks from Thursday 1st May – Thursday 6th June 2014

**Time:** 4.30pm–6.30pm

**Contact:** Rosemount Good Shepherd

**www.rosemountgs.org.au**

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**HEALTHY KIDS PROGRAM**

**COULD YOUR KIDS DO GO4FUN?**

FREE healthy kids program for kids aged 7–13 above a healthy weight.

**Topics**

- **Healthy eating & exercise**
- **Fun activities & games**
- **Buddies self-esteem & confidence in an encouraging environment**

**GOFUN PROGRAMS - INNER WEST SYDNEY**

**700 Marrickville Road, Marrickville**

**Thursday 6th June 2014**

**- 150 Belmore Rd, Riverwood**
  - Thursday 4.00pm – 6.00pm

**- 531 Illawarra Rd, Marrickville**
  - Thursday 4.00pm – 6.00pm

**- 150 Belmore Rd, Riverwood**
  - Thursday 4.00pm – 6.00pm

**- 531 Illawarra Rd, Marrickville**
  - Thursday 4.00pm – 6.00pm

**- 390 Marrickville Road, Marrickville**
  - Thursday 4.00pm – 6.00pm

**- 150 Belmore Rd, Riverwood**
  - Thursday 4.00pm – 6.00pm

**For more information, call Joanne on (02) 9569 7633

www.rosemountgs.org.au**

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**Every Wednesday**

**The Infants’ Home, 17 Henry Street Ashfield**

**Term 2, 2014**

**Parenting & Wellbeing Workshops**

**Term 2, 2014**

**Parenting & Wellbeing Workshops at The Infants’ Home, 17 Henry Street Ashfield Term 2, 2014**

**FREE fun program for kids to become fitter, healthier and happier!**

Do you have children 7–13 years old? Are you worried about their weight?

The Go4Fun Program is an established healthy lifestyle program to improve health, fitness, self-esteem and confidence in children above their ideal weight.

Go4Fun runs for 10 weeks over school term for children and their parents. Sessions include games, activities, tips on healthy food, label reading, portion sizes plus much more!

Sydney Local Health District has 15 places on the program in your local area. Completely free of charge.

To find out more contact 1800 780 900 or visit

LỚP HỌC TIẾNG VIỆT MIỄN PHÍ CHO TRẺ EM

Tổ chức Kết Nối Cộng Đồng và Văn Hóa hiện đang tổ chức các lớp học tiếng Việt cho trẻ em.

Các lớp học này được giáo viên có kinh nghiệm truyền đạt – Anna Bùi và được tổ chức tại Trung Tâm Cộng Đồng đường Addison mỗi thứ 5 hàng tuần từ 5 giờ (pm) chiều đến 7 giờ (pm) tối.

Cảm ơn bạn: Các lớp dạy tiếng Việt miễn phí cho trẻ em mỗi thứ 5 hàng tuần từ 5 giờ (pm) chiều đến 7 giờ (pm) tối.

Để đăng ký học vào thứ 5 ngày 24th April liên hệ Angela (02) 9518-0222 or angelarebbie@gmail.com

Hoặc gọi Trinh để nói tiếng Việt 0452504884

FORT FEST

Fort St High School invites you to join the fun Battle of the Bands (featuring local schools), great rides, fabulous food, face painting and a variety of stalls to pick up a treasure. Come along and enjoy a great day out.

Sunday 18 May 2014
10.30am – 4pm
Fort St High School – Palace St, Petersham.
**MARRICKVILLE WEST PRIMARY SCHOOL NEWSLETTER**

**Term 2 - Week 3 2014**

**Kids Zone** | Term 2: May - June 2014

**MARRICKVILLE council Library & History Services**

**ANIMAL ORIGAMI:**
Marrickville: Thursday 15 May 3.30pm - 4.30pm
Bookings open Tuesday 14 May

Try this ancient Japanese art and create some colourful paper animals.

**RAINBOW FISH STORY AND CRAFT:**
Marrickville: Friday 30 May 3.30pm - 4.30pm
Bookings open Tuesday 28 May

Join us for a child-friendly movie afternoon, complete with popcorn and poppers.

**BIG MOVIE ARVO:**
Marrickville: Thursday 26 June 3.30pm - 4.30pm
Bookings open Tuesday 24 June

**Super Sandwiches, Toasties & Salad**

- **Buttered:** $1.30
- **Vegemite:** $1.60
- **Ham & tomato:** $2.60
- **Egg & lettuce:** $2.60
- **Chicken, lettuce & mayo:** $3.40
- **Tuna & mayo:** $3.00
- **Tuna or Ham or Cheese with Salad:** $3.00
- **Ham & cheese:** $3.00
- **Ham & tomato:** $3.00
- **Cheese & tomato:** $3.00
- **Ham, cheese & tomato:** $3.40
- **Salad:** $3.30

**extras**

- **Filling (each):** 60c
- **Roll or wrap:** 60c
- **Mayo/tomato sauce:** 30c
- **Sweet chilli/BBQ/soy sachets:** 30c
- **Lettuce, tomato, cucumber, celery, carrot:**
  - **Salad plate/box:** $4.00
  - **Add – Tuna/egg/ham:** +60c ea
  - **Plastic Spoons:** 5c

**Drinks**

- **Up & Go:** $2.10
- **200ml 100% Juice (box):** $1.30
- **200ml 100% Juice (bottle):** $1.90
- **Plain milk:** $1.20
- **Yoghurt:** $1.30
- **750ml Pump:** $2.50
- **400ml Mt Franklin:** $1.50
- **400ml Sparkling water:** $2.00
  - **Flavoured Milk (lile):** $1.80

**Frozen Treats**

- **Frozen fruit piece:** 20c
- **99% fruit juice ice sticks:** 60c
- **Juicies:** 80c
- **Streets Paddlepop:** $1.40
- **Frozen yoghurt:** $2.00
- **Slushy (99% fruit) Small:** $1.00
- **Slushy (99% fruit) Large:** $2.00
- **Gelato cups – 2 flavours:** $1.50

**Terms & Conditions:**
Foods coloured GREEN are approved by The Healthy Kids Association for eating everyday. The other foods are recommended as occasional foods.

**Vegetarian (V) & Halal food options available everyday. Please ask Wendy in the canteen.**
We are not babysitters!
All children must be accompanied by an adult the entire time.

$5 for a family

6PM FRIDAY 30 MAY
MARRICKVILLE WEST PRIMARY SCHOOL, BEAUCHAMP ST

presented by MIGHTY NICE
www.mightynice.com.au