Congratulations to all the Public Speaking winners!

...talent runs in the family!

...finalists Stage 2 and 3.

...Year 2 finalists.

...Kinder finalists.

...Year 1 finalists.
TERM 2 · WEEK 9 2014

MARRICKVILLE WEST PRIMARY SCHOOL NEWSLETTER

Calendar Dates
Monday, 23 June 2014
Parent Survey needs to be returned – Yr K-6
Parent Teacher Meetings
Reports go Home Yr K-6
Tuesday, 24 June 2014
Public Speaking Finalist – Tempe HS
Parent Teacher Meetings
Indonesian Dance Workshop – Part of Marrickville Open
Wednesday, 25 June 2014
Parent Teacher Meetings
Recorder Opera House Performance 7-9pm Recorder Group
Bilingual Film Festival – from 2:45pm Yr K-6
Thursday, 26 June 2014
The Gruffalo Excursion – Kindergarten
Parent Teacher Meetings
Enrichment Sharing Assembly Yr K-6
Friday, 27 June 2014
Yarn Up – Stage 3
Last Day of Term
Tuesday, 15 July 2014
Students Return Yr K-6

From the Principals’ desk...
Semester One is almost over which means it’s time to think about Student Reports and Parent-Teacher Meetings.
Reports should have come home this week. Marrickville West school reports compare students to the curriculum standards (not to each other). Student achievement in each curriculum area is graded A-E depending on the level of understanding that has been demonstrated in class and during recent assessment tasks. “C” means the student is meeting the learning expectations for their age and Stage. “C” is a very acceptable result.
Take the time to read through the report with your child. Remember to acknowledge the positives and the improvements made. We are all more likely to work harder when we know there is a chance of success and that success will valued by the people we care most about.
Education is a partnership. Whilst teachers may be experts on the curriculum and the “student” (as they present at school), parents are a child’s first teachers and will always know them better and deeper than any teacher ever will. You will notice that there is a “Parent Reflection Sheet” in your child’s report folder. We hope that parents will be able to contribute their expertise to the development of learning goals for Semester 2. Please bring the reflection sheet to the Parent-Teacher meeting. By attending the parent-teacher meeting (with your child if possible) you will be able to refine the goals with your child’s teacher as well as clarify any questions or observations you may have after reading the Semester One Report.
Remember discussions with teachers can occur over the phone and at any time of the year. Simply speak to your child’s teacher or contact the school Office to arrange a time that suits all.
Thank you to those families who have also taken the time to complete the school’s “Work as One Project” survey. Your feedback is greatly appreciated and will be considered as we begin planning priorities and targets for the 2015-2017 planning cycle.
I wish you all a safe and happy winter holiday. Term 3, Semester 2 commences on Tuesday 15th July for students. It will be another very busy and exciting term at MWPS.

Ruth Bradfield-Ling
Principal

From the Principals’ desk…
Super Stars
Congratulations!
Super Stars
Patrick Lambert
Bonnie Coulter
Sumet Saenplee
Billy Westbury
Riwaj Sharma
Wassifat Chowdhury
Ram
Chris L.
Chloe F.
Jenisa
Wassifat

App of the week: Snapchat
The app of the week is Snapchat. Snapchat is a photo messaging application developed by Stanford University students. Using the app, you can take photos, record videos, add text, and send them to a friend. These photographs and videos only stay there for a matter of time before they disappear. This is a very easy to use application and suitable for anyone over the age of 11.

By: Katherine, Emily, Mary and Mina

Welcome Peter Whitfield
Mum and baby doing well!

By Manvin Singh 5/6C

Apple
You might think that apple is a fruit that you eat. But it is not! Apple is a company that makes technology. It has been around for 30 years. Apple sells many things such as the iPads, iPad minis, iPods, iPhone4S, iPhone5s, iPhone5Ss and even more. If you want to look more on Apple you can go to the link www.apple.com/au/

By: Katherine, Emily, Mary and Mina

Welcome Peter Whitfield
Mum and baby doing well!

By Manvin Singh 5/6C

Calendar Dates
Monday, 23 June 2014
Parent Survey needs to be returned – Yr K-6
Parent Teacher Meetings
Reports go Home Yr K-6
Tuesday, 24 June 2014
Public Speaking Finalist – Tempe HS
Parent Teacher Meetings
Indonesian Dance Workshop – Part of Marrickville Open
Wednesday, 25 June 2014
Parent Teacher Meetings
Recorder Opera House Performance 7-9pm Recorder Group
Bilingual Film Festival – from 2:45pm Yr K-6
Thursday, 26 June 2014
The Gruffalo Excursion – Kindergarten
Parent Teacher Meetings
Enrichment Sharing Assembly Yr K-6
Friday, 27 June 2014
Yarn Up – Stage 3
Last Day of Term
Tuesday, 15 July 2014
Students Return Yr K-6

From the Office
To all our Marrickville West Families have a safe and relaxing break.
We will see all on the 15th July.
Thank you
Anne & Stav

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

Welcome Peter Whitfield
Mum and baby doing well!
In Kindergarten, we learn through playing. During literacy and maths we break into small groups to complete activities and games. Reading groups and maths groups are a lot of fun for everyone.

K/1B were so excited when the ambulance visited school. We learnt about what the ambulance officers do and the equipment they use. In an emergency call 000.

Stage 1 has been Studying Healthy Eating this term. On Monday the 2nd of June an Incursions was held themed: Master Chef. All classes moved through 4 activities designed to encourage Healthy Eating.

Activity One: Stir Fry

Activity Two: New Fruits

Chelsea Enjoying a Ruby Grapefruit

Activity Three: Smoothie

Preventing some exotic fruits

Activity Four: Artistic Snacks

Lily and Isabella preparing a healthy shake.

A Beetle good enough to eat.

Olivia and Yuki with Edible Flowers.

Bodhi’s interpretation of a Peacock.

Bryn “Wok’s Happening?”

Alex seems hungry enough to eat the plate.
The School Canteen Should Sell Chocolate-Coated Strawberries.

I strongly believe that the school canteen should sell chocolate-coated strawberries for the following reasons. Firstly, they contain real strawberries so they are healthy and chocolate also has dairy in it which is good for you. Secondly, the mix of chocolate and fresh strawberries tastes nice together. It also teaches kids that you can mix healthy and sweet foods. Thirdly, they can be priced well because they are mostly fruit they can be a good treat.

In conclusion, I believe chocolate can be a good treat.

by Katie 3/4M

Homework Club

Mr Birman teaches chess at Homework Club.

Explanation – How to make An UMillk

UMillk is a machine that makes coffee and even hot chocolate. UMillks can be used by kids and adults alike.

Firstly you have to start your UMillk. There are three buttons on the top of your machine. It depends which side of coffee you prefer. (small, medium and large). If you are in a hurry and need a medium sized coffee, choose the middle button and if you are really stressed out press the biggest button for a large coffee.

After you have done this you put a pod of your choice in the slider (the slider is on the top.) Remember to close the slider when you have put the pod in it. Put your glass in under the part from where the coffee comes out.

While this is happening you can warm up some milk in your Aeroscreen. It takes about two minutes. While you did that your coffee will be done. When your milk is done you can put the milk in your coffee cup.

If you want the end you can have some biscuits on the side with chocolate sprinkles on top of your coffee or cocoa powder.

by Saleema Idrees 5/6K

Explanation: Nespresso UMillk

Nespresso UMillk is a type of coffee machine that allows you to make coffee in the comfort of your own home.

Firstly get your coffee machine ready by opening up the slider on the top of the machine or pressing one of the buttons.

Next you grab your pod or capsule and put it in the slider then shut it.

Now you will need to put a cup of your choice under the spout because the coffee will start to flow out in about thirty seconds.

Before your coffee starts coming out the spout you may want to choose how much you want by pressing one of the three buttons (the buttons come in three sizes: small, medium and large).

As your coffee starts coming out of the spout you should turn on your milk frother (if you want milk with your coffee). Your milk frother will warm your milk and if you want froth it. If you don’t want it frothed you can take out something that looks like a hose; it will take about 2 minutes for the milk to warm.

Pour in your milk and enjoy!

Just remember not to scratch the inside of the milk frother because the inside is Teflon and can scratch easily. Unfortunately if you do scratch the inside of your milk frother it will not work anymore.

by Meg 5/6K
Soccer Report

Last week MWPS stage three people went to sport to compete with other schools. Soccer was against Anandale P.S and Stanmore P.S the results were 8-0 against Anandale P.S we won the game. For Stanmore P.S the results were 2-0 we won both games and we were happy after the game. It was very muddy and damp resulting in the opposition and us slipping over a lot! As for the other teams we gave them a nice hand shack to cheer them up.

Nick scored: 2, Jesse B. scored: 5 Afiz: scored: 1, Manvin scored 1 and Aziz scored: 1!

by Kadir & Nick

Netball Report

In the last few weeks, on Friday, after lunch time, all the students who signed up for the PSSA game went to Tempe Reserve. We have the scores for Netball.

(The left numbers are our team and the right numbers are our opponents' team)
Week 5: 3/7
Week 6: 11/0
Week 7: 10/4

We lost in the first game but we have improved after that failed game. It’s not about winning; it is about having a good time.

By Isabella & Vijeshni

Thank you to the Firemen at Marrickville Fire Station

On Saturday the 14th June the Marrickville Fire Brigade had their 100th birthday.

My brother & I went down to help celebrate all the hard work that they do.

They had a timeline of fire engines. We go to sit in them. We spoke to the fireman that was looking after the oldest shiny fire engine. He said that the fire truck would have up to 12 firemen hanging off the truck in an emergency.

They had a marching band that played some great music on big shiny instruments. There were marching girls who did some very cool dancing and marching. There were sausages and drinks provided by the SES Team of Marrickville.

We had a look inside the Fire station. They had a display of different uniforms, helmets and boots are stored. We met Commissioner Mullins and Mark McFarlane, the Station Officer who gave us some chocolate.

Thank you to the Firemen at Marrickville Fire Station

It was a great day!

by Kadir & Nick

A Mini Film Festival of Bilingual Stories

Marrickville West Primary School children are filming bilingual stories as told by other students, parents and community members.

Bilingual story-telling has been an annual event at Marrickville West for several years.

The Marrickville West Primary Students use ipads to film the stories, which range from told stories, reading from books, puppeteering, dance and theatre, with many presented bilingually.

The films then become a Mini Film Festival of Bilingual Stories, which will be launched as a part of Marrickville Council’s Open Marrickville Festival during the last week of June.

Children are learning film techniques, and storytellers are learning to adapt their stories for the screen. When complete the three minute film clips will be formatted into You Tube and other social media streams.

“The Storytelling Circles have a magical quality,” said Vivienne Martin, Local Facilitator for Connect Marrickville, based at Marrickville West Primary School. “ it is a chance for children to feel proud of their cultural identities, and to get a window into another world”.

The Mini Film Festival of Bilingual Stories Open Marrickville is on Wednesday 25th June from 2.30 – 4.30 at Marrickville West Primary School.

The project is funded by Marrickville Council and auspiced by Community and Cultural Connects Inc.

To learn more about this event, please contact Vivienne Martin, Local Facilitator
Connect Office, Marrickville West Primary School,
Phone: 9558-4036, 0421 550 119 connectmarrickville@gmail.com

Keep Our Children Safe: Do not drive into or walk your children through staff carparks.

By Hailie and Shaylee 5/6K

A total review of our weeks of roller blading at Marrickville West

Over the duration of term two, a group of children from years 2-6 have partaken in after school rollerblading.

Each term, a different activity is chosen for MWPS’ after school activity. This term roller blading was chosen, and a small company called YouSkate came to teach us all.

Our instructor’s name is Peter, and on the first week he came to our school, he taught us all how to put on our wrist pads, knee pads, elbow pads, helmet, and roller blades. After that, he taught us how to stand up and then fall properly.

He then taught us how to stand up and stay still in a “T” position that is known as “Safe-T”. Peter then taught us how to stand still in the “ready” position. Then he taught us how to roll in the “rail road” position.

Throughout the weeks, we were then taught how to properly skate, jump, take corners turn, perform “lemons”, and some dance moves.

In the last two weeks we have been learning how to skate over ramps.

We have two weeks of roller blading left. If you would like to organise weekend lessons just come down to Henson Playground and talk to Peter, or visit his website YouSkate.com.

Roller blading is extremely fun, and keeps up your exercise. We would recommend it!
SCULPTURE BY THE SCHOOL
SAVE THE DATE: Saturday 13 September, 3pm til 8pm

‘Sculpture by the School’ is a community-inclusive, environmentally-friendly fundraising event providing creative opportunities for students, parents, teachers, artists and the community at large.

Henson will be transformed into a sculpture garden with works for sale from professional artists. There will be live entertainment, kids’ activities, food and drink, stalls and an installation piece like you’ve never seen before – a Rube Goldberg machine created by every child at Marrickville West and our Marrickville Connect community. (see https://www.youtube.com/watch?v=qybUFnY7Y8w)

Be creative these school holidays and create your own sculpture to exhibit.

You can use any material you like but we encourage you to use found materials – be inspired by some of these pictures!

Make something on your own, with your kids, with your parents, with your friends...

Works will be collected mid August – watch this space for more info.

If you are a professional artist, or know any who may be interested, please contact thomasin.litchfield@gmail.com for info on how to enter works for the Sculpture Garden.

...COME ON BOARD

We have a great team working on this event but we need a few more people to help with the organising.

We are looking for these jobs:

- Someone to coordinate the entertainment for the night – music groups, performances etc
- Someone to coordinate arts and craft stalls – we will be hiring stall space for people to sell art, craft and art supplies
- Someone to help with publicity
- A cashier coordinator (not much required until the actual event)

If you think you can help with any of these, please contact thomasin.litchfield@gmail.com

On Thursday 5th of June, the Adult English Class ran a Vietnamese lunch. Students, teachers and community members could order fresh spring rolls, noodles and cupcakes. This is helping to fundraise for their excursion.

Ms Nadia Chami, the volunteer English teacher is encouraging students to discover the delights of Sydney by knowing how to use public transport. The class recently went to Vivid Festival and to Bondi Beach in the holidays.

Stories From Halfway Around The World

Last Week, Marrickville West Primary School was very lucky to have a fantabulous performance in the hall called ‘Stories from halfway around the world’.

These are school plays with one person acting. There were different plays that the man performed; there was one for k-2 and one for 3-6. The man told stories, played games and made things up (mostly about the elite S.A.S Team Police Force). The man even got people up on stage to do cheerleading with him or the Haka. He pretended to be a magical gnome with a fat belly. He also pretended to be a girl from Canada and an Aboriginal man. He told a huge amount of jokes and seven stories plus two tall stories. He told us that a tall story is a story with exaggeration and silliness and a short story is a story with the full truth.

The man who put the show on didn’t tell us his name. The show was long but it was very good because it was hilarious. He also had a turtle puppet that interrupted all the stories the man told. Our Music teacher, Miss Laura actually knew him.

There were some truly crazy stories and some stories that were not so, funny but he made them funny. Interestingly, he knew he wanted to do this job when he was only in primary school where he wrote a great poem and his teacher said she would perform it in front of the whole school. (I would be very scared if I where him him). Great man and stories from half way around the world. So great.

By Scarlett and Kiwan 3/4M

NEXT P&C MEETING: 7pm Thursday 31 July

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/MWPandC bigtent bigtent.com/groups/mwpandc
NAIDOC WEEK – This year in Marrickville:
Inner West Family and Community NAIDOC Event (brought to you by FACS, DFS and various inner west councils)
When: Tuesday 8 July, 10am – 3pm
Where: Steel Park, Illawara Rd Marrickville (or wet weather alternative is Addison Rd Community Centre, Gumbramorra Hall)
FREE event which includes: BBQ, entertainment, Elders tent, Children’s activities such as Magic Yellow Bus, face painting, Bucking Bull ride, Featherdale Wildlife Park animals.
-----
Marrickville Library Didge and Storytelling Morning Tea
When: Wednesday 9 July, 10am – 12pm
Where: Marrickville Library, Marrickville Town Hall (Corner Marrickville and Petersham Roads, Marrickville)
-----
A free performance by Gumarooy Newman of Yidaki Yulugari including morning tea.
Koori Kids Under 12’s Disco
When: Thursday 10 July, 5pm – 8pm
Where: Herb Greedy Hall
Theme: Dress up as a serviceman/ servicewoman – navy, soldier, army nurse... to celebrate this year’s Naidoc theme of “Serving Country, centenary and beyond”.
Free event which includes a DJ, food, face painting, photo booth and dance competition with great prizes!!

Free ‘Come & Try’ Rollerblading at YouSkate ‘Kids Club’
--------------------------
When: Saturday & Sunday – booking required
Time: 10am-11.30am
Where: McNeilly Park, Marrickville

What is ‘YouSkate’ Kids Club?
Sessions are for a maximum of 12 children (ages 4/5 to 11) for 1.5 hours. All equipment provided.

Emphasis is on fun and games with ‘learning by doing’. Young children are more interested and stimulated in this type of activity when other children are involved, therefore a minimum of 10 children is required. Prerequisite is that children can stand and walk on their skates unaided.

I’m very excited about running this because kids love to skate and it’s a great way to get them active. I’m more than happy to offer an initial session at no cost to try to develop interest in ‘Kids Club’. Future sessions would cost $20 and having discussed this with parents, the general feedback is that this offers very good value.

For bookings and further information please contact Peter Schaefer on 0452 273 327 or peter@youskate.com.au

These fabulous children decided to help make our school look as good as it feels by picking up rubbish.
Thank you!

MUSICAL INSTRUMENTS WANTED
The P&C are excited to announce that soon Marrickville West will be offering an extended music program comprised of a number of ensembles, including a brass and woodwind concert band and a ukulele group. We are able to launch this thanks to a financial grant and some dedicated parents and teachers, but we need your help.

You can’t play music without instruments, and we need good working instruments! If you have a spare clarinet you no longer play, an abandoned trumpet gathering dust or an out-of-tune ukulele sitting lonely in a corner we would love to take it off your hands and put it to good use.

We are currently looking donations of following instruments (please drop them off at the office):

- Trumpets/Cornets
- Eb or French Horns
- Trombones
- Baritones/Euphoniums
- Tubas
- Clarinets
- Saxophones
- Recorders
- Ukuleles
- Violas
- Cellos

We will be sending home more information about this initiative in the coming weeks.

Family and Relationship Service
July – September 2014

**Course name and description**
**Date & Time**

<table>
<thead>
<tr>
<th>Parenting after Separation</th>
<th>Wednesday Evening</th>
<th>29th June &amp; 6th July &amp; 13th July &amp; 20th July &amp; 27th July</th>
<th>Time: 5.30pm till 8.00pm AND Friday Mornings</th>
<th>30th June &amp; 7th July &amp; 14th August &amp; 21st August</th>
<th>Time: 10.00am till 12.30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2-3 Magic &amp; Emotion Coaching</td>
<td>Wednesday Evening</td>
<td>3rd August to 24th September</td>
<td>Monday Mornings</td>
<td>7th &amp; 14th &amp; 21st July</td>
<td>Time: 10.30am till 12.30pm</td>
</tr>
<tr>
<td>Engage 4 Dads</td>
<td>Monday Mornings</td>
<td>7th &amp; 14th &amp; 21st July</td>
<td>Time: 10.30am till 12.30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Engage 4 Mums</td>
<td>Monday Mornings</td>
<td>7th &amp; 14th &amp; 21st July</td>
<td>Time: 10.30am till 12.30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Engage 4 Mums</td>
<td>Monday Mornings</td>
<td>7th &amp; 14th &amp; 21st July</td>
<td>Time: 10.30am till 12.30pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Exploring work and study options**
PETERSHAM TAFE Outreach is running a FREE career education and computing course for women wishing to return to the workforce.

The course is held on Monday and Tuesday during school hours from mid-July to end of November 2014

- Students complete Cert II ICT Access to Work and Study Training (0435 National Code: 038057F)
- Work Opportunities for Women
- WOW
- Exploring work and study options in a supportive group environment
- Develop your computing and information technology skills
- Learn how to use email, the internet and search for job opportunities
- Plan for your career and develop skills in resume writing and job seeking
- Gain valuable work experience

If you are interested just come to the info session (details below).

**Information Session**
10am Monday 21 July 2014
Building A, Level 1, Room 17
Corner of Gordon St and West St, Petersham

Phone: 9333 2700 email: patrica.kearney@petersham.edu.au

*All sessions delivered subject to demand and sufficient interest.*
school assistants with a focus on learning in the outdoor classroom. During semester II 2014 Petersham TAFE Outreach is delivering a

Learn about Aboriginal seasons and land & bush regeneration techniques.

Develop skills in fruit, herb and vegetable growing,

Learn to assist teachers in delivering the school curriculum in the school garden

Skills for Work and Training 10697

Wolli Creek Preservation Society
E 0431 914 553

Tree-mendous
Sunday 20 July 2014
10.00am – 1.30pm
Western Gateway bushland
at Bexley North

* "$"#"%!
Western Gateway bushland
at Bexley North

Commitment: 2 evenings of training in August/September. Be involved in 1 or 2 Kids and Dads Nights in September, October or November.

The Training Sessions will consist of 1 or 2 Dads and a teacher from various schools, as well as some community workers, focussing on games, theory and logistics.

If you are someone who likes kids, playing, listening, working in a team, appreciates the value of parents connecting with each other, and has reasonable organisation skills –then this might just be for you. There are lots of different roles to make these fun nights happen.

If you are interested or want to find out more, please contact Vivi on 0421 550 119 or connectmarrickville@gmail.com

Child Dental Benefits Schedule
$1,000 Free Dental for Eligible Children Every 2 years

What is the Child Dental Benefits Schedule?
The Child Dental Benefits Schedule is a dental benefits program for eligible children aged 2-17 years that provides up to $1,000 in benefits to the child for basic dental services.

Which children are eligible for dental services?
A child’s eligibility for the Child Dental Benefits Schedule is assessed by the Department of Human Services.

- children aged between 2 –17 years on any one day of the calendar year
- receive, or their family, guardian or carer receives, certain government benefits such as Family Tax Benefit Part A for at least part of the calendar year
- are eligible for Medicare

When are patients assessed as eligible?
The Department of Human Services assesses a child’s eligibility from the start of each calendar year and sends a notification to the child or the child’s carer. This notification may be done electronically, or in the form of a letter, which may be presented by the patient to the practice. Routine checks are performed throughout the year to determine newly eligible children. Most children will be informed of eligibility at the beginning of the year.

How long does eligibility last?
Once a child has been assessed as eligible, they are eligible for that entire calendar year – even if they are turning two that year, turn 18, or stop receiving the relevant government payment.

How does the patient’s benefit cap of $1,000 work?
The amount of dental benefits available to eligible patients is capped at $1,000 per eligible patient over two consecutive calendar years. This maximum amount of dental benefits is known as the benefit cap and the two consecutive calendar years is known as the relevant two year period.

For more information go to:

Are you a Dad?
Are you interested in being part of a Team to run Kids and Dads Nights in Schools?

Commitment: 2 evenings of training in August/September. Be involved in 1 or 2 Kids and Dads Nights in September, October or November.

The Training Sessions will consist of 1 or 2 Dads and a teacher from various schools, as well as some community workers, focussing on games, theory and logistics.

If you are someone who likes kids, playing, listening, working in a team, appreciates the value of parents connecting with each other, and has reasonable organisation skills –then this might just be for you. There are lots of different roles to make these fun nights happen.

If you are interested or want to find out more, please contact Vivi on 0421 550 119 or connectmarrickville@gmail.com
SAVE THE DATE FOR

NAIDOC Week

The Inner West Regional NAIDOC Festival is on

Tuesday 7 July 2014 at

Steel Park, Illawarra Road, Marrickville

10 a.m. until 3 p.m.

- An Elders Tent
- A family-friendly event
- Children’s activities including Face Painting & the Magic Yellow Bus!
- Live musical dance performances!
- Drawings artwork from Federation MATHAN Park

This is a free community event, so come along and join in!

If you are Aboriginal & over 50 years of age, or a carer of someone over 50 years of age, or a person with a disability, and

Leichhardt Council; Marrickville Council; Centrelink; Marrickville Golf Club; Department of Family & Community Services – Ageing

NAIDOC Week

Proudly Supported by: Aged & Community Services Association; Ashfield Council; Burwood Council; Canterbury Council;

www.soccajoeys.com 1300 781 735

Register now to secure your child’s place!

www.rosemountgs.org.au

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 (existing families since 1982).

Date: Wednesday afternoons – one session per week for 6 weeks (from Wednesday 6th August – Wednesday 10th September 2014

Venue: Rosemount Good Shepherd
440 Marrickville Road, Marrickville

REGISTRATION IS ESSENTIAL: please contact:
Carol Ashmore or Jo Evenden on Ph: 8571 7800
Email: carol.ashmore@rosemountgs.org.au or
jo.evenden@rosemountgs.org.au

Please note: Numbers are limited.

www.rosenmountgs.org.au

Why Your Child Can’t Skip Their 20 Minutes of Reading Tonight

James

reads 20 minutes per night
5 times per week

100

minutes of reading

In one week:

21,600

minutes of reading

900

By the end of sixth grade:

21,600

minutes of reading

900

Which student would you expect to read better?

Which student would you expect to know more?

Which student would you expect to write better?

Which student would you expect to have a better vocabulary?

Which student would you expect to be more successful in school and life?

How do you think each student will feel about himself as a learner?

Travis

reads only 4 minutes per night
...or not at all

20

minutes of reading

In one week:

39

minutes of reading

12

By the end of sixth grade:

4320

minutes of reading

144

Gloss Gobbled

www.tinyurl.com/MWPSnews

HOLIDAY TENNIS CAMP

Exercise, fun, new skills, comps for older kids.

PIZZA ON FRIDAY!

Week 1: June 30 - July 4 (Mon - Fri)
Week 2: July 7 - July 11 (Mon - Fri)

Care and supervision assured

5 full days $185, 5 half days $130

10% discount for 2nd & 3rd Children/Conciliy days available

BOOK NOW!

CALL 9569 1660

EMAIL info@fourseasonstennis.com.au

www.fourseasonstennis.com.au

For Primary School Students

July 7th at Centennial Park

Kindy to year 6, from 9:30 pm till noon

To register, receive a map and directions email the participants name and D.O.B. to

harbourcitybaseball@gmail.com

Early bird (1/2 price) 2014/15 season registration available on the day

Please note: Numbers are limited.

Need more newsletter?

Current & past issues of the newsletter are found at:

www.tinyurl.com/MWPSnews

Free School Holiday

Baseball Clinics
**URBAN FOOD GROWING, BUSH REGEN and SUSTAINABLE LIVING**

**Working with your local community?**

Petersham TAFE Outreach is running this FREE 10 week course on Fridays 9.30am to 1pm at a community location.

To register, email info@infantshome.org.au or phone: 9335 2790

**Nutrition Snippet**

**The simplest way**

to save time on midweek meals

Are you pressed for time when it comes to creating healthy midweek meals? Here are some quick and easy tips to take the hassle out of midweek cooking.

**Day One**

- **Cook a larger quantity of your favourite* roast & vegetables**
  - Refrigerate leftovers.

**Day Two**

- **Wrap leftover roast in foil, reheat in oven**
  - Stuff to make a 'pie'.
  - Serve with extra veggies.

**Preparation tips:**

- **Preparation tips:** Prepare extra veggies with a rice, baked dinner & refrigerate leftovers.
  - **Heat leftover veg & add to a salad or warm rice/vegetable salad.**

*At Sydney TAFE Outreach we acknowledge and celebrate the diversity of our community.**

**Information Session**

10am Friday 15 August 2014

Building A, Level 1, Room 17
Corner of Gordon St and West St, Petersham

phone: 9335 2790 email: patricia.kenny@tafensw.edu.au

All courses run subject to demand and available resources.

---

**A GE D C A R E C O U R S E**

**Looking for work in the Aged Care Industry?**

Petersham TAFE Outreach is running a FREE course for people wishing to gain employment in this growing industry.

This course is held on Mon, Tues and Thurs mornings from July to November 2014.

Upon completion students receive a Certificate III Skills for Work and Training 10697 (National Code: 10089NAT)

- Gain a First Aid Certificate
- Learn how to work with older people
- Find out about services for older people in your local area
- Visit aged care facilities
- Explore your employment and study options
- Pathway into the Certificate III in Aged Care
- Receive help with English and writing
- Gain valuable work experience

**No need to book a place, just come to the Information Session at**

10am Tuesday 15 July 2014

Building A, Level 1, Room 17
Corner of Gordon St and West St, Petersham

phone: 9335 2790 email: patricia.kenny@tafensw.edu.au

---

**Parenting & Wellbeing Workshops**

**At The Infants’ Home, 17 Henry St, Ashfield**

**Term 3, 2014**

**Circle of Security Group**

**A Relationship Based Program**

for parents of children aged 0-8 years

**Thursdays, 10:00am-12:00pm**

24 July - 11 September, 2014 (8 weeks)

**Course cost:** FREE, Free child-minding

**Facilitators:**

- Stefanie Reid (Social Worker) - Sydney Local Health District (SLHD)
- Joanne Maloney (Early Childhood Social Worker) - (SLHD)

**Would you like to:**

- understand your children’s needs more?
- encourage your children to feel safe and secure?
- feel more confident as a parent?

Then we invite you to enrol in this parent education course, which provides supports and information in a small group setting.

**For more information and to register contact:**

Jenny on 9799 4844 or email: jgilchrist@theinfantshome.org.au

This course is run by The Infants’ Home working in partnership with Sydney Local Health District.
### Before School – Fuel Up!

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muesli with yoghurt or milk</td>
<td>$2.10</td>
</tr>
<tr>
<td>Cheerios</td>
<td>50c</td>
</tr>
<tr>
<td>Sultanas &amp; apricot pack</td>
<td>50c</td>
</tr>
<tr>
<td>Seasonal Fresh fruit</td>
<td>60c+</td>
</tr>
<tr>
<td>Fruit Salad Cup</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

*(No snack foods will be sold to students before school)*

### Super Sandwiches, Toasties & Salad

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buttered</td>
<td>$1.30</td>
</tr>
<tr>
<td>Vegemite</td>
<td>$1.60</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>$2.60</td>
</tr>
<tr>
<td>Vegemite &amp; Cheese</td>
<td>$2.60</td>
</tr>
<tr>
<td>Egg/cheese/tuna/chicken slice</td>
<td>$2.60</td>
</tr>
<tr>
<td>Cheese &amp; tomato</td>
<td>$3.00</td>
</tr>
<tr>
<td>Egg &amp; lettuce</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chicken, lettuce &amp; mayo</td>
<td>$3.40</td>
</tr>
<tr>
<td>Tuna &amp; mayo</td>
<td>$3.00</td>
</tr>
<tr>
<td>Tuna or Ham or cheese with salad</td>
<td>$3.80</td>
</tr>
<tr>
<td>Ham &amp; cheese</td>
<td>$3.00</td>
</tr>
<tr>
<td>Ham &amp; tomato</td>
<td>$3.00</td>
</tr>
<tr>
<td>Cheese &amp; tomato</td>
<td>$3.00</td>
</tr>
<tr>
<td>Ham, cheese &amp; tomato</td>
<td>$3.40</td>
</tr>
<tr>
<td>Salad</td>
<td>$3.30</td>
</tr>
</tbody>
</table>

### Extras

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Filling (each)</td>
<td>60c</td>
</tr>
<tr>
<td>Roll or wrap</td>
<td>60c</td>
</tr>
<tr>
<td>Mayo/tomato sauce</td>
<td>30c</td>
</tr>
<tr>
<td>Sweet chilli/BBQ/soy sachets</td>
<td>30c</td>
</tr>
<tr>
<td>Salad plate/box</td>
<td>$4.00</td>
</tr>
<tr>
<td>(lettuce, tomato, cucumber, celery, carrot)</td>
<td></td>
</tr>
<tr>
<td>Add – Tuna/egg/ham</td>
<td>+60c ea</td>
</tr>
<tr>
<td>Plastic Spoons</td>
<td>5c</td>
</tr>
</tbody>
</table>

### Drinks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up &amp; Go</td>
<td>$2.10</td>
</tr>
<tr>
<td>200ml 100% Juice (box)</td>
<td>$1.30</td>
</tr>
<tr>
<td>200ml 100% Juice (bottle)</td>
<td>$1.90</td>
</tr>
<tr>
<td>Plain milk</td>
<td>$1.20</td>
</tr>
<tr>
<td>Yoghurt</td>
<td>$1.30</td>
</tr>
<tr>
<td>750ml Mt Franklin</td>
<td>$2.50</td>
</tr>
<tr>
<td>400ml Pump</td>
<td>$1.50</td>
</tr>
<tr>
<td>400ml Pump</td>
<td>$1.50</td>
</tr>
<tr>
<td>450ml Sparkling water</td>
<td>$2.00</td>
</tr>
<tr>
<td>Flavoured Milk (lite)</td>
<td>$1.80</td>
</tr>
</tbody>
</table>

*Bottled water will be phased out in Term 2 2014.*

### Frozen Treats

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen fruit piece</td>
<td>20c</td>
</tr>
<tr>
<td>99% fruit juice ice sticks</td>
<td>60c</td>
</tr>
<tr>
<td>Juicis.</td>
<td>80c</td>
</tr>
<tr>
<td>Streets Paddlepop</td>
<td>$1.40</td>
</tr>
<tr>
<td>Frozen yoghurt</td>
<td>$2.00</td>
</tr>
<tr>
<td>Slushy (99% fruit) Small</td>
<td>$1.00</td>
</tr>
<tr>
<td>Slushy (99% fruit) Large</td>
<td>$2.00</td>
</tr>
<tr>
<td>Gelato cups – 2 flavours</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

### Something New!

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steamed Vegetarian Gyoza (V)</td>
<td>70c</td>
</tr>
<tr>
<td>Cheese &amp; Spinach Triangle (V)</td>
<td>$1.20</td>
</tr>
<tr>
<td>Vegetarian Rice Paper Rolls (V)</td>
<td>$1.50</td>
</tr>
<tr>
<td>Vegetable Sticks with Humous</td>
<td>60c</td>
</tr>
<tr>
<td>Mini Quiche (V)</td>
<td>$1.20</td>
</tr>
<tr>
<td>Mini Spinach &amp; Ricotta Roll (V)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Mini Potato Top Beef Pie</td>
<td>$1.20</td>
</tr>
<tr>
<td>Fried Rice (gluten free)</td>
<td>$3.50</td>
</tr>
<tr>
<td>Traditional Potato Bake</td>
<td>$3.50</td>
</tr>
<tr>
<td>Hot Corn Cob</td>
<td>$1.00</td>
</tr>
<tr>
<td>Vegetarian Lasagne</td>
<td>$3.50</td>
</tr>
</tbody>
</table>

### Snacks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potato Chips (28g)</td>
<td>$1.20</td>
</tr>
<tr>
<td>Popcorn</td>
<td>$1.00</td>
</tr>
<tr>
<td>Roasted Seaweed</td>
<td>$1.00</td>
</tr>
<tr>
<td>Rice/Grain snacks</td>
<td>$1.20</td>
</tr>
<tr>
<td>Gingerbread Folk</td>
<td>$1.40</td>
</tr>
<tr>
<td>Vege Crackers</td>
<td>$1.20</td>
</tr>
<tr>
<td>Flavoured Rice Crackers</td>
<td>$1.20</td>
</tr>
<tr>
<td>Hard-boiled egg</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

### Daily Meal Deals

**Monday: Chook Chook**

5 Chicken wedges (Halal) or Chicken Burger $3.50

**Meal Deal w/ oak milk & pieces of fruit** $5.00

**Tuesday: Pasta & Curry & Pizza**

Homemade Bolognese Pasta or Lasagne $3.50

Juicy Pizza Slice – Ham & Pineapple $2.00

**Vegetarian Pizza** $3.00

Mild (mango or butter) chicken curry with rice $3.50

**Meal Deal w/ oak milk & pieces of fruit** $5.00

**Wednesday: Sushi & Soup**

Sweet corn and chicken soup $2.50

**With bread roll** $3.00

Sushi (pre-order Tuesday) $3.00

**Meal Deal oak milk & pieces of fruit** $4.50

**Thursday: Chook Chook**

5 Chicken wedges (Halal) or Chicken Burger $3.50

**Meal Deal w/ oak milk & pieces of fruit** $5.00

**Friday: Pies**

Chicken / Beef / HALAL Beef Pie $3.00

**Meal Deal w/ oak milk & pieces of fruit** $4.50

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.**