Yay!
a new playground!
From the Principals’ desk...

A new Student Wellbeing policy has been introduced across NSW Public Schools. This policy replaces the previous “Student Welfare” Policy. It is based around the premise that:

“In schools that excel, there is a strategic and planned approach to support the emotional, social, physical, cognitive and spiritual wellbeing of all students.”

(School Excellence Framework)

The Policy identifies 5 domains of wellbeing:

- Emotional wellbeing relates to self-awareness and emotional regulation.
- Social wellbeing includes the extent we experience positive relationships and connectedness to others.
- Physical wellbeing is associated with the extent to which we feel physically safe and healthy.
- Spiritual wellbeing relates to our sense of meaning and purpose.
- Cognitive wellbeing is associated with achievement and success.

Marrickville West PS has long promoted achievement and success.

Cognitive wellbeing is associated with learning, culture, welfare and discipline, and revise them in the light of an explicit state-wide wellbeing framework. The framework will be introduced to staff by the end of this term. School policies and practices will be revised by end of this year. Parent feedback is being sought through focus groups and most importantly, the Tell Them From Me Survey. Parents, please take the time to complete and promote this survey.

Help Us Keep Your Children Safe After School

Whilst remaining after school to play and catch up with friends can be fun, please remember that there are no teachers or first aide officer on duty after 3:25pm. Children are the responsibility of their parents after school and must be in the care of a responsible adult if remaining on the school grounds to play after the bell.

It is important also that school rules and expectations of safety are supported by those caring for children after school. This includes remaining aware of areas that are “out of bounds” for children and the wearing of helmets when riding bikes and scooters.

If your child is booked into Homework Club they need to go immediately to the library when they are dismissed from class. Children are “out of bounds” for children and the library staff are not responsible for your child’s actions.

School rules and expectations of safety are supported by those caring for children after school. This includes remaining aware of areas that are “out of bounds” for children and the wearing of helmets when riding bikes and scooters.

Calendar Dates

Friday 18th September
Last Day of Term 3

Tuesday 6th October
First Day Term 4

Friday 9th October
Movie Night – Paper Planes

Monday 12th October
Kindy-Calmesley Hill Farm Excursion

Thursday 15th October
Stage 2 & 3 Paper Planes Workshop

Thursday 15th October
Assembly – 5A

Tuesday 27th October
Starting Big School Program

Thursday 29th October
“The Odyssey” School Performance

Invoices

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

Head Lice

There has been a few cases of head lice reported. Please check your child’s hair for head lice.

Head lice are spread by contact occurring between one human head and another human head. The head lice move along the hair shaft from the head of an infected person to the hair of another person. Head lice cannot fly or jump and they do not crawl along furniture or hop between car seats. Head lice cannot survive off the human head for more than a few hours.

Lost Property

Please check the lost Property Boxes for misplaced Jackets, Hats & Lunchboxes. If you have accidently taken home an item that belongs to someone else, please return them promptly. Please remember to label all clothing.

Notes

Please remember to bring back Excursion/Incursion & Activity Notes signed before the event. It is not always possible for the teachers and office staff to contact parents for permission at the last minute. It would be very unfortunate for your child to miss out.
2015 National Safe Schools Symposium

The 2015 National Safe Schools Symposium held at the University of Sydney on 30 July was filled to capacity and jam-packed with engaging speakers, panel discussions and workshops. Marrickville West PS was represented by our teacher, Ms Amelia Cleary and parent, Ms Sharon Chalmers.

More than 320 participants from across the country joined the event to celebrate the work of Safe Schools Coalition Australia and share ideas for making our schools safer and more inclusive of same sex attracted, intersex and gender diverse students, staff and families. Sally Richardson National Program Director Safe Schools Coalition Australia commented “What a fantastic day. So many students, teachers and supporters so passionate about achieving one common goal – to make Australian schools better for them, their friends and colleagues. The kind of schools we all want and deserve – where everyone feels welcome and can be themselves, and where being same sex attracted, intersex or gender diverse is respected and celebrated.”

Check out the video of the day! https://www.youtube.com/watch?v=wqjG_sDMuY0

Staff will meet with educators from the Safe Schools Coalition later this month to raise awareness and our capacity to support same-sex attracted, intersex and gender diverse members of our school and wider community.

More information about the Safe Schools Coalition and other community events celebrating diversity, go to the website http://www.safeschoolscoalition.org.au/news-events

MWPS BAND for 2016

On Thursday last week, our P&C held an information afternoon for families of children in Year 2-5 who were considering joining the band in 2016. Thanks to the support of our parent Band Committee, students at Marrickville West can receive subsidised instrument hire, tuition and weekly band sessions.

LOTE news

The children practice Vietnamese numbers through Bingo. Calling out each number in Vietnamese and recognizing each number on the card.

They have also produced art work of a full scale person, labelling each body part in Vietnamese for visualization.

The LOTE children have been learning about body parts in Vietnamese language. They enjoy learning the words through songs and dance moves.

Keeping your kids safe online is easy with a few simple precautions...

1. Nothing replaces parental supervision and education for kids about cybersafety.
2. Set a technology curfew.
3. Remind your child to never give out identifying information such as your home address, school name or telephone number in a public message such as chat or newsgroups.
4. If your child posts photos online, use privacy settings to limit access to people they know well.
5. Remind your child that people don’t always tell the truth online, and they can’t take anything at face value.
6. Reassure your child that they can tell you anything, without fear of losing the laptop or internet access.
7. If they get a message or email that’s threatening or rude, they should ‘STOP, BLOCK, TELL’. First step is to tell your child to stop responding to the abuse and then block those people sending threatening or rude messages if they continue. Let your child know that if they are being bullied, or know someone else who is, they should tell a trusted adult.
8. Never click on any links that are contained in emails from people they don’t know. As well as sexual content, they could contain a computer virus.
9. If you suspect your child has been contacted by a predator, try to save a copy of the chat log (or whatever form the contact takes) for evidence. Call Crime Stoppers 24-hour line 1800 333 000 to make a formal complaint.
10. Your child will be using computers and the technology for the rest of their lives – you’re in the great position of being able to get them off to a safe, positive start.
Great Sport, Maximum Opportunity, Minimum Cost

At Marrickville West we work hard to maximise opportunities for our students while minimising cost for parents. Much time is spent by teachers and our P&C committee pursuing grants and alternate sources of funding to subsidise additional activities and enhance experience of school for all children.

The Sporting Schools Program replaced the State Government’s Active After School initiative of previous years. Thanks to our Sports Coordinator, Mrs Austin, Marrickville West successfully applied to Sporting Schools for funds to supplement sport and physical education programs in 2015 for children from K-6.

As a result, four grants totalling over $10,000 have been approved to increase opportunities for our kids to participate in sport. Below is a summary of how this money has been allocated.

Term 1 – Equipment to enhance training and participation in team sports (including school representative teams participating in PSSA) and equipment to support K-2 fitness programs.

Term 2 – Professional Netball clinics for our Netball teams and students in Years 3-6 participating in Friday School Sport. Also, participation in the Netball World Cup event at Homebush for 60 students and their teachers.

Term 3 – $20 per child subsidy for the 2 week Intensive Swimming program to occur in September. This is in addition to the funding offered by the Department’s Swimming Scheme, enabling a total discount of $40 per child. Parents will now pay only $60 (including transport to and from the pool) for 8 small group lessons, conducted by specialist instructors, in a heated, indoor Swim School facility.

Term 4 – “Footsteps” dance and fitness program for up to 160 students (free of charge to parents). Basketball clinics for students in Year 3-6 (to be confirmed).
Kindergarten love being active and having fun! Here we are at the pool and having a play in our new playground.

Year 1 had a fantastic visit from Ari Kai’s dad, Geoff. Geoff is a paramedic and was kind enough to bring his ambulance to school and talk to the children about what to do in an emergency. The kids had a great time walking through the ambulance and playing with bandages!

Last week Year Two had the chance to meet a Galah and a Cockatiel as part of a very special visit from Wires and Saving our Trees. These groups have recently installed nesting boxes in our playground and we are hoping that native birds such as these will move in soon.

Children learned all about looking after our environment so that our beautiful wildlife doesn’t get hurt by our rubbish or pollution.
Parents, we need to hear from you!

Your feedback is valuable and informs ongoing school evaluation and planning. We encourage you to participate in the “Tell Them From Me” survey, now open for parents of all children enrolled in Marrickville West PS.

By completing this short survey online you can:
- Share your views on the school’s support of student learning and behaviour.
- Provide the school with a valuable insight into students’ practices and activities at home.
- Help enhance and reinforce communication between parents and the school.

There are 2 ways to access the survey. Either cut and paste the direct link into your browser to begin the survey or, log into the Tell Them From Me site and input our school’s generic username and password.

The link, user name and password can be found in the class parent email, the note distributed to students or by contacting the school office.

Thank you for taking the time to help make our school an even better place of our children to grow and learn.

What is Connect Marrickville?

Connect Marrickville is a SaCC (Schools as Community Centre). These centres exist in around 40 schools across NSW. SaCs are funded though the Department of Education and supported by the Departments of Community Services, Health and Housing. Whilst many families do not choose to access opportunities provided by Connect, the programs are inclusive and open to anyone who sees value in the service.

Why is it here?

Connect Marrickville services the area of Marrickville South, in particular the school communities of Marrickville West PS, Ferncourt PS and St Brigid’s Primary School. It is based at our school because of Marrickville West’s proximity to the target communities and the space available.

What does Connect Marrickville do?

It is well known that families with stronger community networks and access to quality information and support, are advantaged when it comes to assisting their children through their early development and as they transition into school. The purpose of Connect is to support families to develop stronger connections with each other, the school, local service providers and their community. Connect plays a significant role in assisting families with children starting school. Connect also facilitates access to playgroups, training and family support services as required. Connect has coordinated community family fun days, Children’s Festivals and Bilingual Story Circles as part of school celebrations.

Why is it here?

The area of Marrickville South has less access to community services than many other areas. Families in this area represent a diverse range of backgrounds and circumstances. For families isolated because of language, work hours, young children, finances, confidence or other social or personal circumstance, Connect Marrickville often represents the first community engagement and opportunity for support outside of home.

How do I find out more?

Pop in or check the latest timetable for a group that might suit you. Ring Vivi, Helen or Leonie on 9558 4036 if you need more information.

School banking is

Wednesday 9-9.20am

in the LIBRARY

SRC update

The SRC has noticed people are bullying each other at Marrickville West physically and emotionally. We want to take a stand together and stop bullying.

The SRC also wants to tell everyone that because of the students in the SRC we could tell the teachers to fix the hole in the playground and the boys’ toilets’ windows.

A message to the teachers from the SRC. There needs to be SRC time every week in your classrooms for about 5-10 minutes so we can talk about the issues that come up at our SRC meetings.

ATYP & MWPS present

~ The Odysseys ~

Written and Performed by Students of Marrickville West

Term 4

Tickets on sale soon!

Mums get pampered at Holiday Club @ Connect on Friday afternoons

School banking is Wednesday 9-9.20am in the LIBRARY

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A message to the teachers from the SRC. There needs to be SRC time every week in your classrooms for about 5-10 minutes so we can talk about the issues that come up at our SRC meetings.
# WEEK 9 T3: MWPS CALENDAR

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
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<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
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<td>7</td>
<td>8</td>
<td>9</td>
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<tr>
<td>Labour Day Holiday</td>
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<td>Students begin Term 4</td>
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<td></td>
<td>Paper Planes Film Night</td>
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<tr>
<td>Week 2</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
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<tr>
<td>Kindy Farm Excursion</td>
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<td></td>
<td>Stage 3 Paper Planes Workshop Assembly item by 5K</td>
<td>16 Library Bag Screen Printing Parent Workshop</td>
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<tr>
<td>Week 3</td>
<td>18</td>
<td>19</td>
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<td>‘The Odysseys’ School Performance</td>
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<td>Week 5</td>
<td>1 Nov</td>
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<td></td>
<td>Starting Big School Program</td>
<td>Kid’s Jam Session</td>
<td></td>
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</tbody>
</table>

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](http://www.marrickviw-p.schools.nsw.edu.au)
There weren't many happy faces at 5.45am in the hall as Stage 3 prepared for their departure from school. Everyone got a green wristband with their first name on it and the teacher’s phone number. We boarded the bus at 5.55am. Everyone was paired up with a buddy of their choice and had allocated seats on the bus. Most kids brought devices to pass the time during the trip. Four adults came on the trip: Mrs Austin, Mrs Collins, Miss Jessica, and Sunny’s dad, Joe.

After a long time, we stopped at McDonald’s in Suttons Forest for breakfast. Everyone was very relieved to see McDonald’s so early on in the trip. After everybody finished breakfast, we all got back on the bus to continue the trip. [For any people wondering, we took the M5, then Old Hume Highway].

The bus passed many cities and towns until we got to Canberra. We reached Canberra a bit early, so to enjoy our additional time, we went to Mount Ainslie which overlooks Parliament House. Everyone took excellent photographs from Mount Ainslie.

After visiting Mount Ainslie, we went to Parliament House. In the Parliament House, Stage 3 was split into two groups [everyone stayed paired with their buddy]. Each group walked around Parliament House with a tour guide. The main stops were; The House of Representatives, the Senate and the portraits of every Prime Minister of Australia.

As we visited each room, we sat down in the seats and listened to the tour guide explain what goes on and how everything works. In the House of Representatives, the main colour was a soft, natural turquoise. The tour guide said this colour was chosen to represent eucalyptus leaves.

In the Senate, the main colour was a pinkish, reddish salmon. The tour guide also said that this colour was chosen because it represents the colour eucalyptus leaves turn in autumn.

Then we visited the wall of portraits of every Prime Minister of Australia. We learned that the shortest serving Prime Minister of Australia was Frank Forde, who served for only 8 days.

We stopped for a short snack, and then headed towards the War Memorial. There, we were all split into four groups. In our individual groups, we had to search for a specific soldier on the list of names. Then, we went inside the museum to learn more about that soldier and his family. The museum featured; boats, masks, dioramas and clothes that all were part of the war.

Then, we all wrote a message on a small wooden cross to a non-specific ANZAC that had died overseas. Our tour guides said our crosses would be sent to different ANZAC cemeteries all over the world.

We also saw the old Winged Victory – Greek Goddess Nike on display.

After doing the activities at the War Memorial, we had lunch at the nature reserve across the road. During lunch, we had a pizza party where everyone was allowed to have two slices. Everybody got to have a prolonged playtime.

We then made our way to the National Portrait Gallery. There, we were again split into four groups. In our separate groups, we did different activities. One group had to look for Ned Kelly’s death mask. Another group looked at Captain James Cook.

After doing fun activities and learning about different portraits, we all got back on the bus and journeyed back to Sydney. We stopped at McDonald’s in Goulburn, where we saw other schools. Near McDonalds, we also saw the Big Merino. After staying for dinner, everybody got back on the bus and we continued our trip back home.

After we arrived at the school car park, everyone got off the bus and met up with their parents. Some kids from year 6 liked:

‘I liked the portraits of the Prime Ministers.’ – Kenisha

‘No one was vomiting.’ – Rahul

‘It was my first time going into the Parliament House.’ – Sophie

‘[In the War Memorial] I find it touching my heart because hearing the way the soldiers died fighting for our country, I don’t know, it just gets to me in some weird way.’ – Tia

‘I liked looking at a copy of Ned Kelly’s dead face!’ – Tilly

‘I really liked the War Memorial because it gave us a basic picture of how soldiers lived.’ – Wassifat

By Tilly Georges (6C)

Stage 3 Outing to Canberra

On Friday, the 4th of September, Stage 3 went on a day trip to Canberra to learn about The Parliament House, the War Memorial and the National Portrait Gallery.
HOMEWORK OR NOT?
By Victoria

Many children come home all happy and excited (but mostly tired) that they have finished school, but once they open the bag of doom filled with squished bananas and sticky hidden lolly pops they find the most horrid thing of all... homework! The majority of kids try to protest to their teachers that there shouldn’t be any more homework at all. Most of these teachers say no but what are the benefits of doing homework? Well...

Homework helps your parents know your academic weaknesses and strengths, and if they know what you are doing, they can help you do it in a more exciting way. Also when you do your homework you learn how to do more skills independently. This can help you do more things in life like finding a way to make homework fun. Another thing is that when you are bored you can always do your homework to fill up time. That can also help when you are stressed and homework can take your mind off things.

But why do kids really protest and say that homework is the worst thing in the whole wide world?

Homework takes time away from playing, relaxing, being enthusiastic and learning about nature and animals and homework holds you up to do these things. Also some children have after school activities such as acrobatics and extra schools. Then they have to come home all tired and have to do all this boring homework. Also children waste their family time doing work. Really homework isn’t that bad but what do you think? (I think you don’t really want homework) but sometimes it’s worth it.

COUNTRY VS. CITY
By Thuong

In the country there is lots of space to play but in the city you are also closer to friends. Which one would you prefer?

The country might be a bit further away but still fun. In the country you may not have access to Wi-Fi but you won't really need it because you have a lot of wildlife and nature, you wouldn’t really care about electronics.

What would it be like to live in the city? The city is very crowded but also really fun. The city might not have much grass area but parks are much closer than in the country.

Living in the country would be very interesting. It wouldn't have much noise and heaps more to explore. You can have loads more space and huge houses to live in.

The country and city are both very different places and would be great to live in either of them. If you prefer to live with lots of people it’s probably better to live in the city but if you like no traffic it’s also a good idea to live in the country. Personally, I would prefer country more but which one would you choose?
P&C UPDATE

Father's Day stall
Many thanks to the wonderful bunch of Mums who came to help out at the Father's Day stall – Maree, Sophia, Janine, Mel, Carly, Cynthia, Jo, Tina, and Cassandra.

Coffee making demonstration
Last Friday we had a great coffee demonstration by Sharon Chalmers who gave us some great tips on keeping the coffee fresh, brewing tips and how to froth milk like a professional. It was great to see some new and old faces learning how to make coffee and we look forward to Jing, Dzuong, Nazma, Poppy and Gail joining our coffee making family of a morning.

New playground
The new playground has started to be enjoyed by the students now the gate has been installed. Next term, classes will be given a rostered time to enjoy this new play space each week. The playground was paid for half by the hard work of MWPS parents fundraising over the last 5 years, and half by a grant from the State Government's Community Building Partnership.

Money granted
Many thanks to Marrickville Council for two lots of grant money we have received this year. $950 has been donated to the school to cover some of the costs of the Netball clinics that have run in Term 3 for Yr3-6. Another $1650 has been donated to run some parent workshops later in the year on how to help your kids with their homework.

We Still Need More Ethics Teachers
Next year the demand for ethics classes will increase and we need more people to teach them. These classes are only available because parents and friends volunteer their time to teach them. It is a small, rewarding commitment – 1/2 an hour on a Tuesday morning. Without more teachers, we won’t be able to offer a spot to all children who want to be in an ethics class in 2016.

If you are interested in finding out more about becoming an ethics teacher, please contact the Ethics Coordinator Jolanda Waskito now at jolandawaskito@yahoo.com.au.

Fundraising for 2015
It was disappointing not to get the numbers needed for Trivia Night but we are moving on! Thanks to everyone who helped, donated and offered to help.

We will be holding a raffle in conjunction with the school show on Thursday 29 October, when the fabulous prizes donated for trivia will be up for grabs.

Tickets will be available from the beginning of Term 4 and the Raffle will be drawn on the night of the show.

We will also be providing delicious and inexpensive dinner for kids and adults on the night.

More information about this will be coming home shortly.

Coming up in Term 4...
Screen printing workshop
Friday 16th October – 2:00-3:30pm – Each year the P&C provides some library bags to the kids who come to the Starting Big School Program. We screenprint these bags with the school and P&C logo. If you’d like to come along for a fun afternoon of crafting, chat and nibbles join us in the Connect rooms.

Teachers Day breakfast
Stay tuned for a date in Week 4 or 5. Every year our school community provides a breakfast for our teachers to thank them for the wonderful work they do. It’s a great opportunity to have a chat to some of the teachers and let them know how appreciated they are. Start thinking about a plate of goodies you could donate for their breakfast or morning tea.

NEXT P&C MEETING: Thursday 7pm 22nd Oct
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.
Do you want to work in Hospitality?

TAFE Outreach is offering an introductory to Hospitality, Cooking and Food Preparation course at TAFE. Students will undertake classes in food preparation and cooking. On successful completion, students will pathway into the Certificate II in Hospitality commencing in October 2015.

ENROLLING NOW

To register and to find out more details please phone Outreach on 92175006 or 92175007 or email Marla.Jonson@tafensw.edu.au or Patricia.Lane@tafensw.edu.au

Classes on Tuesdays 9:30am to 2:30pm
**Outreach**

Human Rights Education Workshops

**Fridays 10am to 2pm – 4 sessions only**

**Workshop 1:**

**23rd Oct 2015**

**Human Rights and Community Engagement**

*A Human Rights Approach to Working in the Community*

From principle to practice: human rights frameworks in community work settings: an overview

**Workshop 2:**

**30th Oct 2015**

**Case Management and Mentoring**

*Two Models Of Working In The Community*

Identifying and applying a Human Rights Approach in everyday practice

**Workshop 3:**

**6th Nov 2015**

**Race and Gender**

Developing a critical practice to empower diverse groups and communities

**Workshop 4:**

**13th Nov 2015**

**Creating Opportunities**

*Enterprises, Education and Employment*

Steps towards sustainability: creative learning and job pathways in the community sector

**Facilitator**

Paula Abod is a community development worker/activist and writer with 27+ years’ experience working with diverse communities in capacity building projects. She teaches on human rights and community engagement courses in Sydney and works on creative projects with communities in Western Sydney. She received the Western Sydney Artists’ Fellowship and also the Australia Council’s Ros Bower Award for lifetime achievement in community cultural development practice.

Register NOW –

Call 9217 5006 or 9217 5007

$80 concession holders

$97 all others

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**Marrickville West Munchies**

**Canteen Menu**

(Prices subject to change)

**Before School – Fuel Up!**

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<tr>
<th>Item</th>
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<tr>
<td>Sultanas</td>
<td>50c</td>
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<tr>
<td>Seasonal Fresh fruit</td>
<td>70c</td>
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*No snack foods will be sold to students before school*

**Super Sandwiches, Toasties & Salad**

<table>
<thead>
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<th>Item</th>
<th>Price</th>
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</thead>
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<tr>
<td>Vegemite</td>
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<tr>
<td>Baked Beans</td>
<td>$2.60</td>
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<tr>
<td>Vegemite &amp; Cheese</td>
<td>$2.60</td>
</tr>
<tr>
<td>Egg/Cheddar/tuna/chicken</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; mayonna</td>
<td>$3.00</td>
</tr>
<tr>
<td>Tuna or Ham or Cheese with</td>
<td>$3.00</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>
</tbody>
</table>

**Drinks**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tea</td>
<td>5c</td>
</tr>
</tbody>
</table>

**MEAL DEALS**

**MONDAY: CHOOK CHOOK**

5 Chicken Wedges or Chicken Burger (Halal) ........................... $3.50

**MEAL DEAL w/ oak milk & pieces of fruit** ........................... $5.00

**TUESDAY: PASTA & CURRY & PIZZA**

**DAILY MEAL DEALS**

**MONDAY: CHOOK CHOOK**

5 Chicken Wedges or Chicken Burger (Halal) ........................... $3.50

**MEAL DEAL w/ oak milk & pieces of fruit** ........................... $5.00

**TUESDAY:**

**PASTA & CURRY & PIZZA**

Homemade Bolognese Pasta ................................................. $3.50

Lasagne ................................................................. $3.50

Juicy Pizza Slice – Ham & Pineapple .................................. $2.50

Vegetarian Pizza ....................................................... $3.00

Mild Butter Chicken Curry with rice .................................. $3.50

**MEAL DEAL w/ oak milk & pieces of fruit** ........................... $5.00

**WEDNESDAY:**

**SUSHI & SOUP** (soup T2 & T3 only)

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** ............................... $5.00

**THURSDAY:**

**CHOOK CHOOK**

5 Chicken Wedges or Chicken Burger (Halal) ........................... $3.50

**MEAL DEAL w/ oak milk & pieces of fruit** ........................... $5.00

**FRIDAY:**

**PIES**

Chicken Pie ............................................................... $3.50

Halal Beef Pie ........................................................... $3.00

Traveller Beef Pie ........................................................ $3.00

**MEAL DEAL w/ oak milk & pieces of fruit** ........................... $5.00

*Vegetarian (V) & Halal food options available everyday. Please ask Wendy in the canteen.*

**Snacks**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Popcorn</td>
<td>$1.00</td>
</tr>
<tr>
<td>Roasted Seaweed</td>
<td>$1.00</td>
</tr>
<tr>
<td>Potato Chips (28g)</td>
<td>$1.20</td>
</tr>
<tr>
<td>Grainsaves</td>
<td>$1.20</td>
</tr>
<tr>
<td>Gingerbread Flook</td>
<td>$1.60</td>
</tr>
<tr>
<td>Hard-boiled egg</td>
<td>$1.00</td>
</tr>
<tr>
<td>Vegetable Sticks (bag)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Sultanas (box)</td>
<td>$80c</td>
</tr>
</tbody>
</table>

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

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Outreach

Version 3 – 18/05/15

These courses are subject to demand and resources

Page 1 of 1
We are not babysitters!
All children must be accompanied by an adult the entire time.

If at first you don't succeed, fly, fly again.
PAPER PLANES

6PM FRIDAY 9 OCT
MARRICKVILLE WEST PRIMARY SCHOOL, BEAUCHAMP ST

$3 FOR A FAMILY

SAM WORTHINGTON  ED OXENBOULD  DEBORAH MAILMAN  DAVID WENHAM