

Parramatta West A NSW Public School

The West Weekly

Issue 32- Term 4 - Week 3

24th October , 2016

Principal's Message

Happy Diwali to our Hindu community. Last year we had our own school celebration and learnt about the meaning of this celebration, also called the "festival of lights", celebrating the victory of good over evil, light over darkness, knowledge over ignorance. This sounds like a very good reason to celebrate. I am sure that many enjoyed the celebrations in Parramatta Park over the weekend, and will have their own family and community celebrations next weekend.

Big Night Out week has arrived! Hundreds of your children have been working hard all year to prepare drama, dance and music items to entertain you. They have been learning new skills and have been having a lot of fun. Thank you to the many teachers who have devoted their time, energy and expertise to the children. Thank you also to the parents who have supported their children follow their dreams and passions. I am quite sure that if you attend the concerts you will be impressed and proud. There are still tickets available - you really don't want to miss out, your children grow up so quickly, these are the memories that you will treasure forever.

Organisation for the week -

Monday - dress rehearsals for music and dance concert with student audiences.

Tuesday - dress rehearsals for drama concert with student audiences.

Wednesday - music and dance evening performance.

Thursday - drama evening performance.

P and C meeting

This was postponed from last week, and is now on tomorrow from 9.00am in the staff room. Everyone welcome.

Summer PSSA

This starts again this Friday, so training is back on. Teams are the same as for term 1. Training for T Ball is Monday afternoon, Softball training is Tuesday and Cricket training is to be advised ASAP.

Last week I attended the state principal's conference in Sydney. One of the speakers was Todd Sampson. You may be watching his current show on TV which is Body Hack. His previous series was about the brain, and this was his topic at the conference. Over six years he travelled the world talking to numerous specialists in the field of brain research, and put himself through many tests to discover just how brain plasticity works, and what is possible. The bottom line is, we can all improve our brains, however old or young we are, and whatever our starting point is. Over the next four weeks I will share with you his four access points for taking your brain from ordinary to extraordinary. The first one is **forced adaptation**. We need to make our brains do things that make our brains flexible. Our brains are basically "lazy". As we age we question less, we think we have the answers, we use the set pathways in our brains. We need to make our brains do things that are new, keep them flexible, develop creativity. We can do this with our children too. Fun exercises like thinking of as many uses for an object like, say, a shoe. Learning a new language or a musical instrument is also great brain exercise. At a simple level, try brushing your teeth with the hand that you do not normally use!

I look forward to seeing lots of parents at the concerts this week,

Anthea Donaldson

Principal

Class Awards

KA Adhiraj

KH Serena

KK Summer

KL Abdulrahman

KN Sumreet

KR Ailah

KS Aksha

1F Sereen

1G Nancy

1H Aura

1J Zoe

1L Dean

1/2A Arif

2B Faridah

2H Michelle

2L Lincoln

2N Bella

MCT Nam

Stage News

Kindergarten

What a busy and exciting week we have planned with the "Big Night Out" rehearsals and performances. Many of the Kindergarten students are in the Kindy dance group, the K-2 choir and the K-2 drama. We wish them well for their big performances, and thank you to the teachers who have worked with them all year!

Topic talks

This week students have to prepare a "mystery item". They need to give clues about the item's appearance and what it is used for or what is special about it. Please help your child practice their news, as this can be quite tricky for them.

Reading

Don't forget to keep reading with your children! The students are really learning to love reading. This term we are doing a new author study on Eric Carle. Do ask questions about the books they are reading in class!

Have a great week!

Miss Richards

Year 1 and Year 2

This week students are busy rehearsing and performing for our Big Night Out concerts happening this Wednesday and Thursday. We hope to see lots of familiar faces attending on both nights as there are many year 1 and year 2 students involved! The students have done a great job attending weekly rehearsals and should be proud of their achievements.

Congratulations to everyone for their hard work and dedication for such a spectacular event!

School Disco is on 2nd November from 4pm - 5.30pm. More information is included in this newsletter.

Have a great week everyone!

Miss Langhans

Year 3

Congratulations to our Year 3 students who competed in the Sydney Dance Sport Championships last week – D.J., Crissy, Liam, Ajila, Gautham, Deia, Shreeyukta, Jayden, Frank and Suprabha. They all did a fantastic job with Shreeyukta, Suprabha, Frank and Deia making it through the grand finals. Look on Facebook for some photos from the day.

Good luck to all of our students performing in the Big Night Out concerts this week. I hope you have bought your tickets! We had a sneak peek at Wednesday night's performance today and it will be a spectacular showcase of our students' talents!

Russ The Bus:

Next Tuesday November 1st, Russ the Bus will be visiting Parramatta West. Each child needs to bring a pre-loved book to swap for a brand new book. Please return your photo permission notes this week. Look on Facebook for more information about this exciting event.

Maths focus for this week: Time

Look for learning links on our Facebook page.

- Converting units of time
- Calculating elapsed time using a calendar

- Multi-step problems

Maths focus for this week: Fractions

- Dividing a whole into equal parts

Have a fantastic week everyone! I look forward to seeing you at the Big Night Out on either Wednesday or Thursday this week.

Miss Stuart

Year 4 and Year 5

Application for Year 7 selective high school placement in 2018 Government primary schools

Applications for entry into 2018 selective high schools is now open until 14 November 2016. All applications must be completed online at www.schools.nsw.edu.au/shsplacement. An intention to apply letter has been sent home to all students and information booklets are available from the front office. If you have any questions please contact your child's teacher or you may speak with Mrs Donaldson regarding the application process.

Enjoy the week,

Mr Clarke

Year 6

This week all Year 6 students will inform you of their stall for the **Mini fete** to be held on **Tuesday 8th November**. We thank you in advance for your support of this important fundraiser. All money raised goes towards the Year 6 Farewell celebration.

Each week the students are given a '**Critical Question**' as a compulsory part of their homework. This quiz can be accessed through Edmodo or otherwise they can write their response on paper if access to a computer is limited in the home. Please

encourage your child to be using Edmodo every night to stay updated with their learning and important events.

I would like to congratulate the Year 6 students on their Peer Support Lesson held last Friday. All students showed excellent leadership as they led lessons in sport for the younger students in the school. What great leaders we have at PWPS!

A reminder that students must bring their **daily planner** to school everyday! Please ask your child about this and assist them to develop their organisational skills.

The Big Night Out is on this Wednesday and Thursday night! Many students in Year 6 will be performing in various groups. Come along and support our kids. Tickets can be purchased each morning under the COLA from 8.30am.

Year 6 Reading Target Results

- Successfully Achieved 40 or more novels = 29 students
- 33% of the grade have achieved their target
- 62% of students are on track to achieve their target of 40 novels.

Mathematics Focus Areas

- Writing Fractions in Simplest Form
- Ordering Fractions
- Equivalent Fractions and Decimals

Mrs Rhodes

Library News

Don't forget book club is due to me tomorrow (25th Oct). This is the second last book club for the year.

Borrowing in term 4 still requires a library bag so please be prepared. A plastic bag is not a full time library bag as it does not really protect books in schoolbags.

Please do not repair books at home send them back with a note and I will repair them.

Mrs Sell



Attention Parramatta West, It Is Disco Time

Stage Two is hosting a **Halloween Themed Disco** WEDNESDAY, 2nd NOVEMBER, 2016 In Parramatta West Public School Hall.

Times will be announced next week.

All students K-6 **MUST** be picked up by a parent/carer

Cost is \$5 (includes entry, drink and snack) Dress in your favourite costume **no masks or face paint**. Glow products will be available for purchase

Tickets may be pre-purchased using a separate order form or at the table in the upper playground near the bubblers before school from Wednesday morning.

Reading Levels

If you have any concerns on your children's home reading levels, please discuss this with the classroom teacher. The volunteers who change the reading books are only following instruction given to them by the classroom teacher.

Thank you in advance.

Operation Christmas Child

The SRC are currently supporting a program called Operation Christmas Child. Thank you for those who have already made generous donations to this cause!

Your children may have come home asking for a donation from one of the areas:

- Something to love (teddy, doll, car)
- Something to wear (t-shirt, socks, hat)
- Something to play with (ball)
- Something for school (pencils, pencil case, ruler)
- Something for personal hygiene (soap, comb, tooth brush)
- Something special (bag, sun glasses, torch)

Please remember that these product need to be unused due to customs restrictions. Donations need to be received by the Wednesday 16th November, so that they can be shipped to a child living in poverty by Christmas time.

Thank you for your continued support.

Miss McSpadden

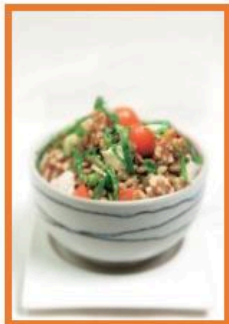
The simplest way

...to love lentils.

Lentils are a versatile addition to all sorts of meals, from salads to curries, stews, soups, veggie burgers and much more.

Better still, like all legumes, lentils count as a vegetable!

Add some lovely legumes to your next meal to help you on your way to eating five serves of veg every day.



Prepare your own dry lentils or use canned varieties.

Why not try this lunch box-friendly lentil salad?

Prepare lentils according to packet directions or rinse canned lentils. Mix with rocket and feta and dress with a dash of balsamic vinegar. Or try with cherry tomatoes, sliced spinach and chopped spring onions.

For more recipe ideas go to: eatittobeatit.com.au.

**For more information visit www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit**

The Eat It To Beat It program is supported by the Western Sydney
Local Health District Live Life Well @ School Program.

We are now on FACEBOOK and INSTAGRAM. Please search Kids Snack Shack and Like Us to see items and specials. Also see all the wonderful food that is available, fresh.

We have Halal and Vegetarian items.

Thank you for all your support.

Renee and the Team.

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