

Parramatta West A NSW Public School



The West Weekly

Issue 16 - Term 2 - Week 6

30th May, 2016

Principal's Message

I am glad to see so many parents are reading our new email newsletter. I get to see just how many are reading it and when. Thank you. We hope that the information is useful and timely.

This week we have two new and special events on for parents. The first is on Thursday from 9.00-10.30, and is our Fruit and Veg workshop. This will be practical and informative, and they will all receive a free cookbook. This session is now FULL. Thank you to Mrs Knedl for organising it. Also on Thursday and again on Friday we have our first ever "hang out with kids" sessions after school. These sessions are now full, but if they are successful we may be able to run some more later in the year, or next year. We will let you know how they go.

Thank you to the parents who have volunteered to be the class parents and to organise the whatsapp groups. We are gradually getting more volunteers to cover the classes. Only these classes are yet to have someone - KH, 2H, 3B, 3, 4A, 4H, 4S, 5C, 5/6J, 6M, 6R, MCG and MCS
I hope that they are proving to be useful ways to connect people.

Social media platform

We are about to launch our school Facebook pages and other social media tools. All children will be bringing home a permission note requesting permission to have their photo, first name or work shown in this way. This is a department requirement that we will need to do each year. We would like to be able to quickly and easily show you what we are doing at school, as well as pass on useful information. Facebook is the most efficient way to do this. I encourage you to return these notes as soon as possible. It will also become a useful way for parents to stay in touch when you travel, as so many of you do. With our new newsletter I already know that last week it was read by traveling student families in New Zealand, America and Canada!

Subscribe to our Newsletter

We now have a subscribe section on the school's website so the newsletter can be emailed to you. Please tell your friends if they are not receiving the newsletter.

Healthy habits

With the parent healthy eating workshop this week, and the start of the Premier's sporting challenge at

our school, I have been thinking about the messages that we give our children, and the habits they are forming. Teachers have also been looking at the food that the children bring to school for lunch. It is wonderful that so many of them now participate in fruit break. Having a healthy snack of fruit or vegetables at 10 every day is a great habit. However, for many children, that is the end of healthy food for the day. Some children bring in things like packets of biscuits for lunch, family sized packets of chips, and many commercial, packaged snacks that contain far too much sugar and fats. The supermarkets promote items that they claim are healthy, but if you read the label they aren't nearly as healthy as they should be. Children do not need packets of chips and biscuits every day. These items should be treats, sometimes food. There is nothing wrong with a treat, and then these things are special and more fun. They aren't healthy or special if they are everyday foods. Maybe on our new Facebook site we will be able to start sharing healthy alternatives - start thinking!

The other aspect to health that I have been talking to the children about is sleep. I have also had parents up saying that they have difficulty getting their children to sleep. Primary school aged children should be having 10-11 hours sleep every night. How many does your child have? Without this much sleep children will not be operating effectively at school, their brains will not be able to process all the new information they are receiving, and their bodies will not grow as strong and healthy. I encourage parents to put routines in place and be firm about bedtimes. If your children are in the habit of staying up late, it will be a difficult habit to change, but this change is important for the welfare of your child, and the battle is worth it in the long run. Good luck!

Park gatherings

The weather is getting colder at last, but I hope this doesn't stop you and your children getting out and enjoying the outdoors. Last Sunday was kindergarten's turn to meet up at Holroyd park, so this Sunday, June 5th, we are back to stage 1. Look out for the school banner, have some fun and meet some new friends.



Some of the children who enjoyed meeting up at the park on Sunday.

Stay warm,

Anthea Donaldson

Principal

Class Awards

2/3S Suprabha

5C Sarah

3B Millad, Sophia

5M Dhvani

3K Angelina

5/6J Aarya

3 Emran

6M Bing

4A Harun

6R Jessy

4H Gemma

MCG Ronakh

4S Skirat

MCS Shivansh

Stage News

Kindergarten

Yesterday we had 11 families go to Holroyd park for the Kindergarten afternoon at the playground. They really enjoyed their time playing together and I am sure the parents enjoyed chatting to each other too. Most of the families were from KR and KA, we are hoping next time there will be students from all the Kindergarten classes.

This week for topic talks the students need to tell us about their favourite experience from our farm excursion. They should be prepared with a drawing of their favourite experience and tell us why they liked it. Some examples could be: milking a cow, riding the tractor, petting the animals, the dog show, sheep shearing, etc.

This week in mathematics we are continuing to work on addition strategies. This includes being able to find the bigger number and counting on from that number, using fingers to help us count and finding patterns such as 'doubles'.

Have a great week!

Miss Richards

Year 1 and Year 2

Stage 1 have organised the Jersey Day fundraiser for year 6 on Wednesday this week. We can't wait to see everyone wear their favourite sporting team's jersey or their team's favourite colours. We will still be having sport on Wednesday so everyone must still have a hat and their sport shoes. Again last week there were too many students that didn't have their hat and therefore couldn't participate in sport. Let's see if this week we can have everyone participating!

There are many students who are very close to reaching their 40 book reading target. Wow! How many

books has your child read so far?

This week we are starting the NSW Premier's Sporting Challenge. Students will be recording how active they are each day in their log books. This week's focus is: 'Being active puts a smile on your face'.

Have a fabulous week!

Miss Langhans

Year 3

We have been talking about healthy lifestyles recently, making sure we are making healthy choices about our lunches and snacks, exercising and getting plenty of sleep. Both healthy food and sleep are so important for learning! It is great to see so many students eating crunch 'n' sip and having a water bottle daily, as well as having a balanced lunchbox throughout the week. There will be a parent workshop to help create such healthy lunches on Thursday morning at 9:30am in the staffroom. Our annual Premier's Sporting Challenge is also starting this week – lots of great ways to keep us healthy, active and keep our brains growing!

This Wednesday is "Jersey Day" – a fundraiser for our Year 6 students. Students are encouraged to wear the colours of their favourite football or sporting team. Don't forget to bring a gold coin donation!

Maths focus for this week: We are continuing work within the area of measurement, estimating and calculating length and distance using centimetres, metres and kilometres.

Have a wonderful week everyone!

Miss Stuart

Year 4 and Year 5

Congratulations to all the students who ran in the zone cross-country last week. All of the runners performed with determination and effort, and six have qualified to run at the Area Carnival.

How many books has your child read? While there have been some outstanding efforts with children already reading 40 books, there are many who haven't. Please check-in and if you have any concerns please discuss the reading challenge with your child's teacher. The Premiers sporting challenge commences this week. All students will be recording the type and amount of time they spend undertaking physical activity each day and week.

Finally, an invitation went home today to students in 5C & 5M inviting the students and their parents to a meeting on Wednesday 15 June at 3pm in 5C (Mr Clarke's room). At this meeting we will be planning our teaching & learning activities for term 3. This is a new initiative and it is hoped that by engaging parents and students in the planning stage of learning tasks we will improve our teaching and student performance.

Enjoy the week,

Mr Clarke

Year 6

The **Topic Two Mathematics data** was sent home last week or today. Please remember to discuss this with your child, take note of the areas of weakness and use the list of websites and apps to build upon these areas. If you have further questions, please do not hesitate to book an interview with your child's classroom teacher.

Many students have started to receive '**Acceptance Offers**' from high schools. Please ensure all paperwork is returned to the high school, not PWPS. The decision process is still continuing, so do not worry if you have not received an offer from a school as yet.

Notes for the '**Year 6 T-Shirt**' will come home soon. Students who purchase a T-Shirt will be able to wear them from Term 3 onwards. The students have had input into the design of the T-Shirt and it is a wonderful memento of their time at PWPS.

As the weather becomes colder, please make sure your child has a school jumper that is labeled clearly with their name. Girls should wear black or blue stockings under their dresses rather than leggings.

Mathematics Focus Area

- Multiplying Decimals by 10, 100 and 1000 ☐
- Multiplying Decimals ☐

Year 6 Reading Target Results ☐

- Successfully Achieved 40 Novels = 8 students
- 9% of the grade have achieved their target
- 71% of the grade are on track to achieve their target

Mrs K. Rhodes

Library News

There are a lot of children who are forgetting their library bags. Please make sure your child is bringing a library bag.

The library bag is to protect the books in their school bags.

Bookclub is due back on Tuesday 7th June. Please use the order form supplied.

If you want books to be a gift simply put a note and contact number on the order form and I will ring you when the order arrives.

Mrs Sell

Teacher/Librarian

Fruit and Veg Workshop

Just a reminder to those parents who have enrolled for this workshop that it is on Thursday June 2nd.

Jersey Day - Wednesday 1st June

Students are encouraged to wear either a jersey or colours of their favourite sporting team on Wednesday this week. A gold coin donations will help raise money for the Year 6 farewell.

ICAS - Science

The ICAS Science competition is on tomorrow, 31st May 2016 for those students who have already paid to enter. Students need to bring a pencil, eraser, ruler and calculator with them to the test.

The simplest way

...to serve up 2 and 5.

It is important to aim for a minimum of two serves of fruit and five serves of vegetables every day, for good health and to reduce cancer risk.

So how much is a serve? Here is a quick and easy guide:



**Eat It To
Beat It**

For recipe ideas and inspiration
visit:

eatittobeatit.com.au

[facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)

[pinterest.com/cancercouncil/
easy-fruit-veg](https://www.pinterest.com/cancercouncil/easy-fruit-veg)

**How
much is
1 serve?**

150 grams of fresh FRUIT or:



1 medium piece
(e.g. apple)



2 small pieces
(e.g. apricots)



1 cup chopped or
canned fruit

75 grams of fresh VEG or:



1/2 cup cooked
veg or legumes



1/2 medium
potato



1 cup salad
or veg

CAN 3102 07/15

**For more information visit www.eatittobeatit.com.au
or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)**

The *Eat It To Beat It* program is supported by the Western Sydney
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