

Springwood Public School



Week 6, Term 2, 2019
3-6-19

Walkathon Bush Walk Pioneers!



2019 Calendar

TERM 2 –2019				
Week 6 – 3/06/19 WINMALEE CUP!	4/06/19 Star Student Assembly 9.30am	5/06/19 AUTUMN COLOURS MUFTI Day for John May	6/06/19 BAND DAY!	7/06/19
Week 7 – 10/06/19 Queen's Birthday PUBLIC HOLIDAY	11/06/19	12/06/19	13/06/19 BAND DAY!	14/06/19
Week 8 – 17/06/19	18/06/19	19/06/19	20/06/19 BAND DAY!	21/06/19
Week 9 – 24/06/19 P&C Meeting 7pm	25/06/19	26/06/19	27/06/19 BAND DAY!	28/06/19
Week 10 – 1/07/19	2/7/19	3/7/19 Semester 1 Reports sent home	4/7/19 BAND DAY! HONOUR ASSEMBLY	5/7/19 Kindergarten 100 days of school! LAST DAY OF TERM
TERM 3 –2019				
Week 1 – 22/7/19 Teachers Return Today	23/7/19 Student's Return Today	24/7/19 NAIDOC Week Celebration – Chris Tobin	25/7/19 BAND DAY!	26/7/19 Highway Pollination – Stage 2 Incursion
Week 2 - 29/7/19	30/7/19 Star Student Assembly 9.30am	31/7/19	1-8-19 BAND DAY!	2-8-19
Week 3 – 5/8/19	6-8-19 Year 3 Dental Visit!	7-8-19	8-8-19 BAND DAY!	9-8-19 ART SHOW!
Week 4 – 12/8/19 Hawkesbury Eisteddfod	13-8-19 Hawkesbury Eisteddfod Stage 1 Featherdale Excursion	14-8-19	15-8-19 School Athletics Carnival	16-8-19
Week 5 – 19/8/19	20-8-19	21-8-19	22-8-19 BAND DAY!	23-8-19
Week 6 – 26/8/19	27-8-19 Star Student Assembly 9.30am	28-8-19	29-8-19 BAND DAY!	30-8-19 31st AUGUST – TRIVIA NIGHT!!!
Week 7 – 2-9-19 SWIM SCHOOL	3-9-19 SWIM SCHOOL	4-9-19 SWIM SCHOOL	5-9-19 SWIM SCHOOL BAND DAY!	6-9-19 SWIM SCHOOL BMPSSA ZONE ATHLETICS Carnival
Week 8 – 9-9-19 SWIM SCHOOL	10-9-19 SWIM SCHOOL	11-9-19 SWIM SCHOOL	12-9-19 SWIM SCHOOL BAND DAY!	13-9-19 SWIM SCHOOL
Week 9 – 16-9-19 ← STAGE 3 Camp to Bathurst! →	17-9-19	18-9-19	19-9-19 BAND DAY!	20-9-19
Week 10 – 23-9-19	24-9-19	25-9-19	26-9-19 BAND DAY! HONOUR ASSEMBLY	27-9-19 Last day of Term 3



Springwood Public School

1878-2019: 141 Years of Excellence!

THE PLACE TO BE!

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In Darug and Gundungurra Country

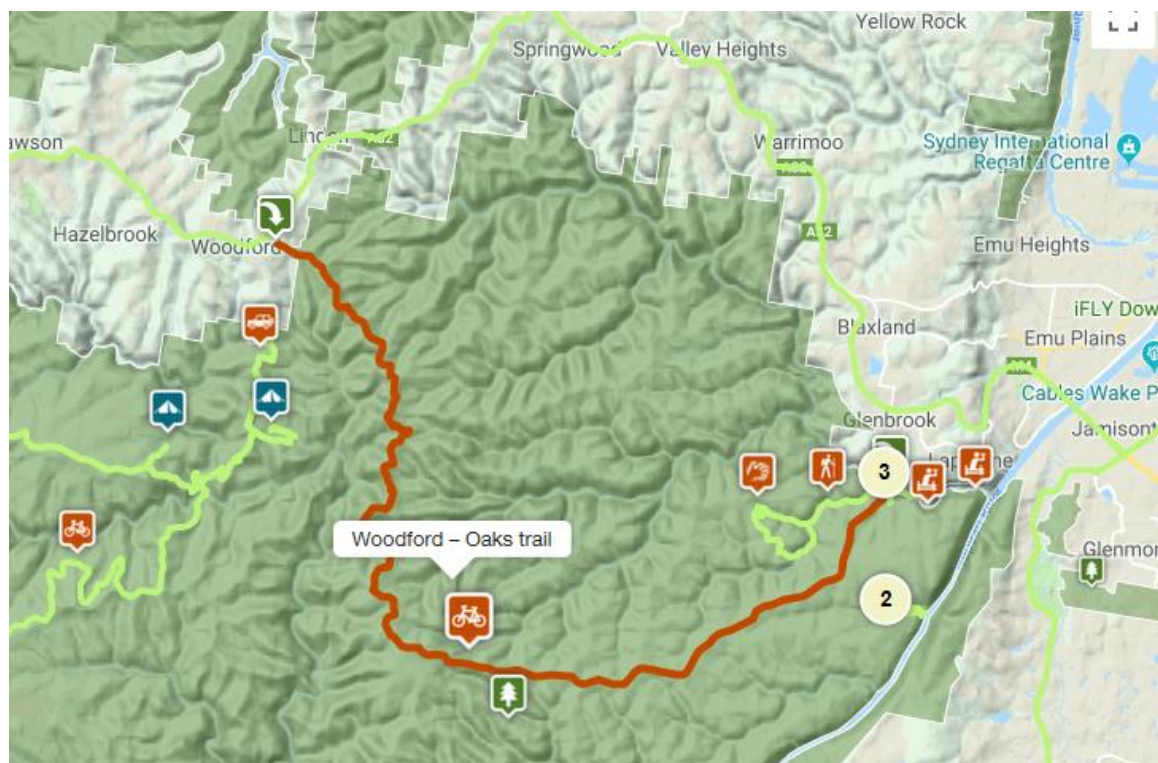


Follow us on Twitter: @SPS_placetobe

Monday 3rd June, 2019

Hello everyone,

What an exciting day was had by all last Friday on our annual Walkathon day and inaugural Bush Walk component! A group of our students from Stages 2 and 3 walked the Oaks Trail from Woodford to Glenbrook, a 32 km walk, between 9am and 3pm. Thank you to Mr Halpin, Miss West and Miss Excell who guided the students on this long trek! An excellent effort by all participants. Back at school the remainder of our students managed to walk on average 20km each for the day, incredible effort by everyone!



Now that the walk is over, there is one week left to drum up your final donations and complete your fundraising. All donations must be finalised by the 7th of June (if you have collected cash please return it to the office by this day). Remember no donation is too small. We thank you in advance for your generous contributions as we make our way towards funding a new school hall. Congratulations and thank you to all our students and community!

Last week we also celebrated the National Simultaneous Reading day with our Mexican themed day. A HUGE thank you to all our school community for the wonderful costumes, the helpers with all the cooking of tacos, corn, etc, the support of our Book Fair and overall support in visiting the school to enjoy and celebrate a wonderful day of education!



Our Burns Rd carpark is slowly being upgraded and we thank you for your patience, but please be careful and slow down too, the speed limit on school properties is only 10km/h.

We have also had a complaint from one of our neighbours in De Chair Avenue. Please refrain from using the Doctor's practice car park when events are on here at school, it is inconvenient for patients of the practice and unnecessary when we have a large parent car park to use on the Burns road side of the school. We thank you for your understanding and assistance in being mindful of our nearby residents.

Tomorrow we celebrate our Star Students and will be giving out the certificates and badges at 9.30am, invitations have been sent. And, on Wednesday, we have a very special event. We will be holding a Mufti Day to raise funds for our much loved African Drumming teacher John May who is currently experiencing some medical issues and requires funding for special treatments. John has been a long term member of the Springwood family and we appreciate all the monetary help that can be given on the day. Thank you in advance.

Remind your kids everyday how special they are and how much you love them! Hug the ones you love and hold on for an extra second or two, it makes a world of difference.

Mr Mehmet

NOTES SENT HOME	FINAL PAYMENT DUE DATES
Dance Second Costume Payment	\$30 due 21 st June
Stage 3 Bathurst Camp	Deposits NOW CLOSED.

Student Report

On Tuesday and Wednesday of last week, Mr Toohey and I went to an AECG SHOW Camp at Yarramundi.

I was in the blue group and I learnt about artwork, nutrition and media skills, health and wellbeing.

My favourite activity was learning about nutrition with Chef Daniel. He taught us how to cook pasta and to use a knife correctly.

Later in the day I met another Daniel from the Sydney thunder cricket team. My group interviewed him about his cricket career and his plans for the future.

On Wednesday we went to Bensons Lane cricket field and played a gala day of cricket, which was most exciting!

I had the best time and made some friends from other schools. I'm super DUPER lucky that I had the opportunity to go to this camp.

Thanks Mr Toohey for taking me.

Lillian Warren.



Winmalee Cup Day – TODAY!





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In Darug and Gundungurra Country



23 May 2019

SRC AUTUMN DAY FUNDRAISER FOR JOHN THE DRUMMER **Wednesday June 5th**

It has come to our notice that John May, our drumming teacher is seriously ill.

Friends have started a Go Fund Me page to raise money for some special treatments for John.

The SRC have decided to have an Autumn Day Fundraiser on Wednesday the 5th of June so that we can contribute to John's well being.

The children will wear mufti in Autumnal colours and hopefully contribute a 'gold coin or more' on that day.

Thank you in anticipation for your support.

Rosemary Hart on behalf of the SRC



Public Schools NSW

Information Sessions for Parents and Care Givers



Wondering what **Support Classes** can provide for your child?
Come to one of our Information Sessions.

Werrington Public School

Heavey Street, Werrington

Tuesday 11th June 9am- 10.30am

Further information: Andrei Roskolnikov – Learning & Wellbeing Officer: 9208 7613

St Clair Public School

4 Timesweep Drive, St Clair

Thursday 13th June 9.30am – 11.00am

Further information: Alissa Karbon – Learning & Wellbeing Officer: 9208 7642

Springwood Public School

Burns Rd, Springwood

Friday 7th June 10am – 11.30am

Further information: Andrei Roskolnikov – Learning & Wellbeing Officer: 9208 7613

Rydalmere East Public School

41 Spurway Street, Ermington

Tuesday 11th June, 10am – 11.30am

Further information: Sue Embrey – Learning & Wellbeing Officer: 9208 7616

Wentworthville Public School

Fullagar Road, Wentworthville

Monday 3rd June 12.30pm – 2pm

Further information: Sue Embrey – Learning & Wellbeing Officer: 9208 7616

Sherwood Ridge Public School

34 Roseberry Road, Kellyville

Wednesday 26th June 1.30pm – 3pm

Further Information: Kerrie Melville – Learning and Wellbeing Officer: 9208 7670

Winston Hills Public School

Hillcrest Ave, Winston Hills NSW 2153

Week 9 TBC

Further Information: Bianca Cozad – Learning and Wellbeing Officer: 9208 7614

Lalor Park Public School

Heffron Road, Lalor Park

Tuesday 11th 9.30am – 11am

Further Information: Bianca Cozad – Learning and Wellbeing Officer: 9208 7614

Next P&C Meeting – Monday 24th of June, 7pm in the school staffroom. All invited, treats supplied!

2019

Spelling Bee



Yippee - it's time for the Stage 2 & 3 Spelling Bee!

Children can access the 2019 Premiers Spelling Bee words online at
<https://www.artsunit.nsw.edu.au/premiers-spelling-bee>

Stage 2 access the junior lists

Stage 3 access the senior lists

The password for both stages is **'pizza'**

We encourage children to practice verbally spelling these words at home in preparation for our class spelling bees, which will be held in week 9 this term (Stage2 only - Stage3 participants head straight to their final).

3 or 4 winners from each stage 2 class will be selected to move forward to the Stage 2 finals which will be held Friday 5th July. The Stage 3 finals will be held Thursday 4th July

The final two Stage 2 winners and final two Stage 3 winners will move forward to the regional finals which will be held in September.

Happy Spelling!
Mrs. Honeysett



JOIN OUR NDIS FAMILY WORKSHOPS



You are invited to a free workshop for parents run by the Better Start team at Carers NSW

Come to a free information session for all parents and guardians of children with disability aged up to 12 years old.

It does not matter whether your child has an NDIS plan or not.

You will be able to meet other parents and chat about your experiences

Local speaker representatives include:

- ECEI partners (0-6 age group NDIS)
- Local Area Coordinators (7+ age group NDIS)
- NSW Dept of Education

If you would like to attend but cannot, please let us know.

EVENT INFORMATION:

WHEN: Thursday 13 June 2019
9:30am - 2:00pm
(Registration 9:15am)

WHERE:
The Carrington Hotel
15-47 Katoomba Street
Katoomba NSW 2780

RSVP: The Better Start Team
CALL US: 1800 242 636
EMAIL:
betterstart@carersnsw.org.au

COST: Free

Morning tea and light lunch will be provided, tell us if you have any allergies or dietary requirements.

SUPPORTS ALL CARERS • AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS • AN AUSTRALIA THAT

www.carersnsw.org.au

contact@carersnsw.org.au

CARER LINE 1800 242 636

PO Box 785 North Sydney NSW 2059



Like, love, embrace & accept yourself.

Show **RESPECT** towards others and yourself.



Use good posture. Stand tall as you are.



Follow your curiosities & learn! Try or create something new.

See **MISTAKES** AS AN OPPORTUNITY TO LEARN!



Remember That **NO ONE** IS PERFECT.



Don't compare yourself to what you see in the media.



Focus on the things you have control over & can change.



Choose friends who treat you how you want to be treated.

BE YOUR OWN BEST FRIEND

Look in the mirror & tell yourself, "I love you."



Don't compare yourself with others. You are unique!

READ!



50 Ways to Build SELF-ESTEEM for kids



Create, Build, Cook, Bake, Garden, Do Art.

Do more of what helps you feel good about yourself.



Make choices that stay true to what you value.



Learn & practice healthy ways to cope with stress.



Laugh, Play, Have Fun! Get silly!

Say positive affirmations.



PRACTICE GRATITUDE



FOCUS ON THE POSITIVES & BE OPTIMISTIC



FORGIVE OTHERS. FORGIVE YOURSELF.



Take slow, mindful breaths.

Eat healthy food.



EXERCISE!

Practice daily hygiene.

TELL THE TRUTH & BE HONEST



Resolve conflict peacefully & use I-Statements.



ASK FOR HELP & SUPPORT

HAVE A GROWTH MINDSET



Set goals & work towards them, step by step.



Get enough sleep.



SAY, "THANK YOU" WHEN SOMEONE COMPLEMENTS YOU

DRINK PLENTY OF WATER



Say what you want, need & hope for.

FOCUS ON SOLUTIONS, NOT PROBLEMS.



TALK ABOUT YOUR FEELINGS WITH SOMEONE YOU TRUST.

Try again when something doesn't work out the way you hoped it would.



Be responsible for your choices at school & at home.

COMPLETE YOUR SCHOOL ASSIGNMENTS



Limit how much time you spend in front of screens.



DO random acts of kindness.

HELP OTHERS

Start a new hobby or sport. Join a club at school.



SPEND TIME WITH CARING ADULTS



EVERY DAY COUNTS...

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4



*Give your child every
chance to succeed...*

Every day counts!