

news @ the heights

Peakhurst South Public School

'Strive to Excel' in an inclusive and caring learning environment



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2 August 2018

TERM 3

WEEK 2

THOUGHT FOR THE WEEK: "What day is it today? Asked Pooh. "It's today," squeaked Piglet. "My favourite day," said Pooh. **Winnie the Pooh**

Principal's Message

Dear Parents/Carers

Welcoming Visiting Teachers and Students

I would like to take this opportunity to officially say, 'Welcome' to the 3 teachers and 14 students from China. I would also like to thank our five homestay families for looking after the students in their time here with us at Peakhurst South Public School. I would also like to congratulate 5/6M and 5/6P for your inclusive behaviour within the classroom and on the playground. Also, thank you to Mr Marshall and Mrs Paul for including the students into your daily routine.



Education Week Open Day: Thursday 9 August

Next Thursday 9 August is the School's Education Week Open Day. The theme for this year is "Today's Schools Creating Tomorrow's World." To celebrate this theme and public education in NSW, Peakhurst South Public School will be having:

- Open Classrooms
- Art Exhibition
- Book Fair
- Performances
- Morning Tea

Attached to the newsletter is the Education Week Open Day Invitation with further details in regards to the structure for the day.

CALENDAR DATES

WEEK 3 - TERM 3 - EDUCATION WEEK

Mon 6 Aug	Education Week Chinese Students Visit Stage 2 & 3 Spelling Bee Finals
Tues 7 Aug	Education Week Chinese Students Visit Stage 2 + Chinese Students Australian Museum Excursion Lifeskills
Wed 8 Aug	Stage 3 Australian Museum Excursion Lifeskills
Thurs 9 Aug	Chinese Students Visit Education Week Open Day
Fri 10 Aug	Chinese Students Visit concludes PSSA Season 2 Round 8 2.30pm: Canteen meeting

UPCOMING DATES

Sat 11 Aug	10.00am - 12.00pm: Community Open Day
Mon 13 Aug	"Flanno's for the Farmers" SRC Fundraiser 3.20pm - 4.20pm: Uniform Shop Open
Tues 14 Aug	SPAF Choir ICAS Mathematics Competition
Wed 15 Aug	SPAF Dance
Thurs 16 Aug	Code Camp
Mon 20 Aug	District Athletics Carnival School Council

Saturday Open Day: Saturday 11 August 10.00am - 12.00 pm

Saturday 11 August is our 'Community Open Day' from 10.00am – 12.00pm. I would like to personally thank Mardi and the entire P&C for their commitment to the event, all of the parents/carers who are involved and giving up their time to support the school, the students that are helping out during the day and the staff for giving up their Saturday morning to be here as well. They say it takes a village to raise a child. It certainly takes a community to make a school.

Mega Raffle

Don't forget to keep selling the Mega Raffle tickets as well. The raffle will be drawn on **Friday 31 August**.

The first three prizes will be drawn at assembly.

Lifeskills

The Lifeskills program started this week and all I have heard from students is positive talk in regards to the program. Currently research suggests, 1 in 4 adults suffer from Mental Health disorders and 1 in 7 students. It is vital to teach our students tools to build resilience, emotional regulation and social skills. The "Education 2030 Framework for Action" also states that once today's students finish school they will require the following skills, attitudes and values to be successful in the future workplace:

- ⇒ cooperation
- ⇒ communication
- ⇒ critical thinking
- ⇒ problem-solving
- ⇒ self-regulation/ self-control
- ⇒ empathy
- ⇒ respect
- ⇒ resilience/persistence
- ⇒ trust

Here at Peakhurst South Public School we continue to review research and stay informed in helping set up our students for success now and into the future. We aim to develop lifelong learners and give our students strategies they can continue to use in high school and beyond. The Lifeskills program centres on mindfulness and wellbeing strategies.

What is mindfulness?

Mindfulness is a whole body-mind state of awareness that involves 'tuning in' to the present moment, with openness and curiosity, instead of 'tuning out' from experience. Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future – which is often our brain's default mode.

Mindful awareness is something that we all possess and that can be strengthened through practice. Mindfulness can be developed through formal sitting meditation practices, or through informal everyday mindfulness activities that use the senses to anchor the attention: such as mindful walking, listening to music, eating or conversation.

Mindfulness is a clinically proven tool to support wellbeing and mental health by reducing stress and allowing life to be experienced more fully.

The benefits of mindfulness with children

- Research shows that mindfulness training increases connectivity in the frontal lobe of the brain, which is linked to improved attention, memory processing and decision making abilities.
- Mindfulness training involves tuning in to internal and external experiences with curiosity resulting in increased self-awareness, social awareness, and self-confidence.
- Mindfulness training increases children's ability to self-regulate their emotions, especially difficult emotions such as fear and anger, through breathing and other grounding techniques.
- Mindfulness has been shown to improve empathy or the ability to understand what another person is thinking or feeling, which improves children's awareness of others and helps them to build positive relationships.

Mindfulness and childhood mental health

Mindfulness training has been shown to reduce the severity of depression, anxiety and ADHD in children.

Mindfulness builds resilience by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

This is taken from the Kids Matter website.

Assembly

A reminder that assembly this week (tomorrow) will commence at 2.30pm for presentation of Athletics Carnival ribbons.

Donation

Thank you to the family of Christy-Rita in 1B for the kind donation of a projector and screen for the school which will be a very useful addition and gratefully received.

Natasha Eaton

Ms Natasha Eaton
Principal

Facebook

<https://www.facebook.com/PeakhurstSouthPublicSchool/>

Instagram

<https://www.instagram.com/peakhurstsouth/?hl=en>

Twitter

<https://twitter.com/PeakhurstSouth>



SPORT RESULTS – Round 6 Date: 27 July 2018

Girls Soccer

	PSPS	Hannans Road
Junior Girls	3	0
Senior Girls	6	0
Round 7 - 3/8	PSPS v Penshurst West @ Riverwood Park	

Boys Soccer

	PSPS	Peakhurst
Junior Boys	4	1
Senior Boys	1	2
Round 7 - 3/8	PSPS v Penshurst West @ Gannons Park	

Newcombeball

	PSPS	Oatley West
Junior Mixed	0	3
Senior Mixed	0	3
Round 7 - 3/8	PSPS v Kingsgrove @ Oatley West PS	



Premier's Reading Challenge

A reminder to all students that the closing date for the PRC is 31 August 2018. All books must be registered online by that date. If you have difficulty accessing the PRC website and registering the books I will be happy to do this for you. Please send to the office (to my attention) the student's completed list of books and I will take care of everything else.

Scholastic Book Fair

The Book Fair will be open on Open Day from 9.00am until 1.00pm and then again after school for half an hour.

We hope you are able to come down to the library and have a browse at the wide selection of new books, posters and novelties. We will have EFTPOS facilities too.

It is always very busy in the library during Book Fair, if anyone would like to offer their time to help sell the books, please let me know via email to the school or a note to the office to my attention.

Also, each class teacher will receive a \$5 dollar voucher to give to one lucky student. This can be used as a discount off a more expensive book or as whole payment for a \$5 dollar purchase.

The Book Fair will also be open on for the Community Open Day on Saturday 11 August.

The school receives a commission from each purchase which goes directly towards resources for our library. We really appreciate your support.

Sharon Hart

Lost Property

We have the following items handed into the office:

- Pokemon Card
- Child's yellow watch
- Child's red wallet

If you your child has lost these items please see the office.

Staff Carparks

The two school staff car parks on Pindari Road and Monterra Avenue are **STRICTLY** for staff parking **ONLY**. Parents are **NOT** to use the car parks for any purpose, especially not for dropping off or picking up children.

These rules are to ensure the safety of your children. Please help us to keep them safe. Thank you for your co-operation.



Athletics Carnival 2018

With the completion of the Discus events at school last Thursday, I am pleased to confirm that the Athletics Champion House for 2018 is **Topaz**.

Topaz finished on 616.5 points, followed by **Ruby** on 524.5 points and **Emerald** on 516 points. Congratulations **Topaz**!

All individual finals results are also included in this newsletter.

Peakhurst South Public School 2018 Athletics Results - Field Events				
BOYS				
Event	Name / House			Result
Junior Discus	1	Lachlan G	T	14.85
	2	Dale C	T	14.49
	3	Cruz P	R	13.10
11yrs Discus	1	Ryan N	R	17.73
	2	Alex L	T	15.47
	3	Aaron F	E	14.27
Senior Discus	1	Morgan R	T	19.05
	2	Eren P	T	14.27
	3	Tom W	R	13.56
Junior Long Jump	1	Samuel H	E	3.40
	2	Kye S	R	2.96
	3	Cruz P	R	2.95
11yrs Long Jump	1	Christopher S	T	3.63
	2	Rory H	R	3.37
	3	Riley B	T	3.26
Senior Long Jump	1	Morgan R	T	3.64
	2	Hugo W	T	3.41
	3	Christian D	E	3.36
Junior High Jump	1	Samuel H	E	1.04
	2	Lachlan G	T	1.00
	3	Cruz P	R	1.00
11yrs High Jump	1	Christian K	E	1.14
	2	Alex L	T	1.14
	3	Ryan N	R	1.10
Senior High Jump	1	Hugo W	T	1.20
	2	Brodie M	E	1.20
	3	Morgan R	T	1.11
Junior Shot Put	1	Zen T	E	7.36
	2	Noah A	T	7.34
	3	Cruz P	R	6.86

BOYS (cont'd)				
Event	Name / House			Result
11yrs Shot Put	1	Alex L	T	7.21
	2	Ryan N	R	6.79
	3	Christopher S	T	5.63
Senior Shot Put	1	Brodie M	E	6.32
	2	Eren P	T	6.23
	3	Hugo W	T	5.71
GIRLS				
Event	Name / House			Result
Junior Discus	1	No Event Held		
	2			
	3			
11yrs Discus	1	No Event Held		
	2			
	3			
Senior Discus	1	Autumn L	E	12.43
	2	Meadow M	R	11.44
	3	Sarah R	R	9.93
Junior Long Jump	1	Gisele W	E	3.05
	2	Angelina J	R	2.87
	3	Claudia D	E	2.79
11yrs Long Jump	1	Gabby C	R	3.43
	2	Akira S	T	3.22
	3	Tenique K	R	2.94
Senior Long Jump	1	Liliana M	R	3.00
	2	Talena S	R	2.81
	3	Sarah R	R	2.72
Junior High Jump	1	Daisy P	E	1.02
	2	Gisele W	E	1.02
	3	Matilda A/Angelina J	E/R	0.94
11yrs High Jump	1	Gabby C	R	1.03
	2	Ryleigh E	T	1.03
	3	Lyla B	E	1.00
Senior High Jump	1	Emily K	E	1.08
	2	Meadow M	R	1.08
	3	Talena S	R	1.05
Junior Shot Put	1	Gisele W	E	5.06
	2	Angelina J	R	4.92
	3	Mia B/Victoria S	T	4.04
11yrs Shot Put	1	Akira S	T	5.61
	2	Lyla B	E	5.27
	3	Gabby C	R	5.26
Senior Shot Put	1	Meadow M	R	5.36
	2	Sarah R	R	5.00
	3	Autumn L	E	4.26

BOYS

Event	Name / House			Time
K 60m	1	Andrija R	R	11.69
	2	Carter M	E	11.72
	3	Nikola J	R	11.81
Yr 1 70m	1	Corbyn F	T	11.16
	2	Hunter P	R	12.91
	3	Zane B	T	13.53
Yr 2 70m	1	Harrison F	R	12.63
	2	Bryce J	T	12.65
	3	Tyler S	T	12.28
8yrs 100m	1	Jack B	T	17.28
	2	Harrison F	R	18.41
	3	Marcus S	R	18.85
9yrs 100m	1	Kye S	R	16.63
	2	Brody S	T	17.01
	3	Byron B	E	17.03
10yrs 100m	1	Samuel H	E	15.32
	2	Lachlan G	T	16.72
	3	Cruz P	R	16.81
11yrs 100m	1	Riley B	T	16.16
	2	Christopher S	T	16.25
	3	Ryan N	R	16.94
12yrs 100m	1	Christian D	E	15.28
	2	Hugo W	T	15.63
	3	Morgan R	T	15.94
Junior 200m	1	Samuel H	E	32.40
	2	Kye S	R	34.65
	3	Cruz P/ Daniel H	R/T	35.07
11yrs 200m	1	Riley B	T	32.16
	2	Christopher S	T	33.81
	3	Rory H.	E	34.57
12/13yrs 200m	1	Christian D	E	32.19
	2	Morgan R	T	33.56
	3	Hugo W	T	34.50
Junior 800m	1	Samuel H	E	3.05.65
	2	Kye S	R	3.08.68
	3	Jack B	T	3.09.10
11yrs 800m	1	Christopher S	T	3.00.25
	2	Riley B	T	3.04.56
	3	Christian K	E	3.13.12
12/13yrs 800m	1	Hugo W	T	2.57.41
	2	Morgan R	T	3.16.72
	3	Christian D	E	3.20.63
Junior 4x100m Relay	1	EMERALD		1.10.85
	2	RUBY		1.11.37
	3	TOPAZ		1.11.75
Senior 4x100m Relay	1	TOPAZ		1.05.59
	2	EMERALD		1.07.44
	3	RUBY		1.13.28

GIRLS

Event	Name / House			Time
K 60m	1	Selena A	R	13.00
	2	Amica W	R	13.02
	3	Grace D	T	13.87
Yr 1 70m	1	Audrey V	R	11.92
	2	Teagan E	T	14.03
	3	Zoe F	T	14.06
Yr 2 70m	1	Kira S	R	12.97
	2	Bailee-Kaori R	T	13.00
	3	Callie H	T	13.91
8yrs 100m	1	Ainsley P	T	20.19
	2	Evelyn S	E	20.21
	3	Penny X	R	20.50
9yrs 100m	1	Annabel M	T	17.41
	2	Amelia W	T	17.63
	3	Daisy P	E	17.66
10yrs 100m	1	Gisele W	E	17.12
	2	Angelina J	R	17.63
	3	Olivia R	E	17.65
11yrs 100m	1	Akira S	T	16.22
	2	Lyla B	E	16.25
	3	Gabby C	R	16.47
12yrs 100m	1	Tash S	T	16.59
	2	Talena S	R	16.60
	3	Liliana M	R	17.03
Junior 200m	1	Yasmin Z	T	36.50
	2	Gisele W	E	36.51
	3	Angelina J	R	36.62
11yrs 200m	1	Jemma R	E	33.88
	2	Akira S	T	34.62
	3	Gabby C	R	34.63
12/13yrs 200m	1	Talena S	R	33.97
	2	Tash S	T	35.10
	3	Bronte W	E	35.22
Junior 800m	1	Claudia D	E	3.30.00
	2	Emma W	T	3.44.00
	3	Olivia S	E	4.00.00
11yrs 800m	1	Akira S	T	3.00.00
	2	Caitlin J	T	3.29.00
	3	Lyla B	E	3.34.00
12/13yrs 800m	1	Talena S	R	3.09.00
	2	Tash S	T	3.23.00
	3	Bronte W	E	3.35.00
Junior 4x100m Re- lay	1	TOPAZ		1.11.57
	2	EMERALD		1.12.31
	3	RUBY		1.16.19
Senior 4x100m Re- lay	1	RUBY		1.07.42
	2	TOPAZ		1.08.25
	3	EMERALD		1.09.25

Payments Due

Year	Event	Payment Amount	Date Due
K-6	School Fees	Various	OVERDUE
Various	PSSA - Seasons 1 & 2	\$50.00	OVERDUE
Various	Got Game	\$35.00	OVERDUE
K	Fairytale Fiasco Incursion	\$12.00	OVERDUE
Stage 3	Art Gallery Excursion	\$25.00	OVERDUE
Various	Engadine Music Festival	\$17.00	OVERDUE
Stage 2	Camp Deposit	\$35.00	OVERDUE
K-6	Athletics Carnival	\$11.00	OVERDUE
K-6	Healthy Skills for Life	\$45.00	30/07/2018
Stage 2	Australian Museum Science Festival	\$24.00	03/08/2018
Stage 3	Australian Museum Science Festival	\$24.00	03/08/2018
3-6 Choir	St George Performing Arts Festival	\$8.50	13/08/2018
Yrs 3-4	Camp Final Payment	\$100.00	15/08/2018

Star Student

Congratulations to Gabrielle D of 3/4H who is appearing in The Sound of Music production at the Bankstown Theatre Company over the next 2 weekends.

Gabrielle Daggar
is appearing in
The Sound of Music



Friday 27th July @ 8pm
Sunday 29th July @ 2pm
Saturday 4th August @ 2pm & 8pm

Bryan Brown Theatre
(cnr. Rickard Road & Chapel Road, Bankstown)

BOOKINGS: bankstowntheatrecompany.com

PEAKHURST SOUTH PUBLIC SCHOOL



COMMUNITY OPEN DAY

Saturday 11 August • 10am - 12pm
Pindari Road, Peakhurst Heights

Farm Animals • School Tours • Performances • Food Stalls
Face-painting • Meet the Principal and Staff



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ASTHMA AWARENESS

Does your child suffer from asthma? Asthma affects about 1 in 9 school-aged children.

The Asthma Foundation has great information for parents of children who suffer from asthma.



Asthma Foundation

For more information on how you can support a child with asthma, go to:

www.asthmafoundation.org.au

P&C News and Information

Canteen

Term 3 Weeks 2 & 3

Canteen Roster	
Friday 29/6	9.30am-11.30am: Jodie H 11.00am - 2.30pm: Carol B and Cathie H
Monday 6/8	Vacant
Wednesday 8/8	Vacant
Friday 10/8	9.30am-11.30am: Natasha B 11.00am - 2.30pm: Natasha V and Vacancy
MON & WED: AD = All Day 9:30am–2:00pm AM = 9:30am–11:45am; PM = 11:15am–2:00pm FRI: AD = All Day 9:20am–12:30pm	

The Canteen is having our term meeting on Friday 10 August at 2.30pm in the Canteen. We will be discussing changes to meet the new guidelines so please come along and have your say, we would love to see you.

We are still urgently in need of new volunteers. Shifts are approximately 3 hours, once a term and all training is on the day. Please drop by and see Jacinta if you can help out.

Jacinta Goodacre
Canteen Supervisor

Book Club

We hope everyone enjoyed the holidays and found some time to recharge. Maybe you curled up from the cold with a good book or two. Look out for the next Book Club catalogue coming home with the students shortly. You might find more books to curl up with this winter with lots of exciting titles to choose from.

Reading is so important. Research has shown that reading 10 minutes a day helps children improve performance in: general knowledge, vocabulary, reading comprehension, verbal fluency and spelling. Spending just 10 minutes reading every day can open your child up to over 600,000 words in one year!

Scholastic is committed to help you motivate and inspire your child to read. Here are a few ideas from them to help make your reading time together fun:

- Decide on a time to read every day.
- Let your child select the book to be read.
- Make your reading time fun and interactive with voices and actions.
- Share one of your favourite books from your childhood.

Orders are due in by Friday 10 August.

Orders and payments can be made online at Scholastic's LOOP - www.scholastic.com.au/LOOP or order forms with correct money can be left in the Perspex box in the School Office.

"There is no friend as loyal as a book." – Ernest Hemingway

Bia Limberis & Careena Craven
Book Club Co-ordinators

Uniform Shop

The Uniform Shop will be open every second Monday afternoon from 3.20pm - 4.20pm.

The next opening days are as follows:

- **Monday 13 August**

You can also place your order online which is available 24/7 via the myschoolconnect app at:

<http://www.myschoolconnect.com.au/pspsuniform>

All orders will be delivered to your child's classroom teacher.

Please send any enquiries by email to,
stephanie.cook29@det.nsw.edu.au

Stephanie Cook
Uniform Shop Coordinator

Open Day Volunteers

The Community Open Day is coming up on Saturday 11 August and the P&C are looking for people who can help out with the BBQ! This is a great opportunity for those parents/carers who want to volunteer but have other commitments during the week, to get involved! If you have an hour spare, please contact Alex (alexandra.davis100@gmail.com) with your preferred time-slot.

- Prep/Set-up will start at 9.00am - 10.00am;
- Cooking and/or serving from 10.00am - 11.00am;
- Cooking and/or serving 11.00am - 12.00noon
- Pack up 12.00noon - 1.00pm

P&C

Chinese Student Visit

The P&C wish to extend a very warm welcome to our special guests from China. We hope you enjoy the time at PSPS. A special thank you to the parents who assisted with the welcome afternoon tea on Monday 30 July, we treated our guests to lamingtons and Tim Tams!

P&C Cont'd

Return and Earn

You will all notice that our return and earn bins are being picked up and recycled with great efficiency thanks to Rockdale Scrap. We ask that all parents empty their bottles into the bins provided outside the Uniform Shop and do not leave them in bin bags. Thank you for your continued support of this program.

Straw No More

In support of the SRC's campaign to go straw free the P&C will be selling packs of stainless steel straws at the school Open Day. All proceeds will go directly into the support of the SRC new playground equipment initiative! Look out for them on sale at the P&C booth on Open Day.

Education week Open Day & Community Open Day

Helpers are required are you free?

- Education week Open Day - Thursday 9 August we require two parent helpers to work with the SRC to make tea and coffee and serve cake to our guests.
- Community Open Day - Saturday 11 August we require the following:
 - * BBQ helpers
 - * People to make cakes for the cake stall
 - * Animal farm helpers
 - * Canteen helpers

www.asthmafoundation.org.au

Mardi Haworth
P&C President



Mega Raffle

The P&C would like to thank all the businesses who have generously supported the Mega Raffle, by donating prizes and vouchers.

Check out the PSPS P&C Facebook Page to view the fantastic range of prizes.

BIG4 EASTS BEACH
HOLIDAY PARKS HOLIDAY PARK KIAMA

**Prize Voucher for a Three Night Stay for
A Family of (5) Five In a Holiday Villa
Valued at \$851.00**



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Caringbah High School Open Day

For Year 5 Students & Parents
Thursday 30th August
9:30 – 11:30am
85 Willarong Road, Caringbah

Become a Part of Our Learning Community Today

www.caringbah-h.schools.nsw.edu.au

