

news @ the heights

Peakhurst South Public School



Pindari Road
Peakhurst Heights NSW 2210
T 02 9153 7256
F 02 9584 1468
E peakhursts-p.school@det.nsw.edu.au
W <https://peakhursts-p.schools.nsw.gov.au>

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

28 FEBRUARY 2019

TERM 1

WEEK 5

THOUGHT FOR THE WEEK: "Learn from yesterday, Live for today, Hope for Tomorrow." **Albert Einstein**

Principal's Message

Dear Parents/Carers

Meet the Teacher Evenings

Thank you to the teachers for the informative Meet the Teacher sessions on classroom routines and teaching and learning programs for 2019. It is always a positive way to start the year and give parents/carers an understanding of the programs occurring throughout the year. It was great to see so many parents/carers in attendance at the sessions from Kindergarten right through to Year 6. The feedback has been very positive.

Congratulations School Leaders

Congratulations to all of our new Student Leaders who received their leadership badges at our last assembly.



P&C

Thank you to the parents/carers that attended the P&C meeting last night. It was an excellent turn out and I look forward to the continued work between the school and the P&C in 2019.

Thank you to the additional \$7,000 coming to the school. This means that we can upgrade an additional two classrooms with pinwall lining. Essentially, this will mean that 11 out of 13 classes has been upgraded over the past three years. A fantastic effort from the P&C.

Again, all parent/carers are invited to attend P&C meetings. It is a great way of finding out important educational decisions and programs running across the

CALENDAR DATES

WEEK 6

Mon 4 Mar	Kindergarten begin full days at school and now finish at 3.20pm K-2 Dance auditions 3.20pm - 4.20pm: Uniform Shop Open
Tue 5 Mar	District Swimming Carnival Nude Food Day Code Camp: Years 3 - 6
Wed 6 Mar	8.45am - 9.15am: } Staff meetings 3.30pm - 4.30pm }
Thur 7 Mar	School Banking Peer Support
Fri 8 Mar	PSSA Season 1 Round 3 2.35pm: Whole School Assembly

UPCOMING DATES

Tue 12 Mar	Nude Food Day Code Camp: Years 3 - 6
Thur 14 Mar	Peer Support
Mon 18 Mar	3.20pm - 4.20pm: Uniform Shop 7.15pm: School Council Meeting

school. It is a great way of gaining a deep understanding of the running of the whole school as well as meeting other parent/carers in our school and learning how you can be involved.

Clean up School (Australia) Day

The School Clean Up Day for Australia is tomorrow. All students will be participating in the Clean Up School Day in teaching our students the importance of looking after the environment. Don't forget to send gloves (if you have them available).



It is always a great opportunity to reflect on the impact of single-use plastic and other forms of waste on the environment.

Nude Food

Congratulations to the SRC on leading Nude Food on Tuesdays. It is a great way of encouraging children from a young age to reduce their waste and look after our planet. Buying in bulk and using reusable containers in the long term also works out more cost effective than purchasing packaged items. It is a win, win for everyone! Helping our planet and saving money!



Wildlife Wednesdays

Don't forget to bring in loose change on Wildlife Wednesdays to support Koalas! At PSPS we have adopted a school koala, Blinky! All loose change brought in on Wednesday's goes towards continuing to protect koalas, like Blinky in the wild.

'Koala numbers are plummeting in NSW. It is estimated they fell from 31,400 to 21,000 in the two decades from 1990–2010, and their numbers are continuing to decline in most parts of the state. 'Deforestation rates have escalated in NSW and eastern Australia is now a global deforestation hotspot. It is predicted that by 2050 there will be no koalas living in the wild across NSW.



Return and Earn

Don't forget to bring your cans and bottles to Peakhurst South and place them in the 'Return and Earn' bins located near the Uniform Shop. All money raised goes back into the school! In 2018 we raised over \$500.

That is over 5000 bottles or cans recycled through our school! Well done PSPS!



Natasha Eaton

Ms Natasha Eaton
Principal

Peak Award Achievers

YEAR 1

Justin T	Base Camp
Jayden Y	Level 1m
Ruby B	Base Camp
Grace H	Base Camp

YEAR 2

Sophie T	Level 1m
Indiana S	Level 4m
Lincoln M	Level 2m

Friday Assembly

WEEKLY HOUSE GROUPS TALLY

Term 1 Week 4	Ruby	Topaz	Emerald
Total	17 - 3rd	24 - 1st	18 - 2nd

CLASS ASSEMBLY AWARD

Term 1 Week 4	1R
---------------	----

SPORT RESULTS – Round 1 Date: 22 February 2018

Touch Football - WASHED OUT

	PSPS	Peakhurst
Junior Boys		
Senior Boys		

Round 2 - 1/03 PSPS v Penshurst West @ Peakhurst Park

Cricket - CANCELLED

	PSPS	Kingsgrove
Junior Girls		
Senior Girls		

Round 2 - 1/03 PSPS v Penshurst @ Gannons Park

AFL - CANCELLED

	PSPS	Skills Day - Oatley
Junior Mixed		
Senior Mixed		
Round 2 - 1/03	PSPS v Oatley West @ Olds Park	

SRC News

School Clean Up Day

Peakhurst South is participating in School Clean Up Day this Friday 1 March. Students will be learning about Schools Clean Up Day, Clean Up Australia Day and recycling. They will then be cleaning up part of the playground or the street around the school (Stage 3) and conducting an audit of the type of rubbish found. If your child would like to bring gloves to wear they may, however they are not needed.



Nude Food Tuesday

The SRC unanimously voted to start 'Nude Food Tuesday' this year every week instead of once a term. On Tuesdays we would like you to bring nude food. This means bringing food without packaging to reduce the amount of rubbish, not only in our school playground but that goes to landfill. This will start in Week 6 (next week). The class with the highest percentage of students who bring nude food each term will receive a reward. Please find information on Nude Food Day on the following page of the newsletter.



Straw No More

A reminder that Peakhurst South is a 'Straw No More' school which means that we do not sell items in the canteen with single use plastic straws and we ask that students do not bring poppers, Up & Go drinks or any drinks with straws to school.

STRAW
NO
MORE



Wildlife Wednesday and Return and Earn

Wildlife Wednesday started this week. Please bring in your silver coin donations on a Wednesday to help support our school koala, Blinky. The money from the Return and Earn program also helps us sponsor Blinky so bring in your empty bottles and cans and place them in the bins near the uniform shop to raise money for the school.



Mrs Bowden and The SRC

From the Office			
Grade	Event	Payment Amount	Date Due
Yr 3 - 6	Swimming Carnival	\$11.00	OVERDUE
Kinder	School Fees	\$150.00	OVERDUE
Yr 1 & 2	School Fees Textbooks	\$160.00 + \$13.00	OVERDUE
Yr 3 & 4	School Fees Textbooks	\$147.50 + \$25.00	OVERDUE
Yr 5 & 6	School Fees Textbooks	\$136.50 + \$25.00	OVERDUE
Yr 3 - 6	PSSA Sport	\$55.00	12/04/2019
Yr 5 & 6	Canberra & Snow Excursion Deposit	\$80.00	12/04/2019



Information for PARENTS



Keep Australia Beautiful



WHAT IS NUDE FOOD?

NUDE FOOD is simply food that is not wrapped in foil, plastic or commercial packaging.

The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly.

Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health). You might be amazed with how enthused your child can become on this...



TO PACK A NUDE FOOD LUNCH OR SNACK, YOU WILL NEED:

- Cutlery from home is better than throwaway plastic ones
- Plastic or metal drink bottles are recommended for refilling with water
- Reusable containers for putting all of your food, snacks and drinks into
- Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers



TRY TO AVOID:

- Zip lock or plastic bags, plastic wrap or aluminium foil
- Tetra packed drinks, single serve yoghurts and cheese
- Single use plastic forks and spoons
- Prepackaged food, i.e. biscuits, snack bars and chips

I'M A NUDE FOOD WARRIOR



TIPS FOR PACKING NUDE FOOD LUNCHES:

- Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
- Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
- If your child normally enjoys chips, yoghurt or other prepackaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
- If your child does enjoy chips, why not try making your own veggie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
- Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the environment as well as to your budget, as less fuels are used to transport it into your supermarket.
- Go to www.nudefoodday.com.au/resources for Nude Food recipe ideas.

P&C News and Information

Canteen

Term 1 Weeks 5 & 6

Canteen Roster	
Fri 1/3	11.00am - 2.30pm: Elene C and Sandy H
Mon 4/3	11.30am - 2.30pm: Daryll
Wed 6/3	11.00am - 2.30pm: Rana
Fri 8/3	11.00am - 2.30pm: Richelle B and Mel S
MON: Half Day (HD) 11.30am – 2.30pm WED: All Day (AD) 9:30am – 2:30pm FRI: All Day (AD) 9:30am – 2:30pm	

My last newsletter! This is bittersweet. I have always felt so privileged to be part of our school community, to get to meet your children and watch them grow up is very special. Thank you to all the parents, grandparents, aunties and siblings that have helped out over the last ten years, it's been a blast.

Jacinta Goodacre
Canteen Supervisor

Uniform Shop

Just a reminder the Uniform Shop will be open every second Monday afternoon from 3.20pm - 4.20pm.

The next open day are as follows:

- Monday 4 March
- Monday 18 March

You can also place an order online. The online store is available 24/7 via the Myschoolconnect app at:

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



All online orders will be delivered Friday morning to your child's classroom.

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

Stephanie Cook
Uniform Coordinator

Band

Welcome to all our new Training Band Families and welcome back to our Senior Band Families!

Tutorials will begin for the new students next week (**Monday 4 March - Friday 8 March**), where they will be presented with their instruments, band bags and tutorial books. The Senior band tutorial times will revert to those on the timetable from Monday 4 March as well.

Further information will be emailed regarding fees etc. in the coming week. Thanks for your patience!

PSPS Band Committee

PS: Advertising

The inclusion of any advertising does not constitute or imply endorsement, sponsorship or recommendation thereof by Peakhurst South Public School.



MENAI HIGH SCHOOL

Website: www.menai-h.schools.nsw.edu.au

E-mail: menai-h.school@det.nsw.edu.au

Gerald Road
Illawong NSW 2234
PO Box 338
Menai Central NSW 2234
Telephone: (02) 9543-7000
Facsimile: (02) 9543-5513
ABN: 18 246 198 266

Principal
B Ellevsen

Deputy Principal
R Allen

Deputy Principal
E Sayed-Rich

Deputy Principal
L Meagher

21st February, 2019

Menai High School Open Night

Dear Parents and students of Year 4, 5 and 6,

You are invited to attend the Annual Menai High School Open Night on Wednesday 6th March, 2019 from 6.00pm to 9.00pm. A Year 6 Parent/Student introduction to Menai High will be held in the school hall from 6.00pm to 6.30pm. At 6.30pm all areas of the school will be open offering displays of students' work and active demonstrations by students from various years. Maps will be available at all entry points to assist you in finding the displays and refreshments will be available in a number of locations.

Please come along to view and celebrate the outstanding achievements of Menai High School's students and staff and learn about the excellent opportunities we offer children in our local community.

B ELLEVSEN
Principal

L MEAGHER
Deputy Principal

PS: Advertising

The inclusion of any advertising does not constitute or imply endorsement, sponsorship or recommendation thereof by Peakhurst South Public School.

PENSHURST RSL JUNIOR RUGBY LEAGUE

PLAY RUGBY LEAGUE OR LEAGUE TAG

GIRLS & BOYS TEAMS

**2019 Registrations
open**

Rego Days - Saturdays - February 9, 16 and 23
10am - 1pm - H.V. Evatt Park Canteen

**Contact us on
0487 375 768**

**HOME GROUND
HV EVATT PARK, LUGARNO**

Visit : www.penshurstfooty.org