

news @ the heights

Peakhurst South Public School

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



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2 May 2019

TERM 2

WEEK 1

THOUGHT FOR THE WEEK: "I'd rather regret the things I've done than regret the things I haven't done."
Lucille Ball

Principal's Message

Dear Parents/Carers

Term 2

Welcome back to Term 2! I hope that everyone had an enjoyable Easter break spent with family and friends.

Term 2 has started off positively with a lot of excitement to come. On Monday the staff participated in our staff development day and learnt about the changes moving forward at Peakhurst South Public School.

Peaceful Kids and Peaceful Parents

A new program being introduced this term is Peaceful Kids and Peaceful Parents. The program centres on mindfulness and teaching students the skills to manage their personal social capabilities and emotions effectively.

This program aligns with the new PD/H/PE syllabus that is heavily focused on whole child development and the importance of mindfulness and meditation.



Benefits of Mindfulness Meditation: Mindfulness has been scientifically proven to:

CALENDAR DATES

WEEK 2

Mon 6 May	Got Game - Athletic Skills Years 3-6
Tues 7 May	Nude Food Day Urban Landscape Design - SRC
Wed 8 May	8.45am - 9.15am: } Staff meeting 4.00pm - 6.00pm: } Staff Professional Development 1.30pm: Mother's Day Stall
Thur 9 May	
Fri 10 May	PSSA Sport Assembly K - 6

UPCOMING DATES

Mon 13 May	3.20pm - 4.20pm: Uniform Shop Open School Council
Tue 14 May - Thurs 16 May	NAPLAN
Tue 14 May	Year 2 Excursion - Hazlehurst Gallery
Wed 19 May	P&C Meeting
Mon 20 May - Tue 21 May	NAPLAN

- Decrease stress and anxiety
- Allow connection with self and values
- Bring a sense of peacefulness and clarity
- Increase self-awareness
- Develop self-acceptance and confidence
- Bring emotional balance and stability
- Decrease worrying thoughts
- Allow compassion and empathy to grow
- Help to view experiences positively
- Decrease symptoms of anxiety and depression
- Improve physical symptoms
- Improve sleep
- Strengthen the immune system
- Dramatically improve concentration and memory

This term the school will be hosting a parent session for our school community. Please look out for this information to come.

Collective Efficacy

The staff also participated in a session on Collective Efficacy and the importance of working together as a team to improve student learning outcomes. We analysed components that we do well and areas for development moving forward. A session on Collective Efficacy will be held at the next P&C meeting on Wednesday 19 May.

Google Classrooms

The staff participated in a session on G-Suite and how Google Classrooms can operate effectively in the classroom to build collaborative work between peers.

These are all exciting endeavours to look forward to throughout Term 2.

Student Representative Council (SRC): Playground Project

Next week on Tuesday 7 May the SRC will be meeting with a landscape company, Urban Landscape Designs to start mapping out the playground and create designs moving forward. The designs will be student driven with a focus on improving the playground based on student needs.

Part of the design process will be utilising the back nature reserve area and clearing part of this area to make it more accessible for the students. I am excited to see what designs the students create. This project will also be the basis for the Leadership by the River program for 2019.

Natasha Eaton

Ms Natasha Eaton
Principal

SPORT RESULTS – Round 8 Date: 12 April 2019 Touch Football

	PSPS	Oatley West
Junior Boys	3	0
Senior Boys	4	4
Round 9 - 3/05	PSPS v Hannans Road @ Peakhurst Park	

Cricket

	PSPS	Peakhurst
Junior Girls	85	150
Senior Girls	93	160
Round 9 - 3/05	PSPS v Narwee @ Gannons Park	

AFL

	PSPS	Hurstville South
Girls	10.10.(70)	0.0.(0)
Boys	7.6.(48)	1.2.(8)
Round 9 - 3/05	PSPS v Penshurst West @ Olds Park	

The School Photographer

Please find below, a list of all the additional group photographs taken in Term 1 2019:

- School Captains
- House Captains
- SRC
- Year 6 FUN
- Year 6

These can be viewed at the School Office or online at

www.theschoolphotographer.com.au

Online Order Code: **19S1270EL40P**

If you wish to order please visit The School Photographer's website and order/pay on-line.

The photo prices are:

- \$16.00 each
- 2 for \$30.00
- 3 for \$42.00
- 4 for \$52.00
- 5 for \$60.00

Any additional photographs are \$10.00 each. This discount is only available per family order.

The photos will be available to purchase online ONLY.



Facebook

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

Instagram

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

Twitter

<https://twitter.com/PeakhurstSouth>



PSPS Cross Country Carnival

The annual Peakhurst South Public School Cross Country Carnival was held on Monday 8 April in perfect weather conditions on a very warm and sunny autumn day.

It was terrific to see so many students participating and entering their grade or age event, representing their house with pride and striving to do their very best. It was also great to see so many family members and friends come along to support their children and our school.

Thank you once again to our wonderful P&C for their terrific work in coordinating the sponsorship of the Cross Country and of course for the delicious BBQ that we were able to enjoy before heading back to school. Of course the ice-blocks for students as they crossed the finish line were also very gratefully received! Your continued support of events at Peakhurst South is very much appreciated and creates a wonderful atmosphere of our carnival!

Congratulations Emerald, the Cross Country Champion House for 2019. Emerald finished just 68 points ahead of Topaz. Ruby was only 22 points further back. Considering that up to 72 points are up for grabs in each of the Primary events, this is not a big points difference and all students from all three houses should be proud of their efforts throughout the day. The final points score was:

Emerald	526 points
Topaz	458 points
Ruby	436 points

The individual place getters in each event are also included in this newsletter.

I would also like to thank all of our Peakhurst South teachers for their hard work and cooperation in the lead up to the carnival, setting up, throughout the carnival and packing up afterwards. It was a great team effort that ensured the carnival ran smoothly.

The Georges River District Cross Country Carnival will be held on Thursday 23 May at Gannons Park. Students who have qualified for the District Carnival will receive information and permission notes this week.

Finally, ribbons for placegetters in the Cross Country 3-6 will be handed out at assembly on Friday 10 May.

Mr J Ellerington
Cross Country Coordinator



Peakhurst South Public School 2019 Cross Country Results

BOYS			
Event	Place / Name / House		
Kindergarten 400m	1	Archer M	E
	2	Stefan B	R
	3	Fletcher T	T
Year 1 800m	1	Carter M	E
	2	Lachlan S	E
	3	Jayden T	T
Year 2 800m	1	Corbyn F	T
	2	Lincoln M	E
	3	Darcy V	R
8/9yrs 2000m	1	Jack B	T
	2	Lars D	E
	3	Mitchell G	T
10yrs 2000m	1	Byron B	E
	2	Cooper M	E
	3	Dale C	T
11yrs 3000m	1	Joshua W	E
	2	Samuel H	E
	3	Tyson S	R
12/13yrs 3000m	1	Christopher S	T
	2	Aaron F	E
	3	Emilio D	T

Peakhurst South Public School 2019 Cross Country Results

GIRLS			
Event	Place / Name / House		
Kindergarten 400m	1	Arianna C	R
	2	Jade S	R
	3	Alice B	E
Year 1 800m	1	Amica W	R
	2	Ella D	T
	3	Grace D	T
Year 2 800m	1	Audrey V	R
	2	Zoe F	T
	3	Sophie H	E
8/9yrs 2000m	1	Zara W	E
	2	Amelia D	T
	3	Neve C	T
10yrs 2000m	1	Mikayla J	R
	2	Lucy M	T
	3	Annabel M	T
11yrs 3000m	1	Emma W	T
	2	Angelina J	R
	3	Olivia S	E
12/13yrs 3000m	1	Lyla B	E
	2	Tenique K	R
	3	Ryleigh E	T

Payments Due			
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	OVERDUE
Yr 5 & 6	Canberra & Snow Deposit	\$80.00	OVERDUE
Yr 3 - 6	Got Game	\$40.00	OVERDUE
Yr 1 & 2	Hazelhurst Art Gallery	\$25.00	3/05/2019
Yr 5 & 6	Canberra Snow Payment 1	\$150.00	6/05/2019
	Payment 2	\$150.00	20/05/2019
Choir	SPAF	\$25.00	10/05/2019

Parking

School drop-off and pick-up is a very busy period in the streets surrounding the school.

Please obey all school zone and parking regulations, particularly in the Kiss and Ride Zones.

Wherever possible please ensure you park in a manner which will allow as many cars to park within our surrounding streets.



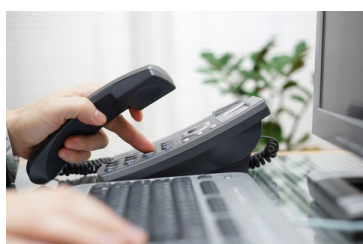
NO PARKING/ KISS & RIDE AREAS:

YOU MAY ONLY STAY 2 MINUTES &
DRIVER MUST REMAIN WITHIN
3 METRES OF THE VEHICLE

**Penalty \$187* and
2 demerit points**

OFFICE HOURS

The school office is
open from 8.45am to
3.45pm.



SRC News - Wildlife Wednesday



This year the SRC and Peakhurst South PS will be sponsoring a koala through World Wildlife Foundation Australia.

WWF Australia works for the conservation of environment and wildlife with a mission to stop the degradation of natural environment.

Students are asked to bring in a **silver coin donation** on Wednesdays to support this initiative.



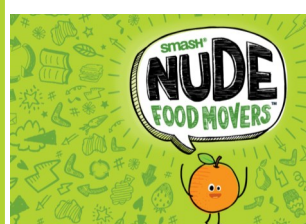
Nude Food Tuesday

Every Tuesday students are asked to bring nude food to school. At the end of the term the class with the highest cumulative total will receive a prize.

This week's results:

Class	Week Percentage	Total
KW	65%	6.5
KT	68%	6.8
KDS	65%	6.5
1R	65%	6.5
1JB	40%	4
1/2M	65%	6.5
2R	45%	4.5
2B	50%	5
3M	26%	2.6
3/4M	46%	4.6
4/5T	48%	4.8
5/6C	60%	6
5/6P	14%	1.4

Congratulations to **KT** who had the highest percentage this week with 68% of the class bringing nude food.



Woolworths Earn & Learn 2019

Time to get sticking for your school!!



Woolworths Earn & Learn is a great way to earn valuable equipment for Peakhurst South Public School.

It's simple to participate. From Wednesday **1 May to Tuesday 25 June 2019** or while stock lasts, when you shop at Woolworths you can collect Woolworths Earn & Learn Stickers from the checkout operator, via team members at the self service checkout or through an online order and place them on a Woolworths Earn & Learn Sticker Sheet.

There will be one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco, and gift cards).

Once completed, simply place the Sticker Sheet in the **Peakhurst South Public School Collection Box**.

These collection boxes are located at:

- **Peakhurst South Public School front office**
- **Woolworths Mortdale Plaza**
- **Woolworths Riverwood (near the checkouts)**

Spare sticker sheets, can be obtained at your local Woolworths store or the office.



You can find everything you'll need for the program below.

<https://www.woolworths.com.au/shop/discover/earn-and-learn?icmpid=sm-hp-top:other:earn-and-learn:marketing:wk45>



SCHOOL ZONES

The majority of school zones operate between **8:00am – 9:30am** and **2:30pm – 4:00pm** on gazetted school days.

Motorists are required to drive at no more than 40 km/h through school zones.

There are a small number of non-standard school zone times in New South Wales.

These zones are identified by red/orange school zone signs which indicate non-standard times. Signs at these schools display the times which apply.

40 km/h school speed zones operate across New South Wales at all school sites on gazetted school days.



PENALTIES FOR SCHOOL ZONES

Fine and demerit point offences in school zones include:

Speeding – fine and demerit points.

Approach children's crossing too quickly to stop safely – fine and demerit points.

Double parking – fine and demerit points.

Stopping on or near a children's crossing – fine and demerit points.

Use a hand-held mobile phone while driving – fine and demerit points.

School zone penalties apply to offences committed in

No Smoking

At Peakhurst South Public School we do not permit parents, carers or visitors to smoke in any school buildings, enclosed area or on school grounds. This includes all buildings, gardens, sports fields, cars and car parks in accordance with the **Smoke Free**

P&C News and Information

Canteen

Term 2 Weeks 2 & 3

Canteen Roster	
Friday 3/5	9.30am - 12.00pm: Katherine 11.00am: Mel 11.00am: Richelle
Monday 6/5	11.00am: Ingrid
Wednesday 8/5	11.00am: Elene
Friday 10/5	8.50am - 11.45am: Ally 11.30am: Katie 11.00am: Vacant
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	

Hope everyone has had a lovely Easter break.

Still looking for volunteers, so if you or if you know someone that would be interested in donating a few hours of time to help out our canteen, please come down and see me Monday, Wednesday and Fridays or leave a note in the lunch order box with your name, phone number and availability.

Idy Washbourn
Canteen Manager

P&C

Election Day

A note went out to the school community this week to seek a Co-ordinator for the Election Day BBQ. As we have not had a response we will go ahead on Election Day and open the canteen to only sell cakes and some hot food heated in the canteen ovens. Please look out for the note regarding cake donations!

Mother's Day

Its that lovely time of year when we get to thank all the Mum's for the hard work they do to keep our families together. If you are keen to help out on the Mother's Day Stall on Wednesday 8 May that would be great! You can contact Mardi on mardicarmine@yahoo.com.au and leave your name and number. We will need people from about 1.30pm till 3.00pm.

Don't forget to get your note and money into the box in the office. Look out at the end of this newsletter for our wonderful sponsors.

Trivia Night - Save the date

Yay!! It's back. Mr Cohen will be hosting the PSPS 2019 Trivia Night to be held on Saturday June 15.

Save the date.

Mardi Carmine
P&C President

Uniform Shop

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

The next opening day will be:

- **Monday 13 May**

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 each Friday.

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

PSPS UNIFORM GUIDELINES

Term 1 Compulsory summer uniform
Term 2 till June long weekend Either summer or winter uniform
June long weekend till end of Term 3 Compulsory winter uniform
Term 4 till end of October Either summer or winter uniform
October 31 till end of Term 4 Compulsory summer uniform

Remember to bring your own bag along to the Uniform Shop.

Online orders please place a bag clearly marked with your child's name in the box provided in the yellow lost property cupboard.



Stephanie Cook
Uniform Shop Coordinator

PS: Advertising

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



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1800 780 900
SMS 0409 745 645 for a call back

**Help your family to get healthy,
active and happy with Go4Fun®**

Go4Fun® is a healthy lifestyle program
for kids aged 7-13 who are above a healthy weight.
A parent or carer is required to attend each session.

Register now for a term 2 program near you

Flip Out Caringbah	Monday	4.00 - 6.00pm	starts April 29, 2019
Bexley Public School	Monday	4.00 - 6.00pm	starts April 29, 2019
Kensington Park Community Centre	Wednesday	4.30 - 6.30pm	starts May 1, 2019
Anzac Oval Youth and Recreation Centre	Thursday	4.00 - 6.00pm	starts May 2, 2019
Brighton-Le-Sands Public School	Saturday	10.00 - 12.00pm	starts May 4, 2019

