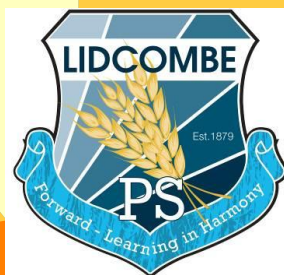


Lidcombe Public School  
Mills Street  
Lidcombe 2141

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The

# Lidcombe Loudhailer

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Issue 03/2016

3 March 2016

## DATES TO REMEMBER

TERM 1	
4.03.16	Summer PSSA Round 3
7.03.16	9.00am – Playgroup GRIP Leadership Conference Net Set Go clinics (3 more weeks) 3.45pm - Auburn PSSA Girls Soccer trials - <b>Progress Park Killeen St, Auburn</b> 6.00pm - High School Parent Information Night (Hall)
8.03.16	9.15am – P&C Meeting – Lidbury Hall
10.03.16	9.00 – 1.30pm Selective HS Test at Sefton High School – Good luck to all involved. 3.45pm – Boys Football trials – <b>Granville PS, Lena Street, Granville</b> NSWPSSA Meeting – Mr. Lewis attending
11.03.16	Summer PSSA Sport Round 4 NSWPSSA TPL Conference – Mr. Lewis presenting at this course 1.50pm – Clean Up Australia afternoon - <b>*Parents - Please supply gardening gloves for your children to wear during this time.</b>
14.03.16	9.00am – Playgroup Net Set Go clinics (3 more weeks) 9.00 – 3.00pm Principal's Network meeting – Strathfield Girls HS
17.03.16	Auburn PSSA 11 years and Opens Rugby League trials – <b>Mona Park, Mona Rd Auburn.</b>
18.03.16	Summer PSSA Sport Round 5

## PRINCIPAL'S REPORT

### School Swimming Carnival

Our school's annual swimming carnival / water safety day was held on Wednesday 24 February at Granville Pool, and despite it being a very hot day, everyone had fun which was fantastic! Students from Years 3-6 attended the carnival and had a great time either participating in a race or cheering them on and also participating in a rotation of activities run by the teachers.

Congratulations to all students for their excellent behaviour, sportsmanship skills and for their participation. A big thankyou to all of the parents who volunteered to help on the day, for without their help

*"A dynamic innovative school always moving forward".*

our day would not have been as successful or enjoyable. Thank you also to our wonderful staff, especially our carnival organiser Mr. Windle, who continues to put in great efforts to make each experience for the students a valuable and enjoyable one, particularly the swimming carnival committee who organised an excellent community event.

The Auburn Zone Swimming Carnival was held at Granville Pool on Tuesday 1 March and a full report will appear in the next newsletter. What I can divulge is that we have won the Auburn Zone PSSA Swimming Carnival for the 5<sup>th</sup> time in a row (by 548 pts !) and 3 of our swimmers were crowned age champions – Xavier

Rosendale (Junior Boys Champion), Edwin Cho (11 years Boys Champion) and Jessica Trang (Senior Girls Champion) who just edged out Litia Fusi. A big congratulations again to Mr. Windle who ran a very professional carnival and to our students who were crowned overall winners of the 2016 Zone Swimming Carnival.

### **After School**

To be quite honest, I do like the fact that parents and children stay around after school as I know it is all part of strengthening friendships for both parents and children. My only worry is that a few children treat it as a time to run all around the school – without supervision! Being the manager of this site, I am ultimately responsible for the safety and wellbeing of everyone on site and this includes after school. At this stage, I am still willing to keep our school open for parents and children after school until 3.30pm, but if I see any more instances where children are running around the school unsupervised, I will have to revise the after school time to 3.10pm. I thank you all in advance for your co-operation in this matter.

### **The “Tell Them From Me” student feedback survey**

I am delighted that this term, our school, like many others in the state, will participate in a Department of Education initiative: the Tell Them From Me student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au/information-for-parents>.

The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help improve how they do things at school.

I want to assure you that the survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between **14 March and 8 April**. Participating in the survey is entirely voluntary.

A consent form and a list of frequently asked questions (FAQs) for parents/carers about the survey is being sent home with students. If you do not want your child or children to participate, please return the consent form to school by **Monday 7 March**. The FAQs and copies of the consent form, including translated consent forms, are available from the website above.

### **Hats**

Hats are becoming an issue within our school again. As a school community, we all need to be aware of the rules surrounding our school hats.

1. If a child has no hat outside, they are instructed to play in the shade. If they defy this instruction, they can be put onto detention.
2. Years K-4 are permitted to wear the Legionnaires type cap (with a flap) or the bucket type hat. Students are not to fold the flap inside the cap at any time – the purpose of the flap is to protect your children.
3. Years 5 and 6 get to wear a special cap. No other grade will be permitted to wear this cap. These are out of stock at the moment but should be available in April.
4. School Uniform Policy dictates that a school hat must be worn. Please ensure that your child places their school hat in their bag overnight so they don't forget it. If they lose their hat, we expect that it will be replaced at your earliest convenience.

Thank you for your support in this matter.

### **Selective High School Test**

Applicants for Year 7 placement in a selective high school in 2016 are required to take the Selective High School Placement Test to be held from 9.00am to 1.30pm on **Thursday 10 March 2016**. Students must return to school afterwards or their absence will be recorded as a partial absence.

The test centre for students from our school is:

**Sefton High School  
Munro & Hector Sts  
SEFTON NSW 2162**

All parents were sent a letter advising them about the test centre their child is required to attend. They were also sent a copy of a test information bulletin.

The test centre allocations and a copy of Test Information for Parents and Students are available to principals from the Department's intranet site, [https://detwww.det.nsw.edu.au/directorates/schoimpro/EMD/shs\\_publications.htm](https://detwww.det.nsw.edu.au/directorates/schoimpro/EMD/shs_publications.htm) and parents may check test centre allocations at:-

[http://www.schools.nsw.edu.au/media/downloads/schoolsweb/learning/k\\_6assessments/ss/ss\\_testcentres.pdf](http://www.schools.nsw.edu.au/media/downloads/schoolsweb/learning/k_6assessments/ss/ss_testcentres.pdf).

### High School Forms

We will be holding a High School form information night on **Monday 7 March 2016 at 6pm** in the Hall. At this information session, we will hand to you the High School forms and explain to you how to fill them out. The tips and hints we give you at this meeting are crucial if you want to have the best chance of sending your child to the high school of your choice. Please ensure at least one parent is in attendance if your child is in year 6 this year.

### Platinum Awards

Being Green suggests that your child is behaving very well and is doing what our teachers expect of them in the classroom and the playground. These awards in its current format have been running for almost 2 years now and over the last couple of weeks we added 2 new people to our list so far this year.

Week 5 recipients were:-

Issey Lee (S2B) and Xinlong Wu (S2F). There were no recipients in Week 6. Well done Issey and Xinlong!



### Welcome back Ms Brebner!

A big welcome back to Ms Brebner who is back at our school 3 days a week on 2 Bottlebrush after her maternity leave with her third child. We are all thrilled to have her experience and enthusiastic nature back in the school. Also, a big thank you to Miss Siu for her work on 2 Bottlebrush – they have had a fantastic start to the year and we recognise that Miss Siu is a great teacher so we'll be trying to hang onto her in some capacity.

### Student Leadership Day

The GRIP Leadership day is next Monday 7 March 2016. This has proved to be an excellent day for the leaders who come back inspired to their very best for the school. Our 10 school leaders will be accompanied by Mr. Duffy for the day and Mr. Duffy and myself will be responsible for the transport to and from the event.

### P&C Meeting

Our next meeting is the Annual General meeting and will be held on **Tuesday 8 March, starting at 9.15am in Lidbury Hall**, directly after our special K-6 assembly. This will also be the Annual General Meeting.

### Website & School App

We encourage you to keep an eye on our school website [www.lidcombe-p.schools.nsw.edu.au](http://www.lidcombe-p.schools.nsw.edu.au) and to become involved in our school and work with us in the interests of your child's education. We have also purchased a "School App". All you need is an iPhone, iPod Touch, any smartphone android device (eg Samsung) or an iPad, and then download the free "School App" to your device. Having a school app will revolutionise our communications with our community. It will be a notification type service, that will allow you to get updates, reminders and even our school newsletter !

Get into the App store on your phone or device, put into the search engine "Lidcombe Public School". Our school logo will come up straight away, so press the button to install.

Once it is installed, you will need the username and password to get into the information provided on our school app.

User Web Portal, iPhone App and Android App

username: **community**

password: **lidcombeps**

We have also launched a Facebook page called "Lidcombe Public School". Many of you have already liked our page which means of course, you will get all of our messages and updates. If you haven't liked our page yet, just put into the search engine "Lidcombe Public School" and it should be the first item that comes up, select it and you be on the Facebook page to like it.

### Excursions and School Performances

During the year the students will be provided with opportunities to participate in excursions, visiting performances and other activities that cost money. These activities are very important to the overall education of your child(ren) and therefore it is expected that all children involved will attend. If parents require assistance with payment for any of these activities, please speak to Mr. Lewis.

## Donations – Technology

A massive thank you to Mr and Mrs Abdullah (Ameer's parents – 3/6R), who recently donated 10 iPads and covers to the Special Education Unit. This is an unbelievable donation and will certainly change the way the Special Education Unit deliver lessons in the future. Thank you both so much for your great support of our school.



### For our Kindergarten parents.....

Our new Kindergarten students have settled in well and have begun their great journey for learning in the primary years with great enthusiasm. Just a couple of reminders are below to help you make your child as successful as possible:

\*All students need to wear closed in shoes – no sandals or thongs!

\*All students must be wearing a school hat outside as part of our Sun Safe policy. They are only \$12 at our uniform shop. PLEASE make sure you label all hats with your child's name.

\*It is summer at the moment, so jumpers are probably not a wise thing to dress your children in. Put the jumper in your child's bag if you are worried.

\*We have a program called "Crunch and Sip" happening at 10am in the classrooms. Your child needs a small portion of fruit (bite-sized) and water to drink every day for this activity. Please see further information regards Crunch and Sip in this newsletter.

\*Please ensure that you pack an appropriate amount of lunch to eat each day. We have witnessed some Kindergarten students take almost the whole of their lunch break to consume what they have for lunch. Play time is important too.

\*Please make sure that your child has a spare pair of underpants/shorts in their school bag in case of accidents.

## Medical Issues

As a reminder, we have a few children who have an extreme allergic reaction (which can be life threatening) to peanuts and other nuts. This means that this child cannot come into contact with other

people who have eaten nut products (eg. Nutella, peanut butter, any types of nuts or any foods that contain nuts or nut products.) I realise that the school can never really be nut free, but I'm sure that all parents can be very vigilant about this problem and not send their children to school with anything that contains nuts, including home made birthday cakes etc. This way, we will become nut-aware. It is a challenge for us at school as well as our community, but I am confident that everyone will pull together to make our school a safe place for every child.

As a rule anyway, if your child does present as ill before they come to school, it is better that you keep them at home, so as not to spread the disease throughout the school. We respectfully request that all children and parents of Lidcombe PS follow these guidelines over 2015 and beyond. If you have any enquiries regarding this, please contact me at the school office.

### **Closing the main school gate**

**If you are visiting the school during school hours and coming through the main school gate, please make sure the gate is closed behind you when you enter and when you leave to avoid a quick and easy exit for some of our younger students. We have a student in our school who is a flight risk, so this issue is very important !!! Also, we are keeping the pool gate near the Uniform Shop closed as well – please ensure when you walk through it, you close it behind you !**

## Mobile Phones

While it is accepted that mobile phones play an important part in modern life and communications, it is important that all staff, students and parents accept that their use during class time and on various other occasions at school is inappropriate.

If mobile phones are to be brought to school by students, they need to be switched off and left in their bags until 3pm or better still, left at the office. Parents and carers must give written permission for students to bring mobile phones to school. The school will not accept any responsibility for a mobile phone being lost or damaged.

## Fruit Breaks – Crunch and Sip

Like last year, our staff decided they would follow the new program "Crunch and Sip" in their classrooms, to improve the way our students think at crucial periods during our school day.

As our morning session is 2 hours long, and physically, some children have not eaten for 4 hours between breakfast and recess, we are now asking that you provide a small portion of fruit (you determine the size depending on the age of your child(ren)), so they can



spend 2 minutes at around 10am having a quick bite of something healthy to recharge them for the rest of the morning. Also we are encouraging the use of a water bottle filled with chilled water only, to sip on at this time. The rules are, however, that it must be a small piece of fruit and water only to take advantage of this break. If you would like more information about this program, see Mr. Lewis, Mrs Rush or visit [www.crunchandsip.com.au](http://www.crunchandsip.com.au). I am sure that this will lead to even more success in the classrooms.

### More Little Athletics Success

Last newsletter, I reported to our community how well some students did at their Regional Little Athletics Championships on the weekends. Well last Saturday was the last day for the Little Athletics season and I have received information on how the Soliola children fared.

Last weekend at Bankstown Sports centre championships ,Tai Soliola from class 1A broke the Discus u6s boys record with a throw of 13.26 – this smashed both the centre championship record set back in 2007 (11.68m) and Ground record set back in 2013-14 (13.04m). Next year he will have the big task of taking on the u7s boys record set by Jamal Idris of 28.02m set back in 1997.

Elizabeth Soliola from class S2H has also broken a record at the championships U8s Girls Discus and is also the current grounds record holder with 22.34m. This record was originally set back in 1983 (21.78m) until Elizabeth broke it.

Also, former student Monalisa Soliola also broke the record on the weekend in the u12s Girls Javelin with a throw of 26.40m.

It's great to communicate success and enjoyment for something our students are passionate about. What a way to finish the Little Athletics season – well done Tai, Elizabeth and Monalisa !



### Car Parks / Parking

Unfortunately, I must stress this particular point again, but in any case our new Kindergarten mums and dads might not be aware of this either. The car parking facilities (the Staff car park at end of Mills Street and the two located off Doodson Ave) **must not** be used by parents or carers to **park in or walk through**. One parent on our first day of school, in a maroon car, parked inside our grounds, let out their children and then proceeded to drive over our Basketball court to leave via Mills Street. Quite a few parents have been seen parking in our grounds or behaving in an unsafe manner outside the school, **(mostly parents that know the rules!)** but the fact is that if everyone started parking in our grounds, we would be **seriously compromising the safety of the students**. Please ensure you drop your child(ren) off outside the school in a safe manner or walk you children to and from school using the pedestrian access points, **not** through the car park.

Other parents have now complained about our parents double parking in Doodson Ave and Mills St. What is happening is extremely dangerous and stupid, with students getting out of cars from the wrong side of the car into oncoming traffic. We almost had 3 children run over the other day! Please do not double park to let your children out. It is against the law and I have no problem contacting the authorities and giving them your license plate number if you are doing the wrong thing out there. I would really appreciate your assistance in this matter.

### Toilets

The toilets at the end of our school buildings are for the use of the students only. If you are on site and are in desperate need to go to the toilet, please go to the office and use the toilets there. As I'm sure you can appreciate, having adults and school students access the student toilets (someone even used the inside Kindergarten toilets !) at the same time can create a child protection issue. We will be sign posting our toilets with signs saying "No Parents allowed" once they come in.



## Newsletter

**ALL NEWSLETTERS** are now emailed to parents. Please ensure that email addresses are up to date at the office so that you do not miss out. If you know of a parent who is not receiving the newsletter by email please ask them to contact the office.

The newsletter can also be accessed via our school website <http://www.lidcombe-p.schools.nsw.edu.au>, via the school app or the link on our FB page.

### EXPRESSION OF INTEREST NEWSLETTER

I would like to have the newsletter emailed to me each fortnight.

Name of Child: \_\_\_\_\_

Class: \_\_\_\_\_

Name of Parents: \_\_\_\_\_

Email address:- \_\_\_\_\_

Please hand in to Mrs Rush in the office as soon as possible.

## DID YOU KNOW???



Under the Companion Animals Act 1998 No 87 (14.1.e), dogs are prohibited in school grounds, (whether or not they are leashed or otherwise controlled).

For the safety of all students, toddlers, babies and adults, please do not bring dogs into the school grounds, even on leashes. Some children have a genuine fear and it can be quite distressing for them as well as for parents, particularly those with very young children. Thank you for your support in this matter.

Principal

## 60 SECONDS WITH MR. LEWIS

This newsletter, the Nahle twins (Medinah and Ruqayah) from K Orange are our focus of 60 seconds with Mr. Lewis.

Name: **Medinah and Ruqayah Nahle**

Class: **Kindergarten Orange**

Who is older ? **Ruqayah is older by 2 minutes.**

What games do you play ? **Medinah – Hide and Seek, Ruqayah - Tips**

What would you like to be when you grow up ? **Medinah – Doctor, Ruqayah – a Mum**

Best piece of advice you have ever received ? **Both - Be good at school.**

Favourite thing to do ? **Medinah – Cooking, Ruqayah - Drawing**

Favourite school subject ? **Medinah – Art, Ruqayah - Numbers**

Favourite colour and number ? **Medinah – Purple & 100, Ruqayah – Pink & 1 million**

An interesting fact about yourself. **Medinah – I like mermaids**

**Ruqayah – I like dresses**

Is there any one thing you can't do without ? **Medinah – My family**

**Ruqayah – A pink car**

What's your favourite school moment ? **Both – coming to school on the first day !**

Thanks for spending 60 seconds with Mr. Lewis, Medinah and Ruqayah !



## SCHOOL TIMES

**Students MUST NOT arrive at school before 8:30 am and must leave promptly at 3:00 pm**

Parents are reminded that school supervision exists between 8:30 am and 3:00 pm. A Before and After School Care facility is provided on the school site for parents needing child minding. Contact 9749 2817 after school hours for further details.

Leaving students unsupervised on school grounds has legal implications for both the school and parents.

Access to the school is only possible via the pedestrian gate near the sandpit (Mills Street) during school hours. All visitors must report to the school office. Unauthorised persons on school premises are considered to be trespassing and will be reported to the police.



## SMOKING IS PROHIBITED ON SCHOOL PREMISES



## “WHAT IS BULLYING? – Michael Grose, ParentingIdeas



DO WE MIX IT UP WITH TEASING AND OTHER FORMS OF MEAN BEHAVIOUR?” It’s an important topic that needs clarification.

Bullying is a term that’s wrapped in emotion. For many people it’s associated with bad childhood memories. It’s been estimated that around 40 per cent of people have experienced bullying in the past. It’s something that we don’t want to happen to our kids.

But I fear it’s being overused at the moment and can be confused with teasing.

Teasing refers to annoying, hurtful behaviour that is used to get a reaction from someone else. Teasing can be persistent in nature, but not always. It’s generally an attempt to get under a person’s skin. It can involve name-calling; it can be personal and hurtful in nature. It can also infringe on another person’s rights. But generally teasing doesn’t have the key ingredients that make up bullying.

Bullying is the selective, uninvited, repetitive oppression of one person or group by another. It involves three elements – intent to hurt or harm; power imbalance; and repetition over time. It takes many forms and guises including physical aggression; verbal abuse; emotional aggression (or blackmail); intimidation; harassment and exclusion.

The new cyber-dimension to bullying has moved the goalpost for many kids. In the past children and young people could escape bullying behaviours by being at home. Cyber-bullying means that children can’t escape bullies like they once could.

Why the distinction?

I hear the term bullying misused a great deal in the media and when talking with parents. We run the risk of “The Boy Who Cried Wolf” Syndrome where we become so desensitised to the term that we (or teachers) ignore it when children really are the victims of bullying. We also run the risk of failing to skill our kids up to manage rudeness and teasing if we categorise every awful behaviour that kids experience as bullying.

Our ability to be discerning about bullying is as important as the action we take when we are sure that our child is on the receiving end of bullying behaviour. These actions include: dealing with feelings; providing emotional coping skills, getting others involved; building up a child's support networks; and building self-confidence that can take a battering.

Bullying needs to be taken seriously. But we also need to be discerning about bullying behaviours.

## LIDCOMBE SWIMMING CARNIVAL 2016

Event	1st	2nd	3rd
<b>Girls 100m freestyle</b>	Jessica Trang	Evelyn Phuong	Litia Fusi
<b>Boys 100m freestyle</b>	Xavier Rosendale	Edwin Cho	James Seo
<b>8yr girls freestyle</b>	Rudia Chung	Evangelina Fusi	Zara Zanic
<b>8yr boys freestyle</b>	Matthew Bae		
<b>9yr boys freestyle</b>	Daniel Kim	Xavier Atkins	XinLong Wu
<b>9yr girls freestyle</b>	Michelle Cho	Alex Hummelshoj	
<b>10yr boys freestyle</b>	Xavier Rosendale	Ashton Phuong	Sean Rodrigues
<b>10yr girls freestyle</b>	Tiana Davey	Jenny Park	Amanda Gong
<b>11yr boys freestyle</b>	Edwin Cho	Jerry Zhang	Mujahid Kanj
<b>11yr girls freestyle</b>	Olivia Ivanac	Natasha Rodrigues	Jemma Eken
<b>12yr boys freestyle</b>	David Kim	James Seo	Brian Thai
<b>12yr girls freestyle</b>	Litia Fusi	Jessica Trang	Karina Zubkov
<b>JNR boys breaststroke</b>	Xavier Rosendale	Ashton Phuong	Sean Rodrigues
<b>JNR girls breaststroke</b>	Michelle Cho	Tiana Davey	Amanda Gong
<b>11yr boys breaststroke</b>	Edwin Cho	Mujahid Kanj	Jerry Zhang
<b>11yr girls breaststroke</b>	Natasha Rodrigues	Halle Tarpis	Olivia Ivanac
<b>SNR boys breaststroke</b>	David Kim	James Seo	Christian McCarthy
<b>SNR girls breaststroke</b>	Litia Fusi	Jessica Trang	Karina Zubkov
<b>JNR boys backstroke</b>	Xavier Rosendale	Joseph Kim	Emre Arican
<b>JNR girls backstroke</b>	Tiana Davey	Michelle Cho	Rudia Chung
<b>11yr boys backstroke</b>	Edwin Cho	Jerry Zhang	Tim Yoon
<b>11yr girls backstroke</b>	Sophie Edwards	Natasha Rodrigues	Caitlyn Bui
<b>SNR boys backstroke</b>	James Seo	David Kim	Brian Thai
<b>SNR girls backstroke</b>	Litia Fusi	Jessica Trang	Evelyn Phuong
<b>JNR boys butterfly</b>	Xavier Rosendale	Ashton Phuong	Ethan Park
<b>JNR girls butterfly</b>	Tiana Davey	Michelle Cho	Alex Hummelshoj
<b>11yr boys butterfly</b>	Edwin Cho	Mujahid Kanj	
<b>11yr girls butterfly</b>	Natasha Rodrigues	Caitlyn Bui	Mariam Issa
<b>SNR boys butterfly</b>	James Seo	David Kim	
<b>SNR girls butterfly</b>	Jessica Trang	Evelyn Phuong	Litia Fusi
<b>Boys IM</b>	Xavier Rosendale	Edwin Cho	Ashton Phuong
<b>Girls IM</b>	Jessica Trang	Litia Fusi	

### House points

- 1<sup>st</sup> – 660 – Boomerang
- 2<sup>nd</sup> – 540 Didgeridoo
- 3<sup>rd</sup> – 380 – Woomera
- 4<sup>th</sup> – 170 – Nulla Nulla



**Auburn Zone 2016 - 1/03/2016  
Team Rankings - Through Event 40**

**Combined Team Scores**

Place	Team		Points
1	Lidcombe	Lidcombe	1,148
2	Blaxcell St	Blaxcell St	600
3	Guildford West	Guildford West	582
4	Guildford	Guildford	321
5	Granville East	Granville East	254
6	Granville South	Granville South	229
7	Rosehill	Rosehill	157
8	Merrylands East	Merrylands East	152
9	Auburn West	Auburn West	111
10	Auburn	Auburn	54
10	Granville	Granville	54
<b>Total</b>			<b>3,662.00</b>

## HIGH SCHOOL INFORMATION DAYS



The year may have only just started but the high school process for students going to high school in 2017 is about to start. Many high schools have an open morning/afternoon for parents and students to visit and see what the schools have to offer. The remaining dates are as follows:

Birrong Boys High School	9644 5200	8 March	4pm-6pm
Birrong Girls High School	9644 5057	9 March	10.30am-
12.30pm			
Burwood Girls High School	Info evening 9747 3355	29 February	7pm
Homebush Boys High School	9764 3611	16 March	9.30am-
11.30am			
Strathfield Girls High School	9746 6990	9 March	6.00pm

## SCHOOL BANKING



Forms to sign up for school banking are available from the school office. Weekly deposits can be as little as 5c up to whatever amount you would like. If you are not already a Commonwealth Bank customer you will also need to show us 100 points of identification.



Banking day at Lidcombe Public School is every Wednesday. Bank books must be left at the office before 9am on Wednesday mornings. Bank books are returned to students on the following Tuesday.

## TRIPLE P PARENTING PROGRAM



Don't forget our fabulous Triple P Parenting Program being run on a Tuesday morning after assembly in the Before & After School Care Rooms. Child minding is available, please let Julie know if you will be attending. The Tuesday 8 March will start at 10.15am after the P & C meeting/AGM.

## SCHOLASTIC BOOK CLUBS



Scholastic Book Club brochures are usually offered twice per term. In each brochure there are books and resources for different age groups and various special interest themes are offered throughout the year. There is no obligation to purchase books through book clubs. By participating, our school earns bonus points which are used to obtain resources for the library and classrooms.

Should children wish to order, they generally have one week from the time the forms are given out. Complete the order form and ensure that the child's name and class are recorded at the top. Place in an envelope with payment and return to the class teacher.

Payment can be made either by cash, cheque (made out to "Scholastic Australia") or credit card (by phone or internet). There is no minimum limit for credit card payments and, if ordering from more than one club, orders can be totalled and included on the one credit card slip.

Generally children receive their orders about two weeks after the club issue closes.

Miss Sage, Book Club Organiser

## PSSA RESULTS – WEEKS 1 and 2

### Round 1 – 19th Feb

Team	Opponent	Score	MVP
Boys T-Ball	Granville	Lost 6 – 10	Damian Lo
Girls T-Ball	Granville	Won 26 - 6	Elizabeth Soliola
Boys Softball	Granville	Won 4-3	Hyun Kim
Girls Softball	Granville	Won 13-0	Litia Fusi
Junior Cricket	Auburn North	Lost 9 - 13	Jerry Zhang
Senior Cricket	Auburn North	Won 28 - 23	Andy Lopes
Junior / Senior AFL	No game		



### Round 2 – 26th Feb

Team	Opponent	Score	MVP
Boys T-Ball	Auburn West	Lost 13 - 15	Matthew Bae
Girls T-Ball	Auburn West	Won 12 - 1	Fatima Jamshidi
Boys/Girls Softball	Bye		
Junior Cricket	Auburn West	Won 49-10	Billy Soliola
Senior Cricket	Auburn West	Lost 27 - 35	Tim Yoon
Junior AFL	Granville	Lost 19 – 23	Xavier Rosendale
Senior AFL	Granville	Won 37 - 26	Hossam Zreika

## PARENT RESOURCE / LIBRARY GROUP - Lidbury Hall – 9am – 11am

On Thursday mornings (just for the time being – we will go back to Tuesdays next term), parents are invited to come and help us make resources to be used in the classrooms. Cutting, laminating, pasting etc. If you have an hour or two to spare and would like to join us for a cup of coffee, a chat and help out at the same time, meet us in Lidbury Hall. No experience necessary! We will also be helping the library out by getting books ready to go on the shelves.



## BERALA UNITED GIRLS PHYSICAL CULTURE CLUB

MONDAYS - St. Peter Chanel Hall, Kingsland Road, BERALA

FRIDAYS - Berala Public School Hall, Harrow Road, BERALA

### COME DANCING TO :-

KEEP FIT - HAVE FUN - MEET NEW FRIENDS

### 2016 CLASSES

Fun, upbeat, pop music is the soundtrack to a sport that fuses dance styles such as Jazz, Ballet, Hip Hop, Contemporary, Aerobic dance and even Yoga! Our innovative choreography changes annually and is designed for maximum variety and fun!

Physie (also known as Physical Culture) is the perfect combination of movements designed to increase strength, fitness and flexibility. The benefits for your daughter include increased co-ordination, brain development and confidence.

INSTRUCTRESSES - NICOLE BAKER & REBECCA WHITE

Bjelke Petersen Syllabus taught.

ENQUIRIES - Karen White 9793 2422 / 0408 263170

Denise Baker 9649 6218

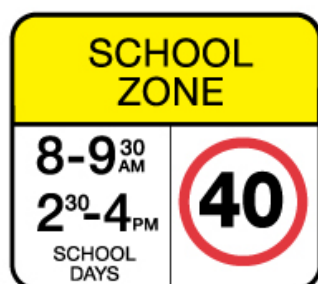
Email:beralaphysie@hotmail.com

Or check out our website: [www.beralaphysie.com.au](http://www.beralaphysie.com.au)

**NEW MEMBERS WELCOME - FIRST LESSON FREE!**

Motorists are required to drive at no more than 40 km/h through school zones, marked clearly with road signs.

### School Zone penalties



Fine and demerit point offences in school zones during posted school hours 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.



## PARRAMATTA BASKETBALL



## SCHOOL HOLIDAY CAMPS

**April 18<sup>th</sup> to April 21<sup>st</sup>**

3 days of FUN games and training followed by a full day of BASKETBALL MINI COMP.

YES JUST \$45 a day for a specialised Basketball Program with professional coaches. Pay for 3 days and get the 4<sup>th</sup> day FREE. That's 9 till 3 for 4 days for \$135. Canteen available and lunch orders accepted every day.

AUBURN BASKETBALL CENTER is in WYATT PARK, Lidcombe. Call us on 96465343

Earlybird registration go into win a FREE WILDCATS BALL

## HEALTHY RECIPES



Nutrition Snippet

## The simplest way

...to cook quesadillas.

### Beef & Veggie Quesadillas

Serves: 5

**Ingredients:** 1 tbsp olive oil; 1 med brown onion, chopped; 1 clove garlic, diced; 200g button mushrooms, chopped; 500g beef mince; 1 large zucchini, grated; 1 large carrot, grated; 2 medium tomatoes, diced; ½ tsp ground cumin; ½ tsp ground coriander; ¼ tsp cinnamon; 10 medium tortillas; 250g reduced fat cheese, grated.

**Method:** Cook onion, mushrooms and garlic in frypan with olive oil until soft. Add mince and spices. Brown the mince, add zucchini, carrot and tomatoes. Cook for about five minutes. Lay a tortilla flat, layer half with cheese, a few spoons of mince and top with more cheese. Fold over. Cook in sandwich press until cheese melts and tortilla is golden crisp. Cut in half. Serve with salad. Refrigerate leftovers and add to lunch boxes.

**Variation:** add a tin of kidney beans for a more authentic Mexican dish and extra veg.



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

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.



Health  
Western Sydney  
Local Health District



Nutrition Snippet

## The simplest way

...to create yummy sandwiches.

Wholegrain breads and cereals - the foundation of a healthy lunch box, and great base for yummy fillings.

Cancer Council's *Eat It To Beat It* program recommends limiting or avoiding processed meats (sausages, frankfurts, bacon, ham) because of their link with increasing the risk of bowel cancer.

Try some of these great ideas:

- Roast pumpkin with salad (grated carrot + lettuce, pesto + baby spinach) on multigrain, wholemeal or white high-fibre bread.
- Leftover cottage pie or spaghetti bolognese, with lettuce and grated carrot on a wholegrain bread roll.
- Tinned salmon/tuna and canned sweet corn on crispbread.
- Chopped egg and lettuce in a pita pocket.
- Tabouli salad and feta cheese on a wrap.
- Mashed banana and sultanas on sourdough.



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

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