Principal’s Message

The past fortnight has seen our little school participating and hosting a number of community events.

The launch of “Plastic Water Bottle Free” was held in the hall last Friday and attended by representatives from local schools and the community. Distinguished guests included the Mayor of Canterbury Brian Robson, the President of Campsie Rotary Mr Frank Chaoud, staff from Greenpeace, the Sea Life Foundation, Take 3, Total Environment Centre and the Cooks River Alliance. School leader Tom Treuer delivered a poignant speech which encouraged students, staff and community members to refill sustainable drinking bottles to prevent unnecessary waste from plastics entering precious waterways. Several members of the audience commented on the high quality of the speech. Thank you to Nicole Crain (Noah’s mum) and Suzanne Trimmer (mum to Jack and Henry) and your team of willing volunteers for organising the morning tea that followed.

The school’s Clean Up and Planting day was also a huge success. Every student had an opportunity to participate in planting even if they did get a little wet! Thank you again to Bryony Heath and Natalie Bishop (Freddie’s mum) and Annabel Kain (Spencer and Charlie’s mum) for organising this initiative. Our school has a long history of excellence and innovation in environmental education and this was certainly upheld on the day.

Mrs Emmington’s farewell assembly was beautiful. The speeches were touching, performances from the choir and the strings were mesmerising and the teachers’ song provided amusement for the entire audience. Mrs Emmington had a wonderful morning and wanted me to pass on her thanks to everyone for making the occasion so special. Special thanks must go to Lisa Wright and the SRC for organising and running the assembly, Christie Ciantar for the slideshow, Meghan Ryan and the student musicians for the performances, Sadie Davies for her general organisation and to Emma and Alexis for their thoughtful speeches on behalf of the P&C.

The music information night was comprehensive and fun. I’d like to thank the music committee; David Lewis (dad to Greta), Andrew Johnson (dad to Mia and Zoe), Glenn Smith (dad to Charlie and Spencer), Chris Trimmer (dad to Henry and Jack) and our teacher representative Meghan Ryan for their organisation of the evening. The hall was full with families interested in renewing their commitment to the band and ensembles, as well as those embarking on this musical journey for the first time. I’d also like to thank the Band Director, Kane Wheatley and Strings Director, Rhea Sullivan and all the music tutors for readily giving up their time to allow our students the opportunity to share their passion for music and try the instruments available. It was a wonderful evening and everyone left having received the information they needed, heard some beautiful music, tried out a range of instruments and most memorably having made some music themselves.

Did you know that Canterbury Council removes over 15,000 plastic bottles from the Cooks River every year?
Parent Workshop
Last night we had 14 parents attend the ‘Helping your child with reading’ workshop which ran at two different times 3.30 – 4.30pm and 6.00 – 7.00pm. Lisa Wright (Assistant Principal 3-6 and teacher of 2/3W) presented a range of practical strategies to engage children in reading. I’d like to thank all the parents for their attendance and engagement in the session and I’d like to thank Lisa for so willingly sharing her professional knowledge and time after a full day of teaching. It’s our aim to run at least two parent workshops per term. The next parent workshop on Thursday 27th March is ‘Positive Behaviour for Learning’. Future topics flagged are; ICT, numeracy, OC and Selective school placements, NAPLAN, gifted and talented education.

“It was very informative, both to review and improve, and the practical exercise was humbling and gave a very good perspective on the importance of providing context. I also appreciated understanding a little more about the teaching philosophy and practice for now and for the coming years including the world of NAPLAN, essay questions and general writing.” Rebecca Illife - workshop participant.

Community Language Program
I have had several parents ask me about the Community Language Program. Unfortunately at the end of last year the Department of Education reviewed our school resources and due to decreasing numbers of students from Greek and Chinese language backgrounds, made a decision that our school was no longer entitled to the funded language program. With this in mind, Connie Emmington (Relieving Principal 2013) consulted the community to explore options to keep language teaching alive at the school.

The community was surveyed as to the language preference to be taught at the school and while only seven parents responded to the survey, there were plans to teach a language as part of the RFF (release from face to face teaching) program this year. Connie had planned that either herself or Mai Quintal (current teacher of 1/2Q) would teach the RFF program. Connie’s promotion and the fact that we grew in numbers and formed an additional class this year meant the initial plans were no longer feasible. Currently (although this could change at any moment) we are very fortunate to have Andriana Filopoulos (Greek teacher), Rong Xie (Chinese teacher) and Kiranjit Randhawa (ESL teacher) above establishment. That means that in the short term we can continue to utilise their expertise to ensure every class across the school continues to benefit from some language teaching. This is the very best we can do at this stage. It has been suggested me to that the P&C could fund a language teacher and while this is a wonderful idea we must remember that we are a small school and one that is already punching significantly above its weight in terms of the breadth of opportunities afforded to the students. The P&C supported by the whole school community, should be incredibly proud of this.

Anaphylaxis Procedures
Currently Brigid McGill (School Administration Officer), Kylie Van Blerk (Relieving School Administration Manager) and the school’s Workplace Health and Safety Team (Jennie Hanna, Sadie Davies and myself) are reviewing and tightening procedures to ensure that we provide the highest level of safety and care for all students, staff and parents in our school. Below are the steps schools mandated to comply with:
- Enrolment forms are checked for medical details/allergies and the principal is notified immediately.
- Identify who is at risk using the ‘students with severe allergies form’.
- Collect relevant information related to the condition.
- Conduct an assessment of potential exposure in the student’s routine and develop an interim plan.
- Complete an Individual Health Care Plan including an Emergency Response Plan.
- Complete an Essential Student Health Information form for casual staff.
- Update the workplace Emergency Management Plan and First Aide Plan to include emergency response and first aide advice for anaphylaxis and other complex medical conditions.
- Update the School Anti-Bullying Plan to include advice for the prevention of bullying of students with anaphylaxis and other complex medical conditions.
- Implement the Risk Management Plan – managing exposure to allergens in the workplace.
- Consider risks when planning excursions, sporting activities or changes to routine onsite.
I am looking forward to seeing lots of parents at the P&C meeting on Wednesday evening 7.30pm in the staffroom. On the night you’ll have an opportunity to meet Mr Albert Vella President of the Federation of Community Language, farewell Connie Emmington and sign up for another year of school service as it’s also the AGM.

Remember that Swimming Scheme starts next week, please ensure your child is well rested each day and comes to school with all the necessary items needed for the day. Inevitably there is always at least one child who forgets their goggles, swimmers or towel. I am expecting that all students will attend these lessons as swimming and water safety is a necessary life skill. Please finalise your payments if you haven’t done so already.

Lastly, the Special Education team are looking for a car booster seat or wheelchair to be donated. If you have either or know of someone who may wish to donate these items please contact the office.

Berlinda Cook
Principal

Please remember to return your Resources, Voluntary Contribution and Swim Scheme note and payment.
Ms. Cook’s Challenge

Pandora from KK used lego to create a sculpture of her kitchen, bedroom, bathroom and the family car. Impressive!

Henry and Jack used “Instaframe’ to create artworks of their bedroom. Highly creative—I’d like a bedroom like these.

Greta’s pencil drawing of her bedroom.

Katie’s shoebox bedroom creation.

Parent Workshops
SAVE THESE DATE—Parent Workshop

Thursday 27th March
Positive Behaviour for Learning
3.30pm—4.30pm
and repeated between 6.00-7.00pm
Childcare available
Venue: In the library

This month’s challenge might appeal to any poets in our midst — write a poem about our school or a great memory from this school or your schooling. The style of poetry is your choice. It may or may not rhyme, it can be short or lengthy, an acrostic or shape poem. All poems will be published in next fortnight’s newsletter. Please email me your poetic creations to: berlinda.cook@det.nsw.edu.au
I’d like to encourage more students to use their DET email address. Students are also welcome to send me suggestions for future challenges.

“The Carnival of Codes”. Our students had a wonderful time trying out the various winter sports on offer in the local area. Thanks must be extended to the Cooks River Sporting Alliance and Canterbury Hurlstone Park RSL for sponsor and organising the event. It was a huge success.

This newsletter can be found on our school website—
Dates for your Diary

**Garden Committee Meeting:** Wednesday 12th March 7.30pm in the Staffroom

**Music Committee Meeting:** Friday 14th March 4.30pm in the Staffroom

**Canteen Committee Meeting:** Wednesday 19th March 6pm in the Staffroom

**P&C Meeting:** Wednesday 19th March 7.30pm in the Staffroom

**Garden Working Bee:** Saturday 30th March 2pm-5pm

**Garden Market Stall:** Friday 4th April 3pm in the playground

**Family Movie Night:** Saturday 5th April from 5.30pm on the grass

The fact that you are reading the Newsletter suggests you are interested in the welfare of Canterbury Community.

P&C members work hard to enrich the experience of our children in their primary school years and hope that in some way our efforts today help them in the years to come.

What many have observed over the years is that it is only a minority of parents who do the majority of the work. There are many legitimate reasons why people can not spare the time to help but lets not let ignorance be one of them.

There are a few simple ways you can help us lift parent participation. This will also expand the lines of communication between all members of the Canterbury Community.

**Urge other parents to like the P&C Facebook page, read the P&C Newsletter and regularly visit the P&C Website so they can be kept informed.**

**You might also ask “Have you bought you Family Movie Ticket?”**

**At drop off or pick up ask other parents “Which event/activity are you volunteering for this term?”**

**Maybe you help with sponsorship or prizes at one of the events?**

**If you would like to volunteer but have limited time send us a message and we can let you know what projects and activities are on the go.
Many thanks to those who came along to the Garden Bee on Saturday 8th March - Annabel Kain, Amanda Barker, Emma Johnson, Scott Grose & families. We began the big task of spreading mulch through the indigenous garden hoping to increase water retention and reduce weeds for those plants and trees.

A highlight was bashing the olive tree to get the ripening fruits down. Harriet, Alexandra and Penelope made a treasure hunt out of finding the little olive gems whilst Annabel and Scott did the whacking. Some pictures attached, and more coming on the Facebook P&C Page (thanks Amanda!)

Now the olives will make their way to a few of our families who have expertise in olive curing/pickling/brining and volunteered to help with transforming into delicious delights!

Wednesday 12th March 7:30pm will be the next Garden Committee Meeting (in the Staff Room. All welcome to attend and contribute ideas to help us plan the gardens for the year. Contact Natalie Bishop on nat_thecat_bishop@hotmail.com for more information or to submit agenda items if you can’t attend in person but want to get involved.

Sunday 30th March 2pm-5pm will be the next Garden Bee *Please note the new date as we have moved it a week earlier to avoid clashing with the Movie Night. All welcome for the last Garden Bee of Term 1. Bring the kids, scooters, any fave equipment and something for afternoon tea and enjoy a peaceful, social pottering in the school gardens with like-minded people.

Friday 4th April Garden Market Stall (& Green Thumbs Club) - come along 3pm-4pm or until stock runs out - to buy produce fresh from the school gardens or made from select garden ingredients. There will be slices, cakes and other treats too. The first stall was a huge success, so don’t miss out, come early! All proceeds go back into the garden.

If you would like to make something for the stall, or are interested in helping to set up or ’(wo)man’ the stall please contact Rebecca Iliffe on Rebecca@turnstoneprojects.com

Watering Roster - we are currently relying on a small core group of committed volunteers to water our beautiful gardens. It is especially important at this time of the year, when we have just planted in new seeds and seedlings for winter and it is still HOT! If you can find 30mins on any day of the week to come and water the garden fortnightly, we would love some help. Training can be provided! Please email what days you can help to Natalie Bishop on nat_thecat_bishop@hotmail.com or flick us a note on the P&C Facebook page. It’s a great job if you have small children with you as they love to help too :)
P&C News

SUMMER MENU
is on the P&C Website
lots of delicious lunches & treats!!

Weeks 8 & 9
Wednesday Special

Rice Paper Rolls
Fresh rice paper with vermicelli noodles, chicken, carrot, bean sprouts, capsicum & lettuce served with a dipping sauce Delicious!!
$3.50

Thank you to everyone who volunteered at the Canteen in Weeks 5 & 6: Linda Clark, Dorothy Jamieson, Nafiseh Emami, Nicole Sun & Cathy Miller.

Thank you to the Dads Tony Barker and Patrick Miles for doing the Laundry.

Keep up to date with the Weekly Specials at the P&C webpage www.cpspnc.org.au and like us on Facebook https://www.facebook.com/pages/Canterbury-Public-SchoolPC/544192612287164?ref=stream


A fantastic team of Volunteers made 90 mixed sandwiches and cut up fruit to assemble 90 fruit kebabs - an amazing effort!

A huge thank you to Nafiseh Emami, Dora Favaloro, Georgette Kooray, Kate Cook, Elise Howes, Kate Purcell, Annabel Kain, Alan Morris, Suzanne Trimmer, Mel Brungies, Dawn Tuften, Tony Barker, Marina Giokas who had a production line of bread & fillings, fruit & kebab sticks. Thank you to Lynne Scouller who did all the shopping for the day. Thank you as always to Nicole Crain who oversaw and managed the team of Volunteers.
Canterbury Crunch is a member of Healthy Kids Association and as such adopts its principles in the running of the canteen. Please take time to read their philosophy below.

**Healthy Kids Nutrition Philosophy**

Healthy Kids mission is to promote and influence healthy food choices for children. Our work is guided by following 6 key messages:

1. **Variety** - mix things up every day at every meal with foods from all 5 food groups. Include lots of colour and different textures

2. **Whole core foods** - choose nutritious foods from the 5 core food groups with minimal processing. Make sure you can identify what is in the food you are eating

3. **Balance** - remember 'extra' foods aren't every day foods. Enjoy core foods first and incorporate 30mins of planned exercise daily

4. **Portions** - get to know appropriate serving sizes and read labels for guidance

5. **Eat meals together** - sit down to share food moments with family and friends without distraction

6. **Practice mindful eating** - be aware of hunger cues and take time out to eat and experience the moment

Healthy Kids Association is a not-for-profit, non-government, health promotion organisation based in Sydney, Australia. The Association works according to the principles and values articulated in the Ottawa Charter for Health Promotion and the guiding principles for Health Promoting Schools.

Helpers are needed this term to ensure that the Canteen is able to remain open 5 days a week and to keep prices reasonable

*If you think you or a family member are able to help out on any days shifts are from 9am - 10:30am or 11am to 12:30pm or both!*

**Contact Lynne Scouller on 0412 201 423 or lynne_scouller@hotmail.com or Suzanne Trimmer on 0413 082 608 or chris_suzanne@optusnet.com.au**

Thank You
This is our first P&C event for the year and we hope as many families, old and new, can join in for a great community event. Bring your neighbours, friends, and extended family members. Tickets will be available on the night, so don’t worry if someone wants to come at the last minute.

It is also the first fundraising event for the year. Fundraising priorities are developed in cooperation with the school executive team through the P&C. We continue to raise money for the planned playground upgrade but there is a long list of other priorities piling up!

If you have a business or contact for a business that would like to support us please email Phillippa at philippa.talbot@giantsteps.net.au. We acknowledge supporters on the website, Facebook, newsletter and on the big screen at movie night.

Thanks to Your Doctors for supporting this event.

Summer Hill, Ashfield, Leichhardt.
www.yourdoctors.com.au
97973900
Reminder: FRIDAY is School Banking Day
Students should bring in their weekly deposit and hand it to the teacher when they mark the role.

SCHOOL BANKING - REWARDS AVAILABLE
Only 10 Tokens Required!

Choose one of the fabulous new rewards available to help you save regularly. Term One - Scented Pencils and Handball. An information pack with the new rewards will be distributed via your class teacher later this week.

Remember, limited stock of last year’s rewards are still available so gather your tokens and get your order in this Friday.

If you are uncertain how many tokens* your child has, contact Nola Williams on 0408 875 040.

* The number of tokens which were rolled over from last year is the number of deposits made in 2013 less the assumption eligible rewards have been redeemed e.g. if you made 27 deposits last year, the system rolled over 7 tokens.

Ways to help without even trying...

2nd Hand Uniforms
A selection of pre-loved uniforms are available from the drawers outside Mrs McGill’s office. Shirts, Shorts, Pants, Skorts are priced at $2 each and Jumpers and Jackets are priced at $5 each.

Money for pre-loved uniforms should be left in the P&C money box located in Mrs McGill’s office. Any donations of unwanted, washed uniforms can be left in the marked drawers.

All proceeds from 2nd hand uniforms will be used by the P&C to help fund resources for our students.

DON’T LOSE HATS & JUMPERS IN 2014!
Order Stuck on You Labels

Have you lost a hat, jumper, drink bottle or lunchbox at school? Was it labelled? The P&C receive fantastic commission for each product purchased from “Stuck on You” Labels.

Order your labels online - please remember to enter Canterbury Public School in the fundraiser field when placing your order http://www.stuckonyou.com.au

The P&C has now signed up to Aussie Farmers Direct - an Australian owned, award winning, home delivery food business for their ongoing Fundraising Program.

Aussie Farmers range of fresh goods continues to grow and now includes more than 170 different products; from fruit and vegetables, to a range of dairy, bakery, deli, meat, chicken, seafood, pasta and fresh gourmet meals

If you are a member of Aussie Farmers Direct, simply nominate Canterbury Public School on your order and 2% of weekly grocery spends are donated back every six months to support CPS fundraising.

For more information: http://www.aussiefarmers.com.au

To link your existing account go to: http://www.aussiefarmers.com.au/fundraising/linkyouracc.php
Did you know?

• Indigenous men and women die up to 17 years earlier than other Australians
• Indigenous children are dying at more than double the rate of non-Indigenous children
• Many Indigenous people suffer chronic diseases which are entirely preventable and have virtually been eliminated in the non-Indigenous population
• Access to primary healthcare remains extremely poor.

Please accept this invitation to a Community Morning Tea from 8.00-9.20am in the staff room on Friday the 21st of March. As a learning community let’s help Close the Gap.

Students will be bringing home an envelope shortly to decorate in the theme of ‘Close the Gap’, perhaps with messages of how we can all help close the gap. On the 21st of March we ask that students bring the decorated envelope back to school sealed with a coin donation inside. There will be a box at the morning assembly, in which students can post their contribution, to help support the Close the Gap initiative.

The Close the Gap Coalition — a grouping of Indigenous and non-Indigenous health and community organisations — together with nearly 200,000 Australians is calling on governments to take real, measurable action to achieve Indigenous health equality by 2030.

With your support, we are asking for:

• The implementation and monitoring of a comprehensive National Action Plan (developed in partnership with Indigenous communities and health organisations)
• Statistics of shortened life expectancy are our mothers and fathers, uncles and aunties who live diminished lives. We die silently under these statistics
• Professor Mick Dodson, 2009 Australian of the Year and Aboriginal activist and lawyer
• Meaningful partnerships between Indigenous and non-Indigenous communities and health services
• Improvements to Indigenous participation, control and delivery of health services
• A commitment to provide adequate and long-term financial resources including strengthening of the Indigenous health workforce
• A way to address critical social issues that impact Indigenous health (including poor housing, nutrition, employment and education)

Show your support

• Sign the Close the Gap pledge
• Visit the Facebook Page
• Follow Oxfam on Twitter
Does your child sing, think they can sing, OR has always WANTED to sing?
Join our YOUNG GLEE CLUB!
Enrolling now!

PIANO LESSONS, VIOLIN LESSONS, MUSIC THEORY CLASSES, YOUNG MUSIC EXPLORERS (3-5 YRS)

Phone: 02 8084 4179
E-mail: michellespianos@gmail.com
Website:
www.michellespianostudio.com.au
Dear Parents/Carers,

We are pleased to be able to offer students access to the ABC Reading Eggs and ABC Reading Eggspress program through our 2014 school subscription. Your child will be able to access this program online at school and at home. The cost of this program for 2014 is $20 per child through our school subscription. We believe this program is a high quality educational resource that supports student learning in literacy.

If you would like to set up or renew an account for your child please return the slip below with your payment to the white box in the school foyer.

For more information about ABC Reading Eggs and ABC Reading Eggspress you can go to the website: www.readingeggs.com.au

If you have any further enquiries please do not hesitate to speak to me or your child’s class teacher.

Thank you,

😊 Miss Heath
Learning and Support Teacher

ABC Reading Eggs and ABC Reading Eggspress Payment 2014

I enclose the payment of $20.00 for ____________ in class _________.

(student’s full name)