Principal’s Message

I hope everyone had a wonderful holiday and enjoyed relaxing and spending quality time with family members. I spent most of the first week of the holidays catching up on unfinished tasks at school but thoroughly enjoyed the second week of the holidays doing ordinary things with my family like going to the dentist, cleaning out the kids’ bedrooms and returning our algae infested pool back to normal. It’s great to have time to unwind and to have the extra time to tick off the list of household jobs that seem to pile up during term time. Like me, I hope that everyone is well rested and charged for the term ahead, as like always, it’s set to be another busy and exciting 10 weeks. We begin with a bang, with the Cross Country, Harmony day and the fete in the first few weeks - so Canterbury!

Principal’s Morning Tea

On the Wednesday before school ended last term, it was my pleasure to host morning tea for the following students. Students are nominated by staff members across the school for their excellent behaviour and in recognition of their given service to their class, school or broader community.

Mark Strom

On Monday Canterbury PS staff attended professional learning off site at Canterbury Hurlstone Park RSL delivered by Dr Mark Strom, alongside staff from Chullora PS, Canterbury South PS and Croydon Park PS. It was an engaging day and staff left inspired and hopeful about their role in developing and enhancing relationships with students, the community and in their personal lives. At the end of the day, staff were asked to list 5 words that described how they felt about the professional learning and these have been used to create the following ‘wordle’. In the evening the conversation with Mark continued with a parent workshop attended by about 40 parents across our community of schools who braved the wild weather to share in the experience. It’s my hope that everyone left with an idea or point of reflection that made coming home drench all worth it! I know I did.
Teachers were asked to name one thing they would act on as a result of the day’s learning with Dr Mark Strom. Below are some of the things staff (across the community of schools) said. It’s pretty impressive stuff!

- Listen more to students/colleagues/family/friends stories
- Mapping ideas. knowing what students know and making learning meaningful.
- Try and forge better relationships with the children who need more support.
- I will continue listening to my students to see what they need. I will be honest with them about what they are doing and try to but a positive slant on it without being dishonest as children know and value honesty.
- Positive naming for myself in order to be a role model for my own children and aspiring leaders.
- Listen more clearly and ask grounded questions to help grow positive relationships with the students and staff.
- will "tell more stories", start at the end and work backwards with the students and continue to develop relationships.
- Give more lesson time to eliciting student’s tacit knowledge.
- Lead lessons with a question that requires an answer and ensure that every student has the opportunity to create and make to give meaning to their learning.
- Will definitely try to make more effort to draw on and build on the students personal connections to their learning.
- Building relationships and asking questions/stories.
- Try to be more aware of blockers to relationships in my classroom and the wider school community.
- I will strive to practise wisdom as described by Mark Strom: Wisdom is reading and applying life’s patterns with nuance integrity and care.
- Relationships - I will continue to build on them, especially with the more challenging students
- To listen more to the stories of my students.
- Story telling Immersion It’s ok to be different Believe more in myself and have less doubt about myself
- Knowing that what others show is not all they know
- Use mapping
- Finding brilliance in all
- Making sure that I use language that shapes the lives of my students for the better.
- Being more 'present/attentive' in current relations as well as the new ones!
- Building stronger relationships with students and peers
- A focus on strengthening relationships with students and colleagues.
- Increasing stories in learning experiences
- Aim for better relationships with my students.
- Investigating how to use story telling and narratives as a tool in the class room to assist student learning and understanding.
- Focus more on asking grounded questions
- We all learn through stories, integrating knowledge based on relational experiences. A story is central to change and where everyone can shine. It is important to provide an environment where stories arise from conversation.
- Use of the question.... ‘What’s the conversation most important here?’ to help keep student support meetings more focused.
- Being receptive to getting to know myself through knowing others.
- To be in the present and be attentive to what I do everyday. To implement narratives, close relationships & mapping tool in my teaching & learning practice to help support student learning & increase their self-esteem.
Primary OSH
Last term, on the eve of convening the OOSH tender panel meeting I was informed by Rob Thrussell (Department of Education’s Asset Manger) that the meeting would need to be cancelled and reconvened at a later date. This is because the DEC is releasing a new policy to support the tender process in schools. In light of this news I spoke with the DEC to ask for a formal extension of the lease for our current provider Primary Osh until the end of the year and this was accepted. This is great news for the school as we have certainty of care until the end of January 2016. As soon as the DEC releases its revised policy documents, the tender panel will reconvene to begin the tender process to select a provider for the next 3 to 5 years.

Over the holidays the inside of the Before and After School building got a paint job. This was a community venture between Primary OSH, the P&C and the school. The work was completed by our General Assistant Harvey Zapatero and Oscar Gil (dad to Dylan 5/6 and Nathan 3/4).

Canterbury Public School Students Shine - even during the holidays!
Through the holidays we had three of our students, Eda Haller, Greta Lewis and Hugo Ceran-Jerusalem represented our school at the YMCA NSW Parliament Primary School program. This is a program for students in Years 4 - 6 that introduces the idea of parliamentary process as an opportunity for young people to create and advocate for change. Eda, Greta and Hugo were outstanding ambassadors for our school and we and their parents couldn’t be more proud of them!! The future of our nation is in fine hands with young leaders such as them!

During the holidays I received a call from Mr Paul Kougias (Community Sports & ClubGRANTS Co-ordinator) asking if I could organise some of our students to speak at the Members’ ANZAC Cabaret. With little notice Eda Haller and Jack Trimmer rose to the challenge and with the support of their teachers Lisa Wright and Lisa Haller, got together during the holidays to write a speech which communicated their learning having been involved in the Community of Schools’ ANZAC project. I attended the event with my daughter (who was also involved with the project but as a student at Croydon Park PS) on the Friday evening and Lisa Wright, Lisa Haller, Jack and Eda attended on the Saturday evening. From all accounts they ‘brought the house down’ with their poignant speech, impressive public speaking skills and knowledge of the cutlery settings (it was a posh affair) .
<table>
<thead>
<tr>
<th>CLASS</th>
<th>STUDENT</th>
<th>NOMINATING STAFF MEMBER</th>
<th>NOMINATED FOR...........</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4K</td>
<td>Mia Droulis</td>
<td>Amanda Kenny</td>
<td>For always being an exemplary student and helping others.</td>
</tr>
<tr>
<td>K/6D</td>
<td>Hannah Clark</td>
<td>Kristy Do Canto</td>
<td>Improved communication and behaviour.</td>
</tr>
<tr>
<td>K/6L</td>
<td>Adyan Syed</td>
<td>Robert Lay</td>
<td>Improved attention and listening.</td>
</tr>
<tr>
<td>K/3D</td>
<td>Justin Vu</td>
<td>Sadie Davies</td>
<td>Adjusting well to school routines.</td>
</tr>
<tr>
<td>2/3 J</td>
<td>Aysha Sabouni</td>
<td>Griffen Jones</td>
<td>Helping an elderly lady who was in distress, at Canterbury Pool during swim scheme.</td>
</tr>
<tr>
<td>1/2S</td>
<td>Madeline Hutchings</td>
<td>Kim Santarossa</td>
<td>Being an excellent role model and mentor to the younger students in 1/2S as well as the kindies.</td>
</tr>
<tr>
<td>3/4M</td>
<td>Lily Treur</td>
<td>Alenka Madzar</td>
<td>Being a great role model to the younger students in the classroom.</td>
</tr>
<tr>
<td>3/4K</td>
<td>Marla Stevenson</td>
<td>Amanda Kenny</td>
<td>Helping her peers with their learning.</td>
</tr>
<tr>
<td>K/1Q</td>
<td>Dion Stefanis</td>
<td>Mai Quintal</td>
<td>Always helping clean up other people’s mess and for being a great role model to her peers.</td>
</tr>
<tr>
<td>K/1Q</td>
<td>Alex Maron</td>
<td>Mai Quintal</td>
<td>Always completing his work to the best of his ability and for helping others.</td>
</tr>
<tr>
<td>1/2R</td>
<td>Zena Sabouni</td>
<td>Meghan Ryan</td>
<td>Efficient completion of work in class and always being available to help others</td>
</tr>
<tr>
<td>1/2R</td>
<td>Emma Howes</td>
<td>Meghan Ryan</td>
<td>Her valuable contributions in class and readiness to help others</td>
</tr>
<tr>
<td>5/6</td>
<td>Findhy Khow</td>
<td>Dora Koursaris</td>
<td>Her excellent application, manners and citizenship.</td>
</tr>
<tr>
<td>5/6</td>
<td>Keith Batistis</td>
<td>Dora Koursaris</td>
<td>Modelling respectful behaviour and always being engaged in lessons</td>
</tr>
<tr>
<td>5/6</td>
<td>Angelina Courtis</td>
<td>Andriana Filiopoulou</td>
<td>Outstanding performance on Greek Independence Day.</td>
</tr>
<tr>
<td>5/6</td>
<td>Adrijan Petkovich</td>
<td>Kiran Randhawa</td>
<td>Being a model student and always making valuable contributions to class work.</td>
</tr>
<tr>
<td>5/6</td>
<td>Tom Raj</td>
<td>Lisa Wright</td>
<td>Outstanding leadership skills and active citizenship, always!</td>
</tr>
<tr>
<td>5/6</td>
<td>Toby Riggs</td>
<td>Lisa Wright</td>
<td>Outstanding leadership skills and active citizenship, always!</td>
</tr>
<tr>
<td>K/5A</td>
<td>Mariama Kamara</td>
<td>Lisa Aronis Christine Nasser</td>
<td>She has settled into school well, and helps to care for her classmates.</td>
</tr>
<tr>
<td>KV</td>
<td>Amelia Hamilton</td>
<td>Grace Valastro</td>
<td>Being extremely helpful and kind hearted.</td>
</tr>
<tr>
<td>KV</td>
<td>Chloe McGuire</td>
<td>Grace Valastro</td>
<td>Being extremely helpful and kind hearted.</td>
</tr>
<tr>
<td>KF</td>
<td>Talia Breuno</td>
<td>Nicole Fay</td>
<td>His contribution to keeping our class neat and orderly.</td>
</tr>
<tr>
<td>KF</td>
<td>Monty Perrett</td>
<td>Nicole Fay</td>
<td>Maintenance of the garden and his contribution to Green Thumbs.</td>
</tr>
</tbody>
</table>
Canterbury Public school take 3rd place and proceed to the semi-finals!!!!

To support the initiative of Nude Food in our canteen and to more carefully monitor the eating of school lunches we have made a slight change to bell times across the school. Now, they are as follows.

Morning bell as usual - 8.50 and then 9.20am
Eating bell 11.15am (all staff will monitor their students’ eating of lunch)
First half lunch bell 11.30am
Second half bell 11.55am
Reminder bell 12.15 (students will be expected to take a drink and go to the toilet if they need to
End of lunch bell 12.20pm
Beginning of recess bell 1.55pm
Reminder bell 2.15pm
End of recess bell 2.20m

**SAVE THE DATE:** Learning Links numeracy workshop or parents - Wednesday 10th June,
**Autism Awareness Day**

It was a wonderful way to end the term with the Pennant Assembly were we were entertained by our amazing string ensemble and school choir. We also were moved by a poem read by Furkan Bagci in K/6D that increased our understanding of the strengths and challenges for those in our community who have autism. Autism Awareness day was a huge success with many students choosing to spend most of their pocket money on the ‘throw the wet sponge at the teacher challenge’! My Lay, Mrs Haller, Mrs Wright, Ms Do Canto and I were all good sports. There was plenty of focus and enthusiasm to make sure the sponge met its target. Oh what students can achieve when they set their mind to something! Thank you too, to our wonderful families for contributing lots of baked goods and to the parents and grandparents that helped sell on the day. Your support was invaluable!

Lastly I’d like to give a warm welcome to two students who have joined the Canterbury school community this term - Ridaan Kalamkar in Kindergarten and Simone Waugh in Stage3. We look forward to getting to know you and your families.

This is the last newsletter before the fete. I’d like to wish the P&C, Annabel and her willing team of organisers, all the best of luck for the last minute preparations and thank everyone for their contribution, be it baking, manning a stall, making things or just turning up on the day and spending! I look forward to seeing you all there.

**Berlinda Cook - Principal**
How to install School Enews

iPhone and iPad Users
1) Press App Store icon on your device
2) Press Search and type in "Enews"
3) Press "Get", the app will download
4) Press "Open" and accept "push alerts"
5) Search for your school name

Android Users
1) Press Play Store icon on your device
2) Press magnifying glass and type in "Enews"
3) Press "Install", the app will download
4) Press "Open"
5) Search for your school name

Configure Push Alerts
1) Press "Settings / Cog" icon
2) Turn off the lists you don’t want

Other Smartphones and Tablets
Visit http://app.schoolenews.com for more apps

Subscribe for Email Updates
1) Visit your school website
2) Click “School Enews” or “Newsletters & Notes” top heading (might differ slightly)
3) Under the “Subscribe” heading, tick on appropriate lists
4) Enter in your name and email address.
5) Click Subscribe (IMPORTANT: An email will be sent to your email address, you MUST click the “Activate Now” inside this email that is sent to you)
HARMONY DAY

Dear Parents and Carers,

Canterbury Public School will be celebrating 15 amazing years of Harmony Day on Thursday 30th April 2015. The message of Harmony Day is **Everyone Belongs**. It is a day of cultural respect for everyone who calls Australia home – from the traditional owners of this land to those who have come from many countries around the world. It is about inclusiveness, respect and a sense of belonging for everyone.

The students will be participating in a variety of activities from various parts of the world to celebrate Australia’s diversity. This is designed to help students learn and understand how all Australians from diverse backgrounds equally belong to this nation and make it a better place.

We encourage all children to wear orange to support the colour associated with harmony. The school canteen with be selling yummy orange snack foods and 'The Trading Circle' (not for profit ethical Fair Trade organization) will be selling some products in class workshops, so bring some money.

This is not a fundraising event. It is a day of learning and celebration of our values at Canterbury Public School where **Everyone Belongs**.

Yours sincerely,

Ms Koursaris, Ms Heath, Mrs Filiopoulos and Mr Xie
Dear Parent/Carer

Opportunity classes cater for highly achieving academically gifted students who may otherwise be without classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

Applications for opportunity class placement are considered mainly on the basis of the Opportunity Class Placement Test results and school assessment scores. The Opportunity Class Placement Test will be held on Wednesday 22 July 2015.

If you would like to have your child considered for Year 5 opportunity class entry in 2016, you need to do so soon. You will need to apply on the internet using a valid email address (not the student’s email address). Detailed instructions on how to apply online will be available from 27 April 2015 in a printed application information booklet and at www.schools.nsw.edu.au/ocplacement. The application website opens on 27 April 2015 and closes on 15 May 2015. No late applications will be accepted.

There are no paper application forms. If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Unit for assistance after 27 April 2015.

You must submit only ONE application for each student.

Yours sincerely

Principal

Cut along the dotted line and return the completed slip below to this school by next Friday.

Intention to apply: Year 5 entry to an opportunity class in 2016

Student’s name: __________________________________________ Class: ____________________

I am interested in applying for opportunity class placement in 2016 Yes ☐ No ☐

I have internet access and will be applying online ☐

OR

I do not have internet access ☐

Signature of parent/carer: __________________________________________ Date: ______________

Note: This is a notice to your primary school that you intend to apply only. It is NOT an application.

To apply you will need to register and then apply through the High Performing Students application website shown above.
Parenting with Hope

About Mark (and Sue)
Sue was born and raised in the Blue Mountains west of Sydney, Australia. Mark was born and raised in Sydney. Though they raised us in different ways, we love our parents and value the legacies they bequeathed to us.

We have three children: Miriam (32), Luke (31), and Hannah (29). Miriam and Luke live in New Zealand; Hannah in Australia. Luke is married to Jo and they have Sophia (1). Hannah is married to Leon and they have Ava (1). We love being parents, parents-in-law and, you guessed it, grandparents!

About how we raised our kids
The list of ideas we will share is what we learned as we raised our kids, what we see now as we look back, and what we try to do as we continue to be parents.

We cherished our kids, made big mistakes, delighted in them, stuffed up, stood by them, hurt them, apologised to them, were forgiven by them, and grew with them. We feel blessed to have their friendship.

We’ve told our kids they’ll want to raise their kids differently: not in every way, but in significant ways.

About this session
We want to share a story with you, then some ideas. We’ll pause for Q&A but we’d be glad for the whole time to be interactive.

Story: Luke and Mark
1. Cherish your children. Nothing creates strength and heart like love. Can we cherish our children enough to give up wrongful control?
2. Face the future. Our own expectations and preferences are not always a good guide to a better future. So what really matters most?
3. Face your own need to change. We cannot extend grace from fear or self-justification. Can you walk into the darkness of not knowing?
4. Identify the ‘school’. Mark’s emphasis on ‘school’ proved unhelpful. What will it take to walk away from a strategy that isn’t working?
5. Find the ‘bike’. We need to value what our children value no matter how insignificant it seems. Where do you see the light in their eyes?
6. Enter their world. It was difficult for Mark to stop rationalising what was best for Luke. What if you are the one who needs to change?
7. Translate. Bridging two worlds makes new meaning possible. What rich life themes could your child access through her or his sweet spot?
8. Ask, don’t tell. It’s hard to step down from feeling we know better (even if we do). How can we come alongside our children’s learning?

Keep the big picture in mind
1. Know what matters
2. Our children matter more than our parenting
3. Love matters more than a parenting model
4. Wisdom matters more than compliance
5. It’s called growing up, not bad
6. Encourage faith and accept doubt
7. Never shame
8. Believe in your child

You can only change yourself
9. Understand your family of origin
10. Live your life. Let them live theirs
11. Let go of performance
12. Enable change rather than try to change them

Some practical stuff
13. Create cherished memories and traditions
14. Calm yourself first
15. Encourage — truthfully — often
16. Back each other up
17. Create your own support
18. Laugh at yourself heartily and often


mark@markstrom.co
Canterbury Public School
Cross Country Carnival – Wednesday the 29th of April, 2015

Dear parents and caregivers,

Our school’s Cross Country carnival will be held on Wednesday the 29th of April at Peace Park, Trevenar St, Ashbury.

All students will participate on this day however; only students aged 8 years and above are eligible to proceed to Zone Level should they gain a winning place at the school carnival.

Students will leave at approximately 9.30am to walk to Peace Park. The carnival will begin at approximately 10am and conclude at 2.30pm. Students will run around along the track at Peace Park and will be supervised by teachers.

If the cross country needs to be cancelled due to bad weather, a message will be posted on our Facebook page and distributed via the SchoolEnews App.

Students will need to wear the sports uniform including running shoes, they may wear a plain coloured T-shirt that represents their sporting house and will need a jumper/jacket/ and an umbrella/raincoat, just in case. Please ensure all your child’s belongings are labelled.

Please ensure that your child has pre-ordered their lunch order (using the form sent out in the newsletter) or brings a packed lunch. Your child will also need a packed recess and their drink bottle filled with water.

Please indicate below if your child suffers from asthma or any other medical condition that may affect them on this day. Please fill out the survey below and ensure you provide the school office with your child’s labelled medication and his/her medical/allergy/anaphalaxis action plan, if you have not already done so.

Mrs. Lisa Haller, Ms. Grace Valastro, Mrs. Nicole Fay, Mrs. Meghan Ryan, Ms, Mai Quintal, Mr Griffen Jones and Ms Kim Santarossa.

Carnival Organisers.

-----------------------------------------------------------------------------------------------------

Cross Country Carnival - Permission Note

I give permission for my child________________________________ in class ____________ to walk to and from Peace Park and compete in the cross country carnival on Wednesday 29th of April, 2015.

Signed: ______________________________ (Parent / Guardian) Date: __________________________

We would appreciate it if family members could help at the Carnival. Please give us your details if you can volunteer.
Name: __________________________________________ Mobile: __________________________________________

ASTHMA / MEDICAL SURVEY

Does your child suffer from asthma? YES / NO
Does your child take medication for their asthma? YES / NO
Please write the name of the medication used______________

Does your child suffer from a medical condition? YES / NO
How is this condition to be managed at the cross country? ______________________________________

Please ensure that you have provided the school office with your child’s current medication and medical action plan ASAP.

Please return to the white post box in the front office ASAP
**Breakfast**
- Cheese Toasties .......................................................... $2.50
- Cheese & Ham Toastie .................................................. $3.20

**Snacks (available Lunch & Recess)**
- Home Made Fruit Muffins ............................................. $1.20
- Seasonal Fruit Cups ..................................................... $1.20
- Fruit & Custard Cups .................................................... $1.20
- Fruit - Banana, Apple, Mandarin, Pear (Seasonal) ............. $1.00
- Biscuits or Carrot, Cucumber & Celery Sticks w/Hummus/Tzatziki/Com Dip ........................................... $1.00
- Tamari Seeds (Pumpkin & Sunflower seeds seasoned with Tamari Sauce) ........................................... $0.30
- Pretzels or Rice Crackers .............................................. $1.20
- Grainwaves or Red Rock Chips ..................................... $1.50
- Popcorn small .................................................................. $0.50
- Popcorn large .................................................................. $1.00
- Bulla Fruit'n Yoghurt (100gm tub) .................................. $2.20

**Frozen Treats (available Lunch & Recess)**
- Orange Quarters .......................................................... $0.25
- Juice Cup - Nippys (110ml) ............................................ $1.20
- Bulla Ice Cream Cups (100ml) ....................................... $1.80
- Calippo Mini/Rainbow Stick/Moosies/Icy Twist ................. $1.20
- Paddle Pop ..................................................................... $2.30
- Home-made Ice Blocks .................................................. $1.00
- Juiceies/Super Dooper ................................................... $1.00

**Thirst Quenchers**
- Reduced Fat Flavoured Milk (250ml) ............................... $2.30
- Nudie Sparkling Soda .................................................... $2.30
- Pop Top Fruit Juice (200ml) .......................................... $2.30
- Nudie Juice Combi (250ml) ........................................... $2.30
- Fresh Fruit Smoothie .................................................... $1.20

Choose mostly from green items
Choose occasionally from amber items

**Lunch (MUST be pre-ordered)**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Super Sandwiches (high fibre white &amp; wholemeal bread) and Wraps</td>
<td>$3.50</td>
</tr>
<tr>
<td>(wholemeal unless otherwise specified)</td>
<td></td>
</tr>
<tr>
<td>Canterbury Crunch</td>
<td></td>
</tr>
<tr>
<td>Lettuce, ham, tomato</td>
<td>$3.50</td>
</tr>
<tr>
<td>Rainbow Delight - V</td>
<td>$3.50</td>
</tr>
<tr>
<td>Layers of grated carrot, cucumber, capsicum, tomato, lettuce and beetroot</td>
<td>$3.50</td>
</tr>
<tr>
<td>Egg Head - V</td>
<td>$3.50</td>
</tr>
<tr>
<td>Mashed boiled egg with mayonnaise and shredded lettuce</td>
<td></td>
</tr>
<tr>
<td>Chicken Wrap</td>
<td>$4.50</td>
</tr>
<tr>
<td>Lean chicken breast, lettuce and mayonnaise on Lebanese bread</td>
<td>$3.50</td>
</tr>
<tr>
<td>From the Sea</td>
<td></td>
</tr>
<tr>
<td>Tuna, lettuce and mayonnaise</td>
<td>$2.00</td>
</tr>
<tr>
<td>Aussie Style - V</td>
<td></td>
</tr>
<tr>
<td>Vegemite</td>
<td></td>
</tr>
<tr>
<td>Chicken Salad Wrap</td>
<td>$5.50</td>
</tr>
</tbody>
</table>

**Extras**
- Lettuce, tomato, carrot, cucumber, capsicum, beetroot ............... $0.50 each
- Chicken, ham, cheese, egg ............................................... $0.80 each

**Salad Box**
- Super Salad - Low fat cheese, lettuce, carrot, tomato, cucumber, capsicum, beetroot with mayonnaise - GF ........................................ $4.00 $4.50
- Mega Salad as above plus one of chicken, tuna or egg - GF ................... $4.50 $5.50
- Pasta Salad - Pasta with cherry tomatoes, celery, carrot & corn & mayonnaise - V .................................................. $4.00 $4.50
- Tuna Pasta Salad as above with tuna - V ................................ $4.50 $5.50

**Hot Food (all Home-Made)**
- Home Made Lasagne - GF ................................................................ $4.00 $5.00
- Pasta Napolitana - GF ................................................................ $3.50
- Sausage Roll ........................................................................ $3.50

**Specials (all Home-Made)**
- Monday - Fried Rice - GF .................................................... $4.00 $5.00
- Tuesday - Chicken Wings and Rice - GF ................................ $4.00 $5.00
- Wednesday – May - Chicken Massaman Curry ............................. $4.00 $5.00
- June - Asian Noodles ......................................................... $4.00 $5.00
- Thursday – Pie of the Week ................................................. $4.00
- Friday – Nachos .................................................................. $4.00 $5.00

Knife, Fork, Spoon (free with purchase of meal, yoghurt or ice cream) ................................................ $0.10

**Winter Menu**

- Pasta Napolitana .................................................................... $5.00
- Home Made Lasagne ................................................................ $4.00
- Tuna Pasta Salad ................................................................... $4.00 $4.50
- Pasta Salad ........................................................................... $4.00 $4.50
- Potato Salad .......................................................................... $4.00 $4.50

**Member**

**GF** - Gluten free option available on request
**V** - Vegetarian option available on request

Choose occasionally from amber items
Choose mostly from green items
P&C News

Dates for your Diary

**Canterbury Crunch Gelato Stall:** Friday 24th April 3.20pm outside the staffroom

**Canterbury Crunch Cross Country Carnival BBQ:** Wednesday 29th April

**Canterbury Produce Show:** Entry due by Wednesday 29th April 3.30pm

**Green Thumbs:** Friday 1st May 3.20pm - 4.15pm

**Fete:** Sunday 3rd May 10am - 4.00pm

**P&C Meeting:** Wednesday 20th May 7.30pm in the Staffroom

**Green Thumbs and Know Waste:** Friday 29th May 3.30pm - 4.15pm

**Grow Make Bake Market Stall:** Friday 19th June 3.15pm - 4.15pm under the Jacaranda Tree

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For all the latest information, dates, notes and canteen specials

go to the P&C Webpage [http://canterburypublicschoolpnc.org.au](http://canterburypublicschoolpnc.org.au)


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Reminder
FRIDAY is School Banking Day

Students should bring in their weekly deposit and hand it at morning dots.

REMINDER - NOT TOO LATE TO CLEAR OUT THE CUPBOARDS

Second hand goods and books Drop off on 29th April & 1st May

Please bring your items to the hall from 8:30am – 9:30am. No VHS, car seats, clothes or soft toys but we will take anything else.
P&C News

Less than 2 weeks until Canterbury PS Fete!

This event only comes around every 2 years so get with the program and make sure you know what’s going on.

Fete to do list

1. Round up your second-hand goods and get ready to drop them off. We will be sorting them at the hall on Saturday 2 May, so you can even bring things then.

2. Buy a lucky dip prize and drop it off in the yellow bin in the school foyer

3. Have a look at what’s good in your garden you can donate to the garden stall to sell. (Are your chooks laying? Are there still limes on your tree?)

4. Make some jam or chutney

5. Plan your cake baking – biscuits, lamingtons, cupcakes, slices, all sorts of treats. (note – Rocky Road does not even require baking skills!)

6. Buy your rides armbands NOW, and save $5 on the cost on the day of the Fete. Go to www.cpspnc.org.au to pay with Paypal or credit card, visit Genevieve in the Uniform Shop, or leave your order and money in the white box

7. Volunteer! Talk to the stallholders to put yourself on a roster or email annabel.kain@bigpond.com to let us know your availability

8. Tell your friends, families and neighbours, invite the kids from your sports teams. Grab some flyers from the school foyer to hand out.

Thanks to all our sponsors – Your Smile Centre, Your Doctors, Merilux and Sydney Self Defence Centre, Summer Hill Physiotherapy and Hurlstone Park Legal

Thanks to the many businesses who are donating raffle prizes – a full list will go out next week, and keep an eye on the CPS P&C Facebook page for all the updates.
Thank you to everyone who volunteered at the Canteen in Week 9: Dorothy Jamieson, Linda Clark, Georgette Koorey, Cindy Utari-Pandjaputre & new Mum Rose Oates

Cross Country BBQ
Wednesday 29th April

** Marinated chicken kebab with home-made hummus, tzatziki, tabouli & sauce on a Lebanese Wrap
** Rainbow Wrap - layers of grated carrot, cucumber, capsicum, tomato, beetroot & lettuce with home-made hummus, tzatziki, tabouli & sauce on a Lebanese Wrap

For catering purposes you will need to pre-order. Please complete and return the order form and payment by Monday 27th April so you don’t miss out!

Looking for volunteers for shifts in the canteen in Term 2.

If you can spare some time, that would be great.

Please email Linda Clark at landmclark1998@yahoo.com.au with your availabilities.

Wednesday
Chicken Massaman Curry
$4.00

Thursday
Pie of the Week
Chicken, Corn & Broccoli
$4.00

Friday
Nachos
$4.00
Are you a Master Chef or a Master Grower?

You are invited to show your talent at the inaugural Canterbury Produce Show.

It is a show for CPS students to grow or bake produce for exhibition and judging at this year’s CPS Fete on Sunday 3 May.

To enter, produce is to be home grown or homemade in your home, it needs to be mainly your work and you need to describe or draw what you did to prepare your exhibit.

Entries are invited in the following two categories:

1. Fresh produce: Home grown vegetable, any type
2. Baked produce: Homemade cakes, biscuits or slice

There are four age groups (based on the age you will be by 31 December 2015):

1. Students 6 years and under
2. Students 7 and 8 years
3. Students 9 and 10 years
4. Students 11 and 12 years

Judging will be by a mystery panel of three.

Winners of each category within each division will receive $8 for first prize, $6 for second place and $4 for third place.

All the entries, including the winners of each category and from each division will be on show at the Fete from 10 am -12 noon on Sunday 3 May. At 12 noon the exhibits will go on sale with proceeds going to the Fete.

An entry form and entry fee is payable per exhibit. Forms will be available from 23 March near the white letterbox in the School’s front office. The entry fee is $3.00 per exhibit. Students can enter more than one exhibit.

Further instructions and details will be provided on the entry form.

Good luck!
CAKES NEEDED

For the Cake Stall on Fete Day

Sunday 3rd May 2015

The Cake Stall is very popular & is a busy one and we need lots of baked goodies to sell.

It’s our opportunity to fundraise for the school and showcase our strong parent and school partnerships to the wider community.

We rely on your generosity and creativity to make this cake stall a big success!
Garden Goings-On

Thanks to all those students, teachers, parents and carers who have been working away on all things garden related including the working bees and regular harvesting. Your continued support and hard work is very much appreciated. Thank you too to all those people making time in the school holidays to be involved with the working bee held on Saturday 18 April.

CPS and the Stephanie Alexander Kitchen Garden Foundation (SAKGF)

As you know, CPS has recently joined the SAKGF and while it is very early days and training of the two nominated teachers, Ms Heath and Ms Santarossa is only part way through, a pilot maths class for 1/2S was held late last term in the garden. This is what the teachers said after the pilot lesson:

“The students really loved it and asked for more lessons in the garden. I am really glad that we had that training as now I can see how to use the garden in learning. The lessons really extended the students and they were all really engaged.”

FETE news from the Produce and Garden Stall

The Produce and Garden Stall will have for sale fresh cut flowers, potted plants, preserves and a selection of produce-garden related craft. Along with the very practical there will be stylish gifts including for Mother’s Day. In addition, the talented students of CPS will be displaying their entries in the Canterbury Produce Show which will include fresh produce and baked creations. The exhibits will be on sale from 12 noon.

Thank you to everyone for the lovely offers of homemade preserves, potting of plants and growing of fresh produce to have fresh goods on sale to complement School produce. If you can deliver the produce on the morning of the Fete, between 8 – 9 am that would be great, or if you need someone to collect your donations, please let us know.

Thank you too to those who have offered to staff the stall on the day. We are in need of a few more people so if you can lend a hand for an hour or so, that would be great. For more information and to get involved including staffing the stall on Fete day, please contact Penny Ryan, penny.ryan@optusnet.com.au, or Rebecca Iliffe, rebecca@turnstoneprojects.com/ 0417 816 303.

Canterbury Produce Show entry forms have been distributed through the Class Parent rep network and are available from near the white box at the School Office. Student entries are due by 3.30 pm Wednesday 29 April and exhibits to the School staffroom between 12 noon and 2 pm on Saturday 2 May.

Showing the talents of the students at the Canterbury Produce Show is a lovely new addition to the Produce and Garden Stall and a great way to promote what CPS can do.

Dates for the diary – all welcome!

- Green Thumbs: Friday 1 May, 3.20 – 4.15 pm (in preparation for the Fete)
- Canterbury Produce Show: Entry forms by 3.30 pm Wednesday 29 April
- Canterbury Produce Show: Judging of exhibits, Saturday 2 May from 2 pm
- Produce and Garden Stall: Sunday 3 May, 10 am – 4 pm (set up from 8 am, pack away from 4 pm
- Green Thumbs: Friday 29 May, 3.20 – 4.15 pm
- Green Thumbs and Market Stall: Friday 19 June, 3.20 – 4.15 pm
The uniform shop is currently fully stocked with summer & winter uniform items - thank you all for your patience - orders are now available for collection and there are plenty of items available for direct sale.

After much discussion and encouragement from parents and the school, we are excited to announce we are now selling 100% cotton polo shirts. We currently only have these in sizes 6, 8 & 10, but after an initial trial period we expect to increase availability to all sizes. Please come in and have a look and chat, but hurry, purchases are limited to 2 per child.

Uniform shop hours are:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tuesday morning</td>
<td>8.50 – 9.20</td>
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<tr>
<td>Thursday afternoon</td>
<td>3.00 – 3.00</td>
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<tr>
<td>Friday morning</td>
<td>8.50 – 9.20</td>
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And don’t forget the SALE:

- Rugby knit shorts – sizes 4, 6, 12, 14 & 16 - $10 each
- Gaberdine skorts – sizes 6, 12, 14 & 16 - $13 each

Many thanks, Genevieve
Cross Country BBQ Lunch Order
Wednesday 29th April

Canterbury Crunch is offering lunch orders on Wednesday 29th April at the Cross Country Carnival for students and family members and teachers.

** Marinated chicken kebab with home-made hummus, tzatziki, tabouli & sauce on a Lebanese Wrap
** Rainbow Wrap – layers of grated carrot, cucumber, capsicum, tomato, beetroot & lettuce with home-made hummus, tzatziki, tabouli & sauce on a Lebanese Wrap

Don’t forget to bring your money along to purchase snacks and drinks at the park.

For catering purposes you will need to pre-order. Please complete and return the order form and payment by Monday 27th April so you don’t miss out!

LATE ORDERS CANNOT BE GUARANTEED and may need to be substituted with a vegemite sandwich
No other lunch menu options are available

Cross Country Carnival Pre-Order Form: Wednesday 29th April

Student Name: __________________ Class: __________________

Menu
Chicken Kebab on Lebanese Wrap: $4.50 each (with optional Hummus, Tzatziki, Tabouli & Sauce)
Rainbow Salad on Lebanese Wrap: $3.50 each (with optional Hummus, Tzatziki, Tabouli & Sauce)
Juice/Sparkling Soda/Milk: $2.30 each

<table>
<thead>
<tr>
<th>Student/Family Member Name</th>
<th>Class</th>
<th>Chicken Kebab or Rainbow Wrap</th>
<th>Tomato/BBQ Sauce</th>
<th>Hummus Tzatziki Tabouli</th>
<th>Juice Sparkling Soda Flavoured Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Quantity</td>
<td></td>
<td></td>
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</table>

I have enclosed $ ________________

I am /am not able to help out with preparing/serving food at the Cross Country at either School or the Park

Name _________________________ Child/s Name & Class _______________________________
P&C News

Fete Cake Stall

Patty cake patty cake bakers man
Bake us some cakes as fast as you can!
A simple recipe is all it takes

for scones & cookies & slices & rocky road & muffins & tasty
   cupcakes 😊😊

Domestic Goddesses and Gods

Donate or Bake

for the Fete Day Cake Stall Sunday 3rd May

We need your help to make it a huge success.

If you are able to help, please return the note below ASAP (28th April at the latest please).

Cake boxes will be sent home on Wednesday 29th April or collect a box from the Staffroom. Please return filled with a cake on Saturday 2nd May to the Staffroom or Sunday 3rd May direct to the cake stall.

It would be appreciated if you would list the ingredients on the outside of the cake box & highlight if the cakes are either “nut free”, “gluten free”, “dairy free” or “egg free” as we are hoping of catering for an allergy awareness.

Child’s Name...........................................................  Child’s class..............................

Cake/s I can make/bring: .............................................................

Parent name ........................................................................

Number of cake boxes required...........................................
Canterbury Produce Show Entry Form

Exhibitor's Name: ____________________________________________________________

Age (at 31 December 2015): __________

Category: Fresh produce ☐ Baked produce ☐

This is what I did to prepare my exhibit. (Use words, pictures or both).

Checklist: Entry Fee ($3 per exhibit) enclosed ☐ Entry Form (per exhibit) completed ☐

Entry form and entry fee due by 3.30 pm Wednesday 29 April, place in an envelope in the White Box.

Exhibits to be delivered to the School staffroom between 12 noon and 2 pm on Saturday 2 May.

All entries will be judged on Saturday afternoon. Sorry, no late entries accepted.
CPS FETE SUNDAY 3RD MAY 2015

Pre-purchase a $20 armband for UNLIMITED RIDES!

You can pre-purchase armbands for your children, friends and other family members. This entitles the wearer to unlimited rides on the day from 10am-4pm. Rides include the Sizzler, Tea-cups, Giant Slide, Swings and jumping castles. Parents of toddlers can accompany them on the slide and Tea Cup Ride.

Place your money and order in an envelope and leave in the whitebox in the school foyer (armbands $20 each). Both the envelope and your order should be clearly marked with your name, email address, phone number and your child’s name and class.

Alternately you can use the P&C website and your credit card or Paypal account to pay for your tickets in advance. To cover Paypal costs the total charge for pre-paid armbands will be $20.90. Just go to www.cpspnc.org.au.

From 9am on the day of the Fete you can head to the ticket stall to collect your armband. In the event that the Fete is cancelled any money paid for armbands will be refunded.

The rides for the 2015 CPS Fete are proudly sponsored by
Your Smile Centre, 19 Crinan St Hurstville Park 9558 9876
www.yoursmilecentre.com.au

Please fill out the form below if you would like to pre-purchase armbands. This form and money need to be left in the white box at the front office.

Name:.........................................................Class:..................

No. of armbands required:..............@$20 each......Amount enclosed:..........

Email address:..........................................................
# Winter Menu

**Breakfast**
- Cheese Toasties .................................................. $2.50
- Cheese & Ham Toastie ......................................... $3.20

**Snacks (available Lunch & Recess)**
- Home Made Fruit Muffins ................................ $1.20
- Seasonal Fruit Cups ........................................... $1.20
- Fruit & Custard Cups ........................................... $1.20
- Fruit - Banana, Apple, Mandarin, Pear (Seasonal) .... $1.00
- Biscuits or Carrot, Cucumber & Celery Sticks w/ Hommus/Tzatziki/Com Dip $1.00
- Tamari Seeds (Pumpkin & Sunflower seeds seasoned with Tamari Sauce) $0.30
- Pretzels or Rice Crackers .................................... $1.20
- Grainwaves or Red Rock Chips .............................. $1.50
- Popcorn small .................................................... $0.50
- Popcorn large ..................................................... $1.00
- Bulla Fruit'n Yoghurt (100gm tub) ......................... $2.20

**Frozen Treats (available Lunch & Recess)**
- Orange Quarters ................................................ $0.25
- Juice Cup - Nippys (110ml) ................................. $1.20
- Bulla Ice Cream Cups (100ml) ............................. $1.80
- Calippo Mini/Rainbow Sticks/Moosies/Icy Twist ........ $1.20
- Paddle Pop ......................................................... $2.30
- Home-made Ice Blocks ....................................... $1.00
- Juiceies/Super Dooper ........................................ $1.00

**Thirst Quenchers**
- Reduced Fat Flavoured Milk (250ml) ..................... $2.30
- Nudie Sparkling Soda ......................................... $2.30
- Pop Top Fruit Juice (200ml) ............................... $2.30
- Nudie Juice Combi (250ml) .............................. $2.30
- Fresh Fruit Smoothie ........................................ $1.20

**Lunch (MUST be pre-ordered)**
- Super Sandwiches (high fibre white & wholemeal bread) and Wraps (wholemeal unless otherwise specified) .................................. $3.50
- Canterbury Crunch .............................................. $3.50
- Lettuce, ham, tomato .......................................... $3.50
- Rainbow Delight - V ........................................ $3.50
- Layers of grated carrot, cucumber, capsicum, tomato, lettuce and beetroot $3.50
- Egg Head - V ......................................................... $3.50
- Mashed boiled egg with mayonnaise and shredded lettuce $4.50
- Chicken Wrap .................................................. $4.50
- Lean chicken breast, lettuce and mayonnaise on Lebanese bread $3.50
- From the Sea ................................................... $2.00
- Tuna, lettuce and mayonnaise .............................. $2.00
- Aussie Style - V ................................................ $2.00
- Vegemite ......................................................... $2.00
- Chicken Salad Wrap ......................................... $5.50
- Lean chicken breast with mixed salad on Lebanese bread $5.50

**Extras**
- Lettuce, tomato, carrot, cucumber, capsicum, beetroot ........................................ $0.50 each
- Chicken, ham, cheese, egg ................................ $0.80 each

**Salad Box**
- Super Salad - Low fat cheese, lettuce, carrot, tomato, cucumber, capsicum, beetroot with mayonnaise - GF V .................................. $4.00
- Mega Salad as above plus one of chicken, tuna or egg - GF V ................................ $4.50
- Pasta Salad - Pasta with cherry tomatoes, celery, carrot & corn & mayonnaise - V $4.00
- Tuna Pasta Salad as above with tuna - V ................ $4.50

**Hot Food (all Home-Made)**
- Home Made Lasagne - GF ........................................ $4.00
- Pasta Napolitana - GF V ....................................... $3.50
- Sausage Roll ...................................................... $3.50

**Specials (all Home-Made)**
- Monday - Fried Rice - GF V ................................ $4.00
- Tuesday - Chicken Wings and Rice - GF ................. $4.00
- Wednesday – May - Chicken Massaman Curry ........ $4.00
- June - Asian Noodles .......................................... $4.00
- Thursday – Pie of the Week ................................ $4.00
- Friday – Nachos .................................................. $4.00

Knife, Fork, Spoon (free with purchase of meal, yoghurt or ice cream) .................... $0.10

Choose mostly from green items
Choose occasionally from amber items

**GF** - Gluten free option available on request

**V** - Vegetarian option available on request

Term 2 & 3 2015
SCHOOL ZONE PARKING OFFENCES

Current as at 1 July 2014

NO STOPPING
Means that in the area in the direction of the arrow, you must NOT STOP your vehicle at any point on the road or kerb, unless there is a medical or other emergency.

Maximum Penalty
$415 + 2 Demerit Points

Penalty
$173 + 2 Demerit Points

BUS ZONE
Means that in the direction of the arrow or arrows you are not allowed to stop your vehicle unless you are driving a bus.

Penalty
$311 + 2 Demerit Points

DOUBLE PARKING
You are NOT PERMITTED to stop or park your vehicle alongside another vehicle that is already parked parallel to the kerb.

Penalty
$311 + 2 Demerit Points

• STOP in a NO STOPPING zone: $311 + 2 Demerit Points
• STOP on or near a Children’s or Pedestrian Crossing (within 20m on approach & 10m on departure side of crossing): $415 + 2 Demerit Points
• STOP on path/strip in built up area: $173 + 2 Demerit Points

Please Note: fines subject to change without notice.
These penalties apply to offences in school zones only while the zone is active.
# School Zone Traffic Offences

**As at 1 July 2014**

<table>
<thead>
<tr>
<th>Offence</th>
<th>Maximum Penalty</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SPEEDING OFFENCES</strong></td>
<td>$3,702</td>
</tr>
<tr>
<td>School Zone speeding offences attract higher fine and demerit points than other speeding offences.</td>
<td>+ 7 Demerit Points</td>
</tr>
<tr>
<td><strong>MOBILE PHONE USE</strong></td>
<td>$415</td>
</tr>
<tr>
<td>Drive using a hand-held mobile phone in a School Zone.</td>
<td>+ 4 Demerit Points</td>
</tr>
<tr>
<td><strong>CHILDREN'S CROSSINGS</strong></td>
<td>$519</td>
</tr>
<tr>
<td>Disobey hand-held stop sign at Children’s Crossing or approach Children’s Crossing too quickly to stop safely.</td>
<td>+ 4 Demerit Points</td>
</tr>
<tr>
<td><strong>U-TURNS</strong></td>
<td>$415</td>
</tr>
<tr>
<td>Make a U-Turn without giving way to pedestrian or vehicle in a School Zone.</td>
<td>+ 4 Demerit Points</td>
</tr>
</tbody>
</table>

For a full list of all new penalties and offences, please visit: [www.rms.nsw.gov.au](http://www.rms.nsw.gov.au) or phone the RMS on: 13 22 13

*Please Note: fines subject to change without notice. These penalties apply to offences in schools zones only while the zone is active.*