Principal’s Message

My message in this Canterbury Tales will be short and sweet as I’ll let the photos from the events of the past fortnight (the Cross Country, Harmony Day, the fete and Stage 3 heading off to camp) speak for themselves. I’d like to begin by sharing an email I received on Monday, from Nicholas Buckland (father to Hannah in KF) as it encapsulates what so many of us think and feel about the wonderful learning community that is CPS!

“I just wanted to congratulate the school on a great fete—even despite the weather. Our family thoroughly enjoyed ourselves and the real atmosphere and sense of community that your school attracts—both the volunteers, teachers and people attending. I’ve been to countless fetes in my years (my own schools, both my parents and grandparents were school teachers and so is my wife Sarah) and I have to say, what you have at CPS is unique and something to be proud of.”

As I expressed in my opening address at the fete, we are a small community school but aside from the relative number of students who attend the school, we are anything but small. As aptly demonstrated through the various community events over the past fortnight...

...we care deeply about this school community and share responsibility for ensuring the students at this school now and in the future have every opportunity to flourish.

...we have a broad range of skills, strengths and talents that we so willingly share to be of service to the school community.

...we have big generous hearts (and pockets!) and a huge work capacity. We exercise leadership, foster collaboration and work as a team to get the job done.

...we have open minds and are deeply optimistic (and this may well have contributed to the rain staying away on Sunday!)

I am humbled by the ongoing dedication, passion and investment by so many individuals and families in our school community and I’d like to thank you each and every student, staff member, parent and community member for their contribution to the fete and to all the learning programs and opportunities offered at the school.

Please remember that the SRC are hosting a Mothers’ Day breakfast on Friday morning between 8.00am –9.20. The cost is $5.00 a head and everyone is welcome. I will be baking some scones for everyone to enjoy but I won't actually be there to share them with you as I will be attending the Mothers’ Day breakfast at my daughter’s school.

Next week, our Special Education classes will be participating in a Special Olympics, students in years 3 & 5 will sit the NAPLAN tests, Alenka Madzar, Mai Quintal and Lisa Haller will be out on Thursday and Friday receiving important training to support Quality Teaching in classrooms and we welcome back Miss Heath (now Mrs Herborn) on Monday.

Enjoy the rest of the week.

Berlinda Cook
Principal
Thank you Dora Koursaris for organising it.
Stage 3
OFF
TO
CAMP
Thank you Mrs Haller, the canteen and the K-2 team for organising it.
The City of Canterbury and Ageing Disability and Home Care (ADHC) in partnership with Canterbury Public School is offering Stepping Stones, a 4 session course for parents of children aged 2-11 years with additional needs.

Dates Time: (Wednesdays) 3, 10, 17 June from 10 am - noon and 24 June from 10am - 12:30pm
Venue: Canterbury Public School, Church Street, Canterbury
Free: (includes morning tea, childcare and workbook)

Bookings: E-mail or call Sunita Misra or Paul Berchtold(ADHC) on 9701 6300 or sunita.misra@facs.nsw.gov.au / paul.berchtold@facs.nsw.gov.au or Kristy Do Canto at Canterbury Public School on 9178 2884 or kristy.docanto@det.nsw.edu.au

Numbers are limited – book early so you don’t miss out! Bookings essential. Limited child care places available

Parents will learn about:
Understanding strong emotions in their child
Helping their child to get along with others
Guiding their child’s behaviour
The importance of taking care of themselves

This program has been supported by a grant from Families NSW via the Resourcing Parents Project.
Thank you to the Iliffe family for organising it, next time I hope adults can have a go!

Our students are so talented!
FROM THE FETE
Canterbury Public School Students at NSW Parliament

During the holiday’s three students Greta, Eda and I represented Canterbury Public School at YMCA NSW Parliament Primary School.

The YMCA NSW Parliament Primary School is a three day overnight camp that gives students an opportunity not only to speak in Parliament but to make a change in their school community by understanding a problem and considering how to fix it. Between the school years of 4-6 it also gives students a great opportunity to learn about leadership.

After Michel Wright (Mrs Wright’s son) kindly told us about the program we all handed in forms and were given School Community challenge workbooks to guide us in finding a problem and come up with two solutions to fix it. This involved doing surveys planning and decision making based on the advocacy studies also included in the workbook.

I selected the problem of road hazards which affect students walking to and from school. Every child has a right to walk to school without getting hurt. And I also figured out that road hazards are one of the biggest issues affecting whether children walk to school or not. Unfortunately these hazards are stopping those who could have an opportunity to walk from walking to school and if they don’t walk the most next most convenient transport is a car.

This is bad because health professionals already have proof that children are only getting around half the exercise they need per day to stay fit and healthy so using a car could lessen this even more so that you get an unhealthy child which is not a good outcome. Using a car is also bad because when a car is used gases and dioxides get released causing global warming which is unfriendly and harms our little friends down in the Arctic Circle.

As you can see children are getting unfit and using the car is harmful to the earth’s environment. So you’re probably wondering how all this can be adjusted to stop such a great impact to everyone in the future. Well there are two solutions, one of them is to fix the road hazards and the other one is to activate some walking buses.

A walking bus is when a responsible adult volunteers to walk all the children along a route in the local area to and from school every day. Of course there will be a different adult each time. The walking bus is an excellent idea because it’s all done by the school community, it costs no money and there is nothing that we need from council. There are some other schools that already have walking buses such Homebush West Public School.

If we want a walking bus at Canterbury we need to start with a survey to know how everyone gets to school, where the walking buses could be and to find out which parents could volunteer. More info will come later, if enough people are interested, but until then if you can stay fit and healthy and try walking to school that would be great.

Primary School Parliament is on again next year for children in year 4 to 6. It’s a really fun way to meet people and fix a problem in your community. Come and see me if you want to talk more about this or walking buses. **Hugo Ceran-Jerusalem, 3/4M**
ANZAC DAWN SERVICE

I woke up at four forty nine in the morning to get to the ANZAC DAY dawn service! We had to wake up before five o’clock to get there on time. I was so tired but I got up straight away because I was so excited. I went with my Mum. It was held at the Canterbury RSL club. When we got there it was about five o’clock. Once we got a spot, we saw Miss Wright in the crowd.

First there were Speeches about Gallipoli and the service. After that they lay down the flower wreaths, then the bugler played the last post. This was followed by a minute’s silence. There was also a youth brass band standing up who played too.

There were soldiers on horses wearing their traditional clothing. They had rifles and were looking very solemn.

ANZAC day, 25th of April, is about commemorating the people who fought at Gallipoli. Thousands of people were killed at Gallipoli. This year is the 100th anniversary. When we commemorate ANZAC Day it helps us remember how horrible war is and to not start another one.

I felt sad imagining innocent people fighting for our country, children growing up without a father. I can imagine it would be really horrible growing up without a Father.

I hope to go next year, and I think I’ll try and get my friends to come along too!

Sebastien Maron

Harmony Day

Last Thursday the students celebrated our diversity. It was a wonderfully, fun filled and educational day. Students enjoyed a variety of learning experiences from Italy, Lebanon, Iran, Japan, France Indonesia, India, China, Serbia, Columbia as well as a PowerPoint presentation from the non-profit organisation ‘The Trading Circle’. We were all very impressed by the students’ enthusiasm and participation.

I received a beautiful email from “The Trading Circle” expressing their delight in presenting to such well-behaved and interested students. They have thanked Canterbury students for their respectful listening and support.

I’d like to take this opportunity to list Canterbury’s 39 language backgrounds:

Arabic, Bengali, Bisaya, Burmese, Cantonese, Czech, Dutch, Filipino, French, German, Greek, Hindi, Indonesian, Farsi, Italian, Japanese, Korean, Mandarin, Maori, Marathi, Mongolian, Nepali, Niue, Norwegian, Persian, Portuguese, Russian, Samoan, Serbian, Spanish, Tagalog, Thai, Tongan, Turkish, Urdu, Uygur, Vietnamese and Zulu.

Thank you very much for supporting this very important celebration.

Kind regards,

Ms Koursaris (EALD teacher)
What is NAPLAN?
The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7 and 9. All students in these year levels are expected to participate in tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. All government and non-government education authorities have contributed to the development of NAPLAN materials.

Why do students do NAPLAN tests?
NAPLAN is the measure through which governments, education authorities, schools, teachers and parents can determine whether or not young Australians are meeting important educational outcomes in literacy and numeracy. The tests provide parents and schools with an understanding of how individual students are performing at the time of the tests. They also provide schools, states and territories with information about how education programs are working and what areas need to be prioritised for improvement.

NAPLAN tests are one aspect of a school’s assessment and reporting process; they do not replace the extensive ongoing assessments made by teachers about each student’s performance.

What will be tested and how?
NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling, grammar and numeracy. The content of each test is informed by the national Statements of Learning for English and mathematics, which underpin state and territory learning frameworks. Questions are multiple-choice or require a short written response. The writing task requires students to write a text in response to a prompt.

To give you an idea of what the tests look like, sample questions and a sample writing task are available on the NAP website: www.nap.edu.au

Who will run the tests?
NAPLAN tests are conducted at schools and administered by classroom teachers, school deputies or principals. Each state and territory is responsible for marking the tests in accordance with strict guidelines and processes.

How can I help my child prepare for the tests?
NAPLAN assesses literacy and numeracy skills that students have already been learning through the school curriculum. Teachers will ensure students are familiar with the test formats and will provide appropriate support and guidance. If you have any questions about your child’s preparation for NAPLAN, you should make a time to speak with their teacher.

The best way you can help your child prepare for NAPLAN is to reassure your child that NAPLAN tests are just one part of their school program, and to urge them to simply do the best they can on the day. The use of services by coaching providers is not recommended.

What additional support can schools provide for students with special needs?
All students are encouraged to participate in NAPLAN tests. Students with disability may qualify for adjustments that reflect the support normally provided in the classroom. Students who have a temporary injury may also be reasonably accommodated.

A formal exemption may be granted for a student with significant intellectual disability and/or significant coexisting conditions, or for a student who has recently arrived in Australia and has a non-English speaking background.

Your school principal and your state testing authority can give you more information on special provisions or the process required to gain a formal exemption.
How is NAPLAN performance measured?
NAPLAN is not a pass-or-fail type test. Individual student performance is shown on a national achievement scale for each test. Each test scale has 10 bands and all year levels are reported on the same scale. Six bands are reported for each year level for each test. One of these bands represents the national minimum standard for students at each year level. A result at the national minimum standard indicates that the student demonstrated the basic literacy and numeracy skills needed to participate fully in that year level. The performance of individual students can be compared to the average performance of all students in Australia.

What happens if my child is absent from school on test days?
Where possible, schools will organise for individual students who are absent at the time of testing to complete missed tests at another time during the testing week. Individual students are not permitted to sit tests after Friday 15 May 2015.

Will I receive a report on my child’s performance?
A NAPLAN report will be issued by your school later in the year. The same report format is used for every student in Australia. The school will notify you when the reports are being sent to you. If you do not receive a report, you should contact the school. Individual student results are strictly confidential.

How are NAPLAN test results used?
- Schools use results to identify strengths and weaknesses in teaching programs and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to schools.
- Students and parents may use individual results to discuss progress with teachers.
- Teachers use results to help them better identify students who require greater challenges or additional support.
- The community can see average school NAPLAN results on the My School website: www.myschool.edu.au

Where can I get more information?
For more information about NAPLAN:
- visit the NAP website www.nap.edu.au
- contact your child’s school
- contact your state or territory’s education authority (details available on the NAP website).

### NAPLAN 2015 tests timetable

<table>
<thead>
<tr>
<th>Year</th>
<th>Tuesday 12 May</th>
<th>Wednesday 13 May</th>
<th>Thursday 14 May</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 3</td>
<td>language conventions 40 minutes writing 40 minutes</td>
<td>reading 45 minutes</td>
<td>numeracy 45 minutes</td>
</tr>
<tr>
<td>Year 5</td>
<td>language conventions 40 minutes writing 40 minutes</td>
<td>reading 50 minutes</td>
<td>numeracy 50 minutes</td>
</tr>
<tr>
<td>Year 7</td>
<td>language conventions 45 minutes writing 40 minutes</td>
<td>reading 65 minutes</td>
<td>numeracy calculator 40 minutes non-calculator 40 minutes</td>
</tr>
<tr>
<td>Year 9</td>
<td>language conventions 45 minutes writing 40 minutes</td>
<td>reading 65 minutes</td>
<td>numeracy calculator 40 minutes non-calculator 40 minutes</td>
</tr>
</tbody>
</table>

- Language conventions test includes spelling, grammar and punctuation.
- Numeracy test includes number; space; algebra, function and pattern; measurement, chance and data.
- Calculators are NOT permitted in the numeracy test in Years 3 and 5. In Years 7 and 9, each student sits one numeracy test where calculator use is permitted and one where it is not.
P&C News

**Dates for your Diary**

**Canterbury Crunch Sausage Sizzle:** Friday 8th May

**Canterbury Crunch Committee Meeting:** Wednesday 20th May 6.00pm in the Staffroom

**Music Committee Meeting:**
Wednesday 20th May 6.00pm in the Staffroom

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

**Canterbury Crunch Gelato Stall:**
Friday 29th May 3.20pm outside the staffroom

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

**Canterbury Crunch Italian Theme Day:**
Wednesday 10th June

**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

The P&C is live on Facebook - go ahead and like us


Email

info@cpspnc.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.
2015 Canterbury PS Fete
Sunday 3\textsuperscript{rd} May was a great fete day at Canterbury Public School. We raised $12,500 profit for the school!! Lots of school families, staff and friends turned up, despite the bad weather, and stayed to enjoy the food, music, rides and stalls. It is always such a pleasure to be part of a wonderful community event! The day would not have been such a success without the dedication of so many hours of work by our volunteers. It was especially great to see new parents joining in! Thank you to everyone who gave of their time on the day and in preparation for this event. In particular, I would like to thank:

**Annabel Kain** – our fete organizer who contributed many weeks of work to putting together this wonderful event (for the 2\textsuperscript{nd} time no less!)

Cate Lyons-Crew and Genevieve Ginty – support coordinators
Nathan Wort – logistics
Linda O’Malley and Phillipa Talbot – sponsorships
David Lewis – music co-ordination
Chris Trimmer - money
Marie Touma – Mediterranean food stall
Nathan Eason and Adam Perrett – BBQ
Grace Sadiki (and her sisters) – cake stall
Jacinta Dunn and Mel Simcoe – lollies and lucky dips
Cathy Miller – gelato

Emma In Der Maur – rides
Penny Ryan and Rebecca Illiffe – produce stall and show
Mel Bruniges and Sascha Jenkins - 2\textsuperscript{nd} hand
Suzanne Trimmer and Lorraine Lewis - information and magic boxes
Primary OSH Care – face painting
Lisa Haller – Koori kids
Berlinda Cook - Kids Matter
Our local SES, Police and Fire Brigade
…and our sponsors (please see the next page)

**President’s Report**
I would like to encourage all parents to join the Canterbury P and C. It is a great way to get to know other parents, to find out more information about what is happening at Canterbury PS and to provide community input into the school’s strategic direction.

**TERM 2 P and C MEETINGS**

<table>
<thead>
<tr>
<th>When</th>
<th>Where</th>
<th>Focus Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, 20\textsuperscript{th} May, 7.30pm</td>
<td>The staff room, Canterbury PS</td>
<td>School Uniforms, Fete wrap up</td>
</tr>
<tr>
<td>Wed, 17\textsuperscript{th} June, 7.30pm</td>
<td>The staff room, Canterbury PS</td>
<td>Project Funding for 2015 – help us decide how to best support the school this year</td>
</tr>
</tbody>
</table>

What would you like P and C meetings to focus on this year? Email your ideas to Sascha Jenkins at info@cpspnc.org.au
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CENTRE

LJ Hooker

Summer Hill Physiotherapy
and sports injury clinic

Hurlstone Park Legal

DRUGSTORE
SUMMER HILL
Thank you to the many local businesses who donated the fantastic prizes for the Magic Box Raffle:

- Hair Confessions Hurlstone Park
- Hurlstone Park Legal
- The Beauty & Massage Room Stanmore
- Lou Penney Cakes

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Maroubra Centre - Level 1, 874 Anzac Parade

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EARLY CHILDHOOD EXPERIENCE STUDENT CARE

Primary OSHCare
<table>
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<tr>
<th>Title Prize Pack</th>
<th>Prize</th>
<th>Winning Ticket No.</th>
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<tr>
<td>Tutoring: First Education</td>
<td>First Education, Earlwood, one term of school tutoring K-12</td>
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</tr>
<tr>
<td>Legally Speaking</td>
<td>Hurlstone Park Legal, voucher for legal services</td>
<td>1071526</td>
</tr>
<tr>
<td>School Holiday Relief</td>
<td>1 week of vacation care for 1 school aged child with CBOSH.</td>
<td>1061115</td>
</tr>
<tr>
<td>Holiday Lovers</td>
<td>Taronga Zoo, Family pass</td>
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<tr>
<td></td>
<td>Canterbury Ice Rink, family pass</td>
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<tr>
<td></td>
<td>Bottle of wine</td>
<td></td>
</tr>
<tr>
<td>Theatre Goers</td>
<td>Sydney Theatre Company, double pass to “Orlando”</td>
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<tr>
<td>Cake It Away</td>
<td>Lou Penney Cake voucher</td>
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<tr>
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<td>Bottle of wine</td>
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<tr>
<td>Re-balance Your Health</td>
<td>Pure Health Chiropractic, Summer Hill, massage voucher</td>
<td>1061207</td>
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<tr>
<td></td>
<td>The Beauty Spot, Stanmore, voucher</td>
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<td>Bottle of wine</td>
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<tr>
<td>Car Lovers</td>
<td>A&amp;L Mechanical Repairs, motor vehicle service</td>
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<tr>
<td>Foodie Package 1</td>
<td>Yummie Food hamper donated by Arab Bank</td>
<td>1061336</td>
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<tr>
<td></td>
<td>Excelsior Jones Ashfield voucher &amp; 2 bags coffee beans</td>
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<tr>
<td></td>
<td>Bottle of wine</td>
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<tr>
<td>Foodie Package 2</td>
<td>Yummie Food hamper donated by Arab Bank</td>
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<td></td>
<td>Pilgrim Café Ashfield voucher</td>
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<tr>
<td></td>
<td>Food book</td>
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<td></td>
<td>Bottle of wine</td>
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<tr>
<td>Kids Creative</td>
<td>My Messy Room Summer Hill voucher</td>
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<td></td>
<td>Monkey Puzzle, Summer Hill, puzzles</td>
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<td></td>
<td>Annette Kellerman Aquatic Centre, 2x family passes</td>
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<td></td>
<td>The Creatory, Summer Hill, voucher</td>
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<td>Family Day 1</td>
<td>Canterbury Ice Rink, family pass</td>
<td>1061370</td>
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<td></td>
<td>Annette Kellerman Aquatic Centre, 2x family passes</td>
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<td></td>
<td>Strawberry Fields Patisserie, Dulwich Hill, voucher</td>
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<tr>
<td>Package Description</td>
<td>Items</td>
<td>Voucher Number</td>
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<tr>
<td>---------------------------------------------</td>
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</tr>
<tr>
<td>Mothers’ Day Pamper</td>
<td>Relax Hamper, LaserDerm, Canterbury, voucher x2, Absolutely Fabulous Skin Therapy, Summer Hill voucher, 2 bottles of wine</td>
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<tr>
<td>Mothers’ Day Pamper 2</td>
<td>Relax Hamper, LaserDerm, Canterbury, voucher x2, Hair Confessions, Hurlstone Park, voucher, Book &amp; 2 bottles of wine</td>
<td>1061389</td>
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<tr>
<td>Lovely Locks</td>
<td>Qiffeurz, Hurlstone Park, product pack and hairstyling voucher, Back to Normal Massage, Summer Hill, voucher</td>
<td>1061150</td>
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<tr>
<td>Rock Dinner</td>
<td>Bar L’Unico, Hurlstone Park, pizza voucher, Porters Liquor, Magnum of 2012 Shiraz, Rolling Stones T-shirt pack</td>
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<tr>
<td>Pop Dinner</td>
<td>Bar L’Unico, Hurlstone Park pizza voucher, Porters Liquor, Magnum of Red, Band T-shirt pack</td>
<td>1061046</td>
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<td>Mothers’ Day Stress Less</td>
<td>Back to Normal Massage, Summer Hill, voucher, Bailey’s Irish cream, Pilgrim Café, Ashfield, voucher, Hair Confessions, Hurlstone Park voucher, Hoodie</td>
<td>1061202</td>
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<tr>
<td>Dine with Me</td>
<td>Canterbury Hurlstone Park RSL dinner voucher, Bottle of wine</td>
<td>1061318</td>
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<tr>
<td>Teen Pack 1</td>
<td>Youth literature pack &amp; Band T-shirts, Headphones &amp; Phone from Vodafone</td>
<td>1071511</td>
</tr>
<tr>
<td>Teen Pack 2</td>
<td>Youth literature pack &amp; Band T-shirts, Camera &amp; Phone from Vodafone</td>
<td>1071551</td>
</tr>
<tr>
<td>Katy Perry Pack</td>
<td>KP Lunch Tin, Katy Perry T-shirts, KP tracksuit, Phone from Vodafone</td>
<td>1061167</td>
</tr>
<tr>
<td>Retro Business Pack</td>
<td>Parker Pen pack, Filo Fax, Soft brief case</td>
<td>1061325</td>
</tr>
</tbody>
</table>
Many, many thanks to the wonderful musicians who played at the Fete. Our own School ensembles were as always, AMAZING. I don't think enough appreciation can be expressed to Rhea, Kane, Simon and Meghan, plus Mai Quintal and Nicole Fay for their work.

Each act brought something unique. I did a rough estimate before the Fete, and calculated that we’d organised about $5,000 worth of music. Having heard everyone, I think it's closer to $7,500!!

Over half the talent was local, from the Nuthin's and The Travelling Canterbury’s to DJ Opposable Thumbs. Exploding Happiness featured Lawrence Crew, a Canterbury PS father.

Both DJ Gyppe and Napanthes put on wonderful sets which were brilliantly received. Astonishingly, both acts worked for free, despite having more tenuous links to the School.

David Lewis
Friday 8th May Special
Sausage Sizzle

Sausage on Bread only $2.50

Bring your order to the Canteen on Thursday or Friday morning (no Nachos available on Friday)

Sausage Sizzle Order Form: Friday 8th May

Student Name: Class:

I have enclosed $2.50 for my Sausage Sizzle lunch

Thank you to everyone who volunteered at the Canteen in Week 1& 2: Dorothy Jamieson, Linda Clark, Georgette Koorey, TJ’s mum Sue, Nola Williams, Jacquie Cheetham, Cathy Miller, Lorraine Lewis, Mel Brungies, Suzanne Trimmer, Dawn Tuften and John Tiedemann for cooking the BBQ

Wednesday 10th June
Italian Theme Day

Canterbury Crunch will be offering a selection of Italian inspired meals

... more details to follow ....

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
Lamb & Vegetable
$4.00

Friday
Nachos
$4.00
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For enquiries, please contact Dawn Tuften 0412 338 061 dtuften@gmail.com or Suzanne Trimmer 0413 082 608 chris_suzanne@optusnet.com.au
P&C News

Rewards for Good Savings

To help reward individual savings efforts, every time a student deposits into their Youthsaver account through School Banking they’ll receive a Dollarmites token.

Once the student has collected 10 tokens, they can redeem them for a variety of exciting reward items.

P&C Uniform Shop

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:

- Tuesday morning: 8.50 – 9.20
- Thursday afternoon: 3.00 – 3.30
- Friday morning: 8.50 – 9.20

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
# 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 Fruitn 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)**

**Super Sandwiches** (high fibre white & wholemeal bread) and Wraps (wholemeal unless otherwise specified)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
</table>
| Canterbury Crunch .................................................................. $3.50
| Lettuce, ham, tomato .................................................................. $3.50
| **Rainbow Delight - V** ........................................ $3.50
| Layers of grated carrot, cucumber, capsicum, tomato, lettuce and beetroot |
| **Egg Head - V** .................................................. $3.50
| Mashed boiled egg with mayonnaise and shredded lettuce           |
| **Chicken Wrap** ................................................................ $4.50
| Lean chicken breast, lettuce and mayonnaise on Lebanese bread     |
| **From the Sea** ................................................................ $3.50
| Tuna, lettuce and mayonnaise                                    |
| **Aussie Style - V** ........................................ $2.00
| Vegemite                                                     |
| **Chicken Salad Wrap** ................................................................ $5.50
| Lean chicken breast with mixed salad on Lebanese bread |

**extras**

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

**Salad Box**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Super Salad</strong> - Low fat cheese, lettuce, carrot, cucumber, capsicum, beetroot with mayonnaise - <strong>GF V</strong></td>
<td>$4.00</td>
</tr>
<tr>
<td><strong>Mega Salad</strong> as above plus one of chicken, tuna or egg - <strong>GF V</strong></td>
<td>$4.50</td>
</tr>
<tr>
<td><strong>Pasta Salad</strong> - Pasta with cherry tomatoes, celery, carrot &amp; corn &amp; mayonnaise - <strong>V</strong></td>
<td>$4.00</td>
</tr>
<tr>
<td><strong>Tuna Pasta Salad</strong> as above with tuna - <strong>V</strong> .......................... $4.50</td>
<td></td>
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</tbody>
</table>

**Hot Food (all Home-Made)**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Home Made Lasagne - <strong>GF</strong> ........................................ $4.00</td>
<td></td>
</tr>
<tr>
<td>Pasta Napolitana - <strong>GF V</strong> ......................................... $3.50</td>
<td></td>
</tr>
<tr>
<td>Sausage Roll .................................................................... $3.50</td>
<td></td>
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</tbody>
</table>

**Specials (all Home-Made)**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Monday - Fried Rice - <strong>GF V</strong> .................................... $4.00</td>
<td></td>
</tr>
<tr>
<td>Tuesday - Chicken Wings and Rice - <strong>GF</strong> ............................ $4.00</td>
<td></td>
</tr>
<tr>
<td>Wednesday – May - Chicken Massaman Curry ................................ $4.00</td>
<td></td>
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<tr>
<td>June - Asian Noodles ................................................................ $4.00</td>
<td></td>
</tr>
<tr>
<td>Thursday – Pie of the Week ........................................... $4.00</td>
<td></td>
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<tr>
<td>Friday – Nachos .................................................................. $4.00</td>
<td></td>
</tr>
</tbody>
</table>

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

The fete was fantastic, sprinkles and all! The POSHC Face-painting stall was able to raise roughly $350 for the school, and Monty and Harper’s mum Penny Ryan was the lucky winner of a week of free vacation care drawn in the magic box raffle.

We are extremely excited to also announce our new Health and Wellbeing program commencing at CBOSHC from this week onwards! We will be assisted each term by local community coaches to deliver two different sporting programs based on the children’s interests. This term we are offering:

-Circus skills from 4.30-5.30pm on Tuesdays with Shiho Itooka; and

-Oz-tag from 8.10-9.10am on Thursdays with Joseph Marsten.

We would also like to acknowledge Nathan and Dylan’s dad, Oscar Gil, for doing a tremendous job of painting the Centre over the school holidays. The space is looking bright and lovely. Come and have a look the next time you are passing through.

Families can contact staff at the Centre by calling: 0417 267 719 or emailing: cboshc@primaryoshcare.com.au

Please feel free to have a look at the Primary OSHC website: www.primaryoshcare.com.au

Garden fairies in the trees! Enjoying gelato on a Friday afternoon

Making Hama bead designs Hula-hooping champions!
FREE Anxiety Disorders Support Group – Campsie

Do You:

- Repeat actions like washing and checking in order to prevent something bad from happening or fear contamination from germs or disease?
- Fear participating in social situations or being the centre of attention?
- Have Panic Attacks where you breathe rapidly, or feel like you are having a heart attack?
- Fear of leaving the house, going into public places or shopping centres?

You could be suffering from an Anxiety Disorder

We are holding a FREE Anxiety Disorders Support Group Meeting in Campsie. We meet in a friendly, caring and supportive atmosphere to share experiences.

The group is for people living with an anxiety disorder and their family and friends.

- **When:** 2\(^{nd}\) Tuesday of each month
- **Where:** Fusion, 36 North Pde, Campsie
- **Time:** 4.00pm
- **Cost:** FREE
- **Age Group:** 18+

For more information please phone: 1300 794 992
FREE Anxiety Disorders Support Group
Campsie

When: 2nd Tuesday of each month
Where: Fusion, 36 North Pde, Campsie
Time: 4.00pm  Cost: FREE  Age: 18+
Group does not meet in December and January

A free Support Group meeting is held in Campsie for people living with an anxiety disorder and their family and friends. We meet in a friendly, caring and supportive atmosphere to share experiences.

Anxiety Disorders include: Generalised Anxiety Disorder, Panic/Agoraphobia, Obsessive Compulsive Disorder & Social Phobia.

For more information:
call the Facing Anxiety Program
on 1300 794 992
or email
supportgroups@mentalhealth.asn.au

Facing Anxiety is a program of the Mental Health Association of NSW funded by NSW Health. www.mentalhealth.asn.au
The Campsie Anxiety Support Group is run in partnership with Fusion.
Calendar for Cultural Diversity 2016
Submission of artwork from NSW government schools

The Calendar for Cultural Diversity promotes intercultural understanding and community harmony in NSW public schools. The calendar identifies national and international days and events of cultural, linguistic and religious significance and features artwork created by students in Years K-12 attending NSW government schools.

Schools are invited to submit artwork for possible inclusion in the 2016 calendar which addresses the theme, Walking Together.

2016 is the Lunar Year of the Monkey.

Artwork specifications

Artwork should:
- reflect the theme
- relate to learning areas
- be A3 or A2 in size for reproduction purposes
- be the work of a single student or a group of students.

Possible media includes:
- drawing – inks, felt pens, charcoal, pastels, crayons
- electronic – computer software, digital camera, scanner
- mixed media – collage, photo montage
- painting – watercolours, oils, acrylic, gouache, poster paints, sgraffito
- photography – cameras can be conventional, polaroid, digital, disposable
- printmaking – etching, monoprinting, linocuts.

Submitting artwork

Schools may submit up to four entries.
Photographs of larger pieces (e.g. murals) may be submitted.

The following information should be attached to each artwork:
- name of student/s
- year/s
- title of artwork
- name of school
- name of teacher contact
- description which relates the work to the theme (approx. 25 – 50 words).

Please send artwork to:
Calendar for Cultural Diversity Project
Equity team, Learning and Leadership Directorate
NSW Department of Education & Communities
Level 3, 1 Oxford Street, Darlinghurst
NSW 2010
Email: culturaldiversitycalendar@det.nsw.edu.au

Please note that all art work will be returned at the completion of the selection process.

Closing date: 7 August 2015
For more information, phone 9244 5091.

Schools are also invited to suggest themes for the 2017 calendar. Themes should positively reflect cultural diversity and community harmony in the Australian context. Schools may suggest one theme each. Please email possible themes by 18 December 2015 to culturaldiversitycalendar@det.nsw.edu.au.
The City of Canterbury and Ageing Disability and Home Care in partnership with
Canterbury Public School presents:
A 4 session course for parents of children aged 2-11 years with additional needs.

Learn about:
- Understanding strong emotions in your child
- Helping your child to get along with others
- Guiding your child's behaviour
- The importance of taking care of yourself

Cost: Free
(includes morning tea, childcare and workbook).

Presented by: Sunita Misra
(senior psychologist) and Paul Berchtold
(senior case manager).

Positive Parenting Program
Stepping Stones

Dates: (Wednesdays) 3, 10, 17 June
10:00am - 12:00pm
Wednesday 24 June
10:00am - 12:30pm
Venue: Canterbury Public School
Church Street, Canterbury

Book: Sunita Misra on 9701 6400
sunita.misra@facs.nsw.gov.au
Paul Berchtold (ADHC) on 9701 6300
paul.berchtold@facs.nsw.gov.au
Kristy Do Canto (Canterbury Public School) on 9718 2884
kristy.docanto@det.nsw.edu.au

Bookings are essential and numbers are limited. Let us know if you need childcare
and/or an interpreter when you book. Book early so you don't miss out.

Triple P is an evidence-based program (backed up by
over 25 years of clinical research) so it works
for most families.