Principal’s Message

Perfect weather for the swimming carnival last Friday! Every student had a chance to cool down as they competed in swimming races and participated in novelty events. We couldn’t have done it without the assistance of parents and community members, recording, timekeeping and starting the races. Thank you to everyone who showed their support by making it to the carnival!

Our boys cheering on their house.

This week, executive and teachers planned assessment tasks and programs within their teaching teams. This has consistently been identified as most valuable professional learning for our teachers ensuring that the learning in every classroom is consistent. Next week our students will start working in their literacy and numeracy groups. The delay in getting into our whole school programs is unfortunate however without National Partnership funding we have reduced resources this year and needed to ensure that our Kindergarten teachers had time for individual student Best Start assessments.

At “Meet our Teachers” evening, parents and carers will receive an overview of their child’s program, information about timetables and class expectations as well as having an opportunity to have their questions answered. There will also be time to meet up with other families over sausages and salad. For safety, students are asked not to bring bikes, skateboards and scooters. Teachers will be talking with parents and supervision in the playground will be limited. Teacher supervision in the enclosed play area for students in Kindergarten and Stage 1 will be available during their parent information sessions. An invitation to the event is included in this newsletter and I hope that everyone can make it.

Best Start parent-teacher interview and Goal Setting interview invitations are also included in this newsletter. More information about these will be provided at Meet our Teachers. I encourage everyone to book times that work for them and return the form to school as soon as possible.
Keeping our students safe

Church and Minter Streets can be very busy places at the beginning and end of the school day. The “drop-off zone” in Church St allows a parent to leave the car to ensure that their child has entered the school grounds. It does not allow time to leave the car parked and unattended. Traffic patrols regularly fine drivers who do not obey the signs.

Parking is not permitted in the staff car park at any time.

Parents & Citizens (P&C)

The P&C executive are eager to welcome new families to the first meeting for the school year. The meeting, next Wednesday 20 February, starts at 7:30 pm in the staff room.

This year we plan to review our homework policy. There will be opportunities for parents, students and teachers to participate in this review. The P&C will provide an important forum for parents to have their say.

A big thank you from Mandy Chen and her family! Mandy is very grateful that our school community raised funds to support her participation in Number Crunchers in China late last year. Mandy represented Sydney Region students because of her extraordinary success in the competition when she was a Year 6 student here at Canterbury P S in 2011. Mandy is now in Year 8 at Canterbury GHS.

This group of Aboriginal students have picked warrigal greens from their school garden and have frozen them. They plan to make pesto to sell at our fete in May.

Mrs. C Robens

This newsletter can be found on our school website.

http://www.canterbury-p.schools.nsw.edu.au

Reminder

Nutella, peanut butter and other nut spreads should not to be included in lunchboxes. Keeping our students safe is everyone’s business.
Community Notices
Westside Talent School
Uniting Church, Evaline Street, Campsie
Tuesday from 3.15pm

Come and learn all styles of dance in a happy and friendly environment.

Enquiries welcome: 0419 246 280 or 9526 8655 or 9570 8488

Hip Hop / Jazz / Funk / Tap / Ballet / Singing / Tiny Tots class / Boys only Hip Hop

We accept students from the age of 3 to young adult.

Exams in Ballet, Tap and Hip Hop offered

End of year stage production.

Canterbury Girls High School: Yr 7
2014
Open Night
When: Tuesday 26 February, 2013
Time: 5.00 – 7.00 pm
School Tours: 5.00 – 6.30 pm
Presentation: 6.30-7.30 pm

School in Action Tours
Tuesday 5 March 2013 9.30 – 11am
Tuesday 12 March 2-13 9.30 -11am
Phone for specific enquiries – Contact person is Karen Calvaruso 9718 1805

Canterbury/Hurlstone Park Playgroup

Learn through play • Make friends • Have fun • Discover play

Come to Playgroup and meet others in a relaxed and friendly environment.

A Playgroup is a place for you and your children aged 0-6 years to have fun, make new friends and develop skills through play.

Playgroup meets each Wednesday at 9.30am in the grounds of Canterbury Public School, Cnr Canterbury Road and Church Street, Canterbury.

Experience Playgroup for free! You are welcome to try 2 free sessions of Playgroup.

www.playgroupnsw.com.au

Four Seasons Tennis School
www.fourseasonstennis.com.au
Wicks Park, cnr Sydenham & Victoria Roads
Marrickville
Ph: 9569 1660

Free Tennis Lesson – try a lesson without payment before you sign up!
Adults & children of all standards are taught by professional coaches with years of experience.
Programs held during the day, late afternoon and evening on week days and weekends.
Comps, tournaments and social events available as well.
Welcome to the new year and a very big welcome to all new families!

New Kindergarten parents/carers would have received a hand-out explaining the canteen's goals along with some of the services available, at the Kindergarten Orientation last year. If you would like another copy of this you may pick one up from the office or from the Canteen. You will also find another copy of the menu included with this newsletter.

Volunteers
Thank you to those who volunteered at the canteen during the first two weeks of term.

Canterbury Crunch is a not-for-profit parent run canteen and relies heavily on the generosity of its volunteers. The Canteen Manager, Nicole and the Canteen Committee work very hard to ensure the menu is interesting, healthy and consistent with Department of Education guidelines. We can only do this with the help of volunteers. There are a number of ways this can be done and you would have received a note about this earlier this week. If you can help, please complete and return the note as soon as possible.

Volunteering in the canteen is a great way to meet people and to get involved in your school community. Your children will be delighted to see you in the canteen, and we’re sure that you would truly enjoy making this important contribution!

Menu
Check out the yummy Summer Menu attached to the Newsletter!!!!

Birthday Cakes
To order birthday cakes for your child’s birthday call Nicole on 0401 428 905 to arrange order and payment. $15 (plus 50c per cake over 20 students).

How to Place a Lunch Order

- Choose the lunch items you would like from the canteen menu
- Write your child's name, class and order items on a paper bag
- Total up the cost and write this clearly next to the items
- Place the money for the order in the bag and fold the bag over firmly
- If you don’t have the correct change it will be put back in the lunch bag
- Place the lunch order in the red Lunch Order Box in the front office or drop it into the canteen before school
- Alternatively, lunch orders may be written on bags provided by the canteen before school. A charge of 10c per bag applies.

Mexican Wednesday Special
Weeks 4 & 5
Nachos
Crispy corn chips topped with a sumptuous meat, cheese, avocado & sour cream exquisitez .. delicioso !!!
Greek Special Lunch Day...
Coming soon...
Keep reading Canterbury Tales for more details!!

Coffee Time!

Relax with other parents & carers with a delicious hot Coffee !!!

Freshly brewed Coffee only $1.50
Lots of delicious flavours!
Available from the Canteen before school and after lines...
We’d love to see you there!

Canteen Committee Meeting

We need new members to join the Canteen Committee! If you would like to be involved with the decision making as well as helping with the planning and administration of the canteen, please come along to our next Meeting:

Friday 15 February 2pm LA room (after Library Office) at 2pm

Everyone welcome!

A Message from NSW Health...

With the kids back at school it is time to look at what your kids are having for lunch. Kids need a healthy lunch to help them to concentrate through the rest of the school day. As kids eat most of their lunches at school, the foods available set the standard for what is considered normal. If it’s not healthy, they’re getting the wrong message each day.

There has been a significant change for the better in school canteens over recent years. Fresh Tastes @ School is a NSW Government initiative that aims to see healthy, delicious foods and drinks served at all public and some private school canteens. Tell your kids to choose the foods colour-coded green.

More information:
- www.goodforkids.nsw.gov.au
- NSW School Canteen Association - www.healthy-kids.com.au

Here are some ideas for tasty but healthy lunchboxes
- Fruit is essential each day - bananas, apples, mandarins, grapes and berries are no fuss items. You can use tubs or canned fruit but look for the ones in natural unsweetened juice rather than syrup.
- Carrots or cherry tomatoes are easy snacks.
- A frozen water bottle keeps food fresh and gives kids a cool, healthy drink.
- If your kids complain about soggy sandwiches try low fat, wholemeal, crispbreads and crackers.
- Check the fat and sugar content of muesli or cereal bars. They should be eaten as a treat rather than a daily snack.
- Make one day of the week “Treat Day” so you don’t get nagged into buying treats every day – a good compromise!
Welcome

Welcome to what promises to be an exciting 2013! There is so much to look forward to that will make you glad you belong to the CPS Community - we have the Fete coming up, the first full year of your canteen, Canterbury Crunch and the continuing development of our wonderful community garden just for starters. A big welcome to all the new parents and carers – we look forward to seeing you around the school and at our social and fundraising events. Before long we are sure you will enjoy belonging to this community as much as we do!

Volunteering

Canterbury Public School is a community that is satisfying to be involved with. A school community thrives when its members contribute. This newsletter contains many ‘call-outs’ for volunteers, especially as it’s a Fete Year, and we urge you to consider putting your hand up if you can. Volunteering enables you to be a part of the great community that makes CPS what it is.

School Fete – 5 May 2013 10am – 4pm

You should all have this date firmly in your minds and calendars! Please have a look at the list on the next page and think about what you can do to contribute. The fete is a great fundraising opportunity for the school but most importantly it is a fun day for the children and a day when we can invite the local community in.

WATCH THIS SPACE!
From the first week of March we will be selling arm bands for the Fete rides at a discounted price. A flyer will go home with students in week 5 with all the information about where and when to buy these. We will also be sending home raffle ticket books around the same time. There are some great prizes on offer – details to be finalised.

WHAT YOU CAN DO TO GET INVOLVED….
Contact details for stallholders are below. Please get in touch if you want to help with organising a stall prior to the Fete, or if you can be rostered on for a couple of hours during the day. Thanks to the many parents who have already volunteered their support.

If you are not sure where to start please contact Annabel (mother of Charlie in 2/3C, Spencer in 1/2H) or Emma (mother of Zoe in 3/4R and Mia in KV), either by email or in the playground. We are happy to introduce you to the relevant people. If you are happy to be rostered on wherever help is needed please send you details to Annabel (Annabel.kain@bigpond.com)

Dates for Your Diary

Gardening Working Bees: Saturday 16th Feb 3-6pm
Canteen Committee Meeting: Friday 15 Feb in the LA room (after Library Office) at 2pm
Fundraising & Events Meeting: Thursday 28th Feb in the Staffroom at 8pm.
CPS Fete: Sunday 5th May 2013 10.00am – 4.00pm
A selection of pre-loved uniforms are available from the drawers outside Mrs Brunton's office. Shirts, Shorts, Pants, Skorts are priced at $2 each and Jumpers and Jackets are priced at $5 each. Money for pre-loved uniforms should be left in the P&C money box located in Mrs Brunton's office. Any donations of unwanted, washed uniforms can be left in the marked drawers. All proceeds from 2nd hand uniforms will be used by the P&C to help fund resources for our students.

Fundraising & Events Meeting

The next meeting is scheduled for Thursday 28th February at 8.00pm in the Staffroom. All Welcome – especially newcomers!

For information on any P&C Events or Fundraising please contact Suzanne chris_suzanne@optusnet.com.au
School Banking

New 2013 School Banking Rewards Items Available

As part of the School Banking Rewards Program, for each deposit students make they earn a silver coloured Dollarmite token and can redeem 10 tokens for a Dollarmites saving reward.

In 2013 Students can choose from one of the following: Wallet; Handball; Knuckle game (New) or a Dollarmites character moneybox (Spen; Cred; Pat the Dog; Addy or Pru). Look out for other new rewards available in coming months!

New Accounts

School banking accounts can be opened at any Commonwealth Bank branch, no need to complete forms. Just go to any branch and ask to open a Youthsaver Account for school banking. Alternatively, if you are an existing Commonwealth Bank customer with access to NetBank you can apply online.

Remember to take in identification for you and your child (such as a drivers licence and birth certificate). You will receive a Dollarmites deposit book on the spot and be able to start banking the next Friday – it is that easy!

When children make their first deposit they will get their first token and our school will also receive $5 commission. Thank you for supporting our school and teaching your child good savings skills.

School Banking Volunteers

We are looking for new volunteers to help with school banking at 2.45pm on Friday afternoons. No experience necessary and a simple way to help out the school – you just need to arrive a little earlier for Friday pick-up! If you are able to assist please contact Melanie Bruniges - melbruniges@yahoo.com; Nola Williams - markandnola@bigpond.com or complete the below form and return Attention: School Banking Co-ordinator.

________________________________________________________________________

Yes, I would like to help with School Banking

Name: ______________________________________ Phone: ______________________

Email: __________________________________________
P&C NEWS

Garden Update

Garden News
Welcome to another great year of gardening at CPS, we look forward to meeting new families at our working bees this year. There are lots of different jobs for all abilities, and if you haven't ever tried gardening before, come along and learn some new skills, invigorate yourself, meet new people, & help us beautify our school gardens and grow produce for use in the Canteen & School Cooking Programs.

Please bring along:- some garden gloves and tools if you have some (or you can borrow from our supply); hats & drinks, some afternoon tea to share; kids are welcome to come and bring bikes, scooters etc.

Working Bee Dates
- Saturday 16th Feb, 3-6pm
- Saturday 9th March, 3-6pm
- Saturday 23rd March, 3-6pm
- Saturday 13th or 27th April 2-5 pm -TBC; Tentative dates for grounds/garden tidy prior to Fete (Sun 5th May)

If you cannot make it along to the working bees, but have some spare time during the week (even just half an hour) you could do some weeding, turn the compost, or just enjoy the gardens and see what is growing. Please contact Nerida if you can volunteer in some way.

Garden Tips for February
- Prepare your vegie beds for the next crop by digging over and adding compost and fertiliser. Plant beans, beetroot, onion, peas, radish, shallots and silver beet this month.
- Flowers: Plant alyssum, cineraria, pansies and violas, snapdragon, polyanthus, marigold, sweet pea, bearded iris.

Nerida Chedra (c/- Garden Committee)
0488990326
geoched@gmail.com

Class Parent
At the start of each school year we ask parents of each class to consider nominating themselves as a Class Parent Rep. The Class Parent acts as a liaison between parents and the class teacher and passing on general class news via an email list. As Class Parent Rep you might also like to organise some social events for the parents in your class. If you would like to volunteer to be class rep for this year please contact Lynne Scouller lynne_scouller@hotmail.com who will help with organising the email list, letting you know what is involved and help get you started.

Most parents who have had this role have found it to be a great opportunity to get to know both the teacher and other parents.

DON'T LOOSE HATS & JUMPERS IN 2013 !! Order Stuck on You Labels
Have you lost a hat, jumper, drink bottle or lunchbox at school?? Was it labelled?? The P&C are receiving fantastic commission for each product purchased from "Stuck on You" labels and will help to minimise lost property and raise money for CPS at the same time!! Order your labels online - please remember to enter Canterbury Public School in the fundraiser field when placing your order. https://www.stuckonyou.biz/australia/index.asp
Wednesday 13\textsuperscript{th} February 2013

Dear Parents, Carers & Students,

Please find the Canterbury Crunch Menu attached which will be effective from Term 1.

\textbf{Wednesday} will remain \textbf{Specials Day} - the item sold on that day will change every two weeks. The Wednesday Special for \textbf{Weeks 4 & 5} is \textbf{Nachos}!! Watch out for announcements in Canterbury Tales and on the Menu Board in the canteen for the lunch items you can look forward to. Our homemade \textbf{Sushi} is available \textbf{Tuesday & Thursday}!

We hope you enjoy the new menu. Look out for the new ‘Suggestion Box’ in the Canteen – please let us know what other foods you want to see in the canteen, ideas for Wednesday specials or a special “Theme Day”.

Yours truly,

The Canteen Committee.

\textbf{Some Useful Reminders}

\textbf{Credit & Debit}
Please note that Credit is not available at the canteen. However, you may set up a Debit account. Please see Nicole, the Canteen Manager if you would like to do this.

\textit{Thank you!! We appreciate your support}

\textbf{Opening Hours}

\begin{itemize}
  \item \textbf{Breakfast} 8:50 – 9:15
    (Please note that students will be able to buy breakfast from 8:40 when they are accompanied by their parent)
  \item \textbf{Lunch} 11:30 – 12:15
  \item \textbf{Recess} 2:00 – 2:20
\end{itemize}

\textbf{How to Place a Lunch Order}

\begin{itemize}
  \item Choose the lunch items you would like from the canteen menu
  \item Write your child's name, class and order items on a paper bag
  \item Total up the cost and write this clearly next to the items
  \item Place the money for the order in the bag and fold the bag over firmly
  \item If you don’t have the correct change it will be put back in the lunch bag
  \item Place the lunch order in the \textbf{Lunch Order Box} in the front office or drop it into the canteen before school
  \item Alternatively, lunch orders may be written on bags provided by the canteen before school. A charge of 10c per bag applies.
\end{itemize}

\textit{Students who don’t order their lunch before school will receive a vegemite sandwich at lunchtime.}
**Breakfast**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Café Style Plain/Raisin Toast(butter/jam/honey/vegemite)(1 slice)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Cheese Toasties (ham extra 50c)</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

**Teachers & Parents Only**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tea</td>
<td>$1.00</td>
</tr>
<tr>
<td>Coffee</td>
<td>$1.50</td>
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</tbody>
</table>

**Snacks (available Lunch & Recess)**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Muffins</td>
<td>$1.00</td>
</tr>
<tr>
<td>Seasonal Fruit Cups</td>
<td>$1.00</td>
</tr>
<tr>
<td>Jelly Cups</td>
<td>$1.00</td>
</tr>
<tr>
<td>Fruit – Banana, Apple, Mandarin, Pear (Seasonal)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Biscuits or Carrot, Cucumber &amp; Celery Sticks w/ Hommus/Tzatziki/Corn Dip</td>
<td>$1.00</td>
</tr>
<tr>
<td>Pretzels or Rice Crackers</td>
<td>$1.00</td>
</tr>
<tr>
<td>Grainwaves</td>
<td>$1.20</td>
</tr>
<tr>
<td>Red Rock Chips</td>
<td>$1.20</td>
</tr>
<tr>
<td>Popcorn</td>
<td>$1.00</td>
</tr>
<tr>
<td>Bulla Fruit’n Yoghurt (100gm tub)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Tamari Seeds (Pumpkin &amp; Sunflower seeds seasoned with Tamari Sauce)</td>
<td>$0.30</td>
</tr>
<tr>
<td>Apple Slinky</td>
<td>$1.00</td>
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</tbody>
</table>

**Frozen Treats (available Lunch & Recess)**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pineapple Stick</td>
<td>$1.50</td>
</tr>
<tr>
<td>Orange Quarters</td>
<td>$0.25</td>
</tr>
<tr>
<td>Frozen Fruit (Seasonal)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Frozen Fruit &amp; Yoghurt Pop</td>
<td>$0.80</td>
</tr>
<tr>
<td>Juice Cup – Nippys (110ml)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Bulla Ice Cream Cups (100ml)</td>
<td>$1.50</td>
</tr>
<tr>
<td>Icy Pole</td>
<td>$1.00</td>
</tr>
<tr>
<td>Paddle Pop</td>
<td>$1.80</td>
</tr>
<tr>
<td>Home Made Lemonade Ice-block</td>
<td>$0.80</td>
</tr>
<tr>
<td>Gelato (Thursday only)</td>
<td>$1.00</td>
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</tbody>
</table>

**Thirst Quenchers**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Water (350ml)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Sparkling Water (245ml)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Reduced Fat Flavoured Milk (250ml)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Up &amp; Go (250ml)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Pop Top Fruit Juice (200ml)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Nippys Juice Combi (250ml)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Just Juice Poppers (200ml)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Fresh Fruit Smoothie</td>
<td>$1.50</td>
</tr>
</tbody>
</table>
### Lunch (MUST be pre-ordered)

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

<table>
<thead>
<tr>
<th>Sandwich/Wrap</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canterbury Crunch</td>
<td>Lettuce, ham, tomato</td>
<td>$3.00</td>
</tr>
<tr>
<td>Rainbow Delight</td>
<td>Layers of grated carrot, cucumber, capsicum, tomato, lettuce and beetroot</td>
<td>$3.00</td>
</tr>
<tr>
<td>Egg Head</td>
<td>Mashed boiled egg with mayonnaise and shredded lettuce</td>
<td>$2.50</td>
</tr>
<tr>
<td>Chicken Wrap</td>
<td>Lean chicken breast, lettuce and mayonnaise on Lebanese bread</td>
<td>$4.00</td>
</tr>
<tr>
<td>From the Sea</td>
<td>Tuna, lettuce and mayonnaise</td>
<td>$2.50</td>
</tr>
<tr>
<td>Aussie Style</td>
<td>Vegemite</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

**Extras**
- Mayonnaise, Corn Relish, Dressing, Sauce  
  each $0.10
- Lettuce, tomato, carrot, cucumber, capsicum, beetroot  
  each $0.30
- Chicken, ham, cheese, egg, Sun Dried Tomatoes, Char Grilled Vegetables  
  each $0.50

**Salad Box**
- Reduced fat cheese, lettuce, carrot, tomato, cucumber, capsicum, beetroot with dressing/mayonnaise/corn relish  
  $3.00
- Extras: chicken, tuna, egg, tofu  
  each $0.50
- Chicken or Tuna & Pasta Salad  
  $3.00
- Vietnamese Glass Noodle Chicken Salad  
  $3.00

**Hot Food (all Home-Made)**
- Home Made Lasagne (Vegetarian option available upon request)  
  $3.00
- Pasta & Meatballs  
  $3.00
- Chicken Burger (with Lettuce & Mayonnaise)  
  $4.00
- Sausage Roll  
  $3.00
- Steamed Rice Cup (optional soy sauce)  
  $0.50

**Specials (all Home-Made)**
- **Tuesday & Thursday** - Sushi (Teriyaki Chicken, Tuna, Vegetarian)  
  (vegetarian with any of cucumber, carrot, avocado, egg)  
  $3.00
- **Wednesday** – Specials Day!! *(advertised in Canterbury Tales & the Menu Board)*  
  $3.00
- **Friday** – Teriyaki Chicken *(even week)* or Bulgogi Beef *(odd week)* & Noodles  
  $3.50
- Paper Bag  
  $0.10