QUAKERS WHISPER No. 6
Thursday 6th March 2014

Department of Education & Training
SECURITY Phone No. 1300 880 021

DATES TO REMEMBER
MARCH
7th Fri 11:20am – Infants Assembly
LED BY 2S
12:15pm – Primary Assembly
LED BY 3B

SUMMER PSSA
11th Tues NRMA Road Safety Day

13th Thur Selective High 2015 – placement test

14th Fri 11:20am – Infants Assembly
LED BY 2K
12:15pm – Primary Assembly
LED BY 3B

SUMMER PSSA
18th Tues 7:30pm – P&C MEETING

25th Tues SCHOOL PHOTOS

UNIFORM SHOP OPENING HOURS
Mondays – 2:30pm – 3:15pm (approx)
Fridays – 8:30am – 9:15am (approx)

PLEASE NOTE: Order forms can also be downloaded from the website or collected from the office. Completed forms, together with your payment can be returned to the office and will be filled at the next opening time and returned to your child.

Principal’s Message …..

CONGRATULATIONS
Well done to Thomas M, William P and Riley W who have been selected in the Ridges Zone soccer team to compete at the Sydney West Carnival.

ROAD SAFETY DAY
Next Tuesday 11 March, we are having a Road Safety Day for all students K-6. There is also a parent workshop in our school hall at 2:15pm. Further details are included in the newsletter.

“Pursuing excellence in student achievement and community participation”
Thank you to everyone who supported our Earn & Learn efforts last year. The photo above shows the additional resources that will be available to the students shortly.

**UNWANTED BUSINESS CARDS**
If you have a collection of business cards you no longer require and they are blank and suitable for writing on, our debating team could really use them.

Please send any suitable cards to school with your child who can deliver them to Ms Wong.

Colin Ross
Relieving Principal

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**Week 5 Term 1 Award Winners**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>KC</td>
<td>Aditi, Amish</td>
</tr>
<tr>
<td>KJ</td>
<td>Abby, Jackson</td>
</tr>
<tr>
<td>KP</td>
<td>Ethan, Simran</td>
</tr>
<tr>
<td>KR</td>
<td>Natalia, Hunter</td>
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<tr>
<td>KT</td>
<td>Natalie, Aman</td>
</tr>
<tr>
<td>1AR</td>
<td>Siobhan, Rayden</td>
</tr>
<tr>
<td>1B</td>
<td>Pahul, Anna</td>
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<tr>
<td>1D</td>
<td>Simon, Skye</td>
</tr>
<tr>
<td>1M</td>
<td>Stephan, Anna</td>
</tr>
<tr>
<td>1/2A</td>
<td>Ella, Alyssia</td>
</tr>
<tr>
<td>2B</td>
<td>Leonti, Mary</td>
</tr>
<tr>
<td>2C</td>
<td>Cameron, Lucy</td>
</tr>
<tr>
<td>2K</td>
<td>Caleb, James</td>
</tr>
<tr>
<td>2S</td>
<td>Nidaa, Vineil</td>
</tr>
<tr>
<td>3B</td>
<td>Joshua, Amelia</td>
</tr>
<tr>
<td>3C</td>
<td>Preethi, Max</td>
</tr>
<tr>
<td>3R</td>
<td>Gurasees, Kyan</td>
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<tr>
<td>4B</td>
<td>Akash, Sonali</td>
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<tr>
<td>4J</td>
<td>Kamal, Mitchell</td>
</tr>
<tr>
<td>4L</td>
<td>Yvette, Daniel</td>
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<tr>
<td>5S</td>
<td>Mitchell, Patrick</td>
</tr>
<tr>
<td>5T</td>
<td>Haille, Jake</td>
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<tr>
<td>5W</td>
<td>Murtaza, Juliet</td>
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<tr>
<td>6G</td>
<td>James, Daniel</td>
</tr>
<tr>
<td>6T</td>
<td>Caitlin, Tehan</td>
</tr>
<tr>
<td>6W</td>
<td>Aidan, Vianne</td>
</tr>
</tbody>
</table>

**Week 5 Citizens of the Week**

- K-2: Jaih A
- 3-6: Sophie J

**Week 5 “Be Your Best” Award Winners**

- K-2: Tristan P
- 3-6: Aditya J

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**SUMMER PSSA REPORT**

No PSSA were played last Friday.

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**REMINDER:**

**NEW MONEY COLLECTION PROCEDURES**

Students are now required to deliver their money envelopes directly to the school office on arrival at school, after 8:30am. Students should do this before they place their bags in their lines.

Thank you
NRMA SCIENCE & ROAD SAFETY DAY

NRMA Science and Safety Day is on next Tuesday 11th March 2014. It would be fantastic if all students who own bike helmets could bring them along on this day. If they wish, the students might like to decorate their helmets with safety signs and stickers. Please don’t forget to label your child’s helmet clearly.

A 30 minute parent session will be held on Tuesday afternoon at 2.15pm. The workshop will be delivered by a science professional who will explain what parents can do to help their children stay safe on their bikes and on their way to and from school.

Thankyou.

Sue Brogden – Coordinator

REMINDER:
MILSON ISLAND CAMP 2014

Stage 3 (Years 5 & 6)
9th – 11th April, 2014

All camp payments (and Panadol permission forms) due in by Thursday 27 March 2014

LIBRARY NEWS………..

Australian author Mem Fox is a passionate advocate for reading with your child. These are her “Ten Read Aloud Commandments” to foster a love of reading from an early age.

Here is the first half of the list!

1. Spend at least ten wildly happy minutes every single day reading aloud. From birth!

2. Read at least three stories a day: it may be the same story three times. Children need to hear a thousand stories before they can begin to learn to read. Or the same story a thousand times!

3. Read aloud with animation. Listen to your own voice and don’t be dull, or

REMINDER:
YEAR 6 TRIBUTE SHIRTS

Cost: $28.00

If you would like your child to purchase one of these shirts, please return the order form on the bottom of the note sent home last week, being sure to indicate the size required and return it in the envelope provided together with your payment of $28

no later than

Thursday 13 March 2014

NO LATE ORDERS CAN BE ACCEPTED
flat, or boring. Hang loose and be loud, have fun and laugh a lot.

4. Read with joy and enjoyment: real enjoyment for yourself and great joy for the listeners.

5. Read the stories that your child loves, over and over, and over again, and always read in the same ‘tune’ for each book” i.e. with the same intonations and volume and speed, on each page, each time.

Happy Reading

Ms Quinn, Mrs Weinert & Mrs Dickerson

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NUTRITION HINTS

WONDERFUL VEGETABLES!

Eating plenty of vegetables will give your child energy, fibre, vitamins, minerals and water.

* Add pumpkin in with mashed potatoes for dinner
* Buy frozen vegetables for quick meals
* Add corn and peas into rice for dinner
* Put carrot, celery sticks and dried fruit in lunch boxes

FITNESS TIPS:

COMBATING CHILDHOOD OBESITY STARTS AT HOME

Parents and carers are important influences on children's eating and exercise habits. There are some subtle lifestyle changes that can be made immediately that will have huge benefits to children's health.

Top tips for parents:

* Plan family activities to encourage children to stay away from the TV! Go out for a family bike ride or walk, or cook healthy meals together at home.

* Be a role model - kids will usually follow what you do more than what you say. If they see you enjoying physical activity and having fun, it will motivate them to be more active.

* Playing together is important. Help your child practise basic sporting and movement skills such as throwing and catching or kicking a ball.

* Remember that while exercise burns energy, feeding them junk food or sports drinks may mean they are still taking in more than they burn. And last but not least....make sure active children drink plenty of water!
Thursday, March 13, 2014

RISING GENERATIONS

Dear Parents/Caregivers,

Rising Generations is a full day leadership development training program. Through a variety of hands-on practical activities, multimedia, video clips, team challenges and discussions, students will experience the opportunity to get to know themselves and others better.

As the school is providing significant financial support to the program, we are able to offer this opportunity to Year 6 students at a discounted price.

Date: Thursday, March 27, 2014
Time: 9.00am - 3.00pm
Cost: $13.50

Students participating in the program will be allowed to wear mufti on the day and will have the opportunity to participate in a pizza lunch. More details to follow shortly.

Please complete the permission slip below and return it with the payment by Monday, March 24.

Thanking you,

Lynda Talintyre
(Assistant Principal)

Colin Ross
(Relieving Principal)

__________________________

Dear ________________________

I give permission for my child __________________ to attend the Rising Generations leadership day on Thursday, March 27, 2014. I have enclosed $13.50 to cover the cost.

"Pursuing excellence in student achievement and community participation"