WOW! How fantastic was our Fete!

A BIG THANK YOU to Mrs Vorhauer and Mrs O’Brien for their expert organizational skills in making the day run so smoothly.

A BIG THANK YOU to all of the volunteers, including the students, who helped set up, manned stalls, helped clean up, cooked the Barbeque, baked cakes or donated items for a stall.

I would also like to thank everyone who attended and supported the school. Photos page 4.

Stage 2 T20 Cricket Blast Cup

Last Thursday Mrs Burke and Ms Balloch took 45 Stage 2 students to Mark Leece Oval to play cricket. I am very pleased to say that all students demonstrated excellent sportsmanship and behaviour throughout the day. Well done everyone! More information and photos on page 9.

Surveys

I would like to thank all of the parents and carers who completed the school ‘Have Your Say’ survey. It is now closed. Your comments and suggestions will be considered in our planning for 2015 and beyond.

Music Count Us In

Today all the students participated in singing this year’s Music Count Us In song, “Paint You A Song”. They joined more than 800,000 students from every state in Australia in singing at this time. Wow what an achievement.

Song Room

Jessica from the Song Room program visited us today to see how wonderfully our Stage 1 and Stage 2 students are progressing with their Drama lessons with Alison Windsor. Jessica also presented the school with 6 didgeridoos for our Koori Kids Club to use.

Judy Loader

Principal

Congratulations

Chloe Giddy

Aussie of the Month for always showing care and compassion for others

P & C Meeting

Tuesday 25th November
7.00pm in the Staffroom

Calendar

Friday 31 October & 7, 14, 21 November
Kindy 2015 Transition
Wednesday 5 November
UWS Stage 3 Koori Kids day
Tuesday 11 November
Remembrance Day
Wednesday 12 November
WOWDAY Mufti
Kate Forsyth @ JEPS
Tuesday 18 November
Dance Sport Championships
Wed 19 & Thurs 20 November
SAKG Training
Wednesday 26 November
Year 6 Fun Day
Friday 28 November
Kindy 2015 Orientation
Friday 5 December
Presentation Assembly
Monday 8 December
Last Assembly
Wednesday 10 December
Year 6 Farewell
Friday 12 December
Semester 2 Reports sent home
**Principal’s Awards**

**Congratulations:**

Mia Nikua x 2, Calinda Surenne

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I wish to apologise to students who traded up for a Merit Award and/or Principal’s Award last week. Unfortunately the USB with all the names has failed and I cannot retrieve any information. If you want your name in the next Newsletter please bring your awards dated 20/10/14 to Mrs Loader so they can be included.

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**For trading 5 Mini Merit Awards**

Liam Ommundson, Amara Wright x 3, Mark Isaak x 2, Jack Bugeja, Ben Pusa Su’a, Rochelle Chammas, Steven Nguyen, Mia Nikua x 2, Caleb Marsh, Genevieve Russell, Tyson Brown, Aaliyah Nikua, Jennifer Morrison, Maria Chrisanthakopoulos, Zoe Mazurkiewicz, Nathaniel Coban, Tyrese Coban, Chelsey Savill, Kyle Pollard x 4, Maison Simmonds-Roberts, Troy Patea, Hannah Rutledge, Cameron Simmonds-Roberts, Calinda Surenne x 2, Liam Ommundson, Luron Patea, Victor Castiglioni, Nathan Ommundson, Shanayah Murphy
ENROL NOW FOR KINDERGARTEN 2015

Please see office for enrolment form.

Please let your friends and neighbours know if they have a child who is turning 5 before 31 July 2015.

Orientation Interviews, meetings and transition sessions are taking place.

St Clair PS Playgroup

Parents, carers, babies and children aged 0 to school age come and relax in a friendly environment. All welcome!

Fortnightly on Thursdays from: 9.15 to 11.00 am

Where: Room 20

Dates: Thursday 13/11/14, 27/11/14, 11/12/14

Contact: St Clair Public school- 9670 1966 or Catherine Harding – 4732 7914
P&C News

Our big school fete was on Sunday and it was a great day. It was very hot but we had a great turn out. There was so much to do and see, we even had a visit from Elsa, Anna and Olaf from the popular Disney movie Frozen. The baby animals were a huge hit at the petting zoo and the reptiles from Australian Snake Catchers had many of the children intrigued. The rides were a fun activity for lots of kids!

We would like to take this opportunity to say a **HUGE THANK YOU** to the following:

*Our volunteers on the day* – without your help this day would not have been as smooth sailing as it was.

*Stall Holders* – We hope you got your name out there and had some sales for your business.

*Outback Steak House* – For supplying and cooking our BBQ and giving us lots of delicious options to choose from.

*Rafton Lawyers* – Your sponsorship helped pay for advertising and lots more.

*Fitness Plus* - Your sponsorship helped pay for advertising and lots more.

*Fresh Start Bakeries* – For the rolls used for our BBQ.

*Norwest Thunderdogs* – For the great entertainment with your wonderful dogs.

And of course Mrs Loader and all the teachers and staff – without your help this day would not have been as successful as it was.

Once we have worked out the financials we will let everyone know how much money we raised.

We hope all the children and visitors enjoyed their day and had lots of fun.

**We do have some lucky dips left and these will be on sale in the canteen during recess and lunch. If you would like to purchase one please bring in your $2 and choose from the box.**

**Future Meetings** – 7pm in the **Staffroom** – Tuesday 25th November

Our email address for any P&C communication is stclairpandc@gmail.com or http://www.facebook.com/stclairpublicschoolpandc
WEAR ORANGE TO SCHOOL
MUFTI DAY

WEDNESDAY 12 NOVEMBER
GOLD COIN DONATION
IN RECOGNITION OF THE OUTSTANDING WORK OF OUR SES VOLUNTEERS

Wear Orange Wednesday (WOW Day) is on Wednesday 12 November 2014

It is a day of recognition and appreciation where the dedicated work of State Emergency Service (SES) volunteers is celebrated across Australia.

The focus of WOW Day is to energise the community to show their support in a very simple but highly visible gesture by wearing the colour orange. This is the colour worn by SES volunteers.

There are 40,000 SES volunteers across Australia who each year collectively provide around a million hours of their time to help communities in times of natural disasters and emergencies. These dedicated people are on call to respond 24 hours a day, 7 days a week, 365 days a year.

SES volunteers have a passion for helping people in the worst of weather and at the hardest of times, helping with storm and flood operations and other rescue activities.

All SES volunteers devote a considerable amount of time to skills development and training to ensure they are capable to effectively carry out the diverse range of tasks that come with being part of a dynamic and trusted volunteer emergency service.

On WOW Day, the simple concept of wearing orange will show your support for the amazing SES volunteers across Australia and will show that they are valued by the communities they support and keep safe.

Mention St Clair Public School and we receive a percentage of your purchase.
ARE YOU A SINGLE PARENT?

Every week Single with Children provides fun and exciting activities especially for single parents and their children (many activities are subsidised or even free).

It’s a great way to meet and get to know people in your area.

To find out more and get a FREE copy of our social calendar, contact us today.

Call 1300 300 496

Or visit our website: www.singlewithchildren.com.au

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WIN FREE GROCERIES!

Campaign runs 15 October - 15 November 2014

Simply tell us about the last time you used local health services and you could win!

It’s easy!

2. Take five minutes to share your or your family’s experiences with local health services

You’ll go in the draw to win $100 worth of groceries and a free healthy supermarket tour.

www.nbmml.com.au/HealthSurvey

An initiative from
Nepean-Blue Mountains Medicare Local

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Come & Try Girl Guides

You are invited to come and try some adventurous and fun Girl Guides activities, meet some Guides and find out just what Guiding is all about. Have a go at running the obstacle course, making your own kite & friendship bracelets, playing bash the rat, blind volleyball and much, much more!

For: Girls aged 7-12 years and their families
Date: Sunday, 23 November 2014
Time: 11am-2pm
Place: Parramatta Park, Parramatta

For more information visit www.girlguides-nswact.org.au or call 1300 447 548.

Girl Guides are a diverse community based independent organisation built on values of empowerment, collaboration, respect, passion and initiative. We look forward to seeing you there.

Fun, Friends, Adventure.

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Craft Mysteries Janet Gardland

16 Todd Rd
St Chir, 2759
0419344186
janet.gardland@icloud.com
Facebook page craft mysteries

Burb Cloths, Bandana Bibs, Bibs and Knitted Tea towels
University Competitions 2014 Results

I would like to congratulate the following students for outstanding results in the Australasian University competitions.

A special congratulations to Athena Auw for achieving a High Distinction in Mathematics.

Brady Smoothy achieved a Distinction in English & Writing, Athena Auw achieved a Distinction in Computer & Writing and Calinda Surenne achieved a Distinction in Computer.

Hannah Rutledge achieved a Credit in Spelling & Mathematics, Harman Nijjar achieved a Credit in Computer, Brady Smoothy achieved a Credit in Science, Athena Auw achieved a Credit in Science, English & Spelling and Calinda Surenne achieved a Credit in Science, Writing & Mathematics.

Rabeet Nissar and Calinda Surenne both achieved a Merit Award in English.

Operation Art

Congratulations to Christina Pandelios, Amara Wright and Joshua Dimitrievski for successfully completing the visual Arts workshops.

Sun safety

This spring has seen temperatures soar. A new information pack with the latest advice on sun safety is available for schools and parents.


Digital citizenship

We’re the first generation of parents responsible for equipping our children with digital citizenship skills – how to use technology safely and responsibly, and how to evaluate, manage and use the information and tools they find online.

Here are some tips to get you started:

UWS PENRITH OBSERVATORY

University Western Sydney
Great Western Highway, Werrington North
Building AO

Saturday, 1 November 2014
(8pm – 10pm)

The evening will include a presentation, a 3D astronomy movie that will run for 15-20 minutes, a tour of the dome area and stargazing through various computerised telescopes. Our program will run regardless of the weather.

Cost: $15 adult, $10 child/concession and $40 family

Bookings are essential: Book online: www.uws.edu.au/observatory.

Enquiries: Phone (02) 4736 0135 or email r.mccourt@uws.edu.au

Office Hours Mon, Wed, Thurs 8.30am-3.00pm

The StEPS program, offers free vision screening assessments to all 4 and 5 year olds.

If your child has not had their vision screened this year, we would like to invite you to attend a free StEPS Clinic.

Clinics are available at:

Hawkesbury Community Health
Monday 15th December 2014 and Thursday 15th January 2015

Penrith Community Health
Tuesday 2nd December 2014

Cranebrook Community Health
Friday 21st November 2014

Springwood Community Health
Wednesday 17th December 2014

Please phone 47305100 to make an appointment for one of the above clinics.
The simplest way

to get your vitamin D!

Did you know?
- Our bodies make vitamin D when skin is exposed to sunlight.
- We need vitamin D as well as calcium to maintain good health, in particular to keep our bones and muscles strong and healthy.
- Always use sun protection when UV levels are 3 and above.

Does sunscreen stop vitamin D?
- Sunscreen filters out most but not all UV radiation.
- People who use sunscreen regularly when UV levels are 3 and above don’t have lower vitamin D levels than people who do not use sunscreen.

For more information visit www.eatittobeatit.com.au
or join us on Facebook at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well & School Program.

The simplest way

to inspire a healthy breakfast

A healthy breakfast improves energy levels, alertness and concentration. It’s also a good way to get a serve of fruit + veg in.

Here are some quick winter warming breakfast ideas:
- Sliced bananas or avocado make a yummy addition to toast.
- Chop and add left-over vegies to an omelette or savoury pancake.
- Add fresh or canned fruit to porridge.
- Top a wholesome muffin with cooked tomato, mushrooms, baked beans or creamed con.

For more information visit www.eatittobeatit.com.au
or join us on Facebook at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well & School Program.

The simplest way

to eat more fruit & veg

Did you know that eating the right amount of fruit and veg is essential in the fight against cancer?

Try to make them part of every meal, to make sure you get your 2 serves of fruit and 5 serves of veg every day.

At breakfast, add some mushrooms or spinach to your eggs. Eat a piece of fruit at morning tea, and then add a salad to your lunch. Some vegies with dinner, and have fruit and yoghurt for dessert.

To make lunch boxes as healthy as possible:
- Pack some vegie sticks, like carrot or cucumber.
- Cut up fruit into small pieces.
- Freeze fruit like grapes and add to the lunch box.
- Include left over baked vegies.

For more information visit www.eatittobeatit.com.au
or join us on Facebook at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well & School Program.

The simplest way

to healthier afternoon snacks

Choose these simple, tasty + healthy snack ideas to give your kids an after-school energy boost.

- Swap full fat ice-cream for reduced-fat yogurt with fresh fruit pieces.
- Swap a tin of fruit in syrup for a tin of fruit in natural juice.
- Swap flavoured milk for a reduced-fat fruit smoothie (try bananas or frozen berries).
- Swap a chocolate muffin for a fruit muffin.

For more information visit www.eatittobeatit.com.au
or join us on Facebook at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well & School Program.
On Thursday October 23rd, 45 Stage 2 students, Mrs Burke and Ms Balloch walked to Mark Leece Oval for the MILO T20 Blast School Cup.

The day was a typical hot Australian day, as you would expect for cricket. We divided up into 2 girl teams, Healey and Poulton, and 3 boys teams, Sandhi, Nannes and Morgan.

The day was well organised and everybody was able to participate in all aspects of the game. Throughout the day we saw some great batting with fours and sixes being hit all over the field. The bowling and fielding was also fantastic and some fine catches were taken. With so many great efforts from the students is was a pleasure to take them for the day.

All the students agreed they had a great day and best of all they had fun while learning and developing their cricket skills.
Rooby Roo Colouring In Competition

Highly Commended winners of the 6 to 8 year old section of the St Clair Neighbourhood Centre, Rooby Roo Colouring in competition were Jack Bugeja and Kyle Pollard.

Email Address

St Clair PS continues to try to improve its digital communication with parents. If you would like email notifications for the Newsletter, notes or other important events happening in the school in 2015, please supply or update your email address below.

Child’s name ___________________________ Class ___ Parent name: __________________________

Email: .................................................................

Please print clearly
Thank you to everyone who supported us at the FETE. It was such a great success and no doubt we will put the money to great use for both our kitchen and garden. It's also great to hear about many parents who bought the recipe book previously and had cooked some of the dishes. It made us so happy to hear students are starting to eat more vegetables and are trying different things at home. Well done everyone!

Because we had a busy week, only a few classes had the opportunity to cook. This week we cooked a lovely Lettuce Wrap with Chicken and Noodles. We have some nice lettuce growing in the garden and it is perfect for this delicious dish. The crisp freshness of the lettuce with Juanita’s Mint Sauce made this dish a real hit. We also cooked Spinach and Cheese Tarts served with Garden Salad and Edible Flowers. With this meal our goal was to put some type of salad with our dish, and the students loved it!

We are so glad that our garden is still producing a wide variety of vegetables. This is due to all the thought and care Juanita puts into the garden, making it possible for us to harvest, prepare, cook and eat such great dishes.

If you wish to donate kitchen supplies, we still need items such as:

- White sugar
- Brown sugar
- Butter
- Brown Rice
- Plain Flour
- Self-raising Flour
- Olive Oil
- Vegetable Oil

Thank you! Happy cooking everyone! Cazendra.

How energetic and skilful were Class 1 with their wonderful skipping demonstration. To think they learnt to skip and perform tricks in just one and a half weeks. It just shows when you put your mind to something how quickly you can master it. Well Done!

We had a wonderful demonstration from our Junior and Senior DanceSport teams on Monday at our assembly. On the 18 November these teams will be competing in the Regional Dance Sport Championships. We wish you all the best.
First of all, thank you to everyone who purchased some delicious items from our stall at the fete on Sunday - it was a wonderful success, and hopefully you are enjoying our produce! Our stall looked lovely with a selection of jams, sauces, vinegars, banana bread, apple crumbles, cookie jars, fresh shallots, silverbeet, lettuce and pumpkins.

The garden is already beginning to dry out with the high temperatures and the watering systems installed are proving a godsend! Our grape vines are getting leaves and the sweet potatoes are doing well, while the pineapple heads are still trying to decide if they are going to grow or not. The corn is coming along well as are the watermelon plants, kale and passionfruit plants which are finally managing to grow despite the snails! We have been busy netting off the fruit trees against the depredations of the corellas. Our apricots, nectarines and peaches are coming along nicely.

We had a great day in the garden yesterday with the installation of some new poles and fencing around the chooks' scratching area. While it is not yet finished, it looks like it will be a resounding success and far more stable than the old one. Hopefully it will be completed on Thursday. The team of boys I had working on it were absolutely fantastic - thank you so much to Isaiah, Lachlan, Ryan, Josh, Drew, Russell as well as Deb V. We had a great time digging, measuring, levelling and putting the posts up. You are an awesome team! Thanks also to Jake and Dylan who worked so hard in the chook yard, cleaning up and refilling water and food for the chooks - you are brilliant. The chooks enjoyed their freedom in the wild area while we were putting in the new fence and I'm working on incorporating a gate into their scratching area, so they can occasionally do some free range foraging, just as long as they stay out of the main garden area.....

The apple trees are covered in glorious scented blossoms so I'm hoping for a good crop of apples next year. As the plants are now properly established and will be getting adequate water over the long hot summer our crop should be spectacular.

Until next time, happy gardening!   Juanita

Donations wanted:
- Vegetable & herb seeds, seedlings & fruit trees, shooting potatoes, onions, garlic
- Oven dried egg shells & saw dust for snail prevention
- A continual supply of fertiliser (Seasol and Rocket Fuel)

Special Thank You To Our Supporters of the Stephanie Alexander Garden Project
- Minchinbury Fruit Market - donation of fresh vegetable leaves for chooks.
- Austas for the large wooden boxes
- Camden Farm Mushrooms - for free delivered mushroom compost

School Website
Please check out the school website: http://www.stclair-p.schools.nsw.edu.au. For information about upcoming events check the Calendar or Newsletter tabs, for copies of permission notes check the Notes tab and of course check out the Photo Gallery to see lots of photos of different events. If there is something you would like to see added to the school website and it abides by DEC policy please let the school know by dropping us an email or sending a note to the office.