Sydney West Softball

Congratulations to Alec Price who was selected earlier this year to play in the Sydney West Boys Softball team. The team recently played the finals of the competition in Lismore. The Sydney West team were NSW PSSA runners up. Well done Alec and team mates!

Keeping Your Children Safe at School

It has come to my attention that there are some parents that are not keeping our children safe. They are illegally coming into and parking on school grounds. **NO parents or community members are to drive into the school without the express permission of the Principal.**

Unfortunately, due to the number of cars entering the school grounds illegally, the school car park gates will be shut from 8.30am and again at 2.30pm and **NO parent cars will be permitted including those with a parking pass.**

I am very pleased with how well our students in the support unit have settled this year and that they can now walk safely outside the school with adult supervision. So in preparation for 2015 those parents who presently have a parking pass will also have to find alternate parking outside the school grounds.

Ms Twining or another staff member will be at the gates to allow the Special Transport buses into and out of the school and to collect Support Unit students from parents. **This process has been put in place to keep your child and everyone else’s children safe.**

Judy Loader
Principal

Calendar

Friday 14, 21 November
Kindy 2015 Transition
Tuesday 18 November
Dance Sport Championships
Wed 19 & Thurs 20 November
SAKG Training
Wednesday 26 November
Year 6 Fun Day
Last Scripture Class for 2014
Friday 28 November
Kindy 2015 Orientation
Friday 5 December
Presentation Assembly
Monday 8 December
Last Assembly for 2014
Wednesday 10 December
Year 6 Farewell
Friday 12 December
Semester 2 Reports sent home
Monday 15 December
Movie or Bowling Party day
Tuesday 16 December
SC Factor - Talent Show
Wednesday 17 December
Last Day for Students
###总裁奖

**Congratulations:**
- Joshua Pajarin x 2
- Faith Gravina x 2
- Billy Pandelios
- Brodie Zeall
- Alek Gardner
- Nathaniel Coban
- Kyle Pollard
- Faran Ahmad
- Bianca Gravina
- Maddison Roth
- Matilda Roberts
- Qiyara Young Ngaha
- Liam Ommundson
- Seth Gundy
- Bradley Reid
- Tyrese Coban
- Eyad Imaya
- Sarah Clarke
- Cameron Simmonds
- Jordan Fell
- Ethan James Chatimba
- Harley Shepherd

###优等奖

####优于创意艺术

<table>
<thead>
<tr>
<th>Class</th>
<th>Excellence in Creative Arts</th>
<th>Playground Star</th>
<th>Merit Awards</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class 1</td>
<td>Holly McCann</td>
<td>Christian Solomon</td>
<td>Hayley Dowds, Junior Iupati</td>
</tr>
<tr>
<td>Class 3</td>
<td>Claude Laranang</td>
<td>Neda Stancev</td>
<td>Gabriella Black, Kevin Horsfield</td>
</tr>
<tr>
<td>Class 4</td>
<td>Louise Samia</td>
<td>Emma Tidyman</td>
<td>Braydyn Collins, Cheyenne Birchall</td>
</tr>
<tr>
<td>Class 5</td>
<td>Christina Pandelios</td>
<td>Mia Nikua</td>
<td>Qiyara Young Ngaha, Liam Ommundson</td>
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<tr>
<td>Class 6</td>
<td>Lily-Jean Hodgson</td>
<td>Steven Nguyen</td>
<td>Seth Gundy, Bradley Reid</td>
</tr>
<tr>
<td>Class 7</td>
<td>Angello Laranang</td>
<td>Finlay Smith</td>
<td>Tyrese Coban, Eyad Imaya</td>
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<tr>
<td>Class 9</td>
<td>Will Taylor</td>
<td>Jaden Greenland</td>
<td>Sarah Clarke</td>
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<tr>
<td>Class 11</td>
<td>Emily Cunningham</td>
<td>Angus Mcardle</td>
<td>Shae Stevens</td>
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<tr>
<td>Class 12</td>
<td>Dallas Marks-Green</td>
<td>Katrina Elias</td>
<td>Tyler Shaw</td>
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<tr>
<td>Class 13</td>
<td>Alexa Banguis</td>
<td>Luis Contreras Villajan</td>
<td>Amy Tidyman, Chelsea Brown</td>
</tr>
<tr>
<td>Class 14</td>
<td>Mohammad Jaleley</td>
<td>Leinard Samia</td>
<td>Dominic Gardner, Jonalyn Dizon</td>
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<tr>
<td>Class 15</td>
<td>Dakota Garrow</td>
<td>Seb Santos</td>
<td>Cameron Simmonds, Jordan Fell</td>
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<tr>
<td>Class 16</td>
<td>Om Upadhya</td>
<td>Jordan Williamson</td>
<td>Ethan James-Chatimba, Harley Shepherd</td>
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<tr>
<td>Class 18</td>
<td>Portia Young</td>
<td>James Mills</td>
<td>Zachary Spagnol, Kayley Mitrovic</td>
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</tbody>
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####为交换5个小奖而进行的交易

Joshua Pajarin x10, Anabel Fratti-Greenlees, Brodie Zeall x 5, Faran Ahmad, Amara Wright x 3, Jean-Marcel Bergerot x 2, Jonalyn Dizon, Sarah Roser, Christina Pandelios x 2, Kayla Fairweather x 2, Nate Wright, Athena Auw x 3, Matilda Roberts, Qiyara Young–Ngaha x, Faith Gravina x 2, Isaiah Marsh, Annalise Vorhauer, Taylah Williamson, Angelina Gardner, Jessalyn Dizon, Mohammad Jaleley, Jordan Fell, Isaiah Banguis, Mackenzie Wilkie-Smith, Dallas Marks-Green, Phillip Nguyen, Alexa Banguis, Cheyenne Birchall, Dilara Elma, Noah Dyble, Lachlan Vecchio, Ben Pusa Su’a, Bianca Gravina, Jake Whelan, Russell Ross, Morgan Savill, Shayne Shaha, Katrina Elias, Emily Hardy, Hayden Morgan, Cooper Hufferdine, Kyle Pollard, Tyler Shaw, Caitlyn O’Brien, Arushi Bangia, Antonio Auw
School Award

Congratulations: Kyle Pollard

Kyle chose a slime ball and ding-bat for his prize.

Music Count Us In

On Thursday 30th October 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 amazing achievement.

Our wonderful Kindergarten students from Classes 16 & 18 lead the rest of the school in performing the actions that went with the song.

Assembly Item

Class 5 entertained us with a great skit redone in a variety of techniques which they have learnt in the Song room Drama lessons. Well Done Class 5!

Song Room

Jessica from the Song Room program presenting the school with 4 didgeridoos for our Koori Kids Club to use.

Thanks Songroom and Jessica.

Public Speaking Competition Winners.

Last week the winners of the 2014 St Clair Public Speaking Competition received their trophies. Well done again to Faith Rivers, Judyann Sabbagh, Athena Auw and Hannah Rutledge.
To support the great work of The SES we had a WOW Mufti day and raised $238.70 for the SES. Thanks everyone for supporting a great cause.
Remembrance Day

Remembrance Day (11 November) marks the anniversary of the armistice which ended the First World War (1914–1918). Each year Australians observe one minute silence at 11 am on 11 November.

The school leaders Faith Rivers, Martin Paynter, Tayla Martin, Alec Price, Lachlan Vecchio and Hayley Mician attended the Remembrance Day Memorial service at St Marys RSL on Tuesday.

They joined twelve other local schools, Mrs Tanya Davies State Member of Parliament for Mulgoa, Ms Fiona Scott Federal Member of Parliament for Lindsay, senior members of St Marys RSL and local community members to lay wreaths and show remembrance.

While at school other Stage 3 students, Joseph Santos, Joshua Dimitrievski, Dylam Wilson and Nia Tautua conducted a Remembrance Day service over the PA system for the whole school to hear.

The names of family members or significant people in our families' lives who have served or who are still serving in the armed forces today were read out.

A poem written by Katie McPherson, a former St Clair Public School student, about the nurses who served throughout armed conflicts was read out, along with the 'Ode of Remembrance', which was followed by 1 minute's silence.

We are proud of all the men and women who have served or are still serving in the armed forces today.

LEST WE FORGET

I am very proud of the respect shown by all students during the services and the minute of silent remembrance for all who have served in the protection of freedom and Australia.

<table>
<thead>
<tr>
<th>Remembrance Day</th>
<th>Roll of Honour 2014</th>
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<tbody>
<tr>
<td>Jean Anderson</td>
<td>George Hargraves</td>
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<tr>
<td>Victor Leonard (Lenny) Anderson</td>
<td>Bernard Harrison</td>
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<tr>
<td>Daniel Balloch</td>
<td>Harold Healey</td>
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<tr>
<td>James (Jock) Balloch</td>
<td>George Hill</td>
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<tr>
<td>Trent Barlin</td>
<td>Arthur Norman Holland</td>
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<tr>
<td>Alf Burtenshaw</td>
<td>Adrian Louis Hope</td>
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<tr>
<td>Michael Breeze</td>
<td>Don Hosking</td>
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<tr>
<td>Clark Clark</td>
<td>Fred Hutchinson</td>
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<tr>
<td>James Clifton</td>
<td>John (Jacko) Jackson</td>
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<tr>
<td>Charlie Comber</td>
<td>Newton John Jones</td>
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<tr>
<td>Allan Coyte</td>
<td>Alan Kirk</td>
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<tr>
<td>Ignatius Coyte</td>
<td>James Kirk</td>
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<tr>
<td>Sydney Davidson-Tidyman</td>
<td>E. Larkins</td>
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<tr>
<td>William James Dowds</td>
<td>Jack McPherson</td>
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<td>Kenneth Roy Druery</td>
<td>Edgar Thomas Mulley</td>
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<td>Jack Field</td>
<td>Patrick Murray</td>
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<td>Alan Fletcher</td>
<td>Frank Paliwoda</td>
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<td>Frank Normoye</td>
<td>Mitchell Paar</td>
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<td>Cecil Giles</td>
<td>Ernest Phillips</td>
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<td>Frederick Graham</td>
<td>Allan Robinson</td>
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<td>Dorothy Robinson</td>
<td>Martin Ross</td>
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<tr>
<td>Mr Spargo</td>
<td>Martin Ross</td>
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<tr>
<td>Ernest Herbert Spencer</td>
<td>Greg Single</td>
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<tr>
<td>William Tatchell</td>
<td>Ken Single</td>
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<td>Raymond Thomas</td>
<td>Lee Single</td>
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<tr>
<td>Charles Ronald Thompson</td>
<td>John Slater</td>
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<td>Edward Turner</td>
<td>Dylan Smith</td>
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<td>David Woolard</td>
<td>Ronald Smith</td>
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<td>Harold Wills</td>
<td>Mr Spargo</td>
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<td>Harry Young</td>
<td>Ernest Herbert Spencer</td>
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<td>Leonard Clyde Young</td>
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<td>Stephen Young</td>
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Gymnastics Invitation

Parents are invited to come and watch a gymnastics lesson next Thursday 20th November. You are welcome to view any of the lessons or your child’s lesson. Below are the times each class attends the Gym lessons.

9.10 – 9.40 – Classes 11, 12, 16 & 18
10.10 – 10.55 Classes 1, 3, 4 & 9
9.40 – 10.10 Classes 13, 14 & 15
11.25 – 12.10 Classes 5, 6, 7 & 10

Look at everyone enjoying their Gym lessons. Come and see next Thursday, us having fun and developing skills.
P&C News

We would like to say that our fete was very successful raising approx. $5000 !!!!!!! We will still be bringing in other funds with the sale of the left over lucky dips and show bags. This money will go back to the school to help cover the costs of repairing or installing new air conditioners in your children’s classrooms.

These are the show bags that are available:
Cadbury Dairy Milk $5.00
Zappo $5.00
Wicked Fizz $5.00
Best Friends Forever $6.00
Tricks & Jokes $6.00

Remember Christmas is only 6 weeks away and these would make great stocking fillers and you won’t even have to tackle the shops! If you are interested order forms were sent home but if you do not have it just write your order and add the correct money to an envelope and put it in the black box near the office. If these are for Christmas and you would like to keep them a secret please just let us know and we will arrange discrete delivery to you.

Canteen News

We would also like to ask for volunteers in the canteen. We are only asking for one day a month to help out. The duties are very simple and full training is given. Think how exciting it would be for your child to see you during the day at the canteen!!! If you are interested please leave your name and phone number and Kimberley our canteen manager will contact you.

Facebook

We have set up a Facebook page to notify our families of upcoming events at school. Check it out at:
http://www.facebook.com/stclairpublicschoolpandc

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

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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
Parent Questionnaire for the PAVe Project  
(Preventing Anxiety and Victimisation through education)

Students with parental consent have now completed the PAVe survey at school. We would like to invite parents of these children to complete the PAVe parent survey. This online survey will take about 12 minutes to fill out. Please go to [http://bit.do/pave4parents](http://bit.do/pave4parents) to complete the survey.

Alternatively, you can collect a paper version of the questionnaire from your school. The information you provide will assist us evaluate programs that reduce peer victimization and anxiety in schools and also evaluate the health impact and costs to run these programs. The information will assist us plan future support for families to prevent victimization and anxiety in children. The PAVe team and (name of school) thank you for participating in the PAVe Project.

If you have any questions, please contact Dr Sally Fitzpatrick (9850 8097) or paveadmin@mq.edu.au
UNIVERSITY OF WESTERN SYDNEY
PENRITH OBSERVATORY

Family Astronomy Night
Telescopes for Christmas

The UWS Penrith Observatory together with the Western Sydney Amateur Astronomy Group (WSAAG) will be running an Astronomy Night on Saturday, 22 November from 8pm – 10pm. The evening will include a presentation from WSAAG members who will look at some of the different types of telescopes you could buy for your families and friends, a 3D astronomy movie and stargazing through the University’s computerised telescopes (weather permitting).

Cost: $15 adult, $10 child/concession and $40 family.
Bookings are essential: Book and pay online: www.uws.edu.au/observatory, What’s On
Enquiries: Phone (02)4736 0135 or email r.mccourt@uws.edu.au

Erskine Park Rural Fire Brigade
Santa Runs

Friday 19th December
Saturday 20th December

Erskine Park Rural Fire Brigade will be giving Santa a ride in the fire truck to visit kids in the local area. Please contact us for more information and bookings.
Bookings are essential.

Email: erksineparkfb@gmail.com
Ph: 0419 222 136

School Website

Please check out the school website: http://www.stclair-ps.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.

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.
**The simplest way**

**...to use avocado**

Avocados are packed full of Vitamin E and Vitamin C, contain good fats, and are high in fibre - making them a great choice for a stand alone snack, or addition to a main meal.

Botanically avocados are a fruit because they grow on trees and contain a seed - but nutritionally they are a veggie - meaning they count towards your 5 serves!

How to use avocado:
- As a spread on toast for brekkie
- Add to a salad for extra flavour
- Mash and add lemon juice and garlic for an easy guacamole - then serve with veggie sticks
- Eat straight from the skin with a spoon

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

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

To make lunch boxes as healthy as possible:
- Pack some veggie 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 at facebook.com/eatittobeatit

**The simplest way**

**...to manage fussy eating**

Here are some of our top tips for dealing with fussy eaters:

- Stay positive and don’t react when your child refuses to eat, respond calmly, so they don’t get attention for behaving badly.
- Keep on serving it: research shows kids need to be given a new food an average of eight times before they will accept it.
- Eat as a family at the table: turn off the telly, and eat together - this will help improve the whole family’s eating habits.

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

**The simplest way**

**...to understand UV radiation!**

Did you know?
- UV is not linked to the temperature and can be high even on cool and cloudy days.
- Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer.

Here are our top tips for you:
- Use the SunSmart App: To find the daily UV level for your area and recommended sun protection times. The app also has a sunscreen calculator to find out if you’re using enough sunscreen.
- When the UV level is 3 or above – Protect your skin in 5 ways. Slip, slop, slap, seek and slide.

For more information visit www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit
It has been a busy and successful week in the kitchen. Last week I had the opportunity to make big batch of fettuccine, lasagne and spaghetti pasta for the students. I also cooked pasta sauce using our tomatoes and fresh herbs from the garden. No doubt the students will be very excited to use this prepared food with their dishes.

Class 4 cooked Fettuccine Pasta with Spinach and Cherry Tomatoes. They also prepared a colourful salad with peach and edible flowers using our nasturtiums and rocket flowers from the garden. Class 7 cooked Stewed Peaches with our homemade custard.

On Tuesday we invited the year 2 parents for lunch. Class 6 and Class 1 helped me prepared Vermicelli Noodles with Tofu and Vegetables, Stewed Peaches with Custard, Garden Salad and Egg Fritter. It was a great lunch and thank you for all the parents who came and gave donations. For all the students who helped, thank you for doing a great job in the kitchen.

Last Saturday Mrs Renshaw and Juanita visited Wisbeys Orchard and they came back with a whole box of fresh picked peaches. Thank you Robyn for donating these yummy peaches. The students are definitely enjoying them.

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.

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 27/11/14, 11/12/14

Contact: St Clair Public school- 9670 1966 or Catherine Harding – 4732 7914

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
What a busy productive time we've had in the garden over the last 2 weeks. The new fence around the chooks' scratching yard is now finished, complete with a small slide up gate for them to get out into the wild area to free range. The addition of shade cloth means they will be able to stay cooler during the hot summer months and it's much better than the old wooden pallet rickety fence and the view out to the wild area is now relatively unobstructed.

We received a grant to purchase fruit trees (thank you to Mrs Renshaw for her hard work on that) and we are now the proud owners of a 2m mango tree, a cherry guava, a red finger lime, a loganberry and a blueberry. These are now happily planted in two new boxes up near the compost heap where the heat from the brick wall should help them survive the winter's chill next year. Thank you to my great helpers, Christian, Christian, Isaiah and Dylan - good work boys!

Lots of parsley, coriander, broccoli, Asian greens and chard have gone to seed, so they have been pulled out of the garden beds. Most of the tomatoes have been picked, plus some kohlrabi, snow peas, beetroot, celery and spinach. The watermelons are coming on well, as are the nettles (yes, there are nettles in the garden - very valuable plants, despite their stings), strawberries, cabbages, rockmelons and the first zucchinis should be ready for cooking next week! We will be planting more corn (to replace the ones the corellas destroyed!), carrots, kohlrabi, snow peas, climbing beans (once I clear the flagpole in the garden for them to climb up).

Over the weekend, Mrs Renshaw and I went to visit the beautiful Wisbey Orchard and Jackie French's amazing garden in the Araluen Valley. It was a most inspiring day and we came back with many wonderful memories and a free box of top grade peaches, courtesy of Robyn from Wisbey Orchard, which the kids have been enjoying cooking all week. Jackie French's garden was a chaotic riot of lush abundance and jaw-droppingly beautiful and productive. Standing under a 20m avocado tree listening to her talk about her garden, with avocados dangling tantalisingly out of reach was inspiring. I also recently went to a seminar regarding the health benefits of native Australian foods, so expect to see more bush foods working their way into the garden soon!

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