Newspaper available online @ www.stclair-p.schools.nsw.edu.au

**POSITIVE BEHAVIOUR LEARNING FOCUS**

PBL encourages positive behaviour from students, which has been shown to improve their self-concept and motivation to learn. The focus is ‘Allow Others to Learn’.

**Dance Sport**

On Tuesday our Senior and Junior Dance Sport teams competed in the Sydney Dance Sport Championships at Penrith Sports stadium. Our teams performed brilliantly and showed excellent skill and behaviour. Thank you to Mrs Peachey and Mrs Gilbert for the many lunchtimes spent training the students in three different dances. For more details and photos please see pages 6 & 7.

**Debating**

Yesterday our fantastic debating team travelled to Lethbridge Park PS and competed in the pool final against Blackwell PS. The topic for the debate was ‘It is better to plant a cabbage than a rose’. Although our arguments were very strong we unfortunately lost the debate. We would like to thank Ms Delfs for her ongoing preparation and coaching of the team.

**Milo Cricket Blast Cup**

On Monday 19th October Students in Stage 3 participated in the District Milo Blast Cup Finals at Blacktown International Sports Stadium. The students showed great enthusiasm and skill. See page 3 for photos.

**Gala Days**

On Tuesday 20th October many students from Stage 2 participated in a T-Ball Gala Day. The students travelled by bus to Monfarville Reserve, St Marys and had a great day practicing and developing their T Ball skills. For more details and photos please see pages 6 & 7.

**Judy Loader Principal**

---

**Calendar**

- **Friday 30 Oct to 20 Nov 2016 Kindy Transition**
  - Wednesday 5 Nov to 9th Dec GOT IT Program
  - Wednesday 11 November Remembrance Day Service
  - Tuesday 24 November P&C meeting
  - Wednesday 25 November P&C Disco
  - Friday 27 November 2016 Kindy Orientation
  - Thursday 3rd December 2016 Year 7 High school Orientation
  - Friday 4 December Presentation Assembly
  - Wednesday 9 December Year 6 Farewell

---

**P & C Meeting**

**Tuesday 24th November**

7.00pm in the Staffroom

**Assembly News**

- **MONDAY 2nd November** - Aussie of the Month, Excellence, Playground Star, Public Speaking Trophies, Uni Competition certificates & Junior Dance Group
- **MONDAY 9th November** - Class 15 Item & Merit Awards
- **MONDAY 16th November** - Choir Presentation & Awards

---

**Congratulations**

Jean-Marcel Bergerot
Aussie of the Month for showing care and compassion towards others
**Principal’s Awards**

**Congratulations:**
Kingston Jack-Kino, Mia Wierzbicki,
Kaito Forrest, Nate Wright, Aiden Coban,
Isaiah Banguis, John Ah Mann,

---

<table>
<thead>
<tr>
<th>Merit Awards</th>
<th>Playground Star</th>
<th>Excellence in Technology</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class 1</td>
<td>Neda Stancev, Brock Smith</td>
<td>Hakki Simsekatan</td>
</tr>
<tr>
<td>Class 3</td>
<td>Jessalyn Dizon, Laetitia Zamor-Bongout</td>
<td>Lily-Jean Hodgson</td>
</tr>
<tr>
<td>Class 4</td>
<td>Arushi Bangia, Isaiah Banguis</td>
<td>Amelia Morgan</td>
</tr>
<tr>
<td>Class 5</td>
<td>Fine Nikua, Luis Contreras</td>
<td>Mohammad Jaleley</td>
</tr>
<tr>
<td>Class 6</td>
<td>Craig Black, Julieus Kalepo</td>
<td>Taylah Williamson</td>
</tr>
<tr>
<td>Class 7</td>
<td>Kieran Ash</td>
<td>Kieran Ash</td>
</tr>
<tr>
<td>Class 8</td>
<td>Tyler Shaw</td>
<td>Shayne Shahla</td>
</tr>
<tr>
<td>Class 9</td>
<td>Shae Stevens</td>
<td>Abdullah Al Shamri</td>
</tr>
<tr>
<td>Class 10</td>
<td>Sarah Clark</td>
<td>Seth Garrow</td>
</tr>
<tr>
<td>Class 11</td>
<td>Koleby Thompson</td>
<td>Will Taylor</td>
</tr>
<tr>
<td>Class 12</td>
<td>Ivana Vaotuua, Isabel Devonshire</td>
<td>Jayanha Leuluso’o</td>
</tr>
<tr>
<td>Class 13</td>
<td>Morgan Savill, Hannah Bonwick</td>
<td>Sameer Jaleley</td>
</tr>
<tr>
<td>Class 14</td>
<td>Tagi Isaako, Ashlee Burns</td>
<td>Toese Saafi</td>
</tr>
<tr>
<td>Class 15</td>
<td>Mackenzie Evans, Brayden Sultana</td>
<td>Bronte Jones</td>
</tr>
<tr>
<td>Class 16</td>
<td>Makaylah Pinches, Angelo Robles</td>
<td>William Surenne</td>
</tr>
<tr>
<td>Class 18</td>
<td>Harmony Lemafua, Bianca Howell</td>
<td>William Shepherd</td>
</tr>
</tbody>
</table>

---

**School Award**

**Congratulations:**
Faran Ahmad

Faran chose a football from the prize cupboard.

---

**For trading 5 Mini Merit Awards**

Hannah Rutledge, Luis Contreras, Taylah Williamson, Hakki Simsekatan, Caleb Marsh, Enrique Greveno,
Jason Shaw, Amara Wright, Hayden Morgan x 2, Zachary Spagnol, Caitlyn O’Brien x 2, Hayden Morgan,
Jonalyn Dizon, Liliana Campbell, Kallen Warner, Chelsea Brown, Johannes Morales, Leinard Samia x 2,
Jasmine Pajarin, Nate Wright, Brayden Sultana, Bronte Jones, Bianca Gravina x 2, Jean-Marcel Bergerot,
Hannah Simi, Jayden Maalouf, Isabel Devonshire, Jasmine Zorbas, Skye Robertson, Sarah Beardmore,
Cooper Jarvis, Lillie Brown, Jewel McArdle, Sarah Clarke, Kallum Nash, Phillip Nguyen
## Panthers Eat Well, Play Well, Stay Well Awards

<table>
<thead>
<tr>
<th>Grade</th>
<th>Winners</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten</td>
<td>Andrea Marks–Green, Kallen Warner</td>
</tr>
<tr>
<td>Year 1</td>
<td>Brandan Thurgar, Aiden Coban</td>
</tr>
<tr>
<td>Year 2</td>
<td>Abigail Laney, Jennifer Morrison</td>
</tr>
<tr>
<td>Year 3</td>
<td>Faran Ahmad, Dakota Ross</td>
</tr>
<tr>
<td>Year 4</td>
<td>Hayden Morgan, Darcy Strike</td>
</tr>
<tr>
<td>Year 5</td>
<td>Emma Tidyman, Kaiden Murphy</td>
</tr>
<tr>
<td>Year 6</td>
<td>Sarah Clark, Jasmin Seko</td>
</tr>
</tbody>
</table>
Students attended an XO kidsmeet at Madang Ave Public School. The students got to see some of the more complex aspects of the XO's and how to do repairs. It was a great way to meet other students and share their experiences. Attending students were Brady Smoothy, Kallum Nash, Rinoa Laranang and Troy Patea. They all had a great day.

Assembly Item
Class 13 presented an excellent reading of the picture book 'The Giving Tree'. Each student read part of the story and their Artwork visually retold the story as well. Great work Class 13!

Our Junior and Senior Dance Sport Teams showed off their dancing talent on Monday at the School Assembly. Each group of students performed 3 different dances and showed fantastic technical skills. This demonstration was excellent practise for the Dance Sport Championships held on Tuesday. See pages 6 & 7 for more details and photos.
P&C News

Fundraising

All P&C fundraising this year will be going towards assisting our school purchase iPads. Your help makes a huge difference to our school.

Christmas Disco – our Christmas Disco is being held on Wednesday 25th November from 4.30pm to 6pm. Come dressed up in your Christmas gear and have loads of fun dancing to the sounds of Miss “Groovy” Gilbert. The cost of the disco will be $5.00 and include a drink and a snack – Notes will be sent home shortly. Please note: The disco is open only to students of St Clair Public School.

Canteen

We are pleased to announce that as from Wednesday 4th November, the canteen will be reopening on Wednesdays – thank you to the volunteers who have offered their time to enable us to reopen the canteen.

The canteen is still in need of more volunteers to help out. If you can help in any way, please contact Kim Burrell on our canteen phone on 0455 098 523 or you can enquire at the school office. Just one day per month is all we need – remember the old saying – “Many hands make light work”.

Fundraising Events still to come

25th November – Christmas Disco

Next Meeting: Tuesday 24th November 2015 7.00pm in the staffroom – everyone is welcome to attend

Music Count Us In.

Today all students K - 6 joined over 550,000 students across 2,100 schools nation wide to sing together the song ‘Gold’.

Kindergarten 2016 Transition Program

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 30 Oct</td>
<td>9-11am</td>
<td>What’s in my bag</td>
<td>Guest Speaker- Speech Therapist- Kylie Lee</td>
</tr>
<tr>
<td>Friday 6 Nov</td>
<td>9-11am</td>
<td>Friends</td>
<td>Guest Speaker – Healthy Lunches - Nina Tan</td>
</tr>
<tr>
<td>Friday 13 Nov</td>
<td>9-11am</td>
<td>Things I can do at school</td>
<td>Guest Speaker – Occupational Therapist</td>
</tr>
<tr>
<td>Friday 20 Nov</td>
<td>9-11am</td>
<td>Feelings</td>
<td>Road Safety Education Officer - Suzanne Gibson</td>
</tr>
<tr>
<td>Friday 27 Nov</td>
<td>9-11am</td>
<td>Orientation Day</td>
<td>St Clair Public School 2016 Kindergarten students and parents/ caregivers.</td>
</tr>
</tbody>
</table>

Enrol now for 2016 Kindergarten

Call into the Office or phone the school for an enrolment application.
On Tuesday 27th October, the members of St Clair PS Dance Sport team travelled to Penrith Sports Stadium to participate in the Sydney Dance Sport Championships. The event was attended by 25 schools from the Sydney metropolitan area. The event was sponsored by Stefano Olivieri from DANCEXS Studio in Wetherill Park. Stefano is 9 Times Australian Professional Dance Sport Champion, 2 Times Winner Dancing With the Stars NZ and 2004 IDSF World Champion New Vogue. He has also competed in Dancing With the Stars Australia.

Every child who competed received a voucher for a free Ballroom and Latin American Dance class at Stefano’s studios.

The members of our team were:


All team members have worked very hard all year to learn the dances and had an enjoyable day. The competition was very tough and congratulations go to Troy and Dakota for reaching the final of the Samba event and to Tyrese and Chelsey for reaching the final of the Slow Rhythm event. The day was won by Northmead PS.

Mrs Peachey and Mrs Gilbert would like to thank all the children who have worked hard throughout the year to learn the dances.

Congratulations St Clair PS Dance Sport team. You are all champions!
### Nutrition Snippet

#### The simplest way...
...to create a healthier brekkie.

Choose these simple, tasty swaps for your family's brekkie: they're fruit and veggie rich and will give you the energy to get through the day!

<table>
<thead>
<tr>
<th>Swap this Breakfast</th>
<th>For these Healthier Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>White toast</td>
<td>- Choose wholemeal</td>
</tr>
<tr>
<td></td>
<td>- Add fresh tomato or</td>
</tr>
<tr>
<td></td>
<td>avocado</td>
</tr>
<tr>
<td></td>
<td>- Spread ricotta and top</td>
</tr>
<tr>
<td></td>
<td>with sliced fruit for a</td>
</tr>
<tr>
<td></td>
<td>sweet treat</td>
</tr>
<tr>
<td>Flavoured milk</td>
<td>- Make a fruit smoothie:</td>
</tr>
<tr>
<td></td>
<td>blend frozen raspberries</td>
</tr>
<tr>
<td></td>
<td>+ honey</td>
</tr>
<tr>
<td></td>
<td>+ reduced fat milk</td>
</tr>
<tr>
<td></td>
<td>+ yoghurt</td>
</tr>
<tr>
<td>Rice bubbles</td>
<td>- Porridge or wheat biscuits</td>
</tr>
<tr>
<td></td>
<td>topped with banana + a</td>
</tr>
<tr>
<td></td>
<td>small amount of honey</td>
</tr>
</tbody>
</table>

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)

---

#### Nutrition Snippet

#### The simplest way...
...to make a healthy after-school snack.

Most kids are starving as they walk through the door – and reach for processed or packaged snacks for a quick hunger fix. Get them to head to the fruit bowl, or veggie box in the fridge, instead...it's healthier, and will leave them fuller for longer. Try:

- Asking your kids to pick a vegetable and fruit, and cut both into smaller pieces
- Adding a vegie dip to keep it interesting
- Making a fruit salad
- Adding a reduced-fat yoghurt and a sprinkle of muesli
- Visit our website for great muffin recipes

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://www.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.
Get ready for your dream job!

Penrith City Council is planning a project for parents who want to:
Return to paid work or start a new career
Gain confidence and develop new skills
Have fun and meet new people

The project will happen in 2016
Join us for a free morning tea to find out more and to see if you may be interested
Wednesday 4 November
9.30 – 11.30
Bennett Rd Public School in the Main Hall
Free child care can be provided on request
Please RSVP by Monday 2 November (this will assist us with catering) Contact Jessica Kidd 4732 7750

Neighbourhood Renewal
Penrith City Council

White Ribbon Day
Twilight River Walk
Wednesday 25 November 2015

White Ribbon Day
Twilight River Walk
Wednesday 25 November 2015 5.30pm – 7.30pm

Penrith Council is proud to support White Ribbon Day to help bring an end to violence against women in our community. Join us and show your support at this free community event.

Current statistics show that nearly three women are killed every week by a former or current partner too many. Australian women live with fear and violence. It could be your mother, wife, sister, daughter, friend, partner, colleague… Stopping the violence is everyone’s responsibility.
Food stalls and live music at Trench Reserve until 7.30pm.
Free shuttle bus back to Trench Reserve from 6.30pm. White Ribbon merchandise will be available for purchase at the event with all proceeds going to the White Ribbon Foundation.

For more information contact Eric on 4732 0028.

In support of
Australian women.
White Ribbon

Cancer Council NSW

Nutrition Snippet

The simplest way
...to protect your skin

Have you been sunburnt this summer?

Too many Aussies are still getting sunburnt. On a fine summer day, sunburn can occur in as little as 10 minutes and cause permanent damage to your skin.

What you need to know:
• The more often you are burnt, combined with your accumulated lifetime exposure to UV radiation, the higher your risk will be for developing skin cancer.
• You can’t see or feel UV radiation. It is present every day, can be high even if the temperature feels cool and can pass through clouds.
• Protect your skin in five simple steps! Slip on sun-safe clothing, slap on sunscreen, slap on a hat, seek shade and slather on your sunnies.

For information about SunSmart visit
sunsmart.nsw.com.au

Eat It To Beat It

NSW Health
Nepean Blue Mountains Local Health District

General dental treatment for children under 18 years of age is free at NSW Public Dental Health Clinics.

Oral Health Services
For Children Under 18 Years

Call Today

Health Services for Children Under 18 Years
Students and families are invited to attend the RSL’s Commemorative Services in November.

The first will be held on **Sunday 8th November** at 9am in Victoria Park, St Marys and will be followed by a breakfast in the Park. The purpose of this special event is to acknowledge the Coo-ee March Re-enactment and the Centenary of the 515kms WW1 Recruitment march from Gilgandra to Sydney in 1915, where 26 volunteers commenced and 263 completed it in Sydney.

The second event is the Annual Remembrance Day Service which will be held at the Guns Memorial at St Marys RSL Club, at 10.40am on **Wednesday 11th November**.

Light refreshments will be provided in the RSL Club auditorium immediately following the Service.

The School Leaders will be attending this service and parents are invited to join us there.

---

**www.CouncilCleanups.com**

**DON'T LET YOUR VALUABLES END UP IN LANDFILL**

**HELP US TO SUPPORT PEOPLE IN NEED**

**DONATE NOW**

Sydney disposes of 48,000 tonnes of furniture at the kerbside every year. This is a wasteful trend that lowers property values, encourages rats and other vermin while young families, ‘doing it tough’ struggle to replace furniture and whitegoods when they break.

**Www.Councilcleanups.com** is a group of volunteers that will come to your home and take away your usable, unwanted items and re-home them with needy and grateful families.

TG, of Penrith is a young mum with three children who lost many of her soft furnishings and all of her kitchen items in a kitchen fire in 2015. Although the fire was contained to the kitchen, the whole of her 2 bedroom apartment was affected by smoke damage.

BD, of Blacktown, lost many of his possessions in the divorce settlement, meaning that at the age of 45, he had to replace all his furniture, including beds for his children, otherwise he would not be able to have joint custody.

Although not affiliated with any particular council or government department, **www.councilcleanups.com** has adopted this name because of the widely understood and accepted concept of ‘having a council clean-up’.

What we ask is very simple. We would like you to help us spread the word among your families, friends and business associates: When the time comes to dispose of usable items they can contact us for free collection. These items will be reused and not disposed of in landfill.

All items donated are passed on to people in need, people who are homeless and people affected by domestic violence. These people are our priority. Any unused items are passed on to churches and charities for use or sale.

---

**Key Dates**

Tuesday 13 October 2015 - Applications website opens

Monday 16 November 2015 - Application website closes

NO late applications will be accepted
UWS PENRITH OBSERVATORY
University Western Sydney, Great Western Highway, Werrington North, Building AO

Astronomy Night
Saturday 31 October (8pm – 10pm)

All Hallows Eve
Halloween in the Stars, legends of ghosts past - Many ancient stories and myths involve the stars in our sky, these patterns were watched by our ancestors and one in particular led to the starting of the Witches' Sabbath. We investigate the stars and the stories behind what we know today as Halloween. Many of these come from Celtic roots, the Celts marked the stars of the Pleiades and when they reached their highest point it was thought the boundary between the living world and the deceased could be crossed. The evening will also include a 3D astronomy movie, a tour of the dome area and an opportunity to view the night sky through the observatory's telescopes. Fun for young and old alike. The first 50 paying people to show up in costume will receive a free Family Pass valid for 1 year.

Cost: $18 adult, $12 child/concession and $50 family

Bookings are essential: Book online: www.uws.edu.au/observatory.
Book and pay online: www.westernsydney.edu.au/observatory, What’s On
Enquires: Phone (02) 4736 0135 or Email: penrithobservatory@uws.edu.au,

Improving Dyslexic Children’s Reading Abilities?
The role of Video Games

The University of Sydney is running a study looking at improving reading ability in children with dyslexia using video games. The activities will be carried out at the University of Sydney for 11 days (90 minute sessions) during the summer holidays. Participation in the study is free and parking is provided. To participate in the study or for any questions you may have, please feel free to contact Dr Piergiorgio Trevisan at piergiorgio.trevisan@sydney.edu.au or on 0421 948 022.
Students love cooking and they also love conducting scientific examinations, so food science provides the best of both worlds for them. While Mrs Condie’s group were learning about germs and bacteria, in the kitchen we were made yoghurt and learnt about other different foods that have a good source of healthy bacteria. Sauerkraut (German's fermented cabbage), Kimchi (Korean fermented vegetables) yoghurt and Kombucha (fermented black tea and sugar) are very easy to make and provide cheap ways to improve stomach health. We made Bircher Muesli soaked in orange juice, home-made yoghurt, honey, stewed rhubarb and sunflower seeds. We also made the Gozleme dough with plain flour and yoghurt. This was filled with small amounts of cheese but loads of silver beet.

Stage 3 learnt about the importance of photosynthesis with Mrs Condie. This subject was really fun to discuss with the students, as it ties in beautifully with the garden we have at school and the healthy green vegetables we cook in our kitchen.

One of the best dishes we made last week was Chinese Chicken Dumplings, made from scratch! It was such an easy dish to make and very cheap too! Stage 2 and 3 did an amazing job in the kitchen. The skills these students have developed over time make me feel so proud. I am sure they are very proud of themselves too; they love what they do in the kitchen and that includes cleaning. A big Thank You to everyone!

Next week our kitchen focus is all about "EATING YOUR COLOURS EVERYDAY"!

If you are wishing to donate items we still need:

- Butter (unsalted)
- Brown Rice
- Flour
- Cheese

Thank you parents for contributing items we need for this program. Our Kitchen Garden program is always in need of further assistance from the parents, community and local businesses.

Also needed are jars with metal lids—to be used for preserves and jams.

Happy Cooking! Cazendra
Spring has brought an abundance of colour and beauty to the garden and everything is growing quickly with the warmer weather. Even our mango tree (planted only a year ago!) is flowering, although I don’t expect it to produce much fruit. The cherry guava tree now has tiny fruit on it and the loganberries are just about ready to be picked, while the Pepino is just flowering. The apricots and nectarines are gradually getting bigger (safely protected from the birds behind their netting) and the grapes are coming along nicely.

It’s been hard work this past fortnight emptying three wicking beds and one big box and replacing the blue metal with mushroom compost, chopped up vegetable scraps and fertiliser. The kids have been awesome and so keen to help, coming before school and at lunchtimes and even asking if they can come at recess! It’s so heartening to see their enthusiasm and they love the range of tasks they do, from shovelling mushroom compost, putting sugar cane mulch over the garden, weeding (not their favourite task!), planting, cutting up scraps for compost, watering, taking nails out of boards so they can be used....lots of variety. The kids use tools like secateurs, hammers, shovels and trowels confidently and carefully and their favourite is the garden cart used to transport everything from buckets of compost to broken up boxes ready for the skip.

The lettuces, zucchinis, cucumbers and beans planted last week are doing well. Thank you to Mrs Loader for bringing in extra cherry tomato plants from her garden, many of which have been planted out and have grown heaps already! I’ve also planted capsicums, eggplants, beetroot, carrot and radish seeds, and the seeds of the climbing spinach which died off in winter have begun to sprout everywhere! The troublesome hill near the COLA has been used as an open area for pumpkins to grow and the lids of the boxes we get are being used to keep the soil contained on the slope. Even problem areas can be put to good use with a little ingenuity!

The snow peas are just about ready to be pulled out after a bountiful crop, the broad beans are nearly ready to be picked, lots of multi-coloured beetroot have been harvested, the carrots have all been eaten, the cabbages, silverbeet, fennel, kale, chard, rhubarb and herbs are all being used regularly and there are still more boxes to replace! A gardener’s work is never done - but it’s nearly always fun (except on 43 degree days in the sun!)

Until next time, happy gardening!
Juanita