Like Us on Facebook - St Clair Public School - Education

We have had a great start to Term 2 although the first week was a little wet. The students are now enjoying all of the new playground markings that the staff painted during the holidays. We now have lots of hopscotches, twister and jump games and counting snails. Unfortunately the rain prevented the staff from adding all the numbers and feet to the games, these will be added in the next set of holidays, weather permitting.

ANZAC Day

The school captains, Judyann and Jasmine represented St Clair at the Blacktown Historical Society ANZAC commemorative service. They received a copy of a book about the Diggers who fought in the First World War and lived in what was then the Blacktown Shire, which included all the lands around St Marys, including St Clair.

I would like to thank all the families who attended the St Marys RSL ANZAC remembrance march on Sunday 19th April. It was great to see so many St Clair students participating.

Judy Loader
Principal

Congratulations
Seb Santos
Aussie of the Month for Citizenship

P & C Meeting
Tuesday 5th May
7.00pm in the Staffroom

Calendar
Tuesday 5 May
P&C Meeting
Thursday 7 May
Mothers Day stall
Thursday 7 & Friday 8 May
AFL Clinics begins
SITA Environmental workshops
Tuesday 12 to Thursday 14 May
Year 3 & 5 NAPLAN
Tuesday 19 May
Digital Technology Competition
Thursday 21 May
District Cross Country
Sydney Writers Festival Excursion
Thursday 21 & Friday 22 May
Stephanie Alexander Kitchen Garden state training @ St Clair
Friday 22 May
Walk Safely to School
Monday 25 May
Verse Speaking Finals

Assembly News
♦ MONDAY 4th May - Class 10 & 11 Item & Merit Awards
♦ MONDAY 11th May - Cross Country Presentation
♦ MONDAY 18th May - Aussie of the Month, Excellence & Playground Stars
Principal’s Awards

Congratulations:
Matilda Vorhauer,
Jennifer Morrison,
Phillip Nyugen,
Hailey Shaw,
Jasmine Pajarin

For trading 5 Mini Merit Awards

Faran Ahmad, Jason Shaw,
Kierra Collins, Seb Santos,
Scarlett Bell, Liliana Campbell,
Flynn Dalrymple, Hailey Shaw,
Chelsea Brown, Curtis Howell,
Sean Morrison, Bianca Howell,
Kaitlyn Beardmore, Jasmine Rutledge, Hannah Rutledge,
Phillip Nyugen, Anne Avecilla,
Zachary Maalouf, Kaito Forrest,
Andrea Marks-Green, Taylen Birchall x 2, Matilda Vorhauer,
Jessica Banguis, Tayla Russell

Excellence in Reading

| Class 1 | Calinda Surenne |
| Class 3 | Zuzanna Najda  |
| Class 4 | Giselle Russell |
| Class 5 | Anne Avecilla  |
| Class 6 | Kayla Fairweather |
| Class 8 | Shayne Shahla  |
| Class 9 | Emily Cunningham |
| Class 10| Sophia Clark   |
| Class 11| Will Taylor    |
| Class 12| Leinard Samia |
| Class 13| Jasmine Rutledge |
| Class 14| Krystal Boyd  |
| Class 15| Bronte Jones  |
| Class 16| Makaylah Pinches |
| Class 18| Mia Wierzbicki |

Playground Star

| Class 1 | Ronan Hallett |
| Class 3 | Kaiden Murphy |
| Class 4 | Christine De Laza |
| Class 5 | Jonalyn Dizon |
| Class 6 | Caitlyn O’Brien |
| Class 8 | Angus Mc Ardle |
| Class 9 | Rathushan Muraledaren |
| Class 10| Seth Garrow |
| Class 11| Ralph Lozada  |
| Class 12| Tayla Russell |
| Class 13| Malakai Wilcox |
| Class 14| Portia Young |
| Class 15| Brayden Sultana |
| Class 16| Anthony Elia |
| Class 18| Lillie Brown |

Clarinet Lessons

Students in Year 3, 4 & 5 have an amazing opportunity to learn the clarinet during lunch time. The instrument hire cost is $40 per term and there are two places remaining. Any interested students should let the office know immediately.
Captains and Prefects

House Captains

Year 6 Fun Photo

The photos are:
$16.00 each, 2 for $30, 3 for $42, 4 for $52, 5 for $60. Any additional photos are $10 each. This discount is only available per family order.
Payment details: Credit card online to www.theschoolphotographer.com.au.
Please record your Order Number.
Orders close Friday 12th June 2015.

Knockout Basketball News!

On the 28th April, students in years 5 and 6 represented our school at the basketball knockout competition, against the competitive school, St Marys Public School.
Both teams put up a fierce fight to win, however, only the boys managed to come out on top. Results for the competition are as follows:

**Boys:**
- St Clair – 10 points
- St Marys – 6 points

**Girls:**
- St Clair – 8 points
- St Marys – 10 points

The boys’ next game is yet to be scheduled.

A big thank you to Mrs Ireton for coaching the basketball team and another big thank you to all of the parents who took their time off to transport and support St Clair.
Congratulations St Clair on an amazing performance!

Written by Jasmin Seko and Mrs Ireton.

The students in each team are:

**Boys** – Brock Smith, Lleyton Tautua, Kyle King, Luron Patea, Kobe King, Bryce Fairweather, Victor Castiglioni, Isaiah Marsh, Levi Hall, and Santini Tautua.

**Girls** – Lillianah Martinez, Beondce Kalepo, Maria Chrisanthakopoulos, Hayley Dowds, Jasmin Seko, Jessalyn Dizon, Zoe Mazurkiewicz, Bella Lemafua and Calinda Surenne.
P&C News

Fundraising

Our next fundraiser is our Mothers Day stall on Thursday 7th May 2015 – table prices will be $2, $3, $4 and $5. Each class will have the opportunity to visit the stall and purchase a gift for mum. If your child forgets to bring money, they can still choose a gift from the $2 table and the gift will be held in the school office pending payment.

We are also holding our very popular Hot Dog Day on Tuesday 26th May. Order forms will be going home shortly – Please note that while the canteen will be open for recess and lunch on this day, NO other lunch orders will be available (HOT DOGS ONLY).

Later this term, we are also planning a yummy slice drive – more details will follow. Don’t forget to keep collecting those 5c pieces for our 5c drive in Term 3 (the class who raises the most will get a class party)!!!!!!

Canteen

We are in desperate need for more volunteers to help in our canteen (especially Wednesdays), if you can help in any way, please contact Kim on our canteen phone 0455 098 523 or you can also enquire at the school office.

As the weather is getting colder, the canteen will now be offering toasted sandwiches which are available to be ordered for lunch. Please ensure you mark the lunch order for the sandwich to be toasted. All toasted sandwiches will incur a 50c surcharge to the price of the sandwich.

Fundraising Events

7th May (Thurs) - Mothers Day Stall
26th May Tues - Hot Dog Day
Term 2 (Date TBA) - Heatherbrae Slice Drive
3rd Sept (Thurs) - Fathers Day Stall
Term 3 (all term) - 5 cent drive
Term 3 (Date TBC) - Hot Dog Day

Next Meeting Date: - Tuesday 5th May 7.00pm in the staffroom.

Future P&C Meetings (7pm in the staffroom) – EVERYONE IS WELCOME

Term 2 Tuesday 5th May Tuesday 9th June
Term 3 Tuesday 28th July Tuesday 1st September
Term 4 Tuesday 20th October Tuesday 24th November

FOR SALE

Student chairs
Strong metal frame with plastic seats
variety of sizes
$5 each

See the Office if interested

Enrol now for Kindergarten 2016

Call into the Office or phone the school for an enrolment application.
Saturday 2 May (7pm – 9pm) - MUMS & KIDS NIGHT

SOLAR SYSTEMS ACROSS THE GALAXY - Astronomers have discovered many planets orbiting distant stars - but what are they like? Even our own Solar System is full of surprises, and there is so much more to learn. Join Dr Sarah Martell for a tour through the moons and planets where we’ve sent human or robot explorers, and some of the weird and wonderful solar systems we’ve found. The night will also include a 3D movie, a tour of the dome area and 0.6 m telescope and an opportunity to view celestial objects through the university’s telescopes.

Astronomy Night - Saturday 16 May (7pm – 9pm)

The night will include a colourful and informative multimedia presentation, a 3D movie, a tour of the dome area and 0.6 m telescope and an opportunity to view celestial objects through the university’s telescopes.

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

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

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

Office Hours Mon, Wed, Thurs 8,30am – 3.00pm

The Hills Sports High School

56 Best Road, Seven Hills 2147 – PO Box 657, Seven Hills 1730
Ph: 02 9622 7300 – Fax: 02 9631 6190
Principal: Mitchell Struyve

APPLICATIONS FOR PLACEMENT IN THE 2016 HILLS SPORTS HIGH SCHOOL TALENTED SPORTS PROGRAM.

The Talented Sports Program enables students to attain their full potential and provides a pathway to the Australian Institute of Sport and State, National and Olympic representation. The School’s Coaching Staff is very highly qualified.

The Hills Sports High School Curriculum provides special academic programs to assist students in coping with any absences that may result from their sporting commitments. Students are provided with maximum opportunity to achieve both their academic and sporting goals. No longer does education have to be sacrificed to ensure sporting success.

Applications for placement in the 2016 Talented Sports Program close on May 11, 2015. A TSP Information Evening will be conducted in the Hills Sports High School Assembly Hall on Monday May 4, 2015 at 6.30 p.m.
**The simplest way**

...to work out how much fruit + veg you need.

Eating two serves of fruit and five serves of vegetables every day will help keep you and your kids healthy. But what does a serve look like?

A serve of fruit is 150 grams or:
- 1 medium fruit (apple/banana) or
- 1 ½ tablespoons dried fruit (apricots/sultanas) or
- 1 cup of chopped or canned fruit (fruit salad)

A serve of veg is 75 grams or:
- ½ cup of cooked veg or
- 1 medium potato or
- 1 cup of salad

Pack fruit and veg every day for school lunches – every bit counts towards your child’s daily total – plus healthy food gives them extra strength to concentrate longer.

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

**The simplest way**

...to add fruit at brekkky

This delish recipe will give your kids’ a great start to their day!

**Ingredients**
- 2 eggs
- 1 tbsp honey
- 2 ½ cups low fat milk
- 3 ripe bananas, sliced
- 2 cups self-raising flour
- 2 tbsp sugar
- 2 tsp margarine, melted
- 3 medium apples, peeled, cored and grated

**Method**
In a large bowl beat eggs, margarine + milk. In a separate bowl mix flour and sugar, stir into wet mixture until smooth. Add apple mix and stir. Heat oil in a pan over medium heat. Add 2-3 tbsp of mixture, flip when bubbles appear and cook until golden. Serve with banana and drizzled honey. Makes 10.

Adding fruit in fun ways can make it more appealing to fussy eaters – for more ideas, visit our website today!

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

**The simplest way**

...to understand health star ratings.

You may have noticed Health Star Ratings on the front of many packaged foods.

**What do they mean?**
Health Stars will help you make healthier choices when choosing packaged foods at the supermarket.

The star rating is based on an assessment of the nutrient content of the food including kilojoules, saturated fat, sugars and sodium (salt) as well as fruit, veg and fibre content. The more stars, the healthier.

**Why?**
63 percent of adults, and 37 percent of children are now classed as overweight or obese. The Health Star Ratings are to help us make healthier choices for our whole families – with a quick glance at the packet.

We helped develop the health stars – because we want healthy eating to be easier for everyone. Remember, nothing beats fresh – but if you need to buy a packaged snack – look for five stars!

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

**The simplest way**

...to add healthy snacks to lunch boxes

Kids have little tummies and need small amounts of food often. Try these simple + healthy snack ideas in your child’s lunch box:

- Plain air-popped popcorn (without salt or butter) mixed with sultanas + dried apple
- Dried fruit snack packs: buy them ready made, or make your own at home in reusable containers
- Fruit salads: buy small tubs of diced fruit in natural juice, or cut up small pieces of fruit + make your own!
- Crackers + veg: slice up some avocado or tomato + send with some rice crackers
- Little vegie bags: cherry tomatoes, capsicum, carrot and celery sticks
- Frozen fruit bags: freeze grapes, orange quaters or strawberries + then send to school!

Remember, kids love small portions, so cutting up fruit + veg will help make sure they don’t bring it home at the end of the day!

For more information visit www.eatittobeait.com.au or join us at facebook.com/eatittobeait
Parent Well with the Mood Meter Program – Building Emotional Intelligence

Join Michael Grose for our 4-week online parenting course Parent Well with the Mood Meter Program

Help your kids learn to manage their emotions, improve their mental health and be happier.

Parent Well with the Mood Meter Program is the first in a series of online courses to teach you how to develop emotional intelligence in your kids:

- Mood Meter is a practical tool developed by the research team at Yale Center for Emotional Intelligence
- Gives parents and kids a common language to talk about feelings
- Empower kids to recognise and then respond to how they feel
- Teach kids self-awareness and put them in control of their emotions
- The Mood Meter is great for kids that are visual learners, particularly boys
- Suitable for all age groups

The 4-week Parent Well with the Mood Meter Program starts on 3 May.

Join now for $57 to take advantage FREE access to Parenting ideas Club before the course starts on 3 May.

Or why not join Parenting ideas Club for $179 annual membership and get access to Parent Well with the Mood Meter Program plus the CLUB plus other courses planned during the next 12 months.


Or contact the Parenting ideas team 03 5983 1798
office@parentingideas.com.au
We are definitely going to enjoy autumn’s wholesome recipes this year. We have an abundance of pumpkins, bright green chards, tomatoes and some eggplants to cook for the next few weeks. Earlier this week students baked chewy Anzac biscuits, cooked pumpkin soup and baked fresh bread. Every class also enjoyed our fresh brewed mint tea and Class 1 enjoyed the baked grated potatoes with greens.

I look forward to cooking delicious dishes for the next few weeks because our kitchen focus is all about legumes! As we all know legumes are cheap, easy to cook, nutritious and they taste good. With our fresh produce from the garden, it is going to be very exciting cooking in the kitchen.

Thank you parents for donating kitchen supplies. If anyone wishes to donate we still need items such as cheese, butter, brown rice, plain flour, self-raising flour and legumes. Thank you and see you all next week!

**Happy Cooking! Cazendra**

**ANZAC Service**

I would like to thank Miss Gilbert, Mr Druery, the SRC representatives, School Leaders, students and all of the parents who attended our ANZAC Commemoration on Friday. Everyone showed great respect and relevance to those who have fought to keep Australia a safe and free nation. This being the 100th anniversary the students have developed a much greater knowledge of the sacrifice all service men and women make for their country.

All students made a poppy to honour the fallen soldiers from World War 1.
Donations wanted:

- Vegetable & herb seeds, seedlings & fruit trees, shooting potatoes, onions, garlic
- Oven dried egg shells (for snail prevention)
- A continual supply of fertiliser (Seasol and Rocket Fuel)
- Irrigation materials i.e. hoses, sprinklers, tap connections, timers etc.

Student Health and Safety

At St Clair we take the greatest care in ensuring students with medical health concerns are treated in the best possible way in accordance with supplied Health Care Plans and staff emergency care procedures.

It is a Department of Education and WHS requirement that ALL students with Asthma, Anaphylaxis or an allergy have a Health Care Plan signed by their doctor. Although we do have plans for a number of students many of these have not been completed and signed by the family doctor. Mrs Healey will be sending new plans home for students whose parents have indicated their child has Asthma, Anaphylaxis or an Allergy and their current plan has not been completed by a doctor. If your child has been diagnosed with Asthma, Anaphylaxis or an Allergy and you have not notified the school please call in or phone the Office so a Health Care Plan can be sent home. Please have your family doctor complete the plan for your child and return to school as soon as possible.