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 Be a Learner - Having a go! Participation in all activities!

Cross Country Champions

Congratulations to our Cross Country Champions. Junior champions Sarah Roser and Darcy Strike. 10 years champions Sharni Hayes and Cieren Wells. 11 years champions Bella Lamasua and Even Devonshire and our Senior champions Jasmin Seko and Alek Gardner.

Parking
Parents are reminded to park safely near the school and to obey parking restrictions. Please be courteous to the local residents and do not park across driveways or on their front grass.

Explanation of fines and signs on back page.

Judy Loader Principal

The Kingfisher House won the Cross Country Shield for 2015.

We would like to wish all of the students competing in the District Cross Country the best of luck on Thursday 21st May at the Penrith Regatta Centre.

Say No to Bullying Poster Competition
We would like to congratulate Darlene Paese on winning a Highly Commended prize in the Interrelate poster competition.

Calendar

Tuesday 19 May
Digital Technology Competition

Wednesday 20 May
STEPS Choir rehearsal

Thursday 21 May to 18 June
AFL Clinics continues

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

PSSA AFL Begins

Monday 25 May
Verse Speaking Finals

Tuesday 26 May
P&C Hot Dog Day

Wednesday 27 May
Mad Hatters Tea Party

Wednesday 27 & Thursday 28 May
Enviro-Mentors Yrs 3-6

Thursday 28 May
K-2 responsible Pet Ownership

Wednesday 3 June
Uni Science Competition

Wednesday 3 & Thursday 4 June
Stephanie Alexander Kitchen Garden state training @ St Clair

Assembly News

♦ MONDAY 18th May - Aussie of the Month, Excellence & Playground Stars
♦ MONDAY 25th May - Verse Speaking Finals
♦ MONDAY 1st June - Class 14 Item

P & C Meeting
Tuesday 9th June 7.00pm in the Staffroom
### Principal’s Awards

**Congratulations:**
Liliana Campbell, Jessica Banguis,
Chelsea Brown, Craig Black,
Taylen Birchall, Owen Kendrick

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### Merit Awards

<table>
<thead>
<tr>
<th>Class</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class 1</td>
<td>Evita Arce, Bradley Reid, Jasmin Seko, Johnny Towerton</td>
</tr>
<tr>
<td>Class 3</td>
<td>Beondce Kalepo, Luron Patea, Ben Methven, Zoe Mazurkiewicz</td>
</tr>
<tr>
<td>Class 4</td>
<td>Jacinta Lucas, Arushi Bangia, Tyrese Coban, Isaiah Banguis</td>
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<tr>
<td>Class 5</td>
<td>Jean Marcel Bergerot, Mohammad Jaleley, Kierra Collins, Muqeet Nisar</td>
</tr>
<tr>
<td>Class 6</td>
<td>Rinoa Laranang, Jye Elliott, Faith Gravina, Jye Henderson</td>
</tr>
<tr>
<td>Class 8</td>
<td>Dallas Marks-Green, Biya Binson</td>
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<tr>
<td>Class 9</td>
<td>Sarah Beardmore, Cooper Jarvis</td>
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<tr>
<td>Class 10</td>
<td>Sarah Clarke, Johannes Morales</td>
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<tr>
<td>Class 11</td>
<td>Keely Loeckenoff, Bryzbyn Walraven</td>
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<tr>
<td>Class 12</td>
<td>Hennah Simi, Ali Mehdi, Tayla Russell, Laith Jebril</td>
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<tr>
<td>Class 13</td>
<td>Maddison Roth, Harshiv Sharma, Jawad Mehdi, Alex Lynch</td>
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<tr>
<td>Class 14</td>
<td>Hendrix Gundy, Noah Dyble, Lucas Anderson, Tagi Isaako</td>
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<tr>
<td>Class 15</td>
<td>Amy Tidyman, Curtis Howell, Rochelle Chammas, Dominic Gardner</td>
</tr>
<tr>
<td>Class 16</td>
<td>Ashton Wasley, Cooper Golder, Andrea Marks-Green, Harrison Bonwick</td>
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<tr>
<td>Class 18</td>
<td>Charlotte Wilson, William Shepherd, Harmony Lemafua, Ruben Hughes</td>
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</tbody>
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### Trouble making Friends?

Kids who get on at school tend to be more engaged in learning. Here are some ideas on how to help your child with social skills:


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### Mastering Spelling

Are you checking your child’s weekly spelling homework? Try talking to your child about how you spell, and what you do when you don’t know how to spell a word. Here’s some advice about how to help your child master spelling.

PBL Warrami Awards

Be a Learner
Having a go.
Participation in all activities.

<table>
<thead>
<tr>
<th>Class</th>
<th>Student Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class 1</td>
<td>Isaiah Marsh</td>
</tr>
<tr>
<td>Class 3</td>
<td>Eden Devonshire</td>
</tr>
<tr>
<td>Class 4</td>
<td>Annalise Vorhauer</td>
</tr>
<tr>
<td>Class 5</td>
<td>Faran Ahmad</td>
</tr>
<tr>
<td>Class 6</td>
<td>Mackenzie Evans</td>
</tr>
<tr>
<td>Class 7</td>
<td>Talen Berry</td>
</tr>
<tr>
<td>Class 9</td>
<td>Shae Stevens</td>
</tr>
<tr>
<td>Class 10</td>
<td>Aaron Day</td>
</tr>
<tr>
<td>Class 11</td>
<td>Koleby Thompson</td>
</tr>
<tr>
<td>Class 12</td>
<td>Jayanha Leuluso’o</td>
</tr>
<tr>
<td>Class 13</td>
<td>Anna Solomon</td>
</tr>
<tr>
<td>Class 14</td>
<td>Jordan Williamson</td>
</tr>
<tr>
<td>Class 15</td>
<td>Mackenzie Hodgkinson</td>
</tr>
<tr>
<td>Class 16</td>
<td>Andrea Marks-Green</td>
</tr>
<tr>
<td>Class 18</td>
<td>Jason Shaw</td>
</tr>
</tbody>
</table>

Congratulations to all of the students who received a Warrami - PBL Award on Monday. Warrami the Kangaroo is our PBL mascot. His name means Hello or Welcome.

Cross Country Carnival

Congratulations to all of the students who were placed first, second or third in our school Cross Country Carnival held at the end of last term. Thank you Mrs Condie for all of your organisation.

Knock Out Soccer

Congratulations to the St Clair PS Soccer team who won their knock out competition 5 goals to 2, on Wednesday afternoon against Colyton PS. Thank you Mrs Burke for organising and managing the team.
Helping kids deal with rejection

A bit of rejection and disappointment is good for kids, as long as they learn how to cope with it...

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.

Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Paradoxically, children’s experience of rejection and disappointment at school is good for them, as long as it’s balanced with successful experiences too. They learn that they can cope and solve problems in their own way and that bad experiences don’t last forever.

And they learn that sadness and disappointment can be managed too, which is an important lesson to learn to take into adolescence and beyond, when life is full of ups and downs.

Helping them move on

Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally, blaming themselves. As a parent, it is useful to challenge children’s unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may happen for any number of reasons that are unrelated to them.

In the course of a school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play. Children grow stronger when they overcome their difficulties.

The challenge for parents is to build and maintain children’s confidence levels to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through problems or difficulties, recognising and accepting their feelings. Talk about various scenarios, discussing possible outcomes. The age of your child will determine the amount of detail. Keep things simple and avoid burdening a younger child with concepts he or she doesn’t understand.

Your attitude as a parent can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will be hamstrung by this view. See them as challenges then your child, in all likelihood, will pick up your upbeat view and deal with disappointments easily. After all, confidence is catching.

To help children handle rejection and disappointment try the following four strategies:

1. Model optimism. Watch how you present the world to children, as they will pick up your view.

2. Tell children how you handle disappointment and rejection. Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.

3. Help children recognise times in the past when they bounced back from disappointment. Help them recognise those same strategies can be used again.

4. Laugh together. Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

The stronger the wind the stronger the trees is the notion here. Supporting kids to handle life’s hurdles helps them to develop a lasting sense of resilience, which is essential for good mental and emotional health.

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Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael’s NEW Parenting ideas Club today at parentingideasclub.com.au. You’ll be so glad you did.

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parentingideas.com.au
P&C News

Fundraising

We hope our school mum’s enjoyed Mother’s Day last Sunday and liked all the gifts the children purchased for them. Our stall was very successful with all of our gifts selling out. We raised over $400 from the stall.

Notes were sent home on Monday for our Hot Dog day on Tuesday 26th May. 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). Please place your hot dog order & money in an envelope marked “Hot Dog Day” and place in the black box outside the office.

Order forms will also be going home this week for our Heatherbrae Supa Slice Drive – order forms and money need to be returned to the school office no later than Wednesday 3rd June. The expected delivery date for the slices is 22/6/15 however, this date will be confirmed once our order is placed and confirmed with the bakery.

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)!!!!!!

Just a quick note, that the school P&C are only able to accept cash or cheque (made payable to St Clair Public School P & C) for our fundraisers – unfortunately we do not have any eftpos facilities!!

Canteen

The canteen is in desperate need for more volunteers to help in our canteen. If you can help in any way, please contact Kim on the 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

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

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

Term 2 Tuesday 9th June
Term 3 Tuesday 28th July
Tuesday 1st September
Term 4 Tuesday 20th October
Tuesday 24th November
UWS PENRITH OBSERVATORY
University Western Sydney, Great Western Highway, Werrington North, Building AO

Astronomy Night
Saturday 16 May (7pm – 9pm)
OUR PLACE IN SPACE

Come along and become more familiar with our neighbourhood and have a closer look at our solar system, sun and moon.

The evening will also include a 3D astronomy movie, a tour of the dome area and stargazing (weather permitting).

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 simplest way
...to make a healthy afternoon tea.

Try these simple ideas for making snacks that will satisfy even the fussiest eater...

- Home made hot chips: Slice potatoes into thin discs, and arrange on a baking tray sprayed lightly with olive oil. Grill until golden, and serve with a small amount of tomato sauce.
- Bite sized fruit with yoghurt: It’s a fact – kids are more likely to eat fruit when it is cut up into small pieces. Try serving some diced fruit with some reduced-fat yoghurt. It’s a winner.
- Veggie sticks: These are so easy to prepare and make a super healthy afternoon tea. Try cutting up some carrot or celery sticks and serving them with hummus.

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

The simplest way
...to make Blueberry + Banana bread

Ingredients:
- olive or canola oil spray
- 3 ripe bananas, peeled
- ⅛ cup raw sugar (80g)
- ½ cup reduced-fat milk
- 2 eggs
- 2 cups self-raising flour
- 1 tsp ground cinnamon
- 1 cup frozen blueberries

Method:
Preheat oven to 220°C and spray a 20 x 10cm loaf tin with oil. Line base and sides with non-stick baking paper. Mash bananas in a large bowl. Add sugar, milk and eggs and mix with a fork until well combined.

Sift flour and cinnamon on top of mixture. Mix ingredients together until just combined, taking care not to over-mix, then gently fold through blueberries. Spoon mixture into prepared loaf tin and smooth the surface. Bake for 35-40 minutes, or until a skewer comes out clean from the middle.

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

The simplest way
...to make lunch healthy.

It takes no more time to pack a healthy lunch than an unhealthy one – and lunch boxes are a great time to give your kids fruit and veg!

- add vegie sticks – like carrot, capsicum and celery – every day
- cut fruit into small pieces, kids are more likely to eat small pieces of food
- squeeze lemon juice over cut apple to prevent it from going brown
- pack a wholegrain sandwich and a reduced-fat yoghurt
- choose water over juice – it’s healthier and cheaper
- always add an ice brick in summer to keep your kids’ lunch cool.

Remember: pack fruit + veg every day!

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

The simplest way
...Six steps to packing a healthy lunch.

Follow these tips to make lunch-packing a cinch!

Breads/cereals: wholemeal or wholegrain bread, wraps and pita. For a treat, pack puffed rice cakes or homemade muffins and slices.

Fruits: Serve in fun ways, try fruit kebabs or fruit in jelly, and cut whole fruit into small pieces.

Veggies: Pack carrot or celery sticks with hummus.

Reduced-fat dairy: A slice of cheese, yoghurt or custards are all great lunch box items.

Lean protein: cooked chicken, tuna, egg or roast meat. Legumes like red kidney beans and chickpeas are a good source of protein, and a great source of fibre too.

Water or milk: Water or reduced-fat milk are the best drink choices for the lunch box.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit
What a busy few weeks it’s been in the Kitchen and Garden! Not only did we cook some yummy food but Mrs Condie and the students were busy painting and making the garden look colourful for the SAKG training days coming up soon. Juanita’s been very busy too! We are looking forward to seeing the new winter vegetables grow and eventually be harvested and cooked.

Our kitchen has been busy preparing and cooking some yummy healthy dishes. Last week our focus was legumes and some of the Year 3 and 4 students cooked our famous Mung Bean and Chicken Stew with loads of silver beet. This was enjoyed with steamed rice.

The Year 5 and 6 students made a Warm Salad and the ingredients were pumpkin, yellow and red cherry tomatoes, lettuce, parsley, shallots, eggplant and rocket. They also added wholemeal croutons baked with parmesan cheese.

The Year 2 and 3 students made fresh Vegetarian Spring Rolls with Mint Jelly. I honestly was not sure about making this dish with the younger students because it was packed with fresh herbs such as fresh coriander leaves, mint leaves and cooked wholemeal rice. To my surprise there was nothing left on the plate! The kitchen group who made this dish enjoyed themselves and said “it was fun making it, and yummy to eat!”

I would like to say a BIG thank you to the parents who contributed kitchen supplies last week and the week before. This means a lot to us, we are especially grateful for the sugar and flour because next week we will be making our own dough for pasta, pizza and bread. We really appreciate anything you can donate! If anyone wishes to donate, we still need items such as cheese, brown rice, plain flour, and legumes.

Also if you have any lemons and oranges from your tree that you would like to share we would gladly accept them. Thank you and see you all next week!

Happy Cooking! Cazendra
It has been a busy couple of weeks in the garden now that the rain has eased. Lots of new seedlings have been planted including red and white cabbage, red onions, fennel, celery, cauliflower and curry plant. As expected after the rain, the snails have been out in force, but the multitude of willing "snail hunters" has helped to keep them under control. Thanks to all the children who love to catch those slimy critters!

Lots of plants have finished their season and have been pulled out including tomatoes, zucchinis, pumpkins, silverbeet and capsicums. The vegetable spaghetti was harvested on Tuesday and will be cooked next week - it will be very interesting to see if it really does have the consistency and taste of spaghetti. If it proves a hit, we will definitely plant some more in spring for next year's harvest.

More artwork on the concrete pathways has brightened up the garden with many favourable comments from the kids on how nice the garden is with the artwork. Mrs Condie has also found some great creative uses for the multitude of plastic bottles, turning them into colourful flowers along the fence.

Many thanks to Mr Wood for his hard work with the rotary hoe, breaking down the lumpy clay to smooth out the wild area, and dig up the grass on the hill. We really appreciate your time and the effort involved. Thanks too to those children who come down at lunchtime to help out in the garden - it is lovely to see your enthusiasm and love of the garden, and who knows, we may be nurturing another Don Burke of the future!

Until next time, happy gardening

Juanita
**The objective of Walk Safely to School day are:**

- To encourage parents and carers to walk to school with their children
- To promote the health benefits of walking and create regular walking habits
- To help children develop vital road crossing skills and ensure children up to the age of 10 hold an adult’s hand when crossing roads
- To help children develop the vital road crossing skills they will need as they become mature pedestrians
- To reduce car dependency and traffic congestion
- To reduce the level of pollution created by vehicles
- To promote the use of public transport

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### SCHOOL ZONE PARKING OFFENCES

**Increased penalties for School Zones. Current as at 1 July 2014**

- **NO STOPPING**
  - Means that in the direction of the arrow, you must **NOT STOP your vehicle** at any point on the road or kerb, unless there is a medical or other emergency.
  - **Maximum Penalty**: $415 + 2 Demerit Points

- **NO Parking**
  - Means that you have no more than 2 minutes for drop-offs or pick-ups of passengers or goods and the driver must stay within 3 metres of your vehicle.
  - **Penalty**: $173 + 2 Demerit Points

- **BUS ZONE**
  - Means that in the direction of the arrow or arrows you are not allowed to stop your vehicle unless you are driving a bus.
  - **Penalty**: $311 + 2 Demerit Points

**DOUBLE PARKING**

You are **NOT PERMITTED** to stop or park your vehicle alongside another vehicle that is already parked parallel to the kerb.

- **Penalty**: $311 + 2 Demerit Points

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- **STOP in a NO STOPPING zone**: $311 + 2 Demerit Points, or **STOP on or near a Children’s or Pedestrian Crossing**: $415 + 2 Demerit Points
- **STOP on path/strip in built up area**: $173 + 2 Demerit Points
- **STOP or Park in a Disabled Marked Area without a permit**: $519

*Please Note: fines subject to change without notice. Current to 30 June 2015. These penalties apply to offences in school zones during posted school hours.*