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 this fortnight is Care for the School Environment, for example, putting rubbish in the bin.

Mayor For A Day

I would like to congratulate Pujya Maharaj from Class 1 for her successful application into the Penrith City Council Mayor for a Day competition. Students had to describe using writing or art, ‘What Penrith City would be like in 100 years’. See a copy of Pujya’s poem and Jasmin’s artwork on page 2. Pujya is one of fifteen students selected to attend a council meeting and participate in mayoral duties for a day. Well done Pujya.

Area Cross Country

Yesterday Luis Contreras Villajuan participated in the Area Cross Country at Eastern Creek Raceway. Congratulations to Luis for fantastic running and endurance skills.

TOPSTEPS

Last Thursday students from the 5 St Clair Erskine Park Primary schools (STEPs) attended workshops at the 5 primary schools as well as at St Clair and Erskine Park High schools. Students who attended chose workshops in areas of interest or talent. The workshops included Art, Drama, Dance, Science, Maths, Geography, History, Technology, Photography and Cooking.

All of our students seemed to really enjoy the experience while having the opportunity to visit another school. The three workshops here at St Clair were Drama led by Mrs Solomon, Art led by Mrs Menezes and Print Making led by Mrs Condie. Thank you teachers for making this a great day for the students.

Special Athletics Carnival

Yesterday students from our Support unit enjoyed participating in the Metropolitan Special Athletics Carnival. They had a very successful day and demonstrated excellent behaviour. Well done everyone. Photos page 3.

Judy Loader Principal

P & C Meeting

Tuesday 28th July
7.00pm in the Staffroom

Calendar

Friday

PSSA - AFL
Monday 15 to Wednesday 17 June

Stage 3 Camp to Canberra
Monday 15 June

Uni Writing Competition
Tuesday 16 June

Uni Spelling Competition
Thursday 18 June

STEPs Choir Rehearsal

Debate against Clairgate PS
Friday 19 June

NAIDOC Cup

Semester 1 Student Progress Reports sent home
Monday 22 to Friday 26 June

Parent Teacher Interviews
Thursday 25th June

STEPping Up Together Day
Basketball Gala Day
Monday 29 June to Monday 13 July

School Holidays
Monday 13 July

Staff Development day
Tuesday 14 July

Students return for Term 3
Tuesday 21 July

School Athletics Carnival

Inside this issue:

Awards
Mayor For A Day Entries
Special Athletics Carnival Photos
STEPS Music Festival Ticket Information
World Book Online Login details
AFL Clinic Photos
Pathways to Resilience Information
P&C News
Healthy eating Snippets
Kitchen Update
Garden Update
Community Announcements & Advertising

Assembly News

❖ MONDAY 15th June - Aussie of the Month, Excellence & Playground Stars
❖ MONDAY 22 June - Class 12 Item
❖ MONDAY 20th July - Class 4 Item

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

NEWSLETTER

ST CLAIR PUBLIC SCHOOL
4 Time sweep Drive
St Clair NSW
Telephone: 9670 1966
Stclair-p.school@det.nsw.edu.au

A lighthouse school for outstanding Kindergarten & Year 1 programs
Congratulations:
Crystal-Marie Druery, Noah Dyble, Hannah Rutledge, Taylah Williamson, Chelsey Savill

For trading 5 Mini Merit Awards

The Future Penrith
The future Penrith might be nice, Then again it might not, It might be a place of culture and spice, Or ruins left to rot.

We might be glued to our devices, Or we might do things outdoors, Involved in a natural crisis, Or fighting nuclear wars.

The buildings might be very big, Or the houses very small, Our landmark might be the giant twig, Or our own Sydney Town Hall.

What Penrith will be is quite unsure, After generations of rich and poor, It might be a lot cuter, But then that’s Penrith in the future.

By Pujya Maharaj
Senior students from our Support Unit attended the Metropolitan Athletics Carnival for students with disabilities. The St Clair students all enjoyed participating in the various events. They tried hard and achieved great results as well as receiving lots of place ribbons. St Clair students did extremely well, with the school coming third overall. Well done everyone!
The STEPS Music Festival Concert will be held on Thursday 23rd July in the Evans Theatre @ Panthers, in Penrith at 7.00pm.

Tickets will go on sale on Monday 22nd June through Ticketek. Tickets are $20.00 each.

(Children from the St Clair School Choir and junior and senior School Dance Groups will be performing on the night.)

We hope you will be able to come and see us perform and enjoy an evening of fine entertainment from the children of all the St Clair, Erskine Park Schools.

AFL CLINIC

The students had their last week of the AFL Clinic today. They were demonstrating many of the skills learnt while playing modified games.
Session 2 – Introduction to feelings (F = Feelings)

Concepts, skills & strategies

- Understanding your own and other people's feelings
- Identifying feelings we want to “grow” (have more often) and feelings we want to “shrink” (have less often) in our lives. We can’t expect to have happy feelings all the time!
- Normalisation of all feelings – we all experience certain feelings in different situations. While all feelings are okay, it’s what we do with our feelings that counts most. For example, when we are feeling angry, we could kick something or somebody, or we could splash our face with water and take some deep breaths.
- Thinking in powerful or helpful ways – we can choose to think in ways that help us feel good

Tips for Parents

- Encourage your child to talk about and identify their feelings. Praise them for what they tell you. Model sharing some of your feelings as well and talk about times when you felt certain ways.
- Help build your child’s vocabulary of feelings words – give them ideas of new words used to describe how they feel.
- Try to verbalise what you think your child is feeling. For example, if you notice that your child looks happy, let them know this. You could say something like “you look very happy today. I can tell because you are smiling and have laughed lots, this shows me that you are happy.” Or, “I can see that you are angry as your face and fists are scrunched up and you are raising your voice, this shows me that you angry.”
- You can also recognise and label feelings in other people, such as other family members by identifying their facial expressions and body language, and encourage your child to recognise moments when they can support or assist others in times of need.
- When you read story books or watch movies, talk about what the different characters are feeling.

Remember to…

- Remind your child to use the new skills learnt in this session to help them achieve their goals
- Encourage your child to look people in the eye when talking, use a brave voice, smile, and stand up tall!
- Catch your child being brave and praise them for it. Use your child’s brave chart!
- Share your “happy things” as a family once a day and talk about times you were brave. Provide lots of praise for attempts to share ideas and feelings experienced from the day.
- Remember to exercise together as a family and encourage healthy eating and drinking of water.
- Take time for quiet time to relax each day.
P&C News

Fundraising

The final order for our Heatherbrae Slice Drive was placed with the bakery on Tuesday. We had 33 families placing orders totalling 346 slices/cookies. We have been advised that the delivery will be earlier than expected and we are looking at sending the slices home with your child next Thursday 18th June. For families who have large orders, we will be in contact with you to arrange pick up.

Next term we will be holding our 5c drive – for families who are not sure how this works, each class collect as many 5c pieces as they can throughout the term. At regular intervals, the money is counted for each class and banked. The tally is then put on a graph and will be displayed on the notice board next to the front office as well as being here in the newsletter – the graph is updated regularly. At the end of the drive, the class with most amount of $$ wins a class party. More details to follow including start and end dates.

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

Canteen

Important Notice: The canteen is closed On Wednesdays until further notice – this means NO lunch orders are available.

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.

The canteen is also now offering toasted sandwiches and wraps for ordering at lunchtime. Please ensure these are ordered as a normal lunch order.

We will also be sending home updated menus with possible pricing changes shortly. Please be on the lookout for the new menu.

Fundraising Events

3rd Sept (Thurs) - Father’s Day Stall
Term 3 (all term) - 5 cent drive

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

Term 3
Tuesday 28th July
Tuesday 1st September

Term 4
Tuesday 20th October
Tuesday 24th November
**Holiday Activities @ Penrith City Library**

**School Holiday Program**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Cost</th>
<th>Date</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reptiles Up Close</td>
<td>$12</td>
<td>Tuesday 30th June</td>
<td>For 5 to 12 year olds</td>
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<tr>
<td>An Art Experience show</td>
<td>$5</td>
<td>Wednesday 1st July</td>
<td>For the whole family</td>
</tr>
<tr>
<td>Art Workshop</td>
<td>$15</td>
<td>Thursday 2nd July</td>
<td>For 6 to 10 year olds</td>
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<tr>
<td>Science Workshop</td>
<td>$15</td>
<td>Monday 6th July</td>
<td>For 7 to 12 year olds</td>
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<tr>
<td>Embroidery workshop</td>
<td>$10</td>
<td>Tuesday 7th July</td>
<td>For 7 to 13 year olds</td>
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<tr>
<td>Koori Connections show</td>
<td>$5</td>
<td>Wednesday 8th July</td>
<td>For the whole family</td>
</tr>
<tr>
<td>Visual Theatre Workshop</td>
<td>$15</td>
<td>Thursday 9th July</td>
<td>For 7 to 13 year olds</td>
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For Tickets: ph 4732 7891 or visit Penrith Library

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**@ St Clair Library**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Cost</th>
<th>Date</th>
<th>Age Group</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Magic Show</td>
<td>free</td>
<td>Saturday 4th July</td>
<td>For 2 to 12 year olds</td>
<td>St Clair Library</td>
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For Tickets: see St Clair Library

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**Chess Club**

Term 3 & 4 - The Penrith City Library is again running the Chess Club. For information contact Barjinder on 47327890

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**JULY KIDS HOLIDAY WORKSHOP PROGRAM 2015**

**Penrith Regional Gallery & the Lewers Bequest,**

86 River Rd Emu Plains 2750 p 47 35 1100

**Japanese Paper Marbling (Suminagashi) Workshop**- Wednesday 1 July, $20 10am-12 noon, 7 – 10 yrs
Using Japanese Paper Marbling techniques this class will create A3 artistic backdrops inspired by Justene Williams' *Volcano Tree.* Tutor: Paula Perugini

**Hyper Neon Animal Portraiture** Thursday 2 July, $20 10am – 12 noon, 7 - 10 yrs
Get super contemporary with high impact neon paints and create bold animal portraits inspired by artist Louise Zhang’s *Veriform Streaks.* Tutor: Paula Perugini

**Lewer’s Clay Bowls Family Workshop**- Friday 3 July, $15 per child 10:30am-12 noon, adults don’t pay but must stay. Families will sculpt decorative clay bowls that incorporate shapes, motifs and form inspired by the ceramic sculpture exhibition, *On Site: Notanda* and the plants in Lewer’s Garden. Tutor: Paula Perugini

**Watercolour Painting Workshop**—Wednesday 8 July, $20 10am – 12 noon, 6 - 9 yrs
Have a watery and colourful time experimenting with this vibrant medium and create a series of miniature watercolour paintings, along with a tiny easel ready to display your artworks. Tutor: Naomi McCarthy

**Rain Stick Percussion Instrument Workshop**- Thursday 9 July, $20 10am – 12 noon, 5 – 8 yrs
Using a hammer, nails and a thick cardboard tube make a Rain Stick that sounds surprisingly like falling rain. Paint your rain stick in colours and patterns inspired by the current exhibition. Tutor: Naomi McCarthy

**Decoupage Box Workshop** -Friday 10 July $20 10am – 12 noon 8 – 12 yrs
Use acrylic paint, cardboard and decoupage to make a multi-colored, bejeweled, keepsake box. Tutor Christine Hali

**Bookings essential 4735 1100,** All materials supplied. Pay by credit card over the phone. Wear old clothes and BRING A SNACK
When was the last time you reviewed your Interest Rate? It could save you $$$

Lender A 4.13% Standard Variable Rate

Lender B 3.99% 3 Year Fixed Rate

Lender C 4.49% 5 Year Fixed Rate

To find out more about some of these competitive interest rates call or text your local Mortgage Broker Luke Fox on 0457 067 084 or email luke.fox@msnperpetual.com.au

ACT NOW to take advantage of a FREE FINANCIAL REVIEW by quoting MSN001 in your message.
A lively entertainment for all the family: Prokofiev's enchanting musical tale, and an up-close symphony orchestra experience.

**George Ellis** conductor
**Murray Cook** narrator
(former Red Wiggle)

**TICKETS**
- Adult $25
- Family (2+2) $75
- Child under 16 $20
- Infant under 2 Free

**BOOKINGS**
www.thel Joan.com.au
or 02 4723 7600

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**WINTER HOLIDAY CAMPS**

**THE BEST HOLIDAYS HAPPEN AT CAMP**

- New friendships
- Fun
- Great value
- Safe

Our popular Winter Kids' and Family Holiday Camps are filling fast. Find out what's on including our popular ski / snowboard camps at Jindabyne! Led by qualified instructors, you can rest easy knowing your kids are in safe hands. Our Kids' Camps are suitable for kids aged 5 to 16 years and range from 1 to 7 days.

Adventures kids' camp includes:
- 24 hour supervision
- Instructor-led activities
- Accommodation
- Meals
- Supervised transport
*Snow Sports camps are suitable for kids aged 7-16 years.

Family camps include:
- Instructor-led activities
- Meals
- Accommodation
- Lift and Levee tickets and transport to Penrith (for Jindabyne camps only)**

**With as young as 5 years can participate in group sessions as part of a family camp.

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**Boys and Girls, 7 – 13 years are invited to join**

**Penrith City Children’s Choir**

**for its next project**

**Songs of the Sea**

directed by Lucy McAlary

**applications close 17 June!**

If you love to sing, please join us.

No auditions.

For further information, contact the administrator:
Liz Strasser
0418 302 841
pccco@penrithcitychor.com.au

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**Penrith City Council**

**Vacation Care Program**

Care for 5 - 12 year olds enrolled at primary school

Commencement Date for Vacation Care July 2015

20 June 2015 to 10 July 2015

Care available at: Kindana, Glenmore Park, Yooram, Grays Lane, Tandara, Emu Village and Gumbierra

Pupil free day: Monday 13 July 2015 (Public Schools only)

Care available at: Kindana, Glenmore Park, Yooram, Emu Village and Erskine Park

Pre-payment is required to secure your booking.

To book, please call Children's Services Clerical Centre on (02) 4732 7844

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**CHILDREN'S SERVICES**

**PENRITH CITY COUNCIL**

penrith.city.nsw.gov.au
The simplest way

...to get your kids eating healthier.

Fruit and veg are one of the most important parts of a healthy diet. They’re full of nutrients, fibre and vitamins – and should be part of every meal. If you have a fussy eater, try:

- Cutting fruit and veg into small pieces
- Serving raw vegies – young children often prefer raw to cooked vegies
- Being patient – kids take an average of eight times to try something new!
- Be a role model – children like to copy their parents, so make sure you’re eating plenty of fruit and veg
- Get your kids involved – ask your children to pick their fruit and veg out each day, so they feel in charge of what they eat.

For more information visit www.eatittobeatit.com.au
or join us 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 well and prevent disease.

Did you know that eating the right amount of fruit and veg can lower your risk of cancer by 5-12 percent? Yet most adults don’t eat enough of either, particularly veg.

Try to add fruit and veg to every meal:

- Add chopped bananas or strawberries to your brekkie cereal
- Add some sliced tomato on your toast
- Munch on some carrot or cucumber sticks at morning tea
- Add legumes like kidney beans or chickpeas to your salad at lunch
- Reduce meat in your stir-fries, curries and pasta sauces – and add more vegies.

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

...eat more vegies, every day.

Did you know that eating the right amount of fruit and veg can lower your risk of cancer by 5-12 percent? Yet most adults don’t eat enough of either, particularly veg.

Did you know that legumes, like chickpeas, red beans and lentils count as vegetables?

Hummus is a great way to get your kids eating chickpeas – add it to sandwiches, or send to school in a small container with some raw carrot sticks and pita bread, so they can make their own snack.

Don’t forget to check out our website, it’s packed full of free, vegie-packed recipes!

For more information visit www.eatittobeatit.com.au
or join us 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 make a creative lunch box.

Don’t feel like you have to send the same old vegemite sandwich every day...

- Make fresh spring rolls – they’re great for dinner and can be used as leftovers, too! See eatittobeatit.com.au for a free recipe
- Cut vegies into thin sticks – send with a small container of hummus
- Make a fruit salad – dice whatever fruit you have into small pieces
- Send leftover vegie curry – leftovers can be kept warm in a small thermos
- Add fruit to yoghurt – decant a large tub of reduced-fat yoghurt into small boxes, and add pieces of fruit for a sweet twist.

For more information visit www.eatittobeatit.com.au
or join us 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.
It's always fun hosting the SAKG training at St Clair Public School, but sadly last week we held the final training sessions. Juanita and I have learnt so much from the SAKG staff and also from the people who attended the training. The program now has 837 school members, what a great privilege it is to be part of this awesome program. I love how thoughts and ideas were shared and I was very motivated by the end of the training. We are also very fortunate because the SAKG staff donated their kitchen supplies - thank you Jessica, Nicole and Josie, we will miss you!

Although I was busy preparing for the 2 days of training we still managed to cook on Monday and Tuesday. One of the dishes we cooked was Gozleme. Our garden had produced silver beets and some parents donated some lemons to go with this dish. We cooked Pumpkin and Potato Croquets Rolled in Quinoa served with freshly made Mayonnaise.

One of the amazing dishes we cooked on Tuesday was Banana Heart and Pumpkin with Chicken simmered in Coconut Milk. This dish was served with steamed rice. The students learned how to prepare the banana heart and to no surprise this dish was eagerly eaten!

We are so grateful to have banana trees at our school so we encourage everyone to make sure we take care of them. Thank you to all students who worked so hard in the kitchen, especially those who squeezed all those fresh oranges!

Thank you parents for donating oranges and lemons last week; we used them in our cooking classes. Also, I would like to thank everyone for purchasing the banana bread from the canteen, what a great way to support the canteen and our amazing kitchen and garden program.

Cooking lessons will not be available for the next 2 weeks as I am away but the garden will still be operating and Juanita and Mrs Condie would love to have you in the garden. I cannot wait for the garden to grow our winter vegetables. I’m sure that when we come back from school holidays there will without a doubt be an abundance of vegetables that are ready to use in the kitchen. For the mean time I am off to see another part of the world with hopes to find new ideas and taste different recipes. I look forward to cooking with you all again very soon!

Happy Cooking!

Cazendra

If you wish to donate citrus fruits and other kitchen supplies, we would greatly appreciate it. We still need items such as white sugar, brown sugar, butter, plain flour, self raising flour, olive oil and vegetable oil.
What an amazing couple of weeks we’ve had in the garden. We’ve discovered the last hangout of the snail population (and eradicated it!), moved the pots and shade cloth boxes down near the COLA, and had another great SAKG workshop where we planted so many great vegetables. The SAKG workshop was the last one to be held at our school, which is quite sad, as not only do I love showing off our garden, and inspiring other schools how to do a great garden very cheaply, but it is a great money-maker for the school as well.

I was so proud of supplying the Asian green on the right of the photo to the SAKG menu - it was enormous measuring 84cm across and 90cm long! Our loganberry bush was moved from the box with the mango tree to over near the fence where it can sprawl and hopefully produce lots of delicious fruit for us.

On Tuesday, I had an awesome team of helpers who helped me put up the greenhouse. A huge thank you to Eddie, Jasmin, Bella, Isaiah, Jamie, Louise, Lilanah and Shannon. They were absolutely amazing with their understanding of 3D construction based on a diagram which was confusing to say the least! I am so proud of them and how well they worked as a team and shared the fun - great teamwork and cooperation.

Until next time, happy gardening, Juanita

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.

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