Education Week

I would like to congratulate all of the students who performed last week at the STEPS Music Festival, Westfield Mt Druitt and at school. They were all just fantastic!

The Choir and Stage 1 sang beautifully, the Junior and Senior Dance groups showed enthusiasm and a great memory for all of the moves and the Senior Dance Sport team demonstrated their moves. Thanks also to the teachers who gave up their lunchtimes preparing the students for their performances. Well done everyone!

Athletics Carnival

What a wonderful day was had by everyone who attended the Athletics Carnival. The field was dry with no large puddles, the sun shone and it wasn’t windy! The students tried hard and enthusiastically participated in all of the activities. Congratulations to the students who demonstrated speed and skill in winning their events. Ribbons will be given out at the assembly on Monday 17th August.

A BIG THANK YOU to the St Clair High School students who came and helped on the day. This certainly sped up measuring for the field events. We appreciate your support.

Judy Loader
Principal
<table>
<thead>
<tr>
<th>Class</th>
<th>Excellence in Spelling</th>
<th>Playground Star</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class 1</td>
<td>Jasmin Seko</td>
<td>Fenika Iupati</td>
</tr>
<tr>
<td>Class 3</td>
<td>Jessalyn Dizon</td>
<td>Erin Dale</td>
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<tr>
<td>Class 4</td>
<td>Tori Stenhouse</td>
<td>Santini Tautua</td>
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<tr>
<td>Class 5</td>
<td>Darlene Paese</td>
<td>Muqeet Nisar</td>
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<tr>
<td>Class 6</td>
<td>Kayla Fairweather</td>
<td>Dakota Ross</td>
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<tr>
<td>Class 7</td>
<td>Kieran Ash</td>
<td>Mason Sultana</td>
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<tr>
<td>Class 8</td>
<td>Dallas Marks-Green</td>
<td>Jordan Mitchell</td>
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<tr>
<td>Class 9</td>
<td>Ruthushaan Muraledaran</td>
<td>Abdullah Al Shamri</td>
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<tr>
<td>Class 10</td>
<td>Seth Garrow</td>
<td>Jack Woods</td>
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<tr>
<td>Class 11</td>
<td>Will Taylor</td>
<td>Chloe Giddy</td>
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<tr>
<td>Class 12</td>
<td>Jasmine Pajarin</td>
<td>Isabel Devonshire</td>
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<tr>
<td>Class 13</td>
<td>Alexa Banguis</td>
<td>Liliana Campbell</td>
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<tr>
<td>Class 14</td>
<td>Calinda Bell</td>
<td>Jenny Alexandrou</td>
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<td>Class 15</td>
<td>Khoi Nguyen</td>
<td>Hailey Kendrick</td>
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<tr>
<td>Class 16</td>
<td>Makaylah Pinches</td>
<td>Cooper Golder</td>
</tr>
<tr>
<td>Class 17</td>
<td>Kaito Forrest</td>
<td>Jason Shaw</td>
</tr>
</tbody>
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School Award
Congratulations:
Kayla Fairweather

NewsLetter Number 12 2015
**Principal’s Awards**

**Congratulations:**
Riley Watt, Bryce Fairweather, Annalise Vorhauer, Hayden Morgan

**For trading 5 Mini Merit Awards**
Jericho David, Jean-Marcel Bergerot, Riley Watt, Faran Ahmad, Zuzanna Najda, Dominic Gardner, Mia Wierzbicki, Brandon Thurgar, Aiden Coban, Sean Morrison, Joshua Richardson, Mia Nikua, Zachary Spagnol, Taylen Birchall, Amy Tidyman, Emma Tidyman, Hayden Morgan, Bianca Gravina, Isaiah Banguis, Chelsey Savill, Jessica Banguis, Nate Wright, Bronte Jones, Sarah Roser, Kingston Jack-Kino x 2,

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**Panthers Eat Well, Play Well, Stay Well Awards**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten</td>
<td>Mia Wierzbicki</td>
</tr>
<tr>
<td>Year 1</td>
<td>Eva-May Vehikite</td>
</tr>
<tr>
<td>Year 1</td>
<td>Addison Shaw</td>
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<tr>
<td>Year 3</td>
<td>Liam Ommundson</td>
</tr>
<tr>
<td>Year 3</td>
<td>Jonalyn Dizon</td>
</tr>
<tr>
<td>Year 4</td>
<td>Amara Wright</td>
</tr>
<tr>
<td>Year 4</td>
<td>Fine Nikua</td>
</tr>
<tr>
<td>Year 5</td>
<td>Zachary Dimitrievski</td>
</tr>
<tr>
<td>Year 6</td>
<td>Johnny Towerton</td>
</tr>
</tbody>
</table>

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**GOT IT!**

**Helping you help your kids with emotions and behaviour.**

We would like to thank all of the parents who took the time to complete and return the Strengths and Difficulties Questionnaire that was distributed to all Early Stage 1 and Stage 1 students earlier this week. The results of this questionnaire help to identify which children would benefit from being included in the Getting On Track In Time (Got It!) targeted groups, which will be running in our school next term.

By filling in the questionnaire you have also helped us to gain a better understanding of the needs of children and their families at St Clair Public School. This information will contribute to helping schools and health professionals provide better services in the future.

It is not too late to return your Strengths and Difficulties Questionnaires to the class teacher for your child to receive their Freddo. Please return by Friday 7th August, 2015

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**It’s back!**

From Wednesday 15th July to Tuesday 8th September, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every $10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Sticker Sheet and when it’s complete, the Sticker Sheet can be dropped into the Collection Box here at the school or at St Clair Woolworths.

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**Green Team**

What a fantastic job the Green Team has done creating our new Minion garden. Thank you Ms Young and the Green team for making the garden outside the library so attractive.
P&C News

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

Our 5c Drive is well under way!! – It is great to see our senior classes doing so well. The most current graph is at the bottom of this page. The graph is also updated regularly on the notice board outside the school office. There is still a month to go for this fundraiser and the lead could change at any time. As mentioned above all of the funds raised this year go towards purchasing iPads for the students to use in class. The last collection day will be Friday 4th September. The 5c pieces are to be taken to your child’s class. The winning class will be announced at the school assembly and the class party will be held on a date to determined by the class teacher. So please keep on collecting those little silver coins.

Fathers Day – Our Fathers Day stall will be held on Thursday 3rd September – more information will be sent home when it gets closer.

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 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 on Wednesdays.

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.

Our next meeting is Tuesday 1st September – everyone is welcome to attend – 7pm in the staffroom.

Fundraising Events

3rd Sept - Father's Day Stall
4th Sept - End 5 cent drive

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

Term 3 Tuesday 1st September
Term 4 Tuesday 13th October (please note change of date) & Tuesday 24th November

St Clair Public School
5¢ Drive

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Class 1: 100.85
Class 2: 94.4
Class 3: 28.4
Class 4: 118.2
Class 5: 25.25
Class 6: 9
Classes 7, 8 & 9: 16.1
Class 10 & 11: 48.1
Class 12: 37.95
Class 13: 21.4
Class 14: 31.6
Class 15: 32.8
Class 16: 32.8
Class 18:
ST CLAIR PUBLIC SPEAKING COMPETITION 2015

As an integral part of the Listening and Talking syllabus, students in Year 3 – 6 will once again practise their skills in the St Clair Public Speaking Competition. Below are the topics and criteria to help your child plan, practise and present their speech.

TOPICS: Year 3 – What I Would Change!  
Year 4 – An Australian Story  
Year 5 & Year 6 - Open Topic

CRITERIA:
- CONTENTS OF SPEECH
- VOICE PROJECTION
- SEQUENCE
- PERFORMANCE/PRESENTATION

Note: a 10 point deduction from each judge will occur if the student:
- uses props
- uses exaggerated body actions or tone
- doesn’t stand still

TIME  
Years 3 & 4 duration of speech is 2 minutes (5 seconds either side)  
(loss of 1 point for every 5 seconds, or part thereof, outside this time)  
Years 5 & 6 duration of speech is 3 minutes (5 seconds either side)  
(loss of 1 point for every 5 seconds, or part thereof, outside this time)

NO MICROPHONE to be used.
Sample Student Speech – https://www.youtube.com/watch?v=Y45aAZ5-aBw  
Sample Student Speech - https://www.youtube.com/watch?v=VFu712UadOg

Class speeches will be presented in the weeks leading up to the final on Monday 14th September (week 10) according to each teacher’s timetable.

All students in Years 3 – 6 are expected to plan and present their speech at a class level.

Public Speaking Coordinator
Mrs Solomon
Session 4: Helpful (green) and Unhelpful (red) Self-talk

I can do it! I can try my best!

People who are positive thinkers are happier, healthier, have better relationships, and are more successful in school and work. Positive thinking, or seeing the glass as half full rather than half empty, is a skill that everybody can learn.

People are often unaware of their own self-talk, especially when they are nervous, upset or angry. If we pay attention to the thoughts going on inside our heads when we are feeling this way, we will mostly find that these thoughts are very negative. We call these “red thoughts” e.g. “I’m so hopeless,” “This is too hard,” “Everybody will laugh at me” etc.

It helps to pay attention to the voice inside our heads to identify when our self-talk is unhelpful.

Our thoughts have a big influence on the way we feel. In any situation, there is a link between the types of thoughts we have and the way we feel and act.

Let’s apply this to a real life situation to see how it works. Example: Talking in front of a group of people

A more helpful way of thinking in this situation would be:

In other words, we have the ability to change the way we think about different situations, which can change the way we feel and behave.

We can choose to think about situations in positive ways which make us feel happy and brave, or we can choose to think in negative ways which may make us feel fearful, tense, sad, angry or uncomfortable.

Concepts, skills & strategies

- Understanding and paying attention to our thoughts, or “self-talk”
- Introducing the idea of different kinds of thoughts:
  - Unhelpful RED thoughts – stop! Red thoughts make us feel miserable, worried or upset.
  - Helpful GREEN thoughts – go! Green thoughts make us feel strong, brave, happy and confident.

Understanding thoughts and feelings affect our behaviour.

Tips for Parents

- Have your child explain what red and green thoughts are to all family members. It helps if everyone at home is using the same language.
- To help children recognize whether thoughts are helpful (GREEN) or unhelpful (RED), share out loud some of your own thoughts. Other family members can do the same.
- Provide praise when your child is able to say their thoughts aloud, whether they be unhelpful or helpful.
- Encourage your child to focus on the positives of any situation.
- Help your child practice bosssing back unhelpful thoughts and replacing them with more positive thoughts.

Notice negative thinking in yourself or your child.

- Remember that we all have unhelpful thoughts and sometimes they occur without us knowing. FRIENDS teaches children to listen to their self-talk. You can help your child to become more aware of their thoughts. Having red thoughts is okay – it’s what we do with those red thoughts that are important.
- The more we listen to unhelpful thoughts the more we believe them and act upon them. It is important to help your child practice bosssing back unhelpful thoughts such as “I cannot do
Talk soon. Talk often

Talk soon. Talk often is a new publication that is available free of charge to every family in our school. Talk soon. Talk often is a supportive resource for families for the development of happy, healthy and confident young people. It aims to establish open and honest communication from early childhood, with a focus on personal development and self-esteem. Talking soon, and talking often helps parents and carers avoid the need for that ‘one big talk’. Instead, the book provides tips on creating easy conversations about bodies, relationships, health and sexuality, as part of routine communication. Talk soon. Talk often is a great companion to the PDHPE curriculum. It enables families to extend the classroom learning without fear or awkwardness about language and challenging questions.

Originally from Western Australia the book has been updated for NSW by Nepean Blue Mountains Local Health District. It is based on feedback from parents about what they want with regard to the sexuality education of their children.

For your family’s copy of this resource, please contact the school office.

Talk soon. Talk often

A guide for parents talking to their kids about sex.
UNIVERSITY OF WESTERN SYDNEY
PENRITH OBSERVATORY
SPACE ROCKS

Asteroids, meteors and comets, what are they? How do they differ from each other? What happens when they get too close to earth? Come along and find out in our presentation on Space Rocks. 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.

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

**Bookings are essential:** Book and pay online: www.uws.edu.au/observatory, What’s On

**Contact:** Tel: (02)4736 0135 Email: penrithobservatory@uws.edu.au

www.uws.edu.au/observatory,
www.twitter.com/uwsobservatory
www.facebook.com/UWSObservatory

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**EXCLUSIVE OPPORTUNITY**

Train With Me – PT brings to you:

**Commando Steve**

Saturday September 5th 2015

- 1x 45min Training experience
  (Places are limited)
- 1x Personal Photo with The Commando
- Refreshments

**Tickets:** $200 Hurry entries close 17th Aug

**Phone/ Text:** Kristy 0426 835 812

**Facebook Event:**
www.facebook.com/cometrain

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**No Excuses**

St Clair

78 March St Richmond - Opposite Jet 60 drycleaning
The simplest way

...to make a chickpea + vegie curry.

1 teaspoon canola oil
1 onion, chopped
3 cloves garlic, finely chopped
1 tablespoon ground cumin
1 tablespoon ground coriander
1 tablespoon curry powder
400g can chickpeas, drained and rinsed
½ zucchini, chopped
3 carrots, chopped
1 cup frozen green beans
400g can tomatoes (no-added-salt)
165g can reduced-fat coconut milk
4 cups cooked rice (from 1 ½ cups of uncooked rice), to serve

Method
Heat oil in frypan or pot and fry onions, garlic and spices for 2 minutes — Add the rest of the ingredients and simmer with the lid off for 15-20 minutes — Serve with rice.

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

The simplest way

...to make Apple + Peach Pie.

Ingredients
2 medium apples, peeled and chopped — 800g can peaches canned in juice, drained — 6 sheets filo pastry — spray oil — 1 teaspoon sugar

Method
Preheat oven to 200°C — Place apples in a microwave and oven proof dish and cover with a plate or cling film with holes in it. Microwave on HIGH (100%) for 1 minute. Carefully remove the plate or cling film as the steam will be hot — Add peaches to the oven-proof dish. Scrunch a sheet of filo pastry and arrange on top of the dish. Repeat with the rest of the filo sheets until the whole top of the dish is covered — Lightly spray the pastry with oil, and sprinkle with sugar — Bake for 25 minutes, until the pastry is golden and crispy — TIP: This recipe works for any fresh, frozen or canned fruit.

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

The simplest way

...to be SunSmart!

Did you know that we need some sun exposure to make vitamin D for healthy bones and muscles?

UV levels are at their lowest in winter — meaning you should brave the cold and get some sun on your arms!

In June and July, most people need 20-25 minutes of sun exposure during mid-morning or mid-afternoon, or if you're in Southern NSW 30-40 minutes in the middle of the day.

Don’t risk damaging your skin. UV levels can change from day to day. When UV levels are 3 and above, use sun protection.

Check UV levels for your local area on our free SunSmart App for smart phones, download from the App store or Google Play.

Like our page today — simply go to facebook.com/eatittobeatit

The simplest way

...to find more healthy tips!

Eat It To Beat It wants as many people as possible to understand why eating the right amount of fruit and veg is vital in the fight against cancer.

That’s why we’re on Facebook — meaning you have stacks of easy, cheap and fun recipes and tips at your fingertips.

Like us on Facebook.
Open Classrooms
Athletics Carnival
I was pleased to meet some of our parents at the Open Classroom Day last week. It's good to hear they too are delighted with what we plant and cook in the kitchen; some parents asked for certain recipes that their child enjoyed eating. It gave us great pleasure and made us very thankful for your support, thank you parents and students!

Although we have enjoyed eating all the soup that we have cooked in the kitchen, I cannot wait for the spring season vegetables to grow. Juanita is still waiting for some of the vegetables to be harvest-ready but unfortunately the cold weather has made them slow to develop. We are so glad that we still have an abundance of snow peas, lettuce, Asian greens and parsley. Our paw-paw tree is looking great too! Our edible flowers are also nice and we have added them to our salads to make our dishes very colourful.

The students definitely enjoyed the Chicken with Green Paw-paw with Asian Greens. We also cooked Thai Style Curry served with rice and Baked Multi-grain Bread with Eggs; these recipes were so simple to follow. One of the dressings we made in class was just a simple olive oil, lemon juice, salt, sugar and yellow mustard. This dressing goes perfectly with our Garden Salad with Edible flowers. We also added pumpkin seeds to add texture.

I am looking forward to teaching our students about dough next week! It is time to give the garden a rest and let other vegetables become perfect in size to harvest. Thank you to all students who donated oranges, tomatoes and lemons. Also to all the parents, staff and students who supported us at the athletics carnival! We hope you enjoyed the food, it sold well on the day. For those who missed out on the day, our new release Cook Book Part 4 is now available and it costs $7.00 for 20 recipes. Come support the Kitchen Garden and buy a copy!

Happy Cooking! Cazendra

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.

If you are wishing to donate items we need a continuous supply of:

- White sugar
- Rice
- Butter (unsalted)
- Legumes
- Flour
- Olive Oil
- Vegetable Oil
- Cheese
The warmer weather has enabled the plants to have a mini growth spurt in the middle of winter, as evidenced by our successful produce stall at the Athletics Carnival on Tuesday. We sold lots of lettuce, rocket, parsley, coriander and Asian greens together with pawpaw relish, preserved lemons, jam drops and Cassie’s famous banana bread, pumpkin soup and date cake. Thank you to all the parents who supported our stall - we really appreciate it. The kids have been busy this week making a path and learning the finer arts of paving, a very useful skill which might come in handy later in life. The path will make it easier for the garden cart to make it up the hill to the cement walkway without spilling its load! The kids have been awesome again this fortnight, working out the practical aspects of the job with very little prompting, working beautifully in teams and generally being little angels! Thanks to everyone for working so well together to keep our garden looking and functioning wonderfully.

Jobs in the garden include weeding, planting, shovelling mushroom compost, snail hunting, cleaning out the chook yard, refilling the chooks’ hopper and water buckets, positioning and levelling boxes - the list goes on and on and every time someone does their job well, they are positively contributing to the success of the garden and this great program.

Some of the more interesting plants we grow in the garden are varieties of everyday vegetables, like the rainbow coloured carrots we’ve shown photos of in previous newsletters. This week our featured vegetable is a beautiful violet cauliflower, high in anthocyanin, which is a powerful anti-cancer chemical. Our mulberry trees are already setting their fruit, ready for harvesting in October, so we can look forward to lots of wonderful mulberry recipes. Until next time, happy gardening!

Juanita

WORKING BEE
Sunday 23rd August 2015
9.00am – 1.00pm

Please come and give a hand
We need some help:
* Putting in the poles for our shade cloth cover
* Constructing the new frog pond
* Planting for spring

* Finishing the paver path
* Replacing some of the old garden beds
* weeding

Morning Tea & Lunch supplied