Message from the Principal

Dear members of the Ingleburn North Public School community,

Education across the globe is undergoing major restructuring, both in administration and curriculum. The NSW Department of Education and Communities is at the forefront of innovative practice. In fact, there is so much change afoot that it is my aim (and challenge) to ensure that our students are the beneficiaries of only the best practice and most consistent research. This term and much of next term will see many of our teachers undergoing training in a range of educational practices: the infants teachers have recently completed training in teaching discussion skills; Ms Morgan and Mr Smith have completed training in SOLE (Self Organised Learning Environments); and all teachers are being instructed in the TEN maths program by Ms Lewis every fortnight. The great thing about all of these programs (besides the fact that INPS gained them through grants and therefore they are free) is that they allow for immediate practical implementation in the classroom. Yes, it means the teachers will, at times, be out of their classrooms but your children are benefiting academically, directly and immediately because of these training programs.

Congratulations go to the following sporting superstars who made it to Region:
Jordan W. - long jump; high jump; 100m
Ilori P. - 100m
Brayden P. - 100m (and new Zone record holder!)

If you have ever wanted to help your child’s school with fundraising, this Saturday is an ideal time! Many of you indicated on the surveys that you would like to help out with the fund raising; well, our best opportunity to make some hard cash has landed in our laps, courtesy of the Federal election. If you can donate an hour on Saturday 7th September, between 7am and 3pm to man our drinks and sausage sizzle counters please let Ms Hancock (our new admin manager) know on 9605 2459.

Over the past seven years I have written and spoken on numerous occasions about the importance of a healthy diet for children. Obesity, poor memory, lower intelligence, hyperactive behaviour, and illnesses usually related to later life have all been linked to poor diet by medical researchers. The one aspect of a healthy diet I have not mentioned is the proven benefits of a healthy diet in fighting cancer. The Cancer Council of NSW has developed a program called Eat It to Beat It and have offered to send a trained diet expert to our school to run an information session for parents (see flyer further in this newsletter). Please drop in, email or ring the office to let us know of your interest.

Mr Moseley’s word for the week: irascible. The first student who tells me what it means AND uses it in a sentence will receive a special sticker! Congratulations go to Ben and Michaela H. for being last newsletter’s winners.

Mr B. Moseley
Principal
Coming Events

September
Thurs 5th: Parents Fruit & Veg Sense Session
9am-10.30am
Thurs 5th: ASSEMBLY (performance by 4/SS)
10th, 11th, 12th: School Camp to Dubbo
Wed 11th: Regional Athletics
Wed 18th: Money Talk (Infants)
Thurs 19th: Money Talk (Primary)
Thurs 19th: ASSEMBLY (performance by 6M)
Fri 20th: Last day of Term 3
Tue 8th Oct: First day of Term 4

DISCLAIMER:
Ingleburn North Public School does not endorse any products or services advertised in this newsletter.

Our Excursion to Wooglemai.

“On Thursday 2A and 1/2P went to Wooglemai. My mum came to help.

First we got on a bus and it took a long time to get there, so I played Chinese Whispers.

Next we were all introduced to Mr Nicholls and Mr C.

Then we had recess. I had a biscuit and a banana.

After that we went for a bush walk. On the way we saw a wombat hole and an echidna. It was very cute and I got to pat it.

Eventually we walked to the seats to taste Aboriginal food. I didn’t like it!

Finally we had lunch. For lunch I had a cheese, ham and tomato sandwich.

Then we got back on the bus and on the way back I fell asleep. Mum had to wake me up when we got back to school.”

Mikaela 2A

“Yesterday 2A and 1/2P went on an excursion to Wooglemai.

First we had recess. I had some crushed cookies!

After that we went for a bush walk. We met Mr Nicholls and he was going to show us around the bush. We came upon a large burrow. Hayley was the first to spot it.

Then I spotted some scratch marks on the tree. Mr Nicholls told the class where the marks were on the tree that I saw. I was so surprised I found a clue to an animal!

Next we found some seats and a burnt tree. Burnt trees are useful because animals like possums and spiders can make homes in them.

After that we played some games before we left for lunch. We had to look for some Aboriginal food like bush tomatoes.

After lunch we did some dip netting. I caught a boatman and stamped my notepad that we got before the bush walk.

When we finished with dip netting we went on the bus and I sat in the back with Zac, David, Leon and Muhammad. We all sang some songs.

When we got back to school I RAN UP TO MUM AND SQUEEZED her till I couldn’t anymore and then we went home”.

By Bodhi 2A

Commonwealth Student Banking

Student banking at our school is Wednesday mornings before the bell. All students with a Commonwealth Bank account are encouraged to bring their banking to the Office window. Every deposit through the school earns a token which can be saved and redeemed for fun Commonwealth bank items.
Fruit & Veg Month
Our school is celebrating Fruit & Veg Month! This is a great program that will educate your child about the benefits of eating fruit and vegetables as part of a healthy lifestyle.

Activities will cover a range of Key Learning Areas and all students from Kindergarten to Year 6 will be involved. Some activities involve students eating a variety of fruits and vegetables.

Please let your class teacher know if your child has allergies/intolerances to certain fruit and vegetables.

On Thursday 5th September students can dress in the colour of their favourite fruit or vegetable, or make fruit and vegetable costumes to wear. Ideas are available from the Healthy Kids Association website via www.fruitandvegmonth.com.au

Our assembly on that day will be a Fruit & Veg Assembly. Each class will perform a song/poem, show artwork or present interesting facts about fruit and vegetables.

Fruit and vegetable tastings will occur during our Crunch and Sip time (about 10.00am). The canteen will be organising these tastings and will include a variety of fruit and vegetables that may be new to some students.

There are still places available for parents to attend the ‘Fruit & Veg Sense Session’ presented by the Cancer Council NSW on Thursday 5th September commencing at 9am. Please register at the front office.

If you have any enquiries, please don’t hesitate to contact the school or your child’s teacher.

Regards

N Attard
Fruit & Veg Co-ordinator

What an ‘Eggsellent Fundraiser!’

We will be continuing to run the egg fundraiser every fortnight to raise valuable funds for the Year 6 Farewell.

To assist with the smooth running of ordering and collection it is requested that orders and payment be placed at the Office by Wednesday morning 10.00am. Orders will be placed every second Wednesday (week newsletter does not get distributed) and will be ready for collection that Thursday from the Office.

Order forms can be obtained from the front Office.

Car Boot Sale

On Saturday 7th September, 2013 Ingleburn North Public School will be hosting a car boot sale. This event will coincide with Election Day and will run from 8am - 4pm. The cost of hiring a car space is $25. If you are interested in reserving a car spot (only 3 places left) please come to the office and fill out the slip with payment as soon as possible.

Your support will be greatly appreciated.

Thank you
Miss Morgan & Year 6

Zone Athletics Carnival Report

On 22nd and 23rd of August Ingleburn North Public School was involved in the PSSA Athletics Carnival. It was a rather cold but fantastic 2 days. Our students that attended were fantastic ambassadors for our school demonstrating exemplary behaviour. One of the aspects that also impressed the other schools and the ground announcer was the level of cheering demonstrated by our students in supporting others in their events. This showed the high level of community spirit that exists at Ingleburn North Public School.

Furthermore, the parent support for our students with transporting students to and from the event as well as the support in the grandstands was nothing short of phenomenal. All of the teachers and students really appreciate it and hope that next year can be even better.

Mr Chapman
We Need Your Help

We have a wonderful opportunity to raise funds for our school.

If you have any spare time on Saturday, 7th September, 2013 to help at our Election Day Fundraiser it would be greatly appreciated.

Come help man our BBQ and know that you are raising much needed funds for the benefit of your child and their fellow students of Ingleburn North Public School.

Please let Mrs. Hancock in the office know if you can offer any time on Saturday.

Thank you – hope to see you there.

Ingleburn Fair

School holiday activities

Hi Kids, come on down to Ingleburn Fair

These school holidays and meet the Despicable me Minions and have a dance.

Also Face Painting, Roaming Balloonist

And Sand art craft all Free

Tuesday 24th September and Wed 25th September

Meet Despicable Me Minions

Tuesday 1st October – Sand Art

Wednesday 2nd October – Face Painting

Thursday 3rd October – Roaming Balloonist
Peer Support Program

It all began in the early seventies when a student in a Sydney High School died as the result of a drug overdose, the founder Elizabeth Campbell, a health educator, was called upon to develop a program to help deal with the death and the drug related issues. The Peer Support Program was the result. She realised that resilience was a key issue and that students needed to learn the skills of resilience from an early age so that they were prepared for their teenage years. We are trying to prepare our children for the challenges of the future.

**Resilience:**

Involves the empowerment of the individual to be positive, proactive and resourceful in dealing with life experiences. Resilient individuals can reflect on, and learn from, their experiences and to creatively turn challenges into opportunities for continued growth and learning.

Key skills - resilience, refusal, assertiveness and conflict resolution.

Session 5

Unfortunately we were unable to run this week’s session as we had too many events. This session will be run next week and continues to focus on positive self talk. Often when children are faced with difficult situations their self talk is very negative. Such as when they fall off their bikes, they may say that they are stupid, rather than getting up and saying “Oh well, at least I’m not hurt”. During our next few sessions the children will be discussing situations and how they can view and talk to themselves in a positive way. As the adults in their lives it’s important that we model and discuss how to think positively.

*If you have any questions concerning this program please contact our Peer Support coordinators through the office on 9605 2459.*

*Mrs Wyber & Miss Morgan*

*Peer Support Coordinators*
Library News

Congratulations INPS! You have done it again. The INPS community spent over $3300 and now the school has over $1000 worth of new books for the library. Thank you so much for supporting our school library!

Children’s Book week

As far as the rest of the week went it was a great success. The children had a wonderful day dressed up as their favourite book characters and the annual scavenger hunt had class 3/4M finding the white rabbit first and winning a “Mad Hatter’s tea party” next week. Well done 3/4M!

During the book swap it was fantastic to see so much enthusiasm for books. Most children went home with a new book and enjoyed the afternoon sharing with others. The library always welcomes old books and if the books are not put into our library they are given to a worthy cause. This year our books are going to a school being built in Africa. If at any time you are having a clean out, I’m happy to store the books until next year’s book swap.

Dads’ Reading Afternoon

Well what can I say about Dads’ Reading Afternoon? Firstly new teachers to our school were so impressed with the number of dads who were able to come and read. Thank you, I know it’s not always easy to get away from work. The students loved having you read to them and I hope you enjoyed the afternoon. Thank you again and I hope you all had a great Fathers’ Day on Sunday.

Afternoon Tea

Finally the end of term is fast approaching and the shelves need putting back in order. If you are able to help on Thursday 12<sup>th</sup> from 2pm, I will be putting on an afternoon tea to make the job go faster. Please contact the office or catch me in the playground if you’re able to help.
SMASH TENNIS
PROFESSIONAL TENNIS COACHING
SCHOOL HOLIDAY TENNIS CLINIC

When? 30th September and 4th October
Where? Bow Bowing Tennis Centre. 10 Carnarvon St Bow Bowing
Time? 9am-3pm
Cost? $50 each student
$35 for one day  “Family discounts also apply”

What’s involved? Full day of tennis activities, fun games, coaching, prizes and giveaways. All students will receive an award!

What you need to bring? Drinks, lunch and snacks for your child throughout the day. There will also be drinks and snacks available for purchase on the day

This clinic is for beginners-intermediate skill levels and ages 6-12 we also are running other clinics please contact for additional dates and info.

If you require any further information please contact Ricky on 0409843403 and smash-tennis@live.com
Please Visit www.smashtennis.com.au for complete registration form.

These activities are great for kids aged 6 to 12 years.

Come to PCYC and have fun while you get fit!

Campbelltown PCYC
95 Minto Road
Minto NSW 2566
Phone: 9603 8229
Campbelltown@pcycnsw.org.au
www.pcyccnsw.org.au/campbelltown

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<tr>
<th>Activity:</th>
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<th>Time:</th>
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<tr>
<td>Junior BOXING for fitness (9yrs &amp; up)</td>
<td>Mon, Wed and Fri</td>
<td>4.30 - 5.30pm</td>
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<td>Wrestling</td>
<td>Wednesday</td>
<td>5.00pm</td>
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<td>Netball</td>
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<td>4.00pm</td>
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<td>Taekwondo</td>
<td>Tue and Thur</td>
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<tr>
<td>Archery</td>
<td>Wednesday</td>
<td>6.00pm</td>
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Dancing and Gymnastics Classes Coming Soon!