

NEWSLETTER – 1st August 2019

Diary Dates

- 7th Aug - Education Open Day combined with Grandparents Day
8th Aug - Yr 3 - 6 Athletics Carnival
16th Aug - PSSA Gala Day 3
23rd Aug - Book Parade - Whole School
17th Aug - K- Yr 2 Athletics Carnival
30th Aug - Father's Day Stall
17th Sept - **EXTRAVAGANZA**
20th Sept - PSSA Gala Day 4
27th Sept - Disco
27th Sept - Last day for Term 3

From The Principal

Education Week and Grandparents Day

Education week is celebrated from August 4 where schools open up their classrooms to showcase all the great things going on in schools. This year we have combined Education Day with Grandparents Day.

We look forward to welcoming families this Wednesday 7th Aug with the Rosiebal (Art) and construction displays. Please feel free to visit classrooms and stay around for lunch.

Primary Athletics Carnival

The primary athletics carnival will run Thursday 8th Aug on the back oval. Students will rotate through each event based on their age group. Family and friends are most welcome to come along and enjoy the day.

Education Week 2019 -

'Today's schools - creating tomorrow's world'

Wednesday 7th August

The day includes:

Time: 9:00 - 9:30	Time: 9:30 - 11:30
What: Performances	What: Café Rosé
Where: Outside 6S	Where: Mobile Kitchen
Time: 10:00 - 11:00	Time: 10:00 - 11:50
What: Open Classrooms	What: Rosiebal Art Exhibition
Where: Your child's classroom	Where: Library
Time: 10:00 - 11:00	Time: 11:10 - 11:50
What: Construction Display	What: (Bring your own) Picnic Lunch
Where: In the hall	Where: Outside 6S

Free Dental Checks

Premier Gladys Berejiklian announced this week that primary school children will be able to access free dental checks through a new NSW Health Mobile Dental Program. Children's oral health can influence their general health. A healthy mouth ensures kids can eat, speak and socialise without discomfort and embarrassment, so it's important that we treat and teach them about oral health early. Children will be offered a teeth clean and x-rays to look for decay.

Rosemeadow Public School will be participating in this program during Week 10 of this term, from Monday 23 September - Thursday 26 September. Further information and permission notes will be sent home soon.



Tharawal Hearing Checks

Health workers from Tharawal Aboriginal Corporation will be conducting a series of hearing tests for our Aboriginal students at Rosemeadow Public School on the 13th & 20th August 2019. Permission notes have been sent home. If you would like your child to receive a hearing check please return the permission note to Mrs May as soon as possible. Additional notes are available in the school office.

Mrs May



Extravaganza Student

Notes have been sent home and your child's participation is integral to their grade performance and payment is now due.. The cost is \$20 which covers transport to the cinema, dinner and a contribution to the costumes.

Parents need to understand that it is their responsibility to pick up their children at the end of the night from Event cinemas at Macarthur Square.

Extravaganza Tickets

We will be holding our Extravaganza on Tuesday 17th September at Event Cinemas Macarthur Square, The sessions will be 4pm and 6pm and the cost will be \$15.00 each.

First round of Ticket Sales- To be fair to all our families we will limit the first round of tickets to 2 per family (in total across all sessions) and are on sale until 3.30pm Thursday 8th August 2019 on a first come first served basis.

The money and order form need to be taken to the office NOT the classroom teacher.

Second round of Ticket Sales- On Wednesday 14th August 2019 - if available there will be the opportunity to purchase more tickets with a limit of 2 more tickets per family. (Total of 4 per family). Sales of tickets will cease Thursday 27th August 2019 to allow tickets to be allocated. Seating will be allocated and tickets will be sent home.

If there any seats left over they will go back on sale Monday 2nd Sept 2019 until sold out.

- ☐ Children under the age of 3 are free but **ONLY** if they sit on your lap during the performance.
- ☐ No prams or strollers will be allowed into the cinema.
- ☐ No photography or videotaping is allowed by anyone in and around the cinema grounds.

Athletics Carnival Yr 3 - 6

Rosemeadow Public School's Athletics Carnival will be held on Thursday 8 August 2019. The school will be holding the Athletics Carnival on the top grass area and Heydon Park at the back of Rosemeadow Public School. The event will be held during school hours.

Students may wear their house colours, and also need to wear a hat, jumper/jacket (if cold) and suitable footwear (spikes are only permitted in the 100m, 200m, long jump & high jump events). Students need to bring their lunch, recess, a drink and any asthma medication.

The School Canteen will run an extra canteen on the day with healthy foods available for purchase at one of the allocated rest stations. If students buy a lunch order on that day, they will also be able to pick it up from the canteen whilst at a rest station.

Important: Parents and visitors are asked not to park on the hill at Heydon Park on the day of the carnival for safety reasons.

This is a school event and all students are expected to attend and participate in the activities. If your child is unable to participate in the athletics events for medical reasons, please indicate on the permission note below.

*Any Year 2 students who are 8 years old or turning 8 this year may attend **ONLY IF** they intend to participate. A separate note will go home for these students.*

Thank you
PDHPE Committee

From the Library:

Book Fair



Due to circumstances beyond our control we have had to cancel Book Fair for this term We will advise when a new date has been booked.

Book Parade:

Our annual book parade is always a massive hit with students and parents alike. Children may dress up as a character from a book or movie, however if you would like your child's costume to fit the theme, this year it is:

'Reading is my secret power'.



Everyone is welcome to our book parade and the book fair will be open at the conclusion of the parade.

Premier's Reading Challenge:

This year over 200 students have enrolled to complete the challenge. If you are not entering your child's reading log on the PRC website, please ensure all reading lists are returned to the Library no later than Friday 28th August. Certificates are sent to the school in Term 4 and will be awarded to students as soon as possible.

Mrs Jansen

Rugby League Boys Open

A brave effort from our Open boy's Rugby League team today in rounds 4 and 5 of the Classic Shield Gala Day. The boys had a miraculous victory after the siren in round 4 but were

unfortunately beaten in round 5. Congratulations on making it so far in the competition.



Speech Pathology Focus: Listening Skills

Listening is our ears detecting sounds, but it is also our brains understanding and interpreting meaning from those sounds. We use our listening skills to understand instructions, follow conversations and keep up with what is going on around us. Children's ability to understand through listening is a skill that can be developed and strengthened with our help. While you are having conversations with your children or asking them to do things you can try:

- Removing or limiting distractions and background noise for better concentration E.g. turning off the TV, limiting time on the iPad, turning down the music.
- Asking the child to repeat what you have said to show you they have heard and understood the message. This could also remind them of what they need to do.
- Framing what you are about to say to prepare them to listen and concentrate E.g. "Ben, I have something to tell you" or "Chloe, do you have your listening ears on?".
- Saying smaller amounts of information at a time. For instance, instead of saying three instructions at once, say one or two. This will support their understanding. E.g. "Can you please put your bag away and come and sit at the table" instead of "can you please put your bag away, come and sit at the table and then start your homework".

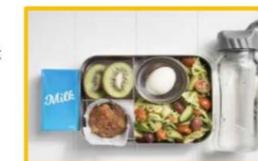


Nutrition Snippet

The simplest way

... to save time in the morning.

With some simple preparation at a time that suits you, you can save a lot of stress in the morning.



Try these tips to pack healthy foods quickly:

- Buy snack sized veg that don't require cutting e.g. cherry tomatoes, baby cucumbers and snow peas
- Keep some shelf stable items like beans and milk in the pantry
- Make and pre-pack individual serves of healthy snack mixes such as [poppletana](#).
- Get in to the habit of cooking extra for dinner and packing leftovers for lunch.
- Spend some time on the weekend preparing freezer-friendly lunch box items such as fruit or [vegie muffins](#).
- Allocate a drawer or area of the kitchen where lunch boxes and containers are kept, making them handy to find come packing time.

healthylunchbox.com.au

Silver Coin Project

Rosemeadow PS would like to thank The Silver Coin Project for providing school uniform items for students whose families require financial assistance. The Silver Coin Project is a Not-for-Profit charity committed to ensuring that students receive the school basics for successful learning.

If you require support for school uniform items please contact the office. Your request will remain confidential. If you would like further information or to donate please visit <https://www.thesilvercoinproject.com>.

To Donate

BY CHEQUE

Please make cheques payable to: The Silver Coin Project.

Please send to : PO Box 395, INGLEBURN NSW 1890

Or go to the web page and donate online www.thesilvercoinproject.com/donate

DIRECT DEBIT

BSB: 062-185, ACCOUNT #: 1082 9726

ACCOUNT NAME: The Silver Coin Project

HOW WE CAN HELP

UNIFORMS - We can provide Summer, Winter and school sport uniforms, including hats and jackets.

SHOES - We can provide new black school shoes and sneakers for sport.

HEALTHY LUNCHES - We can make sure that the children who regularly come to school with no lunch are provided a healthy substantial sandwich, a piece of fruit and a drink.

SCHOOL EQUIPMENT - We can provide new back packs containing a lunch box and drink bottle.



The Silver Coin Project

