



STAGE TWO AT CUMBERLAND STATE FOREST

# Penshurst West Public School Newsletter

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TERM 4, WEEK 2 – 14 OCTOBER '13

Welcome back to Term 4, our last for 2013.

We have a great term ahead, full of exciting end of year events and other activities.

Teachers are compiling assessment data and writing end of year reports, due out later in the term. Attendance is extremely important this term, there are many vital activities happening each and every day.

Today, NAPLAN results were released to parents. Penshurst West is very proud of all of our students, there has been significant growth in many academic areas. Over the coming weeks we will be highlighting the school strengths across Literacy and Numeracy. Please share the successes with your child.

Have a great week at Penshurst West.

*Mr Ackerman*

Relieving Principal

## Mrs O'Brien

After thirteen years of service to Penshurst West, Mrs O'Brien has been successful in her application as Assistant Principal of Kingsgrove Public School.

Mrs O'Brien has been a wonderful class teacher, Assistant Principal and relieving Principal over the years and all students, staff and parents will miss her contribution to our great school. Mrs O'Brien will start at Kingsgrove in 2014.

*We wish you all the best Mrs O'Brien but will miss you very much.*

## NAPLAN

Envelopes containing your child's results were given out today to all Year 3 and 5 students that sat the NAPLAN exams earlier this year.

Please take the time to look through this information and celebrate the successes. If there is anything you are concerned about, please make an appointment with the class teacher. Remember that as important as NAPLAN is, it is only one piece of assessment data and not the only measure of achievement.

## Gold & Silver Awards

Congratulations to the following award recipients:

### Silver:

Daniel C  
Dean P  
Claire W  
Ava L  
Evan R  
Connor P  
Helena Z  
Samuel M  
Madalyn C  
Miranda W  
Lauren V  
Brendan B-H  
Gabriel T  
Patrick V  
Zuhair S  
Annie W



### Gold:

Madalyn C  
Dimitri L

### Medal:

Madalyn C

## Year 2,3,4 Swim Scheme

There are only three spaces left in the Year 2 swim scheme. Please see the Office if you are interested in your child participating in this great scheme.

## Book Club

Book Club Brochures were distributed to students last week and all orders with the correct money are due back to the office no later than **Thursday the 24th of October**. This will be your last opportunity to purchase from the book club for this year so why not take the opportunity to do some fuss free Christmas shopping and support our wonderful school at the same time.

## Kindergarten Orientation

This week we welcome all our new faces as they begin their school journey with us. Wednesday the 16<sup>th</sup> of October at 9.45am will be the first Kindergarten Orientation followed by 3 weeks of Kindy Start programs.

Students are asked to say hello and make our latest students feel very welcome as they start big school. All students should be in their best school uniform, including black school shoes, on these Wednesday's to ensure we all look our best.

If you know of any preschooler that is ready to start school and is in our area, please ask them if they are attending Penshurst West in 2014. It is always important that students attend their local school.

## Year 7 Selective High 2015

Applications for students seeking selective high school placement in Year 7 in 2015 (current Year 5 students) will be available from 15 October 2013. Most parents are expected to apply online at [www.schools.nsw.edu.au/shsplacement](http://www.schools.nsw.edu.au/shsplacement).

All students seeking placement in a selective high school will be required to sit the **Selective High School Placement Test on Thursday 13 March 2014**. Parents who wish their child to sit the test will need to apply by **Friday 18 November 2013**. We will send home more information as it arrives.

## Bandanna Day

Bandanna Day is Friday 18th October. The SRC representatives will be selling bandannas morning from Monday to Friday, outside the hall. The cost is \$4 for a bandanna and pens for \$3.

What bandanna day is about? - By selling bandannas and encouraging everyone to "Buy It, Wear It" - you won't just raise funds for the programs and services young people living with cancer desperately need. You'll also show your support for young people as they go through the toughest and most distressing ordeal of their young lives.

## Aussie Animal Trading Cards

On Wednesday 16th October, Mrs Kovacs will be running a trading day for students. If any families have any leftover cards they no longer need, it would be greatly appreciated if you could send these into school to help with the trading day. Children can bring in their animal cards and albums and swap and trade with each other.

## Primary Ethics

A Primary Ethics class for Year 3 and 4 students has been running for the last two terms, and our ethics teacher Jill Hennessy thought parents might be interested to know what this is about.

Students who would usually attend non-scripture can come along instead to learn about ethics in a fun way for half an hour each week. So far our topics have been Persuading, Being an Ethical Consumer (students loved this topic because it featured orangutans), Getting Even, and Intention. We will soon be covering a couple of logic topics such as Validity and Inductive Reasoning.

While the topics sound heavy, the curriculum has been developed by leading academics and experts in child education, so the lessons are fun-filled and appropriate for the children's learning stages. Students are encouraged to share their views on a range of hypothetical situations – there are no "right" or "wrong" answers, just a great opportunity to discuss different views.

Apart from orangutans, the kids have loved acting out different scenarios, and sharing in reading stories to help stimulate the discussion.

If you have a Year 3 or Year 4 child who currently attends non-scripture, and you think they might be interested in coming along to our ethics class, please send a note to the office stating your permission for them to attend. For more information you can go to [www.primaryethics.com.au](http://www.primaryethics.com.au) or contact Natasha Russell on 0412 276 874.

## Public Speaking Evening

What a wonderful evening we had last week! Great speakers from Kindergarten to Year 6 with prepared and impromptu speeches. Congratulations to our Stage winners and to all participants. Well done.



## Enrolment in 2014

Having accurate enrolment numbers is extremely important. Penshurst West is starting to plan for 2014. If you know that you will be taking a long period of leave in the beginning of 2014 or are leaving the area can you please ring or call in to the Office to let us know.

If you are aware of families that have moved into the area and are looking for schools, please ask them to come up and talk to us. The Principal is always happy to take families on tours of the school and discuss any issue families may have.

We are a great school and want to make sure all of our local students get the best learning opportunities available.

## Stewart House Bags

Bags for clothing to donate to Stewart House will be collected this Tuesday the 15<sup>th</sup> October. If you are able to assist this great cause please bring your bag back this week. Thanks to all those that have donated already.

## The Lollipop Lady

Our school crossing supervisor Karen has been transferred to another school. Karen has worked here for over a year and her move was very sudden and unexpected. In her letter, Karen writes;

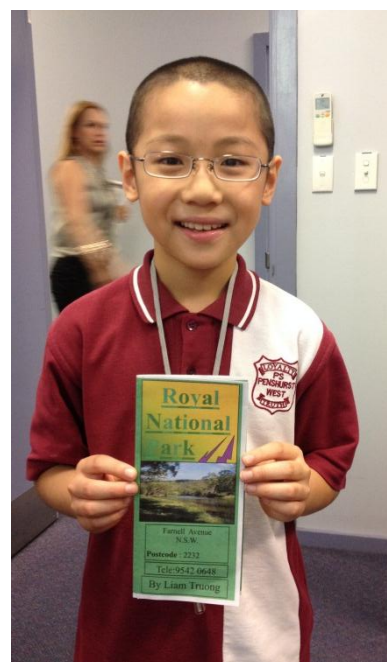
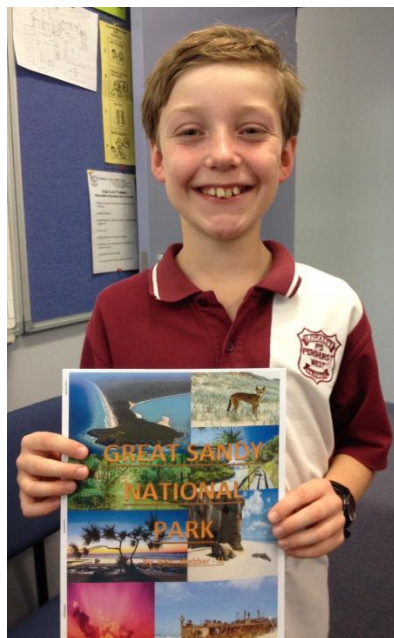
*It saddens me to leave PWPS after 15 months service to the school students, staff and members of the school community. To the parents I have met in my work at the crossing – thank you for your friendship and warm welcome to your school. To the students I meet each day I would like to say thanks for being well behaved and well mannered. Keep up the good work with the new crossing supervisor.*

A new crossing supervisor started on Monday. We wish Karen all the best at her new school.

## Stage 2 Extension Group

The Stage 2 extension group, led by Ms Hancock, have been working on National Parks in Australia. They have developed an information product designed to encourage their peers to want to visit these national sites.

Have a look at the work from Ben, Bella and Liam.



## Create South

*Last week, Marianne, Audrey, Victoria and I went to Create South. Marianne and I made it into the choir and there were about 50 students who made it in to Create South for singing. There were six songs we had to practise in three days. We also tapped with sticks to a Fijian song. There were six groups in Create South and they were the choir, dance, art, drama, technology and the band. The band played to some of our songs. The drama was really funny and I would say that they had the hardest part. On Thursday we did a run through at Sutherland Entertainment Centre and we had to perform in front of Sutherland Public School. We had our concert on Thursday night and we also did a big finale for the whole audience. I had a great time and hope I get chosen again next year.*

Mary SS

Create South is a 3-day Creative Arts workshop. Every year there's a theme to it. This year's theme was Castaway. There are 6 groups, Drama, Choir, Dance, Technology, Visual Arts and Band.

My experience at Create South was the best. At choir we learned so many songs like Gilligan's Island Song, Forget You, All that Jazz, Island Home, Pokare Kare Ana and From Today. I played games and auditioned for solos. On the last day I performed at Sutherland Entertainment Centre singing songs I learnt on the first two days. It was a great opportunity to be in Create South.

Marianne SK

*My name is Audrey Sibraa and I'm going to tell you about my Create South experience. There are many groups you could be in such as art, drama and much more. To get into one of these groups your teacher has to nominate you then the Create South teachers have an audition to see who gets in and who doesn't. I was in the art group and I got to paint backdrops and make props. This year, the play was about an island, some natives and a crashed plane. I think Create South is a great experience where everyone works together to help make the play entertaining for the audience.*

Audrey SS

At Create South I was in the dance group. We had 3 days to put together a production with the theme "Castaway". There were 6 groups: dance, drama, art, technology, band and choir.

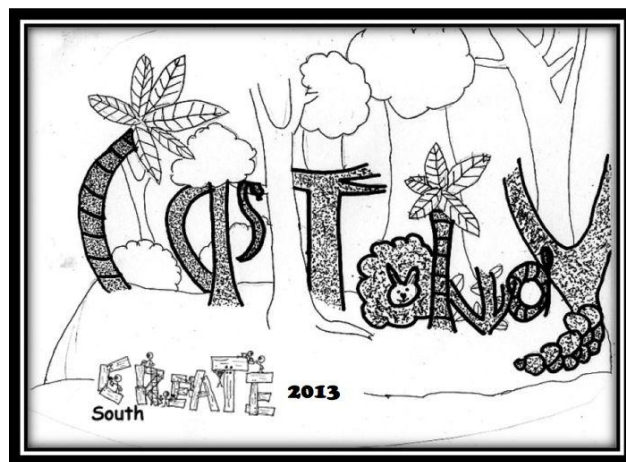
The dance group did 7 dances altogether but everyone did 3 dances. The first day we learnt a tribal dance altogether for most of the day. After an early lunch we split into 3 groups – tap, ballet and modern. We finished all two dances and did a run through all our dances we had learnt so far.

The second day we went through the tribal dance and split into three groups again to learn our third and final dance. This time we had an option of lyrical, hip hop and jazz. With the lyrical who ever wanted to do it had to audition as there were way too many people. When we had to split into our three groups we had to make our own dance as a group. Finally we finished all of our dances. We had a final run through in the order for the concert. First was ballet and the last dance was jazz.

On the last day we did heaps of rehearsals and we did a performance for Sutherland Public School and the person who directed the actors forgot one of our dances so we had to get changed. After everyone learnt the finale we did the show one more time but without an audience. Then we went home.

When 2 hours past, we headed to Sutherland Entertainment Centre and did the show. It was a success and we all had a great time.

Victoria SK



# MindUP

This week in Mind Up we continue Unit 3:

## Lesson 12 – Appreciating Happy Experiences

To remember a happy experience fully and mindfully is to appreciate it and reap the physical, emotional and cognitive benefits. Remembering a happy memory releases the “feel-good” chemicals in our brain that flooded it at the time of the actual experience. We can practice mindfully recalling favourite memories as a strategy to achieve a variety of goals, including alleviating negativity, cultivating optimism and priming our brain for learning new material. Children can learn to appreciate happy memories to help overcome specific negative feelings, such as sadness or insecurity.

Things you can do at home

### The Happy Wall:

Sit down with your children and draw pictures of their happy memories. Create a Happy Wall in which to hang the pictures. Choose somewhere that you walk by every day. You can even use magazines to create collages of happy experiences.

### Things to be happy about:

Compile a list of things that make you and your children happy. Start each sentence with “I am happy when I ....” It can be something as simple as eating honey sandwiches or playing in the sprinkler, snuggling for a bedtime story or watching a puppy in the park.

## Lesson 13 – Expressing Gratitude

Gratitude is a feeling of thankfulness and joy we feel in response to something we’ve received, whether the gift is tangible, such as a book we look forward to reading, or intangible, such as a smile of encouragement from a loved one or a breathtaking

view of a landscape. Simply focusing for a minute on the experiences in our lives we’re grateful for shifts our thinking to a calmer, more content perspective, which can immediately uplift and comfort us.

When we make the expression of gratitude a regular practice – whether we make a daily written list or a mental tally of things we’re grateful for as we start each day – we train our brain to shift to a positive mind-set more efficiently and maintain a healthier, more optimistic perspective.

Things you can do at home:

### Gratitude Journal:

Every day, when you have time, encourage your children to write down five things they are thankful for. They can illustrate it to. You can begin with “I am grateful that I have enough to eat”. If your children get stuck, help them by suggesting their best friend or the family dog. Or maybe, something more general, like the sunset or a rainbow.

### A symbol of Gratitude

Give each of your children a small stone or pebble. Tell them it is their Gratitude Stone. Ask them to carry it in their pocket and say that every time they feel it with their fingers, they should think of something to be grateful for. Remind them that no matter where they are or what is happening in their lives, if they just touch their stone they’ll feel grateful.

# Calendar Updates

Being such a busy and exciting term, I hope that our term calendar has a special place on your fridge. Please refer to the calendar, our website and our new, OFFICIAL FACEBOOK page for regular information about school events and activities.

**Wednesday 16<sup>th</sup> October**

Kindergarten Orientation

**Friday 18<sup>th</sup> October**

PSSA Round 4

**Monday 21<sup>st</sup> October**

Swim Scheme Begins for two weeks

**Tuesday 22<sup>nd</sup> October**

Dragon Tag @ Evatt Park

**Wednesday 23<sup>rd</sup> October**

Kindy Start 1

**Friday 25<sup>th</sup> October**

PSSA Round 5

**Wednesday 30<sup>th</sup> October**

Kindy Start 2

**Friday 1<sup>st</sup> November**

PSSA Round 6

End of Swim Scheme

**Wednesday 6<sup>th</sup> November**

Kindy Start 3



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