



St Marys South Public School Messenger

Week 2 Term 2, Tuesday 07th May 2019

| Phone: 9623 1745 | Website: www.stmarysth-p.schools.nsw.edu.au |

MERIT AWARDS

Joreigna Aquino
Harrison Binger
Elsa Hurley
Adeeb Tariq
Charlie Corby
Kash Gale
Arjan Ghuman
Grace Hindy
Malav Patel
Shazam Ali
Tukia Kalolo
Inaayah Bajwa
Braydan Mayer
Summer Lemos
Basma Alanzi
Jacob De Rooy
Raiden Halliwell
Marley King
Yuvaan Raju
Cooper Wood
Marina Ahadi
Billy Gilmour
Eli Cusack
Zainab Al Karaawi
Brooklyn Davis
Aleighya Panuve
Elliana Lam
Susanna Yun
Noah Somasundaram
Robert Hancock
Brodie Bokor
Palu Tausisi
Desmiia Misihepi
Lara Tieger
Huda Al Karaawi
Aaliyah Sami
Aaliyah Aloe
Jasmine Burns
Nicholas Vasilou
Jasmine Lansdell

FITNESS PROGRAM

Welcome back to another very busy term.

This term we have a number of new initiatives planned.

Starting this term all our students will take part in a fitness program designed to improve their cardiovascular fitness and develop fundamental movement skills such as throwing, catching, evasion and striking.

The program will be conducted by qualified teachers from the FitFutures organisation. The teachers will reinforce skills through games, skill sessions, circuits, stations and group activities. All students will be participating in this program for approximately 1 hour on either Monday or Wednesday each week.

Students are encouraged to wear appropriate footwear, such as running shoes on the day of their participation. There is no need to wear sports uniform.

MONDAY	WEDNESDAY
1M	KH
KV	K/1W
4/5V	2L
5/6G	2M
1C	5/6S
	4K
	3/4B
	3W



STAFFING

St Marys South Public School would like to welcome Ms Sam Thompson to our school. Ms Thompson will be our teacher/librarian for the remainder of this year. She is replacing Mrs Sek.



Mrs Sek has taken maternity leave to care for her newly born baby. Georgia Kate was born 08th April. Both mother and baby are healthy and thriving.

We look forward to working with Ms Thompson who has taken over our newly renovated library.

This week we farewell Mr Vincent. Mr Vincent has gained a permanent Assistant Principal position through merit selection at Barnier Public School.

Mr Vincent joined our school in 2017 on temporary contract. In the time he has been with us he has successfully filled his role and contributed greatly to our school through his work in the student the wellbeing area, sports and his general leadership.

We congratulate him and wish him well in his new role.

Mr Vincent's position has been advertised and is expected to be filled as soon as possible.

FAREWELL MR VINCENT



For the last two years I have had the pleasure of working with the students, parents, teachers and community of St Marys South PS. I will however, be taking up a permanent

position at a different school starting in Week 3 of this term. I would like to take this opportunity to thank each and every one on you for making my time here so memorable.

My experiences here have taught me so much about what it truly means to be a quality educator and leader. It has been a real pleasure watching the improvements made each and every day by the wonderful students of St Marys South PS.

Good bye and good luck.



PBL AWARDS

Lexine Guballa, 4/5V

Lexine is a dedicated, enthusiastic student who works hard in class and during lunchtime rehearsals. She is always willing to help teachers and other students and is a valuable member of our school music groups.



Savanna Donovan, KH

Savanna is a caring and helpful student in the classroom and the playground. She follows our school rules and is a safe, respectful learner.



Riley Molloy, 5/6G

Riley is a considerate student in the playground who is kind and friendly towards other students.



KINDERGARTEN 2020

Do you have, or know, a child starting Kindergarten in 2020? Enrolment forms are available from our administration office as well as information for families regarding transition and orientation to school programs.

WOOLWORTHS EARN AND LEARN

St Marys South will be participating in the Woolworths Earn and Learn program for 2019.

SHOP: For every \$10 spent in store or online, you'll receive one Earn and Learn Sticker.



COLLECT: Collect as many stickers as you can between now and the 25th June 2019.

GIVE: Place your stickers in one of our St Marys South Public School Earn and Learn boxes located at either Woolworths, St Clair or in our school office.

STUDENT HEALTH

At St Marys South Public, we encourage any information from parents/guardians regarding your child's health, even if you are not requesting specific support from our school.

It is required that all medical information is to be provided to the school when you initially enrol your child, however, it is highly important that this information is updated regularly.

Information about allergies, medical conditions such as diabetes, asthma, anaphylaxis and other health care related issues should be provided to the school preferably in writing, along with any supporting documentation from your health care professional. This will greatly assist our school in planning to support your child's health and wellbeing.

Please also remember to update your contact number/s and address details, as well as the details of any nominated emergency contacts. Please see our administration staff in the office for the Parent/Guardian Details form.

We appreciate your assistance and can assure you that any information provided to us, will be stored securely and will only be used to support your child's health needs.

LOST PROPERTY

Unfortunately, we have many items, including lunchboxes currently in our lost property bucket. If your child has misplaced any item, please remember to check the lost property bucket regularly, as it may take a few days for the misplaced items to reach the bucket.

Due to limited space, lost items cannot be held indefinitely. The Lost Property bucket will, therefore, be cleared out at the end of each term and items will either be recycled or donated to our School Uniform Shop.

To ensure Lost Property is kept to a minimum, please clearly label your child/s items, ideally with their first and surname. This will ensure that any lost item can be returned to your child promptly.

The Lost property bucket is located in A block near the Connected classroom.



KINDERGARTEN TRANSITION

Our Kindergarten students have made a successful start to their first year of school - thriving, growing and learning every single day. During Term one, our students settled into school life and have been developing their foundational knowledge, skills and understandings across all subject areas.

They have established friendships, and together are acquiring critical literacy and numeracy skills and strategies through hands-on, authentic and engaging learning experiences. We are looking forward to continuing to nurture their educational journey.



WONDER - STEM PROBLEM OF THE WEEK

I always love sharing things with my friends and today I had some strawberries to share. I shared equally my strawberries with Mrs E, but there was one left over.

Before we ate them, Dusty joined us, so we shared the strawberries between the three of us. This time there were two left over.

Show your mathematical thinking process to determine how many strawberries there could be.

Remember there will be a Step-Up for every student who provides a solution



ZONE AND REGIONAL SWIMMING

On Friday 1 March, 26 students attended the St Marys Zone Swimming Carnival at Mt Druitt pool. I am so proud of the effort of all our students.

A huge congratulations to Liam Petilla in Year 3 who came 3rd in the 9 years boys 50m freestyle. Liam went on to represent the St Marys Zone at the Sydney West Regional Swimming Carnival on Tuesday 12 March at Sydney Olympic Park.

Liam swam eleven seconds faster at the Regional Carnival than he did at our school carnival. An amazing effort Liam.

Miss Scott

SYDNEY WEST OLYMPIC PARK

Tuesday, 12th March was the Regional Swimming Carnival Day and I woke up early and ate breakfast. I changed into my swimmers and went to Sydney Olympic Park, there were a lot of cars and people there. I was really nervous, I saw a sign that said St Marys Zone and that's where we had to sit.

When I looked at the pool I saw another pool where they were warming up. I went down to warm up. After I warmed up, I was ready for my race.

In my heat I was in lane 9. I swam as fast as I could my time was 47.31 seconds. I really enjoyed the experience.

Liam Petilla



TERM 2 CALENDAR

08/05/19	Mothers Day Stall
13/05/2019-24/05/2019	NAPLAN
14/05/2019	P&C Meeting
23/05/2019	Music A Viva
06/06/2019	Kindergarten Zoo Excursion
10/06/2019	Queens Birthday Public Holiday
25/06/2019	Earn and Learn Finishes
02/07/2019	K-6 Parent Teacher Interviews
05/07/2019	End of term

SHPN (COHS) 140040 Feb 2014



Meals for Children



Children have high nutrition needs for their little size. Low nutrient foods such as lollies, chips, soft drink and other "junk food" should not be eaten every day.

Healthy 'filling' foods may help prevent them from grazing on too many snacks.

Healthy Snacks between Meals

- Soft fruit.
- Cheese and crackers.
- Milk smoothie.
- Boiled egg or cold meat.
- Baked beans on toast.
- Vegetable sticks & peanut butter.



Breakfast

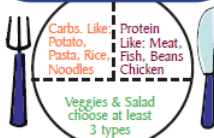
Wholegrain toast with cheese, baked beans or egg.
Whole-wheat cereal, muesli or porridge with milk.
Chopped fruit and yoghurt or milk smoothie. Plain milk or slightly flavoured milk.

Lunch

Sandwich using multigrain, wholemeal or 'high-fibre' white bread. (Try using rolls, wraps and bagels as well).

Fill sandwiches with salads, lean meat, cheese, peanut butter and egg (rather than sugary spreads like jam & honey).

Make rice and pasta meals.



Dinner should include:

Protein - such as beef, chicken, lamb, fish, eggs or legumes
Vegetables - use 2-3 types and a variety of colours.
Carbohydrate - such as pasta, noodles, rice or bread.



Developed by Western Sydney Local Health District. Sponsored by the Centre for Oral Health Strategy NSW



Casual Work

Help protect our vibrant school communities

Become a Casual School Crossing Supervisor!

- Keep our kids, parents and teachers safe on the road
- Be a second pair of eyes for our local motorists
- Earn an income and still have time to live your life to the fullest

Shifts fall between the school zones hours 8.00am to 9.30am and 2.30pm to 4.00pm, with a minimum of one, one hour shift as and when required Monday to Friday during the school term.

Does this sound like you?

- ✓ Reliable in good or bad weather
- ✓ Good communication skills
- ✓ Community spirit
- ✓ Positive energy

If it does, visit wonder.nsw.gov.au to apply today! Applications close 11.59pm Sunday, 12 May 2019



Transport
Roads & Maritime
Services

FRIDAY 17 MAY 2019



Until they're ten, children must always hold an adult's hand when crossing the road

WALK.COM.AU