Welcome to Term 4

We have had a busy start to Term 4 welcoming our new Kindergarten class of 2015 with 2 weeks of Transition. The students coming from our Preschool were quite familiar with the Kindergarten classroom and adapted seamlessly. The new students sensed the calm easy mood and quickly joined in. All are eager to start next year and some didn’t want to leave!

The Friday gymnastics classes have been very popular with the students who have shown a high degree of engagement with the activities. The feedback from the instructor has been full of praise for the staff and students at our school. Something we can all be proud of!

At lunch time on Tuesday 21/10, in response to Police activity in Loftus St the staff decided to enact a Lock Down procedure to ensure the safety of the children (who were in the playground at the time). I was impressed with the seamless teamwork of the staff and the responsiveness of the students. We had everyone inside and locked down in 3 minutes. All that practice paid off!

Since the incident I have spoken to the police to express my dismay that we were not contacted about the operation. I was assured that my concern had been noted and would be taken into consideration in future.

In Week 4 there were 2 excursions. Preschool went to Symbio and Kindergarten and Year 2 went to Woolworths at Wolli Creek. Preschool has been fundraising all year with help from the P&C to make the Symbio dream come true and it didn’t disappoint!!! At Woolworths, K was exploring their ‘Food’ theme and Y2 went along to see how sushi is made as part of their ‘Japanese’ theme. All enjoyed experiencing the local area with their school friends. Kindergarten enjoyed wonderful mentoring from the Y2’s.

The school has invested $2,000 in new ‘guided reading’ books which will be included in the ‘home reading program’ once they are covered with contact. If there are any ‘contacting’ experts that would like to volunteer to help please see myself, or Mrs Ford in the Office.

There are a couple of school improvements planned this term. We have arranged to have the shade cloth replaced at the Knoll St entrance and the P&C is investing in coverage for the sandpit in preparation for the summer.

We are hoping that the position of Principal will be decided this term and that the permanent appointee will take up their position at the beginning of 2015. If you have a view to express please contact your representatives on the panel, Rana Elreda or Marina Azmy.

Newsletters will now be published monthly. Please check the gallery on the school’s website for photo updates in between editions. Any important issues will be dealt with by notes home to parents/carers as they arise. Please make sure you check your child’s home reader bag regularly. Thank you.

Vanda Quinn
Relieving Principal

November dates...

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grandparents Assembly</td>
<td>5th</td>
</tr>
<tr>
<td>Remebrance Day</td>
<td>11th</td>
</tr>
<tr>
<td>Swimming School Y2 Wk 1</td>
<td>17th-20th</td>
</tr>
<tr>
<td>Swimming School Y2 Wk 2</td>
<td>24th-28th</td>
</tr>
<tr>
<td>Reports out</td>
<td>28th</td>
</tr>
</tbody>
</table>

December dates...

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athelstane Transition Y2</td>
<td>1st-2nd</td>
</tr>
<tr>
<td>Asian Garden Excursion Y2</td>
<td>5th</td>
</tr>
<tr>
<td>Preschool Graduation</td>
<td>9 &amp;12</td>
</tr>
<tr>
<td>Y2 Graduation and Thankyou</td>
<td>10th</td>
</tr>
<tr>
<td>Picnic Day</td>
<td>16th</td>
</tr>
<tr>
<td>Last day of school</td>
<td>17th</td>
</tr>
</tbody>
</table>
The Educators would like to thank all the parents who helped with fund raising during the year or came along to help on the day of the excursion. Everyone had a wonderful day and the children are full of stories about their experiences. A great example of community co-operation and engagement.
Transition

The Kindies of 2015 loved the Big School
Sans Souci Public School
ROCKY POINT ROAD SANS SOUCI

School Fair
Rides & Amusements • Face Painting • Food Stalls • Car Show Performances • Craft & Retail Stalls • Devonshire Tea

10am-4pm NOVEMBER 8th

SSPC would like to thank our COMMUNITY SPONSORS
Eat more fruit and vegies

Did you know?

- 56% of primary and 80% of secondary school students do not eat the recommended daily amount of vegetables.
- Research shows that watching a lot of TV is associated with children and teenagers drinking more soft drink and not eating enough fruit and vegetables.
- Fruit and vegetables are a great source of vitamins, minerals and dietary fibre.
- Eating fruit and vegetables every day helps children and teenagers grow and develop, boosts their vitality and can reduce the risk of many chronic diseases such as heart disease, high blood pressure, some forms of cancer and being overweight or obese.

How many serves do kids and teens need?

All of us need to eat a variety of different coloured fruit and vegies every day – both raw and cooked. The recommended daily amount for kids and teens depends on their age, appetite and activity levels – see table below.

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Fruit (serves/day)*</th>
<th>Vegies (serves/day)*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>girls</td>
<td>boys</td>
</tr>
<tr>
<td>2-3</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>4-8</td>
<td>1½</td>
<td>1½</td>
</tr>
<tr>
<td>9-11</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>12-18</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

*One serve of fruit is 180 grams (equal to 1 medium-sized apple; 2 smaller pieces (e.g. apricots); 1 cup of canned or chopped fruit; ½ cup (125mL) 100% unsweetened fruit juice; or 1½ tablespoons dried fruit)

*One serve of vegetables is 76 grams (equal to ½ cup cooked vegetables; ½ medium potato; 1 cup of salad vegetables; or ½ cup cooked legumes (dried beans, peas or lentils)

Fresh fruit is a better choice than juice

While whole fruit contains some natural sugars that make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice.

One small glass of juice provides a child’s recommended daily amount of vitamin C. Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.

“Children may need to try new fruits and vegies up to 10 times before they accept them”
Jellybeans
Zeinab E: For practicing to write her name
Mohammed G: For showing off his creative dance moves
Yasmina: For always making us smile at preschool
Ali T: For always following the preschool rules
Shaheer: For expressing himself clearly
Jaafer: For sharing his knowledge of Rugby League with his peers
Yasmina: Being kind and friendly to her school friends
Nokolaos: Talking more to his teachers and playing nicely with his friends
Zen: Being creative with blocks and mobile construction
Ali T: Being impressive with his soccer skills

Kindergarten
Nini: Attempting all the songs during singing
Zeinab: Always producing her best work
Charlie: For being a great helper during computer lessons
Antony: Great participation during our Japan languages unit
Sakina: Trying hard in reading
Jayden: Working hard in reading
Nandn: Settling well into class
Fatima: Great concentration during Maths
Nandn: Trying her best
Yesukhei: Working hard at logging on to his computer
Ryan: Improved Maths skills used during computers

Year 1
Mandakh: Lovely handwriting
Yesujin: Being a responsible class member
Hussien A: Pleasing reading work
Muhammad A: Great writing progress
Ali A: An imaginative homework response
Muhammed-Ali E: Fantastic progress in reading
Hashimiyah: Pleasing number work
Mahdi: Improvement in writing
Sarah: Consistently completing her homework
Aadi: Telling us about how Children’s Day is celebrated in Japan
Muhammed-Ali E: Taking pride in his work
Hassan: Excellent Number work

Arabic
Ryan: Trying his best in Arabic
Hashimiyah: Starting to read new simple words
Lily: Trying her best to spell new Arabic words
Batoul: Reading a letter with short vowels
Ibrahim H: Improved handwriting
Soukayna: Improved Arabic reading
Zeinab M: Reading almost all the Arabic alphabet
Ali E: Trying to speak in Arabic
Radwan: Learning four new letters

October Birthdays.........
Ayah(J) Maryam(R)
Haidar(R) Jayden(K)
Fatima H(Y1) Ibrahim(Y1)
Navya(Y2)
HAPPY BIRTHDAY !!!!!

Our website: www.arncliffew-p@schools.nsw.edu.au