Parents & Caregivers,
K-6 Athletics Carnival

The school held its annual K-6 Athletics Carnival yesterday. It was a lovely day. The students participated with excellent sportsmanship and enthusiasm.

A BIG THANK YOU!

- To our extremely dedicated and hard-working P&C for the catering. Those barbequed sausages were prepared and delivered to students with love and care.
- To all of our wonderful parents who assisted at the carnival in a variety of ways.
- To Ms Katon and all of the teachers on the organising committee.

On behalf of the students, I would like to thank you all. Our carnival wouldn't have been as successful without this support!

Education Week Open Day

A massive thank you to everyone involved in last week’s Open Day, celebrating Education Week. Thank you for your support, it was wonderful to see so many parents and friends.

Our Kindergarten performance was just beautiful and the choir were lovely. For those who were unable to attend and may be interested, I have provided a copy of my opening address in this newsletter.

The Walkathon was lots of fun – remember to send your sponsorship money in as soon as possible so that you can receive your raffle tickets.

WELCOME to our new staff members

Two young Penrith Panthers, Clayton Dods and Brandon Nagata, have commenced working at Plumpton PS five days per week from 8.30am – 3pm as School Learning Support Officers. The boys are working to help students in classrooms and they’re in the playground during recess and lunchtime to assist with games and sports. They are lovely young men and a wonderful asset to our school. We will be welcoming another young rugby league player very soon (he’s a Wests Tigers player – more info to come!)

Photos of all three boys will be in the next newsletter.
SHoppers, we need you!

Our School is participating in the Woolworths Earn & Learn program to gain new educational resources for our school.

From now until Tuesday the 8th of September, when you shop at Woolworths you can collect Woolworths Earn & Learn Stickers from the checkout operator and place them on a Woolworths Earn & Learn Sticker Sheet (we have included a sticker sheet in this newsletter). There’ll be one Woolworths Earn & Learn Sticker for every $10 spent (excluding liquor, tobacco, and gift cards). Each sticker helps to earn points. Once the Sticker Sheet is full, place it in the Collection Box located in the admin office.

Yours in partnership,

Ms Maureen Larkin
Principal

P&C News

We NEED your help to keep running, parent helpers are needed at the following events:
- Father’s Day Stall 1st September, selling gifts at the stall.
- Soccer Club BBQ 25th October, cooking and serving.

Any and all help would be appreciated if you can help with any of the above, please contact the P&C on the following email address

plumptonPS_PandC@hotmail.com

Sleepy Heads at School

What an interesting day at school yesterday! Students, teachers and office staff arrived in onesies and winter pyjamas. It was all for a good cause.

Students in multi presented a gold coin donation. All of the gold coins collected were to go to the Asad family to assist Ayisha to attend the Pacific School Games in Adelaide. She will be attending as a member of the NSW PSSA girls football (Soccer) team. I look forward to hearing of Ayisha’s adventures in November.

Yesterday the Mufti day raised $404. The P & C promised to match this amount dollar for dollar. A total of $808 is a terrific effort.

Thank you all for your generous contributions.

Mr Dauw
Assistant Principal.
NEWS FROM 2/3HL

2/3HL are learning about 3D shapes and in particular pyramids. They were busy making models of different types of pyramids with Wiki Stix. 2/3HL were doing this while wearing their pyjamas!

REMINDER
Kindergarten excursion money $25 is due Friday 7th August. Excursion is the 28th August. Thank you.
Mrs Charles

ATHLETICS CARNIVAL NEWS
Our 2015 Athletics Carnival was a great success, with students, parents and teachers enjoying a day of fun, team spirit, cooperation and much appreciated sunshine at Charlie Bali Reserve, Doonside.

Students from 3-6 competed in track and field events, which included long jump and high jump and various distance running. Our K-2 athletes also participated in age races and a variety of novelty activities.

Our students demonstrated keen athleticism and fine sportsmanship by having a go, and encouraging their team mates to do the same.

Due to unforeseen circumstances our 100m finals were not completed. These finals will be conducted in week 6 at school. All finalists will be notified beforehand to ensure they come prepared on the day. Shot Put will be conducted during recess and lunch times on various days. If you have any questions regarding this please see Ms Katon.

Once these two events have been finalised house points will be calculated and then announced during morning assembly.
Stay tuned for more Athletic Carnival News and pictures coming in the next school newsletter.

Ms Katon
Carnival Organiser

NEWS FROM STAGE 3
This term, in HSI, Stage 3 students are learning about Antarctica. To complement their learning, students will be using technology to interact with scientists and explorers.

On the 13th August, students will join Tim Jarvis, one of the world’s leading explorers, in a presentation about his epic journey to Antarctica. The aim of this presentation is to inspire our students to think out of the box and to consider exciting options for their futures.

On the 20th August, students will join the expeditioners at Mawson station for a look into life on the highest, driest, windiest and coldest continent on Earth. They will take a look around the Antarctic station, and talk to the station leader and staff who work there over the winter.

WALKATHON
WALKATHON SPONSORSHIP – YOU COULD WIN AN IPAD MINI
Thanks to all of our families and community members for your efforts to help us to achieve our goal in raising $10,000 to purchase iPads. Ten thousand dollars seems so far away!

For every $5 a student raises they will receive a ticket in the raffle. THE FIRST PRIZE IN THE RAFFLE WILL BE AN IPAD MINI! If students raise $20 they’ll get 4 raffle tickets plus a bonus ticket. That’s 5 tickets for every $20 raised!
The raffle will be drawn on Wednesday 19th August. In addition, Microsoft have donated 8 pieces of software, I have footballs, skipping ropes, stationary, and many other prizes to give away.

The class that raises the most money will win a pizza lunch. As all classes have different numbers of students, it will be calculated on average funds raised per class.
Let’s hope we reach the $10 000 target!
Mr Dauw
Walkathon Organiser.

LIBRARY NEWS
BOOK WEEK - BOOK’S LIGHT UP OUR WORLD
This term is a very busy but exciting time in the Library. Book Week begins in Week 7 and this year to help celebrate Book Week we will also be holding our Book Fair. Our Book Fair will begin on Friday 21/8 with Grandparents Day and our Book Character Parade. The Parade will start at 10am, as many Grandparents...
found it difficult to get to the school at our normal school starting time. The Parade will finish at recess, so you can enjoy morning tea together and come into the Library to see and hopefully buy some of the amazing books and gifts on sale. This year we are also trying something different, with many of our buddy classes getting together and choosing a book theme to dress up to. It should be a fantastic way to start our Book Fair.

The Book Fair opening times are as follows:
Friday 21/8 - Recess - 4pm
Monday 24/8 - Lunch and the 2:30 pm - 4pm
Tuesday 25/8 - Lunch and the 2:30 pm - 4pm
Wednesday 26/8 - Lunch and the 2:30 pm - 4pm
Don't forget this is a great opportunity to start buying your Christmas gifts and stocking fillers.

In addition to our Book Fair, K - Yr 2, on Thursday 20/8, will have the opportunity to attend a Book Week musical performance called "Shine a Light", an imaginative story and exciting story with songs, dance and audience participation. On Wednesday 19/8, Year 3 - 6 will be visited by the award winning poet and author Steven Herrick, whose new book "Bleakboy and Hunter" is nominated for a Book Week Award this year. Permission notes and information about these 2 incursions will be sent home next week.

Bronwyn Bailey
Teacher Librarian

PAYMENTS
All payments for excursions, camp, activities etc must be paid by the advised closing date and put into the chute in the office counter.
Please DO NOT PUT ANY PSSA money in the chute as this goes direct to the teachers handling the PSSA.
Please ensure you have enclosed the correct money (no change will be given) in an envelope clearly marked with child’s name, class, activity and amount. Please use separate envelopes for each activity.

SPECIAL SWIMMING SCHEME
Plumpton will be attending the Special Swim Scheme from 24 August - 4 September 2015 (10 days) at a cost of $80, with options for an instalment plan.

If you have a student in Year 5 and are interested with this scheme please contact Mrs Paul in the office. This scheme was originally offered to Year 2 and Years 3 and 4. There are 15 places available now.

UNIFORM SHOP. MONDAY & THURSDAY ONLY 8.30-9AM AND 2.30-2.55PM. CASH ONLY

HAIR ACCESSORIES
Also a reminder that school coloured hair accessories can be viewed and ordered at the Uniform Shop and at the front office.
Woolworths Earn & Learn is back!

Simply shop at Woolworths and you will receive 1 Earn & Learn Sticker for every $10 you spend. A collection box is located in the school office where completed sticker sheets and stickers can be left. All stickers are calculated at the end of the promotion to go towards educational equipment for our school!

Thank you,
Mrs Vinton

---

### Students 4 Sustainability

**Sustainable Shopping Tips**

**Tip 1:** Buy local. Think about how far the food you buy has to travel before it reaches your table? Wherever possible, buy local, seasonal produce that hasn’t crossed the globe to get to you.

**Tip 2:** Bring your own bag. Using your own bag, instead of the plastic or paper ones given away by stores, reduces waste.

**Tip 3:** Say "yes" to sustainable seafood. If you enjoy salmon, tuna or any other fish or seafood, make sure you always look for the Sustainable Seafood certification mark.

**Tip 4:** The less packaging the better. Excessive product packaging is just a waste. What you really want is the thing inside. This means less demand on resources and less waste in landfills. Landfills release large amounts of methane, a powerful greenhouse gas that contributes to climate change.

---

**Nutrition Snippet**

**The simplest way**

...to find more healthy tips!

Eat It To Beat It aims to educate as many people as possible on understanding why eating the right amount of fruit and veg is vital in the fight against cancer.

That’s why we’re on Facebook – meaning you have stacks of easy, cheap and fun recipes and tips all year round.

Like our page today – simply go to facebook.com/EatItToBeatIt

Like us on facebook.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

Eat It To Beat It

---

Health

Women Against Breast Cancer

Health

Women Against Breast Cancer
EDUCATION WEEK, 2015 – Welcome address

Welcome parents and friends,

The theme of Education Week, 2015 is ‘Celebrating Local Heroes’
This (Plumpton PS) is where we see the local hero at work – the parents volunteering their time to assist our school and the teachers, admin and support staff who go above and beyond the call of duty.

Being a hero is about selflessly doing the best you can to make a difference for others in a time of need. After reading about the heroes chosen by students and teachers, I have found some common qualities heroes seem to have:

- They value education
- They have compassion for others
- They inspire others
- They sacrifice their time and energy
- They work together with others.

Here’s what you can do to become a local hero:

Educate yourself – Learn about the world around you.
One thing you will notice about our heroes is that they value education. Often their interest in understanding the people and world around them involves earning degrees at universities. However, their learning also involves learning from the communities they live in, being open to hear the people around them as they share their needs and hopes.

Have compassion
Compassion is seeing someone in need and wanting to help. If someone in the playground needs help – help them. The more you practice having compassion the better you will get.

Find inspiration
All heroes learn from the wisdom of others. Often their inspiration comes from former heroes. Many times their inspiration came from parents or wise mentors who encouraged them.

Prepare to sacrifice
A strong commitment requires some personal sacrifice. Being a hero often requires a conscious effort to give up something so that you can help others. Giving up some of your time to help can make such a difference for others.

Work together – become a leader at sharing ideas and dreams
Rarely does a hero accomplish anything significant alone. United, heroes can achieve so much more than they would have if they tried alone. Strong friendships go a long way towards helping others.

We hope you take the time to read some of the heroes’ posters around the school and look for these common qualities. We also hope that each and every one of you will be a hero in our school every day.

Ms Larkin