Parents & Caregivers, 20 August, 2015

The first three days of last week were unusually quiet! This may, or may not, have something to do with Year 5 & 6 camp occurring over those three same days; on Monday morning, we farewelled 91 excited students and their teachers as they left for The Great Aussie Bush Camp. By all accounts, the camp was great fun and the students got a lot out of their three days away. I would like to thank the accompanying teachers; Ms Katon, Ms Buck, Mr Tasker and Mr Robinson. A special thank you goes to Ms Buck, for her thorough planning and organisation. Overnight camps are hard work. The teachers were on duty 3 days x 24 hours a day. It’s a big responsibility and without them willing to give up their time it just wouldn’t happen.

A NEW BABY!

Congratulations, to Mr & Mrs Lopez on the birth of their beautiful baby boy, Adrian Xavier. New bub weighed in at 8.9lbs and 50cms long. CONGRATULATIONS to mum, dad and big sister, Miranda on the new addition to the family!

ANOTHER NEW BABY SOON!

This week, we wish Mrs Chaplin very best wishes, as she takes her maternity leave to await the birth of her baby. Thank you, Mrs Chaplin, for all of your dedication to the students of PPS. We know you are going to be a beautiful mum and we will all be waiting to hear the exciting news!

As promised in our last newsletter introducing to you our footy players. On the left is Panthers player, Clayton Dott, in the middle is Tigers player Faatui Uele (TJ) and on the right is Panthers player, Brandon Nagaiti.

If you see them in the playground don’t forget to say hi.

I look forward to seeing the children dressed up for the book parade this Friday!

Yours in partnership,

Maureen Larkin
Principal
P&C NEWS
MESSAGE FROM THE P&C PRESIDENT - KATIE McASKILL

On behalf of the P&C, I would like to thank the many people who took the time from their own busy schedule to help out at the Open Day/Athletics Carnival. I wish I could mention you all by name but you know who you are. Without your help these days would not be successful, with the funds raised going to help your children & the school. So once again THANKYOU, all or any of your help is greatly appreciated.

UPCOMING EVENTS
Grandparents Day/Book Parade held on Friday 21/8/2015 the P&C will be holding a stall providing guests hot tea & coffee and a cake for a gold coin donation.

The P&C will be helping out with the Plumpton/Oakhurst Soccer Gala Day on Sunday the 25/10/2015. If anyone can spare some hands with running of a BBQ please let us know any help will be appreciated.

Don't forget our Father’s Day raffle extra books are available in the Office. Drawn at the Father’s Day Stall 1/9/2015.

NEXT MEETING 14/9/2015 3:30pm in the staff room all are welcome to come by and find out what’s happening in your school.

Regards,
Kellie
P&C Secretary

THE ROYCE SIMMONS SHIELD
I had a lovely day away from school yesterday (Tuesday, 11.8.2015) with a small, talented group of Rugby League players from Year 3 and Year 4. Our competition was played at Blacktown Pats football fields and was organised by the Penrith Panthers.
During the day, the boys played 4 games. There were no conversion attempts after tries.
The results were as follows:

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<thead>
<tr>
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<th>Won</th>
<th>Lost</th>
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<tbody>
<tr>
<td>Plumpton PS v Glennenning PS</td>
<td>0-4</td>
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</tr>
<tr>
<td>Plumpton PS v Walters Road PS</td>
<td>8-16</td>
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</tr>
<tr>
<td>Plumpton PS v Shelley PS</td>
<td>24-4</td>
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<tr>
<td>Plumpton PS v Crawford PS</td>
<td>28-0</td>
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</tbody>
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As well as a very supportive group of parents, I was also accompanied by our ‘Panther on the Prowl’ Brandon, who was tremendous in getting the players warmed-up and subbing during the games.

Congratulations, to all of the boys who played on the day:

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Genesys Daniela</td>
<td>Jayden Adamson</td>
</tr>
<tr>
<td>EJ Sevesi</td>
<td>Fardeen Shinwari</td>
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<tr>
<td>Kaiden Cox</td>
<td>Texas Parker</td>
</tr>
<tr>
<td>Izayah Gonzales</td>
<td>Zac Sheens</td>
</tr>
<tr>
<td>Talan Boston</td>
<td>Bayley Nicol</td>
</tr>
<tr>
<td>Scott Alesana</td>
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Terry Dauw
Assistant Principal
STAGE 3 Camp
On the 10th August 95 excited teachers and students embarked on the 2015 Stage 3 camp to the Great Aussie Bush Camp at Tea Gardens. It was three days designed to challenge the students and allow them to forge strong bonds with their peers. They participated in amazing activities such as canoeing, the giant swing, flying fox, rock climbing, bush craft, a mud run and several others. All students stepped outside their comfort zone in completing the challenges, worked as a team to support their mates and developed strong friendships. I would like to thank the students for displaying the values that Plumpton Public School holds so dear, the teachers for their commitment, and most importantly, the families of our students for seeing the value in such an experience. Thank you to all those involved for a wonderful time.

Mrs Buck.
FOUND
Black framed glasses with black and white marble arms. Please come to the office if you think they belong to you.

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.

UNIFORM SHOP.

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

Uniform Sale
A second hand uniform sale will be held on Wednesday 26 August from 8.30am to 9am. Prices will be $1 and $2. First in best dressed. Thank you.

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

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Eating the right amount of fruit and veg can lower your risk of cancer by 5-12 percent. Yet most adults don’t eat enough of either, particularly veg – and what adults eat affects the whole family.

Did you know legumes like baked beans are a type of vegetable?

Add legumes across your day to get some extra veg in:
• Baked beans on toast for breakfast, or an easy dinner, or pack a small container for lunch
• Add diced chickpeas to your salad
• Red kidney beans make a tasty addition to bolognese sauce; add to your risotto

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

Nutrition Snippet

Eat It To Beat It
Healthier eating is easy with a healthy diet. Eat It To Beat It is Australia’s easy guide to healthier eating.

Cancer Council Australia