Parents & Caregivers, 2 September 2015

This Sunday is Father’s Day. Happy Father’s Day to all our dads, step-dads, grandfathers, pops etc. I hope you all have a really lovely day! Thank you to the P&C, once again, for providing the Father’s Day stall. It was an enormous amount of work and it is greatly appreciated.

ANOTHER NEW BABY!
Congratulations to Mr & Mrs Chaplin on the birth of their beautiful baby girl, Everly Beth.

SOCIAL MEDIA
Cyberbullying is defined as online harassment of fellow students, harassment of students by parents of other students (this is a police matter related to child protection), teasing, using offensive names or put downs, belittling others’ abilities or achievements, spreading rumours, ridiculing another’s appearance (to other students including online), degrading another’s race or culture, hurtfully excluding others from groups (which includes deliberately blocking someone to hurt them by excluding them from an online group).

IT IS AGAINST THE LAW FOR A CHILD UNDER 13 YEARS TO BE ACCESSING AND USING FACEBOOK

No primary aged child should be using social media unless they are actively supervised – that is, they are sitting beside you and you can see what they are doing.

The police take a very dim view of parents who say things like their child couldn’t or their child wouldn’t when in fact their child could, would and has. The police are able to trace and retrieve messages on any social network site even if they have been deleted. Please be careful and be aware of what your child is doing on the internet.

If your child is enabled by you (that is, they have access to an internet enabled device and are using the internet without proper supervision) you may run the risk of *legal action by another parent against you and your child.

*If the child is over 10 years of age and they are using social media inappropriately.

Yours in partnership,

Maureen Larkin
Principal
MAKE A COMPLAINT!
The role of the office is to provide up-to-date information and resources coupled with a comprehensive complaints system to assist children who experience cyberbullying: https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/i-want-to-report-cyberbullying
You can complain about cyberbullying material targeted at an Australian child, where the effect is likely to be:
- seriously threatening
- seriously intimidating
- seriously harassing
- seriously humiliating

P&C NEWS

UPCOMING EVENTS
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.

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

WALKATHON.
Thank you to the many parents who have supported the school’s walkathon fundraising this year. Although we didn’t reach our target, to have raised $7400 is quite an effort. I will approach the P & C at their next meeting to help us reach the target.

There was a lot of excitement in the hall this afternoon as we drew the prizes for the walkathon raffle. Almost all of the prizes were donated with the exception of our main prize of an ipad air mini. That was the prize that all children wanted to win.

The lucky winner of the ipad air mini was Thalia from 3/4C. What an excited and surprised student she was!!!
After the 1st prize students could choose any prize on the table. The next 9 prizes were
Raphael from K/1P who chose a football
Hibah from 2R who chose pencils and a case
Alaiyah from 1/2P who chose a boomerang yo yo
William in 1R who chose a copy of Windows 8
Rozelle in 5/6B who chose a copy of Windows 8
Saad from 1R who chose a football
Nash from 3/4C who chose a copy of Microsoft Office
Gabrielle from KC who chose a boomerang Yo Yo
Zion from KC who chose a football.
These children also chose a prize from the table:

Daniel KS  Matthew 2R  Tianna 5/6K  Nash 3/4C  
Raphael 1/2P  Shivesh 3/4C  Cooper 3A  Montanna 4/5D  
John 2/3L  Thomas 3/4R  Anish 3/4G  Maaz 4/5D  
Emily 2MV  Bradley 3/4C  Kaiya 5/6T  Prisha 3A  
Shafia 4/5D  Yee Zar Ni 2R  Anish 3/4G  Alayah 3/4G  
Kelly 5/6K  Ashton 4/5D  Faye 3/4C  Jasper KS  
Mary 5/6K  Cassie 5/6R  Ciarah 3/4G  Zion KC  
Aeron 5/6K  Fadheela  Aeron 5/6K  Leah 3/4C  
Emma 5/6K  Jack 5/6T  Faye 3/4C  Anamika 2MV  
Ashton 4/5D  Wallace 3/4C  Sarah 4/5D  Mathew 5/6K  
Sabrina 2R  Anish 3/4G  Emma 5/6K  Liam 3/4G  
Maxene 4/5D  Rozelle 5/6B  Anish 3/4G  Lincon 2/3HL  
Krish KS  Aliyah 3/4G  Amanika 2MV  
Maddix KS  Aalaiyah 1/2P  Kaiden 3/4R  

65 Prizes in all. WOW! Thank you to all who made donations especially to Microsoft and Panthers Rugby League.

One final prize was the class prize for the class who, (on average) brought in the most money. The prize was a class pizza party for lunch. The winning class was 5/6K, bringing in an average of almost $32 per student. More details coming, 5/6K.

Well done to all of those very lucky students. Thank you to all parents who helped to make the 2015 Walkathon a success.

Terry Dauw
Assistant Principal

LIBRARY NEWS
Thank you everyone for helping making this year’s Book Fair and Book Character Parade an amazing success. I honestly think that this was one of the best Book Character Parades we have had at Plumpton, seeing all those characters and having the classes following a theme with their buddies was a great success. Thank you teachers, students and parents for getting involved. I think you will all agree that Miss James made a fantastic Bert, the chimney sweep and MC for our day.

The Book Fair sold just over $4700.00 worth of merchandise, this means that the Library should make around $900 in commission. Thank you to those families that donated Books to the Library, it is really appreciated and I know that the students are already eager for them to be put on the shelves ready for borrowing.

Here are some photos of the Fair and Book Parade for you to enjoy.
Bronwyn Bailey
Teacher/Librarian
KINDERGARTEN FARM EXCURSION
On Friday the 28th August, Kindergarten went to Calmsley Hill Farm. They had the opportunity to go on a tractor ride, milk a cow, pat some baby animals, learn how to crack a whip, watch a sheep-dog show and see how the farmer shears a sheep. Everyone had a smile on their face the whole day, used their manners, asked many interesting questions and came back to school feeling very tired. The farmers complimented the behaviour of Plumpton Public School students and were amazed by how much our Kindies appreciated everything on the farm. Thank you to everyone who helped make the day so enjoyable.
Kindergarten Teachers.
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

Students & Sustainability - A-O of Food Saving Tips

Look out for O-Z food saving tips next newsletter 😊

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**Avocado**
Leave stone in the half you don’t need and it will stop it from going brown as quickly.

**Best Before date labels**
Food with a Best Before date is long-lasting. It should be safe to eat, but may not be at its best quality after this date.

**Budgeting tips**
Frozen fruit and vegetables can be cheaper than fresh and you only need to take what you need out of the freezer.
Tinned fish - salmon, tuna and sardines - is good for you and cheaper than fresh fish. Stock up on store cupboard basics. Use them to stretch leftovers to create new meals.

**Cereal**
Once opened, seal the bag with a clip. Or use an airtight container to keep it fresh. Use up unwanted cereal for crispy cakes.

**Eggs**
Eggs are best kept in their box to protect them - in the fridge. Providing eggs are cooked through, they can be eaten a day or two after their Best Before date. Eggs can be frozen, but you must separate yolks from whites first. Use for a nutritious, cheap meal in an omelette, if getting close to the Best Before date.

**Fruit**
Store fruit in the fridge, except for bananas and pineapples. Use up wrinkly or soft fruit in smoothies.

**Juice**
Make your own ice lollies from leftover smoothie, or apple and orange juice.

**Lettuce**
Lettuce should be left in its packaging in the fridge (if it came wrapped) and in the crisper drawer - if your fridge has one. Put lettuce leaves in a tub lined with a piece of kitchen paper to keep them fresher.

**Milk**
Freeze semi-skimmed milk in ice cube trays to use when you need it. You can pop them straight into your tea or coffee!
Milk near its Use By date can be used up in sauces, puddings, smoothies or custard.

**Mushrooms**
The best way to store mushrooms is in a paper bag in the fridge. Fry wrinkly mushrooms in butter or oil for use as a pizza topping. Or use in stews, sauces and casseroles, or freeze them for later.

**Onions**
Onions are best stored in a cool, dry, dark place; ideally in a cloth bag. Buy smaller onions. They are often cheaper and there is less waste if cooking for 1. If you only need 1/2 an onion, chop up the rest and freeze to save time when you next need to cook in a hurry.
KINDERGARTEN ENROLMENT

It’s that time of the year where we start taking enrolment applications for children commencing Kindergarten in 2016.

We need to have our anticipated student numbers reported to the Department of Education soon. Staffing is calculated on these anticipated numbers so it’s important that they are as accurate as possible.

If you have a child commencing Kindergarten in 2016, could you please request an enrolment form and have it returned to the office as soon as possible.

It would be appreciated if this information could be brought to the attention of any neighbours who have a child commencing Kindergarten next year. We appreciate your assistance.
PLUMPTON VACATION CARE PROGRAM
September/October 2015 MAIN EVENTS

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<th>WEEK 1</th>
<th>Monday 21.09.15</th>
<th>Tuesday 22.09.15</th>
<th>Wednesday 23.09.15</th>
<th>Thursday 24.09.15</th>
<th>Friday 25.09.15</th>
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<tbody>
<tr>
<td>AM ACTIVITIES</td>
<td>PING PONG TOURNAMENT</td>
<td>BRING PHOTOS AND CREATE A SCRAPBOOK OF YOUR OWN!</td>
<td>GROUP GAMES STREETS AND ALLEYS AND DRESS ME</td>
<td>HEADS UP LOTTERIA</td>
<td>CLEUDO CRIME SCENE</td>
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<td></td>
<td>BALLOON VOLLEY MATCH</td>
<td>FOOD TEXTURE EXPERIENCES</td>
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<td>SPRAY MIST ART</td>
<td>SHERLOCKS SEARCH (BRING A TORCH)</td>
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<td>PM ACTIVITIES</td>
<td>NATURE PLAY EASEL PAINTING</td>
<td>SIDE WALK CHALK ART</td>
<td>SHARPIE CD CREATIONS</td>
<td>INCURSION: FIRST AID FOR KIDS</td>
<td>SUSPECTS FINGER PRINTING</td>
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<td></td>
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<td>MOSAIC PICTURES</td>
<td>SCRUNCH DESIGNS</td>
<td>CALL BALL</td>
<td>DECODING SECRET MESSAGES</td>
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<td>SEARCH AND FIND PICTURES</td>
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<tr>
<th>WEEK 2</th>
<th>Monday 28.09.15</th>
<th>Tuesday 29.09.15</th>
<th>Wednesday 30.09.15</th>
<th>Thursday 1.10.15</th>
<th>Friday 2.10.15</th>
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<tbody>
<tr>
<td>AM ACTIVITIES</td>
<td>BALLOON RACES RAG HOCKEY</td>
<td>MAKE UP MAKE OVERS</td>
<td>PAPER PLANE COMPETITION: MAKE YOUR OWN PAPER PLANE AND TEST IT OUT!</td>
<td>POP STICK BALANCE POOL NOODLE BALL</td>
<td>EXCURSION TO AQUA GOLF PENRITH. PLEASE ARRIVE AT POSH BY 10:30AM</td>
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<td></td>
<td>TYE DYE ART</td>
<td>NAIL SALON AND HAIR STUDIO</td>
<td>PAPER PLANE RACES</td>
<td>INSIDE OUT CHARACTERS</td>
<td>HAMMA BEAD CREATIONS</td>
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<td>PM ACTIVITIES</td>
<td>TEXTURE PAINT SAMPLES</td>
<td>WATER COLOUR ART</td>
<td>STRAW PLANES NATURE STICK CONSTRUCT</td>
<td>CUP DECORATING</td>
<td>PAINT SCRAPING ART</td>
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<td>SOCCER SHOOTOUTS</td>
<td>PAC MAN</td>
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<td>POP ROCK GOOP</td>
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<td>WEEK 3</td>
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<td>TUESDAY 6.10.15</td>
<td>WEDNESDAY 7.10.15</td>
<td>THURSDAY 8.10.15</td>
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<tr>
<td>AM ACTIVITIES</td>
<td>PUBLIC HOLIDAY</td>
<td>BACK TO SCHOOL</td>
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<td>PM ACTIVITIES</td>
<td>CENTRE CLOSED</td>
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PAYMENT MUST BE MADE BY MONDAY 14TH SEPTEMBER
Please contact the centre on 9675 5299 if you have any questions.
We look forward to sharing in some holiday fun with your children.

IMPORTANT THINGS TO REMEMBER:
- Please bring a hat for outdoor play.
- Children will need to bring morning tea, lunch, afternoon tea and snacks. Food is not provided during Vacation Care.
- Lunch is occasionally eaten while we are out on excursions. Please do not pack hot lunches on these days.
- Children are permitted to bring DS, iPods and other electronic devices.
- Children are encouraged to wear enclosed shoes and shirts with sleeves.
- Please advise staff if your child will be absent for a day you have booked in for.

PLEASE REMEMBER THE FOOD PYRAMID WHEN PACKING YOUR CHILD'S LUNCH!