

Newsletter

Mayfield West Demonstration School

Gregson Avenue, Mayfield NSW 2304

P 4968 1539 F 4960 2367 E mayfieldw-p.school@det.nsw.edu.au

Week 7 Term 4

Date: Tuesday, 21 November 2017



Dear Mayfield West School Community,

Outstanding Payments

In the next 4 weeks it would be appreciated if parents could finalise any outstanding payments for excursions, Swim School, 2017 book packs and preschool fees.

Resources 2018

The staff have organised classroom resources to be included in the 2018 student pack. Items include: mathematics texts, pencils, textas, exercise books, glue sticks, rulers, crayons, folders etc. These packs are excellent value for money. The cost of the pack is \$60 per student. Children will receive the resources as they use them in the classroom next year. Some families have asked about costs they may need to pay when they return to school after the Christmas holidays. Invoices will be sent home at the start of term 1.

Road Safety

The speed limit for a school zone is 40kms an hour. Last week I had a number of community members reporting incidents of cars exceeding the speed limit and not obeying the road rules. Our students use the pedestrian crossing and I encourage you all to slow down when you approach the crossing outside the front gates of the school.

Scooters

Please remind your children who are riding scooters to be respectful to adults and children who are walking along the footpath. I have been constantly reminding all scooter riders to walk their scooters to the front gate and not to perform any tricks in the school grounds.

Enrolments for 2018

If your children will not be returning to our school next year, please let the office know as soon as possible. This information is important in helping us to plan for 2018 classes.

Crazy Hair Day Wednesday 29th November 2018

Please support this SRC initiative to raise funds for Tai Elers. Tai is representing NSW In touch football in Adelaide in December. Students are encouraged to come to school with their hair done using a crazy zany style, coloured spray or glitter. It will be a gold coin donation for all those who participate in Crazy Hair Day.

2018 Student Leaders Election

Year 5 students will begin participating in the leadership program in preparation for the upcoming 2018 Captains and Vice Captain Elections in the next few weeks.

Best wishes year 5.

Year 6 Farewell Meeting

The next Year 6 Farewell meeting will be held on Wednesday 22nd November at 3.15 pm, in the school library. A note with final details will be going home shortly.

P&C Thank you

Thank you to our P&C for hosting the Thank you Evening for volunteers. We appreciate your support.

Have a great week.

Deborah Kelly

Relieving Principal

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Important Dates

22 nd November	Year 6 Farewell meeting
7 th December	Presentation Day
7 th December	P&C Christmas Disco
12 th December	Year 6 Farewell
15 th December	Last day of term

Quality Kids

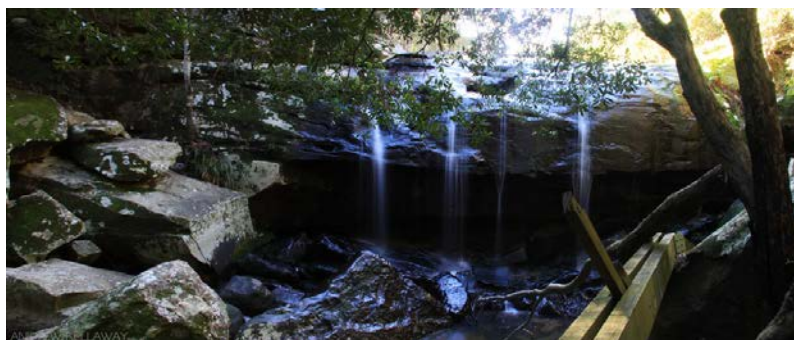
KB	Archie Gissane	Samuel Bowden	3A	Cody Page	Amelia Hignell
KH	Lorenzo Petrovski	Lillian Owens	3/4H	Jaylen Rinkin	Zander Graham
KP	Sarah Rinkin	Tyler Woods	4G	Kai McKellar	Samia Fewson-Hoy
KT	Max Davis	Layla Winter	4RP		
1P	Katie Murray	Reuben Fletcher	5K	Harry Figucio	Logan Shelton
1S	Oliver Diamond	Mayah Lewis	5/6D	Eloise Nelson	Luke Smith
1/2C	William Theissen	Jasmine Sever	5/6P	Beyanka Stone	Sam Holmes
2C	Lachlan Rapp	Lucy Pearson			
2R	Ellazae Elers				

Stage 2 Excursion to Glenrock State Conservation Area

Last week the Stage 2 classes went to Glenrock as part of their fieldwork for Geography. Classes have been learning about why National Parks are important and the different Australian vegetation types and the native animals they support.

It was a fantastic day and a very long walk! Each class was guided by a National Parks and Wildlife Ranger so that they could learn about this beautiful environment in a natural, outdoor classroom.

Look for photos and some of the writing that has come about because of this wonderful learning experience next week.



P&C News

Christmas Disco

On 7th December we will be holding our Christmas disco. This event is shaping up to be a great night for all of our students, and a fun way to end our school year.

Entry is only \$5 per student or \$10 including a meal deal. See the attached flyer for further information.

Annual General Meeting

Last week we held our AGM and elected our Executive Committee for 2018.

Congratulations and thank you, to the following members who volunteered for these positions.

President - Larissa Sewell	Vice President - Toni Foot
Treasurer - Mel Shannon	Secretary - Mel Bradley
Assistant Secretary - Andreana James	Canteen Liaison - Dee Morison
Uniform Shop Coordinator - Natalie Brown	

We would like to extend our thanks to Chelsea Swain, Nicola Haynes, Deb Malcolm and Sarah Walker for their contribution to the P&C Executive in 2017.

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Canteen Roster

Wednesday 22nd November

Thursday 23rd November

Friday 24th November

Monday 27th November

Tuesday 28th November

Wednesday 29th November

Danielle

Andreana

Toni, Kim, Alice, Bec – Recess

Gayle

Katie

Renee

Preschool News



FREE Aboriginal Bicycle Safety Program



- **Practical Bike Skills**
- **Free bike service and minor repairs**
- **Free Helmet**
- **Refreshments provided**

Date: Monday 18th December, 2017

Time: 9am to 12 noon

**Place: Silveridge Community Centre,
13 Iranda Grove, Wallsend**

For further information contact 0411 260 735

The Program is funded by the NSW Government





CHRISTMAS DISCO

Thursday 7th December 2017

Pre-school - Year 2

5.30 to 6.45pm

Year 3 - Year 6

7:00 to 8:30pm

\$5 Disco OR \$10 Disco Entry & Meal Deal

(Meal deal includes sausage sizzle, chips, juice & candy cane)

*** Extra items will also be sold separately ***

All tickets will be sold at the door on the night (cash only)

Please be advised that due to WHS regulations and for the safety of your children, this disco is for students ONLY and students must attend their allocated session. No parents will be allowed to enter the hall. There will be full teacher supervision on the night. Students must be collected at the end of each session by a parent/carer.

This is a MWDS P&C event, raising funds for our school and students. These events cannot happen without the help from parents volunteering. Please SMS Deb on 0412 421 231 if you can volunteer on the night.

3 Super Simple Tips to Make Change

Your child's lunch box should sustain them and help with their mood, behaviour and learning. If they're not used to a lot of fresh food, you'll need to introduce it to them. Here's my 3 super simple tips for making change and introducing healthier foods in your child's lunch box.

1. PHASE OUT THE PACKAGED FOODS

Add in a small amount of new fresh foods to your lunch box whilst gradually reducing the less healthy foods. E.g. if your child is used to having a muesli bar, a packet of chips, and maybe a piece of fruit. Start to add a vegetable in as well for a few days, then start to leave out either the muesli bar or chips in a few days time.

2. EAT MORE OF THE FRESH AT HOME

What you have at home, is what children get used to eating. At home, have fresh fruit and vegetables available as snacks. Gradually start to buy less of the packaged food. For afternoon tea, give fresh fruit or vegetable sticks before allowing packaged snacks.

3. FIND HEALTHIER ALTERNATIVES

Choose one packaged item in the lunch box and find a healthier alternative. Do not rely on the front of the packet to tell you it's healthy. Read the back. Look for items with 10 or less ingredients. Sugar should be less than 4g (1 tspn) per 100g.

IDEAS TO MAKE CHANGE

- Email belinda@therootcause.com.au with what you'd like alternatives for & I'll help.
- For a great summary of Healthy Snack Options - go to <http://rootcau.se/3>
- For a simple homemade muesli bar recipe go to <http://rootcau.se/1>



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FOR FREE WEEKLY RECIPES, LUNCH BOX INSPIRATION, AND A FREE EBOOK, SIGN UP VIA EMAIL AT [THEROOTCAUSE.COM.AU](http://therootcause.com.au).

The
**Root
Cause**