

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 8 Term 4

Date: Tuesday, 28 November 2017



Looking forward to 2018

I am in the process of finalising anticipated student numbers and working with the teaching staff to structure classes and allocate teachers for 2018. If you know you are going to be moving to another suburb, please let the school know. Any students who have not finalised their enrolment for Kindergarten next year please do so as soon as possible. This will help to minimise disruptions at the beginning of next year.

School Reports

Staff have finalised their assessments and are preparing and writing School Reports to reflect student achievement and areas of development. Reports will be sent home on Wednesday 13th December 2018.

Presentation Day

Parents, family and community members are welcome to join us for our Presentation Day on Thursday 7th December at 9.30am. This day is a celebration of excellence and achievement of our students and an opportunity to acknowledge the dedication of the Mayfield West School Community.

School Canteen

Our school canteen is transitioning to the *NSW Healthy School Canteen Strategy*. The new *NSW Healthy School Canteen Strategy* is all about giving students across NSW a taste for healthy foods and to make healthy food choices. A revised canteen menu will be available at the start of 2018. We ask for your support in promoting this new initiative in our school and in fact in all public schools across NSW.

Party Days

Party days for all P-6 students have been organised. Permission notes and event details will be sent home this week. If you have any questions please direct them to your class teacher.

Preschool incursion making treats and water play

K-2 Revolution Sports Centre

Years 3-4 Cinema and Jesmond Park

Years 5-6 Beresfield pool.

Student Executive Elect 2018

Congratulations to the following students who were voted as 2018 Student Executive Elect by their peers last week.

Nate Dickinson, Lana Broadbent-Miller, Riley Black, Taneika Smith, Gus Barclay and Violet Davey.

These students addressed the school today, and spoke particularly well discussing what type of role models they would be if elected as school captains for 2018.

Students from Year's 2 to 6 will vote tomorrow to determine executive positions for 2018.

We wish all of these very suitable school leaders the best.

Nominations for House Captains positions are now open. Nominations need to be to Mr Morrison by 12pm Monday. House meetings will be held next Thursday to determine House Captains for 2018.

Taiman Elers Success Continues

Taimana Elers has been nominated and selected to receive an achievement award at the annual Hunter School Sport Association upcoming presentation day. He has been selected because of his Hunter representation in Cross Country, Touch Football (Hunter and State), Rugby Union and Athletics.

Congratulations Taimana a great reward to cap off a very successful sporting year.



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 Week 7

3A	Callan Lambie	Haley Scott-Garard
3/4H	Lagan Towle	BJ Noble
4G	Alice Bradley	Sawyer Waller
4RP	Finlay Merber	Sara Bialecki
5K	Logan Shelton	Cameron Skellams

P&C News

Christmas Disco - 7th December

Our Christmas Disco is just over a week away! This event is shaping up to be a great night for all of our students and we hope you will join us.

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

Canteen Roster

Wednesday 29 th November	Renae
Thursday 30 th November	Robyn
Friday 1 st December	Toni, Kim, Alice, Rumena, Bec -recess
Monday 4 th December	Robyn
Tuesday 5 th December	Katie
Wednesday 6 th December	Rumena
Thursday 7 th December	Andreana

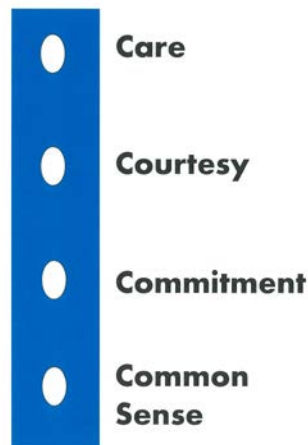
Library News

Please return all books

Borrowing has finished for the year and all books must now be returned to the library. If your child has any library books at home, please ensure they are returned this week. I am running my annual competition to see which class can be the first to return all their library books - we have no winner yet!

Happy reading

Mrs Troup



Glenrock Excursion

Our class 4RP were so lucky to have Ranger Jenny from Glenrock come to our school to help us plant Black Apple seeds that we collected from Glenrock when we were on our excursion.

Sharni and Zander M



Learning For Life

NSW Healthy Canteen Strategy

The new NSW Canteen Strategy is a NSW government endorsed program to encourage and promote healthy foods and drinks purchased from the school canteen.

All NSW public schools are required to transition to the new strategy by the end of 2019. The new food and drink benchmark applies to all food and drinks provided in our school canteens.

The new benchmark is made up of 75% of Everyday foods and 25% occasional foods. All occasional food will now have a Health star rating of 3.5 stars or above. All occasional food sold in our canteen will be scanned and rated accordingly. There will also be strict new guidelines on portion sizes for hot food and drinks i.e. milk and juices.

In 2018, our school canteen will not be selling the following items.

- Confectionery will be not sold in our canteen
- Focus water or flavoured water as well as any carbonated juices or drinks.
- Noodles (Express Cup Flavoured Noodles).
- Muffins or finger buns, panda biscuits or chicken jumpies.
- Some ice blocks will not be available

Thank-you for your understanding and supporting the new Healthy Canteen Strategy endorsed by the Department of Education.

Donna Scott
Canteen Supervisor

3 Outstanding Orange Foods



To recap what we've covered so far - **the secret to getting lunch box food eaten is to make it colourful, and fresh is best.** This week's tip is to include Orange foods. Here's 3 outstanding orange foods but feel free to include others your family likes.

1. THE WONDERFUL CARROT

Slice them in rounds, cut them in wide wands, or slice them in thin sticks, carrots are too easy not to include in the lunch box. Carrots help detoxify our system and build new cells. They are great for strengthening our eyes, bones, nails, hair and great for boosting our immunity.

2. THE HUMBLE ORANGE ITSELF

Forget orange juice - the whole orange fruit is best. They are high in vitamin C so great for immunity, full of fibre so stimulates digestion and are sweet but have a low GI rating so won't cause a sugar crash.

3. THE SURPRISING SWEET POTATO

Ok so this may be one you haven't thought about. Roasted it's super sweet and almost like caramel but it's easily snuck into cakes too (see below). They contain vitamin C but most importantly they contain vitamin D and magnesium, both of which are important for good mood.

FUN IDEAS THAT USE ORANGE FOODS

- Carrot wands or sticks with hummus or avocado dip, or skewered with cheese cubes
- Orange moons or wedges - you can also freeze for a bit of afterschool fun!
- Healthy yummy foods - go to <http://rootcau.se/5>



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BEL SMITH - A REGULAR ON CH 7 SUNRISE - IS A HEALTH COACH,
A JAMIE OLIVER FOOD REVOLUTION AMBASSADOR, AND A MUM ON
A MISSION TO TRANSFORM CHILDREN'S HEALTH IN AUSTRALIA.

FOR FREE WEEKLY RECIPES, LUNCH BOX INSPIRATION, AND A FREE
EBOOK, SIGN UP VIA EMAIL AT THEROOTCAUSE.COM.AU.



Glenrock Lagoon Stage 2



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.

