

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 4 Term 1

Date: Tuesday, 20 February 2018



Principal's Message

Happy week 4.



School plan

The staff and students are working towards achieving 65% of all parents and carers to attend our Parent Information sessions this Tuesday and Wednesday. Please join us to find out what your child is learning at school. Classroom teachers will provide practical tips on completing homework, encouraging your child to read and the importance of establishing a partnership between home and school to enhance student learning.

Writing and Representing is a major focus for our school this year. Classroom teachers have collected student work samples and programed teaching and learning activities to improve student growth in writing. Please feel free to speak to your child's teacher to find out what they are working on to improve their individual writing and areas that students have already achieved in Writing and Representing.

Morning Assembly

Thank you to all the parent/carers and grandparents who join us at our morning assembly at 8:55am. It is fantastic to see so many community members there. Each morning I look around and feel very proud to be part of Mayfield West Demonstration School. Our classes are working very hard to ensure they are following our first whole school goal of moving around the school quietly and sensibly. We are focusing on a new goal this week: **Speaking respectfully in our school**. Your support would be appreciated.

Swimming Carnival

Last Wednesday the school had their years 3 - 6 swimming carnival. I would like to thank Mrs Roberts Prisk, Mr Dean Morrison, Mr Matt Rolston and Miss Kara Bull for organising such a successful carnival. The students participated in many races and it was wonderful to see our overall swimming ability has increased over the last 12 months. I would like to remind parents and carers that the carnival was organised in accordance with Department of Education policies and procedures. If you have any questions in regards to times, assessment of swimming ability, swimming races etc. please do not hesitate to contact one of our staff listed above.



Assemblies

Years 3-6 assembly time will be every second Friday (even weeks) at 2:30 pm in the school hall.

Years K-2 assembly will be every second Friday (odd weeks) at 2:30 pm in the school hall.

Please see the newsletter for which class will be leading the assembly.

Years K-6 assemblies will be held on the last Friday of the term at 2:30pm. These assemblies will be lead by our School Student Executive and SRC members. All parents and carers are welcome to attend.

Stage 2 Rugby Development

Stage 2 classes have been invited to participate in a rugby skills development course with NSW Rugby. This program will be offered on a Wednesday and please note this will be Stage 2 sport day. If your child has a sport's house shirt they may wear it on Wednesdays. Thankyou Mrs Gray for organising this opportunity for our school. This week Mr Rolston will be asking for students from years 5/6 to participate in a Rugby Sevens gala day at Gateshead.



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Newcastle Knights

P - 2 students had the opportunity to meet a number of First grade Newcastle Knights players last Wednesday. The Knights discussed the importance of wellbeing and making good food choices to keep your brain active and healthy.

Extra Curricula Activities Starting Week 4

The staff and I have been planning a number of extra curricula activities at lunch and recess to support the interests and talents of our students. Your child is welcome to attend the following activities (announcements made at morning assembly).

Monday and Friday	Coding
Tuesday	K – 2 Dance
Wednesday	3 – 6 Choir
	Robotics
Thursday	3 – 6 Dance Group
	Gaming applications
	Sport
Friday	Gardening



Newsletter

This will be the last week that a hard copy of the Newsletter will be distributed to all families. Electronic copies are available on our Website www.mayfieldw-p.schools.nsw.edu.au and also through the Skoolbag app see details attached. If a hard copy of the Newsletter is required please give your details to the office.

Have a great week everyone.
Deborah Kelly

Get ready for The Big Veggie Crunch 2018!

On Thursday 1st March at 10 am our school will be joining hundreds of schools across NSW to break the record for the most students crunching vegetables simultaneously.

But we need your help to make it a success!

On Thursday 1st March, please pack your child a container of vegetables (not fruit) for them to crunch on.

Need some ideas?

carrot, celery, cucumber – cut into sticks or left whole
capsicum – cut into sticks or wedges
corn – raw baby corn spears or a cooked corn cob
broccoli or cauliflower florets - raw or lightly cooked to keep their crunch
tomatoes – small cherry tomatoes or a large tomato that can be eaten like an apple
beans or snow peas - raw or lightly cooked to keep their crunch
mushrooms – sliced or left whole

If you require more information on The Big Veggie Crunch, please contact the school or:

Kara Bull (Vegetable Week School Coordinator)

Assembly

This week's assembly will be hosted by 6R. Assembly commences at 2.30 in the hall, parents and carers are welcome to attend.



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Quality Kids

KH	Dexter Morison	Lamaiya Soe
KP	Lachlan Toll	Eva Allison
KT	Jemimah Lewis	Dominique Callewaert
1P	Oliver Jabs	Hannah Ramsay
1S	Lachlan Ward	Astyn Miller
1/2C	Luke Malborough	Connor Critchon-Abrahams
1/2K	Layla Winter	Leo Knoblauch
2C	Kaitlin Smith	Ben Thomas

Respecting Volunteers

Volunteers are a precious resource, who are frontline ambassadors and champions for your cause. Please show respect to our wonderful volunteers who give up their time to provide extra services to our students.

Hi Five Winners

Congratulations to Katie Kopko, Azaria Clarke and Finn Merber for showing respect while walking quietly around the school.



School Banking

Starting this week once the school banking has been completed bank books can now be collected from the office. Bank books will be placed in a clearly marked box for collection.

Uniform Shop

The Uniform Shop opening hours are Monday 2.45pm – 3.00 pm and Friday 8.45 am – 9.00 am.

Canteen Roster

Tuesday 20 th February	Alice
Wednesday 21 st February	Danielle
Thursday 22 nd February	Robyn
Friday 23 rd February	Toni, Kim & Rumena
	Recess - Noosha & Amber
Monday 26 th February	Dee
Tuesday 27 th February	Kizzia
Wednesday 28 th February	Robyn

P&C News

The first P&C meeting for 2018 will be held this Wednesday 21st February at 6.30pm in the staff room (in the main office building).

If you have ever wondered how the P&C works in supporting the school and our children's education, please join us.

This month's agenda items include:

- 2018 goals/targets of the P&C
- 2018 fundraising activities/ideas

3 Top Ideas to Achieve Variety



This week I thought we'd take a break from the simple messages about the colour and type of lunch box foods and look at one of the most common questions I get asked by mum's - 'what else can I pack beside sandwiches?' Here are my 3 top ideas for achieving variety in your lunch boxes.

1. ROTATE SANDWICHES

Choose one day a week, and make it a non sandwich day. Instead of a sandwich, you could pop in some Sushi, a pasta or rice salad, home made sausage rolls, mini quiches, mini pies, savoury muffins etc.

2. TURN DINNER INTO LUNCH

If your child loves a dinner, turn it into lunch. The easiest way is simply put left overs into a thermos. Or use the left overs to create another lunch option. For a great recipe for turning left over roast dinner into hash browns, go to <http://therootcause.org/8>.

3. COOK ONCE, USE 3 WAYS

My golden rule is cook once, but have 3 ways you can use it as a lunch. For instance, when I make spaghetti bolognese for dinner, left overs can become spaghetti bolognese in a thermos, meat pies, or bolognese muffins.

IDEAS

- Save yourself time and buy Sushi the day before.
- Visit <http://therootcause.org/9> for ideas on cooking once, using 3 ways
- Remember to pack ice bricks to keep lunch options fresh and cold



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

The Root Cause

MAYFIELD WEST DEMONSTRATION SCHOOL

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Learning For Life



How To Install Skoolbag On Your Smartphone

For iPhone and iPad users:

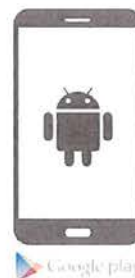
1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. You will see your school appear, click "Get", then "Install".
4. The app is FREE to download.
5. When installed click "Open".
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.



For Android users:

You must first have signed up with a Google Account before installing the app.

1. Click the "Play Store" button on your Android Device.
2. Click the magnifying glass icon at the top and type in your school name using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.



Please Note: Some brands of Android phones need the setting in "Notification Manager" changed to "Allow" instead of "Notify" in order for the push notifications to work. The phone must also be running at least version 4 system software to run the app.

For Windows 81 Phone and Windows 81 or 10 device users:

1. Go to the Windows Store on your 81 Windows Phone or Windows 81/10 Device.
 2. Search for "Skoolbag" in the keyword app search.
 3. Install the Skoolbag app.
 4. Find your school either by using the keyword search or location service.
 5. Click the "Pin" icon to pin the school tile to your Windows Phone home screen.
 6. Click the "More" button on the bottom right of the App, then "Setup".
 7. Toggle the Push Categories that are applicable to you by tapping the on/off switch.
- Please Note: The Skoolbag Windows App is for 81 version Windows Phones, or Windows 81 and 10 devices.



Find out more at www.skoolbag.com.au

Don't forget to like us on Facebook!