

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 2 Term 1

Date: Tuesday, 6 February 2018



Welcome back. I trust our students and families had a relaxing and safe holiday. This year we have a number of new families enrolled in our school. If you have any questions please call into the office or have a discussion with your child's class teacher. We are in the process of updating all Departmental and school policies on our website to ensure our community are well informed.

The staff and I are very excited about the many learning opportunities that our students will be provided in 2018.

The executive and classroom teachers have worked together to place your child into a class for 2018. This process takes countless hours and each student was considered for class placement in regards to their work habits, educational needs, peers and positive friendship groups. At Mayfield West Demonstration School, we have talented and committed teachers who are supporting each student to be challenged, believe in themselves and achieve their personal best.

Sports Captains

Congratulations to the following students for being elected as Sport's House Captains

Griffith: Storm Sommers, Mitchell Hinder, Webb: Azaria Clarke, Zoe Higginson
Purdue: Caydon Dryden, Ela Tabulutu, Millar: Troy Preston Jayden Apthorpe (absent)

Kindergarten

Kindergarten had their first day at school on Friday. They were very excited but a little bit apprehensive about starting school. Congratulations Kindergarten. We are very proud of you and we could not believe how quickly you followed routines and instructions. I would also like to acknowledge our Year 6 Buddys and School Leaders for their maturity and helpfulness on Friday. You all made the transition to school smooth for our new Kindergarten friends.



Staff Development Day

On the Staff Development Day the staff participated in a webinar lead by Mark Scott Department of Education focusing on where schools are headed in the next five years. Our students, staff and community are at the centre of public education. We engaged in current professional learning reviewing SMART programs and syllabus expectations.

Swimming Carnival

The Swimming Carnival for Years 3-6 will be held on Wednesday 14th February 2018 at Beresfield Pool. Permission notes with all the relevant details have been sent home. Please see Mr Morrison, Mr Rolston, Miss Bull or Mrs Robers Prisk if you have any questions or concerns. All parents and carers are welcome to join us.

Student Wellbeing

Our Student Wellbeing Policy supports and assists each child in making appropriate choices and taking responsibility for their behaviour. At Mayfield West Demonstration school we also acknowledge our student's positive behaviour and efforts. At Parent Information sessions (week 4) student wellbeing policies and practices will be outlined. This term all teachers and students will be engaged in lessons to identify and handle bullying situations. Lessons are based on NSW Anti - Bullying website. <https://antibullying.nsw.gov.au/>

Classroom Equipment

An invoice will be sent home to all families this week requesting payment for the school resource pack. As part of this pack, our school will supply exercise books, paint, paper and some stationary equipment that the children will require during their day at school. At times, other equipment may be necessary especially in years 2-6.

Parent Information sessions

We are planning on holding Parent Information sessions for K-2 on Tuesday 20th February 2018 and Years 3-6 (including 2/3A) on Wednesday 21st February 2018. This will be a wonderful opportunity for all parents and carers to attend sessions in their child's classroom to discuss routines, expectations and classroom programs for 2018. Invitations will be sent home on Friday.

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2018 Staff and classes

Deborah Kelly Relieving Principal

Executive staff:

Dean Morrison Stage 2 Assistant Principal & conjoint lecturer University of Newcastle

Melanie McLean (Mon - Wed) Stage 3 Assistant Principal

Kristina Roberts Prisk (Thurs - Fri) Stage 3 Relieving Assistant Principal

Danielle Connolly (Week 1) P-2 Relieving Assistant Principal

Classes 2018

Preschool Caitlin Wilson (M-Thurs) & Hannah Thomas (Fri)

KP Brianna Pearson

KT Trent Tull

KH Heather Porter Kay

1S Jannine Sampson

1P Crystal Pont

1/2C Danielle Connolly

1/2K Sheree King

2C Patrick Creasey

2/3A Rebecca Asquith

3H Flossy Hamiltons

3/4R Sonya Riley

4G Sonya Gray

5P Abha Prasad

5RP Kristina Roberts Prisk

5/6M Melanie McLean (M-T) & Melissa Benedetti (W-F)

6R Matt Rolston

1B Learning centre & RFF Kara Bull

RFF Hannah Thomas & Dean Morrison

LaST Patty Reynolds

Library Louise Troup

E/ALD & Aboriginal support Marianne Russell

School Counsellor Roy Lazarevic

School Chaplin Tim Drough

Administration Staff

Susan Freeland

Lyn Cooksley

Lyn Johnstone

Jenny Urquhart

General Assistant

Michael Miranda

School Learning Support Officers

Katrina Stephens

Debra Carlin

Donna Brooker

Natalie Brown

Melinda Bradley

Kerry West

Carol Gates

Ellen Clayden

Kate Cameron

Alicia McCallum

Bernadette Baker – Preschool

Enjoy your week

Deborah Kelly

Relieving Principal



School Leaders 2018

Violet Davey, Riley Black, Gus Barclay

Tanika Smith, Nate Dickinson, Lana Broadbent-Miller

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Visiting the School

All parents/carers who visit the school must register at the office on arrival. For the safety and wellbeing of our students we ask that you do not interrupt classes or walk around the school without the knowledge of staff. We appreciate your understanding regarding this matter.

Library News

Welcome back for 2018

I'm sure 2018 will be another busy year for MWDS Library. Borrowing has started this week for Kinder - Year 6 and all students are encouraged to use a library bag. Blue PVC library bags with a velcro closure are available from the uniform shop. The cost is \$15 and they are very sturdy and hard-wearing. However any library bag which protects your books is fine.

Premier's Reading Challenge 2017

The NSW Premier's Reading Challenge is about to begin and I am hoping that many MWDS students will once again participate. The PRC "aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely".

The Challenge is divided into three categories: Kinder - Year 2 (30 books), Years 3 - 4 (20 books) and Years 5 - 6 (20 books). Students have until August 25 to complete their reading.

Information about the PRC can be found on the website:

<https://online.det.nsw.edu.au/prc/home.html>

The website will not be 'live' and available for students to login until Monday March 5, and more details about this process will be provided in the next few weeks.

'Books on the Avenue' Street Library

As many people in the school community may already know, there is another library in Gregson Ave! Margaret & Geoff, the parents of our student Baxter, have set up a street library a few doors down from our school. Books can be borrowed and returned by any community member and donations are accepted. Margaret & Geoff have set up a Facebook page for more information. Look out for the cute little blue & yellow library next to the footpath.

Happy Reading

Louise Troup

Teacher Librarian

Scholastic Book Club

Students will soon receive the first Scholastic Book Club order form for this year. This is a convenient way to order some great books while helping the school - every order earns 20% back in rewards to the school library. There are two Book Club orders each term and all ordering and payments are now completed by parents and caregivers online. The school is unable to accept any cash or cheques for Book Club. Please see the brochure for details or ask at the office if you have questions. The first order will be due by Friday, 16th February.

Leadership Family

The Preston family have attended Mayfield West for many years.

During this time all children have been become leaders.

Mitchell was a School Prefect, Nicolas, Tia and Troy have all been Millar House Captains.

Uniform Shop

The Uniform Shop opening hours for this year are:

Monday 2.45 pm – 3.15 pm

Friday 8.35 am – 9.05 am

There has been a price increase on our sport shirts, they are now \$25 each.



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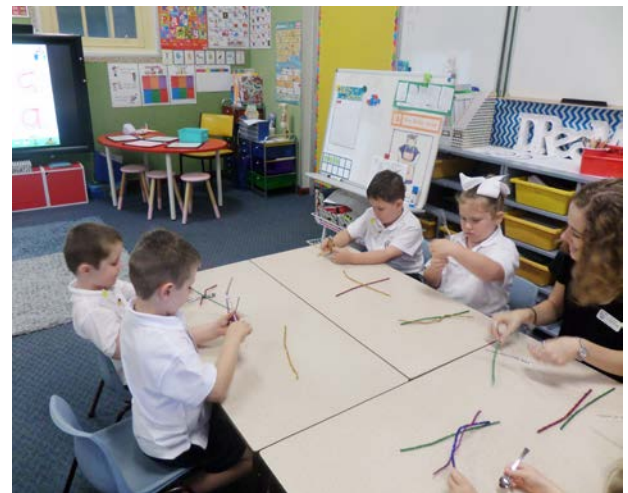
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Kindergarten's 1st week



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Canteen News

Wednesday 7th February

Thursday 8th February

Friday 9th February

Monday 12th February

Robyn

Lyn

Kim, Rumena, Recess Noosha

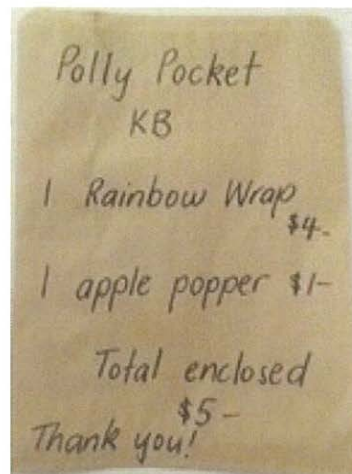
Dee

Our school canteen, operated by the P & C Association, is open everyday at 8:30 am and for lunch and recess. We are always seeking volunteers to assist with providing this service to our students and staff. If you are able to volunteer in our canteen please contact Mrs Donna Scott through our school office or phone 0417 602 173. Volunteer help is greatly appreciated from 9.00 am – 12.00 pm (lunch) or 1:20pm - 2:00pm (recess). Please drop in and see Donna for more information.

Our menu for Term 1 2018 is attached to this newsletter and it will also be located on our Skoolbag App.

Orders are placed in class lunch baskets in the morning and the classroom teachers then send these baskets to the canteen or their lunch bags can be dropped off at the canteen before lines each morning. All students must have their lunch order on a paper bag. A separate bag is required for a recess order.

Lunch baskets for lunch collected by student representatives from each class prior to the lunch break and taken to classrooms for distribution. Once the first bell goes students are allowed to the canteen to purchase ice blocks, drinks, chips & snacks from over the counter. The ice-cream bell goes at 11:30 am there will be NO ice-blocks sold after this time.



CANTEEN HELPER'S NOTE - SNACK SHACK

Name: Phone:

Canteen Helper:

- ☐ 9.00am - 12.00pm
- ☐ Monday ☐ Tuesday
- ☐ Wednesday ☐ Thursday ☐ Friday
- ☐ Weekly ☐ Fortnightly ☐ Monthly
- ☐ Recess only 1:20pm - 2pm

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The Snack

2018 MENU

SNACKS

★ Carrot Sticks (bag)	\$0.50
★ Rice Biscuits	\$0.05
★ Cheese Cubes	\$0.10
★ Bite-size Fruit	\$0.10
★ Cereal Bag	\$0.50
+ Seasonal Fresh Fruit (prices as marked)	

CHIPS

● Red Rock Chips (Honey Soy/Sea Salt)	\$1.30
● Grain Waves	\$1.30
★ Popcorn	\$1.30

ICE BLOCKS

● Ice Mony (Choc/Straw/TNT)	\$0.80
★ Quelch Fruit Sticks	\$0.60
● Vanilla Cups	\$1.20
● Home Ice Cream	\$1.00

SANDWICHES (Rolls add \$0.50)

● Jam/Vegemite	\$1.20
★ Cheese	\$1.70
★ Egg	\$2.20
★ Salad (let, tom, beet, carrot, cucumber)	\$2.70
● Ham	\$2.70
★ Chicken	\$2.70
★ Meat & Salad	\$4.20

WRAPS

★ Salad (let, tom, beet, carrot, cucumber)	\$3.20
★ Salad & Cheese	\$3.80
★ Chicken & Cheese	\$3.80
★ Salad & (Ham/Chicken)	\$4.70

EXTRAS

★ Cheese/Pineapple/Egg	\$0.60
★ Tomato/Beetroot/Cucumber/Lettuce	\$0.60
● Ham	\$1.50
★ Chicken	\$1.50
Toasted	\$0.30

Sandwiches and rolls will no longer be made with butter unless requested.

COMBO's

Maywest Burger/Chicken Wedge Roll	
	\$7.00

Plus 600ml water and large watermelon tub

FRESH SALAD TUBS

★ Watermelon Small	\$1.20
★ Fruit Salad Small	\$1.70
★ Watermelon Large	\$2.20
★ Fruit Salad Large	\$2.70
+ Large Salad Only (let, tom, beet, carrot, cucumber + corn and pineapple)	\$4.00
+ Large Salad with Ham/Chicken (let, tom, beet, carrot, cucumber + corn, pineapple)	\$5.50
★ Add Cheese/Egg	\$0.50

Cutlery supplied for these items

DRINKS

★ Water 350ml	\$1.00
★ Water 600ml	\$1.50
★ Milk low fat (choc/straw/banana)	\$2.20
★ Juice Pop Top (apple/apple&blackcurrant)	\$2.00
★ Poppers 99% Juice	\$1.20
★ Hot Choc (TERMS 2 & 3 ONLY)	\$1.30

HOT ROLLS & BURGERS

● Chicken Wedge Roll (let & mayo)	\$3.80
★ Hot Chicken Roll & Gravy	\$3.80
● MayWest Burger (beef patty, let, cheese & sauce)	\$3.80

HOT FOOD

● Chicken Wedges (max. 6)	\$0.80 each
★ Corn Cobs ▼	\$0.70
● Pizza Ham & Pineapple	\$2.50
● Spring Rolls ▼	\$0.60
● Nachos Dipper	\$3.70
★ Macaroni & Cheese	\$3.20
★ Lasagne	\$3.20
● Garlic Bread ▼	\$1.20
● Cheese & Bacon Roll	\$1.60

AVAILABLE ONLY ON FRIDAY

● Lean Meat Pies	\$2.60
● Lean Party Pies	\$2.00
● Lean Sausage Roll	\$2.00

SAUCE

● Sweet chilli/ Sweet and sour sauce/ Mayo	\$0.50
● Tomato / BBQ	\$0.40

Lunch Bags	\$0.20
Additional cutlery	\$0.10

★ = Always ● = Occasional ▼ = Vegetarian

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Good for kids good for life

E-NEWS

Welcome to your Term 1 E-News

Welcome to the Good for Kids e-news for Term 1, 2018!

Please [forward this email](#) to your school staff.



- [What's new from Good for Kids?](#)
- [Encouraging healthy eating in your school community](#)
- [Encouraging physical activity in your school community](#)
- [Latest research/in the news](#)
- [Professional development opportunities and events](#)

What's new from Good for Kids?

Good for Kids is here to help your school implement the NSW Healthy School Canteen Strategy released in 2017.

If your school's canteen manager has any questions about the strategy or would like a free menu assessment, please contact HNELHD-GoodForKids@hnehealth.nsw.gov.au

Also see the professional development section of this newsletter for details on the K-6 ACHPER Physical Activity and Health Conference.



Encouraging healthy eating in your school community

Vegetable Week - Monday 26th February - Friday 2nd March

Vegetable week featuring The Big Veggie Crunch is back for 2018. It is a quick, easy and FREE school-based event which aims to increase students' positive attitude towards vegetables. Visit the [website](#) for more details and to register.



Nutrition curriculum



Want to include units of work involving nutrition but don't know where to start?

Why not check out the Refresh.ED [website](#)?

You can register for FREE and gain access to a large number of nutrition based units of work linked to the Australian Curriculum.



Encouraging physical activity in your school community

Safety Towns - Road Safety Resource to promote active travel

Even if active travel is not appropriate for your school you can still promote active travel in the wider community.

Check out the Safety Towns [website](#) for more information on their road safety education resource.



Ride2School Day - 23rd March

Ride2School is a nationwide program delivered by Bicycle Network, designed to support schools to encourage, empower and enable more students to get physically active on their journey to school. [Register](#) now to join 3000 other active schools.



BICYCLE
NETWORK

Latest research/In the news

- [Remote school gardens: exploring a cost-effective and novel way to engage Australian Indigenous students in nutrition and health](#)
- [Facts about sugary drinks](#)
- [Kicking and catching is as important as spelling and sums](#)

Professional development opportunities and events

ACHPER NSW K-6 Physical Activity and Health Conference

Where: University of Newcastle

When: Wednesday 4th April, 8:15am - 3:45pm

Cost: Free for one teacher per school

[Register here](#)

When: The next enrolment will begin in week 5 of term 1

Cost: No cost to DoE teachers

Contact LLWS@det.nsw.edu.au to register

AIS Live Life Well @ School Online Modules

Independent schools now have the opportunity to undertake Live Life Well @ School professional development.

When: Available now

Cost: No cost to independent school teachers

[Register here](#)

www.goodforkids.nsw.gov.au
Phone: (02) 4924 6400 Fax: 02 4924 6400
Email: HNELHD-GoodForKids@hnehealth.nsw.gov.au
If you have any questions about this newsletter, or no longer wish to receive the newsletters, please email us or you can unsubscribe immediately.



Health
Hunter New England
Local Health District

Good for kids
good for life

WWW.GOODFORKIDS.NSW.GOV.AU

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3 Wonderful Whys About Wholefoods



By now, you have probably realised that packing as many colours of fruits and vegetables in a lunch box is important. This week we start to look at Wonderful Wholefoods. The simple explanation for a wholefood is any food taken directly from its source where it's grown. In comparison, processed food usually comes in a package and the natural ingredients have been changed, and other ingredients have been added to it.

Wholefoods are fruits, vegetables, wholegrains (quinoa, brown rice, millet, oats, whole wheat, buckwheat, rye, cornmeal), beans and legumes (chick peas, lentils, kidney beans etc), nuts and seeds. Wholefoods can also come from small animals too such as eggs, small whole fish, crustaceans, red meat (where as much of the animal is eaten as possible) and poultry.

1. NUTRIENT RICH

Whole foods are rich in nutrients (vitamins, minerals, phytonutrients, essential fatty acids and fibre). Our body needs these nutrients but can not make them itself, so we have to get them from our food.

2. FANTASTIC FIBRE & FAT

Wholefoods naturally contain fibre which is so important to the functioning of our digestive system. Digestive health is closely linked to mood and behaviour. Not to mention fibre keeps the body regular. Wholefoods only contain good fats.

3. STRESS FREE ADDITION TO THE LUNCHBOX

You don't really have to do anything to them. It's stress free - put in a whole fruit, vegetable, handful of chickpeas and you're done. You can cut, dice, slice - still easy!



THIS MAD FOOD SCIENCE™ HEALTH TIP COPYRIGHT © BEL SMITH 2017.
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.



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Office of Sport

Published on Office of Sport (<https://sportandrecreation.nsw.gov.au>)

[Home](#) > Ministerial media release: Active Kids – \$100 for every child to play sport

Ministerial media release: Active Kids – \$100 for every child to play sport

January 2018

More than one million school children across the state are now eligible for the NSW Government's new annual \$100 Active Kids voucher.

Premier Gladys Berejiklian said from today all parents with school-aged children will have help to cover the cost of sports and active recreation fees.

"This is a fantastic boost for parents because we know the cost of kids' sport and activities can really add up. Active Kids is one of the ways the NSW Government is easing cost of living pressures on families," Ms Berejiklian said.

"We have allocated \$207 million over the next four years to help parents with the costs of getting their kids into sport."

Active Kids will contribute \$100 for every child towards the cost of sports registration, membership expenses and fees for physical activities such as swimming, dance lessons and athletics.

Sports Minister Stuart Ayres said parents can now register online with Service NSW to receive their \$100 voucher to provide to their approved sport or physical activity club or organisation.

"Active Kids are happy and healthy kids and this is going to make a difference to many families. This program means that every child in the State has the opportunity to be fit and active in their community," Mr Ayres said.

"From today parents can visit the Active Kids website to see a list of approved providers. More organisations will be added in the weeks ahead."

Active Kids is a key initiative of the 2017-18 Budget and will not be means-tested. It supports the Premier's Priority to reduce overweight and obesity rates of children by five per cent over ten years.

Parents have until 31 December 2018 to claim and use their voucher.

More information: sport.nsw.gov.au/activekids or by phoning Service NSW on 13 77 88.

MEDIA: Stuart Wallace | Premier | 0409 166 932
Vanessa Grimm | Minister Ayres | 0419 744 236

EASTS JUNIOR RUGBY CLUB INC



Registration Day & FREE BBQ

Thursday 1st February

Dangar Park, Mayfield

4.30pm to 5.30pm



Boys & Girls
5 to 17 years
U6's & U7's Tag only (no tackling)
Girls - Seven a side in U15's & U17's

FREE Registration
(When you use Active Kids Voucher, ask us for details)

FREE Shorts & Socks for U6's & U7's

Registration available every **TUESDAY & THURSDAY** in February from 5.30pm

FAMILY FRIENDLY with regular **SOCIAL EVENTS**

For further details please ring
Leanne 0438 608 075 or Michael 0435 768 260

Find us on 

www.facebook.com/mayfieldeast.juniorryby

East Junior Rugby Club - Dangar Park, Maitland Rd, Mayfield



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Sign up for MILO T20 Blast today!

Play like your Big Bash League heroes and

play MILO T20 Blast this summer!

Community centres at New Lambton & Warners Bay commence soon

Visit the website below to find your local club and register

VISIT PLAYCRICKET.COM.AU TO FIND OUT MORE



COME AND TRY
Baseball

9AM | 4TH, 11TH & 18TH
1PM | FEBRUARY

Boomerangs Baseball Field
Stevensons Park, Mayfield

Free!

SAUSAGE SIZZLE LUNCH
FOR ALL PARTICIPANTS

