

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 1

Date: Thursday, 22 March 2018



Welcome to week 8. This term is nearly over..

In 2018-2020 one of our strategic directions as part of the Mayfield West Plan is to; *Develop a connected, collaborative and inclusive school learning community*. I believe our first community initiative the Welcome BBQ highlights our journey towards achieving this goal.....

Welcome BBQ

Our Welcome BBQ last Wednesday night was a huge success. Thank you to the P&C for organising, preparing and cooking the food, Brianna Pearson for the music, the staff, parents and students for attending. Many families and staff members came along and enjoyed the opportunity to speak with others. As I was walking around speaking to our community, a number of people positively commented about the night and the wonderful atmosphere in our school. I really appreciate the time and effort people went to in order to reach our target of over 100 families attending. Approximately 457 people came. Amazing!!!!!!



National Day of Action Against Bullying and Violence

On Friday 16th March, our school participated in Anti Bullying day with a number of other schools from around Australia. As a school, we delivered a powerful message that bullying and violence are never okay. For this term, Anti-bullying has been a strong message in our school and each student has participated in lessons focusing on how we can all work together to address bullying and violence in our classrooms and the playground.

School Value

This week we focus on a new school value; ***Keeping our hands and feet to yourself***. The students at Mayfield West Demonstration School understand that there are consequences for those students who do not keep their hands and feet to themselves. Please support us in conveying this message to our students.

Harmony Day

Wednesday is Harmony Day, a day when we celebrate Australia's cultural diversity. We are a vibrant and multicultural country — from the oldest continuous culture of our first Australians to the cultures of our newest arrivals from around the world. Harmony Day is about inclusiveness, the freedom of ideas, mutual respect and a sense of belonging for everyone.

At Mayfield West Demonstration School we have students from many different cultural backgrounds and we value highly this diversity. This year all students have contributed to colourful class artworks which are on display in our hall.



Leadership Day at Waratah Technology Campus

Last Friday the 16th of March the Mayfield West student executive leaders attended Waratah Technology Campus for Leadership Day. The aim of the day was to improve our leadership and team work skills. The leaders worked with other schools to develop a movie about equality and fairness. The leaders enjoyed the day, meeting new people and learning how they can become a better leader focusing on trust, equity and fairness.

Have a great week Mayfield West and please speak to myself or the staff if you have any concerns or questions.

Deborah Kelly
Relieving Principal

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 1

Date: Thursday, 22 March 2018

Assembly

This week's assembly will be hosted by 5P. Assembly commences at 2.30 pm.

Important Dates

21 st March	P&C Meeting
27 th March	Preschool Red Hot Cross Bun Day P&C Raffle tickets due back
28 th March	Easter Parade P – 6
29 th March	Easter Raffle draw 9.00 am, Hot Cross Bun Day K – 6, PreSch Blue
30 th March	Good Friday
2 nd April	Easter Monday
4 th April	P – 2 Cross Country 12.15pm
5 th April	Early Stage 1 Excursion – Oakvale Farm
6 th April	K – 6 Cross Country 12.15pm Bulb order due
13 th April	Last day of Term 1

Quality Kids

KH	Jett Delaney	Jaylen Thomson
KP	Soliel Fewson	Odin Cornwell
KT	Dominique Callewaert	Mahali Lally
1P	Scarlett Towle	Indy Keogh
1S	Eli Hogan	Holly West
1/2C	Katie Murray	Chevy Richards
1/2K	Erika Lipnevits	Hung Nguyen
2C	Red Allan-Dennis	Illy Morison

P&C News

Please join us at our next P&C meeting tomorrow night at 6pm, where we will be discussing our upcoming fundraisers.

Thank you to those who attended the Welcome BBQ. It was a wonderful example of how our community can come together, and a great opportunity for staff and families to catch up.

A huge thank you to our amazing P&C volunteers who worked throughout the evening to provide dinner for everyone, it was much appreciated!

Easter Raffle

Thank you to those families who have already donated prizes for our raffle. We are still asking for donations of Easter eggs, baskets, gifts bags, and Easter crafts.

Anything you think will make a great prize!

Please leave your donations in the box in the school office. The more prizes we have, the more chances for everyone to win!

Extra raffle tickets are available at the office if needed.



Bulb Fundraiser

An order form will come home today for our Bulb fundraiser. Please note, these are cash only orders, and orders can be placed in the silver money box in the office. Remember to include your child's name & class on the order to make distribution easier in Term 2.

Orders are due back by 6th April.

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 1

Date: Thursday, 22 March 2018

Canteen Roster

Wednesday 21st March

Thursday 22nd March

Friday 23rd March

Monday 26th March

Tuesday 27th March

Rumena

Lynn

Toni, Kim, Rumena, Recess Dee

Bec

Kissia

5RP doing the Math

Last week 5RP were doing kilometres in maths so we used trundle wheels to measure a track around the school. We started at the cricket pitch, went down to the concrete area at the bottom playground and back around to the cricket pitch, it measured 200 metres, we did this 5 times and walked a total distance of 1 kilometre.

The trundle wheel has a handle with a wheel attached at the bottom and when you start walking with it the wheel turns every metre the wheel clicks. There is a counter located near the wheel and to reset it, you need to lick a switch.

We also used a stop watch to time ourselves running and walking the track.

Now that we have marked the track out, Mrs RP is going to use it for the school Cross Country that will be happening in April.

Scarlett Price and Sawyer Waller



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 1

Date: Thursday, 22 March 2018



Welcome BBQ



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 1

Date: Thursday, 22 March 2018



Easter Parade

- Wednesday 28th March
- 2:00pm Multi-purpose Court
- Preschool to Year 4 need to make Easter hats at home.
- Year 5/6 are completing STEM designs at school and testing them on the day.
- All students who participate will go in the draw to WIN
*one of three Woolworths
Easter Hampers*

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 1

Date: Thursday, 22 March 2018

Easy Healthy Lunch Boxes in 3 Steps



Some mum's think I am mad when I tell them I love packing lunch boxes. Some say they find it stressful, some hard work and others say it's simple because they pack the same each day. My tip for making the task of packing healthy lunch boxes easy is to build yourself a **Lunch Box Map** each week. Here's how:

1. INVOLVE THE KIDS IN CHOICES

Ask your kids what healthy snacks, fruit and vegetables they would like in their lunch box this week. This simple tip gets their buy-in and helps ensure your lunch boxes get eaten.

2. CHOOSE 2 OF EACH

I suggest ask your kids to choose at least 2 healthy snacks, 2 fruits and 2 vegetables. Then you can rotate them so it's different from the day before and you can include as much colour as possible (remember, different colour fruits and vegetables help your child's body in different ways).

3. MAIN LUNCH FOOD

If you are pack sandwiches each day, map out a couple of different fillings, and maybe choose 1 day to go sandwich free. If you don't pack sandwiches, map out what main lunches you'll pack.

IDEAS

- For ideas, see my Facebook Page (<http://rootcau.se/fb>) for my Lunch Box Map for this week.
- To make packing lunch boxes super easy, you can go one step further and map out what you will pack each day.



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.

The
Root
Cause



CALLAGHAN
EDUCATION
PATHWAYS