

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 11 Term 1

Date: Tuesday, 10 April 2018



We are a wonderful school that has celebrated so many achievements this term. The staff, students and I are extremely proud of our school and we welcome a strong community partnership to ensure all student's connect, thrive and succeed at Mayfield West Demonstration School. Enjoy the holidays with your families. We look forward to everyone returning to school on **Tuesday 1st May 2018**.

All teaching and non teaching staff will participate in professional learning on Monday 30th April 2018 at Club Macquarie Argenton with a number of other schools in the Callaghan & Port Stephens area. John Joseph is delivering the day and focusing on brain development. The school will be closed if you have an urgent enquiry please call WEMOOSH on 4968337 and they will contact me. I will then call you back.

Community Information Workshop John Joseph

I have organised a parent workshop on **Thursday 3rd May 6:00-8:00pm** in conjunction with Hamilton North PS, Mayfield East PS, Plattsburg PS and Waratah Technology Campus for John Joseph to speak with parents and carers about the following:

1. Neuro-science for beginners
2. Knowing how brains work
3. Memory and information processing: *brain strategies to improve memory and performance*
4. 25 ways to become a better learner: *what to do and how to do it; Study Skills*
5. The role of feedback in performance: *how to use feedback to learn more efficiently*
6. The role of homework in performance: *5 ways to improve the efficiency of your homework*
7. Developing thinking skills: *learn how to think inquisitively, critically and creatively!*
8. How to build your motivation and confidence: *boost your school performance*
9. Key elements of brain care: *nutrition, adequate sleep and proper hydration*

Please join us at this parent/carers workshop.

Yarning breakfast

Last Thursday our yarning breakfast was well attended by the school community. We discussed Aboriginal activities that will further enrich Aboriginal Education. Plans for the high school dance group (ex students) to mentor our younger students; Aboriginal cooking master classes; seeking external help to build the yarning circle and continuing to provide a culture afternoon for our students in Aboriginal traditions and customs were all tabled.

Have a restful holiday and I look forward to seeing you all in term 2.

Deborah Kelly
Relieving Principal



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Important Dates

13 th April	Last day of Term
1 st May	1 st day of Term
18 th May	Stage 1 Excursion – Josephine Wants to Dance

Assembly

This week will be a whole school assembly hosted by SRC and Leaders. Assembly commences at 2.30 pm. Parents and carers welcome. This week will be our ANZAC Service.

Library News

Premier's Reading Challenge 2018

Congratulations to Gus Barclay 6R for completing the PRC - fabulous reading! Remember, any books you have read since the beginning of Term 4 last year can count towards this year's challenge. Students who have recorded their first five books on the online student reading record can visit me in the library for a prize. The PRC can be found at <https://products.schools.nsw.edu.au/prc/home.html>.

Please see Mrs Troup in the library if you need any help accessing or filling in your record.

Overdue Books

Many students currently have overdue library books. Please locate and return these books before the holidays.

Happy reading

Louise Troup Teacher Librarian

2018 Premier's Reading Challenge Logon Details:

Student name:

Class:

Mrs Troup to fill in & return:

Logon:

Password:

P&C News

Entertainment Books

The 2018/2019 Entertainment Books are now available for purchase, just in time for the school holidays! Follow the link below to purchase your digital copy online: <https://www.entertainmentbook.com.au/orderbooks/3566y5>

Hard copies are also available at the office. Get yours now, support our school and start saving. To have a look at the offers available, click on the link below.

<https://www.entertainmentbook.com.au/flickbook/newcastle>

Mother's Day Stall

Our Mother's Day stall will be held in the second week of Term 2, on the 8th May. We are looking for volunteers to help from 8.45 – 11am on this day. It is so rewarding, helping the children select that perfect gift for the special women in their life. If you can assist please message Mel on 0432304294.

Thank you!

Thanks to everyone for your support of the P&C in Term 1. We have already raised over \$2000 towards our goal of \$20,000 in 2018!

Keep an eye on our newsletters after the holidays, for details of our first school disco and the 5 Cent Challenge.

We hope you have a safe and relaxing holiday break!

Canteen Roster

Wednesday 11 th April	Danielle
Thursday 12 th April	Andrean
Friday 13 th April	Toni, Alice & Rumena, Recess – Amber



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Kindergarten Excursion to Oakvale Farm

Last Thursday, Kindergarten went to Oakvale Farm. Students got to milk a cow, pat a koala, see various reptiles and feed kangaroos, piglets and goats. They also got to go on a tractor ride and play on the playground. It was a fantastic day!



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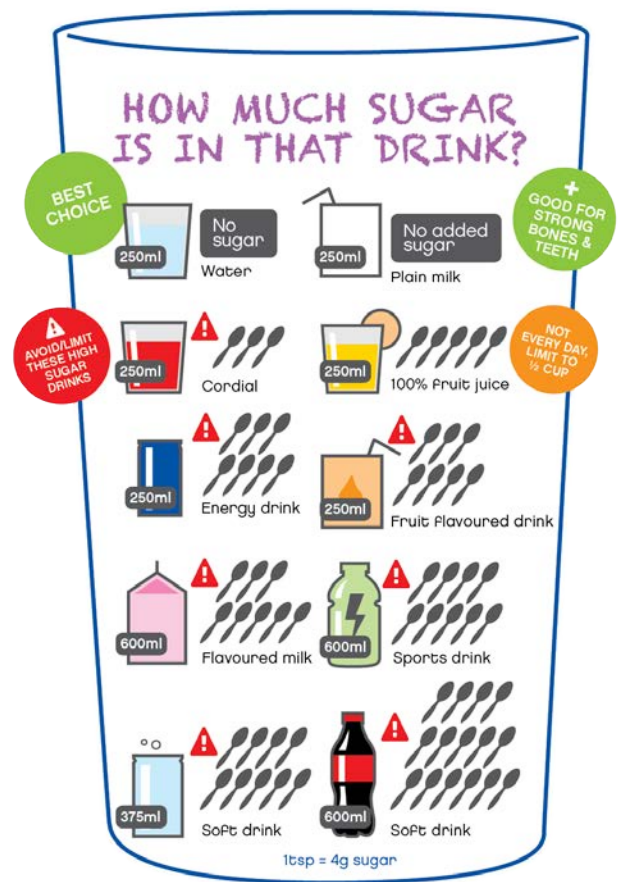
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K-2 Cross Country

K- 2 students participated in our Cross Country event on Wednesday 4th April. This year, the wet weather added to the cross country experience making some parts of the course a bit damp. The students ran extremely well and navigated their way around the track which included an uphill effort. Students received points for their house as they completed each lap. Congratulations to all K-2 students for your commitment at the event.

Kindergarten started off the event with plenty of enthusiasm. They were followed by Year 1 and Year 2 who completed many laps of the course. Thank you to all of the staff who supported the day. A huge thank you to Year 6 and Mr Rolston for your support and organisation at the event. Thank you to the parents and carers who came along to cheer on MWDS students. The winning house will be announced at the next K-2 assembly!



3 - 6 Cross Country

Years 3 - 6 students participated in our annual Cross Country Carnival on Friday 6th April. The unexpected heat from a long hot summer, made the course a challenge, especially as the 500m course included an uphill section that was our own "heartbreak hill".

Students who are turning 8, 9 or 10 needed to complete four laps of our course (2000m) and those who are turning 11, 12 or 13 completed six laps (3000m). Students received a point for every lap completed, which was added to their House tally at the end of their race.

The red faces, determination and total commitment the students displayed, was evidence of the pride our students always display when competing on behalf of their sports house.

Students who finished in the first three places of their age group have qualified for the Zone Cross Country Carnival to be held Stevenson Park on Friday 4th May. These students will receive an *Invitation to Compete* note this week.

Thank you to all the parents and carers who came along on the day to encourage and cheer us on. Thank you also to the staff who supported our efforts on the day.

The winning house will be announced at the next 3 - 6 assembly. Will it be,,, Millar, Webb, Purdue or Griffith?

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Congratulations Acacia

Acacia attended the Hunter netball carnival today representing Newcastle City. Her team had a great tournament walking away joint winners. Acacia not only represented Newcastle but Mayfield West to the highest level.

3 Food Safety Tips For Lunch Boxes



Research into lunch box studies show one of the barriers parents identify to packing fresh food is how do they keep food safe during the day since most schools do not have fridges for the students. Today, we look at 3 important food safety tips you can use to help keep food fresh and safe.

1. INSULATED LUNCH BAG

Insulated lunch bags are a first line defence for keeping food fresh and safe. You can also pop the bag in the fridge overnight so it starts the day cold in the school bag.

2. ICE BRICKS OR FROZEN DRINKS

Ice bricks are a great way to keep food cold, fresh and safe. When you add them to an insulated lunch bag, you have 2 layers of defence for keeping food safe.

Another tip is to freeze a small drink bottle and use it as an ice brick. The added bonus is your child will have super cold water to drink throughout the day.

3. FREEZE OR REFRIGERATE FOODS

You can prepare many lunch box foods in advance and keep them in the fridge or freezer. Then pop them straight into the lunch bag and they'll be safe to eat at room temperature.

IDEAS

- Choose lunch boxes, containers, drink bottles and other lunch bags which are BPA Free
- Visit <http://treatsaw.se/1m> for a product review of So Young Insulated Lunch Bag



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