

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 10 Term 1

Date: Tuesday, 3 April 2018



I hope everyone had a relaxing long weekend to celebrate Easter.

2018-2020 School Plan

One of our strategic directions is improving writing strategies and performance. This week, staff are analysing student writing samples and determining each individual child's strengths and areas of development. I encourage you to have a conversation with your child or class teacher to find out what aspects of their writing has improved this term and what will be their Writing and Representing goal in term 2!

Easter parade

Last Thursday, the P-6 students and community came together for the Mayfield West Easter parade. Our multipurpose court was crowded and the students enjoyed showing off their talents in creating unique Easter hats. Years 5/6 showcased creative and critical thinking by designing catapults and powered cars to help the Easter Bunny deliver the Easter eggs. Thank you to our community for attending and Woolworths at Warabrook for donating 3 hampers of Easter eggs. Congratulations to the winners of the hampers: Alice Bradley, Elle Marlborough and Max Davis.



Thank you everyone for donating Easter eggs and purchasing tickets for the Easter raffle. We are working with the P&C to raise at least \$20 000 to replace the netbooks across our school to support future focused learning. Congratulations to Mel Shannon (P&C treasurer) and her team for organising this event. Donna from the canteen also had a huge response for the hot cross bun fundraiser. Thank you

Capital Works Project

The first demountable near the front of the school has been cleared and will soon be removed. Miss King and 1/2K have moved into the other demountable and Miss Asquith and 2/3A have now moved onto the stage 2 floor in the classroom next to the computer room.

The carpet and vinyl flooring has been replaced in a number of rooms across the school. I am working with Broad Spectrum to choose paint colours and schedule the next stage of our refurbishment. In the school holidays the stage 1 stairwell will be repainted and some brickwork will be repointed.

Student Absences

Any absence from school must be explained. The Skoolbag App is a convenient way to advise the school of student absences, or alternatively please contact the school via telephone or write a note. If you are going away and the leave is over (5) school days, you must complete an *Extended Leave Form* from the office prior to your child being absent.

Headlice

Please examine your child's hair for headlice. Treatment is easy and effective, products can be purchased to remove all the lice and eggs. Spraying hairspray, tea tree or eucalyptus oil onto hair is an alternative way to stop the lice multiplying.

Supervision of Students

Reminder to all parents and carers that the school starts at 8.55am therefore teacher supervision begins at 8.30 am under the middle COLA. Students should not be at school before the morning bell as there is no supervision during this time. If you require morning care please speak to our WEMOOSH located next to the preschool in the bottom playground. Additionally, the playground equipment is out of bounds before and after school. We appreciate your support in ensuring all students are safe.

Have a wonderful week.
Deborah Kelly

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Week X Term X

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Important Dates

4 th April	K – 2 Cross Country 12.15pm P&C Meeting
5 th April	Early Stage 1 Excursion – Oakvale Farm
6 th April	3 – 6 Cross Country 12.15pm Bulb order due
13 th April	Last day of Term

Assembly

This week's assembly will be hosted by 1S. Assembly commences at 2.30 pm in the hall. Parents and carers are welcome.

P&C News

P&C Meeting

Just a reminder that our postponed March P&C meeting will be held tomorrow evening at 6pm, in the staffroom. We would love for you to join us.

Easter Raffle

A big thank you to everyone who supported our Easter raffle, we raised almost \$1200 from this fundraiser, and we couldn't have done it without your generous donations. Congratulations to all the lucky prize winners!

Entertainment books

The 2018/19 Entertainment books are now available for pre-order, just in time for the school holidays!

Please follow the link below and support our fundraising for 2018.

<https://www.entertainmentbook.com.au/orderbooks/3566y5>

Bulb Fundraiser

Order forms are due back to the school by Friday 6th April. 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 form to make distribution easier in Term 2.

Canteen Roster

Wednesday 4 th April	Dee
Thursday 5 th April	Robyn
Friday 6 th April	Toni, Kim & Alice, Recess - Bec
Monday 9 th April	Amanda
Tuesday 10 th April	Kizzia
Wednesday 11 th April	Danielle
Thursday 12 th April	Andrean
Friday 13 th April	Alice & Rumena, Recess - Amber

Thank-you to everyone who supported our Hot Cross Bun afternoon it was a huge success.

LIBRARY NEWS

Premier's Reading Challenge 2018

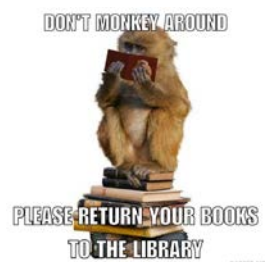
Remember, any books you have read since the beginning of Term 4 last year can count towards this year's challenge. Students who have recorded their first five books on the online student reading record can visit me in the library for a prize.

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.

Happy reading

Louise Troup Teacher Librarian



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Citizenship Award

On Thursday Logan Towle displayed the school values whilst helping a student in need. Thank you Logan for being an excellent school citizen.



3 Ridiculously Easy Lunch Box Dips



One sure fire way to get kids to eat vegetables in their lunch box is to give them something to dip them into. Of course, if they aren't up to having veggies in their lunch box yet, that's ok - start them on this at home first. Or you could add the dips to the lunch box with crackers, and add a few carrot sticks to start. You can then progressively increase the array of vegetables you include each week. Here are 3 easy peasy dips you can make at home:

1. NATURAL GREEK YOGHURT DIP

A good source of protein for satiety and also probiotics to help with digestion.

2. AVOCADO DIP

Avocado's are such a wonderful fruit. Loaded with good fats, lutein and beta-carotene, they are great for heart and immune health.

3. HUMMUS

Made on chickpeas, this dip is a good source of protein so will help keep your child full for longer. They are also a starchy carbohydrate so offer a slower release of energy.

IDEAS

- Visit <http://rootcau.se/> for recipes
- Alternate between using these as dips and spreads on sandwiches, wraps or crackers
- These are perfect for afternoon treats too.

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The
Root
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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
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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