

# Newsletter

Mayfield West Demonstration School

Gregson Avenue, Mayfield NSW 2304

P 4968 1539 F 4960 2367 E [mayfieldw-p.school@det.nsw.edu.au](mailto:mayfieldw-p.school@det.nsw.edu.au)

Week 3 Term 2

Date: Tuesday, 15 May 2018



## Late Pick Up

Over the last two weeks, the staff and I have noticed more parents and carers arriving late to collect their children from school. Last week, we were at school on three occasions up to as late as 6:00pm waiting for children to be picked up by their parents. School ends at 3:00pm and all students are expected to be collected no later than 3:15pm. The staff have meetings to attend, planning to organise and their own families to get home to. Please remember, when we are held back at school our own family suffers and misses out on their extra curricular activities and family time. Your child also becomes very distressed. If you know you are going to be late due to an emergency please contact the school and inform us of alternative arrangements. Also WEMOOSH is a wonderful service offered at our school for before and after school care. WEMOOSH can be contacted on 4968 3337.

## Change of Contact Details

Please notify the school office if you have a change of address, email or phone number. Please check emergency numbers with Mrs Cooksley in the office as some numbers are disconnected when we try to contact parents and carers.

## P&C Mothers Day Stall

Thank you to Mel Shannon and the volunteers for organising the Mother's Day stall. Our students were very excited to purchase a special gift for their lovely mum, grandma/nan, aunty or special loved one in their life. A special thank you to the community for supporting the stall.

Our next P&C meeting is on this Wednesday 16th May, at 6.00pm. Please come along and support the school.

## Medication at School

Our Administration staff are only able to administer 'prescribed medication' to students. This means medication that has been prescribed by a doctor. This medication must be left in the package provided, clearly labelled with the child's name and dosage. If medication is required, a parent will need to come to the office and complete a Medical form. We are not able to administer Panadol, Neufron or Claratyne. Mrs Lyn Cooksley is our First Aid Officer and manages all injuries, medication and Heath Care plans.

## School Athletics Carnival

Providing the weather is fine, we have scheduled **Thursday 14th June 2018**. The carnival, will be held at Fearnley Dawes Athletics Track, Newcastle. We would love to see as many families there as possible to encourage our students. The Athletics Carnival is a whole school event and all children from K-6 are expected to attend

## Expression of Interest for Preschool 2019

Mayfield West Demonstration School Preschool has opened up their Expression of Interest for children who would like to attend our Preschool in 2019. If you are interested in applying, please collect the Expression of Interest form from the Preschool, the School Office or the form can be downloaded on the school's website.

## School Photos

School photos will be held on Wednesday 30<sup>th</sup> May 2018 with a catch up day on Tuesday 5<sup>th</sup> June 2018. Individual student envelopes have been sent home and can be returned to school on the day. Sibling photo envelopes are also available and can be collected from the Administration office.

Stay warm as the chilly weather sets in. Enjoy!

Deborah Kelly  
Relieving Principal



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## Important Dates

16 <sup>th</sup> May	NAPLAN – reading P&C Meeting
17 <sup>th</sup> May	NAPLAN – numeracy
18 <sup>th</sup> May	Stage 2 Excursion Josephine Wants to Dance
30 <sup>th</sup> May	School Photos Preschool Red, K – 6
31 <sup>st</sup> May	P&C Disco, Fruit & Veg Workshop
5 <sup>th</sup> June	School Photos Preschool Red, catch up
14 <sup>th</sup> June	School Athletic Carnival

## Assembly

This week's assembly will be hosted by 4G. The assembly 9.15 am in the hall.

## PSSA Netball

The junior and senior girls played their first game of PSSA netball at National Park last Friday against New Lambton South. They played exceptionally well in the strong wind.

The junior girls won 7 goals to 2, and the senior girls won 4 to 1.

Chelsea Lange was the captain of the junior team and Zara Buckley, the senior team.

I would like to compliment the girls on their teamwork, sportsmanship and positive attitudes throughout the afternoon.

I would also like to thank Tammy Livermore for her support and umpiring the senior girls team. It was great to see many Mayfield West supporters at the games.

The next game will be on Friday 18th May at National Park, against Newcastle East. The first game will commence at 1:00pm.

Sonya Gray  
(PSSA Netball Coordinator)

## Preschool Quality Improvement Plan Committee

As part of the Preschool Quality Improvement Plan (QIP), we have decided to create a committee of teachers, our principal, School Learning Support Officers (SLSO) and members of the community. The QIP is a document that enables us to self-assess our performance in delivering quality education and care, and to plan future improvements within the preschool environment. This committee will meet on a Monday afternoon at 3:15pm to analyse, contribute and work collaboratively to change and improve the preschool. We value the contribution of the community and would like you to be a part of these changes.

If you would like to join this committee, could you please contact the preschool on 4968 4886

Mrs Caitlin C Wilson  
Preschool Teacher

## Quality Kids Term 2 Week 2

KH	Jaylen Thomso	Harper Forbes
KP	Blake Ngaheu	Freya Walsh
KT	Baxter Pell	Kahia Bluegum
1P	Libby Griffiths	Tyler Woods
1S	Grace Gallienne	Chloe Paloma
1/2C	Cooper Bruce	Andrew Stephens
1/2K	Hung Nguyen	William Theissen
2C	Novack Maksimovic	Jake Richards



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## Hunter Regional PSSA Touch Football Trials

Congratulations to Kaylee Livermore, Acacia Elers and Elazae Elers who participated at the Hunter Regional PSSA Girls Touch Football trials held on Friday last week. All three girls are talented athletes who love their sport and are excellent ambassadors for our school.

## An Exciting Opportunity for Stage 3 Students!

Newcastle City Council is in the process of creating a masterplan for the redesign of Stevenson Park around the existing sports facilities to make the park more user friendly and accessible for people of all ages and abilities.

As part of the Stevenson Park Masterplan, Council is partnering with the Stage 3 students of Mayfield Demonstration School to involve students in the visioning and the design process of the future use of this space. The Stage 3 students will be working with the Council Community Engagement Officer, engineers and architects during a session at the park on Tuesday 29<sup>th</sup> May 2018.

The session aims to:

Encourage diverse involvement in the project by involving students.

Better understand the experience of children at Stevenson park

Test and develop ideas and priorities to inform the development of the initial designs and the final Stevenson Park masterplan, with a specific focus on the playground concept plan.

Students will be using iPads and recyclable materials to present designing ideas to the Council about their visions for this space. They will be bringing home a note about this excursion opportunity this week and there will be no cost involved.

## First Year Teacher Education Students

First Year Teacher Education Students from the University of Newcastle (UON) were both motivated and inspired after visiting Mayfield West Public School as part of *ED-Outreach* in their Teacher Education Program. UON students were tasked with making connections through their observations and interactions in the classroom, with the theory and concepts they are studying in their first semester.

*'I expected that it would be great but it truly was inspiring to be there experiencing teaching first-hand'* – Kurt, First Teacher Year Education Student UON.

*'My school visit instantly motivated me to get myself out there and experience as much as I can through volunteering in schools'* – Melanie, First Teacher Year Education Student UON.

The School of Education would like to thank all the staff and students from Mayfield West Public School for allowing our students to share in amazing learning taking place in your school community.

The School of Education would like to express gratitude to Miss Kara Bull for sharing her expertise with our Teacher Education Students last Wednesday. Kara presented at a Literacy Lecture specifically focusing on teaching and supporting students in reading. University students were encouraged to learn more about various programs and specific strategies to foster individual reading development.

**Rachel Birch**

**The School of Education, UON**





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## P&C Meeting

Our next P&C Meeting will be held **THIS WEDNESDAY 16<sup>th</sup> May**, at 6pm in the staff room.

Some of the items on the agenda this month include:

School disco

Uniform shop

Swim school

New members are always welcome, we hope to see you there!

## Entertainment Books

The 2018/2019 Entertainment Books are now available for purchase. At just \$65, they are full of fabulous savings.

Just follow the link to buy online: <https://www.entertainmentbook.com.au/orderbooks/3566y5>

Hard copies are also available at the office.

## P&C Disco

The P&C are holding a disco on the evening of **Thursday 31<sup>st</sup> May**. Please see the attached flyer for further information.

A parent information session on Healthy Eating will be held in the school library during the first disco, from 5.30 – 6.30 pm. If you are interested in attending please email [Kara.Bull1@det.nsw.edu.au](mailto:Kara.Bull1@det.nsw.edu.au)

Our disco will require a lot of volunteers for it to run smoothly. If you are interested in helping at this event, please contact our event coordinator Mel Shannon on 0432304294

## Canteen Roster

Tuesday 15 <sup>th</sup> May	Katie, Recess – Noosha
Wednesday 16 <sup>th</sup> May	Lynn
Thursday 17 <sup>th</sup> May	Robyn
Friday 18 <sup>th</sup> May	Toni, Alice, Rumena and Recess – Amber
Monday 21 <sup>st</sup> May	Margaret
Tuesday 22 <sup>nd</sup> May	Kizzia

## 3 Top Tips to Overcome Fussy Eaters



In lunch box studies, parents cite their children being fussy eaters as one of the main barriers to packing healthy lunch boxes. This week we look at 3 Top Tips To Overcome Fussy Eaters when packing lunch boxes.

**1. TRY EVERYTHING AT HOME, 7-12 TIMES**  
Most people don't like change and we tend to eat with our eyes first. Including something new in a lunchbox without trying it at home is likely to get a fussy eater response. It will come home uneaten. At home, if it's new, it's a change and it may go uneaten too. But the first reaction doesn't always mean they won't eat it. Research shows it takes 7-12 times of trying a food in close succession before they really work out if they don't like it. Don't stop at one, two or 3 tries. Keep trying.

### 2. GIVE THEM FAMILIARITY

The best way to do this is to turn your evening meals into lunches. We tend to make more of an effort with our evening meals and include more vegetables. Turning your dinner into a lunch will mean they get more vegetables. For more ideas at <http://therootcause.org.au>

### 3. ADD-IN & CROWD-OUT

This is a great way of transitioning your family to healthier food choices. Give them a little of what they want, but add-in healthier choices. Overtime, crowd-out the less healthy choices. This is not a quick option but allows fussy eaters to transition to healthier options without the power struggle. eg. If you include chips everyday, do this but Add-In some crunchy carrots everyday. Then Crowd-out the chips by including them every second day. Keep reducing the regularity until you don't add them in anymore.



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FOR FREE WEEKLY RECIPES, LUNCH BOX INSPIRATION, AND A FREE EBOOK, SIGN UP VIA EMAIL AT [THEROOTCAUSE.COM.AU](http://therootcause.com.au).



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EDUCATION  
PATHWAYS

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## ICT Code of Conduct

An ICT code of conduct for 2018 has been sent home with all students who didn't sign the 2017/ 2018 document last year. The code of conduct outlines what Mayfield West Demonstration School considers to be acceptable use of ICT. All teachers have discussed these expectations with their students and outlined the consequences if breaches occur. Students, and their parent/guardian must sign the form stating they agree with the guidelines and return the document to school. Students who haven't returned the signed the agreement will have limited use of ICT within our school.



### *ICT Code of Conduct* 2018 for K-2 students

Mayfield West Demonstration School embraces the use of ICT in the belief that it enables everyone to learn in a multitude of different and powerful ways.

The purpose of this document is to clarify what is considered acceptable and unacceptable use of ICT (including the Internet, IWBs, laptops, iPads and other devices), and to provide clear guidelines for the use of ICT resources to promote a safe learning environment and to further equip our school community with the knowledge and skills to become responsible digital citizens.

Any violations of these guidelines will immediately result in disciplinary action, including and not limited to losing account privileges and technology access, and in extreme cases suspension.

- I will use computers and iPads to help me learn.
- I will look after the computers and iPads.
- I will tell my teacher if something is not working.
- I will be safe when using the Internet.

I understand that the use of ICT at school is a privilege, not a right. I agree to follow the above rules and am aware that breaking them will result in loss of my privilege to use ICT at school.

Student name: \_\_\_\_\_  
Student signature: \_\_\_\_\_  
Parent/Guardian signature: \_\_\_\_\_  
Teacher signature: \_\_\_\_\_  
Date: \_\_\_\_\_



### *ICT Code of Conduct* 2018 Year 3-6 students

Mayfield West Demonstration School embraces the use of ICT in the belief that it enables everyone to learn in a multitude of different and powerful ways.

The purpose of this document is to clarify what is considered acceptable and unacceptable use of ICT (including the Internet, IWBs, laptops, iPads and other devices), and to provide clear guidelines for the use of ICT resources to promote a safe learning environment and to further equip our school community with the knowledge and skills to become responsible digital citizens.

Any violations of these guidelines will immediately result in disciplinary action, including and not limited to losing account privileges and technology access, and in extreme cases suspension.

- I will only use ICT to help me learn and as instructed by school staff.
- I will only access appropriate sites and information that is relevant to my work when using the internet, and report any inappropriate material to school staff.
- I will not delete software or files that do not belong to me.
- I will not change any settings on computers or iPads.
- I will only use my own login and password and keep them private.
- I will be respectful and appropriate when communicating online (e.g. blogs & email) and report any cyberbullying to school staff.
- I will only use my first name and not give out any personal information when communicating over the Internet.
- I will handle technology equipment with care and immediately report any problems to school staff.

I understand that the use of ICT at school is a privilege, not a right. I agree to follow the above rules and am aware that breaking them will result in loss of my privilege to use ICT at school.

Student name: \_\_\_\_\_ Student signature: \_\_\_\_\_  
Parent/Guardian signature: \_\_\_\_\_  
Teacher signature: \_\_\_\_\_ Date: \_\_\_\_\_



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**The simplest way**  
to improve the health of your  
family and save money

## Come to our **FREE Fruit & Veg Sense Workshop**



Did you know that eating enough fruit and vegetables all their lives can help protect children against diseases, including some forms of cancer? This **free workshop** run by Cancer Council NSW will show you how you can easily:

-  **Save time and money making healthy meals**
-  **Learn clever ways to entice fussy eaters**
-  **Get a free recipe book simply by attending**

**Eat It To  
Beat It** 

### INVITATION

## Have your say on the future vision for Stevenson Park

Are you a passionate park user? Do you live local to Stevenson Park? Want to be a park designer for a day?

Newcastle City Council is developing a masterplan for Stevenson Park to meet the changing needs of users of the facility.

Go online to share your experience, feedback and ideas at [newcastle.nsw.gov.au](http://newcastle.nsw.gov.au) have your say until 30 May 2018.

You can also come along to a park design workshop and have your say in the park's future vision.

**Monday 28 May, 5.30pm - 7.30pm**  
**Stevenson Park softball clubhouse**

Register for the workshop by emailing [engage@ncc.nsw.gov.au](mailto:engage@ncc.nsw.gov.au) or phone 4974 2000.

The City of Newcastle

## Have your say on the future vision for Stevenson Park

The City of  
Newcastle



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