

# 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 1 Term 2

Date: Tuesday, 1 May 2018



Welcome back everyone. The staff and I hope you had a fabulous holiday and had the opportunity to relax and spend some quality time with family and friends.

Term 2 is full of wonderful opportunities! We are very excited about the many initiatives that the staff of Mayfield West have organised in term 2. Students can be involved in robotics, performing arts, sport, gardening and coding.

The 2018 - 2020 school plan has been published on our website and we continue to focus on the following strategic directions for the next 3 years:

Strategic Direction 1: Embed innovative and best practice which incorporates technology and **STEM** for quality teaching and learning that equips students to be successful **future focused learners**.

Strategic Direction 2: Knowledgeable staff implementing evidence based teaching which is responsive to student needs and personalised learning in **literacy and numeracy**.

Strategic Direction 3: Develop a connected, collaborative and inclusive school learning community with a strong emphasis on **student and staff wellbeing** through instructional leadership.

Yesterday all teaching and non teaching staff attended a Brain Development conference lead by John Joseph. Over 250 Department of Education staff from schools across Newcastle joined us. The conference focused on how the brain works, sleep patterns, technology and its impact on learning. John visited our school today and conducted student workshops with stage 3.

**Parents & carers are invited to the John Joseph Parent Information session Thursday 3rd May 2018 6:00-8:00pm. Please join us. If you are interested please email [mayfieldw-p.school@det.nsw.edu.au](mailto:mayfieldw-p.school@det.nsw.edu.au)**

## Playground equipment

It has finally arrived..... Our new playground equipment was installed over the holidays. Thank you to WEMOOSH, the Mayfield West PC and our school community for supporting this initiative.

## Capital works

In the holidays, the stage 1 stairwell, staff toilets and the front portico of the school was painted. The staff /student toilets and canteen will be painted in the next couple of weeks. Everything looks fresh and the colours are very current and warm



Have a great week.  
Deborah Kelly

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## Year 5 Opportunity Class 2019

If you would like to have your child considered for a place in a Year 5 opportunity class in 2019, you will need to apply online using a valid email address (not the student's email address). Detailed instructions on how to apply online are available at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

Applications open from Tuesday, 1 May 2018 and close on Friday, 18 May 2018. No late applications will be accepted. There are no paper application forms. If you have a disability that prevents you from using a computer please contact the Unit for assistance. You must submit only ONE application for each student. The Opportunity Class Placement Test will be held on Wednesday, 1 August 2018.

Application package

<https://schoolsequella.det.nsw.edu.au/file/49795d1c-b339-43e9-aa48-02e496d165f1/1/oc-applicpack.pdf>

## Brick Art

A big thank you to Geoff, Kristy and Skye who generously gave up their time, and expertise last term to support some of our Aboriginal students begin phase one of our brick art project.



## P&C News

### Important Dates

- 8<sup>th</sup> May – Mother's Day Stall
- 11<sup>th</sup> May – Lunchtime stall and Preschool Blue group
- 16<sup>th</sup> May – P&C meeting
- 31<sup>st</sup> May - Disco

### Mother's Day Stall

Our Mother's Day Stall will be held next Tuesday 8th May for Preschool – Year 6. We have some fabulous gifts for Mum and Grandma, ranging in price from \$1 to \$5 & limited \$10 packs.

If you can assist on this stall, between 8.45 -11am, please message Mel on 0432304294.

On Friday 12th May there will be a stall at Preschool, followed by a lunchtime stall outside the canteen for any last-minute gift purchases.

The P&C are kindly asking for donations of any handmade or crafted gifts for the stall. These donations can be left at the office.

### Entertainment Books

Give Mum an Entertainment Membership this Mother's Day and she can enjoy more than 12 months of valuable dining, shopping and travel offers!

Simply click on the link below and choose between a digital or hard copy.

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

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## Mind Your Brain





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Our Mother's Day Stall will be held next Tuesday 8th May. All students from Preschool – Year 6 will have the opportunity to shop for that perfect gift for the special lady in their life.

We have some fabulous gifts for Mum and Grandma, ranging in price from \$1 to \$5, with limited \$10 packs available.

On Friday 11th May there will be a stall at Preschool, followed by a lunchtime stall outside the canteen for any last-minute gift purchases by K-6.

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## 3 Refreshing Lunch Box Drinks



An important component of a healthy lunch box is including a drink bottle of water. This is the simplest and most effective way to ensure your child stays hydrated at school. In addition to your bottle of water, you could also include another drink which can add to the variety and give them additional nourishment. Today, I share with you 3 refreshing drinks.

### 1. FLAVOURED WATER

The night before, add some cut fruit to drink bottle of water and allow the flavour of the fruit to infuse in the water. Strawberry is often well received by children, but lemon is also refreshing. Or try this Jamie Oliver recipe <http://rootcause.lq>.

### 2. SIMPLE GREEN SMOOTHIE

This smoothie tastes like banana, but includes strawberries and baby spinach. Lots of lasting energy in this one. It's dairy free but the consistency is like having banana smoothie made on yoghurt. Trust me, kids love this at the Mad Food Science Classes and go back for seconds. Visit <http://rootcause.lq> for the recipe.

### 3. PIÑA BROCCOLI SMOOTHIE

With the great taste of banana, pineapple and coconut milk, you can't even taste the broccoli in this. Visit <http://rootcause.lq> for the recipe and read the great benefits of broccoli too.

### IDEAS

- Make these the night before and refrigerate them.
- Freeze them overnight in warmer months and they'll not only be refreshing at recess or lunch, but they'll act as an ice brick too.



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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).

The  
Root  
Cause

## Good for Kids good for life

### 7 REASONS TO LIMIT SMALL SCREENS

Nearly half of all children aged between 5-15 years spend more than 2 hours every day on small screen entertainment such as TV, smartphones and tablets.

Children who spend more than 2 hours on screen time per day are more likely to:

- Have an unbalanced diet.
- Be less physically active.
- Have sleep problems.
- Drink more sugary drinks.
- Snack on foods high in sugar, salt and fat.
- Have fewer social interactions.
- Develop poor posture.



Setting up good habits while children are young can make all the difference to their habits and health in later life.

Source: Murrumbidgee Local Health District Quick Bites



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