

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 2 Term 2

Date: Tuesday, 8 May 2018



NAPLAN

Students in Years 3 and 5 will once again undertake NAPLAN Testing commencing Week 3 **Tuesday 15th May, Wednesday 16th May** and **Thursday 17th May 2018**.

15th May - language conventions and writing

16th May - reading

17th May – numeracy

The tests are held Australia wide and are in the areas of Literacy and Numeracy. Parents and carers, some children find these tests stressful, I would suggest that you encourage your child to do their best and reassure them that NAPLAN is just one part of their school program.

NAPLAN tests are constructed to give students an opportunity to demonstrate skills they have learned over time through the school curriculum, NAPLAN test days should be treated as just another school event on the calendar.

Please ensure that your child is at school on time and has had a healthy breakfast.

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. 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.

PSSA

Mrs Gray and Mr Rolston have been busy selecting teams for PSSA soccer and netball. It is wonderful that we can participate in this inter school competition in 2018 and provide our students with another opportunity. When I ran school focus group meetings last year, many parents, carers and staff indicated that they would like to be part of PSSA. The students are very excited and cannot wait to represent our school. The competition runs for all of term 2 on a Friday. Mrs Gray and Katie Hill will accompany the girls to netball. Katie Hill is the coach. Mr Rolston and Tim Drough (school chaplain) will be responsible for taking the students to soccer. All notes and money needs to be returned to school today please.

Zone Cross Country

Thank you to Mrs Roberts Prisk for organising the event and to the students who represented our school at Zone Cross Country. Mrs Roberts Prisk has added some information about the event in this week's newsletter.

We have amazing students

I am very proud of the students of Mayfield West Demonstration School. I can confidently say each time any student represents our school, the organisation or person running the event comments on how respectful, cooperative and helpful they are.

I would like to quote John Joseph (Brain Development presenter) "Mrs Kelly you have a fine school here and your students are remarkable learners and accepting citizens".

Thank you Mayfield West.

Have a great week and please stay in touch if you need anything clarified or have any questions.

Deborah Kelly
Relieving Principal



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Important Dates

11 th May	P&C Mother's Day Stall (lunch time)
15 th May	NAPLAN – language conventions and writing
16 th May	NAPLAN – reading
	P&C Meeting
17 th May	NAPLAN – numeracy
18 th May	Stage 2 Excursion Josephine Wants to Dance
30 th May	School Photos Preschool Red, K – 6
31 st May	P&C Disco
13 th June	School Photos Preschool Blue, catch up
14 th June	School Athletic Carnival

Sports Days

Early Stage 1 – Kindergarten	Tuesday
Stage 1 – Years 1 and 2	Friday
Stage 2 – Years 3 and 4	Wednesday
Stage 3 – Years 5 and 6	Friday

Assembly

This week's assembly will be hosted by 1P. Assembly commences at 2.30 pm in the hall.

Sports Program K – 2

This term, Masters students from the University of Newcastle will be running a three week PE program with students from Mayfield West. This experience supports our schools current PDHPE program. The lessons will occur on **Tuesday 15th, 22nd and 29th May** and involves the following six classes

10.00am-11.00am: 1/2C, 1/2K and 2C

11.50am-12.50pm: KH, KT and KP

In term 4, the whole school will be involved. Any questions please see you child's classroom teacher or Miss Bull

University Of Newcastle

67 Teacher Education Students from the University of Newcastle will be working with staff and students at Mayfield West Demonstration School this week. The students are in their first year of teaching and are studying *Teaching as a Profession*. They will be observing staff at Mayfield West teaching best practice in areas such as educational equity, diversity, 21st Century learning, knowing and motivating their students and reflective practice.

Library News

Premier's Reading Challenge 2018

Congratulations to Bella Avis 5P for completing the PRC - fabulous reading! The challenge finishes at the end of August, so it is not too late to begin. 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

2018 Premier's Reading Challenge Logon Details:

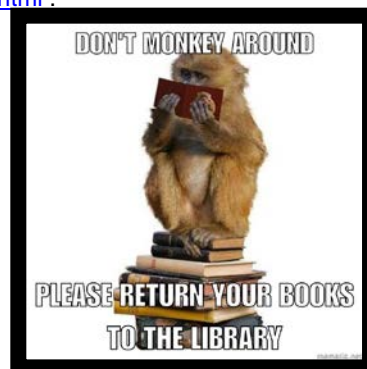
Student name:

Class:

Mrs Troup to fill in & return:

Logon:

Password:



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Canteen Roster

Tuesday 8 th May	Margaret, Recess - Noosha
Wednesday 9 th May	Robyn
Thursday 10 th May	Andreana
Friday 11 th May	Toni, Kim, Alice & Rumena, Recess - Dee
Monday 14 th May	Amanda
Tuesday 15 th May	Katie

Mother's Day Stall

Thank you to all of the children who made a purchase at our Mother's Day Stall and to all our volunteers who helped to sort and wrap the gifts and who gave up their time to serve at the stall this year. Your help is greatly appreciated!

The P&C would like to wish all our Mums, Grandmas and Carers a very happy Mother's Day!

Entertainment Books

The 2018/2019 Entertainment Books would make a great gift for Mum. 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. Get yours now, support our school and start saving!

Disco

We are holding a school disco on Thursday 31st May. Full details will be in next week's newsletter, so mark it on your calendar now.

There will also be a parent information session on healthy eating, presented by the Cancer Council, during the Preschool – Year 2 disco.



Mind your brain workshop

On Tuesday, May 1st, stage 3 went to mind your brain workshop conducted by John Joseph. While we were there, we dissected lamb brains and learned about all the different parts of a brain. The high tech equipment we used to part the brain were: Rubber gloves, plastic knives, plates and skewers. Some of the parts we learnt were: cerebellum, cerebrum, hypothalamus and thalamus [which looked like a baby's butt]. We also made an Information Process Model out of coloured plastersine. All of the groups chose different themes for their models. We had great time learning how our brains work.
5P



On the first day of term we attended the John Joseph Mind Your Brain workshop. It was a very interesting day as he talked about the brains of both humans and sheep. Everyone was a bit hesitant about cutting open the brain but throughout the session we were having fun and learning and really enjoyed it. John Joseph explained and demonstrated how to cut open a brain and what to find inside. The brains felt slimy, cold and there was a lot of blood coming from them. There was a small part of the brain that we cut out that determined the age of the sheep (baby, teen, adult).

6R

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Mind Your Brain – Working with the ‘Brain Guy!’

Watery blood formed a pool on my plastic plate. I started to worry. I felt sick, dizzy and drowsy all at the same time. My legs were numb and I was sure I was going to faint!

Our brain is very delicate and to dissect it we had to be respectful. Luckily for me, a teacher could see the way I was feeling and they asked if I would like them to take the brain away. I quickly said yes!

John Joseph had come to talk to us about the importance of our amazing brains. I learned that we must have sleep to help with our memories. This helps with our learning as it moves it to our into our long term memory. Water is also very important for our brains to be able to work well so we need to drink lots of it.

By Bonnie 5RP

A pool of blood formed below the brain sitting on the plastic plate in front of me. I was at school. I couldn't believe that I was about to dissect a lamb's brain! The world renowned 'Brain Guy' John Joseph was teaching us how to do it and showing us how amazing and special our brains are. First he told us to use our wooden skewer to find the brain stem. We had to put the skewer inside it. Many kids were grossed out by this and some didn't participate in the dissection. Then we used the plastic butter knife to cut open the cerebellum. Once we did this we were able to locate a part of the brain that is shaped like a butt! We continued our delicate cuts until we found the hippocampus, which is where our memories are stored. The hippocampus is shaped like a seahorse. John told us that 'hippo' means horse and in Greek 'campus' was a sea monster, which is how this part of the brain got its name.

During this workshop, I learned that our brain is very fragile and that we need to protect it. It is very important that we have healthy amounts of water and a good night's sleep so that our brain is ready to learn new things each day.

By Sawyer 5RP

Lamb's brains, diagrams, slideshows, blood! I saw lots of things yesterday that I never thought I'd get the chance to ever see. On Tuesday last week, Stage 3 went to a workshop run by John Joseph – the 'Brain Guy'. He taught us all about our brains and how they work. John showed us a slideshow and the first picture we saw was of a real human brain!

During the workshop we dissected a lamb's brain (eww!!) and worked with our group to create a plasticine model of how we remember things. This is known as our working memory. Making the model was fun but the dissection was pretty gross!

We learned some cool facts too. Did you know that your brain has a part in it that looks like a butt? It's called the thalamus and it helps us with our sleep, being alert and taking in new information. Our brain also has a part that is shaped like a seahorse, called the hippocampus. This helps us with our memories.

The day was fascinating and lots of fun.

By Bella 5RP



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Zone Cross Country

Newcastle City Zone Cross Country

Congratulations to our Zone Cross Country representatives who participated at this carnival last Friday. The carnival was held at Stevenson Park and the course was very challenging with hills, muddy patches and lots of competitors.

The sportsmanship, citizenship and behaviour of these students on the day were of the highest standard. They were excellent ambassadors for our school.

Our team was:

Connor Mugo, Howie Carroll, Jack Shannon, Ellazae Elers. Tasila Mulholland, Mia Broadbent-Miller, Bailey Fogarty, Oliver James, Noah Riunce, Chelsea Lange, Billie-May Gaston, Charlet Buckley, Cameron Masters, Mitchell Hinder. Kaylee Livermore, Kaidi Blakemore, Alice Bradley, Nate Dickinson, Caydon Dryden, Riley Black, Azaria Clarke and Taneika Smith.

Thank you to the parents, carers and Ms Brooker who came along on the day as our team competed over the two or three kilometre course. Your encouragement and cheering was very much appreciated.



3 Ways To Stop Apples Browning



Apples are a brilliant and convenient lunch box food, but children often don't like eating them whole, or they don't like how they turn brown in the lunch box when they are cut into smaller pieces. Today I share with you 3 great ways to stop the apples oxidising and turning brown in the lunch box.

1. CINNAMON CHUNKS

Cinnamon is great for boosting brain activity and is recognised as a mood enhancer. Combine cinnamon with an apple and you have a fantastic healthy sweet snack for the lunch box. Cut your apples into chunks, then pop them in a zip lock bag with a good shake of cinnamon (not cinnamon sugar) and then toss the apples around so the cinnamon coats the chunks.

2. ELASTIC BAND IT

Cut an apple so it has 4 cuts all the way through (2 downwards alongside the core, then 2 across ways alongside the core). Then rejoin the pieces and held in place as a whole apple with an elastic band.

3. SOAKING

Soaking your cut or sliced apples in soda water or water with 1 tablespoon of lemon juice for 5 minutes before adding to them lunch box will stop them from browning.

IDEAS

Rotate these methods during the week to increase the variety in the lunch box. Of course, adding a whole apple adds even more variety.



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FOR FREE WEEKLY RECIPES, LUNCH BOX INSPIRATION, AND A FREE EBOOK, SIGN UP VIA EMAIL AT THEROOTCAUSE.COM.AU.

How much physical activity do children need?

- Children and youth should participate in at least 60 minutes of moderate-to-vigorous ('huff and puff') physical activity every day.
- On at least three days per week, children should engage in activities that strengthen muscle and bone.

This activity doesn't all have to be done at once. It can be built up throughout the day. For example walking or riding to and from school, active play at home, and organised sport after school and on weekends.



Sedentary Behaviour Guidelines

As well as being active, it is important to minimise the time children spend being sedentary every day.

To achieve this:

- Limit use of electronic media for entertainment (e.g. television, seated electronic games and computer use) to no more than two hours a day - particularly during daylight hours.
- Break up long periods of sitting as often as possible.