

# 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 9 Term 3

Date: Tuesday, 18 September 2018



This is our last newsletter for term 3. How quickly the term has gone!

On Friday we received and distributed to parents and carers years 3 & 5 NAPLAN results. The stage 2 & 3 teachers were very impressed with all areas especially writing. Writing and Representing is part of Strategic Direction 2 and our major focus has been to shift each student's mindset and establishing goals to improve their knowledge, skills and understanding. Please feel free to have a conversation with your class teacher if you need clarification or have any questions about NAPLAN. Next term, staff will analyse results and determine areas of development and where to next in teaching and learning.

What a night!!!! Congratulations to the students who participated in Cluster Choir. It was wonderful. Thankyou to Mrs Munro, Ibu Russell and our talented students for their commitment and ongoing support in this combined schools choir. Our P&C organised the BBQ and raised over \$1000. Thankyou to our volunteers and P&C members for running this event. Your time and efforts are appreciated.



On Friday 21st September 2019 Mrs Josie Bailey Director Educational Leadership will present the Spelling Bee medals for each year winner. Please join us at our morning assembly to acknowledge the following students:

Kindergarten Kahia Bluegum

|        |                  |
|--------|------------------|
| Year 1 | Hugh Ludriks     |
| Year 2 | Mason Dunnage    |
| Year 3 | Sofia Stojko     |
| Year 4 | Chelsea Lange    |
| Year 5 | Bella Lewis      |
| Year 6 | Cameron Skellams |



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Thankyou to the trivia team for organising the Mayfield West Trivia night on Saturday 22nd September 2018. Each morning and afternoon the team are at the front of the school selling tickets. Thankyou very much. It will be a wonderful night and very well supported by our community.

Term 3 has been a very busy time filled with many opportunities and quality teaching and learning. I would like to thank the staff for their professionalism, commitment and dedication to our students and community. We are very grateful to the community for supporting all areas of your child's education. Congratulations to our amazing students. During this term they have proven to be determined learners who thoroughly enjoy school and take on every opportunity. I am very proud of the strong partnerships we have developed to improve student learning.

I wish Mayfield West all the success in the future and thank each and every one of you for making my time at the school a wonderful experience. As I have said many times before this *school on the side of the hill* will always hold a very special place in my heart.

Have a wonderful holiday.

Take care  
Deborah Kelly

## Important Dates

|                            |                               |
|----------------------------|-------------------------------|
| 20 <sup>th</sup> September | Life Education<br>P&C Meeting |
| 22 <sup>nd</sup> September | P&C Trivia Night              |
| 28 <sup>th</sup> September | End of Term 3                 |
| 15 <sup>th</sup> October   | Term 4 commences              |
| 22 <sup>nd</sup> October   | Swimming Program Years 3 – 6  |

## Assembly

This week's assembly will be hosted by Kindergarten. Assembly commences at 2.30pm. All welcome.

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## Quality Kids

|      |               |                |
|------|---------------|----------------|
| 3H   | Roman Trovato | Jake Hinder    |
| 3/4R | Jessica Rapp  | Sofia Stojko   |
| 4G   | Rylie Dunne   | Finlay Smith   |
| 5P   | Danah Kadi    | Acacia Elers   |
| 5RP  | Mark Estardo  | Justin Paloma  |
| 5/6M | Nguyen Anh Do | Jed Carroll    |
| 6R   | Violet Davey  | Charlotte Snow |

## Library News

Premier's Reading Challenge 2018

As mentioned last week, the Premier's Reading Challenge is now over for another year and congratulations to all students who completed the challenge.

The final student to complete the challenge was Harry Gissane 5P - fantastic reading Harry, you just snuck in! Our school had 197 students completing the challenge this year, which is a great effort. We can now look ahead to the 2019 PRC. Any books read by students from the beginning of Term 4 can be included in next year's challenge. Students will just need to keep their own record of books read until the official website opens in March next year.

Happy reading Mrs Troup



## Canteen Roster

|                                      |                                                        |
|--------------------------------------|--------------------------------------------------------|
| Wednesday 19 <sup>th</sup> September | Margaret, Mandy                                        |
| Thursday 20 <sup>th</sup> September  | Lyn                                                    |
| Friday 21 <sup>st</sup> September    | Kim, Toni, Naomi, Rumena, Recess Amber                 |
| Monday 24 <sup>th</sup> September    | Robyn                                                  |
| Tuesday 25 <sup>th</sup> September   | Anne                                                   |
| Wednesday 26 <sup>th</sup> September | Danielle, Mandy                                        |
| Thursday 27 <sup>th</sup> September  | Andreana                                               |
| Friday 28 <sup>th</sup> September    | Kim, Toni, Alice, Rumena, Michelle, Recess HELP NEEDED |

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## International Competitions and Assessments

Congratulations to the following students who competed in the 2018 English International Competitions and Assessments for Schools.

| NAME              | AWARD         |
|-------------------|---------------|
| Jeffrey Ludricks  | Distinction   |
| Sofia Stojko      | Distinction   |
| Chelsea Lange     | Distinction   |
| Bella Lewis       | Distinction   |
| Ren Allan-Denniss | Credit        |
| Cameron Donovan   | Credit        |
| Oscar Shain       | Credit        |
| Allie Dickinson   | Credit        |
| Sawyer Waller     | Credit        |
| Nguyen Ahn Do     | Merit         |
| Liam Curtis       | Participation |
| Jayden Raju       | Participation |
| Senyo Agbola      | Participation |
| Alice Bradley     | Participation |
| Nate Dickinson    | Participation |

## Life Education

Healthy Harold talk was about being a good friend and being respectful. Healthy Harold was fluffy and beautiful.

Sara Bialecki





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## Spelling Bee

Last Wednesday, Sofia Stojko, Nguyen Tran, Cameron Skellams and Bella Lewis represented MWDS at the Spelling Bee Regional Finals at Jesmond Public School. All students did an outstanding job of representing our school and progressed through several rounds against tough competition! Congratulations to these students on their outstanding spelling!

A very big congratulations to Sofia Stojko who won the Stage 2 Regional Final. Sofia will be representing our school at the New South Wales Spelling Bee State Finals to be held in Sydney on Friday 2 November 2018. What an achievement!

As the regional winner Sofia also won a Budget Dictionary and Thesaurus from Macquarie Dictionary. Macquarie Dictionary will also be providing our school with free school-wide subscription access to the Dictionary & Thesaurus online. This will provide the whole school with the ongoing opportunity to practise their spelling and help Sofia in the lead up to the 2018 State Final.

Our year Spelling Bee winners will be presented with their Spelling Bee Medal by Josie Bailey, Director Educational Leadership, at our 8.55am morning assembly on Friday 21 November 2018.



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## **P&C News**

### **Farewell Mrs Kelly**

It is with mixed emotions that the P&C wish Mrs Kelly farewell. We will miss her guidance, support, honesty and friendship. Our relationship has always been based on open communication, as we worked together to ensure our students and staff had the resources available to be their very best. We know that Jesmond Public School are very lucky to have her, and have no doubt that they will love her just as much as we do! Thank you Deb, for making the school/community relationship what it is today, we are very proud of what we have achieved together.

### **P&C Meeting – 19<sup>th</sup> September**

Our next P&C meeting is tomorrow night at 6pm, we would love to see you there!

### **Annual General Meeting**

Our AGM will be held on Wednesday 17<sup>th</sup> October at 6pm. Please join us as we elect a new committee for 2019. The AGM is followed by a General Meeting.

There are many positions available to parents wishing to have a more involved role in the school. You can be part of the Executive, or simply join the committee and be part of the planning process. Below are the positions to be elected at the AGM:

President

Vice President

Treasurer

Assistant Treasurer

Secretary

Assistant Secretary

Canteen Liaison

Uniform Shop Coordinator

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## Colour Run!

We have a huge fundraiser coming up in Term 4 which promises to be lots of fun!

Information and sponsorship packs will come home before the end of Term, so you can start collecting sponsors in the holidays.

## Cluster Choir

A big thank you to our amazing volunteers who represented Mayfield West P&C at the Cluster Choir last week. Our BBQ was very successful and we raised almost \$1000 on the evening.

It was great to see so many families supporting this event, and as always, our Choir sang beautifully!



## Trivia Night – Raffle Tickets and Money Due Back This Week

The P&C Trivia Night is being held this weekend.

As such ALL raffle tickets, sold or unsold, need to be returned by Friday.

Drop them to the office or the Trivia Pop-Up Stall at the front gates.

Thanks to those families who have already purchased tickets.

With such great prizes on offer and holidays coming up, you need to be in it to win it!!



**TICKETS FOR EVERYONE! DON'T MISS OUT!  
RAFFLE DRAWN 22 SEPTEMBER 2018**

### 1ST PRIZE = \$1000 FAMILY ADVENTURE PACK

Includes Tree Tops Adventure Park (\$172); Unreal Virtual Reality (\$100); Hunter Valley Zoo (\$80); Osovale Wildlife Park (\$80); Shark & Ray Encounters (\$97); Bakers Delight (\$20); Entertainment Book (\$60); Delta Force Paintball (\$149.50); Revolution (\$150); Super Stripes Bowling (\$99).

### 2ND PRIZE = \$500 D.I.Y. ADVENTURE PACK

Includes Bunnings Voucher (\$200); Newcastle Hand Carwash Café - Super Wash (\$50); Amazing Paint Warehouse - Paint trays & rollers (\$40); Overkill Pest Management voucher (\$100); AJ's Bikes & Bits - Polar Bear Insulated Water Bottles (\$60); Optus - Safe Sack Backpack (\$60).

### 3RD PRIZE = \$300 MAYFIELD FOODIES ADVENTURE

Includes vouchers for Mayfield West Kebabs (\$50); Mayfield Hotel Bistro (\$50); Westside Pizzeria (\$40); The Mex Club (\$27.90); Side Pocket Espresso (\$20); Park Ewe Deli (\$25); Domino's (\$31.95); The Natures Cafe (\$10); Vincent's Café (\$15); Onyx Espresso (\$20); Oily May (\$20); Zooki Espresso (\$20).

**TICKETS \$1 EACH. BOOK OF 10 FOR \$10**

Ticket Books must be returned to MWDS office by Friday 21st September.  
Raffle drawn 10pm at Mayfield West Bowling Club (Trivia Night).

Winners do not need to be present to win.  
Winners will be posted on the MWDS P&C Trivia Night Event Facebook Page and notified by phone.

**FIND US ON  MWDS P&C TRIVIA NIGHT  
FOR MORE ABOUT PRIZES AND THE GENEROUS LOCAL  
BUSINESSES SUPPORTING THIS FUNDRAISING RAFFLE!**



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## The iPLAY Program

### Strategies to reduce screen time

#### 1. Talk to your family

Explain to children that it's important to sit less and move more in order to stay healthy.

#### 2. Set screen-time limits

Create a house rule that limits screen-time to two hours per day. More importantly, enforce the rule.

#### 3. Set a good example

Be a good role model and limit your screen-time to no more than two hours per day. If your children see you following the rules, they're more likely to do the same.

#### 4. Create a screen-free time period between the end of school and dinner time

This is an ideal time for children to be outside and be active. Encourage children to adopt activities such as kicking a ball in the backyard, playing outside with siblings or the family pet, going for a walk or ride, or joining a sporting team.

#### 5. Log screen-time vs. active time

First, log how much time your family spends using screens (outside of school or work). Then, look at how much time the family spends being active. If you see that your family logs more hours using screens than being active, sit down together and set goals to increase your physical activity.

#### 6. Be active during screen-time

When you spend time in front of the screen, do something active. Stretch, practice yoga poses, walk on a treadmill, or do body weight exercises such as squats or dips. Challenge the family to see who can do the most push-ups or jumping jacks during commercial breaks.

#### 7. Create screen-free bedrooms

Avoid putting a TV or computer in your child's bedroom. Children who have TVs in their rooms tend to watch more TV per day than those who don't. In addition, having a TV in their bedroom can keep children from spending time with the rest of the family.

#### 8. Provide alternatives

Watching TV can become a habit, making it easy to forget what else is out there in the world to experience. Give children ideas and alternatives, like playing and exploring outside, picking up a new hobby or learning a sport.



## Good for Kids good for life

### GUIDE TO HEALTHY EATING

Have you seen the Australian and the Aboriginal and Torres Strait Islander Guide to Healthy Eating? Children and adults should enjoy a wide variety of nutritious foods from the 5 food groups every day:

- Plenty of vegetables of different types and colours and legumes/beans.
- Fruit.
- Grain (cereal) foods, mostly wholegrain and high fibre varieties, e.g. pasta, rice, bread etc.
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds.
- Milk, yoghurt, cheese and/or alternatives, mostly reduced fat (full fat milk for children under 2).
- And drink plenty of water.



Visit [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au) for more information.

PHONE 4974 6499



CALLAGHAN  
EDUCATION  
PATHWAYS



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**IT'S TIME TO GET MOVING!**  
**YOUR CHANCE TO WIN \$1000 WORTH OF SPORTING GOODS FOR YOUR SCHOOL**  
**1 - 30 SEPTEMBER 2018**



**GENESIS**  
HEALTH + FITNESS



**START EARNING MEPS FOR YOUR SCHOOL TODAY!**

At Genesis Health and Fitness, we are a true believer that movement should be instilled in children at a young age, which is why we are challenging your school community to get moving. The best bit? The winning school with the most MEPS (MyZone® Effort Points) at the end of September, will win \$1,000 worth of sporting equipment.

**How cool is that?!**

**How to earn your MEPS:**

1. Do organised activity at school in groups (10 or more students, teachers or parents)
  - Every 15 minutes of exercise will get 25 MEPS per group
  - This must be recorded with a photo
  - It doesn't have to be vigorous exercise, just move around
    - Get an additional 25 MEPS weekly for the
      - Best video and photo of the week
2. Use the MyZone® heart rate belt provided to your school. This will be shared between the students. The more vigorous the activity, the more points you get. Every point earned is worth DOUBLE!
3. Parents, students and teachers can attend a Coaching Zone session at their local Genesis club and use one of the MyZone® heart rate belts located on the Moving Matters Schools Challenge Board that has been allocated to your school. Every MEP earned on one of these belts is worth DOUBLE!
4. Coaching Zone members - can donate their MEPS to one of the nominated schools at the end of September.

**Genesis Warners Bay**  
13240-260 Hilsborough Road, Warners Bay 2285  
Call 02 4922 7600 or visit [genesissfitness.com.au](http://genesissfitness.com.au)

**GENESIS**  
HEALTH + FITNESS

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**MAYFIELD UNITED JSFC**  
**SUMMER 6-A-SIDE**  
@ STEVENSON PARK, MAYFIELD WEST

**NO WEEKLY MATCH FEES!**  
**EVERYTHING PAID UPFRONT**

**SEASON STARTS**  
**MONDAY 15TH OCTOBER**  
**UNTIL LATE FEBRUARY**

**UNDER 18**  
**REGISTERED - \$85**  
**UNREGISTERED - \$100**  
**REGISTER ONLINE**  
**[PLAYFOOTBALL.COM.AU](http://PLAYFOOTBALL.COM.AU)**  
**"MAYFIELD UNITED JSFC"**

**AGE DIVISIONS**  
**UNDER 10/11s**  
**UNDER 12/13/14s**  
**--MIXED TEAMS--**  
**NO PLAYING EXPERIENCE**  
**NECESSARY!**

**EMAIL [MUJSFC@HOTMAIL.COM](mailto:MUJSFC@HOTMAIL.COM)**  
**FOR TEAM NOMINATION FORM & MORE INFORMATION**

**PROUDLY A PART OF**  
**TAFE NSW SUMMER FOOTBALL**

**MUJSFC**  
EST 1944

**TAFE NSW SUMMER FOOTBALL**

**DYNAMITES MUSIC**  
A FUN PROGRAM FOR  
PRE-SCHOOLERS AND THEIR CARERS

We would love you to join us Wednesday mornings  
9:30am during school terms.  
Come along and have fun singing, dancing, playing, crafting and eating  
a yummy morning tea.

Where: 6 Callistemon Cl, Warabrook NSW 2304  
Cost: \$5 / Child or \$10 for 2 or more children  
Contact: [dynamites@gracepc.org.au](mailto:dynamites@gracepc.org.au)  
[DynaMites Music Warabrook](https://www.facebook.com/DynaMitesMusicWarabrook)  
[gracepc.org.au/come-along/dynamites-music](http://gracepc.org.au/come-along/dynamites-music)

**grace**  
TECHNICAL & ARTS