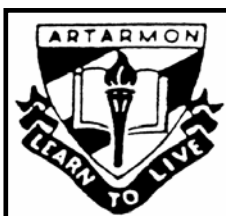


# Newsflash

ARTARMON  
PUBLIC  
SCHOOL

<u>Term 3</u>	
<b>13 August</b> 10/17/24/31 Aug 11/18/25 Aug & 1 Sept 19 August 26 Aug 28 August 4 Sept 18 -25 Sept <b>20 Sept</b> 23 Sept 30 Sept <u>2 Oct</u>	<b>Athletics Carnival</b> Yr 5 Interrelate Yr 6 Interrelate UNSW Maths Competition P&C Meeting K-2 Sports Carnival Father's Day Breakfast Life Education <b>Movie Night - UP</b> P&C Meeting School Public Speaking Competition <u>Last Day Term 3</u>
<u>Term 4</u>	
<u>19 Oct</u> 3 Nov 27 Nov 29 Nov 1 & 2 Dec 3 Dec 8 Dec 9 Dec 10 Dec 11 Dec <u>16 Dec</u>	<u>First Day Term 4</u> Kindergarten Orientation OC Orientation Band Concert Yr 6 Production Coffee, Cake & Chat 3-6 Presentation Day K-2 Presentation Day Carols By Candlelight Yr 6 Farewell <u>Last Day Term 4 for students</u>

What is now proved was once imagined  
William Blake



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 Fax 9415 1243  
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 Website www.artarmon-p.schools.nsw.edu.au  
 Kids Cottage 9777 1082 0419 604440 Fax 9419 4487

# PRINCIPAL'S MESSAGE

## REMINDER

Crunch & Sip survey is available on the school website for parents to complete. Information is confidential as we use an external survey tool to manage the information. The committee would like to get as many responses as possible so as to make future plans.

## CANTEEN

PSSA Participants - Please remember if you have PSSA Sport on Friday afternoon you cannot order hot food in your lunch order. The PSSA orders have to be ready for collection before all the hot food is ready / packed.

Canteen Volunteers – Please, please, if you are not able to do your scheduled canteen duty:

- (1) try and arrange a swap with someone (copies of the roster available from Michele)
- (2) contact Michele with plenty of notice-**9411-1425**.

The canteen can't operate without our wonderful team of volunteers, we average 100 lunch orders a day, some days are much busier. We appreciate there are situations when volunteers have to miss canteen duty at short notice. However, if Michele is aware of the problem we have a chance of finding 'emergency help'; if volunteers simply don't turn up, that's potentially 100 hungry children waiting for their lunch.....please help us to keep the canteen running smoothly.

## ATHLETICS CARNIVAL

Staff and students are very much looking forward to our Athletics Carnival tomorrow. All students 8yrs old and above will be participating in the carnival. As these are only running events all children are expected to participate. All families are invited to attend.

I would like to apologise again for any inconvenience caused to families after last week's cancellation. We anticipate fine weather tomorrow and a fun day ahead.

*Louise Green*

*Principal*

## **Science Week Challenge 2009**

To celebrate Science Week 2009 with its Space theme, **Astronomy, space without limits**, Artarmon students Years 3-6 are invited to design and make a package to protect a packet of rice crackers in a space ship travelling to outer space.

Students can work either individually or in pairs to plan their entries, prepare a poster and produce a model. Students should demonstrate an awareness of the forces on materials as they leave earth's gravity. As well as researching the topic, students must demonstrate the **scientific method** (see steps below). Years 3 and 4 will be following this method in their work with individual rice crackers this week.

1. Research and discuss topic question (see NASA sites and videos)
2. Select suitable materials for packaging
3. Make a hypothesis
4. Plan and conduct a simple scientific test (ie repeat test 3 or 4 times changing only one variable. You can photograph testing)
5. Record results (you can present in table form)
6. Discuss results
7. Make changes to improve design
7. Repeat testing
8. Make a scientific conclusion

There will be two categories in this school based challenge: Junior (Years 3 and 4) and Senior (Years 5 and 6), with prizes for winners in each category and certificates for finalists.

All entries are due at school on Friday 4th September. Please encourage your children to get involved in this fun, educational project.

Marian Walsh



## **CANTEEN NEWS**

Hi all volunteers and Children

Dont forget until the 4th September we are participating in the "Join Forces and Win" campaign. All you have to do is make a healthy fruit and veg choice in your lunch order, collect the stickers and fill out your entry. Bring them to the canteen and win an instant prize then your entry will be added to the major prize draw.

### **ROSTER FROM THURSDAY 13TH AUGUST TO THURSDAY 20TH AUGUST**

**Thurs 13th - Tony Palecek, Aemy Khor, Cathy Pan**

**Fri 14th - Joanne De Graef, Erica Clancy, Veronica Valderas, Louisa Schwartz (sh)  
Allana Thompson (sh)**

**Mon 17th - Satomi Tong, Tammie Kitami,**

**Tues 18th - Madhu Narayanan, Vanessa Lee, Hyesook Kim**

**Weds 19th - Theresa Lin, Anne Layton-Smith, Mignon Northcote**

**Thurs 20th - Clare Hamilton Bates, Kim Cartmell, Kate Hunt**

**If anyone can help Next Monday 17th could you please ring me at the Canteen on 9411-1425.**

**Thank you  
Michele  
Canteen Manager**

### **POOR SLEEP AFFECTS PRIMARY SCHOOL CHILDREN**

Primary school children who have sleep problems may have trouble with their schoolwork and behaviour. Children who have sleep difficulties are less alert during their hours at school and may have difficulty learning new skills or retaining information. Some signs of sleep disorders can include night terrors, sleepwalking and talking, and trouble going to sleep and staying asleep. There are some things that parents and carers can do to help their children get a good night's sleep:

- Children's rooms should be quiet, dark and not too hot or cold. Use a nightlight if necessary.
- Have a regular bedtime and wake time. This shouldn't be more than an hour later on weekends and during holidays.
- Have a good bedtime routine. Read to younger children or let older children read quietly or listen to relaxing music.
- Avoid caffeine-based drinks like coffee and cola.
- Avoid spicy or salty foods in the evening such as pizza or potato chips.
- Avoid scary movies, computer games and rough play before bed.
- Remove TVs and computers from children's bedrooms.
- Ensure their beds are clean, warm and comfortable.
- A warm bath before bed encourages children to relax.

Children who wake at night and are afraid need comfort. If your child does wake in the night tell them quietly that they are safe and encourage them to go back to bed. It is important to be calm, almost matter of fact and quickly get them back into bed. This will reassure them that you are not worried and therefore they should not be worried. Most sleep problems can be easily treated. Visit your family doctor if you are worried about your child's sleeping patterns.



# 2009 "Join Forces & Win" Canteen Campaign



Artarmon School Canteen is promoting healthy eating through participation in the Sydney Markets 'Join Forces & Win' Campaign. The Campaign is designed to encourage kids to eat more fresh fruit and vegetables and to purchase them from the school canteen.

During the 'Join Forces & Win' campaign, children who make the healthy choice and purchase a lunch / snack containing fresh fruit and/or vegetables from the school canteen will receive a 'Join Forces & Win' sticker card containing a large sticker to keep and a token sticker which must be stuck on their entry form (sent home with this letter).

Once children have collected 4 token stickers, they return the completed entry form to the school canteen where they receive a 'Minor Prize' – a choice of one of six 'coloured finger projectors' – representing the six Fresh for Kids Fruit and Veg Gang members. The more times you enter, the more projectors you can collect.

The completed entry forms are automatically entered into the 'Major Prize Draw', there are some fantastic major prizes including:

- Twenty CD packs
- Fifteen G-Force figurine packs
- Five DVD packs
- Three G-Force videogames on Wii and three x Nintendo Wii consoles
- Guest role as the Film Reviewer of G-Force on Saturday Disney on the Seven Network

In 2008, 440 schools and over 146,969 children took part in the canteen campaign. Of the schools that took part, an outstanding 91% of canteen managers reported an increase in students buying fruit and vegetables.

Sydney Markets' research clearly shows that children will buy and enjoy fresh fruit and vegetables if we remind them in a fun and interactive way that healthy fruit and vegetables are more 'cool' than fatty, sugary alternatives.

Artarmon School Canteen qualifying lunch suggestions include:

#### **Available every day:**

- Sandwiches and wraps– make sure you add salad items to your choice of fillings.
- Jaffles – add tomato to your favourite toasted jaffle
- Wraps – chicken, ham or tuna with salad.
- Salad boxes.
- Homemade Chicken Soup (includes lots of yummy veggies!)
- Pasta with tomato sauce (contains fresh tomatoes)
- Pasta with bolognaise sauce (contains lots of fresh veggies)
- Chicken Burgers and Beef Burgers - all burgers are served with salad.
- Slinky Apple or 'fruit in season' – mandarins, kiwifruit etc

#### **Daily Specials :**

- **Monday** – Butter Chicken and Rice (includes potato)
- **Tuesday** - Baked Potato - (with various fillings)
- **Thursday** – Crispy Chicken Wrap (with lettuce and carrot)

**Visit MunchMonitor to order / for price detail.**

**Check the new 'Canteen Blackboard' outside the school office or watch out in Newsflash for other qualifying menu ideas during 'Join Forces and Win' Campaign**

The campaign runs from Monday 10<sup>th</sup> August until Friday 4<sup>th</sup> September and there is no limit on how many times you enter!

# Merit Badges

Congratulations to the following children

KD	Justin Lee	3MC	Jessie Lee
KG	Sakurako Tay	3R	Simmons Meiers
KM	Johan Choi	3S	Max O'Loughlin
KC	Robin Luo	4BC	Gemma Campbell
KVC	Bilal Farache	4D	Darcy Flick
1S	Lawrence Yuen	4/5K	Michael Nyunt
1GS	Angel Liu	5C	Sam Woods
1K	Jefferson Fan	5H	Wesley Zhang
1W	Thomas Deng	5S	Jin Li
2K	Angus Chen	5W	Grace Song
2C	Kiyoka Hayashi	5/6A	Bianca Ornek
2H	Angus Dowling	6H	Aaren Sun
2B	Kai O'Halloran	6L	Ken Co
		6T	Shaleen Baranwal

MARTIAL ART &  
SELF DEFENCE



PLACE OF  
TRAINING

## The Benefits of Tae Kwon Do

- Self defence
- Improved flexibility
- Physical fitness
- Develop confidence & discipline
- Improve coordination & agility
- Weight Control
- Stress relief

### Master Yoo (9<sup>th</sup> Dan Black Belt)

**Senior Instructor**  
David Soo (4th Dan Black Belt)  
Ph: 0404 116 988 (M)

**Club Secretary**  
Gwenfron Ferguson (3rd Dan Black Belt)  
Ph: 0414 909 221 (M)

### Cost

\$ 8.00 - child casual  
\$10.00 - adult casual

### All Welcome - Children and Adults

At: Artarmon Primary School  
McMillan Road, Artarmon

Time: 6.30pm - 8.00pm Monday  
6.30pm - 8.00pm Wednesday  
3.30pm - 5.00pm Saturday

