

Newsflash

**ARTARMON
PUBLIC
SCHOOL**

<u>Term 2 2011</u>	
10 May	Beginner English Classes
14 May	School Development Day for Staff
15 May	Gardening Bee
10 May-12May	NAPLAN Years 3 and 5
11May-20 May	Life Education
16 May	Yr 2 Bondi Excursion
17 May	KW,KS,KM Dural Farm Excursion
17 May	Beginner English Classes
18 May	KG,KC,KVC,KB Dural Farm Excursion
20 May	Walk Safely to School Day
20 May	Drop and Chat
21-22 May	Band Intensive
24 May	Beginner English Classes
25 May	P& C Meeting
26 May	Yr Antarctica Presentation
27 May	K-6 Assembly
31 May	Beginner English Classes
3 June	Drop and Chat
7 June	Beginner English Classes
14 June	Beginner English Classes
17 June	Canteen Night Out
21 June	Beginner English Classes
22 June	Maths Olympiad Starts
22 June	P&C Meeting
24 June	Year 4 Social Evening
28 June	Beginner English Classes
28 June	Group Photos
30 June	Semester One Reports Home
1 July	K-6 Assembly
1 July	End of Term Sausage Sizzle
<u>Term 3 2011</u>	
18 July	Staff Development Day
19 July	Students Return Term 3
28 July	OC Test
1 Aug-5 Aug	Education Week
3 Aug	Athletics Carnival
16 Aug	UNSW Maths Competition
19 Aug	K-6 Assembly
26 Aug	K-2 Tabloid Sports
2 Sep	Stage 2 Disco
7 Sep	Kindergarten 2012 Orientation
23 Sep	K-6 Assembly
23 Sep	End of Term Sausage Sizzle
<u>Term 4 2011</u>	
10 Oct	Students Return Term 4
29-30 Oct	Band Camp
7Nov-18Nov	Year 1 Swimming
5 Nov	Artarmon P&C Social Night
9 Nov	Kindergarten 2012 Orientation
1 Dec	Coffee, Cake and Chat
6 Dec	Presentation Day - Years 5-6 - 9:15-10:00
	Years 3-4 - 10:15-11:00
	Presentation Day -Years Kindy - 9:15-10:00
7 Dec	Years 1-2 - 10:15-11:00
	Semester Two Reports Home
	Year 6 Farewell
9 Dec	Last Day of Term and K-6 Picnic Day

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PRINCIPAL'S MESSAGE

ENTERTAINMENT BOOKS

Each year the Fundraising Committee contributes a large part of their time and effort to raising funds for school resources and facilities. The Entertainment Book drive is part of this effort. The Committee asks that each family return the books to school if you do not wish to buy them or send in the payment for the books. Each book not returned has to be paid for by the Committee. PLEASE return the unwanted books or payment as soon as possible to your child's class teacher. Thank you to Cath Gyles and her team for all the hard work on this project.

YR 6 JUMPERS

Yr 6 jerseys were distributed this week. This is something the Yr 6 students look forward to each year and would not be possible without the contribution of a large group of parents who assist with fitting, ordering and distribution of the jerseys.

Thank you to Cath Gyles, Annette Smith, Louise Law, Rachel Chua McNamara and Jacinta Flick.

CROSS COUNTRY CARNIVAL

Even though the weather threatened to disrupt the carnival we managed to complete all events last Wednesday. Thank you to Mrs Sun, Mrs Donohoe and Ms Konia for organising the day.

MORNING PROCEDURES FOR Yrs 1&2

Due to the large number of students in Yrs 1 & 2 that line up each morning before class we have noticed the space is not sufficient and it is taking longer to get into class and begin lessons. As of this week all the Yr 1 & 2 students will line up at their own classroom when the bell goes.

Kindergarten will continue to line up under the COLA but we ask that parents move away as soon as the bell goes to make it easier for teachers and students.

L Green

Principal

The Newsflash will be only available on the school website from Term 3. There will be no paper newsletter sent home with students.

If you register your email address at the website, you will be able to receive the reminder when the Newsflash is uploaded each Wednesday.

從第三學期開始，學校週校刊只能進入本校的網站查看。
學生將不會獲得派發週校刊影印本帶回家。

학부모님께 알려드립니다. 세번째 텀 (Term 3)부터 뉴스 플래쉬 (News Flash)를 웹 사이트를 통해서만 읽으실 수 있습니다. 학생들이 종이에 인쇄된 뉴스 플래쉬 (학교 소식)를 더 이상 집에 가져가지 않게 되었음을 알려드립니다.

ターム3より、当校のニュースフラッシュは、ペーパーレスとなります。現在、毎週水曜日に生徒を通じて配布している紙のニュースレターはなくなります。

今後は学校ウェブサイト <http://www.artarmon-p.schools.nsw.edu.au/>

のニュースフラッシュのページを各ご家庭でご参照下さい。

ウェブサイト上でEmailアドレス等を登録すると、ニュースフラッシュがウェブサイト上にて更新された旨のお知らせをEmailで受け取る事ができます。

詳しくは、当校ウェブ

DEPUTY PRINCIPAL'S MESSAGE

OC AND SELECTIVE HIGH SCHOOL TEST INFORMATION EVENING

Last Thursday Anne Robertson, Senior Education Officer with the Selective High School and Opportunity Class (OC) Placement Unit came and presented a session to parents on the two testing procedures managed by the unit.

The OC and Selective High School tests are very important to our students and their parents and this was evident with over 150 people coming to hear Anne's presentation, a very good response from our school community. The information session provided detailed information on each of the key stages in the testing process.

Further details can be found on the following websites:

OC - <http://www.schools.nsw.edu.au/learning/k-6assessments/ocplacement.php>

Selective High School - <http://www.schools.nsw.edu.au/learning/k-6assessments/shsplacement/index.php>

SAFETY PATROL

At our school we have a Safety Patrol scheme where Year 5 students help the younger children from the cars stopped on the designated drop-off section on Abbott Road. The Safety Patrol students then take the children to the entry gate on Abbott Road.

Every Year 5 student has been briefed on the Safety Patrol scheme by a member of the school's P&C Traffic Committee and the patrol operates each morning between 8:30am and 8:55am. The students on duty wear a yellow Safety Patrol vest and are clearly visible.

Drivers dropping off students to school should move forward as far as possible in the drop off zone to assist the flow of traffic during the busy morning period. Once the car has stopped a Safety Patrol Officer will assist the student from the car on the curb side.

String Group News

Regular rehearsal times for the String Groups are as follows:

Senior String Group	Tuesdays 3.00pm to 3.50pm
Junior String Group	Thursdays 7.50am to 8.50am
Opera House Group	Mondays 7.50am to 8.50am

The Senior String Group will be performing in the Yamaha Festival this year on June 14th. There will be some additional sectional rehearsals for this performance, held from 3.50 to 4.10pm after the main rehearsal.

16 th May	Violin 2
24 th May	Violin 1
31 st May	Cello
7 th June	Violin 3

If you are interested the violin, viola or cello (or even Double bass) we do offer tutorials at the school and a Training Ensemble for beginners. There are some instruments which can be hired from the String Group committee.

For all String queries please contact Ros Graham on rosalind.graham@gmail.com.



Merit Badges

Congratulations to the following children

KS	Rachel Breckon	2M	
KC	Tom Oswald	3K	Yiming Teng
KW	Tyrone Lui	3O	Yangda Bei
KVC	Niamh Brennan	3R	
KB	Steffany Silva	4D	Zhizhong Guan
KM	Cormac Molloy	4L	David Ko
KG	Liam Macinnis	4S	Heba Ahmed
1C	Charlotte Laws	4/5G	Ricky Muenz
1Y	Dev Sardana	5H	Joe Dyson
1K	Jeffrey Lee	5K	Maksim Lisau
1H	Lucas Longley	5L	Otilia Chan
1A	Nidhi Adhikari	5S	Geffery Kuok
2G	Sparsh Polepalle	6D	Carey Fung
2S	Kaitlyn Hua	6H	Ruby Hamersley
2BL	Monique Sang	6K	Amabel Wu
2A	Patricia Kuok	6N	Joshua Yang
2M	Agustin Mellors		
HOUSE POINT WINNERS		Melba	

Beginner Conversational English Classes for adults?



The school in partnership with the P&C Multi-Cultural Committee is delighted to be starting Beginner Conversational English Classes for Adults. The classes are for parents, grandparents and carers of children at our school in 2011.

No need to worry if you missed registration. We would love to see you there.

The course starts **Tuesday 10 May** and will run every Tuesday for 8 weeks.

Time: 12:45-3pm in the Kameraigal Room (next to the school office)

Cost: Free

More information available at the school office.

Course started **Tuesday 10 May** and will run every Tuesday for 8 weeks.

Time: 12:45-3pm in the Kameraigal Room (next to the school office)

More information available at the school office.

BAND INFORMATION

Band Intensive

Band Intensive notes are now due. Please fill in the forms (please also be generous with volunteering for supervision) and leave them in the band box with your payment asap.

2011 Dates

Term 2

Tues May 3 - Band Committee Meeting - 7.30pm - venue, new band room!

Sat/Sun May 21/22 - Band Intensive at school (all bands except TB)

Sat May 28 - JB1 (1.50pm) and JB2 (1.10pm) at Yamaha

Tues Jun 7 - CB at McD PAC (tentative)

Wed Jun 8 - SB and JB1 at McD PAC (tentative)

Sun Jun 19 - JB (12.15pm) at Yamaha

Tues Jun 21 - SB at Yamaha (4.15pm)

Wed Jun 22 - CB at Yamaha (4.15pm)

Roster

Thurs May 12 JB 7.50am - M Clabburn, K Payget

CB 12.30 - A Larkey

JB2 12.30 - C Eaton

SB 2pm - A Lo

Fri May 13 TB 7.50am - J Hole, M Heppell

Mon May 16 JB 12.30 - A Morison

Tues May 17 SB 7.50am - S Moffat/L Hartley

Wed May 18 CB 7.50am - T/K Yoshida, D/M Holder

JB1 7.50am - J/A Smith

Contacts

Jacqui Fuller - artarmonschoollband@hotmail.com

Helen Connealy - hconneal@bigpond.net.au (tutor coordinator)

Want to meet other parents in an informal meeting?



Drop 'n Chat

Why not join us for **Drop 'n Chat** ?

Drop 'n Chat is a joint initiative of the School and P&C Multi-Cultural Committee. It aims to provide a friendly forum for parents at the school to meet over a cup of tea or coffee, after 'dropping-off' their children.



WHEN: Friday 20 May 2011

TIME: 9am to 10am

WHERE: Kameraigal Room

Special JP service:

We are pleased to offer the services of a JP. If you would like to make use of this service please e-mail: lk09@v7mail.com to make a booking. Our JP is not able attend all Drop 'n Chat meetings – bookings are therefore essential to avoid disappointment.

No more than 5 pages per person will be certifie

CANTEEN NEWS

Canteen: ☎ 9411 1425 ✉ ArtarmonSchoolCanteen@gmail.com

Volunteer Roster for Week Beginning 16th May

MunchMonitor will be opened for orders as vacancies are filled.

Mon 16 th	Satomi Tong, Tammie Kitami, Rieko Yomoda, VACANCY
Tues 17 th	Atsuko Porman, Hiroko Koike, Mari Nishihara, VACANCY
Wed 18 th	Bhagyashree Vaidya, Cathi Firth (sh)/Catharine Miller (sh)
Thurs 19 th	Aemy Khor, Cathy Pan, Robyn Anderson, Rachel Chuah McNamara
Fri 20 th	Gaylene Charters, Charlotte Wilsey, Erica Clancy, Ruth Gibson, Natasha Savage, Anne-Marie Cahill (packing 11:45 - 12:30)

Canteen Vacancies

Mondays	May 30 th (2 people needed)	June 6 th	June 20 th	June 27 th
Tuesdays	May 17 th	May 31 st (3 people needed)	June 7 th	June 14 th (2 people needed)
Wednesdays	June 15 th (3 people needed)			June 21 st
Thursdays:	June 9 th	June 30 th (2 people needed)		
Fridays	June 17 th			
Each Friday we need a packer 11:45 - 12:30				

Lucky Volunteer for April - Mel Turnock - Mel is the mother of Alec Jones in Year 4. She has cheerfully helped out with many emergency shifts this year so that the Canteen could remain open for lunch orders. Thanks Mell!

New Sushi Varieties on Fridays (order by 2pm Thursday)

Futo Inari Bento Box - 4 pieces of Inari and 4 pieces vegetarian futomaki

Maki Bento Box - 16 bite sized nori rolls with salmon, daikon, tuna, cucumber

PSSA Students To ensure your lunch is ready on time, please remember to update your MunchMonitor profile to show that you are going to PSSA

Gifted and Talented Weekend

MindQuest 2011

Glenwood High School Saturday 25 and Sunday 26th June 9.30-3.30.

This is designed for gifted and talented students in Years 1 to 6 and consists of 36 fast paced courses.

Forms can be collected from the office. Contact Shelaigh Poray 02 4233 2328 for further information or see Mrs Donaldson.

Helping your children get enough sleep

When children start school they need around 12 hours of sleep every night. This drops slightly as they grow older until, in their teenage years, around 9 hours a night is recommended. Children who don't get enough sleep don't do as well as they could at school. They do much better when they are refreshed and ready for a day's work.

Explain to your children the need for enough sleep. Lack of sleep can make children irritable and anxious. It can even cause headaches and tummy aches. Explain to your teenager how important sufficient sleep is for health, both physical and mental, and for them to be able to do their best at school and enjoy their social and sporting activities.

Establish routines and stick to them. Begin early by ensuring school-age children have regular bedtimes which gradually get later as they grow older, allowing them the full amount of recommended time asleep. Work back from the time they have to get up in the morning to set the bedtime. For instance, a five-year-old who has to get up at 7.30am would have to be asleep by 7.30pm the previous night to get 12 hours sleep. A bedtime of 7pm allows time to get ready for bed and fall asleep. From the ages of 8 to 12 bedtimes can be around 8pm. A teenager rising at 7am would need to be in bed asleep by around 10pm.

Create the right conditions for sleep. Help the whole family wind down before bedtime with quiet activities like reading or taking a warm shower. Make sure TV and computers are turned off an hour before bedtime to help the brain relax.

Keep bedrooms for sleeping. Computers and TVs are best kept in the livingroom. Teenagers are less likely to stay up late if they don't have a TV, games console or computer in their bedroom.

Reduce drinking in the evening and cut out all caffeine drinks by around 5pm. This includes sodas, energy drinks, tea and coffee. Avoiding stimulants (including nicotine and alcohol) helps to promote better sleep.

Set a good example by going to bed at a regular time yourself so the doors are locked, the lights turned off and the house is quiet by the same time every night.

Allow your child to take a nap after school but restrict the time asleep to less than an hour and before the evening meal.

Teenagers are often more affected by tiredness than they think. Make it a rule they cannot drive a vehicle after 11pm, even during the weekend.

If your child snores, seems unduly restless in bed or complains of leg cramps, consult a doctor. A sleep disorder could be stopping them getting enough sleep.

Acknowledgement: "The Harvard medical School Guide to a Good Night's Sleep"





Gardening

Bee



All children
welcome
Afternoon tea
provided



R

Rd