Dear Parents,
Welcome back to the first newsletter for Term 2. In this newsletter I have included some dates and upcoming costs for the term.
13-15 May NAPLAN Testing years 3 and 5 – no charge
13 May Stage 1 excursion to Georges River Environmental Education Centre - $25.00
13 May P & C Meeting 9.15am - topic ‘Habits of Mind’ - Mrs Tardent will present
20 May – East Hills Cross Country Carnival $4.00 entry for selected children – sausage sizzle run in conjunction that day for whole school.
23 May PSSA Finals for any teams that qualify
30 May Gold Assembly
6 June – Round 1 PSSA for Soccer ($6) and Basketball ($9) for selected students for 10 weeks
19 June – World Cup Day school Fundraiser and sausage sizzle.
27 June Gold Assembly and last day of term
Stage 3 will be going to Canberra two weeks into next term at a cost of $320.00 money will need to be paid before the end of term 2.
15 July Adam Hill Aboriginal Presenter cost $5 per student. Notes will go home before the end of this term.

Keep this date in your diary- if you come to nothing all year I recommend you attend the cybersafety presentation to parents on the evening of August 7th.

Gold! Gold! Gold!
Jett Torres, Ryder Torres and Mitchell Durand are the first students to achieve a gold certificate in Term 2 Congratulations boys. They will receive their awards at the assembly on May 30th.

ANZAC Service
Norm Ensor, Jack Shaw, Norm Bartlett, Ken Rochford all representing Padstow RSL and Diego Ortega currently serving in the defence force attended the ANZAC service held on the last day of Term 1. Along with Phill Allsp-Guest, P & C President, the captains welcomed them and conducted a memorable ANZAC service.

Construction in Halcyon Ave and surrounding streets
Parents are requested to take extra caution in picking up and dropping off their children due to the building works going on in the surrounding streets of the school, particularly Halcyon Ave. Numerous large trucks are often limiting parking aiding the temptation to flaunt the road rules and take extra risks in pick-ups and drop-offs. Your extra care is appreciated during this building phase of which the school has no control.

K.J.Bowden
Principal
Professional Development Day – Term 2

On Monday 28th April, if you were to walk through the school you would have seen all the staff at PNPS, playing, rolling, balancing, catching and kicking balls. You may have thought the teachers at PNPS were having a little too much fun for a professional development day. In fact, if you thought that you would not have been correct. The staff had a very productive day of learning where we explored and revisited the techniques of the Bluearth foundation.

The Bluearth Foundation is a national not-for-profit organisation whose focus is to increase the levels of physical activity amongst Australians, in particular children.

PNPS have been working with the Bluearth ideas since 2007 and value the philosophy that drives the Bluearth foundation. For this reason we collectively spent the day exploring the six elements of Bluearth. These are:

- Coordination and agility
- Moving in the environment
- Skills and activities
- Core movement
- Dynamic movement control
- Movement games and challenges

Several teachers will continue their professional development throughout the term by receiving 1:1 mentoring with their class with a Bluearth coach.

If you would like to learn a little more about Bluearth and how Bluearth will be taught to your child please speak to your child’s teacher or visit the website: [http://www.bluearth.org](http://www.bluearth.org)

Daniyelle Tardent
Assistant Principal

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Striving for Accuracy

Striving for Accuracy is the habit of mind that focuses on improvement and growth. It aims to develop an individual’s belief that one is capable of improvement and that this can be achieved by taking charge of your own goals and working towards them diligently. Why is striving for accuracy so important?

Striving for accuracy leads to self-efficacy which results from the realisation that individual goals are achievable and that there are no limitations on what can be achieved, with effort.

While the term accuracy usually refers to correctness and precision, the focus is not on being a perfectionist. Instead it envisages ‘mistakes’ as part of the learning process for growth and aims to encourage individuals to do ‘their best’ rather than ‘the best’.

When you set a goal and understand what ‘quality’ looks like, you increase your chances of improvement and growth. Persistence is the key attribute that is encouraged while striving for accuracy.

You learn to set yourself high goals and understand what type of quality outcome you want to achieve while checking your progress along the way against your goal.

Ways to Strive for Accuracy

**Set yourself high goals and believe there are no limitations:** Ask yourself... What are my goals? What do I need to do to achieve these? How can I improve?

**Understand what quality looks like:** Set high standards before you start.

**Check your progress against your goals:** How can I improve? Am I doing my best?

**Keep checking:** check, check and check again so that you know you are achieving your best.
2014 SCHOOL CROSS COUNTRY CARNIVAL

A cool, sunny day appeared for the annual Cross Country Carnival. Excellent participation, enthusiastic support, wonderful help and encouragement by our senior students made for another successful carnival. It was wonderful to see all the supporters, the students really enjoy having you there. A huge thanks to the 'ice block' mums, they were enjoyed at the end of each race.

A TEAM of 49 STUDENTS will REPRESENT OUR SCHOOL AT THE 2014 East Hills district CARNIVAL BEING HELD ON Tuesday, 20TH MAY. At Padstow North public school.

Mrs Williamson needs volunteers to help with the canteen on the day. KOOKAS HOUSE CHAMPIONS
P&C Report
Welcome back to term 2 I hope you all had a good break

Our next P&C meeting will be held on **Tuesday 13th May at 9.15am** in the hall. Everyone is welcome morning tea will be served.

Minutes from the last meeting are available from each office.

**Phill Allsop-Guest**
P&C President 2014
0401 503 017
[pnpspncevents@y7mail.com](mailto:pnpspncevents@y7mail.com)

Fundraising News

Welcome to term 2, we are already on a roll with both the infants and primary Mother’s Day stalls having been held this week. Tomorrow morning we will have our last “catch up” Mother’s Day stall for anyone who would like to purchase an extra gift. The stall will be held in the primary playground from 8:30am.

The Mother’s Day raffle tickets should be returned by now and the winners will be drawn during assembly tomorrow, good luck and thank you to all who have bought tickets.

We are wishing all our special PNPS Mums, Grandmas, Aunties, Stepmums and Carers a very happy Mother’s Day.

Entertainment books will be coming home to you this week, these are a great Mother’s Day gift and you can order as many as you like for family and friends. With thousands of dollars’ worth of vouchers in them, there is something for everyone! Please return any unwanted books IN their envelopes to the office or your class teacher.

5 Cent Friday is here again! Please don’t forget to bring in your 5 or even 10, 20 & 50 cent coins that you have lying around the house THIS FRIDAY the 9th. We can’t wait to see which class will be the best fundraisers this term!

Do you receive Aussie Farmers Direct fresh food deliveries? If you do please make sure to link your weekly order to our school fundraising by calling them or visiting [http://www.aussiefarmers.com.au/fundraising/customers/link-your-account](http://www.aussiefarmers.com.au/fundraising/customers/link-your-account) Because when you shop with Aussie Farmers Direct they will give a healthy 2% of your annual total spend back to our school. If you don’t yet receive their healthy, fresh weekly grocery deliveries please check their products out. I personally get them for my family and they are farm fresh, delicious and reliable.

Thank you for your support.

**Emily Baker**
Fundraising Co-coordinator
0401 787 571
Uniform Shop News
Please send in your order forms for the winter uniform as soon as possible especially if you require a winter tunic as we have limited stock and they are selling quickly.
Our next “Second Hand Sale Day” is on Friday 23rd May between 8.30am and 9.00am ONLY in the uniform shop. We have very few second hand items in small sizes - mostly only size 10 and up are available.

Kerrie Fawzy
Uniform Shop Coordinator

Our School Banking Day is every Tuesday
Last year students in our school banking earned the school $925.81 in commission. That’s a great effort let’s see if we can beat that this year. So far in term 1, 2014 savers earned the school $433.07 which includes 35 new accounts opened earning $175.00.

Save in Term 2 for a chance to win the Dollarmites’ sunken treasure.

Here’s how to win.
If you have a Youthsaver account and are aged between 5-13 years, simply make three or more School Banking deposits between 21 April and 4 July 2014 and you’ll be automatically entered into the competition.

Major prize – a family underwater adventure holiday.
- Five nights’ accommodation at the Sea World Resort & Water Park on the Gold Coast;
- VIP Passes for two adults and three kids to Sea World, Warner Bros. Movie World, and Wet’n’Wild Gold Coast;
- A Dolphin Family Aqua Adventure; and
- A $3,000 travel gift card to get you there.

Runner up prizes.
- 130 Toys”R”Us Gift Cards to the value of $250 each to spend on your favourite toys.

There will be a separate draw giving one school in each state/territory of Australia the chance to win $1,000 cash to spend as they wish.

Remember, no matter how small, regular deposits will help your savings grow.
If you would like to start saving through School Banking, leaflets can be collected from either office. It’s never too late to start saving!

REMEMBER:
Please make sure that the child’s name, student ID Number and amount being deposited is on the deposit slip (no need for account number). If this information is incomplete in your child’s deposit book we will be returning the book and money to you. Unfortunately volunteers are not allowed to complete these details for you.

Thank you for supporting the School Banking program at Padstow North Public School.

Phill Allsop-Guest
School Banking Coordinator
Canteen News
Just a reminder that there has been some price rises this term so please check the canteen price list. One was sent home at the end of last term or look on the school website. Please make sure your child has some extra money with them so that they can pay the correct price.

We also have four new products. They are Spaghetti Bolognese, Macaroni Cheese and Potato Bake each costing $2.50 and Fried Rice which is $2.80. Spaghetti and Macaroni are halal.

Tuesday 20th May is District Cross Country. A sausage sizzle lunch will be available to all students. A note will go home over the next couple of days. Volunteers are needed to help on the day so please contact Carlie (0412664379) if you are able to help for all or part of the day.

Carlie Williamson
Canteen Coordinator

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KUMON REVESBY EDUCATION CENTRE
Instructor: Danny Alipio
Tel: 0415 2034
Mob: 0400 905 673

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CHURCH
Sundays
9:30am

ALL ARE WELCOME
Padstow North Primary School
Halcyon Ave, Padstow
ishine.org.au

Call Ps.Paul: 0409 980 903
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**FOR YOUR DIARY**

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**Kids, social media and privacy**

Regardless of your child's age, the world may already know a lot more about them than you suspect. According to recent research:

- 92% of children under the age of 2 have a digital shadow (- it starts with proud parents posting newborn baby photos on Facebook or Instagram)
- a quarter of Australian children 8 - 12 years old use Facebook, but the minimum age for a user is 13 years.
- more than 20 per cent of tweens publish photos of themselves on Instagram
- young people 14 - 19 have an average of 453 fans, friends or followers on social media.

2014 Privacy Awareness Week, 4 - 10 May 2014, is a good time to review your family's privacy settings and discuss online security. You'll find lots of practical information and resources to share with your kids at www.ipc.nsw.gov.au

**Is your child's backpack damaging their spine?**

A recent Australian study has shown that approximately 25% of school-aged children suffer from back and/or neck pain at any one time. It’s believed to be due to a combination of factors such as poor posture, everyday load carrying and the use of computers.

The Children’s Hospital at Westmead suggests young people should:

- not carry more than 10% of their body weight
- use a backpack with the straps over both shoulders and a waist strap
- load gear so that the heavier objects are nearer to the spine, with the lighter objects towards the front of the pack
- lift a backpack properly - bend at the knees and lift the pack with both hands

PADSTOW NORTH PUBLIC SCHOOL

Halcyon Avenue Padstow, NSW 2211
Phone: 9773 8075 Fax: 9792 3910

PARENTS AND CITIZENS ASSOCIATION

WELCOME TO OUR SCHOOL CANTEEN

Our canteen is currently open every Monday, Wednesday and Friday. It is run entirely by volunteers. I would like to extend a warm invitation to you to become an important part of our school community and join our volunteers in the canteen. Each year we lose valuable volunteers as their children move on to high school.

The routine is standard across all days.

- The canteen is opened at 8.30am
- The ovens are turned on.
- The infants orders are taken by one canteen worker.
- The primary orders are taken by another canteen worker.
- From 9.00 onwards the orders are processed and prepared.
- At 10.35 the lunches are distributed by children to the classes.
- From 11.00 – 11.20 the children come to the canteen to purchase small snacks/ice creams/drinks.
- At 11.20 the canteen is closed for sales and the cash is tallied. The canteen is cleaned up, and the days takings are taken to the office.

The benefits from working the canteen are:

- You become a more valuable member of our school community
- You have the opportunity to interact with children, staff and other parents
- You see your child in their school environment
- Your child sees you as a part of their school life
- You help raise much needed funds for our children

In 2013 we donated to the school $14,000 which assisted the P & C to purchase much needed equipment for the school. Next year we envisage donating a similar amount to support other school projects.

In order to continue providing resources for our children, we ask that you generously volunteer one day a month to help us keep the canteen operating. Please complete the tear off slip below and leave it at the office.

Carlie Williamson
Canteen Convenor

To: Canteen Convenor
I can help on the following day/s: ______________________________

Name: ______________________________ Phone: ______________________________