Principals Message

Welcome to Book Week everyone. I’d have to say that Book Week is certainly one of my favourite weeks at school. Any week that school teachers are able to highlight the benefits and enjoyment that can be gained from reading books is a good week as far as we are concerned. Perhaps you might like to mix things up a little bit at home this week and pick one night where each member of the family read or talks about their favourite book around the dinner table? Two of my favourite picture books are ‘Night Noises’ by Mem Fox and ‘The Very Cranky Bear’ by Nick Bland. My favourite adult book has always been ‘The Lord of the Rings’ trilogy by J.R Tolkien. I love that you can read it over and over and still pick up new things that you may have missed the first few times around. If you have the opportunity to visit the Book Fair in the library this week, there are quite a few new and interesting titles for the students to choose from.

Some of you may be aware that our hard-working canteen supervisor Jen Sweeney recently broke her ankle and has consequently been unable to run the canteen over the past 2 weeks. As is often the case at Cardiff South, people step up to help. I’d like to publicly thank Mrs Janine Pilarski for so willingly taking on the role of canteen supervisor in Jen’s absence. It’s by no means easy, but she is doing a wonderful job and it is very much appreciated by all members of our school. I know that her job has been made easier because a number of other volunteers have come in to help too. Thanks to all who have been able to help and thanks Janine. In the meantime, we wish Mrs Sweeney a quick recovery.

Finally, one of the strengths of our school is the broad range of opportunities that students have to represent the school. Examples include: PSSA, knockouts, debating, StarStruck, choir, public speaking, representative teams and being school leaders. With any of these opportunities, comes the expectation that students will display certain characteristics and values. We expect our students to play by the rules, respect the decisions of officials such as referees, display fairness and good sportsmanship, wear full school uniform with pride, respect opponents, encourage team mates and enjoy participating over winning. For the most part, I am extremely proud our students, the way they represent us and the values that they display. Recently, we’ve had an instance where two particular students didn’t live up to these expectations. It is my view, that in the rare instances where this occurs, it is appropriate that the privilege of representing the school is briefly taken away so that our students understand that these traits are important when representing us all out in the community. If ever this is to occur, my staff knows that they need to contact parents first to explain the reason for any such decision. All of us make mistakes and all of us deserve second chances, if ever a student has representative privileges withdrawn it is purely to help them grow and develop and to also learn to value the responsibility of representing our school.

I look forward to seeing the students dressed up for the book parade tomorrow!

David Holland
Playground equipment
Just a reminder, that for Work Health and Safety reasons, the schools’ fixed equipment is out of bounds and is not to be used before or after school. Schools are required to provide supervision of fixed equipment when it is in use. Because this area is unsupervised before and after school, please do not allow our students or their younger siblings on the fixed equipment.

Sickness
Like many in the area, our school has been struck in the past few weeks with the spread of chicken pox and what appears to be a nasty vomiting bug. The teachers are doing their best to remind students about washing their hands, blowing their nose with tissues and covering their mouth and nose when coughing or sneezing. However, we would appreciate your assistance in not sending students to school when they display symptoms of being sick. We’ve had a number of cases in the past two weeks, where students are being sent to the office before 9:30 clearly sick. The students are saying that they indicated to their families in the morning that they weren’t feeling well, but were told ‘you’ll be fine’ and ‘see how you go’. We would normally trust your judgement regarding whether your child is fit for school, but given the recent outbreaks, we’d ask parents to err on the side of caution and keep them at home or better still visit your GP if symptoms are evident.

2016 Enrolments
Planning for the 2016 school year has already begun. If your family will be moving away from area and your child/ren will be attending a different school for the 2016 school year (and you have not yet notified us), we would appreciate you popping in or phoning the office as it does affect our planning and staffing decisions for next year.

Book Week Parade
Tomorrow is the book parade. It will take place on the basketball court at approximately 12:40pm before lunch. Parents please feel free to join us if you’d like to see the parade. Students are encouraged to wear their costume to school, however please remember, for students’ safety, appropriate (closed in) shoes is mandatory.

Book Fair
The library has been a hive of activity today with students and parents making purchases on books, pens, pencils and erasers. If your child has taken home a ‘wish list’, you may consider helping them choose something from the list that they can purchase this week during Book Fair. The Book Fair is held in the library and will continue over Wednesday and Thursday. Parents are welcome into the library between 8 and 8.55am and 3 till 3.30pm on these days. Students are welcome to join their class for purchasing through the day or attend at lunch time.
Presentation Day & trophy return
Just a reminder that our Presentation Day Ceremony will be held on Tuesday 8th December. We will follow the same process as last year in that, families of award winners will be notified by mail to let them know their child will be receiving an award so family members can try to make it to the event. We are currently organising our trophies and would ask that any students who received a perpetual trophy in 2014 please return these to the office ASAP so we can begin 2015 preparations.

Math-a-thon
Thank you for the very generous donations families have made so far for our Math-a-thon and to put towards updating our classroom maths resources. The response has been overwhelming and there are definitely many students from our school who have worked hard to learn and improve their maths skills and facts along the way. Well done and thank you! This will be our last week of collecting money for the math a-thon. We will draw the raffle for the iPad mini on Monday of Week 7. All money needs to be in by Friday 3.30pm to have tickets entered into the draw. Good luck!

Spelling Bee
Last week Stage 2 and Stage 3 students were buzzing with our school spell off. Thirty-two Stage 2 students and twelve Stage 3 students participated in a school spelling bee competition. There were some extremely tricky words testing the students spelling knowledge. At the conclusion of the very close competition, Malibu T was the senior level winner and Olivia C was the junior level winner. Well done to all students who had a go! Congratulations to Malibu and Olivia - they will have an opportunity to progress to the next stage of the competition at Elermore Vale Public School on Tuesday, 15 September 2015.

Fresh For Kids Competition
In Weeks 8 and 9 we will be holding our Fresh for Kids competition - The Sydney Fresh Fruit Market is running a competition to encourage students to eat more fresh fruit and vegetables. This along with our Crunch and Sip program and Fresh Tastes for Schools, is a great way to keep encouraging the students to make healthy, fresh choices for their lunch box.

The competition will run for 2 weeks (Weeks 8 and 9). Students who bring at least 2 items that are fresh fruit or vegetables in their lunch box on any day over the 2 weeks will receive an entry ticket and a sticker from their classroom teacher. When their entry ticket has 2 stickers, they can fill in their details and bring their ticket to Miss Murray to select a pencil and rubber prize. There are 7 different pencil/rubbers in a set to collect and they can enter as many times as they like. At the end of the 2 weeks, all entry forms will be sent away, along with other participating schools, to go in to the major draw to win some excellent prizes.

1st prize - home entertainment unit (TV and DVD player)
2nd prize - Apple Ipad mini 16GB (there are 3 to be won)
3rd prize - Gift pack (includes a back pack, lunch box, drink bottle) 10 to be won
4th Prize - Event movie vouchers (20 to be won)

The more fresh food they bring each day the more entries they can have in the competition.

Winner – Stage 1 Maths Quiz
Q. A spider is climbing up a 30 metre building. Each day it climbs five metres and slides back one metre. How many days will it take to reach the top?
A. It will take 8 days to reach the top.

Well done to all the students who entered and answered correctly, you will all be given a Southy Star for your effort. Congratulations to Riley Wellings in 2L – you have won a free lunch at the canteen!
Happy Birthday

Emma-Kiara C 6C 19/8
Koby M 1/2Z 21/8
Bailey L B 6C 22/8

FATHER’S DAY

Cardiff South Public School
P&C Association
Father’s Day Stall Thursday 3rd September
2015

It’s that time of the year where we recognise all those wonderful people who play the role of dad to our school’s students. Once again we shall be running or famous Father’s Day Stall with all sorts of gifts for Dad. This event has always been a favourite with the kids and in the past people have been most generous with their donations of gifts and time – and now it’s time for Father’s Day 2015!

If you wish to donate gifts for the stall we ask that you wrap them nicely in clear cellophane and leave them at the office. Also, we’re really keen for helpers on the day of the stall between 9:00 and 11:00am as without them, the day won’t happen. Please call/text Kevin Sinclair on 0405724906 if you’re able to help on the day. 😊

Let’s work together to make this a great day for the kids and to help make Father’s Day a great one for all those wonderful Dads!

Your P&C

Shim Jang Taekwondo
Learn Powerful Self Defence
FIRST LESSON FREE
Cardiff South Public School Hall
Entry via Lake Avenue gates
Tuesdays & Thursdays 6:30-7:30pm
Low monthly fee - Unlimited access to all centres
Ages 3 years and up, Adults & Children all welcome

Mitchell J Unplugged

Class: 1/2Z
Favourite movie? Jurassic Park
What is your favourite food? Apple
What do you do for fun? Playing in the backyard
How many siblings do you have? One older sister, Cassie
Do you play sport? Little Athletics
What makes you laugh? When dad tickles me
Lunch on Us

Simply place a Recess or Lunch order on www.ouronlinecanteen.com.au to go in the draw to win your lunch for FREE! A winner will be drawn every week!

Every order placed will go into the draw. The winner will receive the value of their order up to $4.00 as a voucher to spend at www.ouronlinecanteen.com.au. Winners will be announced in the newsletter and be contacted by email.

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**WIN Lunch on Us!**

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Boys & Girls are you looking to have fun, action, develop skills & make friends this summer all in 90 minutes? T20 cricket is for you then!

- Choice of day/venues.
- All equipment provided.
- Short 12 week season.
- Teams of 8.
- Skills coaching.
- Music, family atmosphere.

Ideal for new players aged 8-12 years.

Traditional Saturday morning competition teams for ages 11 to 17 years also available. For details John 0401-485767 Email. c9901383@uon.edu.au

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### Canteen Roster

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<thead>
<tr>
<th>Wednesday 19</th>
<th>Friday 21</th>
<th>Monday 24</th>
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<tr>
<td>K.Hartley</td>
<td>K.Smith</td>
<td>D.Rielly</td>
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<td>S.Werner</td>
<td>C.White</td>
<td>L.Wellings</td>
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<td>L.Fletcher</td>
<td>A.Kerr</td>
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Canteen Roster

**Vacation Care - 4 - 12yrs**

September / October 2015

Come & Join Us These School Holidays, We Will Have You Reaching New Heights

Participating in Programs Such As:

- obstacle courses
- craft
- gymnastic skills
- cooking
- acro
- tumbling
- science
- athletics...just to name a few

Vacation Care is Available from

Monday 22nd September - Tuesday 6th October

7.30AM-6PM, Meals Included

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Trivia Night

...with a difference!!!

Cardiff South Public School P&C Invite you to a night of trivia and music

6:30pm Saturday 12th September

Club Macquarie Argenton

Cost $15pp (includes 2 x cheese and dip platters per table)

Start organising your teams now!!

(8 per team)

Save the date... more details to follow soon!!

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**Lunch on Us**

Last week’s winner was....

Oliver McPhan

Congratulations!
A good friend enthusiastically told me how he was looking forward to spending a few days away on his own with his two kids, aged 10 and 13. He was feeling quite chuffed.

He was having some ‘dad time’ with his kids.

Good on him!

He was doing some memory building & relationship building, as well as having some fun.

He told me that he was aware that his kids were getting older and he knew such opportunities were diminishing.

Gone are the days when the only relationship many men had with their kids was through their wife. She would explain him to the kids (‘Your dad’s very busy but he would love to see you play sport but he can’t make it.’) As well, she’d keep him up-to-date with the children’s lives.

Blokes, it seems, are valuing the time they spend with their kids on their own.

Or at least the dads I mix with are. Spending time alone with kids is a great way to build confidence in dads.

And the kids usually just love it.

Mothers can play a role here by not getting in the way if their husband or partner wants a little time alone with kids. (Most mums I meet welcome this!)

Children usually associate their fathers with activity. When I ask children to tell me about their dads they usually talk about the things that they like to do together with their dads. Playing, walking, fishing, wrestling...the list goes on.

It’s through shared activity and involvement in kids’ lives that dads build up frequent father points. It’s hard to build good connections with kids when you are not there!

Don’t wait until adolescence

These relationships are best built in childhood, when kids just love their dads to bits and want to be around him. It gets trickier in adolescence, but having shared interests developed in childhood gives you a connection point during these sometimes-turbulent times.

Dads also benefit from spending time with their kids. Most health scales state a healthy relationship with their children is a predictor of good health and longevity for men. I’m not sure where the health benefits come from, but I suspect there is something relaxing and de-stressing about getting into a child’s space. There is a big kid inside most men just busting to get out.

These days we take parenting pretty seriously and it’s easy to forget that one of the fundamentals of raising kids well is to spend some time in your child’s space, doing stuff, or not doing stuff, whatever the case may be.

So how are your (or your partner’s) frequent Father points going? If they need some topping up then you can start by doing something together that the kids enjoy. Having a bit of fun together is the best place to start.

Author’s note: Sole mums can take these ideas on-board to have a NO RULES weekend with your kids, where you have a change of routine and activity that can give kids the chance to see you in a different way.

Michael Grose