

Springboard

Springdale Heights Public School | 25 Cardo Drive Lavington NSW 2641 | p: 0260 256 433 f: 0260 402 328 | e: springdale-p.school@det.nsw.edu.au | w: www.springdale-p.schools.nsw.edu.au
Principal: Miss Sue Farmer

Term 3 - Week 2

Thursday 2 August 2018



Together We learn

We would like to mention our fantastic and dedicated teaching staff that we have here at Springdale Heights Public School. The dedication in helping students learn and achieve in their school life starts with our staff being the best they can be. Once again our staff started the term with a full agenda of programming and essential learning tools for the classrooms.

With the ever-changing way education is being delivered, our team of dedicated teaching and support staff are always working towards keeping Springdale Heights PS up-to-date offering the highest possible level of education. Staff have attended and will continue to attend training days to network, learn and improve their teaching skills and student outcomes. Individual learning needs and personal support are always high priority. Social and emotional needs are important for our students and we support students and families where required.

Supporting the social and emotional needs of our students and their families is vital. Much of this can only work with parental support and it is pleasing to see many of our families working with us towards giving the best opportunities for their children. Marco Dodds is our new School Counsellor (replacing Joy Stephens) and Pam Kaur (Senior Psychologist) are always dedicated to supporting students and families through Counselling and Psychology services. They are very approachable, supportive and skilled at their service. Marco can be accessed by referral through the class teacher if his service is required.

Our office staff are now using the latest office management programs for better student and finance management. With our facebook page and skoolbag app and school website, we are now achieving a higher level of communication between school and families.

We hope to have another wonderful term with our school community

Springdale Heights Public School

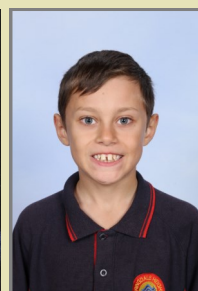
Student Council Inducted For Semester 2 2018



Jason



Jazzamae



Maddex



Joel



Tiana



Tamika



Daria



Shannon

Our Semester Two Student Councillors

These students have been elected by their class members to represent them at the SRC meetings and to be responsible peers to all other students.

A special assembly was held today to induct the new Semester Two Councillors.

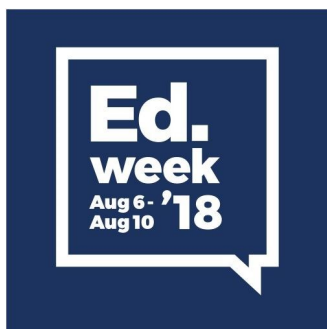
Congratulations !!



Luke

New House Captain for Yellow House

Luke has been elected the House Captain for Yellow House for Semester Two replacing the previous leader who has now left our school.



Today's schools—creating tomorrows world

We will be celebrating Education Week on

Wednesday 8 August

And we invite you to come along and be a part of the day

- ⇒ **12.00pm—12.50pm Open Classrooms (Maths theme)** *families are welcome to come into the classrooms and observe students participating in maths activities.*
- ⇒ **12.50pm Sausage Sizzle Canteen Meal Deal Lunch**
Parents are invited to order a Meal Deal of their own through the canteen with your children's order, to have with them for lunch
- ⇒ **1.30pm Peer Support Groups (lead by Year 6 leaders)**
Students will participate in a Book Week themed 'Find Your Treasure' Hunt



Parents are welcome to order a sausage sizzle Meal Deal. Order forms are available at the canteen or school office. Call in or ask your child to bring home more order forms if required.

Class Awards

Kinder Yvonne B Olivia W Blake B Koa P 1/2 BV Lachie S Tamati M Mathew H-S Sienna C 1/2 PB Makaylah S Zac C Bryson T Crystal E 3/4 C Jayden McG Mackenzie C Dylan W Charli C Tylah T-Mc	3/4 D Max T Bonheur B Erich H Phoebe E Eve C 5/6 H Brodie T Barry S Violet H Mason T Mackenzie P 5/6 W Keana B-W Alexis W Erin H Zack S Tamika C	Library <i>Borrowings days are</i> Monday 5/6W, 3/4D, 1/2BV & K Tuesday 3/4C, 5/6H, 1/2PB Kinder Chloe P Zac B 1/2 BV Ryan F Rhys T-L	1/2 PB Pixie H Jack H 3/4 C Sam B Luca M-W 3/4 D Bonheur B Leon C 5/6 H Luke N Joshua C 5/6 W Natlaya R Claire F
---	--	--	---

Sports Awards

Kinder James S Teddy M Te Aorangi Moana M Elijah T-J 1/2BV Ruby C Lily C Brooklyn B Ryan F 1/2PB Crystal E Ryan McG Pixie H Bryson T	School Sport Logan C Rylan M Ellie W Sam B Marcus G Jacinta T Rhys S Sienna H-S PSSA Sport Leon C Eli P Natalya R Tayln C Joel F Riley H Will K Kane W Charli C Violet H Tamika C
---	---

PBL Bronze

Kinder	1/2BV	1/2PB	3/4C	3/4D	5/6H	5/6W
...	...	Bryson T Maddie C	...	Didier I Bonheur B Erich H	...	Erin H



PBL Silver

Kinder	1/2BV	1/2PB	3/4C	3/4D	5/6H	5/6W
...	Tamati M Ruby C Ryan F	Ryan McG Crystal E Pixie H Seth P Ruby W Logan T Makaylah S	...	Isabelle T Allira T-L Max T	Brodie T	Lincoln E Tex F Shianne K Jacinta T Parker T Alexis W Tamika C Addyson E Will K

Sports Reports

Junior Soccer

SHPS defeated Gerog/TT, 4-0.

What a sizzling start to the game with a beautiful kick at goal in the first few seconds of play! Awards went to Joel F and Riley H.

Senior Soccer

SHPS lost to Gerog/TT, 5-3.

There was a great start to the senior game. Luke N played a little bit of the quarter for the other team and then he came back into our team in another quarter.

The team tried very hard. Award went to Will K.

Junior Netball

The Junior team had a bye last week so the seniors filled in and played a game of netball with them. Award went to Charli C.

Senior Red and Senior Blue played against St Pats last week. Red lost by 22 and Blue had a competitive close game narrowly going down with a loss. Awards went to Violet H and Tamika C.



Zone Cross Country

We would like to congratulate Natalya for her participation in the Riverina Cross Country last term. At the end of last term, Natalya received her medallion for her place in the event.

Natalya's medal was for:
Albury PSSA 2018 Zone Cross Country
11 Year girls.

1/2PB Do a Garden Makeover



Move over House Rules & The Block ... check out SHPS's Vegetable Garden make over!!! Mrs Brown, students in 1/2 PB along with expertise from parents and grandparents, have been busy planting vegetables, herbs and flowers in the school garden as part of our 'Plants and How They Grow' unit in Science. They had a great time. Thank you to all the parents/ grandparents who came along to help out. Your participation was very much appreciated!!! The kids loved it!!!



Crunch & Sip - DID YOU KNOW?

Children are more likely to enjoy their Crunch&Sip if their produce is fresh and delicious. Choose fruit and veg that are currently in season and that feel firm, smell nice and look appealing.

Did you know that good quality cranberries will bounce when dropped? While we don't want children dropping good fruit on the ground, cranberries are full of Vitamin C, E and fibre so pop them in your child's bag for Crunch&Sip.

Crunch&Sip does not have to be limited to school days. Encourage your children to crunch on fruit and vegetables and drink plenty of water over the weekend and during holidays. Don't forget to join in! Be a positive role model by enjoying Crunch&Sip with your kids as you set them up for a lifetime of healthy eating habits.

Involve your child in choosing the fruit and vegetables that you buy at the supermarket. Remind them that they need to choose fruit and vegetables that can be eaten easily and eaten raw. Use this as an opportunity to discuss different types of fruit and vegetables and encourage them to try unfamiliar ones.

Choose fresh fruits and vegetables over dried and tinned varieties for Crunch&Sip. Dried and tinned fruits contain more sugar than fresh fruits so only have those occasionally. Muesli bars, roll ups and fruit leathers have far too much sugar and not enough actual fruit so they are not allowed for Crunch&Sip.

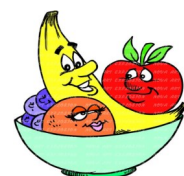
Did you know that prunes are dried plums? Choose plums over prunes as they have less sugar.

A few chopped up pieces of honeydew are a great idea for Crunch&Sip as they are full of Vitamin C, potassium and fibre. Give them to your kids when the flesh is ripe and green in colour as this is when they are at their sweetest.

Choose apricots with a sweet fragrance and a golden to deep orange colour as this is when they are at their sweetest. Let your child know that the carotenes in the apricot will help them see in the dark and they'll be asking for apricots every day for Crunch&Sip.

Strawberries are always a favourite with children due to their sweet taste. To keep them sweet and looking their best, remove them from their punnets, when you get home, and place them on a paper towel on a plate and cover it with cling wrap.

Choose healthy



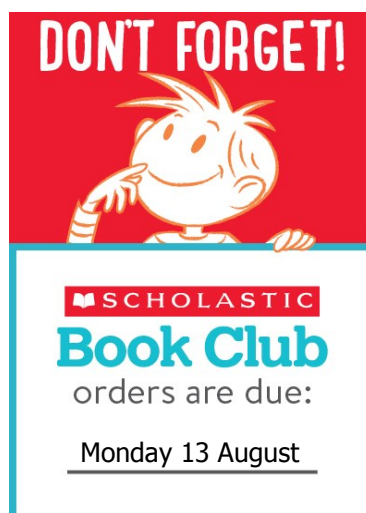


It has been BUSY, BUSY, BUSY! As we get ready for this year's Concert '*Springdale Spectacular*'.

The costumes and props are being made and the children have started practising their routines.

Tickets are not on sale yet

Tickets will be \$10 each and will be available for purchase closer to the concert dates.



We could set a 'no screen time' rule at dinner time and before school.



What could you do?



Springdale Heights Public School P & C



Eftpos is coming to the canteen and P & C

The P & C have introduced eftpos for the convenience of parents who don't always carry cash. We are hoping to have the eftpos running by the end of week two this term. Transactions should be \$10 and over or a small transaction fee will be incurred.

Eftpos can be used now for all canteen and P & C purchases such as lunches, meal deals, school polo shirts, raffles.



Springdale Heights Public School will be holding a market/fun day on Thursday November 1, 2018 at the Springdale Heights Public School grounds.

The market will be a twilight market between 5.30pm and 8pm.

If you are interested in holding a stall please email shpsfundraiser@gmail.com with your business name, your name, and phone number. The P & C will hold food stalls but for all other interested stall holders Please contact us by the above email address to register your stall.

We would love to hear from you!

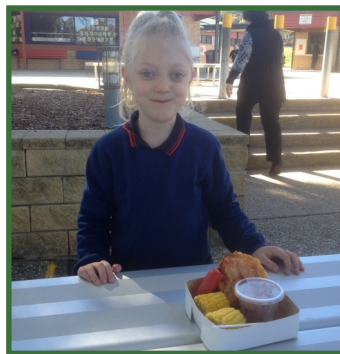
**Do you know any stall holders who would like to be involved with our P & C Twilight Market
Thursday 1 November 2018**



Our Wonderful Canteen

Awesome canteen Meal Deals

Our canteen ladies have made some amazing food choices for your children throughout this year. It is important to have children eating good nourishing food and most of all enjoying it. The last meal deal was a HUGE hit. It was a snack box containing mini corn, cocktail frank, sausage roll and pizza and them topped off with a Milo mousse.



Education Week Meal Deal

Parents are welcome to order a meal deal with their children to share lunch time with them. Please clearly add your order to your eldest child's form or more order forms are available at the canteen and school office if required.

- Sausage sizzle and a drink \$5
- Extra sausages are \$1.50 each
- Over the counter sales will also be available

P & C meeting is next Tuesday 7 August at 5pm

2018 TERM THREE CALENDAR

Please read carefully as changes will be made regularly

All assemblies are at 2.30pm unless notified otherwise

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	30/7	31/7	1/8	2/8 \$35 payment due for Canberra excursion Semester 2 SRC Induction Assembly 2.30pm	3/8 PSSA 1pm–2.55pm Netball at C King Park Soccer at Bonnie Doon park
Week 3 Education Week	6/8	7/8 P&C meeting 5pm	8/8 Education Week 12-12.50 Open classrooms 12.50 Meal Deal Lunch 1.30 Peers Support Groups <i>Treasure Hunt</i>	9/8	10/8
Week 4	13/8	14/8	15/8 Scripture Quiz Werx Puppet Show 11.30am	16/8 5/6H Assembly @2.30pm	17/8 NO PSSA <i>General Bye</i> <i>Gymnastics K-2 11.15 to 12.30</i>
Week 5	20/8	21/8 Murray High School Year 7 transition 9am to 12.10pm (<i>food Production and Maths</i>)	22/8 Lavington Library—Book Week Yr's 3/4 11.10am–12.50pm	23/8	24/8 PSSA finishes <i>Gymnastics K-2 11.15 to 12.30</i>
Week 6	27/8	28/8	29/8	30/8 Canteen Meal Deal 3/4C Assembly @ 2.30pm	31/8 <i>Gymnastics K-2 11.15 to 12.30</i> <i>Riverina Athletics</i>
Week 7	3/9	4/9	5/9 Write Around the Murray Yr's 1/2 Albury Library 9.45–11.15am	6/9 Write Around the Murray Yr's 5/6 Albury Library 1.15–2.45pm	7/9 <i>Gymnastics K-2 11.15 to 12.30</i>
Week 8	10/9	11/9	12/9	13/9 NO ASSEMBLY	14/9
Week 9	17/9 Concert dress rehearsal	18/9 Night Concert 7pm	19/9 Matinee Concert 1pm NO Scripture	20/9 Durakar Sports Day	21/9
Week 10	24/9	25/9	26/9	27/9	28/9 Canteen Meal Deal LAST DAY OF TERM