The Bulletin

Chester Hill North Public School
02 9644 1512
www.chesterhin-p.schools.nsw.edu.au
Principal: Helen Colquhoun

Week 3, Term 4 **30 October 2018**

FROM THE PRINCIPAL

We are very thankful for the recent rain as our school gardens and grass areas have been very dry and some of the grass has been worn very thin by our students as they play. We are delighted to have synthetic grass to replace some grass sections in the K-2 play area which our students are really enjoying.

Our enrolments are increasing as this term we have 10 new enrolments and we now have 547 students enrolled. We welcome the new families.

ENROL NOW FOR KINDER 2019

If your child turns 5 by July 31st 2019, he/she can enrol for Kindergarten 2019. Please see the office for an enrolment form.

CARNIVAL RIDES

We were all very disappointed that we were not able to have the Carnival rides on Thursday 18 October as there was heavy rain threatened during the day.

We have rebooked the rides for early in December. We will send out more information closer to the time.

SCHOOL SHIRT IN MALAWI

Last year we made contact with an Australian family working in Malawai through a little boy named James who was wearing a Chester Hill North PS track top.

To assist James' local community they will purchase 2 sheep to start a breeding program . The male sheep will be called CHESTER and we are now having a competition to name the female sheep. !

There is now a plan to build a nursery school in the village where James lives as there is no schooling for the younger children. James walks for nearly 2 hours each day to go to school .We are now raising money to assist the building of this school and have already raised close to $2000.

KINDERGARTEN ORIENTATION

Our Kindergarten Orientation program starts tomorrow 31 October and we have 55 students enrolled to start Kindergarten in 2018. We are looking forward to meeting our new Kinders during the four week program

In week 1 of the program we will hold a workshop where parents can learn about our programs and how to assist their children with learning at home. We are still taking enrolments so please pass this information on to friends and neighbours who will be starting with us in 2019.

MULTICULTURAL DAY

This annual event is on Tuesday 27 November at school with activities for our students during the school day

This year we will not be having the same activities we had last year with a parade and food celebrations. We will have a large celebration in 2019.

TERM HIGHLIGHTS

DANCE and AEROBICS POGRAM

Again this year we are hosting this program. Year 6 students have a program run by FOOTSTEPS and they will be running the program for the Year 6 Farewell.

Students in K-5 are taking part in the program run by Dance to be Fit.

Both these programs are part of the mandatory curriculum of PD, Health and PE so all students must attend.

ASPIRE PROGRAM

Our students continue to enjoy the activities run by the University of NSW which aims to lift the aspirations and dreams of our students to continue on the tertiary education as they complete their Higher School Certificate [HSC]. In a few weeks our Year 5 students will attend the University of NSW to enjoy on campus activities.

In December Year 6 students will take part in an event at the Mount Annan Botanical Gardens.

TASTER LESSONS

Our Year 5 students will visit Chester Hill High School on Tuesday 22 November to have a short experience of lessons in High School. In Year 5 students are already thinking about the move to High School for their secondary education so these visits are very helpful and part of the transition to high school.

K-2 SPORTS DAY

This activity was held today 30 October and was a wonderful event for our students. Students took part in the popular running races as well as other tabloid activities. This year we had the assistance on Sports in Schools program teachers who ran our sport program in Term 2.

SCHOOL MUSICAL

This will be held on Tuesday 13 November in the performance Hall. The musical has been written by staff members and stars students from Year 5 and 6.The students from Kindergarten to Year 6 will be in the audience for the performances and parents will be invited.
Please watch for the invitation and join us for this wonderful entertainment.

SKOOLBAG APP

Just a reminder that this APP is available for download in the Apple App Store, Windows Phone and Windows Store Once installed you will receive up to date information of school activities, reminders of important events and the Bulletin. Please use it to receive information about our activities and reminders.

END OF YEAR ACTIVITIES

There will be many activities in the last few weeks of the school year so please check the Term Planner [which was sent home last week]and the reminders we will include in this Bulletin.
As we come closer to the end of the school year I would remind parents of the need to ensure all students are at school every day. Even missing one day means your child has missed some important learning and it is often hard to catch up on this missed learning.
Thank you again for your support of our students and the programs we offer.

Regards

Mrs H. D. Colquhoun
Principal (Rel)

Diary Dates

TERM 4

WEEK 3	Tuesday	30.10.18	Bulletin Day Note Day K-2 Sport Day
	Wednesday	31.10.18	Kinder Orientation P&C Meeting
WEEK 4	Tuesday	6.11.18	Note Day Kinder Farm Excursion $30 Year 5 ASPIRE Workshop
	Wednesday	7.11.18	Kinder Orientation
	Friday	9.11.18	Cake Day
WEEK 5	Tuesday	13.11.18	Note Day School Musical 11.30am-3pm
	Wednesday	14.11.18	Kinder Orientation
WEEK 6	Monday	19.11.18	Year 6 High School Rotations start
	Tuesday	20.11.18	Note Day

Our PBL Stars

Zemis 4F
Becah 4F
Namariq 5L
Steven 1B
Elijah KL
Mohammed 2B
Khristine 3S
Bakr 4F
Mikaela 6J
Nour 5B

Peyton 3S
Zane 6L
Dylan 5H
Aisha 1B
Sofia 2B
Tien KZ
Ahminah 6I
Tamara 4F
Moefili 3D
Alix 2B

Kae'dyn 3H
Anh 6I
Elesa 1T
Rozi KZ
Cindy 2B
Akram 1J
Namariq 5L
Riley KL
Annas 1T

Chaplain's Chat

I brought home a new puppy seven weeks ago. She has turned my family's house and our lives upside down! I was excited about owning a dog, but nothing prepared me for the reality. I tried to follow all the expert advice I was given, but I found some things didn't work for us. I have struggled with finding the right food for her, getting her to settle at night, and to stop barking, biting and chewing. Along the way I have felt very inadequate. At puppy school I got the impression that I'm not alone in feeling like a failure at times.

How are you going as a parent? Are you coping well and feeling in control? Or do you struggle to do everything you must, and get tired and frustrated along the way? If you are feeling less than perfect as a parent, I want you to know that you are not alone. There are others who feel the same.

No one is a perfect parent. And feeling inadequate isn't a bad thing if it helps you to change. It can motivate you to learn more about your child's needs and how you can improve as a parent. Parents do need support and it's good to ask for help. There's no need to feel ashamed about that. There is so much help available for parents. You could try Parent Line (1300 1300 52), a free advice and support service for parents. You can look for parenting courses in your local area that may help with your particular needs.

Winston Churchill, a former British Prime Minister, said: "Failure is not fatal. It is the courage to continue that counts." Keep going, the story isn't over yet. Your child has many years of growing ahead and you have time to grow and change with them. Life with a puppy isn't easy. It sometimes feels like endless cleaning up and training. That's nothing compared to your job as a parent. But imagine the reward when you can look at your grown up child and think, "You've turned out OK and I'm proud of you".

Mrs Alexander
Chaplain

Uniform Shop

The Uniform Shop will be open for additional days during Kinder Orientation from 8.45am-9.45am – Wednesday 7th, 14th and 21st November. We accept cash payments, or cheques made payable to Chester Hill North PS Uniform. We do not have EFTPOS facilities. We always welcome new volunteers, so if you're interested in helping out, come along and say hello.

P&C Report

Welcome back to school for Term 4. Hope you all enjoyed your break after an eventful term 3.

Once again I would like to thank all the wonderful volunteers who helped out at this year's **Go for Gold.** Unfortunately, the weather wasn't on our side, and we had to reschedule the rides. Through the hard work of the teachers and volunteers, we did have an enjoyable day with lots of fun activities and delicious food.

Carnival rides have been rescheduled for the 5th December 2018. Note will be sent out closer to the day. Your patience is much appreciated.

There are many exciting events happening this term and we would love to have you join us, whether volunteering your time or through donations.

Our next meeting is the 31st October at 9:00am in the attic. Please feel free to come along.

Our next P&C event will be Cake Day on the 9th November 2018.

Sports Report

What a busy and successful term we had in Term 3 for Sport.

Athletic Carnivals

We had the school athletics carnival, where all students tried their best and had a great day. Following that 45 students attended the Lansdown Zone Athletics Carnival where Chester Hill North was the champion school of the carnival. Then 19 students made it to Sydney South West Regional Carnival. Of these 19 students, we had 2 students make it to the State Carnival which will be held this term.

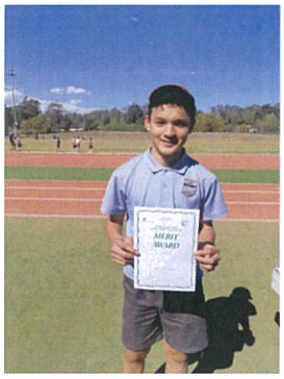
Congratulations to Simione Laiafi for his efforts in shot put and Seaff Jaradat for his efforts in long jump. This is a fantastic result.

At both the zone and regional carnivals our students were very well behaved. I was super proud of the way the 19 students performed on the day at regionals. Our students displayed great sportsmanship and everyone tried their best on a very hot day.

Congratulations to the following students who represented our school in the SSW Regional Carnival:

Zayn Jebara	100M 8YRS Boys
Sarah El Safadi	100M 10 YRS Girls
	Relay Junior Girls
Yanru Yu	100M 12 YRS Girls
	200M Senior Girls
	Relay Senior Girls
Seaff Jaradat	100M 12 YRS Boys
	200M Senior Boys
	800M Senior Boys
	Relay Senior Boys

	Senior Boys Long Jump
Simione Laiafi	100M 12 YRS Boys
	Relay Senior Boys
	Senior Boys Discus
	Senior Boys Shot Put
Fatmata Conteh	200M Junior Girls
	Relay Junior Girls
Abdul Zreika	200M 11YRS Boys
	Relay Senior Boys
Evan Chen	800M Junior Boys
Ghada El Kheir	Relay Junior Girls
Amira Sabbagh	Relay Junior Girls
Nasim Shareef	Relay Junior Boys
Abdul Taha	Relay Junior Boys
Hilal Derbas	Relay Junior Boys
Mohammad Safdari	Relay Junior Boys
Linda Phan	Relay Senior Girls
Syrillina Sailor Christie	Relay Senior Girls
Elizabeth Aruna	Relay Senior Girls
Eugene Ha	Relay Senior Boys
Baria Saleh	11 YRS Girls Shot Put



PSSA

Season 3 has started for PSSA with the following sports being played: Softball, AFL and Teeball. Miss Humphries is the softball coach, Mr Sassine is AFL coach and I (Miss Luck) am the Teeball coach. All three teams have had a lot of fun and students are learning about the sports. Please make sure all students are aware of and abide by the zone code of conduct. Students are playing PSSA sports for fun and to learn the skills of the sports.

At Chester Hill North we always show great sportsmanship and do not argue with the umpires/referees. Please remember that coaches/umpires/referees volunteer their time to make sure students have the opportunity to participate in these activities each week.

Please remind all students to have their hats and lots of water for PSSA games. It can get very hot in the parks we play in. All students need to bring at least 2 water bottles (maybe freeze one!).

Miss Luck

Sports Coordinator

NSW Education & Communities
Public Schools NSW

EVERY DAY COUNTS....

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed...

Every day counts!

Whooping Cough

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

•Children with these symptoms should see a doctor.

•If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.

•Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055.

Driving and parking safely near schools

School opening and closing hours are busy times for pedestrians and vehicles outside the school.
Always take extra care in 40km/h school zones, which operate on gazetted school days.
Park safely even if it means walking further to the school gate.
Observe all parking signs. They are planned with children's safety in mind.
Never double park as it puts children at risk.
Model safe and considerate behaviour for your child – they will learn from you.
Slow down near the school crossing.
At a supervised crossing, observe the directions of the school crossing supervisor.
Always park and turn legally around the school.
Avoid dangerous manoeuvres such as U-turns and three–point turns.
Always give way to pedestrians particularly when entering and leaving driveways.
Avoid parking across the school driveway or the entrance to the school car park.
Using your school's drop off and pick up facility will help keep all children as safe as possible during the busiest times of the school day.
Avoid parking in or near the school bus bay.

Fines and demerit points
For information about fines and demerit points, visit rms.nsw.gov.au

Making Friends

Your child will learn if they are confident. Making new friends is an important and challenging step. You can help if you:

- Encourage your child: to be confident with their classmates
  to smile
  to make eye contact
  to stand tall
  to join in games
  to speak clearly
- Encourage your child to accept that other students will be different from them.
- Understand that your child's friendship group is important to them. This group is often called the peer group.
- Allow your child to tell you about their friends in their own time. Trust in your child's ability to cope in new situations
- Let them know it is all right to be anxious about making new friends but also build up their confidence about handling new situations.
- Encourage your child to mix with their friends outside school hours but continue to set clear limits as to times, places, levels of supervision.
- If you can, invite your child's friends to your place and get to know their parents too.
- When your child moves onto high school, expect sudden shifts in friendships to occur in the first couple of years. This happens all the time. Your child may be hurt by these sudden changes. Listen calmly to their problems and show them you are confident they will make more friends.

Taken from Busy Parents' Guide to Literacy and Numeracy.

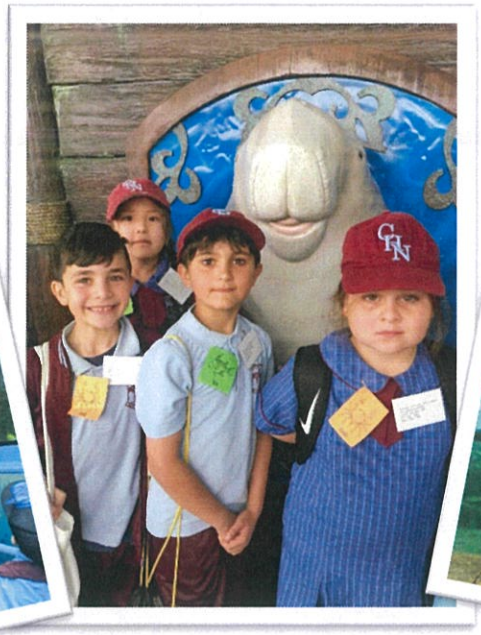
Chester Hill North PS supports James and his village in Malawi, Africa

The site for the Nursery School

Our new sheep –
Chester and ??? (his wife)

Students from James' village

Walking to school



Sea Life Aquarium

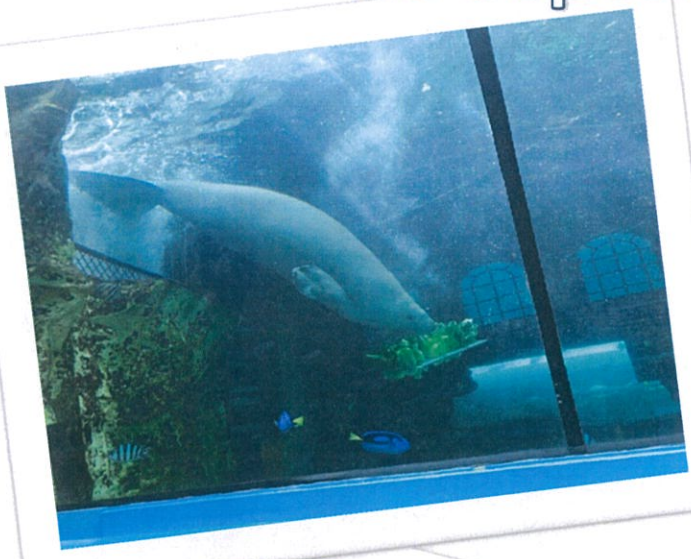
Year 1

17 September 2018

Sea Life Aquarium

Year 2

18 September 2018



Go for Gold Day

CHNPS had lots of fun on **Go for Gold day**. Students ate delicious food and participated in lots of fun activities!

Thank you to all these businesses who donated to our **Go for Gold day**. We really appreciate all your support!

Central Eyecare
Big Fresh Fruit and Groceries
Chehade El Bahsa
Lucky Hot Bread
Jasmin 1
Surething Realty
Chestersquare pharmacy
Trish's Partylite
Meghan's Arbonne
Lisa's Nutriments