



GUILDFORD PUBLIC SCHOOL

APIA STREET GUILDFORD NSW 2161

PHONE: 9632 9675 FAX: 9892 1325

www.guildford-p.school@det.nsw.edu.au

NEWS UPDATE

3 MARCH 2017



PRINCIPAL'S MESSAGE

Dear Parents and Carers

Throughout the year, many students will be asked to visit me with excellent work samples. I will ask them a few questions aimed at students developing a growth mindset.

What is your work about?

How did you work it out?

What mistakes did you make that helped you out?

What did you learn from doing this?

How else could you have shown your new learning?

Go to <https://www.youtube.com/watch?v=2zrtHt3bBmQ> for a 2 minute short film explaining

'Growth Mindset for Students – Episode 1'

Induction of Student Leaders

Congratulations to students selected in a 2017 leadership role. I extend that congratulations to parents, carers and extended family of 2017 student leaders. Students are expected to take their leadership role very seriously, aiming to be a positive influence on their peers and younger students in the classroom, the playground and when representing GPS at local events and competitions. You'll recognise our leaders throughout the year as they take responsibility for organising and leading events, fundraising, carnivals and assemblies. Student leaders can be identified by their badge and can be approached if you need some assistance.

Swim Scheme

During last summer, there was a large increase in the number of drownings compared to recent years. A child who is water aware, able to respond to a water based emergency and who knows survival skills is far better prepared than most. We are fortunate to have been allocated 250 places for swim scheme again this year. I expect all Year 2 children to attend, unless there are special circumstances. The cost is only **\$3 per session**

compared to most private swim schools charging over \$15 per session. This is very cheap and something necessary for children to attend. Children in Years 3-6 are also encouraged to pay and attend. Note and money is due Friday 3 March.

Emergency LOCK DOWN

Today we had a LOCK DOWN drill (practice). Students and staff were quick to respond. They closed the window blinds, locked their classroom door and sat quietly while waiting for further instructions. The next bell signalled the Lockdown was over. Mrs Levis and I then visited each classroom to signal 'ALL SAFE'. I was impressed how students followed the LOCK DOWN procedure so well. A LOCK DOWN is signalled by 8 blasts of the alarm.



Mr Nicolacopoulos will **Shave for a Cure** in 2017! This has become quite a tradition at Guildford. Donations can be made in cash or via the website address below. All proceeds go to the Leukaemia Foundation.

<http://my.leukaemiafoundation.org.au/bradleykranenburg>

I also encourage you to

visit <https://www.everydayhero.com/au/> to find out more about childhood heart disease (CHD). One student at GPS is affected by CHD every day and the family has asked if we could help raise awareness and fundraise. Please donate at the office or online.



Parents and Citizens' Association meeting

The next P&C meeting is on **Thursday 23 March at 9am** in the hall. I strongly encourage parents and carers to attend, connect with others and be informed about school, community and education programs and issues.

Welcome Morning Tea for New and Existing Parents

A pleasant morning tea was had by the 60+ parents who attended the 'Welcome' morning tea last week. Congratulations to the P&C executive for your outstanding leadership, for building local community and business support. In my conversations with parents, many topics were mentioned, but the most common question was "Can you help my child improve?" The short answer is 'YES'. Staff at GPS engage in a variety of professional learning workshops and seminars. We have highly qualified and competent stage leaders who work with beginning teachers to ensure all students are assessed, monitored and provided regular explicit feedback on their learning. High expectations are exercised by all teaching, support and executive staff members. Any student who is causing concern will be referred to the stage supervisor for discussion and when necessary to the Learning Support Team where targeted support is required from specialist staff. If you have any further questions about your child's learning, make an appointment to talk with his/her teacher before 8.55am or after 3.10pm.



My appreciation goes out to the following businesses and organisations for their gracious support and donations.

Catering was donated by;

Guildford Florist

Josephs Uniform shop

Parramatta Eels Rugby league Club

Guildford Leagues Club

Pest control

Guildford Sorfa

Lucky door prizes donated by;

Nutrition King

Samira Patisserie

Kathy's Bakery

La Shish

Becks of Guildford

Coles Merrylands

Teacher Professional Learning

Teachers will continue to be involved in participating and leading a variety of professional learning seminars during 2017. It is important that every child has a high functioning, competent and confident teacher supporting and challenging them every day. For this very reason, teacher learning and building capacity is vital. Here are photos of stage 1 teachers learning to best assess reading and comprehension.



KIND REGARDS

CHRIS HABERECHT





**SPECIAL STUDENTS
SENT TO SHOW
GOOD WORK
TO THE PRINCIPAL
THIS FORTNIGHT**

Week 6 Term 1



KC Naveya Codder, Sayed-Mahdi Moshref,
Ian Villas Coronel
KK Angelina Penitani, Leah Sorine

COMMUNITY LANGUAGE
4E Muddather Abdalla
4C Murtadha Al Shniawah


Congratulations!!

KEEP UP THE GOOD WORK
Mr Christopher Haberecht (Principal)



TERM 1	DATES TO REMEMBER
MONDAY	SPARKS
MONDAY	FOOTSTEPS Learning Program Starts
MONDAY	AFL Training
MONDAY	Yr3-6 ART CLUB
MONDAY	Yr3-6 CHOIR
TUESDAY	T-Ball & Softball TRAINING
TUESDAY	Environmental Club
TUESDAY	K-2 Gardening Club
TUESDAY WEDNESDAY	DEBATING
TUESDAY WEDNESDAY	Yr3-6 DANCE
WEDNESDAYS	K-2 JNR CHOIR
WEDNESDAY	LaST Meeting
THURSDAY	K-2 ART CLUB
THURSDAY	SCRIPTURE
FRIDAY	PSSA
FRIDAY	Yrs3-6 INTEREST GROUPS
FRIDAY	K-2 DANCE
FRIDAY	FRESH FRUIT FRIDAY
7 APRIL FRIDAY	LAST DAY TERM 1

TERM 1	DATES TO REMEMBER
6 MARCH	Merrylands H.S Open Day
8 MARCH	Auburn Zone SWIM CARNIVAL Granville Swim Centre
9 MARCH	Debating Gala Day In School Hall
9 MARCH	Selective High School Placement Test
16 MARCH – 6 APRIL	Parent WORKSHOP 1-2-3 Magic & Emotion Coaching
20 MARCH – 31 MARCH	SWIM SHCEME Guildford Pools
4 APRIL	Cross Country Carnival Guildford Leagues Club



8.30am – Staff on playground supervision
9.00am – Morning classes begin
 (K-6 Assemble under COLA for messages)
11.00am – Recess starts
11.20am – Classes resume
1.00pm – Eating time
1.10pm – 1st half lunch **1.35pm** – 2nd half lunch
2.00pm – classes resume
3.00pm – school finishes

Guildford's Rising Stars



Two of our students recently competed in the Regional Athletics Championships for Little Athletics and performed exceptionally well.

Anika Penitani achieved gold in the Under 8's 700, 200, 100 metre running races and she also achieved gold in the 100m hurdles.

Levi Mahony achieved a bronze medal in the Under 10s 1500m race and will now compete in the State Championships.

Congratulations Anika and Levi on your outstanding success. The Guildford Public School Community wishes you both every success in future competitions.



EXERCISE RIGHT FOR KIDS!

Research conducted by Exercise and Sports Science Australia (ESSA), has revealed a major gap in physical activity and health for children with chronic conditions or disabilities such as Asthma, Obesity, Cerebral Palsy, Cystic Fibrosis and Mental health.

"Exercise Right for Kids" is a program that has been developed to help any child who may be living with, or at risk of, a chronic condition or injury. They provide free, research driven information and resources that support our children to participate in physical activity.

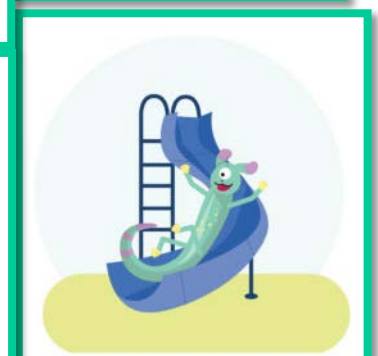
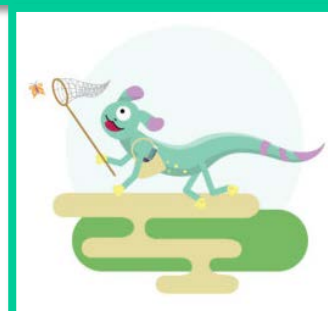
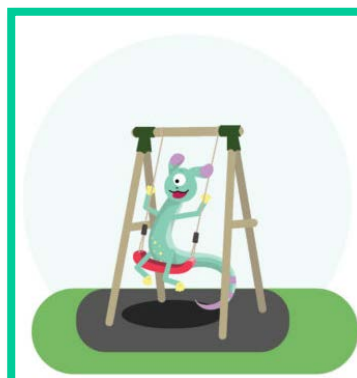
Below is a link with free access to this valuable information and fun resources. Please take the time to look through the website with your families.

<http://exerciseright.com.au/kids/>

Let's work together to close the gap and make a difference!

Thanks

Miss Karamaneas





iPLAY Research Project

Guildford Public School has been invited to participate in a research project conducted by the Australian Catholic University.

In the coming weeks, students in years 3 and 4 will be completing a short survey about physical activity and health. Data collected from students will be treated as strictly confidential.

The iPLAY project aims to develop teachers' skills and strategies to improve sport and PE lessons, and to increase students' physical activity and health.

Students' participation is voluntary and students may withdraw from the study at any time.

*Thank you
Miss Karamaneas*



On Wednesday 8th February students from years 3 to 6 attended our annual Swimming Carnival at Guildford Pools. Congratulations to all students for making this a memorable and enjoyable day. Students had the opportunity to learn valuable water skills with Mrs Hemming and Miss Bryceland while other students participated in swimming races. Some students displayed excellent ability swimming in all style events. It was great to see some parents there supporting their children.

A big 'THANK YOU' to all those teachers who undertook official roles and the supervision of students to assist our carnival to run smoothly. It was an enjoyable day for all who attended.

Stage 2 – Meet the Teacher Session!



Date: Tuesday 14th March, 2017

Time: 3:30pm – 4:30pm

Location:

Picnic Area
Outside of the
Stage 2 classrooms



Afternoon Tea
provided by the
teachers!

Please scan the QR code below to visit our Stage 2 Website! It is full of loads of awesome information!



To view a QR code – Go to your App store and search **QR code reader**. Download, open, focus and scan!

STUDENT LEADERSHIP TEAM 2017



On Wednesday 22nd of February, we celebrated our student leaders' for 2017 by holding a formal Induction Assembly. School Captains, Vice-Captains, Prefects, Student Representative Counsellors (SRC) as well as House Captains and House Vice-Captains received their badge/s. A special feature of the ceremony was the involvement of the parents and carers in pinning the badges on these students. It is a great honour and big responsibility for students to take on these leadership roles at school.



boys and girls
and we look forward to an eventful year.



'Growth Mindset For Students

download from twinkl.co.uk

10 What Questions to Develop a Growth Mindset in Children

1. What did you do today that made you think hard?
2. What happened today that made you keep on going?
3. What can you learn from this?
4. What mistake did you make that taught you something?
5. What did you try hard at today?
6. What strategy are you going to try now?
7. What will you do to challenge yourself today?
8. What will you do to improve your work?
9. What will you do to improve your talent?
10. What will you do to solve this problem?



I have a **GROWTH MINDSET!**



REMINDER TO PARENTS

GUILDFORD PUBLIC SCHOOL

DOES NOT TAKE ANY MONEY FOR
SCHOLASTIC BOOK CLUB

PLEASE FOLLOW THE INSTRUCTIONS THAT WE
HAVE PROVIDED, & ENJOY READING

Book Club



If you get stuck and need help, simply call our friendly Customer Service team on; **1800 021 233** between the hours of 8am to 5pm. After 5pm, you may email our after-hours LOOP help on Customer_Service@scholastic.com.au

How do I Order?

1. Simply grab your child's Book Club catalogue and either sign in or register your account
2. Click on ORDER and then select your school and your child's class*
3. Add your child's **first name & last initial** (so the school knows who the book is for) PLEASE NOTE: Your child's details will never be shared with 3rd parties OR used for marketing purposes - this is for distribution purposes only.
4. Enter the item number from the Book Club catalogue
5. All orders are sent directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date
6. Afterwards, there's no need to return paper order forms or payment receipt details back to your school!



REMINDER TO PARENTS AND STUDENTS

PSSA



AFL TeeBall Softball

All students must pay **\$8.00** every week on **Thursday mornings from 8.30 a.m.** at the front office as the games will be played at **9:15 on Fridays**. If you do not pay, you may miss out.

PLEASE **DO NOT** PUT PSSA MONEY IN THE PAYMENT BOX AS WE MAY NOT GET TO IT
PLEASE PAY AT THE OFFICE

Thank you we appreciate your cooperation.

**SPORTS KEEP KIDS
REALLY INVOLVED
IN A GOOD PLACE.**



School Lunch Ideas

Nutritious
&
Delicious

"The greatest
wealth is
health."

~ Virgil

TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.



SPARKPEOPLE



20 Simple Real Food Lunch Ideas for Kids

RealFitRealFoodMom.com



Breakfast For Lunch Ideas

BentoSchoolLunches.com

BREAKFAST

- Pancakes with Fruit \$2.29
Whole Grain, Butter milk
- Breakfast & Fruit Buffet* \$2.79
Kids 10 and under eat for half-price. Kids 5 and under eat "free" when they're with an adult who has also purchased it. One "free" kid's buffet per adult.
- Breakfast Groggle \$2.29
Pick From:
42 Pieces of French Toast
"Smiley" Belgian Waffles
Pick:
42 Pieces of Bacon
or sausage
- Breakfast Omelet \$2.29
1 Egg, 2 Pieces of Bacon or sausage and toast
- Energy Breakfast \$1.99
Your choice of Cinnamon or Cider Cereal with ice grain bread and Juice.

SOUP & SALAD BAR

POWER UP WITH THE ULTIMATE POWER PICK!

Full of energizing choices such as fresh fruits, veggies and cheeses, it packs the ultimate power punch!

Kids 10 and under eat from the salad bar for half price. Kids 5 and under eat "free" from the salad bar when with an adult who has purchased the salad bar. One "free" side salad per per adult.

ENTRÉES

Choose with your choice of one side and beverage from menu.

- Grilled Chicken \$3.49
- Spaghetti with Marinara or Meat Sauce \$2.79
- Breakfast Whiz \$3.79
- Mac'n Cheese \$2.79
- Crackin' Fingers \$2.99
For bigger appetites, add a chicken finger for 75¢

PRINKS

All drinks are 16 oz. Served in a collection Smiley Cup!

- Fountain
- Iced Tea
- Sweet Tea
- Raspberry Iced Tea
- Lemonade
- Strawberry Lemonade
- Hot Chocolate
- Juice: Orange, Apple, Cranberry, Tomato
- Milk (1%)
- Soy milk
- Chocolate Milk
- Milksakes \$1.99: Vanilla, Chocolate, Strawberry
- Flavors \$1.99: Pepsi® Flavor, Root Beer Flavor

SIDE DISHES

Add an extra side to your meal for 75¢

- Applesauce
- Grapes
- Mashed Potatoes
- Carrots
- Broccoli
- Coleslaw
- French Fries

DESSERTS

- Slice of Pie \$1.59
- Scoop of Ice Cream or Orange Sherbet 99¢
- Sundae \$1.79
- Strawberry
- Hot Fudge
- Chocolate
- Hot Caramel Fudge

SANDWICHES & PIZZA

You can choose from any of our sides! Plus, you can add an extra side for only 75¢.

- Turkey Sandwich \$2.79
- Grilled Chicken Sandwich \$3.49
- Stuffed-Crust Pizza \$2.79
- Classic Grilled Cheese \$1.99
- Hot Dog \$1.99
- Cheeseburger \$2.79
- Classic Burger \$2.59

Green Means Go!

The foods highlighted in green are healthier menu options that pack a POWERFUL PUNCH!

Empowering families to make healthy choices. LifeSmiles is Eatin' Park's commitment to our youngest guests' creation. Eatin' Park will invest \$1 million and 20,000 volunteer hours to children's health and wellness initiatives in the communities we serve.

KIDS CAN CHOOSE TO END THEIR MEAL WITH:

- Apple
- New Mini Smiley Cookie
- Traditional Smiley Cookie

Free with a Meal or Sundae!

*All weights are pre-weighed. Depending on size or under-weighed needs, quality, location, or recipe may increase your size or portions. Items are specifically prepared otherwise, we will not deviate from the generally accepted nutritional requirements as specified by the U.S. Food and Drug Administration.

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