PRINCIPAL’S MESSAGE

Dear Parents,

Good luck to our 16 students who will be accompanying me to the Penrith District Swimming Carnival tomorrow. I look forward to seeing these students perform at their best for our school. Swim well!

Thanks to everyone who came along to our Parent Information Night. It is a most valuable opportunity for parents to be able to talk with our class teachers about the classroom program, expectations and homework. Individual Parent Teacher Interviews will be conducted in Week 10 of this term.

The school has welcomed Mr Daniel McMahon as our relieving Instructional Leader to run our Early Action for Success program. Mr McMahon is a former students from our school and is currently the Assistant Principal at Matthew Pearce PS. Mr McMahon will be leading our K-2 teachers and our intervention teachers, Ms Austine, Mrs Nelson and Mrs Cheetham. We are very excited about the result we expect to gain for our students.

Today you will also receive your note for the Cultural Infusion Chinese Activity which will take place in two weeks. Please return payment and note as soon as possible.

Have a great two weeks!

Adam Wynn
Principal

Swimming Carnival

Thank you to all the students, parents and staff who attended our twilight swimming carnival last week. We had a great night with lots of impressive swimming. Sixteen students have qualified for the district swimming carnival which will be held at Penrith pools tomorrow (Wednesday 4th March). We wish these students all the best. Certificates, ribbons and age champion medals from our carnival will be awarded at this Friday's school assembly.

Gardening Club News

The first Garden Club morning for the year was a huge success, with nearly twenty children helping. Everyone was very excited to find healthy carrots growing in the school vegetable patch. Children learnt how to carefully pull the carrots out without disturbing the rest of the bed. Some children took their carrots home for parents to cook, and some scrubbed them up to eat in class for Crunch and Sip.

Julie Cheetham
Gardening Club Coordinator
**Gardening Club Permission note**

I give permission for my child to participate in light gardening activities at school. I understand that the Gardening Club will operate between 8.40 and 9.05 on Wednesday mornings with teacher supervision.

Name....................................................................................................................

Class...................................................................................................................

Signed................................................................................................. Date...........

Please return note to the office or Mrs Cheetham.

**BOOK CLUB orders due 11th March, 2015**

**EMAIL ADDRESSES FOR NEWSLETTERS**

Please supply or update your email address with the Admin office to enable us to distribute school newsletters and notes via email in 2015. We are anticipating that most families will receive their newsletters in this manner. Some paper copies will be available from the school office. Newsletters and notes will also be available on the school website.

*Child’s Name: ____________________________

Class: ____________________________

Email address for newsletter: ____________________________

**Direct Deposits to school account:**

When making direct deposits to the school account for excursion and activities please ensure that you include your child’s name and a description of excursion. e.g. J. Smith Carnival Westpac – BSB 032001 Account No. 163318. All canteen and P&C activities need to be paid in cash. No direct deposits to the school account should be made.

All payments and permission notes need to be handed in at the office.

Thank you for your assistance. If you have any questions regarding payments please contact the office.

**Attendance Reminder**

Please be reminded that if your child is absent from school, you will need to provide a note, stating the reason for absence, to the school promptly. Regular attendance at school is essential if students are to maximise their potential. If you have concerns in this area, please see or contact Mrs Todd on 47301201.

**Cambridge Gardens Public School**

34 Trinity Drive, Cambridge Park. 2747
Ph.: 4730 1201 Fax: 4729 1385

**Absence note**

Name ____________________________

Class ____________________________

My Child was away from _________ to _________.

Reason for this absence was:

________________________________________

Signed ____________________ _____/___/

Parent/Guardian

**CLOTHING POOL will be open in the train Tuesday mornings from 9.15 to 9.45 a.m.**

**Why is breakfast important?**

- children who miss breakfast are often reported as having poor behaviour and poor concentration
- children who miss breakfast are often unable to meet their daily nutrient requirements
- children who miss breakfast are more likely to have a greater risk of being overweight or obese
- eating breakfast helps children learn and establish healthy eating habits early in life.

**Breakfast provides brain food**

Eating breakfast each morning improves children’s learning, concentration, behaviour, overall nutrient intake, and establishes healthy eating patterns for life. Some quick breakfast options include:

- wholegrain cereals and reduced-fat milk
- baked beans on wholegrain toast and a glass of reduced-fat milk

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Innovation, Excellence and Connections!
Serve breakfast with a glass of water or milk to get children hydrated.

**Keep food cool**

Sandwiches can be frozen for up to a week and, if removed from the freezer in the morning, will thaw by lunchtime. Some nutritious sandwiches to freeze include those with fillings of cooked meats, baked beans, eggs, fish and cheese. Most fresh vegetables do not freeze well so put them on the sandwich when it’s packed in the lunch box.

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**P&C Association NEWSLETTER**

Our first evening P&C meeting was held on Tuesday 17th February. On behalf of the P&C, I would like to welcome our new Treasurer, Jo Mortlock. Jo brings a wealth of knowledge and many years of experience to our school. It’s wonderful to have a grandparent as a member of the Executive Committee.

**Last meeting in brief:**

- Current and future school based programs
- Purchases made to benefit our students and school
- Fundraising (in particular Mothers’ day and election day/market stall)
- Literacy resources as a focus for fundraising this year

**Mothers’ Day**

Mothers’ day will soon be upon us. Plans are already underway for our Mother’s Day gifts, notes will be going home soon and we will also be looking for helpers. Please email the P&C if you would be available to help.

**Election day BBQ/Market stall:**

Election day is Saturday 28th March 2015. Our school will be holding a market stall and a BBQ. Funds this year will be directed at literacy resources (print and technology based) that will benefit all of our students. If you can spare ANY time on this day (even an hour) please speak with Sam, Leanne, Karlea, Jo or myself. Alternately you could send an email to

the new school P&C email address at cambridgegardenspublicschool@pandcaffiliate.org.au

**School Banking**

School banking is this Friday 6th March. Please make sure you complete the deposit slip and secure your money in the banking wallet. All bank books are to be taken directly to the office before the start of school.

**Next P&C meeting**

Our next General Meeting will be on Tuesday 24th March at 7pm in the library. Please come along and be part of your child’s schooling. It benefits our whole school community to hear new ideas, thoughts and perspectives. If you can’t attend but would like something raised, please send an email to the above or drop a note in the suggestion box in the front office. Hope to see many new faces at our next meeting.

Many thanks,
Rebecca Mott (Vice-President)

**Meet The Executive Committee:**

Each Newsletter we will introduce a member of the Committee!

**Vice President:** Karlea Fearnley

I have been a member of our P & C for 8 years, since my eldest child was in Year 1. She has now moved on to high school and my youngest is in Year 5 this year.

I have been the Treasurer, Secretary, Vice President and President during my time and also a member of the fundraising team. I am currently focussing on the School Banking program and managing the Scholastic Book club within our school.

Over the years I have seen many benefits of having a motivated and proactive P & C within our school. Your P & C is the voice of our community and it is an important voice. By attending our school P & C meetings you are able to have input into many aspects of our school, from the events that are run (eg: Easter Hat Parade, Father’s Day BBQ), to educational programs (eg Mathletics), and staffing to name just a few.

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**Innovation, Excellence and Connections!**