



Picnic Point Public School
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Kalori Newsletter

No. 7
May 2019

Principal's Report

UPCOMING EVENTS:

Interrelate Tue 28th May

WHAT'S DUE NOW

Interrelate note and money
GRIP Leadership note and money
Colonial Show note and money
Engadine Band Festival note and money
Maths Olympiad

REPORTS AND PARENT-TEACHER INTERVIEWS – PLEASE REGISTER FOR THE PARENT PORTAL

Throughout the course of this term, teachers will be assessing student learning and preparing the Semester 1 student reports. The reports will be going home on Friday 28th June and parent/teacher interviews will be held in Week 10 (1st – 5th July). Interviews are scheduled in 15 minute timeslots and we ask that parents are respectful of these times. Punctuality ensures that no teachers or parents are delayed past their appointment times. Should you need a longer meeting with your child's teacher; a mutually convenient time can be arranged. For your convenience, an online booking service will be made available through the Sentral Parent Portal and a note will be coming home in the coming weeks about booking your interviews online. We would just like to remind parents that you will need to register for the Sentral Parent Portal and enter the access key for each of your children in order to book an appointment (if you haven't already).

ROAD SAFETY AROUND OUR SCHOOL TO KEEP OUR CHILDREN SAFE

Over the past week, I have received information from a number of concerned parents who have seen vehicles double-parked, parked across driveways and making U-turns on double lines on Prince St at pick-up and drop-off times. The safety of all our children is paramount here at PPPS and I urge everyone to please respect the rules of the road in order to keep our children safe and to also respect our neighbours by parking appropriately and allowing them to enter and exit their driveways as they need to. If I could also ask that parents who pick up their children after school hours from OOSH, Chess etc, to please park on the street and walk into the school grounds. On any given day, we still have a number of students on school grounds well after 3:00pm and it is important to minimise risk of harm by reducing the number of vehicles on school grounds. Thank you to everyone for your cooperation and support when driving around our school to ensure that all our little ones make it to school and back home again safely each and every day.

Ben Walsh
Principal

Shared Language of Learning

This section focuses on the Shared Language of Learning that is used at PPPS. It is designed to enhance communication and understanding about learning and progress across the school community

Learning Intentions and Success Criteria

"The Journey is always easier and more fun when you can see the steps and know why you are going there"

Definition

A *Learning Intention* is a clear statement about what students are aiming to learn from a lesson. It is visible to all students and sets a clear expectation and goal about the purpose of the lesson. *Success Criteria* are a visible list of goals/steps that when met, the students will know they have achieved the learning intention of the lesson. Learning Intentions and Success Criteria act like a goal and a checklist system to make sure the students know they have met the learning outcome. An example of a Learning Intention and Success Criteria:

Learning Intention

We are learning how to write a conclusion to persuasive writing.

Success Criteria

- Re-read my introduction and paragraphs.
- Repeat my opinion.
- Remind the reader of my reasons.
- Say what I think should happen next.

Why Learning Intentions and Success Criteria?

Learning Intentions provide students and teachers with a clear expectation and goals for each lesson. Students are more focussed because they have a clear understanding of the goal they are aiming to achieve. It allows students to break down their learning and use their success criteria like a checklist to make sure they have accomplished what they set out to achieve. This is allowing students to self-assess their work and provide accurate feedback to themselves and their peers about what they have done well and where they need to grow.

Language of Learning Challenge

Think about a task that you wish to accomplish and what it will look like when it is done (this will be your Learning Intention). Next think about each aspect you will need to complete in order for the task to be accomplished (these will be your success criteria).

Finally think about if someone had told you to do something but you didn't exactly know what they wanted and didn't exactly know how to go about it or when it was finished. This darkness and unknowing is how some students can feel about their learning. Learning Intentions and Success Criteria aim to light the path and show students how to get where they want to be.

Student Quote of the Week

"A learning intention is a goal we are trying to achieve and we use our criteria to see if we are successful."
Indy Haggett - Kindy Krypton

Stage 1 Report

KINDERGARTEN ENROLMENTS 2020

We have begun taking Kindergarten enrolments for 2020. If your child is starting Kindergarten next year please download an application to enrol form from the website or see our office staff.

If you know of any other families in our area who may have a child beginning Kindergarten next year, please inform them of the above procedure. Thank you.

WINTER UNIFORM

Please note that all students must be in full winter uniform starting from Week 7, Monday 10th June. Until then, students may choose to wear either their summer or winter uniform but not a combination of each. Therefore girls wearing summer dress must wear white socks, not maroon tights underneath. Thank you.

WET WEATHER

Just a reminder that in wet weather, especially the 3:00pm downpour, all Kindergarten parents are asked to wait under the awning near the stage and the Kindergarten students will be dismissed from the stage area. Year 1 and 2 parents are asked to wait under the awning between Mrs Austin's room and Mrs Clarke's room. Thank you.

Stage 2 Report

UPCOMING EVENTS:

OC applications close

Fri 17th May

OC APPLICATIONS ONLINE

Applications for the Opportunity Class entry for 2020 have closed as of today, 17th May. Thank you to the parents who returned their Intention to Apply notes for our records. Don't forget to take advantage of our practice workshops on Wednesday mornings at 8:00am.

OC WORKSHOPS

The practice workshops have started and are run each Wednesday at 8:00am in Mrs Stawski's room. The students seemed to enjoy the first one this week and are aware that the questions are very difficult and tricky, designed to challenge problem solving strategies and thinking 'outside the square'. I was very pleased with everyone's effort!

NAPLAN

Congratulations to all our Year 3 students on completing their NAPLAN assessment and conducting themselves in a mature manner throughout the week. Year 4 also participated to see how they are progressing and using their Learner Qualities and strategies. Well done boys and girls!

PUBLIC SPEAKING

All Stage 2 students have presented their speeches this week and we have certainly seen a very high standard of organisation, ideas and confident speaking skills. Our 'Stage speak-offs' will be held later next week, with 2 students to be selected to represent the school at zone level. We are very proud of everyone's effort.

CAPA GROUPS

Stage 2 Creative Arts groups for Term 2 will commence next week (Week 4). Students enjoy these mixed creative groups, where they can combine with peers from other classes and explore their creative talents in visual arts, media design, music and drama.

SPORT IN SCHOOLS

As our SISA (Sports In Schools Association) sessions are on even Thursdays this term, next week will be our turn. However, we ask students to wear their sport uniform each Thursday, as we conduct our class PE sessions in the alternate weeks. We appreciate your support.

HAPPY HAROLD

The Harold van will be visiting Picnic Point in Week 6 and our students are looking forward to this enjoyable, information packed session. The highly trained instructors deliver a hands-on program and role plays that build the children's resilience and equip them with strategies for resisting negative peer influences.

Stage 3 Report

UPCOMING EVENTS:

GRIP Leadership Conference

Wed 22nd May

MOTHER'S DAY STALL

It was lovely to receive an email from Mrs Walsh who was one of the parents running the Mother's Day Stall. She wanted to let us know what an excellent job the prefects did!! They were very organised and helpful! This shows what a great leadership team we have. Well done prefects!

NAPLAN

This week had students and teachers "hitting the ground running" with our NAPLAN implementation. On Tuesday, the students did Language Conventions and Writing, followed by Reading on Wednesday and finishing up with Numeracy on Thursday. NAPLAN gives valuable data on both individual student and school growth and areas for support. Parents and schools will receive comprehensive results in the coming months.

PUBLIC SPEAKING

Our Public Speaking Competition is reaching its final stages within the classrooms. Class finalists will compete in the Stage finals in Week 5. Students must be prepared to deliver their speech as well as an impromptu speech for the finals. Two winners will be selected to represent our school at the district finals.

SCHOOL UNIFORM

Picnic Point Public School prides itself as being a strong "uniform school". Officially, the changeover to winter uniform occurs after the June long weekend. However, if the weather becomes cooler before this time, students are permitted to wear the winter uniform. If this choice is made, it is expected that the full uniform be worn and not parts of the summer uniform mixed in.

REMINDER - MOBILE PHONES

Parents and students are reminded that any student who brings a mobile phone to school is expected to hand the phone in as soon as they enter the school grounds (for safekeeping) to one of the office staff.

It is the responsibility of the students to collect their phones at the end of the school day. If any child is unwell during the school day, the office staff will contact parents immediately. For more information please see our Mobile Phone Policy on the school's website.

Library

PREMIER'S READING CHALLENGE

Congratulations to the following students for completing their Premier's Reading Challenge:

Cameron Avery	Senior Alchemy
Angus Lonsdale	Senior Titanium

Band

UPCOMING EVENTS:

Band Jam	Fri 17 th May (W3)
Assembly Concert Band	Fri 24 th May (W4)
Assembly Junior Band	Fri 14 th Jun (W7)
Engadine BandFest	Mon 1 st Jul (W10)
Australian Band Festival	Sun 15 th Sep (T3)

BAND JAM

We are expecting a great turn out tonight (7:00pm). Mrs Stewart has been busy taking registrations and will be our compere for the night. It's a particularly enjoyable evening because it is so family oriented, with relatives invited to join their children on stage. Any level of skills is welcome and celebrated. Please remember to bring a plate (with something on it!) to share with others after the entertainment.

ASSEMBLY PERFORMANCE WEEK 4

A reminder that Concert Band will be performing at school assembly next Friday 24th May. Remember to bring your instruments and music! Our multi talented in-house musician, Mr Peter has kindly agreed to step in to conduct, as Mrs Stewart is unavailable on the day.

ENGADINE BANDFEST

Notes and emails have been sent home this week about the exact date, time and cost. We will be leaving very early and students will need to be at school by about 7:20am. If you have not received a note or email, please see the office ladies about checking your email address, as it would mean that you are not on the band mailing list.

AUSTRALIAN BAND FESTIVAL

The date for this competition has now been confirmed for Sunday 15th September. It is our most important and prestigious competition, held at NSW University, Kensington Campus. Arrival times will be around 8:00am and 9:00am, with Training Band performing first. Please save the date, more information will be coming home closer to the event.

BAND UNIFORMS

We've had a parent inquiry about what is meant by band uniform. Every family should have received an information booklet when joining the band; if not, please do not hesitate to ask the office for one. Basically, a band uniform consists of black pants (not trackies or jeans), black shoes and a white shirt. On competition days, we also provide a blue or black vest and blue tie. Our musicians look very smart and we always receive positive comments about their appearance from the adjudicators.

Our uniform shop has some band clothing items - feel free to check this option; we all know children grow out of things before you say DO RE ME...!

Choir

New songs this term are You'll Never Walk Alone from the musical Carousel and Don't You Worry 'Bout a Thing. The words to the term's new songs were given out at practice and performances will be discussed. Students, please join the Senior Choir Google Classroom so that they will have access to the music for our new songs. Password code for Google Classroom is **mb27nn3** to join.

Chess

JCL CHANGE TO ROSTER

The Junior Chess League Competition has started and our teams enjoyed playing each other in the first round of 'home' games. Unfortunately, one school has pulled out of the competition, which has created two 'BYE' sessions for each team. During 'home' games, the teams having a BYE are welcome to stay and play each other, although this will not be included in the competition.

Please note that a modified roster has been sent home this week and it is most important that you check it carefully for changes, particularly if you are a helper.

A reminder that home games usually finish by about 4:00pm and the prompt collection of your child will be appreciated. 'Away' games mostly finish by a 5:00pm - 5:30pm return to school.

SYDNEY CHESS ACADEMY

Our Chess Academy classes on Wednesday afternoons are very well attended and we now have two classrooms full of players of all ages. I have been receiving very positive feedback from parents, students and the Academy teachers. If you think your child may be interested in joining or having a look, come along to Mrs Stawski's room on any Wednesday at 3:00pm to see what it's all about.

SRC

GRIP LEADERSHIP CONFERENCE

Our Senior leadership team is looking forward to The GRIP Leadership Conference on Wednesday 22nd May. Don't forget to be at school by 7:30am (early start!) and wear full school uniform. Thank you to all the wonderful parents who have offered to drive us there and back!

Sport Report

UPCOMING EVENTS:

Area Boys Touch	Mon 20 th May
District Cross Country	Tue 28 th May

DISTRICT NETBALL

Congratulations to Mia Dodd, Violet Loane and Sarah McComb who have been selected to represent our East Hills District at the Sydney South West Area Netball Carnival on Thursday 6th June. We wish the girls all the best for a successful and enjoyable day. Good luck!

PSSA FINALS

Good luck to the following teams who are playing in PSSA Season 1 finals on Friday.

Boys Touch

12:45pm	Junior Boys	v	Padstow North
1:30pm	Senior Boys	v	Padstow North

Girls Netball

12:45pm	Junior Girls A	v	Padstow North	Court 1
12:45pm	Junior Girls B	v	Panania	Court 2
1:30pm	Senior Girls A	v	Panania	Court 1
1:30pm	Senior Girls B	v	Panania	Court 2

Mixed Newcombe Ball

No finals this year, as it is now a non-competitive sport. Last round game to be played this Friday.

PSSA SEASON 2

Season 2 will commence Friday 31st May, Week 5. Trials started this week and will continue next week as follows:

Basketball	Senior Boys	Tuesday 8:00am	Soccer	Junior Boys	Tuesday 8:00am
Basketball	Junior Boys	Tuesday 8:30am	Soccer	Senior Boys	Tuesday 8:30am
Basketball	Senior Girls	Thursday 8:00am	Soccer	Junior Girls	Tuesday 8:10am
Basketball	Junior Girls	Thursday 8:30am	Soccer	Senior Girls	Thursday 8:10am

This will be the final trial for all boys and girls in both soccer and basketball. Thank you.

SCHOOL SPORT

For school sport children this season we are offering the sport of Tennis again. The first 30 children to return the notes will be given a spot for Season 2.



Vol. 3, 17 May 2019

Picnic Point Public School

P & C NEWSLETTER

Website: www.picnicpt-p.schools.nsw.edu.au/p-c

Email: picnicpointpublicschool@pandcaffiliate.org.au

Facebook: <https://www.facebook.com/pppspandc>

DIARY DATES

- **Friday 17th May** – Orders due, Scholastic Book Club Term 2
- **Tuesday 11th June** – P&C meeting
- **Friday 21st June** - Pyjama disco to replace the movie night for this term
- **Tuesday 23rd July** - Term 3, first day back, Athletics carnival
- **Friday 20th September** - new date for Movie night
- **Friday 29th November** - Twilight Christmas Markets
- Uniform shop open every Thursday morning, 8:30am - 9:30am in E block
- Every Tuesday is School Banking
- **Band Families: please ensure that you read the Kalori as it has important dates for the upcoming events we have planned for next term.**

PRESIDENT'S REPORT

Dear Parents and families,

This past month I have been humbled by watching our dedicated small team put in some amazing efforts organising lots of fun things for us all to enjoy. If you have the time to help us in the events please make yourself known when the call comes out.

If you would like to join our fun loving group come along to our next meeting on the 11th of June, 7:00pm at the school.

I will let our subcommittee post fill you in on specifics events and improvements, as you read them please consider if you can help us to improve our children's time at Picnic Point Public School.

Lastly I am putting the call out to any parent or family member that might be able to help with our financial audit. If you feel you can help please email us or let the office know to contact us for more information.

picnicpointpublicschool@pandcaffiliate.org.au

Regards
Tim Hickey
President

FUNDRAISING

There is certainly plenty of action and fun to be had from the fundraising committee. Luckily we cancelled the original movie night, if we had have gone ahead with it we would have all been sitting on

wet grass in the rain!! To that end, we have a new date assigned for the movie night, the **20th September**.

Other dates for the diary are our planned Pyjama Disco Night on the **21st June**, so get your best PJ's and your dancing slippers as we disco the night away.

This year the P&C fundraisers are organising a Christmas Twilight Market for the **29th November** to be held in the school grounds. We will be looking for potential stall holders and food vendors to come along so keep an eye out for further information regarding this awesome evening we are planning.

CANTEEN

Thank you to all of our wonderful volunteers for helping fill our roster this term. If you know of any new Kindy parents, please encourage them to come join us. A volunteers form is at the end of this newsletter.

UNIFORM SHOP

(Open Thursdays, 8:30am – 9:30am in E Block, next to the Library)

The official change over to **winter uniform** is **Tuesday, 11th June** (Week 7 of Term 2) - after the Queen's Birthday long weekend. Come in and shop now from our variety of second hand winter items starting at \$3 each and our brand NEW girls tights/stockings (\$8 each), girls neck tabs (\$6 each) and PSSA sport team socks (\$10 each). We accept cash or cheque only and all profits go back to the school.

Thank you to those who have brought in donations recently. We really do appreciate them. You can drop donations into the uniform shop on a Thursday morning or to the office at any time.

If you'd like to volunteer in the Uniform Shop, please contact Kathryn Cannon on 0419 462 204 or fill in the volunteer form at the end of this newsletter.

SCHOOL BANKING

(every Tuesday morning)

2019 REWARDS CURRENTLY AVAILABLE TO ORDER:

- Scented Stackable Highlighters
- Snowy Origami Set
- Icicle Slap band Ruler
- Yeti Fluffy Notebook



Some **2018 rewards** are also still available to order: glow light, heat reactor pencils, mighty boom handball, pencil tech case, sparkle glitter pens, twister power handball, volt handball, zoom flying disc. Please write a little note if you would like to order any of these as a reward, as we no longer stock 2018 reward cards.

CLAIMING A REWARD:

To claim a reward, simply send 10 silver tokens and a completed reward coupon (or a little note) in with your child's normal School Banking deposit on a Tuesday. Reward coupons are available on request through School banking, from the office staff or can be printed at home from the Commonwealth Bank

website. Once we have received the reward claim, it takes approximately 1-2 weeks for the Bank to post the item to us.

REMINDERS:

- Silver tokens cannot be shared or pooled together with friends and family. Please keep them separated.
- Check on the reward coupon for when each item is released. For example: the Scratch Art Cards are available to claim from Term 3 & the Water Skimming Bounce Ball is available to claim from Term 4.
- Once ordered, rewards can take approximately 1-2 weeks to be delivered and distributed.
- We cannot accept foreign currency via the School Banking program.
- A cheque can be deposited through school banking provided the cheque is made payable to the name of the child into whose account it is being deposited. A great option for Birthday money!

DID YOU KNOW?

Older and/or younger siblings can also bank through the child currently at primary school. Simply send in their own completed bank deposit book with the child who currently attends. They can even be kept together with an elastic band if you would prefer, but it's not necessary.

ANY QUESTIONS?

If you ever have a question about School Banking, please feel free to write a little note and place it inside your child's deposit wallet. However, if it is a bank account balance you are after, you will need to visit your local Commonwealth Bank branch or call 13 2221 for this information.

It is never too late to start School Banking. Open a Dollarmites Youthsaver account today! Ask the school office for an Information Pack or visit commbank.com.au/schoolbanking

Happy Banking!

BAND



Band Families: please ensure that you read the Kalori as it has important dates for the upcoming events we have planned for next term.

Please check that you have updated the office with your email address to ensure you receive all Band related emails.

SCHOLASTIC BOOK CLUB TERM 2 (Issue 3)

ORDERS DUE: Friday 17th May.

Every purchase from Scholastic Book Club helps the school to buy extra classroom resources.

Picnic Point PS orders and pays for Book Club using the online LOOP platform.

This ensures that students get their orders, which are delivered to school for free, and that the correct payment is received.

Please use the link to register and start your order www.scholastic.com.au/loop

LOOP is also available as an app, for both apple and Android devices.

Families who order via LOOP will receive a free reusable book bag with their second order for the year, and a poster and bookmark for those who place their third order.

Thank you to everyone who ordered from Book Club in Term 1!

20% of what you spend goes back to the school.

Your support, in ordering from Book Club, has allowed the school to buy additional books and classroom supplies.

NOTICES & NEWS

<https://www.facebook.com/pppspandc>

Like us on Facebook to keep up to date with the latest P & C news including:

- Canteen closures
- Uniform shop notices
- Banking information
- Event / fundraising news



If you would like to be on the email list to receive meeting minutes and notification to P & C events please send an email to: picnicpointpublicschool@pandcaffiliate.org.au

Voting at P & C Meetings:

A reminder to all parents that if you come along to a P & C meeting and would like to vote on any motions being passed, you need to be a paid up financial member. The cost is only 50 cents.

SCHOLASTIC BOOK CLUB

Scholastic provides a great opportunity to increase children's reading whilst also supporting the school. Every book club order earns 20% in Scholastic rewards for our school. To order head to <http://www.scholastic.com.au/schools/bookclub/> and follow the prompts. We only accept credit card via the Book Club **LOOP**! No cash or cheque payments are accepted.



SCHOOL BUILDING FUND

One way you can support the school is through financial donations to the School Building Fund.

Donations over \$2.00 are tax deductible and can be made by completing the following form.

If you have any questions in regards to the School Building Fund, please contact Hanna via the P & C email or on 0407 418 623.



PICNIC POINT PUBLIC SCHOOL

Parents and Citizens Association

Prince Street, Picnic Point 2213
Phone: (02) 9773 7817
Fax: (02) 9792 3913
picnicpointpublicschool@pandcaffiliate.org.au

School Building Fund

The Picnic Point Public School Building Fund was formed with the primary focus to acquire funds for the construction, improvement and maintenance of school buildings. The Fund is operated by the School Building Fund Administrator, an elected position of the school P & C.

The standard of facilities that the students can enjoy in the future will be built on the generosity of current and past families and the school community. Building the future with spirit is about contributing what you can – gifts large and small are all received with thanks. *All donations greater than \$2 are tax deductible.*

How to make a contribution:

Step 1: Fill out the following details:

Eldest Child's Name _____ Class: _____

Amount Donating (please tick): ☐ \$50 ☐ \$100 ☐ \$200 ☐ Other \$ _____

Name of the person to whom the receipt should be made _____

Step 2: Choose one of the following options – direct credit or cheque (please tick):

☐ Option 1 – Direct Credit to:

Bank: CBA
BSB: 062233
Account Number: 10299982
Account Name: Picnic Point School Building Fund
Reference: Eldest Child's Surname

Once you've made payment online, please place this form into an envelope and drop it into the payments box in the office foyer. A receipt will be sent home with your eldest child in a sealed envelope.

☐ Option 2 – By Cheque

Enclose a cheque for the amount you wish to donate made out to "Picnic Point Public School Building Fund", in an envelope with this form and drop into the payments box in the office foyer. A receipt will be sent home with you eldest child in a sealed envelope.

All enquiries regarding the Fund should be directed to the P & C email address or contact the Fund Administrator, Hanna Nguyen on 0407 418 623.

Please note: The school office staff does not process payments; they are passed directly to the P & C.

Thank you for your support.

Picnic Point Public School P & C

*** 2019 Volunteers Form ***

If you would like to volunteer to help in the canteen or uniform shop, please complete this form and return it to the school office. All rosters are emailed to volunteers. Thank you for volunteering.

Name: _____

Mobile Phone: _____

Home Phone: _____

Work Phone: _____

Email: _____

*** CANTEEN ***

I am available to volunteer for:

- ☐ Monday – 12.30pm - 1.30pm (no cooking)
- ☐ Tuesday – 12:30pm - 1:30pm (no cooking)
- ☐ Wednesday – full day: 8:45am - 1:30pm
- ☐ Thursday – full day: 8:45am - 1:30pm
- ☐ Thursday – half: 11:30am - 1:30pm
- ☐ Friday – full day: 8:45am - 1:30pm
- ☐ Friday – half: 11:30am - 1:30pm

I am available:

- ☐ Once a week
- ☐ Once a month
- ☐ Once a term
- ☐ Other _____

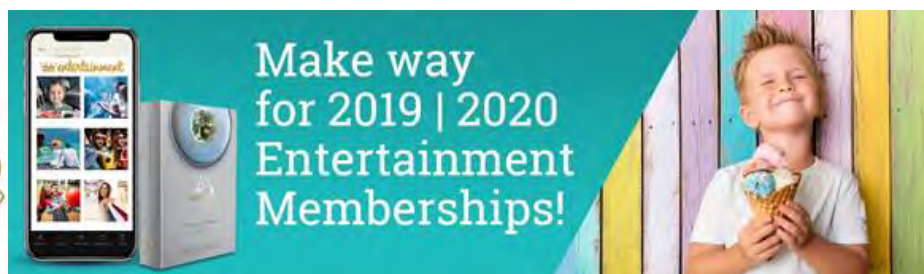
- ☐ I would like to volunteer with my friend _____
- ☐ I am available to go on an emergency call list (hopefully being given 24-48 hours notice)
- ☐ I am interested in joining the Canteen Committee

*** UNIFORM SHOP ***

- ☐ Yes, I would like to help in the uniform shop, Thursdays 8:25am to 9:40am.

I am available:

- ☐ Once a month
- ☐ Once a term
- ☐ Other _____



Support Picnic Point Public School!
Get your new Entertainment Membership today.

With the 2018 | 2019 Entertainment Membership about to expire, now is the perfect time to buy the brand new 2019 | 2020 Entertainment Membership! You can enjoy thousands of valuable offers for everything you love to do, all while supporting fundraising for Picnic Point Public School.

Purchase your 2019 | 2020 Entertainment Membership!

[CLICK HERE TO SUPPORT
US NOW.](#)



Activate your new Membership for a chance to win!



THANK YOU FOR YOUR SUPPORT!
Picnic Point Public School
Alicia Bell
aliciajward79@hotmail.com



Teenie Weenies Learning Centre



Teenie Weenies is a privately, family owned and run childcare centre by the Sister and Brother team of Marie and Chris. Marie having a Child Care background and Chris' catering background and love for food and cooking has had Teenie Weenies operating in the community since opening their doors in late 2010.

Teenie Weenies work towards meeting and exceeding all requirements and acknowledge the importance of play and learning in an early childhood environment. We are a small 29 place service with a close knit team who are dedicated, highly skilled and motivated educators.

Our amazing cook also offer's home cooked meals not only to our children through out the day, however to parents to purchase as well and make life that little bit easier when getting home of an evening.

Mon-Fri, 7am-6pm

- Qualified Cook
- Quality Staff
- Home made Take away
Family meals
- School Readiness
- Home-like environment
- NSW curriculum framework

We have an Open Door Policy, please feel free to come in and visit at anytime.

**READY
SET
GROW**

24 Kennedy Street, Panania Tel: 02 9771 1199

Email: marie@teenieweenies.net.au   @zafskitchen

Find us on Facebook & Web <http://teenieweenies.com.au/>





St Christophers FC is hosting Female Football Week 2019

Female Football Clinic
Open to all Girls aged 7 -12
Friday, 31st May 2019
Venue: Marco Reserve, Panania
Time: 5pm - 7pm
BBQ afterwards



MUST REGISTER -
Contact Marcela - marcev1923@gmail.com
Like SaintsFC on FaceBook



Proud sponsors and supporters of Saints FC



SUPERHERO MANiA

HOLIDAY KIDS CLUB

10-12
JULY

YEARS
K-6

9:00am to 12:15pm

PANANIA ANGLICAN CHURCH

6 Lambeth St, Panania

\$8 per day or \$20 per family per day

REGISTER NOW PANANIAANGLICAN.COM.AU



Did you know?

SCREEN TIME

Both children and adults should be minimising exposure to screen time.

This includes TV, computers, tablets and smartphones. Are you a positive role model when it comes to reducing screen time?



Health

Live Life Well
@ School

Live Life Well @ School

Newsletter Snippets Term 3 2016

Warm up this winter

Winter is well and truly here and we know the cold, wet and windy weather makes it hard to stay active. Rather than zoning out in front the TV, try some of these fun activities which will keep your kids happy and healthy this winter:

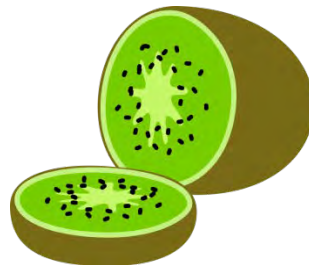
- **Indoor mini golf** – Use rolled up newspapers as clubs, and create a mini course using household items for obstacles and plastic cups for holes.
- **Treasure hunt** – Create a list of objects hidden around the house which the kids need to find. The fastest to find them all is the winner!
- **Family walk** – Layer up with jumpers, scarves and beanies and go for a walk as a family. Don't forget to take the dog!
- **Fly a kite** – Make the most of the windy weather and take your kite for a whirl in the park.



Crunch and Sip

Take advantage of the in-season produce available at your local supermarket this winter. In-season fruits and veggies usually taste better, are cheaper, and are more likely to be grown locally! Be adventurous this season, and try some lesser known fruits for Crunch & Sip, which are great this time of year. Crunch and Sip doesn't have to be raw, leftover roast veggies are also a great option!

- Custard apples
- Kiwifruit
- Nashi Pear
- Tangelos
- Beetroot
- Brussel Sprouts
- Sweet Potato
- Kale




Label Reading Guide

With the huge range of packaged foods available at the supermarket, choosing the healthiest option can be a little overwhelming. Stick this simple guide in your wallet, and you will be able to navigate the aisles with ease. This guide is especially useful for those misleading products such as breakfast cereals, muesli bars and 'fruit snacks'.

Use the nutrition information panel to compare similar packaged food items

Compare numbers in the 100g column	Best choice 😊	Okay sometimes 😐	Poor choice ☹️
TOTAL FAT	Less than 3g	3 – 10g	More than 10g
SATURATED FAT	Less than 1.5g	1.5 – 3g	More than 3g
SUGAR	Less than 5g	5 – 15g	More than 15g
SODIUM (salt)	Less than 120mg	120 – 400mg	More than 400mg
FIBRE	Choose high fibre . Use the per serve column and choose more than 3g fibre per serve .		
DRINKS: Choose water first			


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Go Green!

Making healthy choices at the school canteen is a great opportunity for kids to put into practice those healthy messages they learn in the classroom. 'Green' options are the most nutritious options and are based on the five core food groups. Even though pies and chicken nuggets are popular, they are usually high in saturated fat and salt. Encourage your children to try the range of salads, wraps, soups and homemade meals we have for sale.

