



Warragamba Public School-Keeping in Touch Term 1, Week 10

From Mr Kusa

Dear Parents and Carers

As we approach the much-anticipated break, I hope this newsletter finds you all in good spirits and looking forward to some well-deserved time off. It's been an eventful term so far, filled with wonderful moments of celebration, learning, and community spirit.

First and foremost, I would like to extend my heartfelt thanks to each and every one of you who joined us for the Easter hat parade and the enlightening Parents in Partnership talk with Sarah Rudling. Your presence and participation truly made these events special, and it was a joy to witness our community coming together to support, encourage, and celebrate our students.

I must also take a moment to publicly acknowledge the outstanding efforts of our Aboriginal Education Officer, Jess Farrell, for her successful organisation of the PLP Yarn Up. The turnout from families was nothing short of brilliant, and it was inspiring to see such strong engagement and participation.

A big congratulations are also in order for our students who recently completed their NAPLAN assessments with flying colours. Your hard work and dedication have not gone unnoticed, and we are incredibly proud of each and every one of you for giving it your best effort.

I would also like to express my gratitude to Ms. Gaudry and Mrs. Taylor for their unwavering love, commitment, and dedication in providing some of our students with the opportunity to participate in the Pulse Alive event at the Ken Rosewall Arena in Homebush. Watching our students take part in such a special event was truly a moving experience, and it filled me with immense pride.

I would also like to celebrate Mrs James. Mrs James this week received the Directors award for the term. Mrs James was acknowledged for her brilliance around building partnerships within the community through her successful Kindergarten transition program. Our students genuinely have the best start to formalised schooling because of Mrs James and the brilliant program she leads.

Thankyou Mrs James!

I also want to extend a heartfelt thank you to the Warragamba community for their enthusiastic support of Harmony Day. The theme of "Everyone Belongs" truly resonated with us all, and it was heartwarming to see our community come together to celebrate and recognise Australia's rich diversity.

Looking ahead, we have some exciting events lined up, including the Junior Aboriginal Education Consultative Group catchup with our friends from Rossmore, Bringelly, and Kemps Creek Public Schools. Our students involved are buzzing with excitement, and I can't wait to see the positive outcomes of this collaboration.

Finally, I would like to remind you all of our upcoming 3 Way Goal setting evening on Tuesday, April 9th, and our ANZAC Day ceremony at 10 am on April 12th. These events are wonderful opportunities for us to come together as a community and reflect on our shared goals and values.

As we prepare to embark on round two of holidays, I encourage you all to take some time to relax, rejuvenate, and spend quality time with your loved ones. You've all worked incredibly hard this term, and you deserve this well-earned break.

Thank you once again for your continued support and involvement in our school community. I look forward to seeing you all in some capacity over the next couple of weeks.

Take care, be well

Lloyd Kusa.



School Community Charter

Collaborative. Respectful. Communication.

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

We treat each other with **respect**

What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 - 2022.



Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- To be welcomed into our schools to work in partnership to promote student learning.
- Communication from school staff will be timely, polite and informative.
- Professional relationships with school staff are based on transparency, honesty and mutual respect.
- To be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We **prioritise** the wellbeing of all students and staff

Unsafe behaviour is not acceptable in our schools

We work **together** with the school

Ensuring respectful learning environments for all members of NSW Public Schools communities.



We create **collaborative** learning environments

We all play **our part**

We work **in partnership** to promote student learning

Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process:
education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students

Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



Principal's Awards

Congratulations to the following students for making every day count!

- Mila W
- Archie D
- Miley H
- Isaac T
- Vinnie M
- Ariya B
- Liam F
- Jordan C
- Eli S
- Riley W
- Koby W
- Jaxx S
- Erik A
- Charlii D
- Rowdy F
- Willow GH
- Isabelle A
- Jaxen T

Upcoming Events



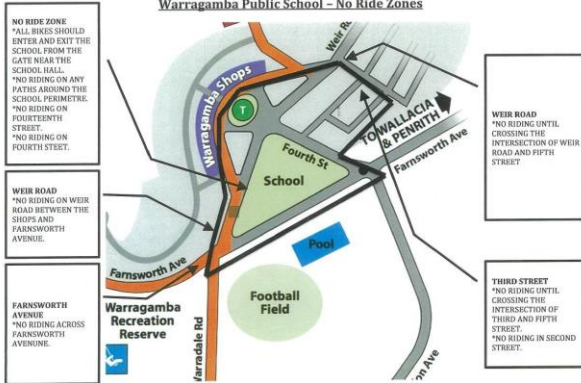
Upcoming Events

5 APRIL	K-2 Assembly - 2 Dugongs Hosting
9 APRIL	3-Way Goal Setting Afternoon
12 APRIL	School ANZAC Commemoration Last Day of Term 1
30 APRIL	Students return - Term 2 Commences
2 MAY	Gymnastics Program Commences
3 MAY	Primary Cross Country Carnival
6 MAY	K-2 Responsible Pet Visit
13 MAY	Brainstorm Productions Incursion
17 MAY	Gala Day 1 K-2 Assembly - 1/2 Numbats Hosting

Please note that the dates listed above are a guide. Information about each event will be provided, closer to the date.

Bike Safety & No Ride Zones

Warragamba Public School - No Ride Zones



NO RIDE ZONE
*ALL BIKES SHOULD ENTER AND EXIT THE SCHOOL FROM THE GATE NEAR THE SCHOOL HALL.
*NO RIDING ON ANY PATHS AROUND THE SCHOOL PERIMETER.
*NO RIDING ON FOURTEENTH STREET.
*NO RIDING ON FOURTH STREET.

WEIR ROAD
*NO RIDING ON WEIR ROAD BETWEEN THE SHOPS AND FARNSWORTH AVENUE.

FARNSWORTH AVENUE
*NO RIDING ACROSS FARNSWORTH AVENUE.

WEIR ROAD
*NO RIDING UNTIL CROSSING THE INTERSECTION OF WEIR ROAD AND FIFTH STREET.

THIRD STREET
*NO RIDING UNTIL CROSSING THE INTERSECTION OF THIRD AND FIFTH STREET.
*NO RIDING IN SECOND STREET.

Bike Safety

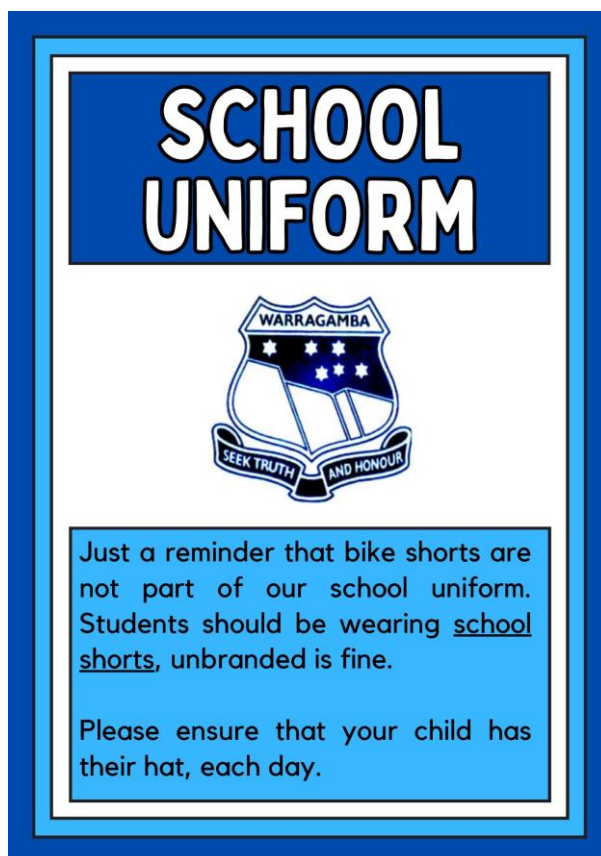
For Kids

- Wear a correctly fitted bicycle helmet –
it' the LAW.
- Ride to the left on footpaths.
- Give pedestrians right of way on footpaths.
- Wear bright-coloured clothing such as a vest
so other road users can see them.
- Obey the rules on the road.
- Ride at a SAFE speed - Remember you are not
competing in the Tour de France!

WE WANT YOU TO ARRIVE SAFELY AT SCHOOL AND AT
HOME.



School Uniform



School Shorts can be purchased from:

* Branded - school uniform shop

* Unbranded: - Target - <https://www.target.com.au/p/mi...> or Best & Less <https://www.bestandless.com.au...>

Kindergarten News

The First Term of Kindergarten

We cannot believe that we have almost completed our first term of learning in Kindergarten. From the very first day of school, our Kindergarten students have embarked on an exciting adventure of discovery. They have explored the wonders of letters and numbers, and unleashed their creativity through art and play. Each day has been an opportunity for them to learn, experiment, and make new friends. We are so proud of each and every one of our them and cannot wait to see what amazing things they will accomplish in the future.

Dundowra

On Wednesday 27th of March, Warragamba Public School was invited by Sydney Water to attend a very special event at Dundowra, which is adjacent to Farnsworth Avenue, Warragamba. For Kindergarten, this was our first time leaving school grounds for a special event.

We were encouraged to explore and connect to country and to understand how we can take care and appreciate our natural environment. Kindergarten was encouraged to look around them and to discover the flora and fauna that we are lucky enough to have in our environment. Each time we found something new to appreciate, we had to fill a container with a scoop of water. Before long the orange ping pong ball that was in the container was bobbing right at the top!

We were also read a story that explained to us that water is so precious and gives life to all plants and animals and that all the water the Earth has, is all that we will have.

Each class was given a special bag that contained some goodies, including a book called *The Water Princess*, written by Susan Verde. This story was about a girl called Princess Gie Gie, who lived in Africa. Every morning Princess Gie Gie, her mother and the other village women, had to walk many miles to get to a well to fill up their pots with brown water from a well and then return to their families, so that they could have water to drink, wash and cook with. We realised how lucky we are to have clean water in our taps at home and at school!









Stage 1 News

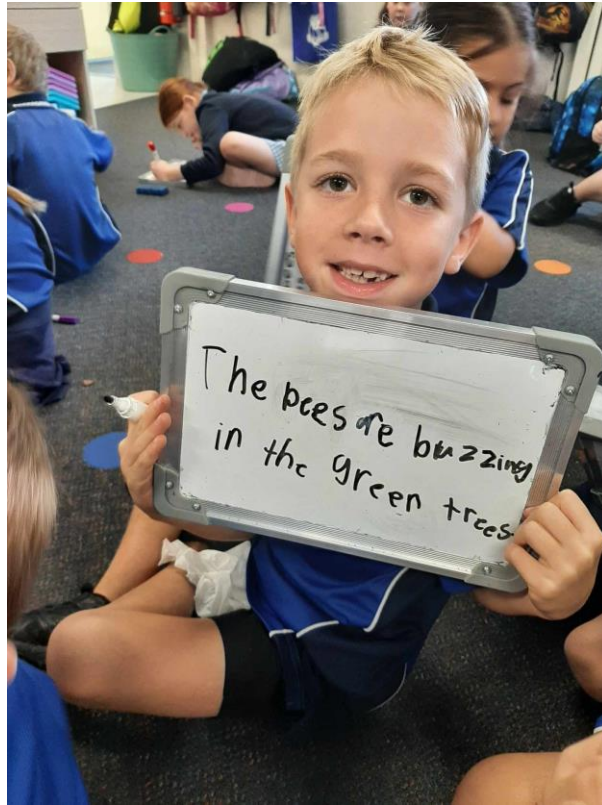
Creativity knows no limits in Stage One! Whether it's through expressive arts, imaginative storytelling, or inventive problem-solving, our students have embraced their inner artists this term. Students delved into the world of wearable art, creating amazing pieces that glittered and left a trail of cellophane, carrots and polystyrene eggs in their wake. They eagerly participated in the Easter hat

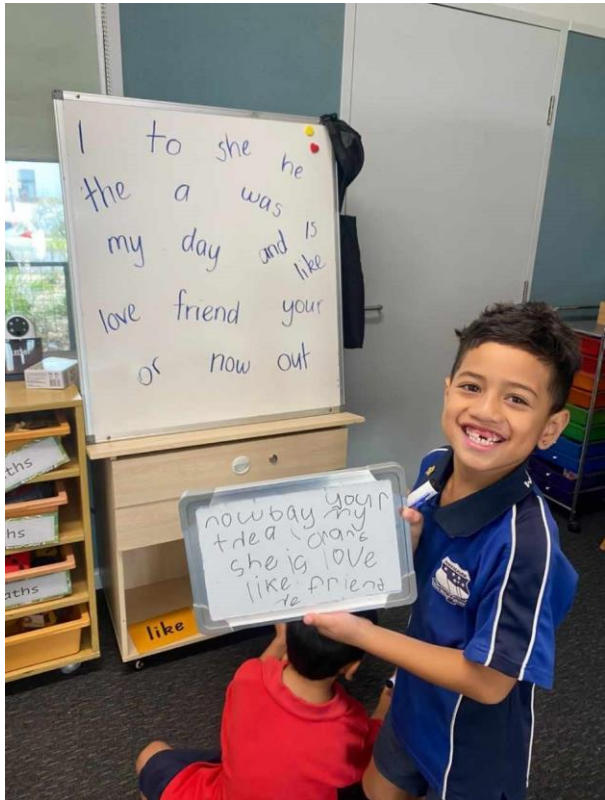
parade, showcasing their creativity and enthusiasm for celebration. We are so glad so many families could join us for this annual tradition and hope you all had an enjoyable long weekend with your loved ones.

Here are some of 1 Rosellas' other favourite things from this term:

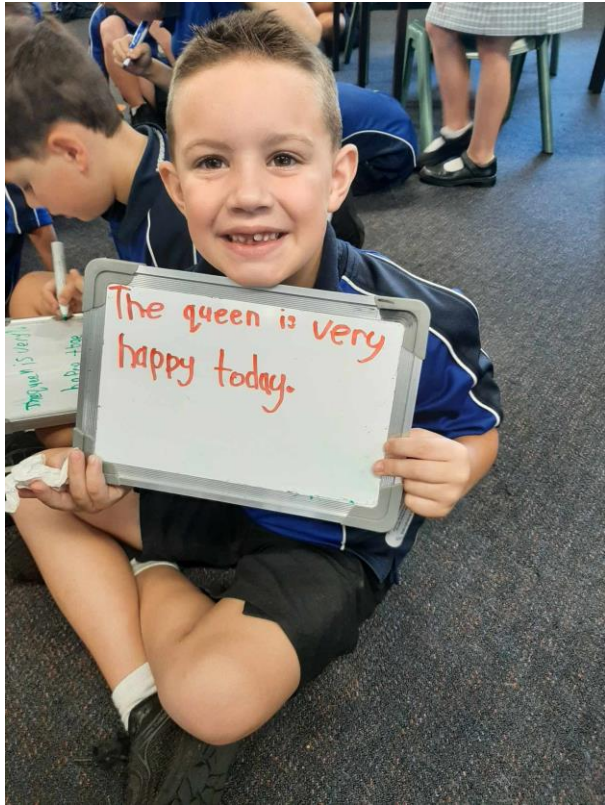
- Xander - Maths
- Summer - Going to the library
- Sofia - Star Time
- Rylee - Playing with my friends
- Riley - Playing with my friends
- Payton - Playing number games
- Marlie - The Easter Hat Parade
- Madi - Playing sport
- Logan - Easter Hat Parade
- Levi - Playing games with Mrs Merrick
- Joey - Doing experiments
- James - Playing soccer at North
- Isaac - Colouring in and art
- Imahni - Measuring volume
- Gabriella
- Connor
- Chris - Everything!
- Chase - That my brother comes to school with me now
- Charlotte - Learning about volume
- Charlie - Reading Groups!
- Caiden - Playing soccer in the north playground
- Ariya - Saying hello to my brother
- Allira - Doing art and singing



















Stage 2 News

Stage 2 has had an exceptional start to the year, enjoying a range of engaging and exciting activities during Term 1. Recently, our Year 3 students completed their NAPLAN testing, marking a huge achievement at the beginning of the year. Before the Easter break, Stage 2 helped year 1 and 2 students to craft their Easter Hats for our annual parade, showcasing their creativity and festive spirit with vibrant displays featuring bunnies, eggs, and chickens. These were proudly worn at our Easter Hat parade and showcased to our community. Additionally, we commemorated the opening of the new yarning circle across the road last week, joined by Sydney Water, where students immersed themselves in cultural activities and embarked on a small bush walk. This week, students kicked off the Sporting School Soccer program, delving into a variety of soccer skills and engaging in exciting games. They had a blast during the program, enjoying the opportunity to learn new techniques and play soccer games with their peers.

In class, Stage 2 students have been actively participating in pattern and repeated activities. These tasks engage various areas of the brain, fostering learning, memory retention, and emotional regulation. Over the past few weeks, students have explored activities such as pinning, hoops, dominoes, and walk-and-talk sessions. Students have been really enjoying these activities, with students saying that they like how pattern and repeated activities make them feel calmer and ready to learn throughout the day.











Stage 3 News

Stage 3 News

We cannot believe term one is coming to an end already! What a fun-filled term it has been! Stage 3 have been working hard! We are almost ready for a short break to restore and rejuvenate our energy, ready for learning throughout term two.

Thank you to those families that were able to attend our PLP afternoon session. Stage 3 teachers enjoyed having a yarn and getting to know your family. We look forward to meeting more families at our 3-way goal setting interviews next week.

Easter Hat Parade

What an amazing day! We had an incredible turn out! Thank you to everyone for helping to make the parade an exciting day for all. In the lead up to the event, we asked students to bring in a hat and some Easter craft decorations they could use to decorate their hats. Between fluffy chicks and rabbits, glitter, colourful shredded paper, ribbon and Easter stickers, our hats looked fantastic!

Year 6 would like to say an extra big thank you to everyone that participated in our Easter egg guessing competition. All money raised has been banked toward our end of year formalities. Congratulations to our winner – Jasmine W.

Harmony Day

On March 21st, students were invited to wear the colour orange to help celebrate our diversity and bring together a culture of respect for everyone who calls Australia home. Stage 3 shared stories about their own cultural backgrounds, engaged in visual arts activities and discussed issues such as discrimination and racism.

Sydney Water Yarning Circle

Stage 3 loved our visit to Dundowra. Here is what some of our students had to say:

Inara P – I learnt that echidnas and platypus are the only monotremes. They are different to other mammals because they lay eggs and have no teats.

Jax M – I loved going on a bushwalk and listening to the ‘Welcome to Country’.

Ashton H – We did some cool activities. I liked when we matched pictures of animals and plants to Indigenous and English languages.

Lewis T – I love how they built the yarning circle from sandstone.

Matilda B – I will take care of country by taking out of the bush, what I take in – like rubbish.

Theos Y – I liked walking through the bush and exploring nature.

Henry G – I will care for country by not littering.

Bush Soap

Emus were lucky enough to spend some time with Miss Jess learning more about our Indigenous culture. We learnt how to create bush soap using wattle plant, water and our muscles. We rubbed wet wattle leaves between the palms of our hands, producing soapy foam. Take a look at the photos.

REMINDERS

- Be Skilled Be Fit Gymnastics – money due NO LATER than 10th April



















SPORTS UPDATE SWIMMING



SSW Representative -
Florence

Congratulations to Florence who will be representing SSW at the State Swimming Carnival in Week 11. Florence will be swimming in the Junior Multi-class 50m Freestyle. We send our best wishes to Florence.

RUGBY LEAGUE



Congratulations to:
Wyatt, Elijah, Jonas, Henry, (U11 Rugby League)
Mason, Nikora, Lucas, Levi (U12 Rugby League)
who represented Warragamba at the Macarthur PSSA League trials

Congratulations to Elijah, Jonas, Mason & Nikora who were selected to represent Macarthur at the upcoming SSW Rugby League Championships in early Term 2.

NETBALL



Best wishes to Macy, Scout, Willow, Amelia & Taylor who are trialling to gain selection in the Macarthur Netball team next week. Stay tuned for updates.



AFL

Congratulations to Jonas and Elijah who represented Macarthur at the SSW AFL Championships last week.



MACARTHUR PSSA

Upcoming trials

Netball Trials - Monday 8th April
Boys & Girls Touch (Friday, Week 1, Term 2 - TBC)
Boys & Girls Soccer (Week 3, Term 2 - TBC)



SSW U11 Rugby League Championships (Week 2, Term 2)
SSW U12 Rugby League Championships (Week 3, Term 2)



NSWPSSA Swimming Carnival - Thurs 11 & Fri 12 April

TERM 2 GALA DAY DATES

Students have been busy trialling for Term 2 netball, rugby league and soccer gala day teams.



Dates are as follows:
Week 3 - Friday 17th May
Week 7 - Friday 14th June
Week 9 - Friday 28th June

Notes with information and payment details will be sent out at the beginning of Term 2.





NRL will be running a **NRL League Stars HOLIDAY CLINIC at Currans Hill** these upcoming school holidays!

Date: Tuesday 23rd April (W2 of school holidays)

Location: Jack Nash Oval, Currans Hill 2567

Time: 10am-1pm

What to bring/wear: Enclosed shoes, active clothing, drink bottle, hat, and lunch – please note it is a non-contact clinic so any protective rugby league equipment will not be required

Register: <https://profile.mysideline.com.au/register/entity?data=eyJlbmRpdHIJZCI6NTIxNzA4NzEsImVudGI0eVR5cGUiOiJwcm9ncmFtIn0%3D&source=rugby-league>

League Stars is a non-Contact skills program that lets every kid play to their strengths. Your child will participate in a holistic sport development program with specially designed games, all with a focus on Rugby League skills. The program is designed to develop the participant's Rugby League competency, general athletic ability, boost their confidence and foster a positive association with sport and physical activity.

Pulse Alive 2024



Pulse Alive

Ken Rosewall Arena in Sydney Olympic Park shone bright on the evening of Friday 15th March. Our WPS choir sang their hearts out alongside hundreds of other schools in Pulse Alive 2024.

We were thrilled to be a part of this fantastic event and thanks go to the 20 children who didn't skip a beat despite it being a tremendously long day. They worked hard, sang beautifully, grooved to the music, used impeccable manners and made some new friends along the way.

The event was a huge success and a testament to the power and beauty of the performing arts.

Thank you to all the families for supporting our choir and to Mr Kusa, Miss Allard and Ms Szaitz for coming along to watch.

Mrs Taylor and Miss Gaudry









Get To Know

Our School Captains, Oliver and Olivia are conducting interviews with our staff this year so you can get to know them.

Please enjoy our next set of interviews for 2024.


GET TO KNOW...

MISS DIMECH

What is your role at WPS?
Assistant Principal - Curriculum & Instruction

What do you like about WPS?
The beautiful community feel and the wonderful students.

What is your favourite subject to teach and why?
Literacy, in particular spelling, because I love seeing students become excited when they can spell tricky words.




What year did you start at WPS?
2017

What made you become a teacher?
I always wanted to be a teacher when I was young. I wanted to help kids and help develop their creative minds.

If you weren't teaching, what would you be doing?
Party / event planner.

Can you tell us something we don't know about you?
I can make balloon animals.



GET TO KNOW... MRS SINIPATA

What is your role at WPS?

Relieving Assistant Principal
Classroom teacher St 3 Emus

What do you like about WPS?

I love working with the supportive staff and I love getting to know all our amazing students.

What is your favourite subject to teach and why?

Mathematics - Because it has always been my favourite subject.



What year did you start at WPS?

2023

What made you become a teacher?

I've wanted to be a teacher for as long as I can remember. I used to pretend my teddy bears were my students.

If you weren't teaching, what would you be doing?

An accountant.

Can you tell us something we don't know about you?

I've met the drummer of Pearl Jam - Matt Cameron & my favourite band is Linkin' Park

GET TO KNOW... MRS GLEDHILL

What is your role at WPS?

Classroom teacher - Year 3
Kangaroos

What do you like about WPS?

I like that it is a close knit community and everyone works together. Everyone is friendly.

What is your favourite subject to teach and why?

Maths - Because there's one answer, but lots of ways to solve it.



What year did you start at WPS?

2020

What made you become a teacher?

I've always wanted to be a teacher. Also, I've always been told I would be a police officer or a teacher because I was too bossy!

If you weren't teaching, what would you be doing?

A nurse - because my sister and mum are.

Can you tell us something we don't know about you?

I have been bungee jumping!

GET TO KNOW... MRS EZZY

What is your role at WPS?

Classroom teacher - Kinder Galahs

What do you like about WPS?

All of the children.

What is your favourite subject to teach and why?

Reading and writing - Because the whole world opens up if you can write.



What year did you start at WPS?

2012

What made you become a teacher?

Because teaching is the best job ever!

If you weren't teaching, what would you be doing?

Laying on my bed!

Can you tell us something we don't know about you?

I was born in Scotland.

GET TO KNOW... MRS PIROTTA

What is your role at WPS?

Stage 1 Teacher - Numbats

What do you like about WPS?

It is a friendly and welcoming place.

What is your favourite subject to teach and why?

Literacy - Because you get to see the kids develop a lot.



What year did you start at WPS?

2021

What made you become a teacher?

I wanted to help people. I also wanted a job that was different every day.

If you weren't teaching, what would you be doing?

Run my own business.

Can you tell us something we don't know about you?

I won a ten pin bowling championship when I was a teenager.

CRAZY SOCKS DAY

Thursday, 11 April 2024



- This is a fun event where children can come to school wearing crazy socks for a gold coin donation! School uniform should still be worn. Funds raised by the P&C will be used for school purposes only. Thank you for your support. P&C

**We're coming
to your community**



**Our Mobile Service Centre is coming to
Warragamba
Monday, April 8, 2024
1pm - 4pm**

Bringing NSW Government services to you.

Call **13 77 88** or visit service.nsw.gov.au to check our latest timetable.
Severe weather may mean our timetable has to change at short notice, we strongly recommend you check on the day.

Find us at:
Outside Neighbourhood Centre
Cnr Weir Rd and Fourteenth St




April School Holidays Wilton

COST: \$50 per day
AGES: 5-12 years in primary school
TIME: 9:00am- 4:00pm

BOOK NOW














ADDITIONAL INFO: Please bring a water bottle, lunch, enclosed shoes and spare change of clothing. **CLOSED ANZAC DAY 25th APRIL**

Mon 15 Apr	Multi sport / Dance Circus / Building Blocks
Tues 16 Apr	Basketball / Gymnastics / Iron Beads
Wed 17 Apr	Handball / Little ninjas / Sticker by Number
Thurs 18 Apr	Hockey / Free G / Fuzzy Trinket Boxes
Fri 19 Apr	Nerf Wars / Gymnastics / Foam Dinosaur
Mon 22 Apr	Pickleball / Little ninjas / Slime
Tues 23 Apr	Nerf wars / Team Acro / Painting
Wed 24 Apr	Handball / Free G / Puppets
Fri 26th Apr	Cricket / Gymnastics / Building Blocks
Mon 29th Apr	Multi Sport / Gymnastics / Pencil cases or Wind Spinners

Phone : 04 4868 5200 Email : southernhighlands@pcycnsw.org.au




Sallywaggs Vacation Care Term 1

Sallywaggs Vacation Care Term 1				
Monday 15th of April  Make-A-Bear \$82 All Day	Tuesday 16th of April  Livvi's Place Inclusive Playground \$67 Time: 10am	Wednesday 17th of April  Event Cinemas Excursion Kung Fu Panda 4 \$105.50 Time: Leaving school @8am	Thursday 18th of April  Paint and Sip Day with Warragamba Recreation Reserve Park \$77 All Day	Friday 19th of April  Sports Day \$67 All Day
Monday 22nd of April  Kick Start Soccer \$65 Time: TBC	Tuesday 23rd of April  Bake Day \$72 All Day	Wednesday 24th of April  The House of WOW – Monkey Mania & Bowling \$113 Time: Leaving school @ 8:15am	Thursday 25th of April  PUBLIC HOLIDAY	Friday 26th of April  ANZAC Day Activities \$67 All Day
Monday 29th of April  Livvi's Place Inclusive Park \$67 Time: 1.30pm	<p style="text-align: center;"> <i>Breakfast, Morning Tea and Afternoon Tea is provided</i> <i>Every child needs to bring their own lunch and any snack they may like</i> <i>Please ensure every child wears closed in shoes and a shirt covering their shoulders</i> <i>The daily fee is listed above and CCS is applied to the daily amount</i> </p>			

UNIFORM SHOP PRICE LIST & ORDER FORM



UNIFORM SHOP PRICE LIST & ORDER FORM WARRAGAMBA PUBLIC SCHOOL – P&C ASSOCIATION

Prices subject to change without notice
 Aim: To cater for the assistance of our school community
 Uniform Shop hours: **Fridays from 8.45am to 9.30am + Online orders**

HOW TO ORDER AND PAY:

In person: The Uniform Shop is open on Fridays from 8.45am to 9.30am. Payment can be made by direct deposit or cash. We have a second life rack with WPS uniform items in very good condition for purchase at a minimal cost. We are also happy to receive any second hand items you have for donation and you can leave these at the school office at any time.

Online: orders can be placed online by email with payment by direct deposit.
 1. Send an email to purchasing@warragambaps.qld.edu.au including details of your order, your child's name, class and your contact details or email a completed uniform order form to us.
 2. Pay by direct deposit into the P&C bank account:
 Account Name: Warragamba PS P&C
 BSB: 062 589
 Account Number: 006034644
 3. When payment shows in the account, your order will be processed and can either be sent home with your child or collected from the school office – please advise your preference in the email.

Cash: – orders can be left with the school office:
 1. Complete a uniform order including details of your child's name, class and your contact details.
 2. Hand the completed order form to the school office in an envelope together with cash payment or details of direct deposit payment to the P&C account above.
 3. Your order will be processed and can either be sent home with your child or collected from the school office – please advise your preference on the order form. If you wish to collect from the school office, we will advise you by text message when the order is ready for collection.
 *Orders are generally processed as soon as possible once or twice a week. If you have any questions or concerns, please contact us by email purchasing@warragambaps.qld.edu.au
 Thank you
 P&C

Name: _____ Phone: _____
 Class: _____ Date: _____

Send this order home with school named child. OR
 I will collect this order from the school office when it is ready.

Prices below are effective from and including 1 May 2021

Item	Size	Price	Qty	Total	Item	Size	Price	Qty	Total
Baseball Cap	1	12.00			Baseball Cap	2	12.00		
Baseball Cap	3	12.00			Baseball Cap	4	12.00		
Baseball Cap	4	12.00			Baseball Cap	5	12.00		
Baseball Cap	5	12.00			Baseball Cap	6	12.00		
Baseball Cap	6	12.00			Baseball Cap	7	12.00		
Baseball Cap	7	12.00			Baseball Cap	8	12.00		
Baseball Cap	8	12.00			Baseball Cap	9	12.00		
Baseball Cap	9	12.00			Baseball Cap	10	12.00		
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South Western Sydney Local Health District
Healthy Family Bulletin MARCH 2024
Information current as of 1 March

Family meal times are good for your health



Getting the whole family to sit down together at mealtimes is good for your health, relationships and social skills. Family meal times can help increase your intake of healthy food and improve your eating habits and mental health. They can benefit children's speech and improve family relationships and social development.

- What you can do:
- If you're not already eating together regularly, aim to do so one night a week.
 - If sport practice or working late stops everyone eating dinner together, have a special family breakfast once a week.
 - Ignore all phones and turn off the TV.
 - Get children involved in making meals.

For more information, click [here](#).

Girls kicking goals in rugby league

Parents and their daughters aged 7-11 are invited to join a free 10-week program that aims to bring families closer together through sport and wellness. Beyond the 80 was developed by Western Sydney University and Wests Tigers. It aims to help families learn rugby league skills and gain healthy lifestyle habits. The program starts with a welcome meeting on Saturday 9 March or Wednesday 13 March, depending on family availability. It then runs every Wednesday from 20 March at the university's Campbelltown campus.



Parkrun for family fun
 Start your Saturday morning with a spring in your step at parkrun. The free community event is on every Saturday at Campbelltown, Chipping Norton and Casula. Join Campbelltown which celebrates its 10th anniversary on 16 March. You can walk, jog, volunteer or be a spectator at the 5km course. It's not a race and nobody finishes last! To find out more, [click here](#).



South Western Sydney Local Health District
Healthy Family Bulletin

Every vape is a hit to your health

Vaping use among young people in the community is a growing concern but families can get the facts on the harm e-cigarettes can cause and how they can help a loved one quit the habit to stay healthy. We are proud to support a NSW Health campaign that reminds young people that 'Every vape is a hit to your health.'

The campaign shows young people that vapes contain many toxic chemicals including nicotine, are highly addictive and can cause lung damage, breathlessness, poisoning and burns. It includes videos and stories from young people who have quit vaping as well as helpful advice, factsheets and resources for everyone. Parents, carers, young people, their friends and teachers are invited to join the campaign and help us spread the word. For support and advice about quitting vaping young people can also talk to their GP, download a quit vaping app or phone the Quitline on 13 78 48.



Did you know?
 About 16.5 per cent of young people aged 16-24 use vapes, up from 4.5 per cent two years ago. (Source: NSW Population Health Survey)



Hear from young people who have quit vaping. Watch the videos [here](#).

A range of information for families is available in languages including Arabic, Dari, Hindi, Vietnamese and Simplified and Traditional Chinese.



- READ MORE**
- Parents, young people and teachers can get more information [here](#).
 - Learn more about the 'Every vape is a hit to your health' campaign [here](#).



Healthy Family Bulletin

Balancing your screen time

Screen time and digital technology can be used as part of a healthy lifestyle when balanced with other activities. Here are some tips to help your family enjoy screen time and digital technology in a healthy and balanced way:

- Make rules about where, when and how your children use screens.
- Keep screen time sessions short.
- Get your child moving.
- Encourage play and friendship with others.
- Avoid screen time before bed.
- Keep digital technology out of bedrooms at night.



To find out more, visit the parenting website [Raising Children](#). [CLICK HERE](#)

Walk or ride to school



Get on your bike, feet, scooter or skates for National Ride2 School Day on Friday 22 March.

Australia's biggest celebration of active travel is a fun way to encourage physical activity in children. You can walk, cycle, scooter or skate all or part of the way to and from school instead of driving the distance. Active travel also reduces pollution and helps children learn about road safety. Your child's school may also be participating in National Ride2School Day. More than 365,000 students took part last year. Ways to get involved, posters and factsheets are available. [LEARN MORE](#)



Healthy Family Bulletin

[SUBSCRIBE](#)



Get munching and crunching for Vegetable Week

The Big Veggie Crunch record attempt is one of the fun activities planned during Vegetable Week, which runs from Monday 18 March to Friday 22 March. NSW primary school students will attempt to break the record for the highest number of children eating vegetables simultaneously during the Big Veggie Crunch, which will take place at 10am on Thursday 21 March. More than 36,300 students crunched together last year. Vegetable Week aims to make these foods appealing and interesting to children so they enjoy eating them. [LEARN MORE](#)



Did you know? Only five per cent of children in NSW eat enough vegetables.

Temp't your tastebuds:

- Read [The Magic Lunchbox](#) at home with your children to increase their positive attitude about eating more fruit and vegetables.
- Plan a cooking experience and choose recipes that feature lots of vegetables. Try zucchini fingers, beetroot pikelets or mini frittatas. Find more recipes [here](#).



Smile and show your healthy teeth

A Happy Mouth is... a Happy Body! This is the theme of World Oral Health Day on 20 March.

Oral health is an important part of your overall health and wellbeing. Here's how you can keep your teeth and gums healthy:

- Brush your teeth twice a day.
- Drink water.
- Have regular check-ups with your dentist.
- Eat a variety of fruit and vegetables.
- Limit your sugar consumption. [LEARN MORE](#)

Healthy mouths for kids under 5

Parents can find information about the NSW Public Dental Service and the Commonwealth Child Dental Benefits Schedule. [CLICK HERE](#)



Fact Sheet

HEALTHY LUNCHBOXES



There are many foods that can be used to pack a healthy lunchbox.

Fruit & Vegetables

Fruit and vegetables will provide a good daily source of vitamins, minerals and dietary fibre.

All chopped fruit and vegetables can be easily packed into small containers for the lunchbox, making them quick and easy to eat.

LUNCHBOX IDEAS:

- cucumber, carrot and celery sticks (steam carrot and celery until tender for younger children), corn cob, snow peas, green beans, cherry tomatoes, capsicum strips.
- fresh fruit eg apple, pear, kiwi fruit, strawberries, orange, grapes and bananas
- tub of diced fruit in natural juice
- dried fruit occasionally – eg mini box of sultanas or a few dried apricots or apple rings
- salad filling in a sandwich, wrap or roll (eg lettuce, grated carrot, avocado, cucumber)



Meat & other protein foods

Meat and other protein foods provide protein and iron. Limit the use of sausages and processed luncheon/deli meats (eg devon and salami) as they are high in saturated fat and salt.

LUNCHBOX IDEAS:

- cold roast beef, lamb, pork, chicken, tuna or salmon as a filling in sandwiches, rolls and wraps or added to salad
- hardboiled egg in salad, sandwiches or for a snack
- baked beans, lentil patty
- left-over casserole, rissoles, meatballs, bolognese sauce, stirfry with tofu

Dairy Food

Dairy foods, such as milk, yoghurt, custard and cheese are an important source of protein and calcium. Reduced fat milk and dairy foods (approx. 2% fat) are suitable for most children over 2 years of age.

LUNCHBOX IDEAS:

- cheese slice, cheese stick or cubes of cheese as a snack with cucumber slices and cherry tomatoes
- cheese in sandwiches, rolls and wraps or on crackers or rice cakes
- yoghurt or custard (small tub or pouch)
- plain milk (small UHT poppers of plain milk are easy to add to lunchboxes)
- calcium-enriched soy alternatives (soy milk, soy yoghurt)

Breads & Cereals

Bread, grains and cereal foods provide important nutrients and energy for busy, growing children. Wholegrain or wholemeal varieties are the best choices.

LUNCHBOX IDEAS:

- sandwiches, rolls, wraps, pita bread
- fruit bread, scone, pikelets
- crackers, corn and rice cakes, breadsticks
- rice, noodles, pasta



For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au



SPRN (CPH) 180572

Fact Sheet

HEALTHY LUNCHBOXES CONT.



Water

Water is the best thirst quencher and the best choice of drink for every lunchbox. Tap water is safe so you do not need to buy bottled water.

LUNCHBOX IDEAS:

- freeze a water bottle overnight; it will help to keep the rest of the lunchbox cool
- pack a water bottle even if you are sending milk – the milk can be consumed at morning tea or lunchtime and the water at other times of the day when your child is thirsty



TIP:

Don't pack too much food or too many choices, as this may be overwhelming for a young child. You only need to provide enough food and drink for 1 snack and 1 main meal. If your child is at the service for extended hours, pack enough for 2 snacks and 1 main meal.

Food and drinks to leave out of the lunchbox

Snack foods and drinks that are high in added sugar, saturated fat or salt are generally low in nutrients. They also provide a lot of kilojoules that can contribute to children becoming overweight or obese. We call these 'sometimes' foods and drinks because they should only be consumed sometimes and in small amounts. Sticky, sweet foods can also cause tooth decay.

Sticky or sweet foods:

- lollies, chocolates, jelly cups
- cakes, doughnuts, sweet muffins
- plain sweetcream-filled biscuits
- muesli /cereal bars
- fruit bars and fruit straps

Salty, high fat foods:

- potato chips
- corn chips
- cheesy balls, twists
- small oven-baked savoury biscuits
- devon and salami

Sweetened drinks:

- cordial and soft drink
- fruit juice
- flavoured mineral water
- fruit juice drinks
- sports drinks

It is best not to pack these 'sometimes' foods and drinks in lunchboxes. If you do occasionally put a 'sometimes' food or drink in the lunchbox, keep it to a very small portion only.

Note about food allergies: Some services may ask families not to pack specific foods to ensure a safe environment for children with severe food allergies. Please discuss these needs with your service staff.

For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au



SPRN (CPH) 180572

Latest Canteen Menu



CANTEENS

SIPS

- Blastade \$ 4.00
- Chili Aloe \$4.00
- Flavoured Milk \$3.00
- Ice Tea \$3.00
- Juice \$2.00
- Juice Bomb \$3.00
- Milkshake \$3.00
- Milo \$2.50
- Up & Go \$3.00
- Smoothie \$3.00
- Water \$2.00

NIBBLIES

- Assorted Sandwich Halves 50c
- Corn Chips & Salsa Dip \$1.50
- Cheese & Calamansi Snack \$2.50
- Chocolate Mousse \$1.50 (H) (GF)
- Custard Cup \$1.50 (H) (GF)
- Crackers and Dip \$1.20
- Chips \$2.00
- Eucalyptus Drops \$1.20
- Fruit Salad \$2.00
- Fruit Snacks \$1.00
- Hash Brown \$1.50
- Jelly Cup \$1.00 (H) (GF)
- Mamee Noodles \$1.50
- Mamee Rice Sticks \$1.50
- Muffin \$2.00
- Pikelets 50c
- Popcorn \$2.00 (GF)
- Snack Cup \$2.00
- Spring Rolls \$1.00 (V)
- Vegetable Sticks & Dip \$1.50
- Want Want Cracker 50c
- Whole Fruit \$2.00
- Yoghurt & Fruit \$1.50
- Yoghurt Pouch \$1.50

HOT BITES

- Beef Pie \$5.00 (H)
- Butter Chicken (GF) \$5.50
- Cheese & Bacon roll \$5.00
- Cheeseburger \$5.00 (H)
- Cheese Pocket \$5.00 (H)
- Chicken Breast Nuggets (6) \$5.00 (H)
- Chicken Burger \$5.00 (H)
- Chicken Quesadilla \$5.00 (H)
- Fried Rice \$5.00 (GF)
- Garlic Bread \$2.50 (V)(H)
- Hamburger \$5.50 (H)
- Ham & Cheese Pocket \$4.00
- Hot Dog \$5.00
- Beef Lasagne \$5.50
- Nachos \$6.00 (GF)
- sour cream & salsa
- Beef (V)/Chicken Noodles \$4.00
- Mac 'n' Cheese \$5.00 (H)(V)
- Potato Bake \$5.00 (GF)
- Ravioli Napolitana \$5.00
- Sausage Roll \$4.50 (H)
- Twista Bolognese \$5.00 (H)
- Wedges \$5.00
- sour cream & Sweet Chilli Sauce \$0.50
- Cutlery \$0.50

PIZZA

- Tomato OR BBQ base
- Garlic and Cheese \$4.00 (V)(H)
- Hawaiian \$5.00
- Margarita \$4.00 (V)(H)
- Meat Lovers \$5.00
- Pepperoni \$5.00

SANDWICHES

WRAPS

- Toasted add 50c
- Assorted Spreads \$2.50 (V)(H)
- Cheese \$3.00 (V)(H)
- Chicken, Lettuce and Mayo \$5.00 (H)
- Egg, Lettuce and Mayo \$4.50 (V)(H)
- Ham, Cheese & Tomato \$4.50
- Salad \$4.50 (V)(H)
- Sweet Chilli Chicken \$5.50 (H)

SALADS

- Garden Salad \$4.00 (V)(H)(GF)(vg)
- Caesar Salad \$5.00
- Greek Salad \$5.00 (V)(H)(GF)
- Add Chicken \$2.50
- Dressing \$0.50

FROZEN BITES

- Frozen Juice Cup \$2.00
- Frozen Yoghurt \$3.00
- Frozen Bites 50c
- Ice Mory \$2.00
- Paddle Pop \$2.50
- Moosie \$2.50
- Snap Stix \$2.00
- Vanilla Ice Cream Cup \$2.00
- Zooper Dooper \$1.20



CANTEENS

\$8 MEAL DEALS

MEAL DEAL 1

- Nuggets & Sauce
- Mamee Rice Sticks OR Noodles
- Water OR Juice

MEAL DEAL 2

- Beef Pie OR Sausage Roll & Sauce
- Mamee Rice Sticks OR Noodles
- Water OR Juice

MEAL DEAL 3

- Twista Bolognese
- Garlic Bread
- Water OR Juice

MEAL DEAL 4

- Cheese & Bacon Roll
- Grainwaves OR Honey Soy Chips
- Crackers & Dip
- Water OR Juice

MEAL DEAL 5

- Hot Dog & Sauce
- Grainwaves OR Honey Soy Chips
- Water OR Juice

MEAL DEAL 6

- Caesar Salad
- Crackers & Dip OR Vegetable Sticks & Dip
- Water OR Juice
- ADD Chicken \$2**

BIRTHDAY BUCKETS

\$30.00

Celebrate your birthday with your class mates with one of our birthday buckets filled with Zooper Doopers (30). You'll also get a birthday badge.



- Everyday food
- V Vegetarian
- GF Gluten Free
- H Halal
- * Starting from



Kids Pantry

CANTEENS
GLUTEN FREE MENU

NIBBLIES

- Corn Chips & Salsa Dip \$1.50 (GF)
- Cheese & Cabanossi Snack \$2.50 (GF)
- Chocolate Mousse \$1.50 (H) (GF)
- Custard Cup \$1.50 (H) (GF)
- Crackers and Dip \$1.20 (GF)
- Fruit Salad \$2.00 (GF)
- Jelly Cup \$1.00 (H) (GF)
- Mamee Rice Sticks \$1.50 (GF)
- Popcorn \$2.00 (GF)
- Vegetable Sticks & Dip \$1.50 (GF)
- Whole Fruit \$2.00 (GF)
- Yoghurt & Fruit \$1.50 (GF)
- Yoghurt Pouch \$1.50 (GF)

SIPS

- Chill Aloe \$4.00
- Flavoured Milk \$3.00
- Ice Tea \$3.00
- Juice \$2.00
- Juice Bomb \$3.00
- Milkshake \$3.00
- Milo \$2.50
- Up & Go \$3.00
- Smoothie \$3.00
- Water \$2.00

HOT BITES

- Chicken Breast Nuggets (6) \$5.80 (GF, H)
- Chicken Noodles (GF, V) \$4.50
- Beef Lasagne \$7.50 (GF)
- Nachos \$5.00 (GF)
- **sour cream - salsa add \$0.50**
- Butter Chicken \$5.50 (GF)
- Potato Bake \$5.00 (GF)
- Fried Rice \$5.00 (GF)

PIZZA

- Garlic and Cheese \$6.00 (V, H, GF)
- Hawaiian \$7.00 (GF)
- Margarita \$6.00 (V, H, GF)
- Meat Lovers \$7.00 (GF)
- Pepperoni \$7.00 (GF)

SALADS

- Garden Salad \$4.00 (V)(H)(GF)(vg)
- Greek Salad \$5.00 (V)(H)(GF)
- **Add Chicken \$2.00**
- **Dressing \$0.50**

SANDWICHES

- Assorted Spreads \$3.50 (V)(H)
- Cheese \$4.00 (V)(H)
- Chicken, Lettuce and Mayo \$6.00 (H)
- Egg, Lettuce and Mayo \$5.50 (V)(H)
- Ham, Cheese & Tomato \$5.50
- Salad \$5.50 (V)(H)
- Sweet Chilli Chicken \$6.50 (H)

FROZEN BITES

- Frozen Juice Cup \$2.00 (GF)
- Frozen Yoghurt \$3.00 (GF)
- Frozen Bites 50c (GF)
- Ice Manly \$2.00 (GF)
- Paddle Pop \$2.50 (GF)
- Mooseie \$2.50 (GF)
- Snap Stix \$2.00 (GF)
- Vanilla Ice Cream Cup \$2.00 (GF)
- Zooper Dooper \$1.20 (GF)



- Everyday food
- V Vegetarian
- GF Gluten Free
- H Halal
- * Starting from