Message from the Principal

Each fortnight I take great joy in reporting to the community about the fantastic events that take place at our school and of the wonderful achievements of our students. The newsletter also contains important information for families around policies and procedures. It is mostly a proud, positive, exciting account of our school’s performance. On the odd occasion, other information needs to be communicated like the following information included in this newsletter today.

Sadly it has come to my attention that a Facebook page currently exists where our parents and community members are accessing inaccurate and inappropriate information from. I would like to make it very clear that this page is not affiliated with Canterbury South Public School or the P&C. While I support the right of people in our democratic society to have a say, the name of the site has caused some confusion amongst our community. If you want information clarified or wish to ask any questions, please contact the school or refer to the official school website and/or APP.

Facebook is a public domain and everything can be seen. Remember….think before you post!!!!

One of the topics circulating on the site mentioned is that the Before and After School Care service is closing down. This is simply NOT true just another piece of inaccurate information causing concern for many of the families who access this service. OOSH is an integral part of the school and we completely support the centre. We rely on them and they rely on us!

Another topic circulating is the increased presence of police on our school site. The safety and wellbeing of every student and staff member is my ultimate priority. On occasions where it has been necessary to inform the community of any issue arising I have made every effort to do so. However, at times we need to remember that the privacy of our community members needs to be respected.

Daniela Frasca
Principal

Dates to Remember:

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<th>Date</th>
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<td>Coffee &amp; Chat 9.30am</td>
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<td>CSPS Open Day 1.00 - 2.30pm</td>
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<td>Whole School Assembly 9.30am</td>
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<td>26</td>
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Write4Fun

Congratulations to our very own Sofia Velasi who participated in the Write4Fun competition and was recognised as one of the top 5 percent of entries from 12,000. Sofia’s story will also be published in "The Write Track." Well done!

“Think of Others”

There was a little girl called Rosy who was five years old. There were three little girls in her class. Elli couldn’t hear, Jessica broke her arm and Lily couldn’t see. Rosy made fun of them every day. "Ha, ha you can’t do anything," she teased. This made them very sad.

One day Rosy had a very bad car accident. She broke her arm, couldn't hear and couldn't see. This made her feel very sad.

When she went to school, Lily told her the bell rang, Elli showed her the way to class. Jessica helped Rosy to open the door. It made Rosy feel so sad because she should have been that nice to them.

By Sofia Velasi

Coffee & Chat

The Coffee and Chat with Mrs Frasca has been moved to Thursday 11 June at 9.30am. The subject is on the changes we have made to our School Academic Reports. The Coffee & Chat will be held in the staffroom.

Parent Workshop

The parent workshop on Maths – How is it Taught and Mathletics will be held on Thursday 18 June at 9.15am in 1C classroom.

Mr Gifford, Ms Casey, Mrs Mills and Mrs Rigby will be running the session. Come along and find out how you can support your child at home with Maths.

Winter Holiday Camps

Our popular Winter Kids’ and Family Holiday Camps are filling fast. Find out what’s on including our popular ski / snowboard camps at Jindabyne.

Led by qualified instructors, you can rest easy knowing your kids are in safe hands. Our Kids’ Camps are suitable for kids aged 7 to 16 years* and range from 1 to 7 days.

Residential Kids’ Camps include:
- 24 hour supervision
- Instructor led activities
- Accommodation
- Meals
- Supervised transport

Family Camps include:
- Instructor led activities
- Meals
- Accommodation
- Lift and lesson tickets and transport to Perisher (for Jindabyne camps only)**

Please visit our website dsr.nsw.gov.au/camps or phone 13 13 02 for more information.

Playgroup

Playgroup is held in the CSPS school hall every Thursday from 9.30 - 11.00am. Why not come on down, have a chat while the kids play and make life long friends with people in your local community.

Staff Car Park

Please be aware the car park is for staff only and parents should not enter or block the driveway for drop off/pick up. Parking on site is done at your own risk. The car park will be monitored by the school and offenders details recorded and referred to Canterbury Council Rangers for fines to be issued. The safety of our children comes first!

Canteen

A reminder that notes and money for Sundae Funday are due back by Thursday 18 June. If you need a note or have any queries, please see Leyla in the canteen.
Debating Team

The debate last Friday was a great success. It was a challenging debate but due to our wide range of points of view we ultimately won. The topic was that Debating Should Be Compulsory For All Primary Students. We were the negative team, which means that we disagreed with that statement. We claimed victory because we showed how it would affect all people involved, including the teachers, students that don’t want to debate, parents, schools and those who choose to debate. Our main argument was how logically it’s not possible because how could around sixty students fit into three debates with only eight debaters per debate. It just can’t be done! We will now leave you to ponder upon our team line which was, Debating Only Opens Doors for Those Who Choose to Do It.

The Sydney Debating Team: Sophie, Elysia, John and Izzy.

Sustainability Committee

Since the formation of the Sustainability Committee, many students, teachers and parents have been quietly working on ways to introduce some new ideas, and resurrect some old ones, in order to work towards becoming an Eco friendly school.

On Thursdays, the CSPS Green Team have formed small groups and are working towards the following student-led projects:

- The garden between the Administration Block and D-Block is being renovated to become an Indigenous inspired Bush Tucker garden. A student-led design team have nearly completed a to scale plan for the same. Appropriate bush tucker plants have been researched. A team of students have been gradually removing weeds and self-seeding plants that are found to be unsuitable. The Green Team plan to incorporate the dreamtime mural displayed in the 2014 Art Show, along with totems made by 5/6J and 5/6R in 2014.
  - After the purchase of lucerne and manure, students have created compost layers to prepare our raised garden beds. These beds will soon be ready for planting in the Spring.
  - Mr Sullivan and Mrs Jessop-Smith are continuing to apply for grants that will supply much needed funds that will launch further projects.
  - 5/6J have carried out a litter audit on the school grounds, and picked up and bagged over 300 pieces of rubbish. Some of the articles of rubbish included dirty nappies, beer bottles, microwaves, construction materials.

Canterbury South has some exciting long term and short term plans to improve sustainability practices in our school. Are you interested in joining our Green Team? Any parents, grandparents or carers who would like to be involved are most welcome. You will need to hold a current Working With Children check. These can be applied for through the RTA for a cost of $80.

For more information, come and speak to Mrs Jessop-Smith, or email her at linda.jessop-smith@det.nsw.edu.au.
Sleep and performance

We need sleep for optimal performance
Unfortunately any productivity gains thought to be achieved from skipping sleep are quickly undone by the negative effects sleep deprivation has on the ability to access higher-level brain functions. When sleep deprived, not only are tasks performed more slowly but with a higher error rate. Indeed the negative effects are so great that people who are legally intoxicated outperform those lacking sleep. When you sleep the brain removes toxic wastes that are the by-product of daily brain activity. The brain can only do this while you sleep so when you don’t get enough sleep these waste products stay in your brain cells, killing creativity and, for days, slowing your ability to process information and problem solve.

In recent years it has become possible to view this decrement in brain function via functional magnetic resonance imaging.

We need sleep for good mental health
Depression is the most common psychological disorder in the western world and it is growing in all age groups, but especially so in the young, especially teens. It has long been recognised that depression can cause sleeping problems but it is now known that the relationship is bi-directional. In other words, poor sleep can also cause the onset of depression. A study which followed more than 7000 people for 12 months or more, showed that those who reported sleep difficulties at baseline were six times more likely to develop depression than those who reported good sleep.

We need sleep for good physical health
Many studies have repeatedly shown that people who get enough sleep live longer and healthier lives. In the short-term, lack of sleep increases vulnerability to cold and ‘flu infections because it is during sleep that the immune system fires up and rids the body of virally infected cells.

How much sleep do we need?
Sleep needs change with age. The chart below, published in 2015, indicates the amount of sleep required for each age group. It clearly shows that adults need between 7–9 hours sleep per night and importantly that young school children need

Sleep and school performance
Sleep factors highly into a child’s ability to achieve. Worldwide research has revealed clear and consistent associations between sleep, sleepiness and lower academic achievement among younger and older adolescents. Good grades are significantly associated with better sleep (sufficient sleep, regular going-to-bed and getting-up times) and there is a strong correlation between poor sleep (insufficient sleep, irregular sleep schedule and rise-time variability) and failure.

Doing something about It
When life interferes with the ability to get the amount of sleep required, it’s absolutely essential to start making sleep a priority. Firstly it is important to give yourself enough time to sleep. This means that if you need to get up at 6.30 am and you require 8 hours of sleep you should be in bed and asleep by 10.30 pm and not just at the point of going to bed – a mistake many people make. Secondly you need to pay sufficient attention to setting yourself up for good sleep. Good sleep practices are essential for good sleep but many people unwittingly sabotage their sleep. To optimise your sleep you need to prepare both your mind and your body.

To prepare the body you need to:
• Get up at the same time every day
• Exercise for at least 20 minutes per day (A walk at lunchtime is good)
• Not have caffeine after midday
• Not drink alcohol (or restrict it to one standard glass)
• Not sleep during the day (although a nap of 20 minutes is OK and sometimes very worthwhile)
• Eat only a small meal at night and especially no big meal within three hours of bedtime
• Not exercise within three hours of bedtime (This will alert the body).

To prepare the mind you need to:
• Deal with the issues of the day: in the early evening spend no more than 20 minutes writing events of the day that are of concern along with potential solutions. Close the book and put it away.
• Set an alarm to go off one hour before your proposed bedtime.
At that time:
- turn off all technology (and make sure not to look at the bright light of the computer, phone or tablet after that time)
- dim the lighting in the room
- take a warm-hot shower
- do a relaxation exercise.
- Ensure that the bedroom environment is conducive to sleep and that it is quiet, cool and dark. If this is difficult to achieve consider an eye mask, ear plugs and/or fan.
- Absolutely and definitely no technology in the bedroom.

Administration

Are you thinking about taking a holiday or going to visit family interstate? Please note the following.

In line with the changes made by The Minister of Education which implemented the ACARA - National Standards for Student Attendance Data Reporting in order to develop a national standard for consistency in the collection and reporting of student attendance data. If travel outside of school vacation periods is necessary, you must fill out an Application for Extended Leave Form prior to your departure.

If the principal accepts the reason for the absence, the absence will be marked as “Leave” and a Certificate of Extended Leave – Holiday issued.

If the principal does not believe the absence is in the student’s best interests and does not accept the reason, the absence will be recorded as “Absent” and a Certificate of Extended Leave – Holiday will not be issued.

Celebrate your special day with your friends and family at the Slot Shop, enjoy racing on our new Carrera ‘PARTY’ track and blow out your candles in our party zone with your Family and Friends, we have packages to suit any budget, so why wait and call us today! Did we miss your Birthday? That’s OK, you can still visit us and race your friends or family. Redeem this voucher* to receive a half hour track hire for FREE!

*(This voucher cannot be used in conjunction with any other offer and expires 31 July 2015)
Did you Know?

8 to 12 hot chips (100 g) have around 3 teaspoons of fat and 1000 kJ. Compare this to a small baked potato (100 g) with a light spray of oil that has less than ¼ teaspoon of fat and 400 kJ. The main difference is added fat, hence the added energy or kilojoules. Here is a quick, easy and delicious way to make healthy, hot chips:

**Ingredients**
- 2 large potatoes cut into chips or wedges
- 1 teaspoons canola oil
- 1 teaspoon soy sauce

**Method**
Place a large tray or baking dish into the oven and preheat oven to 200°C.
Place all ingredients into a small plastic bag and shake.
Take hot tray or baking dish from oven using an oven mitt, and empty bag of potato lightly coated with oil and soy sauce onto the hot tray. Discard the plastic bag. You can cover the tray with a piece of oven paper (optional). Return to the oven to cook for about 12 minutes or until the potato is golden brown and cooked, then serve.

**Water**
Tap water makes the best drink!
Not only is it thirst quenching, but also contains fluoride which helps make teeth stronger. Here’s what water has to offer:

- it is cheap and readily available
- it doesn’t contain any kilojoules or sugar
- it encourages optimal function of the body

We should all aim to drink between five to eight cups of water a day. In the warmer months it is important to keep well hydrated. Always have water available when children are active. Encourage them to drink water regularly, even in cooler months.

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**World Refugee Day**

Tuesday 23 June World Refugee Day and Second Hand Book Exchange.

The SRC are raising money for World Refugee Day on Tuesday 23 June by running a book exchange. To participate, you are invited to bring in an unwanted book, perhaps you have more than one book that you have read, and you no longer need. Donate it to the Book Stall and then at lunch time, you will be entitled to a second hand book that someone else has brought in.

You must bring in a book in order to exchange it for another one. For every book you bring in to exchange you will receive a ticket entitling you to a different book of your choice.

The gold coin donations will go to the United Nations World Refugee fund, UNHCR.

**All students will be allowed to wear mufti on the day.**

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**School Zone Road Safety**

Please take extra care when driving and parking in school zones. Please ensure you read the following information to ensure you understand the current road rules around school zones. If you break the traffic rules in a school zone you are putting children at risk.

**Safety Tips for driving around school zones**

- You must always stop for pedestrians at a crossing.
- Always drop off and pick up your child from suitable and legal parking spots and never double park.
- Never park across a pedestrian crossing.
- Never park in driveways, even those belonging to the school.
- Never perform a U-turn in close proximity to the school, or over double lines, or on a pedestrian crossing.
- Make sure all children use the footpath side door when getting in and out of a vehicle.
- Always ensure children are secure in their appropriate for age restraint.

**Please refer to the next page for details on penalties and demerit points for each offence.**
Parking and Traffic Rules - Choosing Safety over Convenience

No Stopping
What does it mean?
You cannot stop in this area FOR ANY REASON.

Why is it there?
To keep sight lines clear for drivers AND children so both have more time to avoid crashes

Penalty - $304.00 + 2 Demerit Points (School Zone)

No Parking
What does it mean?
You can stop in a NO PARKING zone for a maximum of two minutes to drop off and pick up passengers. You must stay within three metres of your vehicle at all times.

Why is it there?
To provide a safe place for older children to be set down and picked up without endangering other children

Penalty - $169.00 + 2 Demerit points (School Zone)

Bus Zone
What does it mean?
You must not stop or park in a bus zone unless you are driving a bus.

Why is it there?
To provide a safe place for large buses to set down and pick up school children.

Penalty - $304.00 + 2 Demerit Points (School Zone)

Other Traffic Rules

Pedestrian Crossings including Children's Crossings
You must not stop within 20 metres before or 10 metres after a Pedestrian crossing.

Why is it there?
To ensure that children can be clearly seen by vehicles approaching the crossing.

Penalty - $409.00 + 2 Demerit Points (School Zone)

Footpaths & Nature Strips
You may not stop on any footpath or nature strip, or even a driveway crossing a footpath or nature strip FOR ANY REASON.

Why is it there?
You could easily run over a child or force pedestrians onto the road to get around you.

Penalty - $169.00 + 2 Demerit points (School Zone)

Fines as at July 2013

Intersections
You must not stop within 10 Metres of an (unsignalised) intersection.

Why is it there?
To ensure that there is a clear view of vehicles and children crossing the road at the intersection.

Penalty - $236.00

Double Parking
You may not stop on the road adjacent to another vehicle at any time; even to drop off or pick up passengers.

Why is it there?
Double parking forces other cars to go around you causing traffic congestion and reduces the view of drivers and children crossing the road.

Penalty - $304.00 + 2 Demerit points (School Zone)

Driveways
You may stop over the entrance of a driveway to pick up or set down passengers, but you may not wait there or leave your vehicle unattended.

Penalty - $169.00 + 2 Demerit points (School Zone)
K-2 Pizza & Popcorn
Congratulations to our award winners!
Awards will be presented at the School Assembly on Friday 12 June 2015.

**BRONZE AWARDS**
- Khalil Haraghi, Gemma Parker, Lucie Chi - KL
- Marilla Gibian - Stuart - KA
- Cody Parker - 1C
- Faiz Halim, Ellie Keaveney, Sofia Velasi - 2M
- Yesmien Soeker - 3/4A
- Elise Martin, Xixi Qin - 4/5M

**School Disco – Neon**
See the note - asks for your **top 3 songs** you’d like played! As with all P&C events parent volunteers essential. There will be **food** (meat and veggie), coffee, Nutella balls, glow products... See you there!

**Pizza & Popcorn – 2 great nights**
The cinema effect was in full swing. **171 children** watched and ate! Thank you for the combined effort of parents and teachers. So wonderful to have so much help. Great adult food too - thanks to Naz, Antonella, Sarah, Tamara, Liz, Lesley and Helena AND also Kat and Attila who own Pazar Restaurant on Canterbury Road.

**Notice Board** - watch the space outside 1G........

**Can you donate to the P&C?** Clean glass jars with lids, take away containers with lids.

**Uniform Shop** – This Friday 12 June - only $2 per item!

**NEXT MEETING** – Tuesday 28 Jul 2015 - 7pm in the staff room
Meeting minutes and agenda are available on Wiggio. Wiggio is an online forum used by the P&C to pass on information, amount raised. If you’d like to receive P&C information drop your email address in the P&C box and we’ll add you to the Wiggio list.

**Contacts for the P&C**
If you have views you can email the P&C at cspspandc@gmail.com or speak to a member of the P&C or drop a note in the P&C box. For information sign up to Wiggio!

*The P&C is proudly supported by LJ Hooker Dulwich Hill and Marrickville*