



Coming Events

18-28 Mar	Special Swimming Scheme
21 Mar	Disco – K-2 5.00pm – 6.00pm 3-6 6.30pm – 8.00pm
22 Mar	Zone Boys & Girls Soccer Trials Girls Zone Hockey K-2 Assembly 2pm
25 Mar	Parent Teacher Interviews
28 Mar	Grandfriends' Day K-2 Easter Hat Parade 11.45 -1.00pm
29 Mar	Good Friday Public Holiday
1 Apr	Easter Monday Public Holiday

Principal's Message

Principal's Awards

Congratulations this week to: Jessica. She was on her own as some of the others were boarding the bus for Special Swimming. We will catch them up on a later date. Look for the picture soon on our website.

Aussies of the Month Nominees

Early Stage 1

Finley - KP Chloe - KH **Winner: Bowen – KT**

Stage 1

Katie - 1N Kaylum - 2G Sarah - 2B **Winner: Olive - 1K**

Stage 2

Brooklyn - 4S **Winner: Nathan - 2/3R**

Stage 3

Bronte - 5C Sophie - 5/6G **Winner: Heath - 6J**

Work Health & Safety

As part of our WHS requirements, the school conducted drills in lockdown and evacuation last week. I am pleased to report that all students, staff and volunteers coped well with the sudden changes to routine.

Uniform Review

No substantial change was made to our general everyday uniform at the P&C meeting. I will outline the sports uniform that has been introduced in the first newsletter for Term 2. I thank Amanda Lee for the extensive research done on uniform options, and the parents who debated the issue thoroughly at the meeting.

Police and Principals Forum

I attended a meeting with police from Camden Local Area Command on Tuesday. The agenda included Keeping Me Safe (Child Protection), Crime in Schools, Cyber Crime and Facebook, and Assaults in Schools.

Oaks Road
Thirlmere, NSW, 2572
www.thirlmere-p.schools.nsw.edu.au

E: thirlmere-p.school@det.nsw.edu
P: 4681 8476
F: 4681 8727

The office is open from 8.30am to 3.15pm



Uniform Shop

The uniform shop is open on the following days:
Tuesdays and Thursday 8.30am - 9.00am and
2.30pm – 3.00pm

Band News

All Band Fees for Term 1 2013 are now due and payable.

Canteen

Updated Canteen Pricelists can be obtained from the office.

Tuck Shop Newsletter attached for your information.

Emergency Contact Forms

We are still waiting on a lot of parents to return their **“STUDENT EMERGENCY CONTACT DETAIL REPORT”**. We cannot stress how important it is to keep your details updated and correct in case of Emergency. If you require another copy, please advise the ladies in the office.

Also, if you have any updated Court Orders/AVO's that you have not provided to the school yet, could you please arrange a copy as soon as possible. We also require you to advise the ladies in the office if the structure at home has changed so that we can update our records accordingly.

Reminder: Fruit Break

Could you please remember to pack fresh Fruit of Vegetables for your children for Fruit break.

FRESH FRUIT ONLY!

No packaged Jellies or Rollups.

Thank you

P & C

At the Annual General Meeting on Tuesday evening, the following people were elected to positions:

President:	Lea Blatch
Vice President:	Donna-Lee Henry
Secretary:	Diane Hunt
Treasurer:	Jeremy Phillips

Canteen Operations Manager:	Lisa Williams
Canteen Stock Controller:	Monique Liddle
Canteen Bookkeeper:	Mel Moroz

Uniform Shop Coordinator:	Amanda Lee
Uniform Shop Bookkeeper:	Jo Tapp

Grants Coordinator:	Tracy Daly
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Auditor for 2013:	Narelle Shafer c/- Hawketts
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I congratulate the incoming office bearers, and thank those who have stepped down for the great job they have done for our school.

Earth Hour – We Won!

You may be aware that this Saturday is the annual event when we are asked to turn our lights off to highlight environmental sustainability. What you may not know is that Mrs Budd entered our school's Yarning Circle as an example of creatively linking learning to nature and country. Thirlmere Public School has been selected as a Finalist for the World Wildlife Fund Earth Hour Education Award. As Mrs Budd is unavailable, I will be attending the WWF Earth Hour Awards Ceremony at the Museum of Contemporary Art on Saturday. Congratulations to Mrs Budd and our Aboriginal students, both past and present, for their hard work, and fingers crossed for Saturday!

Facts about fractions

If you've forgotten $\frac{3}{5}$ of primary school maths and $\frac{7}{8}$ of high school maths, what's left? Ah ha! Kids need help learning how to add fractions too. The only thing left is to print these fact sheets.

Find out more:

<https://www.det.nsw.edu.au/eppcontent/glossary/app/resource/factsheet/4013.pdf>

Excursions, Notes and Payment Due Dates

Early Stage 1 (Kindergarten)

Emergency Contacts Report is due now
Sausage Sizzle – Payment due 23.3.13
School Photos – Envelopes returned by 2.4.13

Notes sent home this week

NONE

Stage 1 (Years 1 & 2)

Emergency Contacts Report is due now
Sausage Sizzle – Payment due 23.3.13
School Photos – Envelopes returned by 2.4.13

Notes sent home this week

*Year 2 ONLY – Junior Dance Group
Expression of Interest*

Stage 2 (Years 3 & 4)

Emergency Contacts Report is due now
Sausage Sizzle – Payment due 23.3.13
School Photos – Envelopes returned by 2.4.13

Notes sent home this week

*Year 3 ONLY - Junior Dance Group
Expression of Interest*

Stage 3 (Years 5 & 6)

Emergency Contacts Report is due now
Canberra Camp – Last day for payment 25.3.13
Sausage Sizzle – Payment due 23.3.13
School Photos – Envelopes returned by 2.4.13

Notes sent home this week

NONE

**NO PAYMENTS FOR EXCURSIONS
WILL BE ACCEPTED AFTER,
“LAST DAY FOR PAYMENT”**

Online Newsletter

From the beginning of Term 2, I plan to offer the newsletter in paperless form. Parents will be able to choose to:

- Log on to the school's website, where the newsletter will be uploaded each week;
- Have the newsletter e-mailed to the address of their choice; or
- Maintain the status quo, and receive a hard copy each week.

Please indicate your preference on the form attached to the back of the newsletter and return it to the “frog's mouth” in the school office.

Amazing art

Autumn's the perfect season to take a trip to a gallery. The popular ArtExpress exhibition connects us to the inner lives and self-expression of high school students. Amazing works are on show throughout NSW. Check out the calendar.

Find out more: <http://artexpress.artsunit.nsw.edu.au/>

Sounding out aloud

Making phonics fun. Help your child learn to read by sounding out their words. Here are some tips to help your child gain confidence reading.

Find out more:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/phonics-helping-your-child-with-letters-and-sounds>

This is my last newsletter for this term, as I am taking leave to walk my little girl down the aisle on Easter Saturday. Mrs Karolis will be Relieving Principal and Mrs McLachlan will teach 1K during my absence.

Enjoy the rest of Term 1 and have a safe and relaxing holiday.

Stephen Lord

Library News

All students K-6 have begun the Premier's Reading Challenge in March.

Congratulations to Angus and Lachlan, the first two students to complete the challenge.

Please encourage your children to keep on reading, they have until 31 August 2013 to complete the challenge.

School Magazine

Stage 2 and 3 classes have again decided to include the school magazine into our school and class reading program.

Payment for School Magazine has been extended to 12 April 2013. Could you please forward payment to the office AS SOON AS POSSIBLE.

125th Anniversary Celebrations

Cookbook reminders were sent home to all families last week. There is still plenty of space & time to return your recipes or submit on line yourself. It is a great way for your family to be remembered. Please do yours today. Surveys were also sent home with students regarding Anniversary memorabilia items. Please remember to return yours to the office. There is no obligation to purchase at this stage, just ideas.

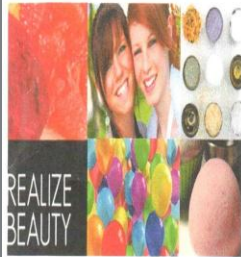
School Photos



**Envelopes with payments need
to be returned to the office by**

no later than 2 April 2013

Holiday Activities @ your library



Cosmetic Kitchen Party

Join us and make your own cosmetic products whilst learning about the science of how cosmetic products work. Everyone gets to participate in making and taking home a fragranced bath soap with oatmeal or sparkles, minty toothpaste, coconut lip balm and a bubbly bath bomb.

Date: Tuesday 16 April 2013

Venue: Wollondilly Shire Hall

Time: 10:30 am - 12:00 noon

Ages: 10+

Cost: \$10.00 per person

Limited Spaces - Bookings Essential



Warhammer 40K - Games Workshop Introduction Activity

Join us and the team from Games Workshop to learn about Warhammer 40K. Everyone gets to participate by painting and taking home a Warhammer model as well as learning how to play. Participants will then play a Warhammer Game.

Date: Tuesday 16 April 2013

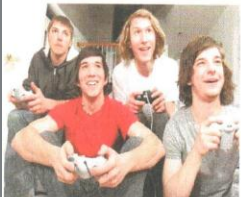
Venue: Wollondilly Shire Hall

Time: 1:30 pm - 3:00 pm

Ages: 10+

Cost: FREE

Limited Spaces - Bookings Essential



Gaming and Pizza Night

Play Halo ODST (M) on the Xbox 360, Super Smash Bros Brawl (PG) on the Wii, with Pizza, Chips, Lollies and Drinks.

Date: Tuesday 23 April 2013

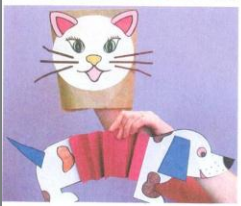
Venue: Picton Library

Time: 5:00 - 7:00 pm (Library closed to public)

Ages: 8+

Cost: \$5.00

Limited Spaces - Bookings Essential



Pets Storytime

Join us for a special storytime to play animal games, listen to weird and wonderful pet stories and make some pet crafts.

Date: Friday 26 April 2013

Venue: Picton Library

Time: 10:30 am - 11:30 am

Ages: 5+ (Under 8 must be accompanied by adult)

Cost: FREE

Limited Spaces - Bookings Essential

Bookings essential on 4677 8300 or at Picton or the Mobile Library

Tuck Shop Talk

GRANDFRIENDS DAY - COOK AT HOME MUMS THURSDAY 28TH MARCH

We need you! The Canteen will be hosting a morning tea for Grandfriends Day in exchange for a gold coin donation. Your help in making slices, muffins, cakes etc for the morning tea would be greatly appreciated.

They can be dropped in to the canteen the morning of Grandfriends Day. We also need people to help set up the tea/coffee and morning tea – contact Lisa Williams if you can help on 0412 258 282.

The new canteen price list has been distributed. If you did not receive a copy, you can get one from the school office.

CANTEEN ROSTER

Friday 22nd March - Tracy Digger, Lisa Williams, Belinda Kelly

Monday 25th March - Lisa Fava, Mel Ruddiman

Wednesday 27th March - Ed Schlosser, Mel Chamberlain

Friday 29th March

EASTER FRIDAY – Public Holiday

Monday 1st April

EASTER MONDAY – Public Holiday

Wednesday 3rd April - Diane Hunt, Meryl Cooper

Friday 5th April - Chris Ahumada, Michelle Jobson, Sharon Browning

Monday 8th April - Helle Juske, Lisa Fava

Wednesday 10th April - Deb Day, Danielle Dunleavy

Friday 12th April

CANTEEN CLOSED FOR STOCKTAKE

The roster for Term 2 will be prepared soon – if any volunteers have changed their availability, please let Debby Parker know on pplan5@bigpond.net.au or 0408 72 73 99.

Go4Fun healthy lifestyle program

Healthy • Active • Happy • Kids



Go4Fun is a healthy lifestyle program for children aged 7-13 years who are above their healthy weight. The program is run after-school during the school term and is **FREE** for eligible families. Go4Fun is open for new enrolments at www.sswahs.nsw.gov.au/populationhealth/Go4Fun.html

Go4Fun originated in the UK as an evidence-based multi-disciplinary program called MEND. This program was designed by a specialist clinical team focused on participation as opposed to competition, and has operated in New South Wales as Go4Fun for over three years.

MEND stands for...

Mind – Understanding and changing unhealthy attitudes and behaviours around food (e.g. personal goals and reward setting, internal and external food triggers, and effective problem solving).

Exercise – Adequate, safe and fun physical activity for one hour per session (sessions based on outdoor and pool activities to help build physical activity and sporting skill, working on fundamental movement skills as well as teamwork).

Nutrition – Enjoyable and practical activities teaching healthy eating and food choices including: healthy eating information (e.g. fats, sugars, unrefined vs refined foods); food label reading and a supermarket tour.

Do it – Get involved!

What is 'above a healthy weight'?

Approximately 25 per cent of children in NSW are overweight or obese. Children who could be above a healthy weight for height and age include those that:

- Wear clothes sizes for an older age group
- Spend over two hours watching television (or using a computer) per day
- Are physically active for less than one hour per day
- Eat unbalanced meals, large portion sizes or more than one unhealthy snack per day.

Why should children attend Go4Fun?



Being overweight can contribute to health problems like asthma, diabetes and heart problems, as well as affect a child's self-esteem, willingness to participate in activities and can even affect friendships with peers.

Poor body image may also prevent a child from reaching their full potential. A poor diet can affect concentration and therefore learning and school ability. Poor body image and self-esteem may also affect school attendance and behaviour.



Does the Go4Fun program work?

Independent clinical studies show Go4Fun can help children reach a healthier weight, increase time spent being active, improve fitness and raise self-esteem.

Measurement of height and weight is collected before and after Go4Fun. This information helps build the program's evidence base and track improvements of individual children as a result of the program.

The program meets all current Australian guidelines and National Health and Medical Research Council (NHMRC) recommendations for the Management of Overweight and Obesity in Children.

The benefits of the Go4Fun program:

- Improved self-esteem and confidence
- Improved sporting skills and fitness
- Improved team work and communication
- Improved diet enhancing concentration and mood/behaviour
- A healthier child!

Where: Go4Fun programs are run from sports centres, schools and community centres in most council areas of South Western Sydney and Sydney Local Health Districts.

When: Programs run after school alongside each school term for 10 weeks. Sessions run twice a week for two hours, usually starting at 4:00pm, 4:30pm or 5:00pm.

How much does it cost?

The program is **FREE** for all families. Children who attend the program receive two free t-shirts, a drawstring bag, bouncy ball, water bottle and information folder.

After MEND

Each family is provided with online access to MEND World for the following 12 months, encouraging families to maintain healthy changes and inspire ongoing positive steps. Information about available community clubs and programs in local areas is also provided to graduating families.

1st Hour	2nd Hour
Nutrition or Mind Theory session (Parents & Children) e.g. label reading goal setting	Parents: Facilitated discussion session Children: Exercise session



How to find out more and contact details:



GO4FUN DAYS AND LOCATIONS TERM 2 2013 South Western Sydney Local Health District

Bankstown – Bankstown PCYC
Cnr Meredith St & French Ave Bankstown 2200
Mondays and Wednesdays 4.30pm – 6.30pm

Camden – Mount Annan Leisure Centre
368 Welling Drive Mount Annan 2567
Mondays and Wednesdays 4.30pm – 6.30pm

Campbelltown – Aquafit Fitness and Leisure
Old Menangle Road Campbelltown 2560
Mondays and Thursdays 4pm – 6pm

Fairfield – Fairfield Leisure Centre
44 Vine Street Fairfield 2165
Tuesdays and Thursdays 4.30pm – 6.30pm

Villawood – Wran Leisure Centre
Gundaroo St Villawood 2163
Tuesdays and Thursdays 4.30pm – 6.30pm

Go4Fun is a FREE program funded by NSW Health for children aged between 7-13 years old who are above a healthy weight.

Parents and children are invited to attend and register for the Go4Fun program at the locations listed.

Liverpool – Liverpool West Public School
79-81 Hoxton Park Road Liverpool 2170
Mondays and Thursdays 4.30pm – 6.30pm

Minto – Minto Indoor Sports Centre
9 Redfern Road Minto 2566
Tuesdays and Thursdays 4.30pm – 6.30pm

NEW

Wollondilly – Tahmoor Public School
Bronze Wing St, Tahmoor 2573
Tuesdays and Thursdays 4pm – 6pm

For more information or to register for the program:

Leah Choi - Program Manager
leah.choi@sswahs.nsw.gov.au | 02 9780 2811 | 0457 507 606
FreeCall 1800 780 900 OR SMS 0409745645 for a call back.
www.sswahs.nsw.gov.au/populationhealth/Go4Fun.html



Thornton Bros

The school would like to thank Thornton Bros Flowers who are kindly donating a bunch of flowers to the school each fortnight to help beautify our office area.

Arthur Moulas Martial Arts Centre

Join the Team Live the Dream

Uechi-Ryu Karate and Muay Thai Kickboxing

Karate 5yrs - all ages

Muay Thai 10yrs - all ages

Self Defence for the whole family!

2 Stratford RD Tahmoor NSW
PH: (02) 4681 9002



ENROL
NOW!



For Ages 5-12 Years

skoolzout!
@Thirlmere

We believe in **Positive Learning Fun**

Before School Care: 6.30am - 8.30am

After School Care: 3pm - 6.30pm

School Holiday Program: 6.30am - 6.30pm

Located at Cnr Goodlet
& Mason Streets, Thirlmere

ph 02 4683 2260

thirlmere@bigfatmile.com.au

bigfatmile.com.au/5-12-centres



GET FIT, GET HIIT!

Personal Training | Group Training

FIRST PT SESSION FREE

Nutrition Counselling

getting fit and healthy isn't just about
dropping the kilo's and building muscle...
it's about dropping bad habits and building
a lifestyle based on healthier, better
informed choices....

PHONE: 0410390206

BIG HIIT FITNESS

www.facebook.com/bighiitfitness



PATRICIA YVONNE Academy of Dance Drama & Theatre

Thirlmere and Bargo Classes Available

Classical Ballet – Drama- Tap – Jazz – Modern –
Musical Theatre

Beginners from 3 years to Advanced
Special classes for Tiny Tots

**Enquires and Registration: Contact Miss Patricia
4647 7728 or 0418 273 115**

S.T.A.D.S

New Dance Classes Now Available
Jazz/Musical Theatre – Hip Hop/Urban –
Lyrical/Contemporary

Introducing – Tap, Gymnastics, Beginner Jazz,
Beginner Ballet and Exams

Drama – STADS Singers – Dance/Choreography – The
Agency

For more information call Sarah on 0415 995 225 or
4683 0193

Thirlmere Public School

20 March 2013

Term 1 – Week 8

Online Newsletter

From the beginning of Term 2, I plan to offer the newsletter in paperless form. Parents will be able to choose to:

- Log on to the school's website, where the newsletter will be uploaded each week;
- Have the newsletter e-mailed to the address of their choice; or
- Maintain the status quo, and receive a hard copy each week.

Please indicate your preference on the form below and return it to the "frog's mouth" in the school office.

Family name: _____

Children and classes: _____

I would like to receive the school newsletter by (please tick one)

- Logging onto the school website _____

- e-mail _____

Please add e-mail address: _____

- In paper form _____



Taara Gardens

For the Not-so- retiring!

Enquiries: Charlene Crocker: 0417 483931 or

Jenny Cheetham: 0418 265 416

We welcome you to come & have a look around the Village. Located at: 25 Estonian Road, Thirlmere



Thirlmere Public School

Oaks Road,
Thirlmere NSW 2572