

# Peakhurst West Newsletter



Thursday, 6 August, 2015—Term 3, Week 4

## CALENDAR

### Term 3

#### Mon 10 Aug

District Athletics—Track

#### Wed 12 Aug

Sports Mufti day

Milo Cup Cricket

#### Thursday 13th

District Athletics—Field

#### Friday 14th

PSSA Round 9

#### Thursday 20th

Jeans for Genes Day

#### Tuesday 25th

Choir Rehearsal & Music  
Festival Evening

#### Thursday 27th

Opera & Book Parade

**Next P & C  
meeting  
Monday, 7th  
September  
7pm**

## Principal's Address

I would like to extend my gratitude towards the entire school community for making me feel welcome whilst settling in at the school. From the staff, to the students, to the families, everyone has really made me feel like I am a part of the Peakhurst West family. Education Week and our Open Day was a great success and I was most impressed with the turn out from the community. This is a very positive sign for the school and shows that you value the efforts of the staff and students. I would also like to thank the staff and students for the amazing effort they put into their performances.

I genuinely look forward to meeting and getting to know you all, as we work together to ensure we maximise student learning and student opportunities.

## Stage 3 visits Canberra & Thredbo

We've heard great reports about Stage 3 enjoying their visit to Canberra and skiing in Thredbo this week. They were very lucky to have perfect skiing weather! I'm sure they will be talking about their exciting stories when they return and they are no doubt all looking forward to some rest this weekend (teachers included!). On a personal note, I would like to thank Mrs Floratos, Mr Briggs, Miss McKee & Mrs Lymberis for taking 3 days away from their families to offer our students an opportunity like this, with many students seeing snow for the first time.

Mrs Sarafoski



## National Titles



***Congratulations to three of our athletes who have excelled at recent State championships and gained selection in NSW teams to compete at National Titles.***

(L-R) **Finn MacMillan** and **Lauren Carey** both finished in the top five runners at the recent NSW Cross Country Championships which gave them automatic selection into the NSW team competing at the National Championships, in Melbourne.

**Raina Rush** recently represented Sydney East Region at the NSW Girls Netball Championships in Tamworth and impressed selectors in all games. She was selected in the NSW team which will compete at the National Championships in Perth.

## Sports Colours Mufti Day

This term, we have four students who have travelled interstate or will be travelling interstate to represent our school and region at State and National Championships in various sporting events. To support our very talented athletes, we will be holding a Sports Colours Mufti Day on Wednesday, 12th August to raise money for the high costs involved in representing at this level. All donations will be used to subsidise some of their travel and accommodation expenses. So on Wednesday, wear your favourite team colours or jerseys and bring a gold coin donation to support our amazingly talented athletes!



### Sport Cavalcade

Week 2 T3	Juniors	Seniors
<b>Rugby League</b>	Washed out	Washed out
<b>Boys Soccer</b>	Washed out	Washed out
<b>Girls Soccer</b>	Washed out	Washed out
<b>Netball</b>	Washed out	Washed out

### Sport Cavalcade

Week 3 T3	Juniors	Seniors
<b>Rugby League</b>	V Mortdale Won 12-8	V Mortdale Lost 9-11
<b>Boys Soccer</b>	V Kingsgrove Won 3-0	V Kingsgrove Won 2-0
<b>Girls Soccer</b>	V Connells Pt Draw 1-1	V Connells Pt Won 2-0
<b>Netball</b>	V Lugarno Lost 0-13	V Lugarno Won 20-12

## What have 1M been up to?

1M have been learning about our local environment. We have looked at directions and maps. Google Earth is a great place to explore some of our local places, like our school and home. We used the compass on the iPads to find out which way was North, South, East and West. Then we made a map to show what we found.



## Open Day—Education Week

Education Week was marked with our annual Open Day. The event started with an assembly in the hall to recognise students who contribute to their classroom every day. Our Junior and Senior choirs performed and Mrs Sarafoski addressed the assembly and spoke of the **heroes in our school**—the teachers and parents. This was followed by classroom visits and a morning tea. After recess the parents and guests were entertained by items from our Senior Dance group and each Stage under the COLA.

It was a colourful and energetic program that concluded with our wonderful Kindies.



## Pennant Winners

Congratulations to the following students for earning a pennant:

Collin Fu

Bivu Sapkota

Emily Cliff

Ai Kamikura

Daniel Atie

Nick Broekuis

Isue Song

Hunter Joyce



## Kinder Orientation

Kinder Orientation is an ideal time for students and families to come and meet staff and other families. Over the three sessions students will tour the school grounds, meet key teachers and staff and become familiarised with the school setting. Parents can hear from the school counsellor, learning and support teachers, other parents and school executive.

### School Tour Dates:

Thursday 13th August	9:30-10:00
Tuesday 25th August	9:30-10:00
Wednesday 9th September	9:30-10:00

### Kinder Orientation Dates:

Thursday 22nd October	9:30-10:30
Thursday 29th October	9:30-10:30
Thursday 5th November	9:30-10:30



## Safety on School Grounds

We have noticed many students arriving before 8.30am and remaining on school grounds well after 3.30pm on most afternoons, with some groups of parents and carers staying on the grounds until 4pm. This creates a dangerous situation for us as there is no supervision out in the playground and we run the risk of injuries and other issues. We kindly ask you to avoid arriving before 9am and to leave the school grounds promptly after you have collected your children after school. Thank you


**CARINGBAH HIGH SCHOOL**

PROVIDING HIGH QUALITY AND INNOVATIVE EDUCATION IN A DYNAMIC AND CARING ENVIRONMENT



## VISIT US ON OPEN DAY

**Thursday 20 August, 9.30 – 11am**

85 Willarong Road, Caringbah  
(Parking on Taren Point Road)

For Year 5 students wishing to sit  
the Selective High School Test in March 2016  
to enter Caringbah High School in  
**YEAR 7** in 2017

Interested students and parents are invited  
to attend this information morning  
with displays and activities for students

**Be part of our community today**

For more information visit [www.caringbah-h.schools.nsw.edu.au](http://www.caringbah-h.schools.nsw.edu.au)

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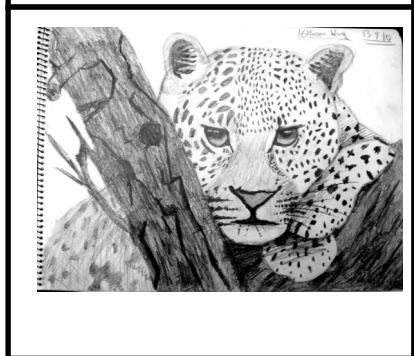
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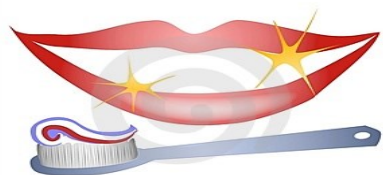
## AMY'S Art School

**Free trial lesson !**

**Free catch up missed lessons !**

Please feel free to contact **Amy** on **0405 356 708**  
[Killara](#) [Bexley](#) [Riverwood](#) [Oatley](#)

Amy is a professional and a very experienced art teacher now with over 15 years of teaching specialized art and drawing lessons for children. Students will be taught the basic skills of drawing and cartoon design right up to professional sketching and painting. Children's future intellectual development will be improved with these life long skills.



Dr Ron Borgnolo BDS Syd Uni  
 28 Pitt Street, Mortdale  
 Ph: 9580 0141

Taking your child to the dentist regularly from a young age is the best way to prevent problems and develop good oral health habits.

With regular general check-ups for both adults and children, problems such as tooth decay, gum disease and crooked teeth will be minimised.

If you have any concerns with your own teeth, or are due for a check up, call us or come in for a chat.

Dr Ron Borgnolo offers expert treatments and a personalised and gentle service. With over 25 years experience, Dr Ron takes the time to meet each patients' individual needs in a professional and caring manner.

**Medicare Child Benefit Scheme** is accepted here. We also have HICAPS so you can claim from your health fund on the spot.

We look forward to meeting you.

## About our facilitator

Bronwyn is a mother of 2 teenagers, and has 7 years experience running parenting programs, helping over 800 parents. She is an accredited facilitator for *Triple P*, *123 Magic and Emotional Coaching*, and *Toolbox for Parents of Adolescents*.

Bronwyn has worked in the community sector for over a decade coordinating a number of other community programs and holds Diplomas in *Community Services Coordination, Management, and Leisure & Health*. Bronwyn also holds a Cert IV in *Training and Assessment*.



## A variety of other programs

At *Georges River Life Care* we are passionate about enriching your family life.

We have many other services which may be helpful to you including: autism support, legal advice clinic, depression support, counseling, play group, lend a hand, food parcels, men's and women's programs.

For more information please call our office on 9153 6300 on weekdays from 9am to 5pm.

## Course Description

The Triple P – Positive Parenting Program is one of the most effective evidence-based parenting programs in the world, backed up by more than 30 years of ongoing research.

Triple P gives parents simple and practical strategies to help them confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships.

Triple P is currently used in 25 countries and has been shown to work across cultures, socio-economic groups and in all kinds of family structures.

Course Content includes

- Positive Parenting
- Helping Children Develop
- Managing Misbehaviour
- Handling High Risk Situations
- Future Focus

## Ongoing help

Our course provides group discussion time to allow for practical tips to be shared.

Some parents may also want some private coaching with our facilitator, which can also be arranged.

## Georges River Life Care

Location: Georges River Life Centre  
23 Stanley St Peakhurst  
2210

Ph: 9153 6300

Fax: 9584 9406

Email: [bronwyn.t@grlc.org.au](mailto:bronwyn.t@grlc.org.au)

Web: [www.grlifecare.org.au](http://www.grlifecare.org.au)

Manager: Glenn Power



# Triple P

## Course Schedule 2015

A 5 week course for  
parents of children 2-12



## Dates for 2015

### Term 1

Monday evenings  
9 Feb – 9 Mar 2015  
7-9:00pm

### Term 2

Monday evenings  
20 April – 25 May 2015  
7-9:00pm

### Term 4

Monday evenings  
12 Oct – 16 Nov 2015  
7-9:00pm

## Cost

Free.

## Bookings

Bookings are essential and can be made by calling 9153 6300 or electrically at [www.grlifecare.org.au/services/parenting-program/](http://www.grlifecare.org.au/services/parenting-program/)

## Parent Education

Georges River Life Care also runs the following parent education programs

- 123 Magic & Emotional Coaching (3 Wks)  
(parenting 2-12)
- Alpha Parenting (5 Wks)  
(parenting 2-12)
- Toolbox (6 Wks)  
(parenting tweens and teens)

For further details please call our office on 9153 6300 or see our webpage [www.grlifecare.org.au/services/parenting-program/](http://www.grlifecare.org.au/services/parenting-program/)