Greetings everyone, welcome to our week 4 newsletter. I hope you’re all well and are enjoying the last few weeks of summer; we’ll soon be complaining how cold it is as we shiver our way through winter – the flipside being that NRL season kicks off again soon!

**Construction Works**

As previously mentioned our school has resembled a construction zone lately. Hopefully you’ve noticed the gradual but significant improvements we are making, so as to ensure that CVPS is a welcoming, engaging and safe learning environment for students, staff and the school community. Our new electronic sign will be installed shortly, renovations to our preschool and office blocks are being scheduled and a new PA system is currently being built. Stock has been ordered to complete our garden beds in the new Outdoor Learning Space and carpets have been replaced in a number of classrooms. Thank you to Mr Sullivan for his excellent work in this area and to the staff who have been very flexible and understanding in adapting to working in a construction zone!

**Kindergarten and Pre School**

Congratulations to our Kindergarten and Pre School students, all of whom are doing a wonderful job at transitioning to their new learning settings. Thank you to our teachers who are directing so much effort towards ensuring that the start to “big school” is a positive one for our youngest students. Parents, we know that it can be a daunting time when your child commences school; there are no silly questions, if you have a concern please contact your child’s class teacher.

**Medical Information**

Over the next week parents of students with indicated medical conditions (as described on enrolment forms) will receive several forms requesting that they update information related to their child’s medical condition. If you receive one of these forms please complete it and return it to the office as soon as possible.

**3-6 Swimming Carnival**

On Wednesday of week 3 our first major school event of 2016, the 3-6 swimming carnival, was held at Merrylands Swimming Centre. We caught Mother Nature in a good mood and were blessed with perfect weather for the day. The enthusiasm, house spirit and conduct shown by the students on the day was exemplary: thank you boys and girls! Thank you to all of the staff who assisted on the day, particularly Mrs Phillips and Mrs Michael for their excellent work in organising the event. A number of our swimmers will now represent CVPS at the upcoming Landsdowne Zone Carnival; I’m sure you all join me in wishing our rep swimmers the very best at the next level. Unfortunately a number of students were unable to attend the carnival due to missing the permission note/payment cut-off date; please ensure that you return all required notes and payments by the indicated date, so as to ensure that your child doesn’t miss out on such excursions and opportunities.

**Anaphylaxis and Cardio Pulmonary Resuscitation (CPR) Training**

Our top priority at CVPS is the safety and wellbeing of students, staff and visitors. Recently all staff undertook training in CPR and Anaphylaxis. This mandatory training is conducted regularly by licensed, approved providers and ensures our ability to provide a safe learning and working environment.
Pevensey Street Crossing
As you may be aware, the volume of pedestrians using the Pevensey Street pedestrian crossing each afternoon is enormous. I have been approached by a number of parents expressing their concerns in regard to this potentially dangerous situation. Unfortunately, I have no jurisdiction in regard to this area; I strongly urge you to contact Fairfield Council and the Roads and Maritime Service, should you have any fears regarding the safety of children and school community members using Pevensey Street.

"Meet the Teacher" Sessions
This week “Meet the Teacher” sessions were held for all grades, so as to provide parents with the opportunity to meet their child’s teacher and learn about the year’s learning programs, expectations, events and so on. We hope that you found these sessions to be valuable. Thank you to all staff who participated and all parents who attended.

Evacuation Drill
As required by Workplace Health and safety guidelines, schools are required to conduct regular scheduled emergency evacuation drills. Our school will be holding such a drill early next week.

Planning Days
Over the course of this week, teachers have participated in Grade Planning Days. These occur regularly and provide teachers with the opportunity to work in their grade teams and plan the term’s teaching and learning programs, assessment schedules, extra-curricular events and so on. Thank you to Mrs Plimmer for her organization of the Term 1 Planning Days.

New Educational Programs
This year, we are directing a significant amount of our annual funding towards Literacy and Numeracy programs. The three new initiatives that we are implementing are L3 (Language, Learning and Literacy), LOL (Love of Literacy) and TEN (Targeted Early Numeracy). Not only will these initiatives directly target skill development in two Key Learning Areas, they also provide substantial professional learning for staff so as to equip them to implement a wide range of literacy and numeracy strategies in the class to support student learning. Thank you to Mrs McDaniel (L3), Mrs Biala and Miss NG (LOL) and Miss Chen (TEN) for their coordination of these great programs.

Have a great weekend.

Ben Matthews
Principal

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**IMPORTANT DATES FOR YOUR CALENDAR - TERM 1**

Term 1 / Week 5 - Thursday 25th February - Parent Zumba @ the Hall $5
Term 1 / Week 6 – Tuesday 1st March - Zone Swimming Carnival

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**Important Update: Permission to Publish**

Last year parents were asked to provide permission for children to access the Internet and have photos taken which could be used in school publications. This permission is on record at the school.

If you did provide permission and wish to withdraw it, please notify the school. New students will receive a note seeking this permission. Kindergarten parents will have granted permission upon enrolment.
A message from our Preschool

The preschool children have settled in nicely to the preschool routine.

Reminder for Parents:

You must sign your child in and out of the preschool every day.

If your child is sick or they will be away on holidays you must inform the preschool staff.

Your child must wear a hat for play – please ensure you bring one every day and that it has your child's name on it.

Please bring a sheet/blanket for your child's rest time every week.
New Canteen Salad Options

New Salads

- Rocket, pear & parmesan cheese
- Couscous, capsicum, mixed lettuce, sultana’s & cucumber
  - Couscous, baby spinach, kale & fresh blueberries
  - Rocket, onion, bacon, pinenuts & parmesan cheese

ALL NEW SALAD’S $5.00 EA

Wraps

- Sweet chilli chicken tender
  (With lettuce, mayo & sweet chilli sauce)
- Chicken Breast
  (With lettuce & mango dressing)
- Mediterranean
  (With salami, eggplant, sundried tomato & parmesan cheese)

Also we have our usual wraps:

- Salad
- Chicken
- Tuna
- Ham
- Salmon

Wraps can be toasted or as is.

All wraps are $4.50 EA.
Turn off the TV or computer and get active

Did you know?

★ Spending too much sedentary or ‘still’ time watching TV, surfing online or playing computer or electronic hand-held games is linked to children becoming overweight or obese.
★ Children who watch TV for more than 2 hours every day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to be physically active.
★ Nearly half of children aged between 5 and 15 years spend more than 2 hours every day on ‘small screen’ entertainment.
★ Children are more likely to snack on foods that are high in sugar, salt or saturated fat when they’re watching TV.

How much time in front of the screen?

When kids and teens spend time in front of small screens – whether it’s the TV, computer or hand-held games – it takes away from the time they could spend playing sport, games or being active.

Australian guidelines recommend that kids and teens spend no more than 2 hours each day on small screen entertainment.

While computers and TV can be valuable for education and learning, the health benefits, skills and enjoyment that kids and teens get from being physically active are just as important.

“Set limits for computer games and being online”

Tips for parents

- Before you switch on the TV or the computer for your children, stop and think – could they spend the time being active and have some ‘small screen’ time later on?
- Set limits on TV viewing. If there is a specific program that your child wants to watch, turn the TV off once it has finished. Alternatively, record the program and watch it together later on.
- Set limits for computer games and being online – no more than 2 hours a day and not during daylight hours when they could be outside and active.
- Don’t allow a TV or computer in your child’s bedroom. Keep them in a common area of the family home so you can monitor use.
- Have a list of active indoor and outdoor games or activities for your children, so you can suggest alternatives to watching TV or playing on the computer.

For more information and ideas on healthy eating and physical activity, go to www.healthykids.nsw.gov.au
STATE EMERGENCY SERVICE
OPEN DAY

16th April 2016
10am to 4pm
Fairfield SES; 66 Bareena Street, Canley Vale
Come learn about your local emergency services
Activities and fun for the whole community
Cheer on your emergency services in our interagency challenge
Truck, boat and equipment displays
Roof and chainsaw demonstrations
Storm, flood, tsunami information
Youth build a boat competition
Meet Paddy the platypus
Free sausage sizzle and drinks
And so much more

The following services have also been invited:

NSW Police Force
St John

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http://facebook.com/NSWSESFD

The worst in nature, the best in us.