Newsletter ‘13
Term 3 Week 9 12.09.2013
Be Safe, Be Responsible, Be Respectful

DATES FOR THE DIARY

September
11th Sept  P & C Meeting  19th Sept  Tears in the Jungle (Stage 3)  17th Sept  Funday
20th Sept  Last day of school for Term 3

October
8th Oct  First day of school for Term 4

CURRENT NOTES
Update Medical Form  Yr 6 White Elephant Stall  Stage 3 Tears in the Jungle
Chinese National Day  School Photos

FUNDRAISING NEWS
15 Sept - Bunnings BBQ

RELIEVING PRINCIPAL’S REPORT

At what point do you feel like part of the furniture?
I am pleased to report that after a seemingly brief (time flies when you’re having fun!) eight months at Ironbark Ridge PS I am unconsciously saying ‘us’, ‘we’ and ‘my school’ now.
I spoke briefly with all of our students the other morning at assembly about an incident where an anonymous person (student more than likely) handed an envelope of sponsorship money in to the office after it had been dropped out of a bag onto the ground somewhere… ‘cause that’s what we do at Ironbark! We are responsible. I am so proud to be a part of this learning community when I witness events like this, and am reminded that a lot of hard work parenting, teaching and guiding our children together results in this sort of wonderful behaviour. It’s not a fluke! The theory is that if we have high expectations of our children, they will rise to meet them.
More than happy to be a part of the furniture in a great place like Ironbark Ridge!

Election Day fun-draising
In my mind the great Aussie voting experience is only truly legitimate when you’ve bought a snag (sausage) on bread and a cake or slice from your local school fundraising group. Thankfully most of this side of Rouse Hill also agrees!
The splendid array of cupcake creations we received at school on Friday morning was truly amazing (yes, there were even a few with rather cool moustaches!). Judging them was difficult to say the least. Congratulations to the winning students and their home helpers. Enjoy your lunch or iceblock from the canteen.
The tireless work of our P&C members made the whole day possible. Thank you to all who gave a bit (or a lot) of their Saturday up in the interest of our students and resources to support their learning.
Regional Spelling Bee Finals
Congratulations to our four representative spellers who competed this Wednesday in the Regional finals of the NSW Spelling Bee. Mr Pengelly did a wonderful job of organizing and convening the competition in our school hall for students from everywhere between Kurrajong and Castle Hill. All of our spellers left with their heads held high having proudly represented Ironbark Ridge in behaviour as well as skill. It was refreshing to see a family using an unlucky situation in the competition as a positive life-skill learning experience that will no-doubt build resilience and good sportsmanship for the future in that student.

Performing Arts night… MADD!
Ms Hoggan and I attended this week’s performing arts evening at our neighbouring Rouse Hill High School and were both blown away by the talent on display. I know there must be some very proud younger brothers and sisters at Ironbark Ridge PS (several surnames were recognised). As we build stronger ties with Rouse Hill HS through our interest in developing innovative middle-school teaching techniques and transition programs, it is encouraging to meet such dynamic staff and confident students on the ‘other side of the fence’. Congratulations to all involved!

Tournament of Minds
Our State finalist teams competed valiantly last weekend in the city against the brightest young minds in NSW and did themselves, their families, their teachers and their school proud. Despite narrowly missing out on honors both teams were happy with their efforts and have learnt so much from the experience. It’s always brilliant hearing parent feedback after events like this and to know that we are appreciated so much for the effort we make as educators is the icing on the cake. Thanks for your thanks!

Tell us what you really think!
We are conducting a survey of your opinions about how we do things at Ironbark Ridge PS. Do we involve you enough, promote positive relationships between all of our students, communicate effectively, etc? The survey can be found at: www.kidsmatter.edu.au/primary/parentsurvey We are up to 35 responses so far and would love to hit 100! It only takes about 5 minutes to complete.

I was amazed tonight to even discover that some bright & helpful person has added a simple button onto the bottom of our school app for you to press… yes, strangely enough it says “Survey”! 😊

Money and permissions
Please be aware that no money can be accepted by the school office after Wednesday of next week for any reason as it cannot be kept on school premises over the upcoming school holidays. Money sent in on Thursday or Friday will be sent home again to you for safekeeping until next term.

Have a safe and happy holidays,

Nick Thomson
Relieving Principal
“Super Fish” Mikey is competing at the Australian School Swimming Championships in Adelaide.

On Monday Mikey won a gold medal in the 200m medley relay. He swam the Freestyle leg in 29.96 seconds.

His next event was the 50m freestyle. He qualified fastest for the final in a time of 30.03 seconds. In the finals he achieved another gold medal, claiming the title of the fastest ten year old swimmer in Australia, swimming the time of 29.77 (narrowly missing the National record by .02 of a second).

His next race is the 4 x 50m freestyle relay later in the week. We wish him the best of luck for this race.

Mikey’s gruelling training has certainly paid dividends, his achievements are truly outstanding. We are very proud of Mikey.
**Good Fathering Matters!**

It's worth thinking how good fathering matters.

It matters to mothers as a supportive father makes a mother’s life easier.

**It matters to girls.**

Good fathering has been linked to higher confidence levels in girls, particularly during the tricky adolescent years. The notion of a father who is **present, available and attentive** affords a sense of security to a girl, which is necessary for healthy development.

Dads are also the first introduction to the world of men for girls so it's important that fathers treat their daughters with gentleness and respect, but also encourage them to be assertive.

*In a sense, fathers teach their daughters how they should expect to be treated by males as they get older.*

**Good fathering matters to boys.**

They learn their first lessons of manhood from their dads. Early primary-aged boys usually want to spend a great deal of time with their dads. Steve Biddulph, author of *Raising Boys*, describes this phenomenon as ‘father-hunger’ and suggests that dads need to be around their sons in the primary school years so they can ‘download the software’ of how to be male.

The father-son relationship during adolescence can be problematic. While teen boys seem to be hard-wired to challenge their fathers, most desperately want their dads to be proud of them. Teen boys need a dad who can be firm when needed as they don’t always make great decisions.

They need a dad who remembers the awkwardness and insecurity of being a teenage boy themselves. And they relate best to dads who don’t take themselves too seriously. The judicious use of humour, particularly with boys, is a great fathering strategy.

And, of course, involved fathering matters to men. Most health scales state a healthy relationship with their children is a predictor of good health and longevity for men, as well as of life satisfaction levels. I suspect there is something relaxing and de-stressing for a man to get into a child’s space and time. There is a big kid in most men just busting to get out.

This Father’s Day give yourself a pat on the back for being present in your child’s life. You might even want to think how you can be a better dad over the next 12 months.

Here are five fathering tips (whether you live with the children’s mother or not) to help you in that process:

1. **Go on dates with your daughters.**
2. **Have adventures with your sons.**
3. **Support your partner’s parenting.**
4. **Change as your child changes.**
5. **Discipline with firmness and compassion.**
Term 3 - Week 8

PRINCIPAL: Competitors at Ridges Carnival for their manners and sportsmanship

K Blinky Bill Indigo T, Mitchell N, Scarlett R
K Dreamtime Hannah W, Cooper D, Ashleigh R
1 Blue Tongues Aadi D, Tayla j, Sienna P, Charlotte M, Dylan W
1 Tassie Devils Samuel W, Chelsea V, Baylee K, Max W
2 Marsupials Skylah S, Jade F, Lachlan C, Cavan B
3/4 Pelicans Ainsley C, Olivia S, Ede G, Ethan B, Laura L
4 Wobbegong Edward K, Emily G, Jackson S-R, Charli H
5/6 Kirribilli Brianna H, Ben R, Matt W, Jamie T
5/6 Minties Shantelle X, Xhakia H, Dakotah L, Jayden V, Lyla E
6 Daintree Harjyot D, Jennifer K, Dillan K, Grace Z

CHINESE: 2 Marsupials

Art Awards: Mark B – 5/6McG

Week 9

PRINCIPAL Stage 3 for their outstanding work in organising the Fun Day

K Walkabout Liam A, Eden McB, Liam Ch, Olivia C
K Budgies Harry K, Isabel R, Macayla Z
1 Ned Kelly Charlotte P, Zara J, Kirsten S, Cameron K
1/2 Cassowary Connor V, Charlotte S, Daniel P, Lateisha H
2 Kingfisher Keyan K, Shalin D, Bronte H, Finn Mc, Thea E
2 Bilbies Thomas S, Jayden B, Mackenzie F, Sasha M
3 Surfers Paradise Kodi S, Chloe P, Janvi B, Romani C, Eliana P
4 Sturt Olivia O, Orlando H, Aiden Z, Maha N, Eliza D
5 Herons Catherine C, Scott H, Shalini S, Kaveesha S, Emmanuel S
5/6 Speedos Harry J, Ashley B, Taj L, Jack L
5/6 Magpies James H, Anthony S, Monique B, Claire E, Sophie M

CHINESE: 2 Bilbies

Art Awards: Liam – KW, James 2-B, Shauna – 4S, Tahyla – 5/6S,
**KINDY CAPERS:**

The weather has been fantastic and thanks to many busy little legs our SRC Crazy Mufty Walkathon proved a great success. Hats off to Mrs Walker and Mrs Nahirny for organising the day. Kindly send all sponsorship money along to the office by Friday.

In all Kindergarten classes homework is being sent home on Friday and returned on Thursday of the following week so that students have time over the weekend to complete some of it. If homework is sent in on Friday instead of Thursday it may not be marked until the following week as teachers can't always find time during the day to mark homework and rely on having it on Thursday night to check over it.

The same applies to home reading. Sport clothes need to be worn on Thursday. In **Week 10 Term 3** there will be no homework.

Congratulations to our Kindy Walkabout for their marvellous assembly. Next Tuesday is the Fun Day so be sure to send water bottles and sun safe hats. Have a safe and happy holiday.

**STAGE 3 NEWS:**

As another term draws to a close, we realise just how busy the weeks have been for our Stage 3 students. Exciting learning has taken place in the classrooms, along with achievements in the sporting and cultural arenas, entertaining and energetic activities, and more to come.

Two Tournament of Minds teams (Maths & Engineering and Social Science) participated in the State competition on Sunday 8th September. Slightly nervous yet very excited, they applied their creative and critical thinking skills to utmost effect. We are very proud of them for achieving such success, being selected from more than 600 teams in NSW, to represent our school at this level.

Congratulations to Grace Z (6D) who mesmerised the audience at the Opera House with her incredible solo piano performance. She played magnificently and delighted her audience. Congratulations too, to Jack T (6D) who won first place in the Hawkesbury Eisteddfod in his section ‘pianoforte’, and to Owen M (5H) who was awarded first place overall in the Jazz section.

Mikey Lee (5H) swims at Nationals this week, representing NSW. He is one of NSW fastest swimmers in his age group. On Monday afternoon we had heard that Mikey had won GOLD in his relay section and we are eagerly awaiting the news of further results.

Monique U (5/6S) and Chad D (5/6K) were selected to represent Ironbark Ridge at the regional athletics competition, for 11 year-old Shot-put. At Regionals, Sam S (5/6M) will be representing Ironbark Ridge, in the 100m, 200m and Long Jump. Sam was named the 11 year-old boys AREA CHAMPION, at the previous round.

Stage 3 students were invited to attend the MADD concert at the high school which was thoroughly engaging. We laughed, clapped and sang along whilst admiring and appreciating the talent of those on stage. Thank you to RHHS for inviting us to be a part of this performance.
Nilesh (6D) and Muir McL (5/6M) participated in our regional Spelling B on Tuesday. What a nail-biting result! The competition was fierce.

The annual Fun Day is just around the corner. The Year 6 students have been hard at work, preparing for this event, to ensure that fun is had by all. Thank you for supporting our students in their fund-raising endeavours. We are all eagerly anticipating the fun-filled day. Students are required to wear their sports uniform on Tuesday for ‘Fun Day’. It will be a fun-filled event with a huge range of games and activities. There will be a few items on sale during the day from the café, spider drinks and white elephant stores.

As a result of our unit on Global Connections, we learned about how the burgeoning palm oil industry is leading to increasing destruction of the natural habitats of orangutans. Daniel and William Clark are teenage brothers, from Sydney, who have raised more than $700 000 thus far, in their fight to save these gorgeous creatures and their environments. They are coming to tell us about their enthralling adventures, and how, as individuals, we can make a difference in the world.

We say farewell to Miss Thomas and Mrs Worrall, who have been part of our Stage 3 team for a number of weeks, and thank them for all their input and interaction with our gorgeous students. We wish them every success in their future teaching careers. Just a reminder that school photos will take place in Week 1 of Term 4. The students must please wear full summer uniform.

Enjoy the remainder of the term and have a relaxing holiday.

The Stage 3 Teachers
(Mrs De Jager, Ms Hoggan, Mrs Sayer, Miss MacDonald, Miss McGill, Miss Dalli)

2013 HAWKESBURY DANCE EISTEDDFOD

Ironbark Ridge entered 5 dance groups into the Hawkesbury Dance Eisteddfod on Tuesday 27th August. The dancers were from the Kindy Dance Group, Year 1 Dance Group, Stage 2 Dance Group, Boys Hip Hop and the Stage 3 Dance Group. The competition at the Eisteddfod was to a very high standard and the students were very excited to be performing.

1st place was awarded to the Kindy Dance Group.
Miss Dennis and Mrs Thomas were extremely proud of the effort and performance from Kindy.

1st place was also awarded to the Boys Hip Hop. The boys had worked extremely hard to be ready for the performance. Mrs Cauchi and Mitch were extremely proud to watch the entertaining routine from the boys.

The Year 1 dance group, Stage 2 dance group and Stage 3 dance group all received Highly Commended. All groups have worked extremely hard all year to prepare for this exciting event.

A huge thank you to Miss Dennis, Mrs Thomas, Mrs Nahirny, Miss McDonald, Mrs Seward, Miss McGill, Mrs Kop, Mrs Pratt, Mrs Paton, Mitch and Mrs Cauchi who have given up many lunches and recesses to work with such talented students.
Kindy Dance Group

Boys Hip Hop
**CHINESE NEWS:**

Nǐmen hǎo! 你们好
Thursday 19 September is the Mid-Autumn Festival also known as the Moon Festival. Traditionally celebrated as a symbol of the end of the year’s harvest, the students are learning about the celebration and its important message of family togetherness. We are also reading the legend of Chang E, the lady of the moon, and the origin of the festival of the full moon.

A reminder to return your red notes and money for the Chinese National Day Celebrations occurring in Week 2 next term. They must be returned by next Wednesday for students to be able to participate. It will be a wonderful celebration of Chinese culture including a traditional lion dance in full costume and a martial arts display. I would like every child to have the opportunity to participate in these amazing performances.

Xiè xie

Mrs Przyrembel – Chinese Teacher K-6

**SCHOOL PHOTOS**

School photos will be taken on Thursday 10th October, 2013. This is the first Thursday back in Term 4. Class, Individual and Family photos will be taken on this day. (Sport and group photos will be taken on Tuesday 5th November).

Order envelopes for class and individual photo packages have been sent home. Order envelopes for family portraits can be collected from the office. These envelopes together with payment or receipt number are to be returned to class teachers by Wednesday 18th September.

We encourage internet payments to minimise money handling and storage by the school. All order and payment details are enclosed in the envelopes.

Full summer uniform is to be worn on the day. This means school dress and green shirt and grey/red short/black shoes.

Mrs Shorten
Photo Coordinator

**CHESS**

After a term and a half of interschool games, the 2013 NSWJCL competition is over for this year. After many hard fought battles with schools from the Blacktown/Hills Zone, our Championship team finished 2nd in zone, our Intermediate team finished 3rd and our other teams finished 4th and 5th. Wonderful achievements, particularly considering some of our competitors have never even played chess before!

Thank you to the wonderful students who represented our school with such great sportsmanship, and thank you to the wonderful parents, Mr. Thomson and Ms. Hoggan who gave up their Friday afternoons to assist with the program. It is a huge task, organising up to 40 students after school on a Friday, and it would not be possible without your support.

Next term will see the in-school chess competition take place, so please stay tuned for details!

Kind regards and congratulations to our students.

Mrs. Kerri Black
SRC NEWS:

S.R.C. Walkathon

A big thank you to everyone who participated and supported our Walkathon last Monday. The sun was shining and so too were the faces of our energetic students who looked fabulous in their ‘crazy mufti’. We were very proud of our students’ sensible behaviour and positive attitude.

So far, we have raised a fantastic $11 300 and are so close to our target of $12 000! This means that we will be able to purchase many more ipads and netbooks for our students – a wonderful achievement indeed.

This Friday 13th September will be the final day to return Walkathon money to be considered in our fundraising competition. Of course we'll accept money after this date but unfortunately we can’t add money to our competition totals.

The S.R.C. have voted for the top 5 fundraisers to receive a Rouse Hill Town Centre voucher and the highest fundraising class (based on averages) to receive a pizza and ice cream lunch.

The lovely owners of the Parkway Diner, Beaumont Hills have also donated a free milkshake to each student in the 2nd top fundraising class.

We will announce the fundraising winners and winning classes next Monday morning at assembly. Thank you to our wonderful school community for your generous support!

Mrs Walker and Mrs Nahirny
S.R.C. Walkathon Co-ordinators

RIDGES ZONE ATHLETICS CARNIVAL

On Friday 30th August, the Ridges Zone Athletics Carnival was held at Blacktown International Sports Park. There were 57 students that represented Ironbark Ridge in a number of track and field events. It was wonderful to hear how impressed officials and other schools were by our positive behaviour and good sportsmanship throughout the day. Thank you to all the parents and caregivers who came to support our team. Congratulations to all of our representatives, many of whom placed in their heats, and to Sam S who tied 11yrs Boys Champion. Good Luck to Lachlan W, Monique U, Chad D and Sam S who will represent Ironbark Ridge at the Sydney West Athletics Carnival on Wednesday 11th September.

Miss Dalli and Mrs Nahirny
Athletics Coordinators
**PULSE CHOIR**

On the 8 August, Ironbark Ridge Pulse Choir members had the privilege of performing at the Sydney Opera House. We are so proud of these students and the hard work and commitment displayed in order to be able to learn and sing several songs needed for the showcasing of talent within Western Sydney district. It was an absolute buzz being on stage with hundreds of other singers, dancers and musicians at the Opera House and it is an experience that will be remembered for a long time. Congratulations to Claire, Nicola, Annika, Oscar, Chloe, Shivani, Brianna, Chloe-Jean, Elisha, Victoria, Olivia and Tamra for representing Ironbark Ridge in an excellent manner and being the outstanding performers that you are.

Mrs Tracy Sayer and Mrs Janette Barton

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**MUSIC NEWS:**

It certainly has been a very busy term with quite a few disruptions resulting in some missed group music lessons. Some lessons have been made up but there are some that will be made up early in Term 4. After looking carefully at all the possibilities to include make up lessons before the end of Term 3, it became apparent that it simply could not all be done.

**Students who have not had their missed lessons rectified this term WILL have their missed lessons made up in early Term 4.**

The final week of Term 3 is also going to be a busy one. The Fun Day is taking place on Tuesday 17th September and this will disrupt music lessons that day. Also, on Thursday 19th September, there will be NO lessons on that day. The scheduled Thursday lessons will take place on Wednesday 18th September instead. For all of these changes, please check the timetable.

Earlier this term, a request was made for all music parents to provide their current email addresses so that we can build a database to further improve communication with all music parents. Thank you to those that have already done so. If you have not yet attended to this, could you please promptly send an email from your current email address to the following email address – stella@talatimusic.com.au. Thank you for your cooperation in this.

Should you have any further queries, please contact Mrs Stella Talati either via email stella@talatimusic.com.au or by mobile 0422 109 397.

We hope you all have a wonderful spring break and we look forward to a fantastic Term 4.

Ian & Stella Talati
IRPS Music Programme Coordinators
PSSA SPORT:
PSSA Sport has finished for Term 3.

ADMINISTRATION NEWS:

ENROLMENTS FOR 2014
Applications for Non Local Kindergarten Enrolments for siblings need to be handed into the Office A.S.A.P.

Enrolments for our In Area Kindergarten Students for 2014 are now also being accepted.

STUDENT MEDICAL FORMS:
If you have not yet returned the new medical form to the office, could you please do so, as soon as possible as we need to update all our records. Thank you

Admin. Staff

SCHOOL BANKING DAY REMINDER:
Don’t forget that Friday is School Banking day and students should bring in their weekly deposit. For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. The first token will be received upon the first deposit at school. Once students have individually collected 10 tokens they can then be redeemed for a range of great, exclusive reward items in recognition of their continued savings behaviour.

Thank you for supporting the School Banking program.

P&C NEWS:
This was another flat out term and everyone has been working very hard. We started this term with very successful Open Day and Sports Carnival events seeing the canteen achieve approx $2600 in profit in the two days. Then we had a huge Fathers Day Stall raising approx $1600. The recent Election Day BBQ saw the kids participate in a fun cupcake decorating competition which was not only lots of fun but it raised approx $790! Plus we sold 11 cookbooks and the BBQ sales were still on top of that with an overall profit of approx $1600. So I would like to say thanks to Mel & Nic K, Jane, Sharon, Julia, Kelly, Lori and Nic G for such great results.

I would also like to congratulate Sue Lewis on the incredible 537% increase in student bankers from 8 bankers per week in Term 1 to 51 per week in Term 3. It is so important for kids to learn about ‘real’ money as well as learning about short term saving goals. We will be promoting our student banking program to our incoming kindy parents to build a strong culture of student bankers from early on. Students can start their banking career at any age, just open a Youth Saver accountant any CBA bank.

Kindy Orientation planning is in full swing. One main initiative to tell you about is the Parent Buddy Program. A parent buddy will be assigned to all new families joining IRPS throughout 2014 to help them settle into our great community. Each parent buddy will have 5 to 10 buddies who can call, text or email the parent buddy with those “dumb questions” that they may feel uncomfortable asking anywhere else. The program will run for the first full term of the new families time at IRPS. It will apply to new kindy families and OC families starting at the beginning of the school year as well as to those families arriving throughout the year into K to 6. We are currently seeking interested people who would like to be a Parent Buddy, if you might be interested please speak to our Vice President Amanda Stewart (vp2@irpspc.com) or fill in the form online https://podio.com/webforms/5279432/413881
CUPCAKE DECORATING WINNERS & HGH COMMENDED AWARDS

Congratulations to all of our buddy superstar cake decorators. There were some fabulous cupcakes and so, so many of them. They were decorated with love… and tons of sugar :)

Stage 1
**Winner:** Moazam B 1T **Highly Commended:** Kaitlin C 2M, Tara M 2M, Finn Mc 2K

Stage 2
**Winner:** Monique D 4S **Highly Commended:** Charlii H 4W, Laura L 3/4P, Jemma C 4W

Stage 3
**Winner:** Ally McF 5/6S **Highly Commended:** Anhiiti B 5/6S, Emilie T 5H, Olivia B 5/6M

Student Banking
If parents could please make sure the deposit book is filled in correctly as our student banker is not allowed to amend the deposit books. Please also ensure your send the correct money and you include the child’s class on the front of the book. This makes it a little easier when processing the banking so Sue doesn’t have to ask the ladies in the office for the information.

Uniform Shop
We are currently out of the following items;
- Size 12 summer dresses
- Size 6 short sleeve sports shirts
- Size 6 & 12 sports shorts

New stock will be arriving after the holidays. Summer Starter packs will be available for purchase from Week 1 Term 4.

Leigh Kostiainen
The Prez
Paddle Pop Lick-A-Prize Promotion

The IRPS Canteen is participating in the Paddle Pop Lick-A-Prize promotion throughout term 4.

Students receive a free paddle pop if they present a winning Paddle Pop stick at the canteen counter during recess or lunch. The flavours included in this promotion are Chocolate, Rainbow, Vanilla, Banana and the New Tropical flavour which has a gooey centre.

If you win a free paddle pop please keep winning paddle pop stick and go to the canteen to claim your prize. You may chose any of the above Paddle Pop flavours when you come back to claim your free paddle pop.

Good Luck!!

Ironbark Ridge Public School
$20.00 Outdoor Portrait Fundraiser
Framed 10”x13” Family Portrait
Saturday 19th October

Please fill in voucher & return to the office with your $20 in an envelope.

Limited Spaces available!

*Limited offer one voucher per person/family
*Parent/guardian to view own portraits or p&h applies
*No refund for failure to keep appointment

Monica - 0410 506 158
calderwood3@bigpond.com
See sample portraits and invite a friend:
www.laurajean.com.au
www.facebook.com/laurajeanfundraising

$20.00 Voucher*
Framed 10”x13” Family Portrait – Limited Offer

Organisation
Ironbark Ridge Public School

Name

email

Mobile

Preferred time 8-11am 11-2pm
2-6pm

Thank you
Ph 1300 137 749
It's coming ... the eagerly anticipated ...

Ironbark Trivia Night!

Date for your diary is . . . Saturday, 26th October!!

Invitation flyers were sent home last week. If you need another one, the flyer will be available on the school website.

Ticket sales close 16th October.

Our last Trivia Night in 2011, was a huge success and a sellout - with 180 mums, dads, teachers, office ladies, partners and friends, who had a fantastic night! Tickets are already selling, and will sell quickly, so don't miss out!

A table consists of 6-10 people maximum. However, don't worry if you don't have a full table, just get a ticket for yourself or a few friends and we can help you fill your table. Tables will be combined and advised on the night! All tables will have a team name - we're asking that everyone comes up with a name for their table – the more creative the better!

This year we've added a new dimension ... it will be FANCY DRESS! As you would know by now, it is ... HOLLYWOOD THEME!!! Fancy dress is optional, but it adds so much fun and
laughter to the night, and there will be prizes awarded for the best-dressed person /couple and best decorated table. Be as "out there" as you like! Some ideas could be - a movie character or cast of that movie, a TV show character/s, The Paparazzi, The Hollywood sign, Disney Characters, or even come as a Gold Oscar ... or just simply get frocked up in your best Hollywood Red Carpet Glitzy Glamour number!!!
Can't wait to see what everyone comes up with!

To purchase your tickets – Flexischools is available for group ticket purchases ie. for tables consisting of 6-10 people. For smaller groups, couples or single tickets, or if you don’t have flexischools, simply fill in the TRIVIA NIGHT TICKET COUPON on the bottom of the invitation flyer, and place in the green box @ the office with payment. Please make any cheques payable to “Ironbark Ridge Public School P&C”.
Alternatively, we will also have a ticket selling table at school in the first week back from the holidays, near the Admin building. All purchased tickets will be confirmed via email by 21st October.

We are getting together prize donations . . . so if anyone knows of anyone who is interested in promoting their business name (either school or non-school businesses), and would like exposure of their business name throughout our fabulous Ironbark Community ... or individual families who would like to help out and support the night by donating a gift voucher or prize etc, ... please send them our way ..... it would be GREATLY appreciated!!

Please contact Nicolle Greentree at: nicolle@bakemeacake.com.au so we can organise, and list your name in the sponsorship acknowledgements. Thank you !!

Lastly, just to give the heads up … the teachers and office ladies are VERY COMPETITIVE!!! It wouldn’t be surprising if, as in recent years, that they’re holding auditions to be on their table . . . but don’t let that worry you – don’t be intimidated – IT’S ANYONE’S GAME !!!

Any questions ... please contact Joanna Stedman at: joanna@electraloom.com.au

We hope to see you join parents, friends and teachers for a fun night out, with plenty of laughs . . .
And all for a great cause . . . to raise money for our wonderful school!!

Trivia Night Committee 😊
Ironbark Ridge Public School P&C are excited to invite you, your family & friends to our

IRPS 2013 TRIVIA NIGHT
Saturday 26th October
To be held next door at Rouse Hill High School hall
Pre-trivia drinks from 6.15pm for a 7pm start

⭐ Trivia 7pm - 11pm (approx)
⭐ Prizes awarded for the Best Dressed Person & Table
⭐ BYO esky, drinks & nibbles
⭐ Bring plenty of gold coins to try your luck at the games!

Tickets $20 per person
(adults only)
Ticket sales close Wed 16th October

Join parents, friends and teachers for a fun night out with plenty of laughs... and all for a great cause - to raise money for our wonderful school!

Flexischools is available for group ticket purchases only (ie for teams of 6-10 people). For smaller groups, couples or single tickets, simply fill in the Ticket Coupon below, drop into the office with payment and we'll place you on a team. Those not using Flexischools can also use the coupon below.

If you have any questions, please contact Joanna Stedman at: joanna@electraloom.com.au

TRIVIA NIGHT TICKET COUPON

Name: ________________________________
Team Name: ________________________________
Number of tickets: ________________________________
Amount enclosed: ________________________________
Contact number & email: ________________________________
I am joining the ________________________________ team __________ Please assign me to a team __________

Book at www.FlexiSchools.com.au for tables or use the attached order form.
Free Workshops
Positive Parenting Program
Triple P

Need some more tools for your parenting toolbox?

How to build strong and positive relationships with your children
and
How to manage mistaken behaviour
and
How to make parenting more enjoyable and less stressful
and
Get support from the group as you practice your new parenting strategies.

Facilitated by Narelle Smith from Nepean Community & Neighbourhood Services.

6 week course, Tuesdays

15, 22, 29 October 2013
5, 19 November 2013

It is essential that you attend the first session!

10:00am to 12:30pm

Floribunda Community Centre
1 Floribunda Way
Glenmore Park

Child minding available

Please book for workshops and child minding
Phone: Narelle on 0409 986121
Email: narelle@nepeancommunity.org.au

Nepean Community & Neighbourhood Services

familiesnsw
supporting families to raise children
Free Workshops

Coaching Kid’s Emotions
Tuning In To Kids

How do you feel when your child is having a tantrum, or is sad or angry? Want to know how to cope with an emotionally needy or explosive child?

In this workshop you will learn how you can tune in to and coach your child’s emotions.
When you guide your children through their emotions they learn over time to be more in tune with their feelings and how to manage themselves or ask for help. They also learn to have more empathy for others.

Facilitated by Bronwen Smith (Bridging The Gap) and Narelle Smith (Nepean Community & Neighbourhood Services).

4 week course, Wednesdays
6, 13, 20, and 27 November 2013
10:00am to 12:30pm

It is essential that you attend the first session!

South Penrith Neighbourhood Centre
Corner Trent & Birmingham Roads
South Penrith

Limited child minding available

Please book for workshops and child minding
Phone: Narelle on 0409 986121
Email: narelle@nepeancommunity.org.au
Free Workshop

Resilience Doughnut

We all want our kids to do well and to be well.

One of the things that determines social and emotional wellbeing is “resilience”. Resilience is defined as the ability of an individual to access resources to prevent, minimise, or overcome hardship.

The Resilience Doughnut is a tool that parents can use to measure their child’s resilience. In the Resilience Doughnut there are seven aspects to developing a full and meaningful life based on relationships and personal strengths.

In this workshop we look at how we can flip our kid’s problems into possibilities. What are your children’s strengths, and how can we use those strengths to build confidence in other areas of their lives?

Facilitated by Narelle Smith, Nepean Community & Neighbourhood Services

Please book for workshop and child minding
Phone: Narelle on 0409 986121
Email: narelle@nepeancommunity.org.au

Wednesday 16th October 2013
10am to 12:30pm

South Penrith Neighbourhood Centre
Corner of Trent & Birmingham Roads
South Penrith

Limited child minding provided
Free Workshops

Circle of Security parenting

Why do my kids push my buttons? What do my kids really need? Why do my kids ask so much of me? I want to change the way I parent, stop yelling and be more calm, but where do I start?

This course teaches you that you don’t need an instruction manual for parenting as your children are the instruction manual. Learn how to be a bigger, stronger, wiser, kinder parent.

This course runs for eight weeks. By the end of it, you will have a much better understanding of what makes kids tick and how to manage demanding behavior such as tantrums, stubbornness, aggression, and constant crying.

This course is suited to parents with young children (age 0 to 5 years), however if you have children older than 5 years you will still get a lot out of it.

Dates: 8 Mondays, starting from the 14th of October 2013
Time: 12:15pm to 2:15pm.
Place: South Penrith Neighbourhood Centre
Corner of Trent & Birmingham Roads, South Penrith
Facilitated by Narelle Smith
Limited child minding provided.

It is essential that you attend the first session!

Please book for course and child minding...
call or email Narelle Smith
phone: 0409 986121 email: Narelle@nepeancommunity.org.au
What parents have said about the Circle of Security parenting group...

“ The course taught me a lot about how to be a really good Dad. Not a hard Dad. Pushing your kids around doesn’t work. I want a better life for my kids so they don’t make the mistakes I did. I have learnt how I can go with the flow. I am being there for my kids. “

“I have learnt to become more reflective about myself and how I parent my child. You don’t have to be perfect, just ‘good enough’. I now understand why my child behaves the way he does and how to be a better parent. I know how to create an environment that allows my child to feel secure enough to explore but feels safe to come back to me. Parents should do this course before they do Triple P. Although there is a focus on young children, what you learn in Circle of Security can be applied to all ages”

“I learnt that my children’s needs are important and how I can fill their needs more easily. I learnt how a rupture in the parent-child relationship can affect a child later and how important it is to repair the relationship now. By doing this course you get a greater understanding of building, maintaining, and repairing your relationship with your children.”

“This programme is well worth doing. It has helped my family and I. It has provided me with insight into how I parent and how my children react. This programme should be more readily available within the community as so many families would benefit from this. “

“I know more about how to respond my children’s emotional needs, and why they behave the way they do. It is a reflective programme on how you were parented and how you parent your own children. I am continuing to reflect on sorting out my own feelings before helping my children’s with theirs, and ‘being with’ my children instead of pushing them to feel ok. “
COMMUNITY NOTICES:

Castle Hill Softball Club is still taking registrations for this summer season. Play Blast Ball, Teeball or Softball with us this summer. Girls / Boys / Mums and Dad from as young as 3 can play. All games are played at the same time, same location every week commencing 12th October.
For more information contact Natalie Blanning on 0411 286 308, castlehillsoftball@yahoo.com.au

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OPSM Rouse Hill
Shop GR 179 Rouse Hill Town Centre
10-14 Market Place
Rouse Hill
NSW 2155 AUSTRALIA
Ph: (02) 8882 9399
Fax: (02) 8882 9017
FREE fun program for kids to become fitter, healthier & happier

Register now for programs in: Baulkham Hills, Castle Hill, Kellyville North Rocks

Go4Fun 1800 780 900
www.go4fun.com.au

you have a child 7 to 13 years old?
Are you worried about their weight?
Go4Fun can help. Now on weekdays & weekends.

Family fun Day

24th September 10am - 1pm
Balcombe Heights Estate, 92 Seven Hills Road

Games Rock Art Police
Jumping castle Arts & Crafts Mask decorating
Sausage Sizzle + more fun!

HCA Hills Community Aid Providing Support Since 1969

02 9639 8620 cdw2@hca.org.au www.hca.org.au
School Holiday FUN!

FREE MOVIE - ALVIN AND THE CHIPMUNKS: CHIPWRECKED
TUESDAY 24 SEPT
11AM • EVAN THEATRE
NO NEED TO BOOK - JUST TURN UP ON THE DAY!

JOEY PRESTO MAGIC SHOW
MONDAY 28 SEPT
11AM • KELLY'S BRASSERIE
FREE!
NO NEED TO BOOK - JUST TURN UP ON THE DAY!

FREE MOVIE - RIO
TUESDAY 1 OCT
11AM • EVAN THEATRE
NO NEED TO BOOK - JUST TURN UP ON THE DAY!

KIDS BINGO
WEDNESDAY 25 SEPT & 2 OCT
DOORS 9.30AM • TC'S
$7.50 BINGO ONLY
$12.50 BINGO AND MEAL
PURCHASE TICKETS AT RECEPTION OR ONLINE

PLAYSCHOOL - 3 SHOWS!
THURSDAY 3 OCT
DOORS 9.30AM, 11.30AM & 1.30PM
EVAN THEATRE
$18
PURCHASE TICKETS AT RECEPTION OR ONLINE

ARL CLINIC
THURSDAY 26 SEPT
10AM • TRAINING FIELD BEHIND CHIFLEY HOTEL
FREE
ALL KIDS MUST REGISTER ON OUR WEBSITE

KIDS IN THE KITCHEN
FRIDAY 27 SEPT & 4 OCT
12PM • TC'S
$20
PURCHASE TICKETS AT RECEPTION OR ONLINE

$6 RUG RATS BURGER FROM SORRY GRANDMAM MON - FRI
GREAT PRIZES TO BE WON FROM KAOS

MULGOA ROAD PENRITH NSW 2750
1800 061 991
PENRITH.PANTHERS.COM.AU
FACEBOOK.COM/PENRITHRUGBYLEAGUECLUB
FREE

English classes in Castle Hill

Adult Migrant English Program (AMEP) for eligible newly-arrived migrants

- 510 hours of free English lessons and childcare
- Range of levels from beginner to high intermediate
- Settlement classes to help you begin your life in Australia

Contact
AMEP at our Hornsby Campus:
Phone: 02 9472 1995
Email amep.nsi@tafensw.edu.au

The Northern Sydney Institute (RTP Provider Number: 90041) delivers AMEP services on behalf of the Department of Immigration and Citizenship. The AMEP is a Commonwealth Government program. For more information about AMEP, visit http://www.immi.gov.au/amep

131 674
www.nsi.edu.au/amep

THE Northern Sydney Institute
Part of TAFE

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**LOOKING TO SELL?**
**NEED A MARKET UPDATE ON YOUR PROPERTY?**

Call Jeff Dagg on 0417 069 945.

**CENTURY 21 AGENTS.**
**SMARTER. BOLDER. FASTER.**
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**Martial Arts for Kids** From 3 yrs

Start a new life with a positive attitude

✓ Discipline ✓ Confidence ✓ Concentration
✓ Self Defence ✓ Bully safety accredited

**TAEKWONDO WORLD**
Martial Arts School
5 Gladstone Rd, Castle Hill
8850 7771 tkdworld.com.au

**Grand Master Incheol Yoo**

9th Dan Black Belt

45 years of experience
WTF International Referee
Masters Degree in TKD
School Holiday Gymnastics Clinics
For school aged boys and girls

Come and experience the fun and excitement of gymnastics. Positions now available at Winston Hills and Seven Hills Centres

- Fun in a safe and structured environment
- Qualified and Professional Coaches
- Olympic Standard Equipment
- Foam Filled Landing Pits
- Trampolines
- Affiliated with Gymnastics Australia and NSW

Full Day Sessions (9.00am-3.00pm) $40.00 per day
Half Day Sessions (9.00am-12.30pm) $30.00 per session

September 23rd – 27th and September 30th – October 4th
BOOKINGS ESSENTIAL

Term Enrolments Now Being Taken
Classes for Boys and Girls 2 years and above

Book now on 9620 8323 or sydacgym@hotmail.com
Unit 7/32 Artisan Rd Seven Hills and
Unit 5/1a Gibbon Rd Winston Hills
www.sydneygymnastics.com.au
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