DATES FOR THE DIARY

<table>
<thead>
<tr>
<th>June</th>
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<tbody>
<tr>
<td>3rd Dance-a-thon</td>
<td>4th ICAS Science Test, Assembly 2pm – 5/6D</td>
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<tr>
<td>18th K-6 Special Awards Assembly T2</td>
<td>24th-26th Stage 3 Camp</td>
</tr>
</tbody>
</table>

CURRENT NOTES

- Stage 3 Milson Island Camp
- Ridges Festival of the Arts Choir Rehearsal

P & C FUNDRAISERS

“Teaser”

PRINCIPAL’S REPORT

Dear Parents and Friends,

An exciting week at Ironbark Ridge with our Stage 2 students enjoying themselves at the Great Aussie Bush Camp. I know that they arrived safely and are having a great time. I’m sure many of us have fond memories of our time at camp.

Changes to Staffing

As you are aware Ms Dennis is leaving us to take up the position of Assistant Principal at Kenthurst PS. Friday 30th May is her last day and I know I can say from all of us that we wish her well. She will be missed at Ironbark Ridge as she is an extremely hard working young teacher who ensures that the children in her class blossom.

We are now working on her replacement in our school. At this stage we are at the stage of offering it to a pool of university graduates. I have asked Mr Thomson to head up the panel interviewing for this position. We hope to know shortly if any will be interviewed. If there are no graduates interested then it will revert to open interview.

Whilst this process is going on we welcome Ms Emily Glendenning to Ironbark Ridge and Kindy Dublin. As said before Ms Dennis has met with Emily and the normal program will continue. We will keep the community informed as to the latest news.

New Sign

Late last year the community was asked to send in comments about Ironbark Ridge indicating why people thought it was a great school. The result of this is another new sign for our school. When you walk into the administration block you will see this inspirational sign on the wall. I have already had many positive comments about it. It has some very lovely thoughts from both our parents and students on it and is quite uplifting to read. It is a true testament to our school and its community members both past and present. Thank you Leigh for organizing the artwork for this sign and to our community for their beautiful words.

Building Traffic

I have talked to the site manager of the new building site at the rear of the school. This company is building a small road for the new townhouse development that is to be built later this year. I expressed my concerns about the trucks using Ironbark Ridge Rd particularly when students are arriving and departing. I have
negotiated that they will have their tea breaks at our peak traffic times so that no large trucks should be coming up the road between 8:45am and 9:15am and either no trucks or reduced traffic between 2:45pm and 3:15pm. They tell me that this traffic will subside in the next few days anyway. They were very helpful and I hope our road will be safer for all of us.

**Emergency Evacuation Practise**

We will have another evacuation practice next Tuesday, 10th June. During this time our gates will be locked for a short time and no-one will be allowed to enter the school. This is a time for us to check our procedures and ensure that all staff are aware of what to do in the case of an emergency. We apologise for any inconvenience that may be caused but it is an essential part of our operation.

**School Dance-a-thon**

We are having a dance-a-thon to raise funds for our school programs. This is our major fundraiser for the year and will help cover the costs associated with our 21st Century learning initiatives. The funds will be used to support the purchase of our technology (mainly iPads) and some interesting and exciting new furniture, some of which was in the last newsletter. These fundraisers are always well supported by our community and we look forward to a great day of dancing on Tuesday 3rd June.

**Cross-Country Carnival**

It was a beautiful day for the Ridges Cross-Country last Friday. All our entrants ran very well giving of their best. Congratulations to those students going to Sydney West: Kye (4N), Jayden (5/6M), Zahrah (5/6P) and Deniel (5/6S). We wish you the best of luck. Layne (4W), Zack (5/6D), Josh (6H) and Olivia (5/6D) are reserves. Well done!

**LMBR Update and School Invoices**

We will be sending invoices home shortly. The glitches have been ironed out and we are now able to print invoices. Please look out for these in your child’s bag. We know that you are all supportive of our school and hope that you can make payment as soon as possible to help fund our school projects.

**Carpet**

The administration block will be getting new carpet in the next school holidays. This means that we have to pack up everything in this block over the next few weeks. This is a huge task and we know you will be supportive whilst we undertake this. So don’t be surprised if you see boxes being packed in the office. I promise we are not leaving just getting ready for a facelift.

Have a great fortnight,

Anne Forbes
Principal

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**DEPUTY PRINCIPAL’S REPORT**

**Dance-a-thon – 3rd June**

Our main annual fundraiser is approaching fast. Please assist your child(ren) to find as many sponsors as possible for their Dance-a-thon forms. Wait until after the event to collect money so you can be sure the students complete enough dancing to earn their return ☺.

We are looking forward to a whole series of fun (and exhausting) dances next Tuesday.

**Public Speaking**

I had the great honour of adjudicating our school finals of the Multicultural Perspectives Public Speaking competition on Tuesday. Stage 3 students prepared impromptu speeches about the topic “The best things in life are free.” Stage 2 speakers are yet to complete their impromptu speeches so we will need to wait until then to crown our champion and runner-up. The calibre of speeches was outstanding. Congratulations to all who progressed from the class level to the school finals.
ICAS Science Test – Wednesday 4th June

The second of our external tests this year will be held on Wednesday morning next week – 4th June. Students will complete the test in classrooms between 9 and 11am. The disruption to normal classes is always minimised during these sessions.

Bikes and scooters

If your child travels to and from school by scooter or bicycle please continue to chat to them about safety – both their own and that of other pedestrians they pass on the way. Special care must be taken near the school grounds. All students are to walk their bikes or scooters at all times while inside school grounds. Helmets must always be worn (not just carried over the handlebars😊). Thank you for your support with this.

Tournament of Minds

Ms Hogan, Ms De Jager and several other teachers are currently involved in selecting students to represent our school at the annual Tournament of Minds. Teams of seven students compete in different spheres of thinking such as Maths & Engineering, Social Sciences, Literature, etc. Over 60 of our brightest and most creative Stage 3 students are trying out for positions in our four teams. It is awe inspiring to watch these wonderful young people express themselves and dazzle us with their talents. Fantastic job to everyone who had a go!

Camp

Our Year 3 and 4 students left for camp on Wednesday morning in brilliant sunny weather – it's been an amazingly warm May. Camp is such a fantastic opportunity for students and teachers alike to build relationships outside of the normal classroom routines and we know that all of our students will represent our school well.

Thank you teachers!

A special thank you to all of our amazing teachers at the moment as they prepare reports on the progress of their students over the first semester of the year. There is a massive amount of extra work involved in this task and unfortunately no extra hours in each day. I calculated that if a teacher spent just ten minutes (a big underestimate) on each comment, in each learning area, for each student, they would amass 35 hours (2100 minutes) of out-of-class time. Coupled with the design and marking of assessment tasks and activities directly relating to reporting grades you can see the commitment and dedication this job takes. Three big cheers (and perhaps a hug) for our outstanding teachers!

Parenting and family learning opportunities

As an advocate of lifelong learning and someone with the “I’ve still got so much to learn!” mentality I want to recommend you consider the ‘Interrelate’ courses listed in the ads at the end of this newsletter. Topics such as ‘Making stepfamilies work’, ‘Being a mum’ and ‘The challenge of disciplining your child’ sound useful and informative to us all. There are many other courses around to support us in this unscripted wander we are on together called ‘Parenting’ so prioritise some time and your kids and family will reap the rewards.

A casual teacher recently commented to me “I usually get a bit apprehensive in the mornings before I have a Year 5 and 6 class, but not here. You have such lovely kids!”

We do!

See you soon up at the school,

Nick Thomson
Deputy Principal
Do you have a child who automatically assumes the worst case scenario in any risky or new situations? If so, you have a catastrophiser on your hands. Catastrophisers exaggerate their worries and place enormous pressure on themselves.

The default mechanism in their thinking always goes to the most negative outcome possible. The results won't just be bad, they'll be catastrophic!

For instance, they won't just mess up if they give a talk to their class at school. They'll make total fools of themselves and the whole class will laugh at them, or so they say.

Catastrophising makes kids feel miserable. Worse, they often don't want to do anything because they expect the worst possible outcome.

So what to do with a catastrophiser?

Under fives generally don't overtly catastrophise, however even young children can be negative. Make sure you model upbeat, positive thinking as young children take their cues from their parents, particularly the parent they spend most time around.

School-aged children need to be encouraged to keep things in perspective. Challenge your child’s propensity to catastrophise.

Here are five ways to challenge your child’s catastrophic thinking:

1. “What’s the most likely scenario?” Sometimes it's useful to introduce a dose of old-fashioned rational thinking. “Yep, you could break your leg if you go skiing. But the odds are that you won’t.”

2. “Does it really matter?” “You may be right, but is it the end of the world as we know it?” One way of dealing with hardcore catastrophisers is to admit that they could be right, but even if they are right and the worst case scenario does happen, the sun will still shine tomorrow. Take kids to the worst possible scenario and they may see it's not so bad.

3. “Where does this fit on the Mood Meter?” Catastrophisers get themselves in a knot about relatively insignificant things. Okay, making a fool out themselves may not be insignificant to kids, however compared to plenty of other events… well, perspective is a good thing. Help them get some perspective by giving their worry a score out of ten, on how important the issue really is.

4. “That’s unhelpful thinking.” Sometimes kids’ thinking is so out of whack with reality that they become anxious about minor things. Thinking such as, ‘everyone must like me’, ‘I must never make a mistake’ and ‘bad things always happen to me’ are extreme and need to be replaced by more moderate, realistic thoughts. E.g. “It would be nice if everyone liked me but not everyone will. It’s important to have some good friends”.

5. Replace extreme words for feelings with more moderate descriptors: Today’s kids talk in extremes – ‘awesome’, ‘the best’ and ‘gross’ roll off their tongues easily these days. Extreme language leads to extreme thinking. So encourage kids to replace “I’m furious” with “I’m annoyed”, “It’s a disaster” with “It’s a pain”, “I can’t stand it” with “I don’t like it”. Sounds minor but by changing kids’ language you change how they think about events and, more importantly, how they feel.

I suspect that many parents will identify strongly with some of the above. We all catastrophise from time to time, particularly when we are under stress. It takes a cool customer to moderate their thinking the whole time. So be mindful of your child’s need to jump to the worst from time to time. A bit of reassurance is all that’s needed in these one-off scenarios.

But if you, like your child, are a serial catastrophiser, then it will be useful to challenge your unhelpful or extreme thinking when it happens. Not only will you model realistic thinking for your kids, but you will get an insight into what you need to do to change your child’s catastrophising.
PRINCIPAL

Year 3 persistence in NAPLAN

K DUBLIN
Cooper, Caeden, Maddison

1 CAIRO
Indya, Henry, Olivia, Ray Kai, Jayee

1 PARIS
Chelsea, Hannah, Miguel, Harry D

2 MAUI
Sienna, Aditya, Felicity, May, Jayden

3 ST PETERSBURG
Dilan, Sarah, Chloe, Emily, Montana

4 WASHINGTON
Zach, Chloe, Elaine, Lilly, Jaden

5 RIO DE JANEIRO
Angad, Tian-Yi, Sushanna, Roshan, Jack

5/6 DUBAI
Nabell, Harry, Kiara, Sophie

5/6 SALZBURG
Liam, Philippa, Jackson, Jemma

6 HONOLULU
Kathy, Ahmed, Shalini, Tanya, Kevin

PRINCIPAL

Debating team – improved debating skills

K BULAWAYO
Alex, Jasmine, Bronte, Lara

K LONDON
Emily, Aadhya, Sanaa

1 BRISBANE
Liam, Madeline, Jon, Hannah

1 JASPER
Sahil, Holly, Elise, Umar

2 BARCELONA
Taylor, Rachel, Brodie, Tayla

2 KANSAS
Akrisha, Chelsea, Riley, Lauren, Baylee

5/6 MOSCOW
Jayden, Luke, Bailee, Alice, Ethan

CHINESE

5/6 Moscow
A SPECIAL FAREWELL MESSAGE FROM MISS DENNIS

It is with mixed emotions that I write this farewell message. I would like to offer a heartfelt thank you to the staff, students, parents and members of the wider Ironbark Ridge School Community for their ongoing support during my five years at this wonderful school.

I thank the staff for their continuing support and encouragement. It has been a privilege to have worked with such dedicated professionals. I admire their expertise, dedication and their day-to-day delivery of quality teaching and learning experiences to best prepare the students to becoming life-long learners.

Thank you students for putting a smile on my face each and every day. This has made my teaching so enjoyable and I leave with many fond and happy memories. I loved observing my OC class working collaboratively to solve many learning challenges. I was proud of the sportsmanship displayed by the PSSA teams which I coached. Watching the children having fun at the SRC discos was always a source of joy for me. I was excited to see the sense of achievement on the faces of the Kindergarten students when they were able to read and write new words. The friendly approaches from the children when I was on playground duty, was always a delight.

Perhaps one of the most memorable events was, during a camp at Milson Island in the middle of winter, I instructed the children to be very careful when in their kayaks and make sure not to fall into the freezing water. Let me just say that, having reached the other side of the river, it was a very long and cold paddle back for me. Great fun and much laughter all round.

The tremendous support that I have received from parents and the wider school community has always been greatly appreciated. This support is one of the strong features of this school and has helped to sustain and enhance its reputation as being a great learning place for the children.

I am excited to continue my teaching and leadership journey and look forward to the challenges in my new position as Assistant Principal of Kenthurst Public School.

I wish you all the very best for the future and leave with many special memories.

Yours in Quality Education,

Miss Dennis

KINDY CAPERS

What a busy term it has been so far. We are continuing to enjoy having the Be Skilled Be Fit team help us work on our athletics skills every Friday morning. Please make sure that your child wears full sports uniform on Fridays and ensure they arrive to school on time to make the most of their session.

A great time was had by students, teachers and parents at the K-2 Cross Country carnival where the wonderful weather and excellent efforts of all made for an enjoyable afternoon. Well done everyone!

All Kindergarten students are now participating in Crunch and Sip. Please provide your child with a small serve of fruit or vegetables to be consumed during morning class time. Where possible please ensure that it is washed and cut into suitably sized pieces. As this is an opportunity to promote healthy eating, students are also encouraged to bring water to enjoy with their snack. It is important to note that no nuts, eggs, fish or other foods that may produce an allergic response in students should be sent to school for recess, lunch or Crunch and Sip.
Term 2 homework has now commenced for Kindergarten. This term home readers are being issued along with sight words and some maths practise questions to reinforce classroom learning. Home readers should be read each day by students. Please be aware that some support may be required from parents.

Please –

- Read each book to students then get them to read it with you. Finally ask your child to read it back to you.
- As well each week, ask students to copy a sentence from the book with correct grammar and punctuation.
- Copy this sentence onto a paper strip, cut it up and ask students to reassemble it.
- On alternate days parents should dictate this sentence to students and get them to write it without looking at it.
- Children should also identify and write sound, sight and camera words found in their reader.

All homework will be issued on a Friday and must be returned in the provided folder every Thursday in order for it to be marked and given out again the following day. Teachers will continue to issue books on Bug Club for students to enjoy.

Thank you to all our parent helper volunteers who are offering their time to support classroom programs. Please be reminded that it is a requirement that all visitors must report to the school office to sign in and be given a pass before making their way to any classrooms during their time at school.

Lastly, we are all very sad to say goodbye to the wonderful Miss Dennis who leaves us this week as she takes on an Assistant Principal role at her new school. We will all miss her dearly but wish her well in her new adventure and hope that she will keep in touch and return to Ironbark for visits when she can. Good luck Miss Dennis!

Have a safe and happy weekend.

The Early Stage 1 Team

**K-2 Cross Country**

We had a wonderful sunny day for the running of the K-2 Cross Country. Congratulations to all the students who competed and tried their best. Every competitor completed the course, which was terrific. Thanks to all the parents, supporters and 3-6 students and teachers for their loud cheering, which no doubt carried everyone across the line. A special thank you goes to Josh H and Dylan G from Year 6 who ran every race to assist our competitors.

**Multicultural Public Speaking Competition**

Over the past two weeks, Stage 2 and Stage 3 students have been presenting their thoughts and opinions on a range of topics, all with a multicultural theme. Having been selected as class representatives, two speakers from each class then proceeded to the respective Stage finals, where they were required to deliver both their prepared speeches and impromptu speeches. Our eloquent speakers were thoroughly knowledgeable about their prepared subject matter and spoke in an articulate and confident manner. The high standard attained is indicative of the talent and flair that some of our students have when it comes to speaking publicly.

At the Stage finals, adjudicated by Mr Thomson, two Stage 3 students were selected to proceed to the next round, where they will be competing against speakers from other schools. Congratulations and good luck to Shalini (6H) and Ashley (5/6M). We wish you every success!

When Stage 2 students return from camp, they will have a chance to present impromptu speeches, which will help to determine the candidates proceeding to the next round.
Zone Cross Country
On Fri 23 May, 67 enthusiastic Ironbark Ridge students went to Paterson’s Reserve, in Quakers Hill, to compete in the Zone Cross Country Carnival, along with 9 other schools. These dedicated students upheld the name of our school through their determination, sportsmanship and ability. Although it was a long and warm day, the Ironbark students were cheerful competitors who did their best. Everybody who participated on the day can be immensely proud of their achievements. We had 8 students who placed in the top 10, and many more within the top 25 – an outstanding achievement.

Congratulations to the following students who made it through to represent Ridges at the Regional level:
- 8/9yrs Boys - Kye T (5th place)
- 10yrs Boys - Jayden A (3rd place and ribbon recipient)
- 11yrs Boys – Zack B (9th place)
- 11yrs Girls – Zahrah S (6th place)
- 12/13yrs Boys – Deniel H (7th place)

And the reserves:
- 10yrs Girls – Layne C (10th place)
- 12/13yrs Boys – Josh H (10th place)
- 12/13yrs Girls – Olivia L (10th place)

We wish you luck and strong, speedy legs for the next round!
Thank you to the parents who came along and supported us. We all appreciated it.

Miss Dalli and Ms Hoggan

PSSA SPORT: TERM 2

STUDENTS PARTICIPATING IN PSSA TEAMS (EXCEPT NETBALL) ARE REQUIRED TO BE AT SCHOOL ON FRIDAY MORNINGS IN TERMS 2 & 3 AT 8.45AM FOR AN 8.50AM SHARP DEPARTURE. IF STUDENTS DO NOT ARRIVE ON TIME THE BUS WILL NOT WAIT AND YOUR CHILD WILL NOT BE PARTICIPATING IN PSSA ON THAT FRIDAY.

WEEK 5 30th MAY 2014

NEWCOMBE BALL: FORFEIT (CAMP)

BOY’S SOCCER: Connor Greasby Park

RUGBY LEAGUE: Kellyville Park, Kellyville (Development Session)

GIRL’S SOCCER: Hills Centenary Park, Rouse Hill

NETBALL: Baulkham Hills Netball Courts Commercial Road, Kellyville. Court 4
WEEK 6  
6th JUNE 2014

NEWCOMBE BALL: John Palmer Public School

BOY’S SOCCER: Schofields Park

RUGBY LEAGUE Kellyville Park, Kellyville. Field 3

GIRL’S SOCCER: Hills Centenary Park, Rouse Hill

NETBALL: Baulkham Hills Netball Courts Commercial Road, Kellyville. Court 7

SRC - The Biggest Morning Tea

Thank you, Thank you, Thank you!
The SRC members did an amazing job providing morning tea and our wonderful students supported this great cause.

Together we raised $810!

This is just another example of the fantastic job our wonderful school community can do together.

SRC Co-ordinators - Jenni & Tracy

SRC DANCE-A-THON

The students have all bought home their note regarding the Dance-a-thon. The SRC are so looking forward to hosting this main fund raiser for 2014. Students are able to wear mutti for the day (comfy, enclosed shoes) but please ensure they wear their school hat for recess and lunchtime play. Students will be dancing their socks off for the middle session on Tuesday 3 June. We ask that parents support their kids by either giving an amount for completing all dances or even sponsoring them per dance. There will be 9 dances completed in the set time.
ADMINISTRATION NEWS:
Just a reminder to all parents that we are now processing EFTPOS payments. We cannot process EFTPOS payments after 1.00pm. All monies should be put in an envelope in the green box at the office each morning on arrival at school. No monies are to go to the classroom teacher.

ENROLMENTS FOR 2015
We are now accepting local enrolments for 2015 and applications for non-local sibling enrolments.

IMPORTANT NOTICE ABOUT SIGNALLING THE BUS DRIVER. PLEASE READ LETTER FROM THE BUS COMPANY BELOW

28 May 2014

DRIVER CHANGES FOR SCHOOL SERVICES COMMENCING 2 JUNE 2014

Dear Principal,

Due to the reorganisation of many school services between our 4 depots many of our drivers will change.

We are asking for all students to please be advised to signal the drivers as this will assist the drivers in identifying students requiring his/her service. We would appreciate if this information can be distributed to the affected students this week. Your assistance in ensuring that students receive this information is greatly appreciated.

Should you have any questions regarding this you can call our Customer Service Department on 8880 7000 or visit our web site at www.comfortdelgro.com.au for up to date details of all school special services.

Kind Regards

Karl Spina
Student Transport Manager
ComfortDelGro Cabcharge
Hi to all our wonderful families, if you have kids away on camp this week I hope you are having a quiet break.

In the news over the past week we have all seen or heard about the sad incidences of children being involved in car accidents. This is a timely opportunity to remind our community to be careful around our school during drop off and pick up. Last week 4 vehicles on the same morning drove across the pedestrian crossing while Kim, our crossing guard, was standing on the crossing about to let children cross. Pedestrian safety is EVERYONE’S RESPONSIBILITY.

There are a lot of large trucks coming down Ironbark Ridge Rd to the development along Caballo St that is adding to our congestion and risk of road injury. Also a reminder that the land across from the school entrance is not a parking lot, it is a high risk area that breaks many road rules. The council rangers will be called if cars begin parking there again.

Mikey Lee is again attending the National Swimming Championships and needs to raise funds to attend. He has raffle tickets available for sale at the office and in the canteen. Congrats to Mikey and Good Luck, we are all so proud of you.

Our 2014 P&C committees are settling into their roles and all working hard to help our school. Whenever you get the chance to say thanks to someone you know who volunteers at our school please do it. Thank you goes a long way and makes all the hard work worthwhile.
You might recall at the end of last year I asked everyone on Facebook to share what they loved about IRPS. We were flooded with responses and I compiled those responses, and asked the wonderful Monica Sholtz to create an artwork out of it. Well today the artwork was installed on the wall outside the schools office so that everyone who comes to our school can see the reasons why we love Ironbark Ridge Public School.

cheers
Leigh K
The Prez
CANTEEN

OPENING HOURS -
Monday - 9.00am to 3.00pm
Wednesday - 9.00am to 3.00pm
Friday - 9.00am to 3.00pm

RICE PAPER ROLLS & SUSHI FOR LUNCH

VOLUNTEERS NEEDED TO ENSURE WE CAN DELIVER THE BEST RELIABLE SERVICE TO YOUR KIDS EVERY WEEK ... BOOK TODAY!

Go to www.CareBookings.com.au and enter CODE: YJP98

NEW RECESS SPECIALS

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<tr>
<th></th>
<th>MONDAY</th>
<th>WEDNESDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td></td>
<td>Mini Pies &amp; Sausage Rolls $1.00</td>
<td>Noodle Cup or 3 Chicks on a Stick $1.00</td>
<td>Cheese Toasties $1.00</td>
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</tbody>
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FUNDRAISING

We are very proud of our association with Bunnings, we have raised lots of money over the years at their BBQs and they have recently provided new gardens around our school.

The BBQ two weeks ago was not only successful but lots of fun.

A HUGE thank you to our Bunnings coordinator Nic K for doing a wonderful job at organizing yet another successful event for our school.

Big thanks to our “behind the scenes” gals Vanessa Carmalt and Monica Calderwood for all their assistance in helping Nic, and Deanne Baronoff for helping set up the appointment system.

And, no event is even possible without the helping hands of many – so, much appreciation to our wonderful parents that got involved and rolled up their sleeves to lend a helping hand! Thank you so much: Aaron Young, Donna Wright, Matt Carmalt, Rob K, Renae Dinerville, Marlon Andrews, Grant Pelley, Nadine Neweth, Monica Calderwood, Brett Fitzgerald, Ken Calderwood, Simon Lyons, Vicky Van Vuuren, Kelly Jenkinson, Mel Kindred, Sarah McBrien, Jeanine Bruan, Lewis Bustin and Lee Bustin.
NOW A TEASER FOR OUR UPCOMING EVENT

STUDENT BANKING

STUDENT BANKING IS FRIDAY AT IRPS

PLEASE ENSURE YOUR CHILD HANDS THEIR BANK BOOK INTO THE OFFICE BEFORE SCHOOL STARTS. THANK YOU

Claim your banking prizes when you have 10 tokens.

DID YOU KNOW YOU CAN OPEN A STUDENT BANKING ACCOUNT AT ANYTIME.

Contact studentbanking@irpspc.com for details
A school app update is now available to all Apple and Android users. Please visit your app store to apply your update.

Haven’t Got the App? :o
Get it Here, use your phones QR code reader to go straight to your app store.

Update since 28 May 14.

UNIFORM SHOP HOURS

OPENING HOURS -
Monday - 8.30am to 9.30am
Wednesday - 2.00pm to 2.50pm
Friday - 2.00pm to 2.50pm

All winter clothes currently in stock except for some sizes in track pants & micro-fibre jackets which are expected to be delivered soon. PSSA Ironbark socks for winter teams only $12
Throughout the end of 2013 and the start of 2014 I have been working toward securing local business sponsorships that will help the P&C to support the needs and wishes of our great school. I would like to tell you a little about those sponsorships;

**IGA Rouse Hill & Village Butchers**
This sponsorship is a $2000 store credit that we can use to purchase any items we need for use or to give away as voucher prizes. Primarily we use this sponsorship to purchase our sausages so when we hold a fundraising BBQ like; election days, sports carnivals or Bunnings BBQs, we can save $500 or more, which is cash in our pockets. To raise $2000 as a grant would require a well written proposal and project plan that can take hours of someone’s time and no guarantee to success, or to raise it at a BBQ we would need to hold 2 BBQs with 30+ volunteers.

In addition to the $2000, Terry the store owner has agreed to apply YOUR in store points program to this amount for anyone who shops at IGA and shows their store card. We could potentially earn hundred more free goods just by you shopping there. Don’t forget to ask for a store card if you don’t have one yet, and assign a percentage of your points to IRPS.

**Carmalt Conveyancing**
The Carmalt family have been in the IRPS community for many years now and have actively supported the school and P&C through their conveyancing business. Their sponsorship is for $1200, and to raise these funds as a grant or fundraising event would take many hours/days and large numbers of volunteers.

The $1200 they have contributed to the P&C will ensure; the wonderful ‘Ridgy’ signs and branding appearing around our school, the reading books and iPads, the student diaries for years 5 and 6, and soooo many other wonderful contributions the P&C makes to our school each year. The Carmalts are a very respected family in our community and someone who you can trust and rely on when you need to buy or sell your home.

**BOQ Rouse Hill**
The sponsorship with the BOQ Rouse Hill is for $1200, which will again ensure that we can continue our great work in the P&C. One of the other wonderful things they want to do for our parents is to provide a free *Cyber Banking Security Talk* one evening in Term 3. This presentation will highlight for you all the ways crooks can access your accounts and what you need to know to protect your money.

They are also running a fun colouring in campaign for all of kids that ends this weekend. I have attached the colouring in sheet to the newsletter in case you have lost the one sent home a few weeks ago. Simply drop your coloured sheet in to the BOQ at Rouse Hill on Adelphi Street to enter. The wonderful colouring in entries are up on their walls promoting our school, so the more the merrier. Get those entries in ASAP.
<table>
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<td>2nd</td>
<td>1.25</td>
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<td>3rd</td>
<td>1.50</td>
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**FOOD**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Tea / Lemonade (cold only)</td>
<td>$1.20</td>
</tr>
<tr>
<td>Bread or Bun (1 medium per serv)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Bread sticks - Bagel</td>
<td>$1.00</td>
</tr>
<tr>
<td>Sandwiches</td>
<td>$2.00</td>
</tr>
<tr>
<td>Pizza</td>
<td>$5.00</td>
</tr>
<tr>
<td>Pasta</td>
<td>$3.00</td>
</tr>
<tr>
<td>Rice</td>
<td>$2.00</td>
</tr>
<tr>
<td>Salad</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

**DRINKS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tea / Lemonade (hot)</td>
<td>$1.20</td>
</tr>
<tr>
<td>Juice</td>
<td>$1.00</td>
</tr>
<tr>
<td>Milk</td>
<td>$1.00</td>
</tr>
<tr>
<td>Water</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

**SNACKS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chips</td>
<td>$1.00</td>
</tr>
<tr>
<td>Chips</td>
<td>$1.50</td>
</tr>
<tr>
<td>Pretzels</td>
<td>$2.00</td>
</tr>
<tr>
<td>Popcorn (5 oz)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Chips</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

**SALADS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Side Salad</td>
<td>$2.00</td>
</tr>
<tr>
<td>Caesar Salad</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

**CREATE YOUR OWN BURGER BOWL**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bun</td>
<td>$1.00</td>
</tr>
<tr>
<td>Cheese</td>
<td>$2.00</td>
</tr>
<tr>
<td>Lettuce</td>
<td>$1.00</td>
</tr>
<tr>
<td>Tomato</td>
<td>$1.00</td>
</tr>
<tr>
<td>Pickles</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

**CREATE YOUR OWN SANDWICH/WRAP**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>$1.00</td>
</tr>
<tr>
<td>Cheese</td>
<td>$1.00</td>
</tr>
<tr>
<td>Lettuce</td>
<td>$1.00</td>
</tr>
<tr>
<td>Tomato</td>
<td>$1.00</td>
</tr>
<tr>
<td>Pickles</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

**Desserts**

- Cookies
- Cupcakes
- Brownies

**DIPPING Sauces**

- Ketchup
- Ranch
- Barbecue

**SPECIALS**

- Vegetable of the day
- Soup of the day

**WEBSITE:** www.ironbankridge.org

**Open**: Monday, Wednesday & Friday, 7:00 am - 2:00 pm

Ironbank Ridge Public School Canteen Menu & Price List 2014
Interrelate Bella Vista
Term 2 Events & Programs

Making Stepfamilies Work – 3 hour seminar (for couples)
$50 / $30 concession (per couple) – 3 June 6 – 9pm
A 3 hour seminar that will assist couples in the process of forming a stepfamily or those already living in a stepfamily to:
• Encourage an awareness of the need to forge new ways of being in a stepfamily
• Develop strategies for coping with difficult stepfamily dynamics and relationships
• Accept each individual’s current and prior situation no matter how complex or difficult these are

Being A Mum
$25 / $15 concession – 26 June 10am – 1pm
A 3 hour seminar that will assist mothers to:
• Understand themselves as a Mum
• Really connect with their children
• Understand children at different ages
• Learn positive ways to discipline children and communicate more effectively

The Challenge of Disciplining your Child
$25 / $15 concession – 24 June 6 – 9pm
A 3 hour seminar that will assist parents of children aged 2 – 12 years old to:
• Understand what positive discipline means and how to set clear boundaries that children respect and learn to appreciate
• Use conflict as a tool to improve relationships
• Use tips and hints on different discipline techniques

Ideas for Parenting Teens
$25 / $15 concession – 17 June 6 – 9 pm
A 3 hour seminar that will assist parents to:
• Understand what is normal adolescent behaviour
• Reduce the anxiety inherent in raising teenage children
• Develop skills to communicate and negotiate with teenagers

Phone 8882 7850
Bookings essential

www.interrelate.org.au
1300 736 966
GALSTON HIGH SCHOOL LIBRARY RE-BUILDING FUND

On behalf of Galston High School, the Dural Chamber of Commerce has set up The Galston High School Library Re-Building Fund.

This account has been setup to receive donations from Businesses and the Community for the purposes of assisting in the rebuilding of The Galston High School library, which was lost to a fire on Monday 19th of May 2014. To contribute to this most important project please direct deposit your contributions to:

NAB Dural

BSB: 082240

A/C: 848027761

We appreciate all contributions, as they allow Galston High School to take full advantage of this important time with a view to the school getting back to normality as soon as possible.
The Tom Farrell Institute for the Environment Presents...

Electric Bikes
Workshops
Segways
come and try
Demos

16-17 August

FREE ENTRY
Gates Open 10am-4pm
The future of transportation is here
Come see, touch and try!

Loads of great exhibitors
Come and try an electric bike
Sunday EV Prize Competition
and Demos

FREE ENTRY
Newcastle Kart Raceway
Cameron Park Drive
Cameron Park

www.hunterevfestival.net

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An Australian Government Initiative
Inspiring
Australia

The Tom Farrell Institute

The Tom Farrell Institute

The Tom Farrell Institute
Want ideas on raising healthy, active and happy kids?

FREE healthy lifestyle program for 7 – 13 year olds
Hills and surrounds
Term 3 enrolments close 4th July

1800 780 900
go4fun.com.au

NSW Government
Health Western Sydney Local Health District