Dear Parents and Carers,

Thank you to everyone who helped out or participated at the school’s cross country. It was great to see so many parents supporting the students and the school. Good luck to all the students who will be representing Ashbury at the Zone Cross Country on Wednesday 21st March. A very special thank you to Mrs D’Arrigo for all her hard work to ensure that the day was a success. We were also very fortunate with the weather.

It is always lovely to receive a thank you email, email acknowledging an aspect of the school or emails suggesting ways that we can improve Ashbury PS. It is important that lines of communication between the school community and the staff are always kept open and remain positive. If you have ideas on how we can improve our school or have noticed areas that need to be improved please contact me either through the school email system or by emailing me direct on deanne.stephenson@det.nsw.edu.au.

The NAPLAN tests have now been completed for another year. Congratulations to all students in years 3 and 5 who sat these tests with a positive attitude and a determination to do their best.

This year we will be introducing an online parent/teacher interview booking system. It is a very efficient system that is used by a number of schools. More information in the following newsletters.

Something to ponder…..children learn an average of 4,000 to 12,000 new words each year as a result of reading books.

Dee Stephenson
Relieving Principal

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**DATES FOR YOUR DIARY**

**TERM 2**
- **Tues 20 May** – ICAS Computer
- **Wed 21 May** – Recorder Rehearsal, Zone Cross Country
- **Fri 23 May** – Walk Safely to School Day
- **Mon 26 May** – Stage 3 excursion
- **Sat 31 May** – Community Garden Working Bee
- **Wed 4 June** – ICAS Science and Walk a thon
- **Fri 20 June** – Reports to go home
- **Mon 23 June** – Concert Band Opera House
- **Tues 24 June** – Parent /Teacher Interviews
- **Wed 25 June** – Festival Jacaranda Concert
- **Sun 29 June** – Community Garden Working Bee
- **Fri 27 June** – Last day of Term 2

**TERM 3**
- **Mon 14 July** – Staff Development Day
- **Tues 15 July** – School Resumes
- **Sat 26 July** – Community Garden Working Bee
- **Sat / Sun 26 & 27 July** – Band Festival
- **Tues 29 July** – Showcase
- **Thurs 14 Aug** – Book Week celebrations
- **Fri 19 Sep** – Last day of Term 3

**TERM 4**
- **Tues 7 Oct** – School Resumes
- **Sat 25 Oct** – Community Garden Working Bee
- **Sun 26 Oct** – Spring Jazz in the Garden
- **Mon 3 – Wed 5 Nov** – Stage 3 Camp
- **Sun 30 Nov** – Community Garden Working Bee
- **Sat 13 Dec** – St Matt’s Christmas Carols
- **Wed 17 Dec** – Last Day 😊
Cross Country
This year’s cross country was a huge success with most year three, four, five and six racing. The places that will be going to zone are 1st, 2nd, 3rd and 4th. Thank you to all the parents and teachers that came and volunteered to help but a special thankyou to Mrs D’Arrigo. This year the house that won was the Emus although all the other houses did very well! We are looking forward to next year’s cross country.

By Samantha K and Elizabeth D 6/5D

Mother’s Day Stall
Thank you to all the parents who helped out at the Mother’s Day stall. A special thanks to Hester MacMillan for her excellent organisation and buying lovely gifts for our special mums. I hope that all our mothers and grandmothers had a lovely day and were very spoilt.

Congratulations
Congratulations to Canterbury Hurstone Park RSL club and Paul Kougias from the club who were recognized for their efforts in increasing local sports participation in the area at the recent Clubs NSW awards. After noticing the decline in sport participation in the area, the club with the assistance of Paul consulted the community about how to reverse the trend and this resulted in the Cooks River Sporting Alliance. In the last financial year the club has donated a considerable amount of money to the various volunteer based sporting groups and organisations. The students at Ashbury PS have also benefitted from the excellent work that Paul has done. He is the driving force behind the “Carnival of the Codes” day that students from years 2 to 4 participated in earlier in the year. We are very fortunate to be participating in the second “Carnival of the Codes” next term.
Class Requirements money overdue
There are several families who have not yet paid their class requirements money. A reminder note was given last week to those who still owed. This money is important so that students can have access to the many requirements for school. Depending on the stage of your child it pays for Mathletics, gymnastics, exercise books, school magazines etc. We appreciate your quick response.

Around the School
Another reminder that the playground equipment is out of bounds to all students before school. Students are able to play on the equipment after school as long as they are supervised by their parent. All our school gates will now be closed from 9:15am. If you are entering the school during school hours please make sure that you go to the office first as it is a work, health and safety requirement for the school to know who is on the premises at all times.

Peer Support Update
In the next few weeks in Peer Support the students will be reflecting on the concepts that they have been learning about. These include empathy, assertiveness, positive self-talk, problem solving, perseverance and cooperation. By using these skills it is hoped our students will have a more optimistic approach to life. The students are also looking at ways to cope when they are worried, sad, upset or things don’t go their way.

Safety around the school
Once again I ask all parents and students to take greater care around the school when arriving and departing. Unfortunately not everyone obeys the road rules and this may eventually result in someone getting injured. It is walk safely to school day on Friday 23rd May. This is a great opportunity to leave the car at home and start walking to school more frequently. Not only is it good for the environment but also for your own health. As they say “it is always great to stop and smell the roses”.

Zone Sport
This year at Ashbury we have had seven students represent our school in zone sport trials. They had to compete against other students in the Wiley Park region. In the zone trials we had a netball player, two AFL players, two touch football players, one soccer player and one hockey player selected. William and Jacob B, our AFL players made it to the zone trials, unfortunately they did not make the regional team. Max B made it to zone however missed out on the regional soccer team. Ellie P and Alec K are going to the regional level in touch football, and Martin P-C is also going to hockey regional trials, as well as our netball player. We congratulate them all and wish them the best in the future!

By Max B and special friend from 6/5S

SRC Report
At the SRC meeting on Thursday the 15th May the students discussed the reintroduction of Nude Food Friday. On Nude Food Friday students are asked not to bring any foods wrapped in plastic or other disposable material. Food should be brought to school in reusable containers. The bins will not go out on this day. Food scraps will be collected by the worm farmers who are supplied special bins. Remember that no citrus is allowed. Our first Nude Food Friday will be held on Friday 23rd May. On this day the SRC will also be promoting ‘Walk to School Day’. The SRC are also carrying out a survey of the girls’ preferences regarding a new type of winter school pants. No decision has been made yet.

By Nicholas K 6/5S

School Banking
We will not be participating in the school banking program with St George Bank this year. Anyone who has an account is able to deposit money at any St George branch.
Canteen News

The School Canteen will be having weekly specials every Thursday. Last week was butter chicken and rice which was enjoyed by staff and students. Please find below the specials for the next 2 weeks.

Thursday 22 May
"Mr Potato Head"
Baked potato topped with fresh bolognese and melted tasty cheese
$4.50

Thursday 29 May
"There's a Pizza in my pocket Meal Deal!"
Home-made pizza pocket - fresh tomato pizza sauce, mozzarella cheese and option to add ham-yummy! Comes with your choice of frozen fruit juice.
$5.00

See the canteen to place your order

Nicholas and Julian enjoying their butter chicken

Year 6 Photo Orders

If any parents would like to order a copy of the Year 6 school photo, order forms can be collected from the office. The cost is $14 and credit card payments can be made online through the photographer’s website www.theschoolphotographer.com.au Please enter your order number on the envelope and return to school by Friday 13th June 2014. The photo is on display in the foyer.

Uniform Shop

We are currently looking for a few more volunteers to help us out at the School Uniform Shop on a Thursday afternoon from 3pm - 3.30pm. You would be rostered on for two afternoons per term, on dates that are suitable to you, with other friendly parents/carers. This is a great way to meet new people and assist in providing an essential service for our children. If you are able to help, please contact Louise on 0410 309 699.

The Uniform Shop will be closed for Stocktake on Thursday 12 June 2014. No sales or orders will be processed on this date.
ST FRANCIS XAVIER SACREMENTS 2014
St Francis Xavier Parish will be celebrating the following sacraments in 2014:
Confirmation Sunday 15 June
First Eucharist Sunday 24 August
First Reconciliation Sunday 19 November

If you are interested, please contact the Sacramental Co-ordinator, Ms Ana Credentino on 9798 3924 (Thurs 9am-3pm during the school term) or by email sacraments@sfxashbury.org.au for more information and a nomination form.

Picking Carrots

On Monday 12 May my class 2/1F were lucky enough to be invited to the garden to pick some carrots with my mum. We all got to pick one each. Some were easy to pull out but some needed a bit of help from the adults. Some were big and some were small. Mine was really small. After we all picked a carrot we cleaned it and then we ate it. It was great fun!

By Mila S
Please enjoy Tiddalick the Frog by 2B

TIDDALICK THE FROG

At the beginning Tiddalick drank all the water from the big lake. Then the animals got so thirsty and it was like a desert. Finally the animals tried to make Tiddalick laugh and Tiddalick laughed so hard which made the water come out from his big mouth. This returned the water back to the big, big lake.

By Aliza 2B

Tiddalick the Frog

Tiddalick was a frog. He was much bigger than any ordinary frog so it was hard to find enough food. One day Tiddalick was very thirsty so he drank every drop of the ocean, every drop of each pond and sucked a storm full of puddles that had been lying around. There was a bad drought and many animals including koalas, kangaroos, birds and even people got quite thirsty for water (which in those days was the only drink they had really). One day the animals called a meeting. Everyone thought and thought for a good idea until owl said “I got it! I got it! We will make Tiddalick laugh then he will spit the water out again and there will be plenty of water again!” So they went to Tiddalick’s house and one by one they all tried to make Tiddalick the frog laugh, but, each time Tiddalick remained serious. Then eel came and asked what all the commotion was. Once kangaroos told him, he was soon dancing. Tiddalick spluttered then spat all the water out. Soon every hole in the ground was filled and they were very happy.

By Alyssa 2B

TIDDALICK THE FROG

At the start Tiddalick was drinking the water from the lake. Then the animals were thirsty and tried to make Tiddalick laugh. Finally the little snake did a funny dance and Tiddalick spat all the water out. The water spread back everywhere and all the animals were happy.

By Evelyn 2B

Pennant winners:

Elliot 4M
George 2B
Riley 6/5S

CONGRATULATIONS!

Notes Sent Home
This Fortnight:

• Stage 3 Australian Museum Excursion
• Festival of Instrumental Music – Recorders
• Zone Cross Country Qualifiers

If you missed out on any of these notes they are available on our website.
Active kids are healthy kids

WALK SAFELY TO SCHOOL DAY

Friday 23 May 2014

Take the Challenge

walk.com.au
Download the FREE APP

SUPPORTED BY THE AUSTRALIAN GOVERNMENT AND ALL STATE, TERRITORY AND LOCAL GOVERNMENTS
CRSA Carnival of the Codes

ON NUMEROUS OCCASIONS, THE COOKS RIVER SPORTING ALLIANCE (CRSA) HAVE BEEN ASKED BY LOCAL SCHOOLS FOR MORE AFFORDABLE SPORTING PROGRAMS AND LOCAL SPORTING CLUBS. THE ALLIANCE HAVE ASKED HOW THEY CAN INCREASE THE LEVEL OF PROMOTION IN SPORTS PARTICIPATION.

With this in mind the CRSA decided to trial a new approach where local children could come and try all sports in the one session – and Carnival of Codes was created.

Four local primary schools (Ashbury, Canterbury, Canterbury South and Croydon Park) participated in the event with around 200 student from each school engaged with six winter sports’ governing bodies to provide the relevant coaching resources – these were the AFL, ARU, NRL, Sydney FC, Canterbury Womens Hockey and Netball NSW. The event was held at Picken Oval in Croydon Park primarily because of the central location and adjacent Netball courts.

The Carnival was a fantastic demonstration of children's engagement with a variety of sports. It is a testament to the professionalism and experience of the coaches who provided a connection between participants and local grassroots sporting clubs, while getting kids excited about the upcoming season.

The event demonstrates a key element of the CRSA's mission – to further develop and strengthen the connections in our community through grassroots sport and best of all, the kids had lots of fun.

"This morning I was going with my class to “Carnival of Codes”. When we got out of the bus Picken Oval was HUGE. The netball game was pretty easy. My favourite sport was Rugby Union. It was amazing because we all got to have a game. It was an extraordinary and spectacular day.

Sione"

"We all played different sports like Netball, Soccer, NRL, Hockey and Rugby Union. We played a Netball game and that was extremely fun. With Soccer it was girls vs boys to see who could score a goal, that was great as well. The “Carnival of Codes” was absolutely amazing. I had the time of my life.

Julia"
The **Cool Kids Program** is a structured 10 week, skills based programme that teaches children (8-12 years) and their parents better ways of managing their anxiety. The programme was initially developed at Macquarie University in 1993 has been well researched and tested. Current results indicate that most children who complete the programme show significant improvement.

**What to expect:**

- Have fun and make new friends in a supportive environment.
- Learn new skills and have practice tasks to take home each week.
- Learn how to manage your anxiety so that it no longer stops you from doing the things you like!

**Topics covered:**

- Learning about feelings and anxiety.
- Detective thinking and learning to think more realistically.
- Ways that parents can help.
- Fighting fear by facing fear.
- Learning to solve a problem.
- Building assertiveness and dealing with teasing.

**Cost:** $75.00 per session*

*If your child has a current GP Mental Health Care Plan in place you will be eligible for a rebate of $25 per session from Medicare.

To register or for further enquiries email enza@lifecareinnerwest.com.au or call Life Care Inner West on (02) 9712 5311.

**Facilitated by:** Enza Querin (Psychologist) & Hannah Stribos (Provisional Psychologist)

**Limit of 6 children per group.**
More and more parents have found that a parenting program has helped them to improve their relationship with their children and to understand and cope better with their child’s behaviour. Resourcing Parents provides parenting education information to parents and carers of children aged 0-18 years. The calendar of Parenting Education programs is current and the site is funded by the NSW government to support families.

Courses include Triple P seminars, ParentWise, Sole Parent support groups, Healthy Lifestyle programs, Beyond Abuse and many more.

Go to [www.resourcingparents.nsw.gov.au](http://www.resourcingparents.nsw.gov.au) to view the full list of programs available (most of which are free of charge) and to subscribe to their monthly newsletter.

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**Great Gift Idea – Something Unique**

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