



CHIFLEY PUBLIC SCHOOL
CHIFLEY CHATTER

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7 March 2018

<https://chifleyps.sessionkeeper.com.au/>

FROM THE PRINCIPAL'S DESK

At CPS we acknowledge the constantly evolving nature of educational reform and recognise that best practice is a dynamic process. As a staff, we have recently undertaken professional learning in **Seven Steps to Writing**. *Seven Steps to Writing* provides a framework around the enrichment of classroom writing programmes and a whole school approach and language to the explicit teaching of key writing skills.

Through the deconstruction of writing techniques and the scaffolding of the writing process, *Seven Steps to Writing* enables learning intentions to be clearly stated and success criteria established. Boring bits are banned as tension is tightened! Look out for our sizzling starts and dynamic dialogue as we explore writing together at school.

PRESCHOOL TRANSITION TO SCHOOL PLAYGROUP

Last week we were again delighted to host our local Preschools and Long Day Care Centres as a transition to school initiative. Kindergarten, the Library and our Stephanie Alexander Kitchen Garden were opened up to over 50 preschool aged children. Each group rotated through a tabloid of age appropriated activities organised by Mrs Harris, Mr Lewis and Mrs Jreige. An enormous thank you to the children, families and staff of Alouette, Kinder Haven, Blue Gum Cottage, Care-a-Lot and A Place to Grow for being part of the transition morning. We very much look forward to seeing everyone at the Easter Hat Parade later this month.

PARENT TEACHER WEEK

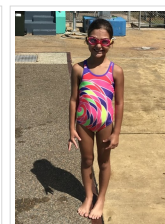
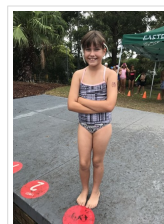
Parent/Teacher interviews will be conducted during Week 8. This is a valuable opportunity to talk to your child's teacher about your child's engagement, performance and progress at school. To book your interview time please click the link below to secure your favourable time the online booking system.

PARENT CLASS REPRESENTATIVES

Parent class representatives provide a vital link between home and school and is a great way to become actively involved in school life. With Harmony Day fast approaching, parent class representatives would be quickly in the thick of things by helping to coordinate the celebration with the class teacher. Please see your child's teacher if you are able to act as the parent representative for 2018.

ZONE SWIMMING CARNIVAL

Well done to the CPS Swimming Team who participated in the Zone Swimming Carnival at Botany Aquatic Centre last week. CPS has a strong sporting culture and is committed to supporting sporting pathways for our students. The team represented themselves and our school community extremely well. Congratulations to the team and a big thank you to Mr Whittaker for coordinating our involvement on the day.



STUDENTS ACHIEVEMENTS

Congratulations to: Toby G at the Zone Swimming Carnival where he came 1st in the Junior Breaststroke race and has gone on to represent our school at the Regional Zone Swimming Carnival.

Congratulations to Lochlin M, Kory T and Kye W for being selected in the Eastern Suburbs Rugby League PSSA team. The next trial will be combined with Sydney Coastal. We wish the three boys the best of luck at the next trial.

As Principal of Chifley PS, I believe strongly in a shared educational journey. My office door is always open if you would like to discuss any issue regarding your child's education.

David North
Principal
Chifley Public School

FROM THE ENVIRONMENTAL TEAM

CLEAN UP AUSTRALIA DAY – SCHOOLS

Schools Clean Up Day is a fun and engaging way to teach young Australians about the responsible disposal of rubbish, resource recovery and the repercussions of rubbish dumped irresponsibly in the local environment.



Chifley Public School joined more than 2000 schools to help clean up their local environment on Friday 2 March. All students and staff participated in cleaning up the playground and 12 kilograms of rubbish was collected.

To help reduce the amount of rubbish in our playground we ask that food packaging is minimised in lunch boxes and that all lunch wrappings go home in the student's lunch box. There are many great lunch boxes now available with separate compartments, dividers and removable snack pods that eliminate the need for packaging. Hard yoghurt plastic tubs and juice poppers, including the straw can be placed in the yellow lid recycling bin at school.



PLANTING IN THE GARDEN

The Environmental Group put in a lot of hard work planting in the garden to make our school look beautiful!



VEGETABLE WEEK & THE BIG VEGIE CRUNCH

Last Thursday students K-6 participated in the Big Veggie Crunch as part of our Crunch & Sip daily Program. It revealed that along with the national average, students are eating more fruit, which is great, but not enough vegetables every day. Packing a serve of vegetables like celery, carrot, cucumber or capsicum is a fantastic way to boost the amount of vegetables that students eat every day.



CRUNCH ON VEGETABLES

This year Crunch & Sip will be moving in an exciting new direction with a greater focus on packing vegetables for the Crunch & Sip break.

WHY VEGETABLES?

Vegetables and fruit are both important food groups packed with a range of nutrients that promote good health. However, while most Australian primary school children are doing a great job of eating enough fruit, only 1 in 6 are eating enough vegetables! That's why it's important for children to get an extra serve of vegetables during Crunch & Sip breaks.

BENEFITS OF EATING VEGIES FOR CRUNCH & SIP

- Vegetables contain vitamins, minerals, phytonutrients and dietary fibre that promote healthy growth and development. Eating plenty of vegetables also reduces your risk of developing type 2 diabetes, heart disease and some cancers.
- Vegetables can be a very cost effective option – a serve of carrot or celery sticks costs no more than 30 cents.
- Do you have fussy eaters? When kids see their peers eating particular foods they are more likely to want to join in and this can lead to changes in food preferences – peer pressure in a vegetable way!

We encourage you to support us in this initiative by providing whole or cut up vegetables as the preferred choice of snack during Crunch & Sip breaks.

<http://www.crunchandsip.com.au/>



EASTER RAFFLE

Easter Raffle Tickets will be for sale each morning outside the staff room.



KINDERGARTEN

WHAT A GREAT START!

Our youngest students in the school have started the year with happy, smiling faces and have had an energetic and exciting few weeks. All students are quickly becoming familiar with the school and routines. They are making new friends and developing positive relationships with each other and their teachers. Year 6 students are also helping with the smooth transition to school for our Kindergarten students by being wonderful school buddies. Students are keen to learn and are really engaged in all our valuable learning programs. It's definitely going to be a positive and productive year.



YEAR 6 – STEM



SRC BADGING

Congratulations to students that were chosen to represent their class as the SRC leaders this year.



THE SCHOOL PHOTOGRAPHER

To make payment for school photos after photo day you can choose one of the following options –



1. Go to our website in the link below and select the “click here for Online Payments” button and follow the on screen instructions.
2. Call our office on 96749824 and we will take your credit card payment over the phone. **(NOTE: There is a processing fee of \$5 for phone payments)**

<http://www.theschoolphotographer.com.au/>

NRL INDIGENOUS FESTIVAL

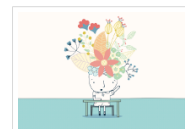
The NRL Indigenous Festival's Employment and Wellbeing Expo was held on the 9th of February at NCIE Redfern with Souths Cares. Here are some photos of our very talented Didj Group that performed on the night and as usual made us very proud.



GROW YOUR MIND



We are three weeks into using Grow Your Mind and we are starting to hear more students talk about using their Wise Owl and calming their Guard Dog. Last week we explored gratitude and how it protects our mind by building up an awareness of the good things in life. This week we discussed kindness and what



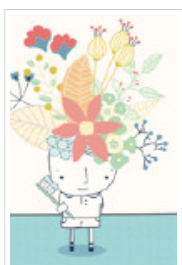
happens to our brain when we think of others. Kindness, like a cold, is contagious. One kind act can have a ripple effect. Students were challenged to do one kind thing a day at school for the next week. All students learnt the words to a loving kindness meditation – make sure you asked your child who they dedicated it to. There were some lovely responses.

Tip #1: When we are kind to ourselves we take on a growth mindset. We aren't afraid to answer questions and give things a go.

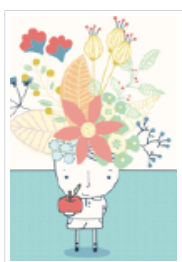
Tip# 2: When we are kind to ourselves we accept that making mistakes is the way we learn.

Tip#3: When we are kind to others we grow our Wise Owl and Elephant. So being kind to others is good for them and you!

GROWING GRATITUDE



1. Toothpaste to protect my teeth
TICK



2. Apple to protect my body against
sickness TICK



3. Gratitude journal to protect my
mind....?

Gratitude **what?** It doesn't have to be a journal. Just spending 1 minute a day thinking of the good things you have in your life is enough to start building up your resilience for whatever life throws you.

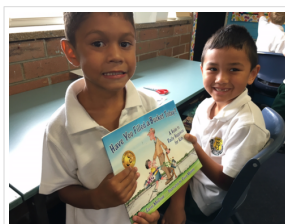
So how do you grow gratitude?

Tips:

1. Start a class gratitude jar
2. Keep a gratitude journal at home
3. Try mindful eating, savouring each mouthful and appreciating where it has come from
4. Start thanking the people who treat you well

Why? Scientists have studied what makes people happy and what makes them bounce back after hard times. The common

theme: **gratitude**. Which as we discussed in all of our classes this week, is a fancy word for being thankful.



SCHOOL ASSEMBLY NEWS

School assemblies in Term 1 and 4 will now be held on Fridays from 1-1:30pm in the hall.

Week 6	9 March	No Assembly
Week 7	16 March	Artist of the Term
Week 8	23 March	Choir performance
Week 9	30 March	No Assembly – public holiday
Week 10	6 April	Writer of the Term
Week 11	13 April	No Assembly

TELL THEM FROM ME

YEARS 3-6

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

<http://surveys.cese.nsw.gov.au/>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. More than 6,300 schools in Australia and around the world have used Tell Them From Me to survey 5.4 million students. Capturing the voices of our students will help improve how we do things at our school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 12 March and 13 April. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you **do not** want your child or children to participate, please return the form to school by **19 March**. Copies of the form and FAQs are available from the link below.

<http://surveys.cese.nsw.gov.au/information-for-parents>

DZP DANCE

LUNCHTIME DANCE CLASSES

CHIFLEY PUBLIC SCHOOL

LEARN WITH THE BEST

EXPERIENCE THE DZP ENERGY & MAKE 2018 YOUR CHILD'S YEAR TO DEVELOP THROUGH DANCE

TUESDAY LUNCHTIMES | JAZZ & CONTEMPORARY
WEDNESDAY LUNCHTIMES | HIP HOP & POPPING

CONTACT US FOR A FREE TRIAL LESSON

DZP.COM.AU



1300 908 804 | CLASSES@DZP.COM.AU

have an instant receipt and you know that your payment has been processed in the comfort of your own home. It is a safe and secure way to pay for school fees and excursions.

<http://www.chifley-p.schools.nsw.edu.au/>



Uniforms at Berelle in Maroubra

Berelle School Wear is located at 1/96 Maroubra Road, Maroubra. Tel: 93492705

Trading Hours: Monday to Friday 9am-5pm Saturday 9am-1pm
Sunday CLOSED

PLEASE NOTE: School hats (\$15) are only available to purchase at school.

YMCA OOSH

BEFORE SCHOOL CARE

We help children get ready for the school day by running quiet yet engaging activities. We can also serve a nutritious breakfast at no extra cost.

Before School Care starts at **7 am** and runs through until **9 am**.

AFTER SCHOOL CARE

Once the school day is done, we help children wind down. We offer afternoon tea and mix of activities where children can socialise and broaden their horizons.

After School Care starts at **3 pm** and runs through until **6.30 pm**.

<https://www.ymcansw.org.au/centres/ymca-little-bay-community-of-schools-oshc/before-and-after-school-care/>

P&C Meeting Dates 2018

Term	Week	Date
1	Monday Week 11	9 April
2	Monday Week 2	7 May
2	Monday Week 6	4 June
2	Monday Week 10	2 July
3	Monday Week 3	6 August (Education Week)
3	Monday Week 7	3 September
4	Monday Week 4	5 November
4	Monday Week 8	3 December P&C Dinner

PARENT ONLINE PAYMENTS

Schools prefer online payments from parent/carers using Westpac banking facilities.

Parent online payments (POP) provide parents and school debtors with a secure payment facility to deposit into the school's account via a credit or debit card. The payment portal is accessed via the school's website and allows parents to pay using either a Visa or MasterCard credit or debit card.

Please visit our school website in the link below and click on "Make a payment". Once you fill out the payment details, you

COMMUNITY NEWS



Chifley Public School

Located in the School hall (entry via Burke St)

10.00am-12.00pm

Thursdays

During School Terms

\$3 per session & a piece of fruit

Enquiries: (02) 8338 8502

Supported Playgroups

Supported playgroups aim to empower families to support young children's development through participation in a variety of developmentally appropriate play. Supported playgroups are led by qualified early childhood educators and allow families to participate in a range of new activities and experiences.

Our staff are qualified in Blue Book assessments, key word signing, active play and healthy nutrition as well as guest speakers coming regularly. We also have a family worker who attends all our playgroups, if you need that little bit of extra help.

To enquire please contact our Family Support Team on (02) 8338 8506 or email familysupport@secc.sydney

www.secc.sydney



Maroubra Peaceful Kids for 4-12 year olds



'Peaceful Kids' is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children. The program has been created to fulfil a need in schools to offer all children a developmentally appropriate program that gives children the skills, practice and support to utilize coping strategies that lessen the symptoms of anxiety and stress. The program also involves parental involvement and commitment to supporting the strategies at home.



Outcomes of the Peaceful Kids program:

- Lessen symptoms of anxiety and stress in children
- Teaches children to self-calm
- Empowers children to manage their own anxiety
- Supports children so they know that they are not alone with suffering from anxiety

Program structure:

- Peaceful Kids is a 8 week program of 50 minute sessions
- Sessions include learning a range of mindfulness strategies and meditations and positive psychology exercises.
- Children are guided through meditations daily online via the Peaceful Kids website: peacefulkids.com.au

More information on the Peaceful Kids program: Peacefulkids.com.au

Next group to be held near you, run by Lilly Pilly Counselling:

Where: **Yogala, Level 1/822 Anzac Pde, Maroubra**

When: 3:30- 4:20 Mondays, Starting on 21st May 2018

Cost: **FREE** - A GP mental health treatment plan for your child will be required to secure attendance in the 8 week PSS group program
GP consultation fee may apply

Bookings: contact Leanne 0422173512 or Vivien 0450370496 or email:

lillypillycounselling@hotmail.com

Lilly Pilly Counselling Incorporated is a Provider Organisation for Psychological Support Services (PSS) program funded by Central and Eastern Sydney PHN

Don't forget to follow us on Facebook and Twitter for more up to date and exciting news!!

<https://www.facebook.com/ChifleyPublicSchool>

<https://twitter.com/ChifleyPS>

South Maroubra EASTER BONNET PARADE 2018

11.00 am Easter Saturday 31st MARCH

GREAT PRIZES

for Best Girl & Best Boy plus a Consolation Prize

Come and see the Easter Bunny

Easter Egg Hunt

Cool Drinks for Everyone refreshments for Mum & Dad

Ask mum & dad to help you start making your bonnet right now!!!

Spablo!!! the Sensational Clown

Lion's Club of Maroubra Charity BBQ for the Sydney Children's Hospital

Proudly Presented & Sponsored by **Walsh's Village Pharmacy**

Cnr Malabar Rd & Meagher Ave South Maroubra

All Enquiries - Richard Walsh Phone: 9311 9088 www.walshsvillagepharmacy.com.au