TERM 4
WEEK 6
11th November 2014

Wed 12th
- Scripture
- Remembrance Day

Thurs 13th
- Cricket trials Ganmain

Fri 14th
- Mrs Moore-Principal’s Meeting
- Yoga
- Outstanding Notes
- Scripture Notes

Yr 7 Selective High School placement

Swimming School

Matong Public School
5649 Canola Way
Matong NSW 2652
Phone: 02 69277824 Fax: 02 69277877
Email: matong-p.school@det.nsw.edu.au
Web: www.matong-p.schools.nsw.edu.au
Students have certainly enjoyed their visit to Healthy Harold today in the Life Education Van. Please talk to your child about what they learnt in their session today. We all enjoyed a very healthy chicken wrap, kindly prepared by the Soroptimist ladies. Everyone got to choose their own filling and some even came back for seconds. Great to see such healthy appetites!

As a visitor to our school, Mrs Knox our school counsellor was most impressed with the respect in which all students and staff participated in our very touching Remembrance Day Ceremony. Thank you to Miss M for her organisation.

Thank you to all parents and carers who are working really closely with their child’s classroom teacher in supporting their child’s learning. Your interest and feedback really does make a difference to your child’s learning outcomes. We hope you all got to hear about how your child went in their recent testing. All of our students were really excited about finding out where they did really well and also how they can improve for next time using the “3 stars and a wish” reflective activity.

With the hot weather upon us it is great to see everyone in their hats in the playground. Please consider applying sunscreen in the morning on their way to school. School bucket hats are part of our uniform and available for sale through the P&C.

I am pretty certain all our students are really looking forward to swimming school in Week 8 and 9!!

Anne-Moore, Principal

STAGE ONE NEWS

We have been learning about orang-utans and about their habitats. So orang-utans don’t die, we have been reading about saving them and their rainforests. We have been learning about online shopping and looking at muffin recipes so we can make money for WIRES. We have been learning how to read expressively by doing a readers’ theatre script. We are going to see Healthy Harold today and we are going to have some fun!
WANTED TO BORROW

Stage One would like to borrow the following items. If you are able to assist please send in by Thursday, with your name clearly labelled. Thank you.

- Scales
- Spatulas
- Muffin pans
- Bowls
- Sifter
- Wire rack
- Wooden spoons
- Grater

STAGE 2/3 NEWS

In Stage 2/3 this week we have been continuing to design our new classroom with many awesome ideas being shared. We have been determining the area and perimeters of the rooms, as well as practising finding the areas of irregular shapes and triangles. Students are then applying the new knowledge to calculate the costs of painting and flooring using online tools.

We completed testing last week with the majority of students improving their results over the year, which is fantastic. Today in Maths, Stage 3 explored Microsoft Excel and used this program to plot the student’s test results, creating graphs that show the growth in their learning since May.

Students have been enjoying the Creative Art lessons that Miss Crouch has been conducting and we now have some lovely new wall displays in the hallway.

On a final note please test your children’s knowledge of the states and territories of Australia and their relevant capital cities.

Q4:H2O is here!

This we week are participating in Q4:H2O which encourages children to choose water for thirst, and to drink milk, especially reduced fat milk. Your child may bring home a Q4:H2O card to record their drinks over one week. Please support this initiative and your child’s health.
Can’t get your child to drink water?
- Don’t buy soft drinks, cordials etc
- Provide water in a refillable drink bottle
- Keep a jug of water in the fridge
- Have water on the table at mealtimes
- Drink water yourself
- Explain that soft drinks are for special times not everyday

After school drink ideas
- Water for thirst
- Reduced fat milk
- Blend fruit with reduced fat milk (banana, strawberries in season)
  For special days -
  - Reduced fat milk with Milo®
  - Reduced fat milkshake

Effort vs accomplishment
Published on Sunday, November 2nd, 2014

It is Friday afternoon and my inbox is again featuring our children’s school weekly newsletters. (I’m sure I just read the last one yesterday!) Today, however I was struck with the sheer volume of congratulations and achievements of students over the past weeks – the newsletters are always filled with this, however suddenly I saw this […]

Read More

LIBRARY DAYS

Stage 2/3 Monday        Stage 1 Tuesday

AWARDS

Stage One
Digby Currie – Exciting progress in Literacy
Tegan Hatty – All-round positive application

Stage 2
Tyler Smith – improved reading results
Ted Hatty – Always offering to help
Jalylene McFarlane – Excellent behaviour in Maths

RFF & Library
David Beard, Brodie Rudder

Special Awards
Gus Richardson, Julia Walsh, Jessica Rudder, Charlotte McGuiness

Principal’s Award
George Hatty

How did you help somebody today?
## ~ November 2014 ~

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## FRIDAY LUNCHES

Lunch orders need to be at school by Thursday if students want a Bakery lunch on Friday.

- **Healthy Snacks Cost Less and taste great**
  - Yoghurt with Fruit: $4.10/kg
  - Sweet Biscuit: $11.80/kg
Healthy Families
Tips for healthy living for families with children under 5 years

Healthy snacks and drinks for young children

Health Promotion Service, South Eastern Sydney & Illawarra Area Health Service
December 2006

Young children have small tummies and need a variety of snacks between meals to help them grow, learn and play. It is important that snacks be nutritious and healthy as young children cannot get all the nutrition they need from main meals alone. As a guide, plan for your child to have 3 main meals and two to three healthy snacks per day.

Healthy Snack Ideas
At snack time try to include foods from the following food groups:

Dairy or High Calcium Foods

- The Dietary Guidelines for Children and Adolescents in Australia (2003) states that children can be given reduced fat dairy products from two years of age
- Plain milk
- Milk shake or Fruit smoothie
- Soy milk with added calcium
- Yoghurt – fruit, frozen or natural
- Custard
- Cheese sticks, cubes or slices
- Rice pudding or creamed rice

Breads and Cereal Based Foods

- Choose wholegrain, wholemeal or high fibre varieties
- Raisin bread, fruit loaf
- Bread - sliced, rolls, pita, sourdough, Lebanese
- Pikelets
- Scones – plain, date, fruit, cheese or pumpkin
- Breakfast wheat biscuits or breakfast cereal
- Rice crackers, rice cakes or corn thins
- Fresh or toasted sandwiches and jaffles
- English muffins or crumpets
- Savoury or fruit based muffins
- Plain biscuits
- Pasta, rice or noodles

Fruit and Vegetables

- Include a variety of fresh, frozen, canned or dried fruit and vegetables
- Whole fresh fruit or pieces
- Tinned fruit
- Stewed fruit
- Commercial fruit snack packs
- Dried fruit e.g. sultanas
- Raw or lightly steamed vegetables
- Salads

Meat and meat alternatives

- Baked beans
- Boiled eggs
- Tinned fish tuna or salmon
- Lean meat e.g. Beef, veal, lamb, pork poultry
- Pastes e.g. peanutbutter, tahini, hommous
- Tofu
- Lean ham, turkey or roast beef

Drinks

- Water
  - Is cheap, freely available and has no sugar, artificial colourings or flavourings
  - Helps protects against tooth decay
- Milk
  - Helps build strong bones and teeth
  - After 12 months limit all milk and dairy foods to 600mls in 24 hours (200mls milk = 200g yoghurt = 1 slice cheese = 30g cube cheese)

What about fruit juice?

- Too much juice can cause tooth decay, reduced appetite and lead to diarrhoea in young children
- Fruit juices should be diluted 50:50 with water and limited to 150mls per day for children over 12 months
- Always serve in a cup

Tip

Choose these snack foods and drinks sometimes or in small amounts…

Some foods and drinks do not fit into the five food groups as they are not essential for our bodies. Chips, chocolate, sticky fruit snacks, sticky muesli and breakfast bars, sweet biscuits, small packets of savoury biscuits, lollies, cordials, and soft drinks are high in sugar and/or fat, provide few nutrients and may cause tooth decay. Choose these sometimes or in small amounts.
How much time will be spent on each subject?

The Board’s syllabus requirements can be taught in 80 percent of a typical 9 am to 3 pm five-day school week. The remaining 20 percent of the school week is left free for additional activities at the school’s discretion. For example, many schools use this time for languages, additional school sport, concert rehearsals, religious education and special projects.

English and Mathematics make up about 50 percent of the school week – this is equivalent to at least 12 hours each week. The other subjects are spread across the remaining time (see pie chart below). The 6–10% of time noted below represents between 1.5 and 2.5 hours per week.

The use of computers is included in every stage of every subject.

**Pie Chart:**

- **English:** 25–35%
- **Mathematics:** 20%
- **Creative Arts:** 6–10%
- **Human Society and Its Environment (HSIE):** 6–10%
- **Science and Technology:** 6–10%
- **Personal Development, Health and Physical Education (PDHPE):** 6–10%
- **Additional activities up to 20%**

Having a range of percentages allows schools to program more time for English in the earlier years.

There are many different ways for teachers to organise lessons effectively. Talk to your child’s teacher about what they expect to cover in class and how you can help your child at home.
COOLAMON LIBRARY NEWS

The Library is hosting an author visit on Wednesday, 19th November @ 10.30am. Author Bronwyn Hope presents her book "The Breast is History : an intimate memoir of breast cancer. This book is an autobiography filled with humour and philosophy. It is a powerful resource for women dealing with breast cancer, their families and supporters. Everyone is most welcomed to attend with morning tea provided.

Our next Storytime will be held Friday 21st November @ 10.30am. The theme is “Fire Engines. Come along to this very special storytime – everyone most welcomed.

Our "Food for Fines" campaign has started again at the Coolamon Library. This is a great opportunity to clear all outstanding fines by donating non-perishable food in lieu of money. All collected food will be donated to St Vincent de Paul in Coolamon. They will then distribute the food to our local families within our shire.
1. News of a billion dollar a year deal between Australian exporters and China has been in the news recently. What goods are involved?
   a. Bananas
   b. Wine
   c. Cattle

2. True or false, the Federal Government has now agreed to send health workers to west Africa to help fight Ebola?

3. New York’s tallest building has just opened for business. What is its name?
   a. Liberty Tower
   b. Peace Tower
   c. Freedom Tower

4. The Federal Government has selected 40 preschools across the country to take part in a trial. What will be introduced to children in the trial?
   a. learning a second language
   b. learning about money
   c. learning swimming skills

5. Violence broke out last week when 100,000 workers gathered to protest in which country?
   a. Belgium
   b. France
   c. India

6. The drummer from which Australian band appeared in a New Zealand court last week on serious charges?
   a. Cold Chisel
   b. AC/DC
   c. Hunters and Collectors

7. Which of the following horses won the Melbourne Cup?
   a. Protectionist
   b. Precedence
   c. Admire Ratki

8. According to the online election survey Vote Compass, most Victorians support a ban on what?
   a. whips in horse racing
   b. all horse racing
   c. jumps racing

9. Which ocean is the world’s third largest?

10. Police officers were called to a pub in the Pilbara town of Newman after a patron arrived in an unusual vehicle. What was it?
    a. a tank
    b. a plane
    c. a hot air balloon

11. Studio giant Disney has revealed the title of the latest film in the Star Wars collection. How many films have there been including this one?
    a. three
    b. five
    c. seven

12. The world’s largest annual marathon was held on the 3rd of November in which city?
    a. London
    b. New York
    c. Boston

13. Why were homes evacuated and several streets closed in Brisbane’s Rochedale South last weekend?
    a. explosives were discovered in a house
    b. a major gas leak occurred in the regions main gas pipes
    c. fire had broken out and was threatening other homes

14. True or false, Antarctica is considered to be a desert?

15. Of which sport is Fast5 a variation?
    a. rugby league
    b. netball
    c. basketball
Weekly Quiz - Visual

1. This animal celebrated a special birthday recently. How old is he?

2. Which country has this flag?

3. In which major world city is this amazing World War One commemoration on display?

4. Name this Australian television personality who has been in the news recently.

5. In which European city are people celebrating the 25th anniversary of this event?
1. News of a billion dollar a year deal between Australian exporters and China has been in the news recently. What goods are involved?
   c. Cattle - The Federal Government is close to finalising health protocols with China, which would allow the trade to begin. China may take up to a million live cattle a year which is just under Australia's current figure for the whole world market of 1.1 million.

2. True or false, the Federal Government has now agreed to send health workers to West Africa to help fight Ebola?
   True - The Government initially held off from sending health workers to West Africa until it had a guarantee any Australians who might become infected would get treatment. Last week the Government announced a deal had been reached with the United Kingdom.

3. New York's tallest building has just opened for business. What is its name?
   a. Freedom Tower - 13 years after the Sept. 11 attacks, the first tenants moved their belongings into the new 104-storey building that stands on the site of the attacks.

4. The Federal Government has selected 40 preschools across the country to take part in a trial. What will be introduced to children in the trial?
   a. learning a second language - The $9.8 million program will use play-based learning to help generate interest in language studies that can be built on in later schooling. The Government is looking to increase the number of school-leavers who can speak a second language as it has dropped from about 40 per cent in the 1960s, to about 12 per cent last year.

5. Violence broke out last week when 100,000 workers gathered to protest in which country?
   a. Belgium - Violence has broken out across Brussels as 100,000 workers set fire to cars and threw cobblestones at police during a protest of government's free-market reforms and austerity measures.

6. The drummer from which Australian band appeared in a New Zealand court last week on serious charges?
   b. AC/DC - Police in New Zealand are under fire for their handling of a criminal case against AC/DC drummer Phil Rudd. A charge laid against Rudd of attempting to procure the murder of two people was withdrawn just one day after he appeared at court.

7. Which of the following horses won the Melbourne Cup?
   a. Protectionist - The Cup was won brilliantly by the second favourite with the fastest Melbourne Cup since Kingston Rule won in 1990. However, the race was marred by the deaths of two horses after the race.

8. According to the online election survey Vote Compass, most Victorians support a ban on what?
   c. jumps racing - Fifty-five per cent of people responding to the ABC's online election survey Vote Compass said they either agreed or strongly agreed with banning the sport. Only 20 per cent of the 15,000 people surveyed opposed a ban.

9. Which ocean is the world's third largest?
   Indian Ocean - covers approximately 20% of the world's water surface and is third behind the Pacific (46%) and the Atlantic (29%) Oceans.

10. Police officers were called to a pub in the Pilbara town of Newman after a patron arrived in an unusual vehicle. What was it?
    a. a plane - Witnesses told police the light aircraft, with its propeller running, had taxied from one end of the mining town to the other. The aircraft did not have wings and was later towed from the pub.

11. Studio giant Disney has revealed the title of the latest film in the Star Wars collection. How many films have there been including this one?
    c. seven - Disney has revealed the title of the Star Wars franchise's seventh episode, The Force Awakens, and said filming was over. It will be released in December 2015 as editing now has to take place. Star Wars has attracted generations of loyal fans ever since the first film arrived in 1977.

12. The world's largest annual marathon was held on the 3rd of November in which city?
    b. New York - The New York Marathon is the world's largest marathon with 50,000 finishers. Kenyan runner Wilson Kipsang won the US$600,000 first place prize.

13. Why were homes evacuated and several streets closed in Brisbane's Rochedale South last weekend?
    a. explosives were discovered in a house - Police raided a house on Saturday afternoon and found military grade explosives. Police commenced controlled explosions at the house early on Sunday morning because some of the chemicals were too dangerous to move. Neighbouring properties were evacuated and some residents were told may not be able to return to their homes until the area is declared safe.

14. True or false, Antarctica is considered to be a desert?
    True - Antarctica, on average, is the coldest, driest, and windiest continent, and has the highest average elevation of all the continents. It is considered a desert, with annual precipitation of only 200 mm (8 inches) along the coast and far less inland.

15. Of which sport is Fast5 a variation?
    b. netball - Fast5 (originally called Fastnet) is a variation of netball featuring shortened games and goals worth multiple points. The new format was announced by the International Federation of Netball Associations (IFNA) in 2009, and was primarily developed for a new international competition, the Fast5 Netball World Series.

**VISUAL ANSWERS**

1. 100 years old - Fred the cockatoo celebrated his centenary with a letter from The Queen.
2. Jamaica
3. London - the art installation is located at the Tower of London. Each poppy commemorates a fallen WW1 serviceman from the British Empire.
4. Milton Jones - has been allowed to keep his helicopter licence despite performing dangerous stunts and using it to tow along his teenage son on a wakeboard
5. a. Berlin - in 1989 residents dismantled the wall that had physically and symbolically divided the two sides of the city during the communist era.

Feedback: staff@classroomsolutions.com.au