Welcome back to Term 3 at Riverstone Public School. We have a full calendar this term with plenty of upcoming events for students and the community.

I would like to welcome our new families to Riverstone, I am sure you will enjoy all that the school and community has to offer.

Also a welcome back to Mrs Kumar who is an old/new face at the school. Mrs Kumar will be taking K/6A while Ms Ale continues her maternity leave. Thank you to Miss Camilleri who is doing an outstanding job in the Relieving Assistant Principal position in Ms Ale’s absence. In other staffing news Mrs Krumins is on long service leave for the first 6 weeks of the term and will be replaced by Mrs Kaur.

This term we will also be advertising for our vacant Assistant Principal position, Mrs Azzopardi is currently relieving in the vacancy and will continue to do so until the position is filled.

The P&C will be holding a disco this Friday after school. Entry to the disco is $5 per child and this includes their afternoon tea and a glow bracelet. If you need another note for this event; they are available at the office.

Gymnastics sessions start next week for students in Preschool to Year 2. These sessions are provided by Fit Futures Gymnastics and support students fundamental movement skill development not to mention provide a fun and active fitness session each week. Please ensure that students P-2 wear sports uniform on a Wednesday during the term.

Our students in Stage 2&3 will have the opportunity to compete in the Blacktown District Spelling Bee. Students will have the opportunity to compete in a class competition, with the class winners competing at assembly to find our stage champions. The stage champions will then represent the school at district level.

Education Week celebrations will be held during Week 3. 2014 is the 60th anniversary of the first Education Week and is an ideal opportunity to take stock and measure progress. The tag line for the original 1954 Education Week was “lighting the way to a better world”. We have adopted this slogan for this years celebration. Education week kicks off on Monday with our Commonwealth Games-a-thon. This event will see students adopt a country from the Commonwealth and compete in a circuit of events. Students have been asked to seek sponsorship from friends and family as a fundraiser for the P&C with some great prizes up for grabs. Parents are welcome to come and watch the activities on the day between 11.30am-1pm.

Peer Support will commence next week and will run throughout the term. Peer Support Leaders are Year 5 & 6 students who have completed a training course and work with groups of students from Kindergarten to Year 5 in activities that support proactive social skills.
Wanders Cup Soccer
Congratulations to our soccer team who came 3rd at last week's Wanderers Cup soccer competition. Our team played extremely well and demonstrated outstanding sportsmanship skills on the day. Mrs Plummer was very proud and impressed with the way out team represented Riverstone!

Emma Thompson
Principal

P&C News
A big thank you to all the ladies that came on the Bargain Buyers shopping trip. We all had a fantastic day. We raised over $800.00 on the trip for the school.

School Disco
Preschool to Year 2 will be attending from 3 - 4.15pm. Years 3-6 will attend from 4.15 - 5.30pm. Please make sure you are there on time to collect your child/children.

There will be extra glow items on sale at the disco, the prices will be from $2.50 - $6.00.

The Commonwealth Games
The Commonwealth Games-a-thon is on Monday 28 July. We hope everyone is busy collecting sponsors.

Prizes for sponsorship - 1st prize for the student with the highest sponsorship is a bike, complete with helmet. There will be stage prizes for the students that raise the most money. Also every child who participates will receive an ice block and an award. We are sure everyone will have lots of fun.

Musical Instruments
The P&C are donating a new clarinet, flute and 5 heavy duty professional stage music stands to the band of Riverstone Public School.

Thankyou
The P&C Committee

EnviroMentors
On Wednesday 30 July 6B, 5S, 4/5M and the Support Unit are participating in the EnviroMentors® program. EnviroMentors® is Keep NSW Beautiful’s education program. A team of experienced educators provide a range of education services to improve community awareness and engagement on local sustainability issues and initiatives. EnviroMentors focuses on motivating communities to participate in simple and practical ways to improve their local environment.

The program to be presented is called ‘In the Bin’. Through drama, races and games, students will be learning about the importance of placing waste in the bin, and the environmental implications of littering. Content includes the correct disposal of all waste items in your local area, and how individuals can take action to protect the environment. The sessions will go for approximately 55mins per class and we hope that students learn lots of useful information.

Melissa Azzopardi
Program Coordinator

Gymnastics
Students in Preschool, Kindergarten, Year 1 and Year 2 will be taking part in Fit Futures Gymnastics this term.

This course will run for 8 weeks and was to have started this week on Wednesday 23 July. Due to unforeseen circumstances this has been changed to starting next week on Wednesday 30 July and will continue until the end of the term instead of finishing in Week 9.

Students need to wear their sports uniform for gymnastics next Wednesday.

Year 6 will be holding a raffle this term to help raise funds for their farewell. We are hoping to make up some fantastic food and personal care hampers. We would like all families to feel free to make a donation towards the hampers so that they can be as large and interesting as possible.

Suggested items for the hampers -
- Lollies
- Chocolates
- Biscuits
- Bathroom items such as toothpaste, soap, sponges, hand cream, hair spray etc
- General grocery items such as tea, coffee, sugar, pancake mixers or cake mixers, soft drinks or cordials

Please bring donations to the office by 1 August.

Thank you, for your continued support of our school.
The Year 6 Farewell Committee

Website & App
If you have not yet had the opportunity to browse through our updated website – make sure you do at - www.riverstone-p.schools.nsw.edu.au.

We have also started the Riverstone Public School App to assist in providing reminders and notices. You can download the App by searching the school name on
1. iTunes App store
2. Google Apps
or for those without a smart phone
3. On line http://riverstoneps.myauschools.com
The password for community members is User name: community
Password: riverstone

Facebook
Don’t forget to “Like” us on Facebook https://www.facebook.com/RiverstonePublicSchool
It is the easiest way to receive reminders about events and keep up with all the school news.
The students in 1P have been enjoying learning many different things this semester in all Key Learning Areas. Literacy skills have further developed through regular practise by working in whole class, groups and in partners. The students have displayed a developing knowledge of phonics and this has supported them in reading and spelling new words. They are reading a variety of texts and gaining a greater understanding through the use of language, grammatical features, punctuation conventions and visual cues. The students are writing a variety of sentences describing their experiences inside and outside of school. They are utilising the vocabulary of many Speaking and Listening experiences as a basis for their writing. The students are beginning to reflect on their learning and are sharing their thoughts with peers.

All students have shown enjoyment in learning about many aspects of Mathematics. The students have shown the ability to count in a variety of patterns and are using this knowledge to understand numbers. They have begun to work cooperatively in groups where mathematical concepts are reinforced through game and through the support of each other.

In Human Society and Its Environment (HSIE) the students have shared their needs and wants and discussed the needs of other community members. They have enjoyed visits from the police and firefighters, who willingly shared some insight into their particular jobs. This term the students will be looking at the various places of shelter within the community and are looking forward to designing and making a shelter. In Science we have discussed the language of weather, the symbols and description of the changes in our weather during the year. During this term the students will be doing a unit called “Getting About” which will be looking about how we utilise transport throughout our community. They have been gaining a greater understanding of the use of technology through the use of I-Pads and class computers to support their learning.

In the Creative arts the students have used a variety of equipment to produce artistic representations of their experiences or directed topics related to other curriculum areas.

The children have enjoyed responding to music through singing, movement and mime and are becoming more confident in their approach to all activities. They have been involved in stage singing and have enjoyed singing together regularly.

The students in 1P are becoming more confident in their approach to their learning and are enjoying the progress they are making daily. They are working cooperatively in groups and are becoming more responsible for their own behaviour and their reaction to others.
During last term the students from Stage 1 and the Support classes enjoyed participating in an excursion into The Botanical Gardens where the students were guided through activities based on the book we studied called “Alexander’s Outing”. It was a perfect day in the city and the students enthusiastically were guided throughout the park. They happily participated in some measuring experiences around the bottle tree, observing the ducks and identifying the landmarks which were described in the literary text.
Preschool Catch-Up

The Preschool has been very busy learning about sustainability and using recycled materials for their projects. We have been following the Munch and Move program and the children are very conscious of eating healthily and drinking lots of water. Our worm farm is thriving because we feed the worms all our healthy scraps and we use our worm wee to water the garden. The Smarties and Jellybeans have completed two major projects using recycled materials. The Jellybeans made rockets and the Smarties made robots. Our projects are based on children’s interests and address many of the Early Learning Years Framework outcomes.

We celebrated Grandparents Day and it was lovely to see all the wonderful grandparents playing with the children and joining us for a picnic. The children painted portraits of their grandparents and it was amazing how the portraits actually resembled them. There was a real sense of community and the children were very proud to introduce their grandparents to everyone.

We participated in the Cross Country with the Big School and even I completed the course. We also supported the Asthma Foundation and wore our pyjamas to preschool. It was a very busy term and we can’t wait to see where the Early Years Learning Framework will take us in Term 3.

Kaylene Smith
Preschool Supervisor
Riverstone Public School, as a service to parents, will advertise community events that may be of interest. Riverstone Public School does not necessarily endorse or sponsor the events and accepts no responsibility for the management or organisation of these events.

Riverstone Families Connect
BREAKFAST CLUB
Thursday Morning
8.15am—8.50am

All students are welcome to come along. Students must leave the Breakfast Club to line up for class when the bell goes.

Tee-Ball (5-8 years)
Mod-Ball (9 years)
Baseball (10-15 years)
Seniors (15+)

Our Club:
- Accredited Coaches
- All levels and abilities
- Opportunities for player development
- Family Discounts
- Club playing shirt supplied
- Family Orientated Club

Nutrition Snippet
The simplest way
to save time on midweek meals
Are you pressed for time when it comes to creating healthy midweek meals? Here are some quick and easy tips to take the hassle out of midweek cooking.

<table>
<thead>
<tr>
<th>Day One</th>
<th>Day Two</th>
</tr>
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<tbody>
<tr>
<td>Cook a larger quantity of your favourite meat and vegetable stir fry. Refrigerate leftovers.</td>
<td>Wrap leftover stir fry in shortcrust or fllo pastry to create a ‘pie’. Serve with extra veges.</td>
</tr>
<tr>
<td>When cooking lasagne, double amount of mince &amp; veg filling (add carrot, zucchini, sweet potato, corn, mushrooms), refrigerate extras.</td>
<td>Add extra filling from the previous night to spaghetti for quick spag bol.</td>
</tr>
<tr>
<td>Prepare extra veges with a baked dinner &amp; refrigerate leftovers.</td>
<td>Heat leftover veg &amp; add to a salad = warm roast vegetable salad.</td>
</tr>
</tbody>
</table>

By planning your meals you can save time, money and do wonders for your family’s health!

For more information visit www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Well @ School Program.

Nutrition Snippet
The simplest way
to see if you’re eating enough fruit & veg.
Take the Fruit & Veg Challenge!
Write down everything you ate and drank yesterday and see if you got the 2 serves of fruit and 5 serves of veg you need.

Here is an example:
Drinks: 2 cups of tea, 2 x 125ml glasses of OJ, 3 glasses of water
Snacks: 1 tub yoghurt, 1 banana, 2 biscuits
Breakfast: 2 slices toast with butter and jam
Lunch: 1 medium potato with tuna and cheese, 1 apple
Dinner: Macaroni cheese, ½ cup peas, 2 slices garlic bread

This person ate 3 serves of fruit (juice only counts as one serve) but only 5 serves of veg. If you’re eating less fruit or veg than you need, have a think now about how you can eat more.

For more information visit www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

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