Calendar
What's On

Term 4 Week 8

Wednesday 26 November
Aboriginal Hearing Screening K-2
Kindy Luncheon

Thursday 27 November
Final Whole School Assembly for this year
Dance 2 Be Fit

Friday 28 November
Viewing for Family Photos 8am in the library
RDA Presentation Day
Band practice 3-4pm

Term 4 Week 9

Tuesday 2 December
Thank You Morning Tea
Scripture Assembly
Aboriginal Dance Years 3-6

Wednesday 3 December
Preschool Christmas Party
P&C AGM in the Library at 1.00pm
Year 7 2015 High School Orientation Day

Thursday 4 December
Sports Awards Assembly
Dance 2 Be Fit

Friday 5 December
Gold and Silver Day

Principal’s Message
Mentoring Program
During Term 4 we have had visitors from Norwest Christian College attend our school every Tuesday at lunchtime to run a playground games program for students in years K-2. This program has been a lot of fun and has had many eager participants turn up each week. After lunchtime our visitors have stayed and helped out in either the preschool or in the classrooms completing a reading program with the students. This has been a positive experience for the Riverstone Public School students and the Norwest Christian College students who have really enjoyed each weekly session.

Thank you to Norwest Christian College staff, Sinead from Wesley Family Services and Mrs Azzopardi for coordinating this program for the students.

Staff News

Poor Mrs Plummer was rushed to hospital on Sunday night to have her appendix removed. She promises to back to 3/4K as quickly as she can and Mr England has promised not to teach them any bad habits before she returns. Thank you Mr England for jumping onto class to keep the program running. We wish Mrs Plummer a very speedy recovery.

Ms Ale has returned to us this week from her maternity leave and will spend the last few weeks of term getting things organised in the Preschool and Support Unit for 2015. Welcome back Ms Ale, we missed you. Thank you to Miss Camilleri for all of your hard work and dedication in Ms Ale’s absence.

In happy and sad news I can announce that Mrs Govender will be leaving us at the end of this year as she has been successful in securing a position at Riverbank Public School.
School (the new primary school in The Ponds) teaching a Kindergarten support class. We thank you for all your hard work with the Support Unit and particularly from our dancers over the years. Congratulations on gaining this position in a brand new school, we wish you all the very best.

2015 Classes
Our classes are currently being formed for 2015 and are based on the numbers we have now. If you know someone who has not yet enrolled for the 2015 school year please encourage them to do so as soon as possible. We have been able to just scrape in for 10 classes again, with one of our classes being a Boys Education class. This class is going to be taken by Mrs Plummer and will work with a group of students providing a very individualised program with plenty of hands on and physical activity. Parents of students for this class will be contacted to discuss the program with Mrs Plummer as soon as she returns from sick leave.

I have met with many parents over the last two weeks to discuss any additional support needs students may have and these will be taken into consideration when we place students into classes.

The table below outlines the teachers we have in place for next year and the predicted year groups they will be teaching. As always these could change due to number fluctuations but they are looking pretty steady at this stage.

<table>
<thead>
<tr>
<th>Class</th>
<th>Teacher</th>
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<tbody>
<tr>
<td>Preschool</td>
<td>Mr Wall</td>
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<tr>
<td>Preschool</td>
<td>Miss Kaylene &amp; Miss Chivers</td>
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<tr>
<td>Kindergarten</td>
<td>Mrs Azzopardi</td>
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<tr>
<td>Yr 1</td>
<td>Miss Smigliani</td>
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<td>Yr 1/2</td>
<td>Miss Shaw</td>
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<td>Yr 2</td>
<td>Mrs Calder</td>
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<td>Yr 3/4</td>
<td>Mr England</td>
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<td>Yr 3/4</td>
<td>Mrs Kaur</td>
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<td>Yr 5</td>
<td>Mrs Weisback</td>
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<td>Yr 5/6</td>
<td>Ms Wheeler</td>
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<td>Yr 6</td>
<td>Miss Camilleri</td>
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<tr>
<td>Support</td>
<td>Ms Ale &amp; Mrs White</td>
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<td>Support</td>
<td>Mrs Reddy</td>
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<td>Support</td>
<td>Miss Boyd</td>
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We also have Miss Jane, Mrs Kumar, Mrs Krumins, Mrs Baldock, Mrs Pettitt & Ms Marrow working across the school in support roles and RFF and Mrs Graham will be in the library.

I am really looking forward to a busy and energetic year in 2015.

School Leaders
Congratulations to all those Year 5 students who presented speeches today in the quest to become a School Leader. You all did such a fine job in preparing and presenting the speeches, it was a little overwhelming at times to see how grown up and confident you were. The parents of all the students that nominated should be very proud. It will be a long wait until we find out at the Celebration of Learning who the successful candidates are.

GOLD & SILVER DAY
Friday this week is the cut off for students to have received their Gold or Silver award to be eligible for the rewards excursion on Friday 5 December to Boing Central. The invited students have reached Gold or Silver and have had less than 3 detentions this year (in many cases none at all). They have demonstrated that they truly are an exceptional student of Riverstone Public School by following our school expectations of being a safe, respectful, learner. Parents will need to return the permission note and the indemnity form that will be attached to enable students to attend.

Scooter at School
During Terms 3 & 4 the number of students riding scooters to school has significantly increased. This has become a problem within the school as students have had scooters stolen or insist on leaving them inside classrooms which is a trip hazard. I am yet to see a student who rides to school wear a helmet and each day many students who ride scooters to school need to be reminded to walk them in the school grounds and not to flick them around near other students.

Because safety is a priority at our school, from the beginning of next year, scooters will not be permitted on the school grounds. Students who ride their scooters to school will have the scooter held in the office until a parent can come and pick it up. Students may continue to ride bikes to school if they wear a helmet and chain the bike up in the racks.

Books in Homes
At the last whole school assembly Kindergarten and Stage 1 students received their book packs through the Books in
Homes program. Illustrator Andrea Edmonds attended the assembly and dazzled us all with her drawing skills. I hope the students enjoy the selection of books they have received and we do hope to be able to continue to run the program again in 2015.

Emma Thompson
Principal

P&C News

Annual General Meeting
The P&C Annual General Meeting will be held next Wednesday 3 December at 1.00pm in the Library. All positions of the committee will be declared vacant. Anyone who has attended at least one meeting this year is eligible to vote for the in-coming committee. Please come along and join a team that is made up of parents and citizens of the community whose main goal is to support their child/ren’s school. Sadly, if there are not enough attendees at this next meeting, we may not have a P&C for 2015. The general meeting for December will follow the AGM at approximately 1.30pm. We look forward to seeing lots of parents/carers there so we are able to continue the work of P&C’s all over the country!

5 Cent Day
5 Cent Day was very successful. We made $644.50 on the day. The class that won the pizza party was 3-6G. Thank you everyone for your support.

Christmas Raffle
Raffle books have now been sent home with your children. Tickets are $1.00 each or can be bought in booklets of 5 for $5.00 each. We have some great prizes this year so if you require more tickets, please collect them from the office. All tickets are due back by Monday 8 December and winners will be drawn at our Christmas Concert on Thursday 11 December. Good Luck!

Uniform Shop
The uniform shop will be open on Friday 5 December. Please note that the new prices come in to effect from 1 December, 2014. Please see the office if you require an order form.

Also, if you can spare some time to help out at the Uniform Shop it would be very much appreciated. Hours are from 8.45am to approximately 9.45am. Please leave your contact details at the office.

Thank you for your support
The P&C Committee

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SunSmart Snippet

…the simplest way

Showing children that you wear sunscreen is the best way to teach them about our harmful UV rays.

Children imitate adult behavior — both good and bad. When it comes to sun protection, setting the best example is important for teachers and parents.

What should you do?

- Wear a sun safe hat.
- Wear a shirt with a collar and sleeves.
-Apply sunscreen before going outside, and then at regular two hour intervals throughout the day.

For more information visit www.sunsmartnsw.com.au or call 9334 1761

NSW Health Western Sydney Local Health District

For more information visit www.sunsmartnsw.com.au

SunSmart
This Year in Kindergarten

Wow– what a year! We started off with brand new little people entering their very first year of school and we now have a bunch of confident learners who are experts at school routines, procedures and have learned a wealth of new skills and knowledge. It has been such a pleasure to watch this gorgeous bunch of children grow physically, developmentally and academically throughout the year.

In Term 1 we had a blast at the Water Fun day where most staff and students got soaked from the activities. It was a great experience that ended in rain, just to make sure every single one of us got wet!

Term 2 was our annual Cross Country carnival. Kindergarten did a great job at running the course and it would appear that we have some star long-distance runners in the making.

Term 3 may have been the most exciting of all– we had gymnastics lessons, a visit to Calmsley Hill Farm which included a ride on a tractor, and we welcomed class pets which included Spike the Turtle, and many fish in a tank. We were sad to see them go back to their homes but we enjoyed looking after them and we learned so much about their habitat and their needs. Kindergarten have done a fabulous job growing veggies in the garden. We have grown carrots, beetroot, garlic, oranges and mulberries throughout the year. Students were so excited to take home some of our school-grown goodness last term.

We have engaged in many fun and hands-on learning experiences this year throughout all Key Learning Areas. Some orderly, and some not-so-orderly (like the Volume and Capacity lesson where we got covered in flour and water!). This term we are enjoying our Dance2BFit lessons where we are learning an awesome dance. We are busy perfecting our moves to perform at our very first ‘big school’ Christmas Concert.

We are extremely busy getting organised for The Kindergarten Lunch next week where we will turn into chefs to prepare lunch for our families, so don’t forget to return your RSVP form, and lunch order form. We hope to see you there!

Mrs Azzopardi & Miss Camilleri
Year 6 have had a very busy term learning about Democracy and Ancient Australia, as well as preparing to transition to Year 7 next year. We have learnt valuable study, research and independent learning skills to apply to our classwork next year. Year 6 are very excited for the Christmas Concert and our special performance.

We have spent the last two weeks preparing props and decorations for our performance.

Mrs Bain
Year 6 Teacher
Riverstone Combined Churches

Christmas Carols 2014

Saturday 6th December
6.00pm - BBQ
7.00pm - Carols
Corner of Pitt and Park Streets

Presented by Churches of Riverstone:
ANGLICAN ♦ BAPTIST ♦ CATHOLIC
COMMUNITY ♦ UNITING

Soccer Registration

Riverstone Schofields Junior Soccer Club

Registration at Riverstone Schofields Memorial Club,
Corner George & Market Sts, Riverstone

from 10.30am to 2pm Saturdays, 17th & 31st January and 7th February 2015

All players to register online from 3 January 2015 @ myfootballclub.com.au, Riverstone Soccer Club. Print and bring your invoice with payment to registration days or direct deposit into club’s account. Account Name: Riverstone Soccer Club BSB: 062 596 Account No: 00902214 You must come down to Riverstone Memorial Club to register, you are not guaranteed a position until you come down

If you have any queries please contact: Mary Teuma, President: 0421 730 543 or Annette Sammut, Registrar: 0411 770 440

Under 5’s to 18’s, All Age Men and Ladies, Super League, Premier League, Over 35’s Men, Over 30’s Women, Girls Comp Under 10’s to 16’s, Women’s Premier League
The simplest way
...to make a Christmas centerpiece.

Get creative these holidays with a fruit and veg inspired centerpiece for your Christmas feast!

The picture on the right uses layers of baby tomatoes, rosemary and cheese but you could use:
- Layers of thinly sliced green and red capsicum, with slices of carrots in between
- Baby tomatoes and basil
- Kiwi fruit, watermelon, rockmelon
- Use mixed berries: blueberries, strawberries, raspberries.

If you have fruit and veg on your table, you'll be surprised how quickly it will be eaten.

For more inspiration - like us on Facebook - details below.

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 Life Well & School Program.

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The simplest way
...to make healthy ice cream.

Everyone loves ice cream, right? It's cool and delicious, and perfect for cooling down on a summer's day.

Try making our fruit-filled ice-cream: it's healthy and yummy!

- ½ a 440 g can crushed pineapple in natural juice, frozen
- 1 ripe banana, frozen
- Pulp of 1 large passionfruit

Method
1. Roughly chop frozen fruit and place in the bowl of a food processor
2. Process until fruit becomes granular. Scrape down sides of bowl with a spatula and process again. Repeat 4-5 times until fruit mixture is a smooth, thick and creamy texture.

Spoon into bowls and serve immediately with fresh fruit, or freeze some for later!

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

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The simplest way
...to help fussy eaters.

One way to manage fussy eaters is to hide your fruit and veg in smoothies.

Kids think they're a milkshake and will slurp them up happily!

Ingredients
- 2 cups reduced-fat milk
- 1/2 cup reduced-fat natural yoghurt
- 1 ripe banana
- 1-2 tbs rolled oats

Method
1. Place all ingredients in a blender, mixing until smooth and well combined.
2. Serve immediately in a tall glass.

Try other fruits – like berries and drained canned fruit – for another delicious smoothie!

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

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The simplest way
...stay healthy over Summer.

Summer time = BBQ time in Australia.

Here are five ways to make your barbies as healthy and delicious as possible.

- Limit or avoid processed meat like sausages and bacon.
- Use lean cuts of meat.
- Make sure half your plate is filled with veggies.
- Cook veggies like eggplant, zucchini and capsicum straight on the BBQ (or as part of the kebab in picture).
- Make a few salads to serve on the side.
- Freezing fruits like grapes and berries makes a delicious treat for a dessert on a hot day.

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

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What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

What are the symptoms?

Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.

The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a “whooping” sound. The cough can last for many weeks and can be worse at night.

Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.

Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

How is it spread?

Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.

Whooping cough spreads easily through families, childcare centres and at school.

Who is at risk?

Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.

Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you’ve been immunised.

How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

Immunisation for babies

Babies need to be immunised at 2 months, 4 months and 6 months. The first dose can be given as early as 6 weeks of age.

Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.

If your baby’s vaccines are overdue, see your GP now to catch up.

Whooping Cough (Pertussis)
**Immunisation for older children**

A whooping cough booster is needed at 4 years of age.

Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Childhood Immunisation Register on 1800 653 809.

A second whooping cough booster is given in high school through the NSW School –based Vaccination Program.

**Immunisation for adults**

A booster for adults is recommended for:

- Women who are planning a pregnancy, pregnant (third trimester) or post-delivery. These women should discuss their vaccination needs with their doctor as soon as possible.
- Other adult household members, grandparents and carers of infants under 12 months of age.
- Adults working with young children, especially health care and child care workers.
- New mothers in NSW are eligible for free whooping cough vaccine in the public maternity unit after the birth of their children.

**If you are a close contact of someone with whooping cough:**

If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.

Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

**How is it diagnosed?**

Your doctor may ask about your symptoms and whether you’ve had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

**How is it treated?**

Some babies may need treatment in hospital or in intensive care.

Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.

The cough often continues for many weeks, despite antibiotics.

**What is the public health response?**

Doctors and laboratories must confidentially notify cases of pertussis to the local Public Health Unit. Public Health Unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

**Identify - Protect – Prevent**


For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

Whooping Cough (Pertussis)