

# Banksia Bulletin

Banksia Road Primary School

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**Caring, creative, challenging and achieving**



Thursday, 7 February 2013

## Calendar

### Week 2

### February

Wednesday 6<sup>th</sup> Playgroup starts  
Friday 8<sup>th</sup> Text books payment due

### Week 3

### February

Tuesday 12<sup>th</sup> School Swimming Carnival  
Wednesday 13<sup>th</sup> Playgroup  
Thursday 14<sup>th</sup> PSSA notes & levy due

### Week 4

### February

Tuesday 19<sup>th</sup> Meet the teacher  
Wednesday 20<sup>th</sup> Playgroup  
Scripture classes commence

### Week 5

### February

Wednesday 27<sup>th</sup> Playgroup  
Thursday 28<sup>th</sup> Life Education starts  
School Photos

### Week 6

### March

Wednesday 6<sup>th</sup> Playgroup  
Life Education finishes

### Week 7

Wednesday 13<sup>th</sup> Playgroup  
Thursday 14<sup>th</sup> Selective High Testing

## NOTES HOME

Canteen price list  
Banking information

### **BANKSIA ROAD SCHOOL RULES** **GOOD AS GOLD**

- Respect yourself, others and property
- Work hard and learn as much as you can
- Be in the right place at the right time
- Be safe and sensible



## **PRINCIPAL'S MESSAGE**

Looking out on our Monday morning assembly was amazing this week. To see so many students and parents was fantastic. Our school has grown to 436 students. This means that we have two more classes than in 2012 and that two of these classes are currently waiting for their new classrooms to arrive. The Department of Education and Communities Assets Management are currently working on getting these rooms here as quickly as possible. So for the next couple of weeks 2G will be in the library and 5V in the Community/Special Programs room.

Our 17 classes for this year are:

KR – Miss Wise	KJ – Mrs. Jackson
KC – Mrs. Coluccio (Miss Sivris)	K/1N- Mrs. Capra
1K – Miss Kilroy	1/2L – Miss Lin
2G – Miss Garvey	2J – Miss Jouni
3W – Miss Williams	3T – Miss Thorne
3/4C – Mrs. Christodoulos	4F – Mrs. Frasier
4/5M – Mrs. Mitrokas	5K – Miss Mikellidies
5V – Mrs. Vaux	6N – Mrs. Norman
6P – Mr. Perrett	

With so many children coming to our school it is important that parents help to make sure that our school entries are safe. We remind parents to park according to the parking signs. Remember that you only have two minutes to stop in the kiss and drop zone. It is also important that parents do not enter any of the school car park areas between 8.45 & 9.15am and 2.45 & 3.15pm. At these times we have gates closed so that there is no danger from moving vehicles as they come and go from the school grounds.

We remind parents that there is no supervision in the school playground until 8.45am each morning and there is no playground supervision after 3pm. It is important that children do not arrive before this time in the morning and are picked up on time in the afternoon. We understand that there can be the occasional unexpected issue that can make parents late - such as traffic - please contact the office if this is the case so that we can ensure that your child is not distressed.

The school has an excellent **before and after school care service, Leroy's**. This service provides care from 6.30am - 9am and 3pm - 6.30pm in the school's Block 5 (wooden building). They even do morning pick-ups from your home! This service is registered for Centrelink Rebates. **For more information contact Seta - 0404 141 419.**

### **TEXTBOOK REQUIREMENTS**

Each child will be required to purchase textbooks, online subscriptions and for Year 3 – 6 school magazine. Parents received an invoice for their family's Textbook fees last week. **To receive the 20% discount, these fees are due this Friday 8<sup>th</sup> February.**

### **YOGA & MINDFULNESS PROGRAM**

In Terms 1 & 2 in 2013, students from Kindy and Stages 1, 2 and 3 will get the opportunity to participate in Yoga & Mindfulness. This term Stage 3, Year 2 and 1/2 L classes will participate in this program. Troy Osman (Mr Yoga Australia) will be instructing the classes.

Over the past 3 years, Troy has taught his Yoga lessons to over 5,000 students in the Sydney region. Troy is a qualified primary school teacher with 7 years primary teaching experience including 3 years in Indigenous communities in the Kimberley. He has been teaching yoga for the past 3 years and practicing yoga for the past 15 years.

How the "Mr Yoga Australia" program is different

- Troy has developed a program with outcomes that are linked to the NSW PD/H/PE Curriculum. This means the lessons have measureable outcomes, which will be assessed in the school reports in term 1.
- Troy is a qualified school teacher who specialises in yoga techniques to calm the classroom and at the same time improve flexibility, balance and fitness
- Mr Yoga's classes are unique: the classes involve musical instruments including the didgeridoo, Tibetan singing bowl and ends with a session of gratitude

What are the benefits of Yoga?

- Yoga builds balance, flexibility and strength for students who are good at sport. Students who do not normally enjoy sport will love the non-competitive challenges of yoga. They will enjoy the exercise without the pressure often associated with team sports.
- Students are active and participating the entire time during the yoga class – no one waiting on the sidelines for their turn or not participating
- Students learn patience and concentration: the yoga poses are progressive and challenge students in a gentle and patient way. Good for students with ADHD
- Yoga promotes happiness and calmness which leads to decreased levels of stress, sickness, bullying and obesity
- Students learn how to focus on the present moment, be kind to their bodies and lead a happy life. Also, yoga has a low risk of injury as yoga is gentle on the body

More information

Go to: [www.mryoga.com.au](http://www.mryoga.com.au) for more information on the program and Troy.

### **UNIFORM SHOP**

The new school bags have arrived along with all new uniforms Apart from the Dresses which will be another couple of weeks (mid February).

### **ISLAMIC SCRIPTURE TEACHERS NEEDED**

If you are able to help with teaching Islamic Scripture could you please see Mrs Elakhras or the office ladies. Scripture is held on Wednesday afternoon between 2:15 and 3pm.

### **BANKSIA BOUNCERS REHEARSAL**

Miss Webster would like all our Banksia Bouncers from last year's *Pop ya Collar* item to come to a rehearsal this Friday afternoon from 3:15 -4:00. We are starting to prepare our dance to audition for the Regional Dance Festival which happens early next term. Auditions for students wishing to be part of this year's Primary dance group (Banksia Bouncers) will be held later this term. Notice will be given to interested students at assemblies and through the newsletter.

### **CHANGE OF CONTACT DETAILS**

If your address or phone numbers have changed over the holidays can you please let the office ladies know as soon as possible.



