

# Banksia Bulletin

Banksia Road Primary School

65 Banksia Road, Greenacre NSW 2190

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**Caring, creative, challenging and achieving**



Tuesday, 24 March 2015

## CALENDAR

### TERM 1 2015

#### Week 9 March

Monday 23rd	Homework Club
Tuesday 24 <sup>th</sup>	Harmony Day
Wednesday 25 <sup>th</sup>	Playgroup
Thursday 26 <sup>th</sup>	School Photo day
Friday 27th	PSSA Round 6

#### Week 10 March/April

Tuesday 31 <sup>st</sup>	Easter Hat Parade K-2
Wednesday 1st	Playgroup
Thursday 2nd	Good As Gold Day Excursion
	Last day for Term 1

### TERM 2 2015

#### Week 1 April

Tuesday 21 <sup>st</sup>	Students Return to School
Wednesday 22nd	Playgroup

#### Reminders: -School Photos Thursday 26<sup>th</sup> March

-Note and money for Good As Gold Excursion Due Friday 27<sup>th</sup> March

-K-2 Easter Hat Parade Tuesday 31<sup>st</sup> March

## PRINCIPAL'S MESSAGE

### WORLD'S GREATEST SHAVE

I would like to thank the greater school community for supporting this worthwhile cause and of course, Mr Harris. We raised over \$700 for the Leukaemia Foundation.



### HARMONY DAY – 15<sup>th</sup> Anniversary

What a fabulous day we had today. A huge thank you to all our parents who contributed such amazing food to the feast. Students participated in a range of activities that were designed to build on our sense of pride and union. It's a day to celebrate Australia's diversity – it is a day of cultural respect for everyone who calls Australia home. This day embraced the great sense of community and harmony that is Banksia Road! A special thank you must go to Miss Williams and Mrs Zubairi who were the driving force behind this successful day.





### **SCHOOL PHOTOS**

This Thursday we will be having our school photos for 2015. Every child will have both a class and individual photo taken. Parents may also request a family photo. Photo orders are by means of filling in an order envelope (family photo envelopes can be collected at the office) and placing the correct money in the envelope. These orders must be left in the school office by Thursday morning. Please note the school office does not handle any of the money associated with photos. We remind parents that children must be in full Summer school uniform, including black leather shoes and white socks. It is preferred that the girls wear the school dress.

### **PLEASE HELP WITH OUR CAKE STALL –**

#### **On Election Day**

We are asking for parents to bake cakes which our parent volunteers will sell this Saturday 28<sup>th</sup> March. Please bring cakes to the Community Hub this Friday 27<sup>th</sup>. All money raised will go towards ICT resources to support student learning at the school

### **STAFF PARKING**

Our Community Hub Coordinator, Mrs. Marina Boutros works very hard to involve parents and community members in events such as, International Women's Day and various adult workshops. Please remember that the school car park is for staff parking only.

### **HOMEWORK CLUB**

Last Monday was the final Homework Club for this Term. It will start up again in Week 2 next term on the 27<sup>th</sup> April. I would like to thank the teachers for volunteering their time to support this worthwhile initiative.

Hamish Woudsma  
Principal

### **PLAYGROUP**

Playgroup is held in the School Hall at 9.30-11.30 every Wednesday morning for all preschoolers. Everybody is welcome to attend. Come and bring your children and share in the fun.

*Morning tea break is proudly sponsored by:*

**ABOU SALIM Fruit Shop**

## **UNIFORM SHOP OPENING THIS WEDNESDAY**

The Uniform Shop will be opening this Wednesday morning for any parents wishing to purchase new uniforms for school Photo Day this Thursday. The Uniform shop is coordinated by P&C Volunteers and will be open for a short while between 8:45am until 9:10am. If you require to purchase uniforms for your child please do so during that time.

### **VANUATU APPEAL**

Thank you to the parents and students who donated to The Vanuatu Appeal in 6H. Your donations have been sent to Vanuatu to help in this time of need.

### **PSSA Round 6, 27th MARCH 2015**

<b>Sport</b>	<b>Opponent</b>	<b>Venue</b>
Girls Cricket	Skills Development	Graf Park George St. Yagoona
Boys Cricket	Greenacre	Jim Ring Reserve Woods Rd Birrong
Junior Boys/Girls Basketball	Georges Hall	Basketball Stadium Condell Park Court 6
Senior Boys/ GirlsBasketball	Bankstown	Basketball Stadium Condell Park Court 2
Boys T-Ball/Softball	BYE	BYE
Girls T-Ball/Softball	Berala	O'Neill Park Cooper Rd. Yagoona Diamond 1



Come along and familiarise yourself with **BRPS community hub** a place to connect, share and learn. This year, we are running a variety of programs that you can benefit from. Have a look at what's happening at the hub now:

### **Homework Club**

We are happy to see so many students attend the Homework Club with many returning each week. The club now has 70 registered students and still growing. We would like to thank the participating parents who dedicate their time during the sessions and assist wherever they can. We encourage more parents to attend and help out if possible or simply observe and learn some tutoring tips from the teachers and become familiar with the school curriculum. The last session of the Homework Club for Term 1, was held on Monday 23 March. The Homework Club will resume in Term 2.

**Family Mental Health Support  
Service presents:**

## **Kids Create!** **[Art Therapy Group]**

**Who:** Children aged 8-12 years  
**When:** Every Monday 3.30 – 4:30pm.  
**Where:** Suite 101, Ground Floor  
41-45 Rickard Road, Bankstown

### **Aims of the art therapy group are:**

- > Encourage self-expression of thoughts and feelings in a safe environment
- > Relax and de-stress
- > Encourage you to be creative and self-confident
- > Solve problems by looking with a different perspective
- > Improve emotional wellbeing while socialising with others

**Please call a Family Support worker  
on 8700 1430 to register as spaces  
are limited!**

Don't miss out on this great program: Register now for  
**"Building Bullying Shields"**

Call Marina now on 0422 122 410. Limited Spaces- so, be quick



Has your child experienced some kind of  
Bullying?

Want to learn how you can help them?

Then come to

**Building Bullying Shields**

A free, three-week course that gives parents an insight into bullying behaviour and provides skills to build resilience in their children. The course helps parents work with their children to improve their own protective strategies and responses to bullying behaviour.

18<sup>th</sup> March 9.30am – 11.30am

25<sup>th</sup> March 9.30am – 11.30am

1<sup>st</sup> April 9.30am – 11.30am

Address – Banksia Road Public, in the Community Hub  
65 Banksia Road, Greenacre

Community Hub Contact – Marina 0422 122 410

Creating Links Contact – Ibrahim 0406 386 932

**Childcare Provided**

### **COOKING CLASS**

Banksia Rd Public School Community Hub would like to thank ***Darwich Meat (Greenacre)*** for their donations of fresh halal meat to the Cooking Classes!

### **Free Cooking Class**

Classes are held on Mondays in the Community Hub Room at BRPS. Classes Start **12:30pm** and finish at **2:30pm**.

On **Monday 23 March**, Nisreen, Zehra and Fadia volunteered their time in cooking 3 lovely dishes for Harmony Day (Tuesday 24 March). We hope you enjoyed the multicultural food (Palestinian, Indian and Lebanese) cooked by these lovely ladies and shared on Harmony Day! The Cooking Classes will resume in Term 2 - Starting date TBA. There will be an excursion for the cooking class participants and their pre-school children. Watch this space for further details in Term 2.

Enquiries: Marina 0422 122 410



# HEALTHY KIDS PROGRAM



## GO4FUN FOR FAMILIES

Go4Fun is a healthy lifestyle program for kids aged 7-13 above a healthy weight and their families.

At Go4Fun kids and parents learn about healthy eating and physical activity using fun, up-beat activities and games.

Go4Fun also helps build self-esteem and confidence in an encouraging and supportive environment.

Go4Fun runs after school during the school term for 10 weeks.

## ACTIVITIES AT GO4FUN:

GAMES & FUN ACTIVITIES  
BEING AN ACTIVE FAMILY  
LEARNING DIFFERENT FOODS & INGREDIENTS  
UNDERSTANDING FOOD FEELINGS AND TRIGGERS  
BEING A 'FOOD DETECTIVE' AT THE SUPERMARKET TOUR

## WHAT HAPPENS AT GO4FUN?



HOUR

1

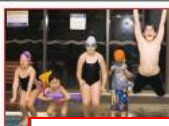
**PARENTS & KIDS TOGETHER:**  
NUTRITION & MIND THEORY SESSION

**PARENTS DO:**  
NUTRITION & FAMILY LIFESTYLE CHAT SESSIONS

HOUR

2

**KIDS DO:**  
FUN PHYSICAL ACTIVITY & GAMES SESSIONS



More info  
for families



## WHY SHOULD KIDS DO GO4FUN?

The program aims to improve the health of the child through the development of healthy lifestyle behaviours, as well as educating and positively affecting kids' attitude to food and physical activity.

The program includes: nutritional information on food serving sizes and label reading, support and advice talking about weight and role modelling, personal improvement on physical activity and self-esteem as well as fun games incorporating fitness, movement skills and team building.

## WHAT IS ABOVE HEALTHY WEIGHT?

Approximately 1 in 4\* (27%) of children in NSW are overweight or obese. Kids who could be above a healthy weight include those that:

- Wear clothes sizes for an older age group
- Spend over two hours watching television (or using a computer) per day
- Are physically active for less than one hour per day
- Eat unbalanced meals, large portion sizes or more than one unhealthy snack per day.

\*NSW Ministry of Health, The Health of Children and Young People in NSW, Report of the Chief Health Officer 2014

## BENEFITS OF GO4FUN?

- Builds self-esteem and confidence
- Improves sporting skills and fitness
- Builds team work and communication skills
- Balanced diet helping learning and mood
- A healthier child!

## HOW DOES GO4FUN WORK?

Research has shown that Go4Fun can help children reach a healthier weight, increase time spent being active, improve fitness and help raise self-esteem.

Measurement of height and weight is collected before and after Go4Fun to help track improvements of children as a result of Go4Fun.

Go4Fun meets current Australian guidelines and National Health and Medical Research Council (NHMRC) recommendations for managing overweight and obesity in children.

## WHERE?

Held in sports and community centres, as well as schools in most council areas of NSW.

## WHEN?

Run after school in school term (10 weeks), usually starting at 4:00pm, 4:30pm or 5:00pm.

## COST?

FREE. Kids get a free t-shirt, drawstring bag, bouncy ball, water bottle and info folder.

REGISTER ON 1800 780 900  
OR [www.go4fun.com.au](http://www.go4fun.com.au)





*Banksia Rd. Public School Canteen*

# *"Easter Special"*

Tuesday, 31<sup>st</sup> of March (Lunch only)



## "Sausage Sizzle"



with juice, mini easter eggs and jelly

**\$5.50**

*Please complete the slip below and return to the school canteen  
By Monday 30<sup>th</sup> of March to ensure you don't miss out*

----- Cut Here -----

NAME:

CLASS:

JUICE:



Sauce:

Barbecue

☐

Tomato

☐

*Please advise of any allergies which relate to the special.*

