



Important Dates

TERM 2 WEEK 6 2019

JUN

3-21 Loose coin round up

13 1/2T Assembly School Hall @ 2.30pm—Parents Welcome

17 P&C Meeting @ 6pm

25 Whole School Photo –Wear Full School Uniform

27 1/2FR Assembly School Hall @ 2.30pm—Parents Welcome

JUL

2 Monkey Baas Excursion—K-6 Blue/Red

5 Term 2 Ends

23 Term 3 Begins

Money/Notes Due

Yr 6 Shirt/Hoodie	OVERDUE
Dance Group	\$30 Selected students
Choir Group	\$45 Overdue
Book Pack	\$20



Penrith Public School

High Street,
Penrith NSW 2750
Ph: 02 4721 2158

Email: penrith-p.school@det.nsw.edu.au

Website: <https://penrith-p.schools.nsw.gov.au/>

PENRITH PUBLIC SCHOOL'S CORE VALUES

Learning Environment Cooperation Respect

Principal's Message

Dear Parents and Carers,

Thanks for all your support with Grandparents Day. We were overwhelmed with the donations provided to the school for morning tea and also the generosity shown towards our Book Fair, with proceeds helping us raise money for the school and purchase of additional resources for the library.

P&C Meeting – Our next P & C meeting will take place on 17 June at 6pm. All welcome.

Western Sydney Wanderers Gala Day – A big thanks to Mr Emmingham and Mrs Miller for taking students to represent our school at this gala day. Congratulations to the girls who made the finals and well done to the boys who made the semi-final. Both teams represented our school with wonderful sportsmanship.

School Reports – Academic reports will be provided to your student in the last week of school, this term. Please take this time to look over the report with your child and celebrate their success. Remember if you would like to discuss the report further an appointment needs to be made through the office.

Grandparents' Day – Thanks to everyone who supported Grandparents' Day! It was a wonderful day and it was great to see families coming together and sharing a great experience! A special thanks to Mrs Reynolds for organising the day and Mrs Hardie-Grant for organising the Book Fair. We have raised over \$6800!

Leaders' Reception – Congratulations to our School Captains Dasuni and Tauese (TJ) for representing our school with pride and receiving your certificates for leadership. It was a wonderful night and Mr McMahon was very proud of both our leaders and looks forward to working with them throughout the year

Enrolling Now for 2020 – If you have a child commencing kindergarten in 2020, or if you know of anyone commencing school next year, we are taking enrolments now! Our comprehensive Kickstart to Kindy program runs throughout terms three and four.

Warm regards

Chantal Beltran
Principal



Sports Happenings

Students have now received their house badges. Thank you to the parents who came along to this assembly. All stage 2 and 3 students have a Premier's Sporting Challenge card which they can record any sort of physical activity they take part in over the next ten weeks.

Recently, Penrith School was involved in the Wanderers cup soccer tournament with some degree of success. From the four teams we had competing two made the semi-finals and one girls team will now go on to represent our school at the regional finals later in the year. Well done to all involved and thank you to the parents who came along on the day. The next day the Girls soccer team narrowly lost their third round state knockout match 3 goals to 2. I was very pleased with the improvement and enthusiasm they have shown and look forward to further soccer days this year.

Shortly, students will be competing in some athletics events prior to our School Carnival. This includes the shotput and a new primary school event-the 1500 metres. Once again a reminder that our whole school athletics carnival will take place early in term three.

Mr John Emmingham

Sports Coordinator



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It was an honour to attend the **2019 Primary School Leaders Reception** to watch both our school captains, Dasuni M. and Tauese T. receive their school leadership certificates. They represented our school with pride and were excited about attending the event. Congratulations to you both.



Message from the Office

To all parents & carers

The office staff are often experiencing problems contacting parents in cases of an emergency or illness.

If any details have changed; e.g. Mobile numbers, Work numbers, Emergency contacts or Home address, please contact the office or you can print a **Student change of Details form** from our school website: <https://penrith-p.schools.nsw.gov.au/>

It is very important we have the most up to date information. If your child is unwell we need to be able to contact parents promptly.

Admin Staff

Canteen News

Lunch and recess orders are to be placed at the canteen from 8.45am until 9.15am. **No late orders can be accepted.**

Canteen Manager



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Penrith Public School P&C Loose Change Round Up

We know how busy families get and understand that many of you don't have time to volunteer in person at school, so here's another way for you to get involved and support the students of Penrith Public School!

The P&C fundraise to help pay for technology resources, subsidise excursions and so much more. Please help us reach this year's fundraising goal by donating your loose change to the round up.



What is it? The Loose Change Round Up basically encourages the kids to bring in as much loose change as they can find, whether it be lying around the house, in the car, in the washing machine or even fallen between the seats in the lounge! With parent and carers permission, we'd like students to bring that loose change into school and place it in their classes' jar. Each stage will battle it out and the class with the highest amount wins an ice cream party! (Whilst also raising important funds for their classroom!)

When? The challenge will run from the **3rd of June until the 21st of June** so start saving those coins! Winning classes from Support, Early Stage 1, Stage 1, Stage 2 & Stage 3 will be announced on Tuesday the 25th of June.

Please get on board and let your **SMALL CHANGE FUND BIG CHANGE** for our School.

Penrith Air League Squadron is enrolling for Term 2 2019

The **Penrith Squadron** of the **Australian Air League** is enrolling cadets for Term 2 2019 at its new meeting location at **Melrose Hall, 169**



Australian
Air League
Penrith Boys and Girls Squadrons

**Great Western Highway EMU
PLAINS**

2750 on **Thursday** evenings
from **7:15** until **9:15pm**.



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Programs from Kindergarten to Year 9



Robotics
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AUSTRALIA'S YOUTH PRESENTS

A SELF DEFENCE KARATE AND SAFETY AWARENESS PROGRAM

*For boys and girls
Ages 5 – 16
In Sydney Since 1994*

Website – karate-kids.com.au

INSTRUCTORS TRAINED SPECIFICALLY
FOR TEACHING CHILDREN AND TEENS

SELF DEFENCE ONLY IS TAUGHT

CLASSES DIVIDED BY AGE
AND EXPERIENCE

FROM BEGINNER TO
BLACK BELT

DEVELOP SELF CONFIDENCE

IMPROVE CONCENTRATION

BUILD COORDINATION

BUILD SELF ESTEEM

IMPROVE STUDIES

MAKE FRIENDS



Only \$14.00 Per Week
With a \$2.00 Rego per term
No Extra Grading Fees!

INSTRUCTOR IS A KARATE CHAMPION AND ISKA INSTRUCTOR OF THE YEAR

Location: Penrith South Public School,
Corner of Jamison Rd. and Evan St., South Penrith
Classes are every Monday for 9 Weeks (Every School Term)
New and Returning Registration: Monday, 6 May, 2019
New Students can also join on: Mondays, 13 May, 20 May.

**New and Returning
Students
Ages 5-8**
Class Time 4:00 to 4:40PM

**New Students
Ages 9-16
and Returning Students**
Class Time 4:45 to 5:25PM

Returning Students please see website at www.karate-kids.com.au for class times.

REGISTRATION WILL BE ACCEPTED UP TO THE THIRD WEEK OF TERM. NO PRE-REGISTRATION IS NECESSARY,
JUST TURN UP 10 TO 15 MINUTES BEFORE CLASS TIME ABOVE IF POSSIBLE. WE ACCEPT CHEQUES OR CASH.
FOR FURTHER INFORMATION, SEE WEBSITE AT www.karate-kids.com.au.



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Cancer Council
Healthy Lunch Box

Nutrition Snippet

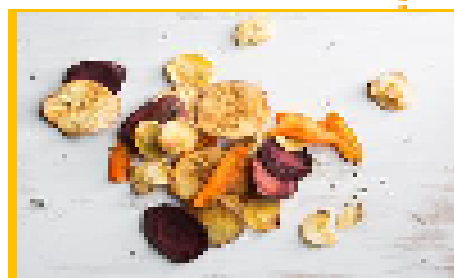
The simplest way

... to make baked vegie chips

Serves: 4 | Prep time: 15 min | Cooking time: 20 min

Ingredients

- 1 sweet potato, peeled
- 2 carrots, peeled
- 2 parsnips, peeled
- 1 large beetroot, peeled
- Sprigs of fresh rosemary or thyme
- Olive oil spray
- Sea salt



Method

Pre-heat oven to 190°C. Slice all the vegies into thin rounds. Spread them out on paper towels and blot dry, ensure they're as dry as possible.

Line a baking tray with foil and lightly spray with olive oil. Spread the vegies and herbs on the tray and spray them with olive oil and add a dash of salt. Bake for approx. 20 minutes, checking every 5 mins. to ensure they're not burning. Remove any that are brown and crispy before the others.

For more recipes, tips and ideas visit our [website](http://healthylunchbox.com.au).

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

The simplest way

... to make vegies easy to eat.

Vegetables don't have to be boring.

Prepare vegies in different ways and add flavor to make them appealing.



- Try our tasty salad dressings
- Make vegies interesting by serving with saucers and dips
- Combine vegetables with other foods and flavours that the family enjoy, try:
 - Cauliflower and broccoli "Mac N Cheese"
 - Eggplant tagine
 - Beef and broccoli stir fry
 - Vegie and black bean tacos
 - Green frittata
 - Easy pizza
 - Sweet potato and lentil curry

For more recipes and ideas visit healthylunchbox.com.au

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