



# Important Dates

## TERM 3 WEEK 10 2022

### SEP

23 Term 3 ends

### OCT

10 Term 4 begins—All students

12-13 YMCA Camp—Years 3 & 4

13 6NP Assembly—2.15pm School Hall enter via canteen gate

17 Kickstart to Kindergarten—School Hall 9.30-10.30am

17 P&C Meeting 3.30-4.30pm

20 KM Assembly—2.30pm School Hall enter via canteen gate

24 Kickstart to Kindergarten—School Hall 9.30-10.30am

24-31 Swim School

27 3M Assembly—2.30pm School Hall enter via canteen gate

### NOV

1-4 Swim School

3 Support Assembly—2.30pm School Hall enter via canteen gate

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**School caps and surf hats can be purchased from the school office:**

**School caps \$18— Surf hats \$20**

### **Money/Notes Due**

FULL PAYMENT —Stage 2 YMCA Camp—OVERDUE

\$115 Final payment—Stage 3 Aussie Bush Camp —Due Tue 18 October

Swim Scheme— Payment in Full Due Wed 21 September

# **PENRITH PUBLIC SCHOOL'S CORE VALUES**

***Learning Environment Cooperation Respect***

## **Principal's Message**

Dear Parents and Carers

Term 3 is quickly coming to an end. Another wonderful term at Penrith Public School!!!!!!

Everyone had a great time at Crazy Hair and Crazy Sock Day in Week 8. Thank you to everyone for supporting the Stage 3 Fundraiser.

An absolutely fantastic day at Pedlars' Fair. It was great to see the student and staff costumes.

All Penrith Public School staff and students embrace the lead up to the fair with exuberance. I know Kindergarten teachers were very busy after school this week designing and painting in readiness for the fair day.

To all staff, thank you for putting in extra hours to make costumes and prepare activities to make Pedlars' Fair one of the most fun days of the year.

A big thank you to Mrs. Fogg for organising the whole day. It is a huge commitment to coordinate all the events. A special thank you to Mr. Fogg and Mr. Emmingham for the extra-long hours and assistance to Mrs. Fogg in making Pedlars' Fair a wonderful day for everyone. Mr. Fogg, Mrs. Fogg and Mr. Emmingham are to be commended for their selfless work ethic and dedication to the students at Penrith Public School.

I thoroughly enjoyed attending 5P's Assembly. I loved the way music was linked to Monopoly. Well done Mr. Purse and 5P.

Miss Pisto and the Penrith Public School Choir gave an outstanding performance at 5P's Assembly. Thank you, Miss Pisto for your dedication, commitment and the extra time you give to support the students at Penrith Public School.

To Mr. Reddington, Penrith Public School General Assistant, thank you for helping us with everything. As well as the everyday maintenance activities you complete around the school, you are only too happy to assist with many other activities including helping teachers move classrooms, setting up the BBQ when required and putting chairs out for weekly assemblies.

Thank you to Ms. Geisler for modelling effective learning in your classroom. You provide valuable opportunities for students in 1/2G to engage in their learning with rich learning tasks. I loved looking at the work samples in your classroom, especially the writing samples students created about their families. Then there's Koala Lou. Fantastic examples of creative arts. 1/2G are also learning about 'Growing Mould.' Another wonderful example of creative thinking and problem solving at Penrith Public School.

Thursday 22 September 2022 has been declared a National Day of Mourning for Her Majesty Queen Elizabeth II.

NSW public schools will be non-operational on Thursday 22 September 2022 and there will be no staff or supervision available on school sites.

**Normal lessons will resume Friday 23 September 2022.**

**Kindergarten Excursion** – The Kindergarten Excursion to Calmsley Hill City Farm has been re-scheduled to Wednesday 30 November.

**First Foot Forward** – This will be re-scheduled for Term 4. Students in Stage 3 will be notified of the new date in due course.

**Musica Viva** – Last week students attended a free concert from Musica Viva. An engaging performance for students and teachers with some of Australia's best musicians. Thank you Ms. Wood for organising this.

**Enrolling Now for 2023** – If you have a child commencing kindergarten in 2023, or if you know of anyone commencing school next year, we are taking enrolments now! Our comprehensive Kickstart to Kindy program runs throughout term four.

I would like to wish everyone a happy and safe holiday. I hope you all have a restful break. I look forward to seeing you all back at school on the Monday 10th October.

STUDENTS RETURN TO SCHOOL ON MONDAY 10 OCTOBER 2022. There is **not** a pupil free day.

*Warm regards*

*Sue McMahon*

*Relieving Principal*



# **22 September public holiday**

**National Day of Mourning  
for Her Majesty Queen  
Elizabeth II.**

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## Penrith Public School Bushfood Garden

Penrith Public School received a grant from Woolworths Landcare Scheme. This grant allowed our school to purchase plants for our Bush Food Garden. We designed and presented our garden design to the AECG Committee, and we were granted approval with our design and plant choice.

Our garden has a central focus of three waterways coming to one. Each of the waterways represents students, teachers and our community. "Together we come together as one"

Students across the school helped prepare this space and we look forward to using our bush foods in our cooking in 2023.





## Bushfood Garden-cont



## Crazy Hair and Crazy Sock Day

Mrs. McMahon with Ellouise and Alitiana  
form KC on Crazy Hair and Crazy Sock Day



## Musica Viva

This week all students across Penrith Public School were taught how to create music during a demystifying Musica Viva performance titled 'Taking Shape; from acclaimed ensemble Topology. They moved effortlessly between pop, jazz, chamber music and progressive rock and taught students how to listen, generate ideas, and explore the way melodies are “shaped”. Topology guided students and teachers through the process of composition and shaped their performance by students’ unique contributions.





## Musica Viva – continued





# PEDLARS' FAIR DAY





## PEDLARS' FAIR DAY—cont



# Updated Menu Commencing Term 4 2022



Penrith Public School Canteen Price List as at Term 4, 2022

## CANTEEN MENU



Lunch and recess orders can be placed at the canteen between 8.45am and 9.15am (late orders may be rejected or amended to suit food/help availability)

Cold lunches	
Sandwiches	
Vegemite	\$2.30
Cheese	\$2.80
Tomato	\$2.80
Cheese & Tomato	\$3.30
Egg & Mayo	\$3.30
Ham, Chicken (H) or Tuna	\$3.30
Salad - lettuce, tomato, cucumber, carrot & beetroot	\$4.30
Egg, Lettuce & Mayo	\$3.80
Chicken (H) & Salad	\$4.80
Tuna & Salad	\$4.80
Extras	
Plain Wrap	\$1.00
Bread Rolls	\$1.00
Extra Fillings - any	\$0.50
Sandwiches/banana bread toasted	\$0.20

Salad Boxes	
One Size (GF with no cheese)	
Lettuce, Tomato, Carrot, Corn, Beetroot, Cheese, Pineapple, Cucumber & Egg	\$5.50
Add Ham or Chicken (H)	\$6.00

Hot Lunches	
Party Pies	\$0.70
Sausage Roll	\$2.80
Chicken Nuggets (H) - 5 per serve	\$3.00
Oriental or Vegetarian(GF) Fried Rice	\$4.60
Spaghetti Bolognese or Ravioli	\$4.60
Beef, Chicken or Vegetable Lasagne	\$4.60
Macaroni Cheese	\$4.60
Hokkein noodles	\$4.60
Honey Soy Chicken and rice	\$4.60
Chicken (H) or Beef Burger	\$5.00
Nacho Dippers	\$5.00
Bacon & Egg Roll	\$5.00

Frozen Snacks	
Juicie Treats GF	\$1.00
Juicie Tubes GF	\$1.20
Berry Sticks GF	\$0.80
Moosies GF	\$1.20
Paddle Pops	\$1.50
Slushy - fruit juice	\$2.00

GF - Gluten Free  
H - Halal

Daily Snacks/Recess	
Vita Wheat - Vegemite or Cheese - 2 per serve	\$1.60
Vita Wheat - Vegemite & Cheese - 2 per serve	\$1.80
Grainwaves	\$1.70
Mamee Rice Snacks - Cheese (GF) (H)	\$1.50
Popcorn GF	\$1.50
Vege Stick Cup - seasonal vegetables GF	\$2.00
Vege Stick Cup with Homus Dip	\$2.50
Cheese & Crackers - 6 per serve	\$1.60
Fresh Assorted Seasonal Fruit - Check basket GF	\$1.20
Slinky Apples GF	\$1.40
Fruit Salad Cups - Seasonal Fruits GF	\$2.50
Banana Bread - per slice	\$1.50

Drinks	
Flavoured Milk - Choc, Strawberry & Vanilla Malt	\$2.50
Bottled Water -350ml (GF)	\$1.50
Bottled Water - 600ml (GF)	\$1.90
Chill - Aloe Raspberry & Watermelon - 250ml	\$2.20
Chill J - raspberry, blackcurrent, cola, watermelon, orange passio, lemonade & grape GF	\$2.20
Juice Poppers - Apple, Orange, Tropical GF	\$1.50

Sauce portions BBQ or Tomato \$0.30



# Got It!



## The Importance of Sleep

Is your family struggling more than usual?

Getting enough sleep can be difficult when our routines have changed. Sleep is important for healthy bodies and brains. Children aged 5 to 13 years need to get 9 to 11 hours of uninterrupted sleep each night.

### Poor sleep can:

- Make it difficult to focus or make decisions.
- Decrease memory.
- Increase mood changes, irritability and behaviour.
- Increase desire for foods that are likely to make it difficult to maintain a healthy weight.
- Decrease ability or desire to be active and exercise.



### Tips for a good sleep:

- Have a consistent bedtime routine.
- Avoid screen time 1 hour before bed time.
- Avoid playing or doing school work on the bed.
- Play calm music or nature sounds to help settle into bed.
- Monitor for increased anxiety or distress that may be impacting sleep. Contact your GP if you have any concerns.
- Ensure your child remains physically active throughout the day.
- Create a calm environment for sleep: minimise loud unpredictable noise and movement within the room and consider your child's preference for light (consider dim lighting if required).

**Do not be afraid to ask for help. Your local GP will be able to offer support and guidance.**



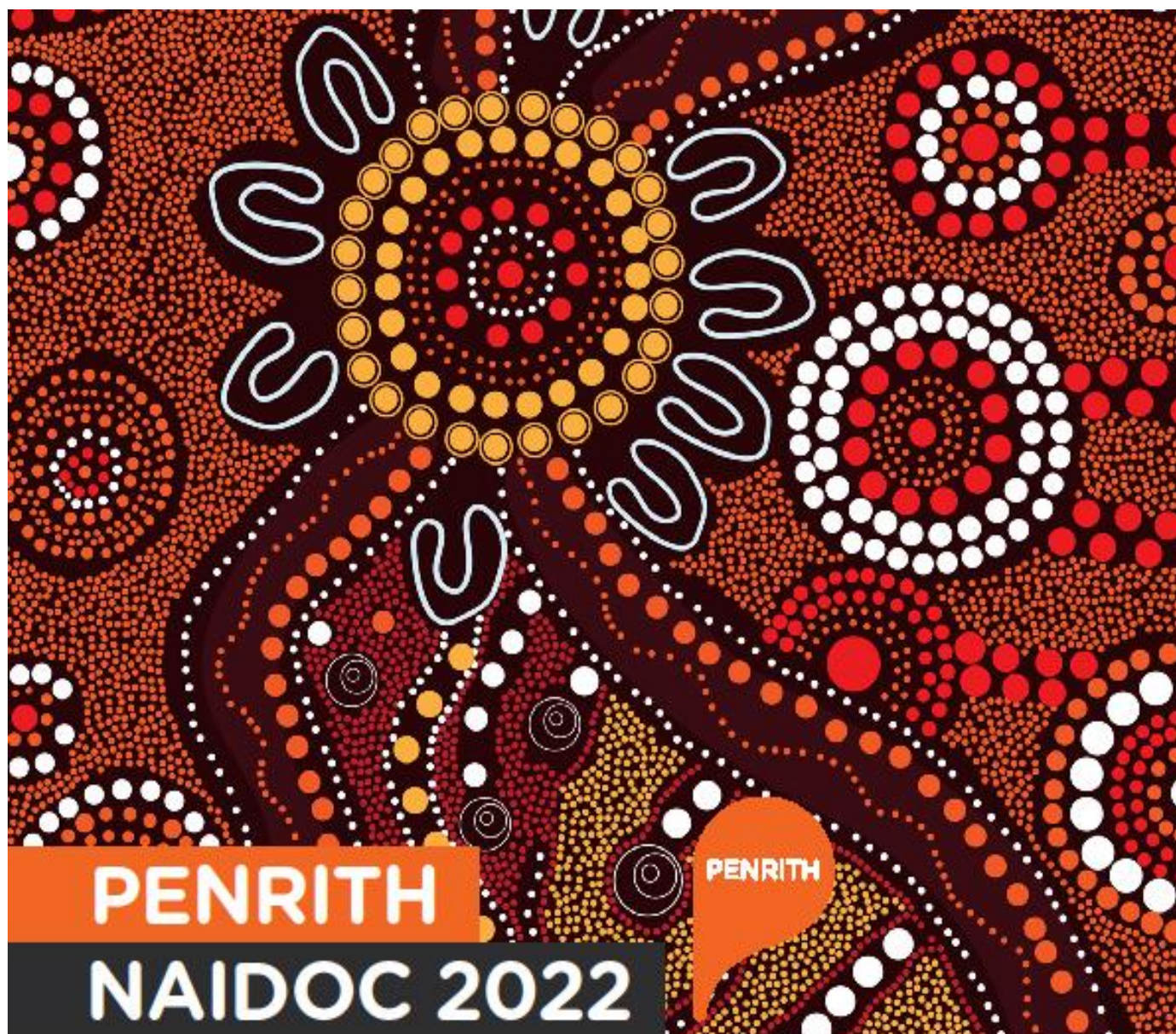


Image: Daimari

**Join us to celebrate Aboriginal and Torres Strait Islander culture, history and heritage**

- Cultural performances
- Market stalls
- Workshops
- BBQ lunch ... and more

**Friday 7 October 2022**  
**10am to 4pm**

**Jamison Park,**  
**South Penrith**



**PENRITH**  
**CITY COUNCIL**



**Health**  
Nepean Blue Mountains  
Local Health District

[penrith.city/events](https://penrith.city/events)



## Penrith Public School 'Kick Start to Kindergarten'

Monday Mornings

9.30am—10.30am

Starting July 25 2022

During School Terms 3 and 4

**Free Play  
Learning**

Do you have a child starting kindergarten next year?

**Group  
Activities**

Join us for a starting school playgroup. It helps provide a gentle introduction to school life through play.

Please bring some fruit, a bottle of water and a hat for your child.

Parents stay with their child at the playgroup.  
Siblings can attend.

**Stories &  
Games**

Each morning there will be free play, group time and morning tea.

**Visit Areas  
of the  
School**



For more information please call /text 0423 720 492 or  
call the school on 47212158.



# Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

education.nsw.gov.au



## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

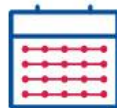
and years over their school life

**1** day per fortnight



=

**4** weeks



=

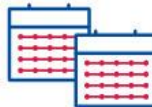
Over **1** year missed

**1** day per week



=

**8** weeks



=

Over **2.5** years missed

education.nsw.gov.au



**DISCOVER**  
your **potential**  
**FEEL MORE**  
**confident**  
**CHALLENGE**  
yourself

Join Guides today:  
[www.joinguides.com.au](http://www.joinguides.com.au)



GIRL GUIDES  
AUSTRALIA  
NSW ACT NT



# CANTEEN

## School 24 Online Ordering Information

### Orders must be entered by 9.15am daily

#### GETTING STARTED

Welcome to School24. We look forward to providing you with an easy-to-use online ordering platform that can be used on-the-go at any time! Getting started is easy, just follow the steps below and you'll be ready to make your first order in minutes.

#### Registration

Go to: [www.school24.net.au](http://www.school24.net.au)

Register

Press the **blue** registration button to create your account. ->

Enter your unique school ID number to help us match your account with your school.

Penrith Primary School - School registration ID: 25282963

You will then be asked to input your personal details. Once completed click ->

Create Account

Congratulations you are now registered!

#### Activate your Account

Go to [www.school24.net.au](http://www.school24.net.au)

Use your registered email address and password to login. Once you have logged in you will need to complete the following steps to ensure you are ready to make your first order.

#### Step 1

Setup your children. In the middle of the screen there is a 'students' button. Here you can input your child's name and class, along with any allergies or special requirements they may have.

SCHOOL24

Students profile

#### Step 2

Top-up your account. You will be taken to a secure page where you can select a top-up amount and enter your card details. Top-up is instant when using visa/master cards.

#### Place your first order!

You are now ready to make your first order. If you have any queries please do not hesitate to contact our friendly support team on **02 8041 1132** or email us on: **help@school24.com.au**

SCHOOL24

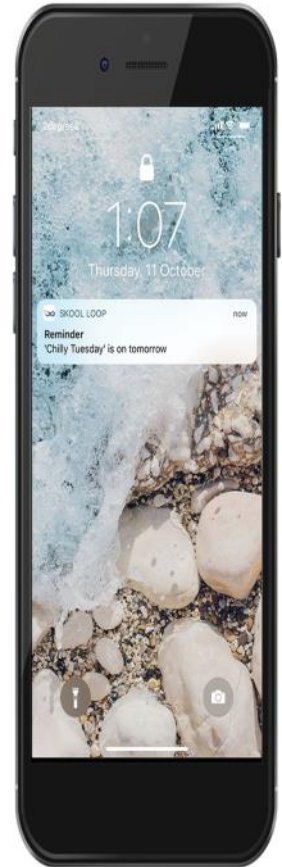
Customer support: 02 8041 1132



# The Skool Loop App

## Here's some tips to ensure you receive notices and push notifications

- When you download the Skool Loop App you will be asked if you would like notifications please **tap yes**. Some devices don't ask this question and automatically tick yes for you. This can be changed in your settings
- If your notifications are turned off in your device settings, some phones apply that to all apps when downloading. In the phone settings please make sure your notifications are turned on
- Check your App Store or Google Play regularly for any outstanding updates
- There are 2 different notices school will send out: **push notification** (banner and ding) or a **notice** (visual alert only)
- You will only receive a push notification if you are not using the app at the time
- If your volume is off you will not hear an alert
- You will see a visual alert if a **notice** has been posted. You will not hear a ding
- You will only hear a ding if the school sends a **push notification**.



## Downloading the Skool Loop app - a step by step guide

Once you have downloaded the Skool Loop App, via either your Google Play or App store, please follow the below instructions to select your school -

- Open the Skool Loop App - you will land on a welcome page.
- Click the 'Select your schools' this will bring you to a menu you can either search your school or follow the country/region prompts.
- Once you reach your school, select it with the tick on the righthand side.
- Tap the 'select schools' button in the top right corner.
- Tap the big orange choose button. This will load your school and bring you to the settings page.
- Subscribe to the groups that are relevant to you, then click the 'go back' button on your phone, which will bring you to the main screen of your schools app.





# Welcome to 2022

Welcome back to a new school year! Our Outside School Hours Care, Your OSHC provides tailored experiences that aim to inspire your child and help them grow.

We have been busy designing the perfect program and environment to kick off the new year. We can't wait for your children to experience it.

Our term 1 program will focus on forging new friendships, strengthening existing ones, being secure, and feeling included and confident. We have set up an engaging and inspiring Your OSHC space so every session you child will be able to choose from different experience in our many zones.

Dear parents,

Welcome back to another exciting year to Camp Australia. Children's choices are the base of our programming. We are dedicated to provide children a safe learning environment where they feel belonged and valued. Please reach us to 0402353737 for further queries.

Regards,

Coordinator



## Virtual information sessions

Join us for a free virtual information session to find out how Outside School Hours Care can help your family, and how our team can guide your child's growth. These virtual, informative, and interactive sessions will provide insight into how Your OSHC by Camp Australia operates.

[Book now](#)



## COVID safe activities

All activities are COVID safe, adhere to all health guidelines and follow COVID-19 cleaning practices.



## Positive Transitions program

Whether it's your child's first day of school, they're joining us at OSHC for the first time or they just need a little encouragement after the summer holidays, our Transitions program will help your child feel safe, valued and included.



## Save on OSHC fees with the CCS

Did you know you can reduce the cost of care with a Government subsidy? We strongly recommend you apply for the Child Care Subsidy (CCS) to determine what you're eligible for. For more info, visit [Mygov.com.au](https://mygov.com.au)

## It's free to register

To attend our program, you must register your child. You can register an account with us at [pp.campaustalia.com.au](https://pp.campaustalia.com.au) or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



## Boost your child's sense of belonging

When children feel that all-important sense of belonging, they can thrive. Read our full blog on helping to boost your child's sense of belonging in primary school.

[Visit our blog](#)

# CHOCTOBER FEARLESS

THE FUNNEST SCHOOL HOLIDAY ACTIVITY FOR KIDS!

**30th September, 9am - 3pm**

**Choose two different workshops!**

Activities include big & messy games, amazing creative workshops, chocolate grab & chocolate zone, plus fun, faith & friends!

**EPIC chocolate prizes to be won!**

**\$30 for the whole day**

At Imagine Nations Church  
1 Simeon Rd, Orchard Hills



SCAN THE CODE FOR MORE  
INFO AND TO REGISTER OR GO TO  
[INCHURCH.COM.AU/CHOCTOBER](http://INCHURCH.COM.AU/CHOCTOBER)





# Go4Fun is coming to Penrith

Term 4 | Tuesdays | 5pm to 7pm | YMCA Penrith



Healthy  
Active  
Happy  
Kids

Go4Fun is a free - 10 week healthy lifestyle program for 7-13 year old children and their families to become fitter, healthier and happier!

To check your eligibility and register:  
visit, [go4fun.com.au](https://go4fun.com.au) or call 1800 780 900





# **Weekly Kids' Club**

# **STAKZ**

**3.30 till 5.30pm**  
**FRIDAY AFTERNOONS**

**BIBLE TALKS - FUN GAMES**  
**CRAFT ACTIVITIES - SINGING**

**Penrith Presbyterian Church - 9 Doonmore St. 4721 2440**  
**Visit us at: [penrithpresbyterian.com](http://penrithpresbyterian.com)**

**Free family  
fun at the  
Parliament  
of NSW**

**Friday  
7 October  
10am to 3pm**

**FREE  
ENTRY**



**Cartooning workshop**

Draw people and objects with the award-winning illustrator and cartoonist Eric Lobbecke. Every half hour from 11:00am, finishing at 2:00pm

**Vote for me!**

Learn how to vote with the NSW Electoral Commission. Every half hour from 10:00am

**Mock Committee Hearing**

Have your say as a participant in our committee hearings. Every half hour from 10:00am

**AUSLAN  
interpreters  
available**

**\$4  
Democracy  
Sausage**

**The  
Public Café  
open**

Visit us at Australia's oldest Parliament as it opens its doors for **Family Fun Day**, an open day packed with free, fun activities for children from 4 to 12 years and their families. In addition to the above, there will be many activities on offer for families to enjoy, including craft, tours of our historic chambers, roving musicians and more....! (You might even get to meet some very important people.)



**BOOK NOW**



**BOOKINGS ESSENTIAL**

P: (02) 9230 2047

E: [communityengagement@parliament.nsw.gov.au](mailto:communityengagement@parliament.nsw.gov.au)

**WHERE**

6 Macquarie Street, Sydney - opposite Martin Place

**MORE INFORMATION**

[www.parliament.nsw.gov.au/events](http://www.parliament.nsw.gov.au/events)



Local business market stalls!

BBQ stall!

Meet the educators

Prizes to be won!

Fun activities!

Green Gables

OPEN DAY

Childcare

new and existing families welcome!

Free entry!!

When? Saturday, October 15<sup>th</sup>  
9:30am - 12:30pm

Where? U49 18-22 Colless Street,  
Penrith



PENRITH

SEE OUR  
WEBSITE &  
FACEBOOK FOR  
MORE DETAILS

# SCHOOL HOLIDAY FUN

AT LOLLIPOP'S PENRITH PANTHERS

MONDAY  
SEPT 26TH

**FREE ADULT ENTRY**  
USE CODE:  
**FREEDULT**

AT ONLINE CHECKOUT ONLY  
Book online via our website

TUESDAY  
SEPT 27TH



**BUILD A BEAR  
BAB workshop \$29**

Includes 1x basic  
bear plus Lollipops  
Entry

Online bookings only  
via facebook

WEDNESDAY  
SEPT 28TH

**FROZEN VISIT**

Time:  
11am

THURSDAY  
SEPT 29TH

We are open 9:30-3:30pm

FRIDAY  
SEPT 30TH

We are open 9:30am-8pm



**Friday Night  
Family Disco  
6-8pm**

**ONLY \$15**  
Per ticket (Admits  
1 adult and 1 child)

MONDAY  
OCT 3RD

We are open 9:30-3:30pm

TUESDAY  
OCT 4TH

**FREE ADULT ENTRY**  
USE CODE:  
**FREEDULT**

AT ONLINE CHECKOUT ONLY  
Book online via our website

WEDNESDAY  
OCT 5TH

**MINION VISIT**

Time:  
11am

THURSDAY  
OCT 6TH

We are open 9:30-3:30pm

FRIDAY  
OCT 7TH



11:30am  
**\$15 per  
child**  
includes  
entry for  
2hrs

BOOKINGS ESSENTIAL  
Book online via our website



Now located inside Penrith Panthers on Level 3 - Open daily from 9:30am - 02 4721-8555



# Penrith Public School

Thanks to the below businesses for sponsoring our school app:



**BEAU COOK**  
T. 401 213 236



If you would like to advertise on the Penrith Public School Skool Loop App  
please email [Content@skoolloop.com](mailto:Content@skoolloop.com)



To download our app: In Google Play & App Store search  
'Skool Loop' & choose Penrith Public School once installed.