**From the Principal - Mrs Maraga**

15 October 2014

**Penrith Valley Public Speaking**

Congratulations to all of the public speakers who participated in the Cluster Final of the Penrith Valley Public Speaking competition on Monday of this week. All of the students spoke extremely well against some tough opposition from other schools. Olivia S 3S and Max O 5M were successful in making it through to the Penrith Valley Final to be held on November 10. We wish them well for the Final.

**NSW Grandparents Day Sunday 26 October**

We have many grandparents who are heavily involved in the daily lives of the students at our school. Our Regentville Rocks celebrations held last term was just one small way that we say thank you to those grandparents. We would like to remind everyone to remember to say thanks to their grandparents on Sunday 26 October NSW Grandparents Day.

**Outstanding Ambassador for the School**

I received an email from the coach of the NSW PSSA Rugby Union team telling me about a student from our school, Joseph S from 56R. The coach explained that not only was Joseph part of the winning state team but he was voted as NSW Player of the tournament by referees and opposing coaches. He went on to explain that Joseph was an outstanding ambassador for our school with the way he conducted himself both on and off the field. We are all very proud of his efforts.

**Selective High School**

Information about the Year 7 2016 selective high school applications was distributed this week. Parents can visit the website, www.schools.nsw.edu.au/shsplacement to get more information. No applications will be accepted after 17 November. If you would like more information about this process please contact the school.

**CyberSmart**

On Monday the students, staff and parents were given a presentation about the importance of being smart with the use of the internet and social media. The presentation is a Federal Governments initiative to support students, staff and parents to safely negotiate the world wide web. While most of us use the internet and social media applications to enhance our daily lives we must always be mindful of how this wonderful technology can also be extremely harmful if it is not managed thoughtfully and carefully. I would encourage you to have frequent discussions with your children about using the internet safely to reinforce the messages we are giving them at school.

The following link is one of many sites that can offer ideas and support in this matter.

**School Website and Calendar**

Remember to keep an eye on the school website calendar and our Facebook page to keep you up to date with events in this busy term.
Well done to our Public Speakers, Olivia S 3S, Joshua C 4M, Amelia S 5S, Max O 5M, Mackenzie B 56R and Cassandra O 6S who participated at the Cluster Final this week. Olivia and Max will go on to the final to be held later this term.

Year 6 students received lots of compliments about the way they conducted themselves on their Canberra/Snow trip last week.

Dates for the Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>16 Oct</td>
<td>Glenmore Park Loch excursion Yr 1, 2L, 2M</td>
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<tr>
<td>21 Oct</td>
<td>Year 5 Science Day at GPHS</td>
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<td>22 Oct</td>
<td>Band Road Trip</td>
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<tr>
<td>23 Oct</td>
<td>“Unique Day” (see item)</td>
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<tr>
<td>27 Oct</td>
<td>Milo Cup Y3/4</td>
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<tr>
<td>27 Oct</td>
<td>Stewart House Collection Day</td>
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<tr>
<td>28 Oct</td>
<td>Jump Rope for Heart collection day</td>
</tr>
<tr>
<td>29 Oct</td>
<td>Jump Rope for Heart collection day</td>
</tr>
<tr>
<td>29 Oct</td>
<td>“Jump Off Day”</td>
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<tr>
<td>29 Oct</td>
<td>Milo Cup Y5/6 State Finals</td>
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<tr>
<td>30 Oct</td>
<td>Year 4 Camp Yarramundi</td>
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<tr>
<td>31 Oct</td>
<td>Year 4 Camp Yarramundi</td>
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<tr>
<td>3 Nov</td>
<td>Swim School starts</td>
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<tr>
<td>5 Nov</td>
<td>Kindergarten Orientation</td>
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<tr>
<td>8 Dec</td>
<td>Presentation Day</td>
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<tr>
<td>9 Dec</td>
<td>Year 6 Graduation</td>
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Payments Due

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>16 Oct</td>
<td>Yarramundi Camp 3rd Instalment $50</td>
</tr>
<tr>
<td>22 Oct</td>
<td>Swimming Scheme Y2 &amp; 3 $65</td>
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<td></td>
<td>General School Contribution $40/$80 (Instalments can be paid at any time)</td>
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</tbody>
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Last Day for Awards Trading for this year is Friday 21 November.
4 x Blue Awards; 3 x Silver Awards or 2 x Gold Awards can be brought in to Mrs Garland (Infants) or Mrs Macleod Jones (Primary) anytime before 3pm on this date.

The P & C Association would like to congratulate and thank:

Mrs Sally Simmons

on her 10 years’ service as Manager of the school canteen.
We would like to acknowledge her dedication to the position whilst supporting the students and families of Regentville Public School.

Star Performers

- Well done to our Public Speakers, Olivia S 3S, Joshua C 4M, Amelia S 5S, Max O 5M, Mackenzie B 56R and Cassandra O 6S who participated at the Cluster Final this week. Olivia and Max will go on to the final to be held later this term.
- Year 6 students received lots of compliments about the way they conducted themselves on their Canberra/Snow trip last week.
JUMP ROPE FOR HEART

As you are aware all students are happily participating in the Heart Foundation Jump Rope for Heart program and your continued support is much appreciated. 10% of any money raised will go to the school to spend on much needed resources.

Just a friendly reminder that if you choose to sponsor then the process is easy – you can either fill in a sponsor form and return it on one of the collection days (extra sponsor forms can be collected from Mr Buckley) or we encourage you to simply just go online to [www.heartfoundation.org.au/jumprope](http://www.heartfoundation.org.au/jumprope), click on the green ‘Kids Join Now’ button, and register your child today!

A secure fundraising page will be created as soon as you register; all you need to do then is click the ‘Email Sponsors’ link to send your family and friends an email asking them for their support… It’s that easy!

This is an easy, safe way for your child to monitor their progress, receive bonus prizes and even receive sponsorship from family and friends who are further afield.

At the end of the program we will be holding a Jump Off Day, which is an event to celebrate and culminate the Heart Foundation Jump Rope for Heart program. **This will be held on Wednesday 29th October (Term 4, Week 4).** The Jump Off Day is a great opportunity for you to witness how much fun skipping can be, come along and pick up a rope!

If you require more information please contact Mr Buckley.

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**Australian Government Assistance for National Capital Excursion**

The Year 6 students have recently undertaken an educational tour of the national capital. While on this tour they participated in a variety of educational programmes focussed on Australia’s history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit their national capital as part of their civics and citizenship education. To assist in meeting the cost of the excursion the Australian Government is contributing funding under the Parliament and Civics Education Rebate (PACER) programme toward the travel expenses incurred. This contribution will be paid directly to the school upon completion of the excursion.

We would like to thank the Australian Government for their support of this program. Activities undertaken as part of the educational tour are outlined elsewhere in this newsletter.

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**Year Six Canberra/Snowy Excursion**

As a result of a submission we placed with the National Capital Tourist Centre this year, we were successful in receiving a $20 rebate for each Year 6 student attending the Canberra Excursion. This amount of money has already been allocated in the form of a reduction in the total cost of the excursion per student. Any money remaining will cover the cost of production of the Year 6 yearbook. It has been requested by the Tourist Centre that we publish the above letter to advertise the value of their contribution.
Missing Friend

I am happy but miserable
I wonder how the world began
I hear a friend’s voice in my head
I see her face fade away
I want to see her again
I am happy but miserable

I pretend I can hear her voice calling
I feel like we are worlds away
I touch a soft petal of a flower that makes me miss her more
I worry if she’s okay, she’ll be here one day
I cry when I think of her
I am happy but miserable

I understand that I will see her in my dreams
I say I will see her tomorrow
And I dream a happy dream
I try to look forward
I hope I see her now
I am happy but miserable

By Rose T 4O

Reggie says congratulations to the following people for being our weekly winners!

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<thead>
<tr>
<th></th>
<th>K-2</th>
<th>3-6</th>
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<tbody>
<tr>
<td>Safe</td>
<td>Alexander 2M-Mrs Geisker</td>
<td>Lily-Kate G - 5M</td>
</tr>
<tr>
<td>Respectful</td>
<td>William 1B-Mrs Hahn</td>
<td>Brody T - 3G</td>
</tr>
<tr>
<td>Learner</td>
<td>Jack G-Ms Cavanagh</td>
<td>Ryan C - 3R</td>
</tr>
</tbody>
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BE YOU NIQUE!

Mental Health Month 2014

For more information visit www.mentalhealth.asn.au

Mental Health Association NSW 1300 794 991

Sponsored by Mental Health Commission of NSW
10 Tips to Stress Less

- Enjoy lunch outside
- Get your hands dirty - do some gardening
- Explore your playful side
- Accept an imperfect me!
- Take one small step towards your goals
- Feel the breeze
- Be generous with kind words
- Appreciate the people in your life
- Seek a different perspective
- Take the scenic route

Visit www.stresslesstips.org

Mental Health Association NSW 1300 794 991