

# Green Valley Voice

Green Valley Public School

PH 9607 8710 F: 9608 4690 E: [greenvalley-p.school@det.nsw.edu.au](mailto:greenvalley-p.school@det.nsw.edu.au)

[www.greenvalley-p.schools.nsw.edu.au](http://www.greenvalley-p.schools.nsw.edu.au)



Issue 13 - Term 3 - Week 5

Monday 12th August 2013

## PRINCIPAL'S REPORT




I would like to thank you for your support of our Education Week activities. It was great to see so many people here during the week for our assembly, class visits, food fair and guest performer. I know how hard it can be to find the time to take from busy schedules to attend your child's school but it is very much appreciated by all of us here, especially your children.

We have a big week here this week on a couple of fronts with Wakakirri performers on stage at Parramatta Riverside Theatre on Monday night and our school aerobics team heading off to the Gold Coast on Friday for the weekend as they perform in the National Aerobics titles.

Best of luck to all performers and competitors and their teachers.

One of the great things about our school is the extra curricular activity opportunities we provide for your children such as these. What is even greater about this is that we have an extremely dedicated group of staff who provide these programs in lunch, before and after school times to reduce the impact on class time.

  
Mr B Warwick  
Principal

## SCHOOL AMBASSADOR'S COLUMN



Hi, I am Lachlan Beale your GVPS Ambassador. I would like to tell you a bit about my day as part of the South Western Sydney Public Education Ambassador's Day. On the 1st of August 2013, all the ambassadors were invited to the Campbelltown UWS to take part in a getting to know each other and sharing leadership roles day. I started the day at 8.10am, role playing in a court room, then a reptile show which everybody loved, then on to an award dinner followed by a formal presentation ceremony at Revesby Workers Club. Almost 1000 people attended to watch all the ambassadors receive their awards. The day finished at 9.00pm, it was a great and exciting day and I got to meet lots of new friends.

Thanking you, Lachlan Beale, Your *Green Valley School Ambassador*.

## SCHOOL INFORMATION

### UNIFORM SHOP

The uniform shop hours are:

MONDAY 8.30am—9.30am

TUESDAY 2.30pm—3.00pm

Can't make it to the uniform shop during the hours above? Parents can fill in an order form from the office, pay the total, and the order will be filled and items given to the student in class.

### SPELLING BEE WINNERS

Kindergarten: Taj Medhurst KS

Stage 1: Angel Salatielu 2/3K & April Tran 2A

Stage 2 : Isabelle Ngo 2/3K & Allyra Rodriguez 3P

Stage 3: Diego Ligon 4/5W & Felicity Olivares 4/5W

Congratulations to all our winners.

## KINDERGARTEN 2014 ENROLLING NOW

Ensure a place for your child in  
2014 by asking for an  
application for enrolment now!

*It would be appreciated if you  
passed this message on to  
prospective parents who are  
looking to start their child in  
kindergarten in 2014.*



## VALLEY PLAZA REWARDS PROGRAM

This program is designed to encourage parents, friends, students and teachers to shop at the Valley Plaza Shopping Centre in order to obtain reward dollars for our school. Every dollar spent will equal one reward dollar. The school with the highest number of dollars at the end of the 6 week period will win a prize. How it works: Collect an envelope from a participating retailer, nominate our school and place your receipts in the envelope and put into the barrel located outside Coles.

Start Date: Friday 2nd August.

End Date: Tuesday 17th September.

Bonus Reward dollars will be available on the following days:

Sunday 4th August, Thursday 15th August, Sunday 24th August, Thursday 29th August, Saturday 14th September.

## LIBRARY NEWS

Book Week is coming up fast. Have you started planning your costume for the Book Character Parade?

A brochure for the Scholastic Book Fair will also be sent home soon so parents and students can see some of the books that will be available.

Reading to children is such an enjoyable experience and helps your child to develop into a lifetime reader. Just 10 minutes a day which is only one hour a week, lays valuable foundations in their reading development.



TheReadingHour

The National Reading hour is also coming up this month, 24th August 5pm—6pm. Why not join up with the many parents across Australia making reading to their children a priority!! It's so easy to spend ten minutes reading a book before bed. If you google LOVE2Read you can find lots of activities and ideas on their website. Happy reading!!!

Each Friday at lunchtime we have a secret storyteller who either reads a story or tells their own story to students.



D. Whittle—Librarian.

## DIARY DATES

Dates are subject to change due to unforeseen circumstances, \* indicates new or changed dates since last newsletter.

### AUGUST

- 12 Wakakirri Heats
- 12 Fitness Club K-2
- 13 ICAS Mathematics
- 14 P&C Meeting
- 14 Fitness Club 3-6
- 15 Student Banking
- 16 PSSA Round 8
- 17 & 18 Aerobics National Competition
- 19 Fitness Club K-2
- 20 Stage 1 Transport Excursion
- 20 JBHS Lessons 10.30am—1.00pm
- 21 Fitness Club 3-6
- 21 Maths Olympiad
- 21 Book Fair arrives
- 22 Student Banking
- 22 Book Character Parade
- 23 PSSA Round 9
- 24 Tournament of the Minds
- 26 Fitness Club K-2
- 27 K-2 Assembly
- 27 Year 6 Crazy Hair Day
- 28 P&C Fathers Day Stall
- 29 Student Banking
- 30 PSSA Round 10

### SEPTEMBER

- 2 Fitness Club K-2 finishes
- \*2 WLFPA
- 3 JBHS Lessons 10.30am—1.00pm
- 3 WLFPA
- 4 WLFPA
- 4 P&C Meeting
- 4 Fitness Club 3-6 finishes
- 5 Student Banking
- 6 K-6 Assembly
- 6 PSSA Trials
- 10 K-2 Assembly
- 10 Kinder Farm Day
- 11 Maths Olympiad
- 11 Kinder Info Night
- 12 Student Banking
- 12 Stage 2 Day Camp
- 13 PSSA Round 1
- 14 P&C Election BBQ
- 15 P&C Market Day
- 18 Buzz Day
- 19 3-6 Assembly
- 19 Wakakirri Finals
- 20 Wakakirri Finals
- 19 Student Banking
- 20 PSSA Round 2
- 20 Last Day of Term 3

## Next P&C Meeting

Wednesday 14th August  
9.00am in the school Staffroom  
All Welcome.



## NOVA 96.9

Last Monday morning Nia Hagarty (1TJ) was fortunate enough to be invited onto NOVA 96.9 and be Fitzy and Wippa's Mini Meteorologist—a segment which involves a young listener reading the weather report and then having the recording aired on the day.

Although it was an early start to the morning for her, Nia found the experience to be fun and was even told by NOVA that she was their youngest Mini meteorologist to have been invited to read the weather report.

Well Done Nia!

## GARDENING CLUB

Our gardening club meets every Monday and Friday at lunchtime.

The students were so excited to harvest their winter crop.



## SPORT

### ATHLETICS CARNIVAL

On the 7<sup>th</sup> of August Green Valley Public School participated in the Athletics Carnival. We competed in seven events including high jump, long jump, shot put, discus, 100m, 200m & 800m sprints. The kids from GVPS competed in their age groups from 5-12+.

Congratulations to all those who participated in the events & who won a ribbon. We also congratulate the students who made it into the District Carnival. We wish you all good luck.

Written by Andjela & Shakira from 5P.



## PSSA—BEST AND FAIREST

PSSA SEASON 2		ROUND 5	ROUND 6
<b>Boys Soccer</b>	Juniors	Izaaya Alabdallah	Ronell Lazar
	Seniors	Danny Nguyen	Ryan Van
<b>Girls OZtag</b>	Juniors	Tahlia Galea	Karla Lay
	Seniors	Isabella Rawlins	Cindy Nguyen
<b>Mixed AFL</b>	Juniors	Kalebb Kalcher	Chantelle Kumar
	Seniors	Keiran Brook	Brayden Walsh
<b>Mixed Netball</b>	Juniors	Dazleen Narayan	Lexi tito
	Seniors	Vannaxine Lagaia	Jenny Thai
<b>Mixed Newcombeball</b>	Juniors	Luca Spata	Xavier Brook
	Seniors	Phoenix Nguyen	Jasmine Su-Blake
<b>Mixed Rugby</b>	Juniors	Zala Khaie	Leeroy Vaalele
	Seniors	Jesse Lovelock	Benjamin Parraguez Adam Eid

## YEAR 5'S VISIT TO JAMES BUSBY HIGH SCHOOL

On the 23<sup>rd</sup> of July, Year 5 went to James Busby High School. We travelled there on a white bendy bus. We went there to experience different high school subjects. We were split into four different groups: Parndo, Wana, Yiri and Koolchee. Each group participated in different subjects. These subjects were Science, Physical Education, Industrial Arts and Visual Arts. First, the bus arrived to pick us up at 10:30a.m to take us to James Busby High School. It took 5 minutes to get there. Then, we got off the bus and went into the JBHS gym. We all lined up in groups and ate lunch. When we were all in the gym eating lunch the JBHS teachers, Miss McGrath and Mrs Richards, spoke to us about high school.

Once the teachers finished talking, they chose Year 11 students to take us to the classes. The class I was taken to was called K11 and our teacher was Mr Cachia. Our lesson was to make a door stop out of wood. The wood making was hard but a lot of fun. We got to use machines, a saw, sandpaper and more. When we were finished with our door stop we said bye to Mr Cachia and got to keep the sandpaper to keep sanding the door stop. Last but not least, the Year 11 students took us back to the gym. The teachers were asking about our day at JBHS. Once the teachers finished talking about our day we said goodbye and left to get back on the bendy bus.

Finally, we arrived back at school. We got to have some play time because we missed out on lunch.

I had a wonderful time at JBHS.

Laura Bui 5P

## COMMUNITY NEWS



**RIMA'S CHILD CARE CENTRE**  
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## Come in for a chat

Feeling anxious, stressed and just need someone to listen?

Drop in for a chat with a friendly confidential family counsellor

Where: Green Valley Public School

Green Valley Rd, 2168

Time: 2-3.30pm

Date: Tuesdays, School term



Miller Family Resource Center is a Communities 4 Children Initiative funded under the FaHCSIA Family Support Program



## Computers and Sleep and Healthy Development

Dear Parents and Children,

I recently spoke at our school assembly about the negative impact which the excessive playing of computer games has on your child's development. My message to the children took the form of a mime about computers and sleep versus reading and sleep. No prizes for guessing which activity compliments healthy development and sleep. It is clear that children need to develop computer skills to engage in our society today but like any helpful piece of technology teaching our children to practise self-control and moderate their use is critical. Research (1) has shown that activities such as computer games affect the adrenalin levels of people, adults and children. Adrenalin gives our bodies their sense of pleasure. We all need some adrenalin related activity to be positive about life. However excessive playing of computer games results in an increasing level of adrenalin being released because of the excitement of the competitive nature of the game and eventually there is a let down because the effect of the adrenalin runs out. That is why children can become "moody" and "grumpy" after excessive computer game play because their adrenalin levels have been depleted and they have become addicted to adrenalin. Playing computer games before going to bed is also problematic because the child is "hyped" up and then it is difficult to relax and sleep. It is like drinking coffee late at night. Research has also shown that children need 9-11 hours sleep in primary school and if they don't get a proper amount of sleep their brain development is stunted. Computers are educative and great fun, but our children need to help to develop self-control and learn to regulate their use. They can't do this without the help of their parents. As a parent I have 3 boys (young men now) and computer games were an issue in our family life and as parents my wife and I decided to institute a rule in our house that there would be no computer games between Monday and Friday night during school term and then on weekends they were limited to 1.5 hours per day. Of course they didn't like this but today our children have all developed good sleeping patterns, control their computer use and this has meant more time to read books which is critical for language development and thinking skills. Excessive computer use robs our children of the ability to develop reading which enhances their creative thinking and impacts their performance in every subject at school and is also a good way to wind down at night so they are ready to sleep.

Rev David O'Mara, Anglican Minister Green Valley and Social Skills Support Person at Green Valley Public School.

(1) Reference – Arch Hart , The Anxiety Cure (1999) & Thrilled to Death (2007) – How the endless pursuit of pleasure is leaving us numb. & Adrenalin and Stress (1995) Dr Archibald Hart is a Professor of Psychology in the USA.



**Australian Government**  
Department of Human Services

# Training to help parents find work

**CRS Australia**

**CRS Australia, in partnership with nationally accredited Registered Training Organisations, is running training courses in the local area to help parents find work. Programs are free to Centrelink beneficiaries and low income earners\*.**

We have a range of options for Certificate II and III courses including:

**Retail (general retail operations, skin care, make up, floristry), Hospitality, Business Administration, Aged Care, Child Care Teacher's Aide, and Community Services**

To be eligible\* you must be:

- in receipt of Newstart Allowance, Parenting Payment or Youth Allowance, **and**
- have a health condition or disability (e.g. back pain, anxiety), **and**
- be an Australian citizen or Permanent Resident.\*

Enrollment costs covered, face to face and self paced study options, no classes during school holidays, program can be tailored to suit your language, literacy and education levels.

To register or to find out more call **Vivian Tran or Robyn Coyle on 02 9205 6300** or drop into our Fairfield Office at Level 1, NEETA City Shopping Centre, Smart Street Fairfield NSW 2165.

\*Additional eligibility criteria apply

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[crsaustralia.gov.au](http://crsaustralia.gov.au)



# Athletics Carnival





# All About 4C!



4C learnt how to be champions at the NED show. They learnt to:  
Never give up  
Encourage others  
Do their best.

Everyone in 4C were super excited to receive Boo again. That's twice this year.



4C loves to read. They created a story which went with the picture book Tuesday.

In maths 4C learnt perimeter. They created pictures whilst calculating the perimeter of each shape.



Boo thought Just Another Day was hilarious. Especially when Mr Warwick was dancing Gangnam style.

4C are learning multiplication facts using dice and card games.

4C enjoy doing Art.





## COMMUNITY SPONSORSHIP

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B.Sc., D.D.S. (Ohio, USA),  
A.E.G.D. (Capt. U.S.A.F.),  
A.D.C.



**GREEN VALLEY**  
Anglican Church

A part of St Mary's Anglican Church Society  
Welcoming all cultures in Jesus Christ


Meets in the hall at  
Green Valley Primary School every  
**Sunday at 5.00 pm**  
(at the end of the car park)  
**Everyone is welcome**  
Kids group available

[www.sadleiranglican.org.au](http://www.sadleiranglican.org.au) Rev David O'Mara ☎ 9607 7547

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Contact: Marion 9607 8442