Principal’s Report

Education Week - Public Schools NSW – Celebrating the 60th Education Week

This week is the celebration of the 60th year of Education Week across NSW Public Schools. In 1954 the theme for Education Week was ‘lighting the way to a better world’, this theme still remains current in 2014 where education remains the key to our future as a cohesive and harmonious society.

In recognition of Education at Taree West Public School, Parents, carers and community members are invited to attend our school Education Week assembly and open classrooms this Friday 1 August.

The assembly will commence at 9:30 in the school hall. Following the assembly you will be invited to the classroom to see education in action.

Congratulations Harry Wesley – Playing for NSW

Congratulations to Harry Wesley for his selection to the NSW Touch Football Team. Harry will be attending the National Competition in Victoria in October this year. This is a major achievement for Harry, the school and region. To support Harry in the NSW team he needs to raise $1200 for his sport levy so the school will be assisting him in his fundraising endeavours through an ice-cream day and the sale of raffles tickets. These tickets will also be for sale for $2 each at the school assembly this Friday.

Tree pruning and tree removal

Following a government coordinated risk assessment and Arborist report, conducted across all schools in NSW, 10 trees have been pruned and/or removed from the school playground in the last couple of days. Playground areas have now been restored for student use.

Trespasser on school site

Yesterday a minor incident took place with a trespasser on the school grounds. Police attended and removed the offender. At no time was student safety compromised.

Donna Bensch
Principal
Principals Awards
Lachlan Prowse 2L, Arianna Kirkby 3-4C, Lara Whatson K-1W, Sam Moss 5-6F, Crystal Jenkins 2B, Nickolas Addison (x3) 5-6M, Sophie Warren 3-4E

Class Awards

<table>
<thead>
<tr>
<th>Class</th>
<th>Class Award</th>
<th>Class Award</th>
<th>Class Award</th>
<th>Class Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-1W</td>
<td>Elijah R</td>
<td>Kooper H</td>
<td>Tyler D</td>
<td>Hailey U</td>
</tr>
<tr>
<td>KC</td>
<td>Nash T</td>
<td>Kyle J</td>
<td>Joseph W</td>
<td></td>
</tr>
<tr>
<td>KF</td>
<td>Leo A</td>
<td>Jannali S</td>
<td>Crystal S</td>
<td>Xander W</td>
</tr>
<tr>
<td>KG</td>
<td>Shayla K</td>
<td>Jasmine W</td>
<td>Jayden K</td>
<td>Takan K</td>
</tr>
<tr>
<td>KS</td>
<td>Dalek W</td>
<td>Macey C</td>
<td>Harmanjit D</td>
<td>Sygh S</td>
</tr>
<tr>
<td>1B</td>
<td>Kalim M</td>
<td>Alicia E</td>
<td>Hope N</td>
<td>Ramsay C</td>
</tr>
<tr>
<td>1C</td>
<td>Melha G</td>
<td>Aleisha B</td>
<td>Manu C</td>
<td>Samuel M</td>
</tr>
<tr>
<td>1M</td>
<td>Eric S</td>
<td>Sam N</td>
<td>Zaney L</td>
<td>Xavier L</td>
</tr>
<tr>
<td>2B</td>
<td>Crystal J</td>
<td>Zarlie T</td>
<td>Tiah H</td>
<td>Elsa W</td>
</tr>
<tr>
<td>2H</td>
<td>Dillon J</td>
<td>Indyana W</td>
<td>Leo F</td>
<td>Lachlan H</td>
</tr>
<tr>
<td>2L</td>
<td>Lilly B</td>
<td>Seth B</td>
<td>Jasinta B</td>
<td>Erin C</td>
</tr>
</tbody>
</table>

Medical Alert
The school has recently had diagnosed cases of both Whooping Cough and Chicken Pox. Attached to this newsletter is a NSW Health Fact Sheet on Whooping Cough.

Out of Uniform Day
SRC will be having an out of uniform day in Week 4 on Wednesday 6 August. The theme will be "Wear Your Favourite Footy Colours." Gold coin donations are requested. Money will go to the John Hunter Hospital Spinal Unit.

Home Reading
Congratulations to Madeleine Prowse, of class 2/3/4T, for reaching 100 days of reading in the Stage 2 Home Reading Program. A fantastic effort. We are very proud of you!
Ms Stokes

State Touch Finals
Last week Harry Wesley and Drew Pensini represented Hunter at the NSW PSSA Touch Football Finals in Ulladulla. The Hunter team played 10 games over 3 days finishing 6th overall.

Tree Planting
The SRC and school leaders assisted with the planting of some trees, which were kindly donated by GTCC.

Introducing Sue-Ellen Olliver, one of our School Learning Support Officers
PBL News
A very big ‘congratulations’ to Ruby Tait from 2B for being selected as our PBL Eagle Award winner. She has received a special certificate and prize pack from the Manning Valley OOSH for always being a respectful, responsible and caring student. Well done, Ruby!

Focus Rule: Follow all reasonable instructions from staff.
Value: Respect

Comic strip by Lindsay Smith 2/3/4T

PBL Classes of the Week:
Congratulations to 2/3/4T! They are our Primary PBL Class of the Week. Enjoy your computer reward time!

Well done to 2B! They are our Infants PBL Class of the Week. Enjoy playing with the items in the special games box!

Student of the Week
Primary Student of the Week: Lashana Maurer 5/6C

Keep earning those eagle tokens Taree West!

Ms Cooper
PBL Coordinator

Community Advertisements
The concert will feature the amazing range of talent of school students from throughout the Manning Valley and will also include debut stage appearance of some of the local students who, without this program, would be in danger of dropping out of school. Celebrities George Houvardas, John Waters, Rachael Beck and Don Spencer are donating their talents to support students.

Venue: Manning Entertainment Centre
Date: Wednesday 27 August 2014
Time: 11:00am or 7:00pm
Tickets: Purchase online through Manning Entertainment Centre or at Video Ezy, Taree

create your own cricket moment
playcricket.com.au
Tips to sneak fruit and vegetables into your child’s lunchbox:

56% of NSW primary school students do not eat the recommended daily amount of vegetables 1.

Fruits and vegetables provide an array of colour, taste and texture in a child’s diet. They are also an excellent source of fibre, vitamins and minerals.

Eating fruit and vegetables daily helps children grow and develop, boosts their vitality and can reduce the risk of many chronic diseases such as heart disease, high blood pressure, some forms of cancer and being overweight or obese 2. It also helps children to meet their recommended daily intake of fruit and vegetables.

Here are some tips to sneak fruit and vegetables into the lunchbox:

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh, frozen, canned (in natural or unsweetened juice) or occasionally dried fruit</td>
<td>Vegetable sticks e.g. carrot, celery, cucumber, capsicum etc.</td>
</tr>
<tr>
<td>Bite size fruit e.g. grapes, orange segments, melon etc.</td>
<td>Bite-size vegetables e.g. cherry tomatoes, snow peas, corn kernels</td>
</tr>
<tr>
<td>Raisin or fruit bread</td>
<td>Corn on the cob</td>
</tr>
<tr>
<td>Fruit muffin</td>
<td>Vegetable muffins</td>
</tr>
<tr>
<td>Fresh fruit and yoghurt</td>
<td>Salad vegetables on sandwiches</td>
</tr>
</tbody>
</table>

Reference:
1. SPANS 2010 Short report
2. NHMRC – Australian Dietary Guidelines Summary