Monday 26th August, 2013

Dear parents, carers and students,

Each week I hear parents chatting about the great things that are happening inside the classrooms at Bargo PS. On behalf of the staff and students - 'Thankyou'. Sometimes I have parents ask me directly if I know what is happening inside the classrooms, and each time I say 'I know. I have my ways of knowing what is going on in the classroom almost all the time.'

Last week while I was out and about looking, listening and feeling the vibe across the school I thought of my latest way of recording what really happens in the classrooms to share with you! Two students took the school camera and a sign 'Photographers looking for learning'. You see, staff are used to my ideas and so keep teaching throughout my interruptions. Enjoy your view into the classrooms! Photos can be found on the website.

I would encourage each of you to praise your children for their hard work and support them in showing their teachers everything they have learnt to date. Enjoy the week ahead and make the most of every opportunity to learn something new!

Anne Bunga
Principal

Topics in this week’s newsletter include:
- WPAF
- Sharing the Love
- Bus travel
- Fruit & Veg Month
- Picton High School 'Core Academic Class'
- Going Green
- Scripture
- Week 6 and MAD Awards
- Notes to be returned
- Upcoming dates

WPAF
Good luck to all students who will take part in the Wollondilly Performing Arts Festival this week. It will be a busy week for everyone. Apologies to those parents who missed out on tickets. I have bought every spare ticket from every school. There might be a very slim chance of obtaining a ticket from the door for Thursday night performance.

The committee reviewed the width of the aisle over the weekend and it is impossible to add another chair. The hall has a total seating capacity of 578 seats and Bargo PS has 148 of those seats.

Sharing the Love
I have been delighted in the number of students who are interested enough in my Half Marathon preparation to come and have a chat about it. A few have expressed that they would never be able to do anything like that (a few more have expressed that they might like to) so, in the interest of paying it forward, I would like to issue a challenge and an offer of support.

The annual Fisher's Ghost 5km/10km Fun Run (or walk) is on Sunday 10th November 2013, a little under 11 weeks away. I would challenge as many Bargo PS Families as possible to set this as goal.

I'll be starting a 'learn to run club' with the aim to train up to a 5km run. All students with an interest are welcome to attend the sessions. They will run Monday, Wednesday (with myself) and Thursday (Mrs Bunga). We will start with running/walking intervals. So that the family can get involved, I will be sure to include the weekly intervals in the newsletter. This week’s interval is 30 sec run (jog)/1min30s walk.

For those of you playing at home, I use a free app called 'Runkeeper' to keep track of the intervals. You can program your own intervals so that the app will keep time for you. A stop watch or watch would work just as well.

Mrs O'Reilly

Bus Travel
Once again I write to praise the wonderful students who travel by bus to and from school each day or just occasionally. Well done to each of you, enjoy earning extra Respectful tickets from Charlie, our bus driver. Over the last 3 weeks Charlie has been rewarding the sensible, quiet students during each and every journey. Sadly he is not able to give every child a Respectful ticket, as some children are showing no respect.

These students think that it is Ok to move around on the bus while it is moving. There are plenty of seats, it is not crammed packed with passengers, SO YOU MUST SIT DOWN. There is absolutely no reason for children to be standing up.

Some students thing that it is OK to hit, push or swear at others on the bus. IT IS NOT OK, it is unacceptable.

The bus company issues letters home and to schools regarding unacceptable behaviour on the bus. Parents, bus passes can be removed from your children. PLEASE talk to your children about their behaviour as required by law, before they lose their bus passes.

Teachers, Parents and Community Caring for Children, Educating for Life”
Fruit & Veg Month is Here!
Fruit and vegetables are crucial components of a healthy lifestyle and they help create healthy bodies. This year, Fruit & Veg Month will be held from 26th August to 21st September. We, at Bargo Public School, are excited to participate to help make kids and families more aware of the importance of eating fruit and vegetables everyday.

Bargo Public School already participates in the Crunch & Sip® program, a daily scheduled break for students to refuel on fruit and/or veggies midmorning. This gives students an opportunity to eat the fruit and vegetables that may otherwise be left in their lunchboxes. Fruit & Veg Month provides a great opportunity for students to trial new fruits and veggies during both Crunch & Sip® and at home.

There are also great competitions with FANTASTIC prizes for everyone! Students, Primary School Classes and Families all have the chance to be in the running. So jump on board and get involved with Fruit & Veg Month!

For more information, visit: http://fruitandvegmonth.com.au/

Does your child refuse to eat their greens?
Did you know that it can take up to 10 times for a child to accept new foods. **Patience is Key**. Stimulate your child to try a new fruit or veg by persisting and encouraging them. You can also try preparing fruit and veg in a new and creative way. Consider grating carrots and zucchini to add to bolognese or baking muffins packed with sultanas and grated carrots. Turn pizza making into a competition for who can incorporate the most vegies onto their dough. Sneak new kinds of fruit into smoothies or mix amongst already loved fruit in the form of a skewer. The options and combinations are limitless!

How much fruit and vegetables do children need?
Most Australians only consume about half the daily-recommended servings of fruit and vegetables. Use the information below to ensure your kids are getting enough fruit and veg. Eating fresh seasonal produce, maintaining a garden, as well as purchasing frozen or canned varieties can help you achieve this.

### Vegetables

<table>
<thead>
<tr>
<th>Serves per day</th>
<th>2-3 years</th>
<th>4-8 years</th>
<th>9-11 years</th>
<th>12-13 years</th>
<th>14-18 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>2 1/2</td>
<td>4 1/2</td>
<td>5</td>
<td>5 1/2</td>
<td>5 1/2</td>
</tr>
<tr>
<td>Girls</td>
<td>2 1/2</td>
<td>4 1/2</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

A standard serving of vegetables is about 75g (100-350kJ) or:
- ½ cup cooked vegetables or legumes
- ½ medium potato or other starchy veg
- 1 cup green leafy or raw salad vegetables
- 1 medium tomato

### Fruit

<table>
<thead>
<tr>
<th>Serves per day</th>
<th>2-3 years</th>
<th>4-8 years</th>
<th>9-11 years</th>
<th>12-13 years</th>
<th>14-18 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>1</td>
<td>1 1/2</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Girls</td>
<td>1</td>
<td>1 1/2</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

A standard serving of fruit is about 150g (350kJ) or:
- 1 medium apple, banana, orange or pear
- 1 cup diced or canned fruit (no added sugar)
- 2 small apricots, kiwi fruits or plums

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**BANKING DAY IS THURSDAY**

Please place your bank books and Deposits in the tin before school. **Please remember to fill in your deposit slips with the amount to be banked.**

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If your child is starting school next year or you know one who is ...

Collect an enrolment form from the office (if you haven’t already), or

Give contact details so we can send one out

Tell your friends and neighbours—**NOW** is the time to enrol.

For more information, please ring 4684 1396
Picton High School

Changes are happening at Picton High School; and with these changes come a number of rumours. One of the rumours I understand doing the rounds at the moment is ‘they are doing away with the two ability stream’.

I attended a local principals’ meeting on Thursday and asked Michelle Sapsed directly. Her response was the opposite. ‘Picton HS has increased the number of years which students can be in the ‘A’ stream classes from Year 7 and 8 through until year 10. Streaming occurs for English and Mathematics. All other subjects are mixed ability in order to have good role models in all classes.’

Another change which has occurred this year is the test used by Picton HS to select students from across the 8 Primary Schools for the ‘Core Academic class’. This year instead of asking the Primary Schools to do all of the work, the High School has taken ownership of the process. They have issued an invitation to all students to sit the examination, (same as before) via their Transitioning from Primary School to High School Newsletter issued in Term 1 and again in Term 2 (This is a new initiative).

As a response to parent concerns about the quality of the test and the conditions of the test varying between primary schools, Picton High School have purchased a $50 per head examination package from ACER and set a testing date at the High School. The examination will be conducted under HSC type conditions.

As Michelle understands $50 is a lot to sit a test for a possible position in the ‘Core Academic class’, the school only passed on $25 of the cost, the school to absorb the other $25. Families who cannot afford should approach the High School or their primary school for assistance.

To date only three students have applied to sit the ‘Core Academic class’ entry examination this year. A vast difference to previous years when we have had a minimum of 20 students sit the examination and a minimum of 10 students earn a position in the class. Our students are clever and do deserve to be in this class.

As you know the students in this class are PUSHED academically, socially, emotionally. They are given a lot of homework, as well as opportunities to participate in a range of academic opportunities outside of school hours. So if you believe your child has your support and the intellect to go far, sit the examination.

Applications close: THURSDAY 29th August 2013
Test date: TUESDAY 19th September 2013
Good luck Bargo students; I know that you can do it!

Greening Bargo
Trash the junk! Withdraw the waste! Lose the litter!

And earn a green award 😊

Science is fun, just ask Year 3!
This term, Year 3 have learnt about frogs, pollution and their environment as well as conducting many fun experiments.

Here are some of our observations so far:
Grace - Pollution makes animals die.
Aminah - Plastic bags are killing, choking and suffocating animals.
Shannon - People chuck cans and rubbish into the waterways and it ruins frogs’ homes.

Our school rubbish bin collection consists of small paper wrappings from lunch boxes. We fill a huge 2 cubic metre bin, every week!
Let’s care for OUR environment! Convert to a paper and plastic free lunch box!

Grab a Green award when you help. 😊

Note:
Bargo Public School is renown throughout the Shire as leading the way with environmental studies. Watch this space for more information shortly.

Scripture
Occasionally, parents write to remove their children from scripture groups. Scripture is a compulsory part of DEC Education syllabus. For students who do not wish to take part in scripture, they remain in their classroom and complete work, while the rest of the class completes fun activities.

Awards for Week 5:
Congratulations to the Stage Assembly Award winners.

1O Kaya D Luke D Cooper M
1D Noah R Ava J Cameron F
1/2H Kira A Mici D Amber B
2A Bailey D Antonio D Fiona J
2R Jessica M Sarah Y Declan B

MAD READING AWARD WINNERS
Each week we recognise students would demonstrate they have been reading at home by popping their name into a lucky book draw. There are 3 draws each Monday......

KC Hayley V
12H Joidyn C
4G James L
5/6H Amy C

K1K Mackenzie H
3C Becky M
5/6H Amber Mc
Notes to be returned via the silver tin:
Please look for these notes which have been sent home and return as soon as possible, placing the correct money (if necessary) in the envelope and place it in the silver security tin at the rear of the administration block on a Monday, Wednesday or Friday morning. Cheques should be made out to Bargo Public School.

- Year 5 and 6 week long camp - part payment due
- Kindergarten enrolments 2014
- Mr Hockey Monday program notes
- Year 3 - Notes still to be sent home
- Kindergarten note - Zoo excursion
- Razorback PSSA - Athletics carnival - track events
- Razorback PSSA - Athletics carnival - field events
- Parent Technology Survey (only 5 have been returned so far)

CALENDAR – UP COMING DATES
Please refer to the school's website for upcoming events. Look at the calendar and any date with a blue triangle indicates a school based event. Simply check on it for more information and access to permission notes.

**Term 3 Week 7**
- Tuesday 27 August: Staff meeting - English WPA festival – rehearsal WPA festival – rehearsal and evening performance
- Wednesday 28 August: WPA festival – performance evening
- Thursday 29 August: WPA festival – performance evening
- Friday 30 August: Father’s Day Stall

**Term 3 Week 8**
- Monday 2 September: Razorback PSSA Zone Athletics Carnival
- Tuesday 3 September: Razorback PSSA Zone Athletics Carnival
- Wednesday 4 September: Staff meeting
- Thursday 5 September: 7.00pm P and C meeting
- Friday 6 September: Principal’s meeting

**Term 3 Week 9**
- Monday 9 September: Finals of zone Spelling Bee.
- Tuesday 10 September: Staff meeting - English SWSPSSA Athletics carnival
- Wednesday 11 September: SWSPSSA Athletics carnival
- Thursday 12 September: Friday 13 September 2pm K-6 Assembly

**Term 3 Week 10**
- Monday 16 September: Staff meeting
- Tuesday 17 September: Science excursion Yr 3
- Wednesday 18 Sept: 7.30am Cultural exchange with Cabramatta PS assembly, concert and food fair Year 3
- Thursday 19 September: Holidays begin!!
- Friday 20 September: School photographs taken today

**Term 4 Week 1**
- Monday 7 October: Labour Day Public Holiday
- Tuesday 8 October: EVERYONE returns to school
- Wednesday 9 October: Stewart House bags to go home
- Thursday 10 October: School photographs
- Friday 11 October: Executive Planning Day

**Term 4 Week 2**
- Monday 14 October: SWS PSSA Athletics Carnival
- Tuesday 15 October: Staff meeting
- Wednesday 16 October: SWS PSSA Athletics Carnival
- Thursday 17 October: Staff meeting
- Friday 18 October: SWS PSSA Athletics Carnival

**Term 4 Week 3**
- Monday 21 October: Mrs Jordan RR training @ CNPS
- Tuesday 22 October: Staff meeting - English
- Wednesday 23 October: Staff meeting
- Thursday 24 October: Executive Planning Day
- Friday 25 October: Executive Planning Day

**Term 4 Week 4**
- Monday 28 October: Staff meeting—English
- Tuesday 29 October: Stewart House bags collected
- Wednesday 30 October: Principal’s meeting
- Thursday 31 October: Executive Planning Day
- Friday 1 November: Executive Planning Day

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**PICTON SWIM TEAM**

**PICTON SWIMMING CLUB**
Swimming is for all ages and abilities, so join us for summer club, events from Friday 11th of October 2013 at 6.15 pm
If it is your first time with Picton Swimming Club enjoy your first 2 nights for FREE!
(Wollondilly Leisure Centre, Picton)

www.pictonswimmingclub.com
Feeling classy?

New women’s exercise classes at Bargo Fitness Centre
starting... NOW!
Total Tone Up 9:15am – 10:00am Mon & Fri
Ladies Kickboxing 9:30am - 10:30am Tue & Thur

Bargo Martial Arts and Fitness Centre
213 Great Southern Road Ph: 4684 1079

Bargo Martial Arts
& Fitness Centre
Fully Equipped Gym
Karate  Brazilian Jiu Jitsu
Mixed Martial Arts
Personal Training

Ph: (02) 4684 1079
Or try our group classes

ZUMBA
BoxMeFit
Spun Out
The Spin Bike Class
TAI CHI

Hours
Mon-Fri
6am-9pm
Sat
7am-1pm

BARGO CHILD CARE CENTRE

IS YOUR CHILD PREPARED FOR KINDERGARTEN?

Our Centre is very proud of the program we provide to ensure children are prepared for starting School.

BARGO PUBLIC SCHOOL SAYS THE CHILDREN FROM OUR CENTRE ARE THE BEST PREPARED FOR SCHOOL IN THE LOCAL AREA.

If you haven’t been to visit us and would like to see what we offer, please give us a call or drop in to have a chat.

We cater for 2 to 5 year olds and offer a huge variety of equipment and experiences.

With caring and experienced staff we believe our Centre to be one of the best.

127 HAWTHORNE RD, BARGO
Ph 4684 2249

“GODZGANG”
A NEW AFTER-SCHOOL CLUB
ON WEDNESDAYS
AT BARGO BAPTIST CHURCH
(SILICA ROAD)
4 - 5.30PM!
Starting 13 February, 2013!!
It’s FREE!
Enquiries: 4684 1361

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AFTERNOON TEA
GAMES
STORIES

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