**Principal’s Message**

**Healthy Lunchbox Options for School Children**

**Ideas for recess:**
- Slice of fruit loaf/bun/raisin bread or scone
- Pancakes or pikelets with honey
- Pita bread (Spread thinly with cheese spread, grated carrot, sprouts. Roll up to serve).
- Rice crackers or pretzels.
- Wholemeal crackers with a slice of low fat cheese.
- 1 cup Mini Wheats breakfast cereal or Fruity Bix.
- Cup of popcorn (pop in the microwave). Do not add butter or salt.
- Celery sticks or carrot sticks with low fat dip.
- Tub of low fat fruit yoghurt
- Fresh fruit
- Small handful of dried fruit or nuts (for over 5 year olds only).

**Avoid:** chips, chocolate bars, biscuits, fruit juice, roll-ups. These foods are high in sugar or fat and will do more harm than good to your child’s health.

**Ideas for Lunch:**
- Small container of assorted salads (eg. tabouli, pasta, rice).
- Salad box with egg, cherry tomatoes and a bread roll.
- Homemade pizza on English muffins with low fat cheese.
- Rice with chicken and snow peas.
- Wholemeal chicken / ham / salad sandwiches or pita wraps.
- Pasta with tomato based sauce.
- Can of baked beans, spaghetti or creamed corn.
- Corn on a cob.
- Vegemite or peanut butter sandwiches on wholemeal bread.

**Avoid:** Nutella, white bread, fried foods. Nutella is very popular for sandwiches however it is both high in fat and sugar. Try using it as a once a week “treat” instead. Wholemeal or grain bread will give you child longer lasting energy and more nutrients than white bread. They may take longer to get use to it but they will soon come around.

**Food from the Canteen**

The top 5 lunches and snacks to order from our school canteen are;

**Snacks**
- Cheerios, rice cakes, sultanas, popcorn, 100% fruit straps

**Lunch**
- Salad roll / wrap, lean sausage roll, chicken burger, fantastic noodles, corn on a cob

**Desserts or sweets**
- ovalteenies, moosie, light and creamy, fruit cups, milkshake

**Parent / Teacher Interviews**

As you know, Beresford Road Public School will be conducting parent interviews on Monday 31 March 2014. Over 200 families have already made 280 bookings through the online system. There is still some availability for most classes.

Simply open [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and enter the event code 3D6SQ to book your interview time. Each class has 22 interview times on the day, which is more than enough for most classes. If no times are left for your

**Upcoming Events**

**March**
- Thurs 20th Sydney West Swimming
- Mon/Tues 17th-18th Zoo Snooze
- Wed/Thurs 19th-20th Zoo Snooze

**April**
- Mon 7th School Photos

**Assemblies**
- Friday 21/03 2.00pm Years 3-6 5/6W
- Friday 28/03 2.00pm Years K-2 1A
- Friday 04/04 2.00pm Years 3-6 4/5L
Office News

Everyone received a note the other week for update to email addresses and also an option for a paper copy. If you have not returned this note requesting a paper copy you will now receive the newsletter via email. If you would prefer a paper copy just ring the office and advise them of this.

Library News

Book Club is due back to school by Thursday 20th March.

Just a reminder to keep your library books away from drink bottles. Once a book is wet it generally starts to mould and has to be removed from circulation.

Premier’s Reading Challenge

Congratulations to the following students who have already completed the Premier’s Reading Challenge:

Karl Khouiss, Tyrone Ioane, Rachel Farrugia.

Office News

Everyone received a note the other week for update to email addresses and also an option for a paper copy. If you have not returned this note requesting a paper copy you will now receive the newsletter via email. If you would prefer a paper copy just ring the office and advise them of this.

School A to Z app

Do you struggle to understand your child’s homework? Does your child need to practise their spelling and times tables? Are you looking for inspiration for projects and assignments? This free homework helper app provides maths and English glossaries, assignment starters and more.


Wild Australia app

Your child can use this terrific app as an interactive educational tool at Taronga Zoo in Sydney or at Taronga Western Plains Zoo, Dubbo. Wild Australia can also be used at home to discover more about the zoos’ amazing animals and interesting keepers.

Find out more:  http://www.schoolatoz.nsw.edu.au/about/mobile-applications/school-a-to-z

National Assessment Program – Literacy and Numeracy (NAPLAN)

If your child is currently in Year 3, 5, 7 or 9, they’ll sit NAPLAN tests this May. Despite what you may have heard, there’s no reason to panic or start an intensive study schedule for your child.


PSSA

Beresford Road has had some mixed results over the first 2 weeks of competition of PSSA. The younger students are becoming more skilled in their sports and the older students are playing at a high standard.

PSSA playing venues for Weeks 8 & 9 are as follows:

Friday 21st March, 2014:

- Teeball – Boys & Girls v Went at Darling St Park
- Softball – BYE this week (training at school)
- Newcombeball – Junior & Seniors vs Girraween @ Girraween PS
- AFL Reds – Juniors & Seniors v Toony White at Binalong Oval
- AFL Blues – Juniors & Seniors v Pendle Hill at Binalong Oval

(AFL Reds & Blues & Newcombeball will be catching Bus no.3 to Girraween PS then onto Binalong Oval) Friday 28th March, 2014:

- Teeball – Boys & Girls v Toongabbie at Darling St Park
- Softball – Boys & Girls v Toongabbie at Darling St Park
- Newcombeball – Boys & Girls v Wentworthville @ Wentworthville PS
- AFL Reds – Juniors & Seniors v Pendle Hill at Binalong Oval
- AFL Blues – Juniors & Seniors v Girraween at Binalong Oval

(AFL Reds & Blues & Newcombeball will be catching Bus no.3 to Binalong Oval then onto Wentworthville PS)

Zone Swimming

In Week 6 the Wentworthville/Seven Hills Zone swimming carnival was held at Blacktown Aquatic Centre and Beresford Road did exceptionally well finishing in overall 4th place against all other schools.

Congratulations to all the students who participated in the Wentworthville / Seven Hills Zone Swimming Carnival. Your sportsmanship and behaviour was excellent. Thank you to all the parents who came along to support Beresford Road and a big thank you to Mrs Farrugia who acted as our team manager on the day.

The following children performed very well in the pool and will be representing our district at the Sydney West Regional Carnival – Rachel Farrugia & Jake Farrugia.

Jake & Rachel both finished as the overall age champions for the respective 11yrs and Junior age divisions. Jacinda Theodoridis did exceptionally well finishing in 4th in the Senior girls division.
P & C News

Introducing the 2014 P&C Association Executive Committee, as voted at the Annual General Meeting, Tuesday, March 4 2014.

**President:** Michelle Burns  
**Vice President:** Matt Austine  
**Vice President:** Andrew Overton  
**Secretary:** Genevieve Begg  
**Treasurer:** Beth Rich  
**Sub Committee:**  
- Fundraising Coordinator: Anastasia Prinitis  
- Uniform Shop: Ann Kidd, Rosa Aguis, Doris Farrugia

The role of the P&C is to work with the principal and the school community in a productive partnership to achieve the best possible outcomes for students and their school. It is our aim to foster community and parent involvement in many areas, including fundraising. Continuing on from the fantastic work of the previous P&C Committees, including raising over $20,000 last year, which went towards purchasing education resources for the school, we would like to invite you to be involved.

Our meetings are held on the first Tuesday of every month, at 7.30pm in the staff room. The meetings last approximately one hour. All parents and friends are welcome to attend. You do not need to be a member of the P&C to attend a meeting, however only members may vote on P&C matters. Annual membership costs only $1 and can be paid at any monthly meeting.

If you would like any further information on the P&C, or would like to assist in any manner, please email BeresfordRdPandC@y7mail.com

Our next meeting will be held Tuesday, 1**st** April, 2014, 7.30pm in the staff room. We hope to see you there.

**UPCOMING EVENTS:**

- **Mufti Day:** Thursday 27**th** March, 2014  
  We will be celebrating Harmony Day with a theme of the colour ORANGE! “Harmony Day-Where Everyone Belongs” – Gold Coin Donation

- **Annual Mothers Day Stall:** Wednesday 7**th** May, 2014  
  Lots of lovely gifts for Mothers Day ranging in price from $1 - $10 each. Remaining gifts will be sold Thursday 8**th** May, 2014, before school.

- **Cross Country / Walk-A-Thon Fundraiser:** Thursday 8**th** May, 2014  
  Look out for sponsorship forms going out before the school holidays.

- **Coin Challenge-JUNE**  
  Get those silver coins ready! Once again we will be holding the coin challenge. Every Wednesday in June, we will be collecting your loose silver coins and counting them up. The class who raises the most money will win a Pizza/Movie afternoon at school!
In 3F this term we have been looking at built environments.

We are making a class zoo and have started the plans to build it.
We have enjoyed playing with the schools new ipads.

And we have also enjoyed our dance program.
Beresford Road Public School Merit Cards Presented on Week 5 & 6

Blue Certificate
Jessica Hey
Dylan Rogers
Thomas Murdoch
Jacinda Theodoridis
Joshua Martin

<table>
<thead>
<tr>
<th>Class</th>
<th>Students</th>
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<tbody>
<tr>
<td>KK</td>
<td>Luke Castroiovanni, Aarna Shah, Ivan Simunovich</td>
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<tr>
<td>KM</td>
<td>Jessica Talsma, Xander Mouradian, Levi Hurford</td>
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<tr>
<td>1L</td>
<td>Kelvin Zhang, Jack Green, Mia Bosnjak</td>
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<tr>
<td>1A</td>
<td>Damon Cardozo, Tanvi Mulgundmath, Brigham Crichton</td>
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<td>1G</td>
<td>Jayden Tran, Troy Tedesco, Jacob Sissi</td>
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<td>1B</td>
<td>Mathew Agius, Ashanti Grant, Mya Elkheir</td>
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<tr>
<td>KK</td>
<td>Alexandra Francis, Lucas McLaren, Mary Sleiman</td>
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<tr>
<td>KB</td>
<td>Isabella Kearney, Emily Cincotta, Ashton Simonsen</td>
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<tr>
<td>2M</td>
<td>Nevada Sittia, Zainab Akbari, Marko Marjonovic</td>
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<tr>
<td>2F</td>
<td>Kurt Thornley Hayward, Chaela-Lee Falls, Ethan Khisa</td>
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<tr>
<td>2S</td>
<td>Ethan Crawley, Katherine Nguyen, Laressa Bhatia</td>
</tr>
<tr>
<td>2/3E</td>
<td>Mili Agius, Bridie Austine, Hesandi Kariyawasam</td>
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<tr>
<td>3F</td>
<td>Liam Craig, Lachlan McCall, Akos Kovac</td>
</tr>
<tr>
<td>3/4L</td>
<td>Ethan Crawley, Keilani Cummings, Jayden Halabi</td>
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<tr>
<td>4/5L</td>
<td>Alyssa Caran, Yad Jauher, Lachlan Wintle</td>
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<tr>
<td>5/6D</td>
<td>Ryan Halabi, Harshita Kashyap, Dylan Morley</td>
</tr>
<tr>
<td>5/6L</td>
<td>Alyssa Caran, Yad Jauher, Lachlan Wintle</td>
</tr>
<tr>
<td>5/6W</td>
<td>Rani Chhugani, Dragana Arambasic, Caitlyn Adams-Ayoub</td>
</tr>
</tbody>
</table>

Sport Awards
Donya Afshari, Lydia Chidiac, Rachel Farrugia, James Hunter, Jacinda Theodoridis, Kaitlyn Ratucoka, Avegail Matutina, Jake Farrugia
Anaphylaxis

Anaphylaxis is a severe and sometimes sudden allergic reaction. It occurs when a person is exposed to an allergen. Anaphylaxis is potentially life threatening and always requires an emergency response. The most common triggers of anaphylaxis are foods such as peanuts and other nuts, shellfish and fish, milk and egg, wheat, sesame and soy. Insect stings (e.g. bee, wasp, ants), medications and latex are also common allergens. This is not, however, an exhaustive list of possible allergens. Even the tiniest amount of a trigger food can cause people to be really sick and for some even being near their trigger food can make them sick. At Beresford Road Public School we have students that are anaphylaxis and here are some ways you can help:

- Be mindful of what you pack in your child’s lunch box or put on their sandwich.
- Clearly label your child’s lunch boxes, bottles and other drinks with their name.
- Just as we do at school, discuss with your child the importance of washing their hands, eating their own food, and not sharing food, food utensils or food containers.

The safety of all our students is very important to us at Beresford Road Public School.

Thanks for your support

Mrs R Mangin
Assistant Principal

Car Park

We are once again having to address the issue of parents parking in the staff car park. This is for STAFF ONLY. This is for the safety of your children. Our car park is not big enough to accommodate more cars and with cars reversing out of the drive way this is very dangerous. The car park is only to be accessed by parents when dropping off children at before and after school care but can not be used after 7:45 as that is when teachers start arriving. If your child happens to be late to school you will also not be able to use the car park to drop them off. You will have to park in street and walk them in.

Thank you
PBL News

Rule of the Week

Week 8 = Be Safe – I respond to bells

Week 9 = Strive for Excellence – I ask for help when needed.

Friday the 21\textsuperscript{th} March is the ‘National Day of Action against Bullying and Violence’.  

There is some general information below that may assist or you could visit the website.

What bullying is...

Bullying involves deliberately and repeatedly attempting to hurt, scare or exclude someone. It can include hitting, pushing, name calling, or taking someone’s belongings.

Bullying can also be more indirect, for example, deliberately leaving someone out of games, spreading rumours about them, or sending them nasty messages. Cyber-bullying involves using mobile phones and the internet to bully others.

Bullying is a mental health concern because it causes distress and can lead to loneliness, anxiety and depression. Bullying can also affect children’s concentration and lower their achievement at school.

When children have been bullied they may:
• not want to go to school
• have property damaged or missing
• be unusually quiet or secretive
• not have friends
• seem over-sensitive or weepy
• have angry outbursts.

The main purpose of bullying is to have power over someone else.
Responding to bullying

It is very important to let children know that bullying is not okay and that they should report it when it does occur. Schools set standards for appropriate behaviour and safety. They also have guidelines for reporting and responding to bullying when it occurs.

The consequences for bullying should address what has happened and help to ensure it will not happen again. It is very important for the bully to understand how his/her behaviour has affected the other person and to be clear not to repeat that behaviour.

To help prevent bullying children need to be taught how to be respectful and caring towards others. Children who bully may appear confident but often lack skills for building positive friendships.

Learning to be more assertive can help those who are bullied to stand up for themselves. Learning the skills of assertiveness can also help those who bully find ways to communicate their wants, needs and opinions without becoming aggressive.

Both those who are bullied and those who do the bullying will benefit from learning effective social and emotional skills.

How parents and carers can help

If your child is being bullied:
- listen and provide support to your child
- try to understand what has been happening, how often and how long
- encourage social skills, like being assertive, telling the bully to stop and seeking help
- support your child to think through different ways they could deal with the problem
- talk with your child’s teacher and ask for help
- keep talking with the school until your child feels safe.

If your child tells you about bullying he has seen or heard at school:
- encourage your child to stand up for the child who is being bullied.
- encourage your child to report what he has seen or heard to the teacher or principal.

If your child is doing the bullying:
- make sure your child knows the bullying behaviour is inappropriate and why
- try to understand the reasons why your child has behaved in this way and look for ways to address problems
- encourage perspective taking, e.g., “how would you feel if …”
- help your child think of alternative paths of action.

To help prevent cyber-bullying:
- supervise children’s use of electronic devices.
What is Anaphylaxis?

Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

Anaphylaxis is a generalised allergic reaction, which often involves more than one body system (e.g. skin, respiratory, gastro-intestinal, cardiovascular). A severe allergic reaction usually occurs within 20 minutes of exposure to the trigger and can rapidly become life threatening.

WHAT CAUSES ANAPHYLAXIS?

Common triggers of anaphylaxis include:

FOOD
Milk, eggs, peanuts, tree nuts, sesame, fish, shellfish, wheat and soy are the most common food triggers, which cause 90% of allergic reactions, however, any food can trigger anaphylaxis. It is important to understand that even small amounts of food can cause a life-threatening reaction.

BITES/STINGS
Bee, wasp and ant stings are the most common causes of anaphylaxis to insect stings.Ticks and fire ants also cause anaphylaxis in susceptible individuals.

MEDICATION
Medications, both over the counter and prescribed, can cause life threatening allergic reactions. Individuals can also have anaphylactic reactions to herbal or ‘alternative’ medicines.

OTHER
Other triggers such as latex or exercise induced anaphylaxis are less common and occasionally the trigger cannot be identified despite extensive investigation.

SIGNS AND SYMPTOMS
The signs and symptoms of anaphylaxis usually occur within the first 20 minutes to 2 hours after exposure. Rapid onset and development of potentially life threatening symptoms are characteristic markers of anaphylaxis.

Allergic symptoms may initially appear mild or moderate but can progress rapidly. The most severe allergic reactions involve the respiratory system (breathing) and/or cardiovascular system (heart and blood pressure).
Call 96879978 to book in your FREE LESSON!

Using advanced teaching methods for better results!
AMEB Exams available in May and November
Enrol Now!

Instrument Hire available:
Piano  |  Violin  |  Guitar  |  Singing  |  Saxophone  
Flute  |  Clarinet |  Drums  |  Trumpet  |  Trombone

Shine Music School Parramatta
9/2 O'Connell St, Parramatta
Park in Westfield Parramatta
www.shinemusic.com.au
*Offer expires 31st of March 2014.

SCHOOL HOLIDAY TENNIS PROGRAM

Book in our super fun & active holiday programs to receive a free prize valued up to $10. There are also lots of other prizes and a BBQ on the final day.

LOCATIONS:
Bathurst St, Greystanes & Civic Park, Pendle Hill

WEEK 1: Mon 14th Apr - Wed 16th Apr 2014 9am-12pm
WEEK 2: Mon 21st Apr - Wed 23rd Apr 2014 9am-12pm

COST:
1 day: $30  |  3 days: $75  |  6 days: $130 (both weeks)

Places are limited so please book in early!
Should you have any questions or if you would like to book in, please contact Paul 0404 896 778 or Nick 0424 613 987, or complete the booking form below and send via email.

Player Details
Full Name: ____________________________________________
DOB: ____________________________
Address: ____________________________________________
Postcode: ____________________________
Phone: ____________________ Mobile: ____________________ Parent’s Name: ________________
Email: ____________________________ 1 day  |  3 days  |  6 days
Payment Method:  [ ] Cash  [ ] Cheque  [ ] Internet Transfer

Bank Details - Acc Name: Paul McLennan  BSB: 032382  Acc No: 137550
Please make sure you add the name of the child you are paying for in the description field.

www.paulstennis.com.au  info@paulstennis.com.au
Beresford Road Public School does not endorse any item or service advertised in this newsletter.
K-2 Easter Hat Parade

When: Wednesday 9th April 2014

Where: K-2 Quad at 2.00pm

Cost: Free !!!

What to do?
Students can decorate their hats with any materials (recycled materials always score well!). They can use old hats as the base of their designs. Hats are to be made at home. Students should be able to talk about how their hat was made and show special features of their hats (E.g. extra shade provided, an Easter rabbit that can come out of the hat).

All students in these classes will watch the parade. All students are eligible to enter the competition. Parents are welcome to attend the parade.

Every class will have two winners
Best Easter Hat &
Best Novelty Hat

A Easter concert has been organised by the scripture teachers to take place in the school hall at 11.30 on Wednesday 9th April. Parents are welcome to attend.

3-6 'Picture my Egg' competition

When: Photos need to be at school by Monday 7th April to be displayed on Wednesday 9th April.

Where: On display in the hall from 12.30

What to do?
Students need to take a photo of an egg and print it no larger than A4.

The photo could be a real egg looking yummy, a still life of a basket of easter eggs, something egg shaped, an egg in a strange location etc - Use your imagination!

You can use Photoshop or a paint program to enhance your egg photo but you cannot use a picture from the internet.

One prize per class.
Dear Parents,

Your child will be supplied with the following items for this academic school year. These resources are purchased by the school for the use of your child/children.

These resources include:

**Years K-2**
Exercise books, scrap books, glue, lead pencils, colour pencils. Scissors, rulers, visual art supplies and a photocopy levy.

**Year 3-6**
Exercise books, glue, stationery, visual art supplies and a photocopy levy.

**2014 Contribution**
Please fill in the school fee amount you are paying ($40, $60 or $80) $ ____________

- One child $40.00
- Two children $60.00
- Three or more children $80.00

If you would like to make an additional contribution to help fund new wireless technology resources please indicate the amount here: $ ____________

**TOTAL PAYABLE AMOUNT**

Payment can be made by cash, cheque or credit card. If paying by cheque please make cheques out to “Beresford Road Public School”. If paying by credit card please fill in the credit card payment voucher provided.

Please return your payment to the office on **Monday, Wednesday or Thursday** in a sealed envelope with your child’s name and class written on the front marked “Voluntary Contribution”

Students Name: ________________________  Class: _______

Students Name: ________________________  Class: _______

Students Name: ________________________  Class: _______

Students Name: ________________________  Class: _______