



SOUTHERN STAR

STRIVE WITH HONOUR

Charlestown South Public School
Patricia Avenue Charlestown NSW 2290
Ph:02 4943 5827 Fax:02 4942 2578

Email: charlestop.school@det.nsw.edu.au
School Website:
www.charlestownsouth.ps.education.nsw.gov.au
P&C Email: cspandc@tpg.com.au

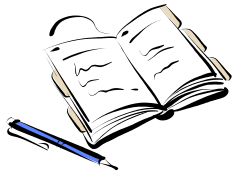
Principal: *Ian Frith*

Assistant Principal: *Rozi Marsh*

Assistant Principal: *Graham Bradbery*

Term 1 - Week 2

19 February, 2009



DATES FOR YOUR DIARY

FEBRUARY 2009

Mon 23rd Zone Swimming Carnival
Tue 24th Zone Swimming Carnival
Tue 24th P & C Meeting 7.30PM
Wed 25th Induction of Leaders
Thu 26th School Photos
Fri 27th School Clean Up Day

MARCH 2009

Wed 4th Interrelate sessions
Tue 24th P&C Annual General Meeting
Fri 27th Show Holiday

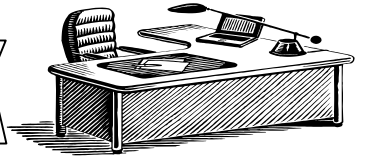
APRIL 2009

Thu 9th Last day Term 1
Fri 10th Good Friday
Mon 27th **ADDITIONAL DAY FOR
SCHOOL HOLIDAYS**
Tues 28th **First day of Term 2**
Thur 30th **STAFF DEVELOPMENT DAY
(PUPIL FREE DAY)**

HELPING HAND FOR THE VICTORIAN BUSHFIRE VICTIMS



From the Principal's Desk



At the beginning of each new year we remind parents of the need to park legally and responsibly when dropping off or picking up their children. Please take notice of signs as they are there for the safety of all students. Some common mistakes made by new parents are; parking in the staff car park (staff only), parking too close to intersections, parking near the pedestrian crossing and double parking. It is often reported to me that parents allow their children to alight from the driver's side of the car. All these things can be avoided with a little planning and consideration and willingness to walk a little further for the safety of our students. Please read the signs and act responsibly.

Parents are also reminded that school grounds are a smoke free zone. The school promotes active, healthy lifestyle and as a member of the school community, you are expected to play your part in supporting these values. Thank you in anticipation of your support.

Thank you to the many parents who took advantage of our Parent Information Sessions this week. I hope you found these informative and also had a chance to meet parents of your child's class. I would appreciate any feedback from parents in regard to these sessions as part of our commitment to continual improvement.

Congratulation to our students and their families for your fabulous response to our Bushfire Appeal – over \$1000 raised to assist the families in need. This was also a great exercise in counting coins for our senior students- maths in practise.

Thanks to some wonderful helpers, dedicated staff and responsible students, we managed to have a great day at the Swimming Carnival on Wednesday. I would be interested in getting feedback from parents regarding using the 25m pool as opposed to the 50m pool where we have traditionally conducted the carnival.

Congratulations to Blaxland house on winning the 2009 Swimming Carnival!

How to Teach Getting Along

Things to Say to Encourage Getting Along Behaviour

When you catch the young person getting along, say:

- “You get along well.”
- “When you help others with their work, you learn more yourself.”
- “You are sensitive to others.”
- “Sharing a book is a sign of being a friend.”
- “You really worked well to solve the problem.”
- “You made the new student feel welcome.”
- “You work well in a group. You listen to what others have to say.”
- “You encourage others. You want the best for them.”
- “Arthur has benefited from your help. You are a helpful person.”
- “Cooperation allows people to contribute equally to tasks. You cooperate well with each other.”
- “Thanks, Jake, for waiting until she finished talking.”
- “You seem to want to make your class a better place to live.”
- “Members of this group must really respect each other.”

PRIMARY SWIMMING CARNIVAL

We had a great day and well done to all the boys and girls. A big thank you to helpers, staff and parent supporters. The results of the carnival were as follows:

Junior Girls Champions	Amy Coles & Hannah Green (equal)
Junior Boys Champion	Cooper Minns
11 years Girl Champion	Tahlia Quinn
11 year Boy Champion	Bailey Davies
Open Girls Champion	Samantha Beattie
Open Boys Champion	Chad O’Breza

The winning house for the day was Blaxland on 216, then Wentworth on 178 and Lawson on 170.



WINTER UNIFORM ORDER

We will be placing an order for our winter uniform soon. Order forms are in this newsletter or at the school office for completion. A deposit of \$10.00 per garment will be required at the time of ordering. Please make your selection carefully as no exchanges can be made after the order is placed. Sample sizes will be on display in the office foyer from Monday 16 February for your child to try on. **Orders will be taken until Friday 27 February.**

This will be the only order the school will place for winter uniforms.

Thank you.

HELPING HAND DAY FOR THE VICTORIAN BUSHFIRE VICTIMS

Thank you to our students and their parents for the fantastic response we had to our Victorian Bushfire "Helping Hand" day. We are pleased to announce that we raised **\$1,075.45** which was delivered to the Commonwealth Bank on Friday.



YOU DID INDEED GIVE A HELPING HAND!

SCHOOL CLEAN UP DAY



Charlestown South students will again this year be involved in cleaning up their "piece of Australia".

The School Clean Up Day will be held on **Friday 25 February 2009.**

Each class will be allocated a section of the school to look after, they will wear their school uniform and hat and will need to bring a pair of suitable gloves for the clean up. Thank you for supporting this important environmental issue.

SPORT IN SCHOOLS PROGRAM

This program is being held every **MONDAY** and will run for 10 weeks with 1 session per week at a cost of \$35 for the term or \$3.50 per week. This may be paid in full or instalments.

BASKETBALL TRIALS

On Friday 13 February, Chad, Hudson and I went to the Basketball Trials. We trialled other people around the zone. There were 40 boys and 5 girls and only 1 girl and 7 boys got in. Chad and Hudson went great but didn't get selected for Regional. I got selected for Regionals on 6 March.

Report by Bailey Henderson 6B



THANK YOU TO MAX

We would like to say thank you to Max Van Der Zee Cusbert for the fantastic Book Club Order box that he made in his own time. It makes a colourful addition to the office counter. Great Work!

SCHOOL PHOTOS

School Photos will be taken on Thursday 26 February. All students are to wear their summer uniform on the day.

All families should have received an order envelope from Newcastle School Portraits. You will note that they require one envelope per family, with the eldest child responsible for the envelope being returned by Thursday 26 February. Please hand your family's envelope, along with payment to your child's class teacher before the day.

ACHIEVEMENT AWARDS

CLASS	STUDENT	CLASS	STUDENT
KM	Elisha Mayes	4/5C	Sophie White
KM	Bella Maguire	4/5C	Erin Sarginson
1G	Annika Worboys	4/5C	Jamie-Leigh Mackay
1G	Charlie Phelps	4/5M	Lily Hudson
2H	Owen Phelps	4/5M	Sarah-Jane Lang
2H	Alexa Worboys	6B	Arniel Calventos
2/3C	Thomas Shortland	6B	Chad O'Breza
2/3C	Kurt Sarginson	6B	Brittany Boyd
2/3C	Sandra Krajewski		

Congratulations



MERIT AWARD	BRONZE AWARD	SILVER AWARD	GOLD AWARD
10 Achievement Awards	20 Achievement Awards	30 Achievement Awards	40 Achievement Awards

Merit Awards are presented to the children who have received:

10 Achievement Awards

Bronze Awards are presented to the children who have received:

20 Achievement Awards

Silver Awards are presented to the children who have received:

30 Achievement Awards

Gold Awards are presented to the children who have received:

40 Achievement Awards

Principal's Awards are presented to the children who have received:

50 Achievement Awards

INTERRELATE SESSIONS

Many parents find it hard to discuss or answer questions relating to sexuality education. Interrelate Sexuality Education will be hosting 2 sessions at our school on Wednesday 4 March 2009.

All students in Years 3 - 6 would have received a flyer outlining the sessions on offer.

The sessions are "Where Do I Come From?" beginning at 7.00pm and Preparing for Puberty beginning at 8.15pm. The cost for one session is \$15.00 or \$20.00 for both sessions.

If you are interested in attending one or both of the sessions, please complete the section at the bottom of the flyer and return along with correct money to the class teacher before Tuesday 3 March 2009.

Thank you.



CSPS WINTER UNIFORM ORDER

Student Name _____ Class _____

Contact Phone No. _____

\$10.00 minimum deposit required when placing order

		Size	Qty
Navy Microfibre Jacket Sizes 6—14	\$25.00 each		
Navy Microfibre Pants Sizes 6—14	\$22.00 each		
Navy Fleecy Sloppy Joe Sizes 6—14	\$23.00 each		

Order Total \$ _____

Less Deposit \$ _____

Balance due
on receipt of uniform \$ _____

Parent Signature _____ Date _____

CANTEEN CLOSURE

A reminder that the school canteen will be closed on Mondays this year.

Please ensure that your child brings food to school for that day.

Thank you.

P&C / CANTEEN INFORMATION



CANTEEN ROSTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 February	24 February	25 February	26 February	27 February
CLOSED CLOSED	Kim Monaghan N Potgieter	Kim Moore Emma McKenzie	Teena Darcy Kristy Duley	Ben Olsen Ian Hampstead

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 March	3 March	4 March	5 March	6 March
CLOSED CLOSED	Kim Moore Fiona Green	Michelle Tozer Ian Hampstead	Rowena Mayes Kevin Whitley	M Damevska Michelle Tozer

CANTEEN VOLUNTEERS FOR 2009

Canteen Closure



The canteen **will now be closed on Mondays in 2009** as we do not have enough volunteers for this day. **So please** if you have some time to spare either weekly or fortnightly the canteen needs your help for 2009.

If you can volunteer on ANY day would be a great help. Please complete the Canteen helpers form available from the school office. Thank You

Dates To Remember for 2009

Tuesday 24th February—1st P & C Meeting for 2009

Tuesday 24th March— Annual General Meeting

COMMUNITY NEWS

VICTORIAN BUSHFIRE FUNDRAISER

Come along to Belmont South Foreshore (south of Squids Ink) this Sunday 22 February 2009 to help the Victorian Bushfire Victims. Activities begin 11.00am until 2.00pm

COMMUNITY NEWS

Wellbeing, Inner Peace and Happiness Weekly Meditation Group

Facilitated by Noelene Arnold
Meditation teacher, Retreat Facilitator and Psychologist

WHO: All welcome. Join at any time.

WHEN: Tuesday afternoons 4.15 to 5.15pm
(School Terms)

WHERE: Miriam Gardens, 59 EK Avenue, Charlestown

What to wear: Comfortable clothing

Cost: By donation

Contact: Noelene on 49 262121

Learn and practice ways to bring more wellbeing, peace and happiness into your life. Practices will include gentle movement, pranayama (yoga breathing), crystal and Tibetan singing bowls, soothing music and meditation. These simple techniques enhance our physical, mental, emotional and spiritual health.

In order to enhance the process, please refrain from eating for at least 1 hour prior to the meditation session. Wearing loose, comfortable clothing will be beneficial, especially during the gentle movement segment.

Back to School- Don't forget about your child's asthma!

Early February, just after school goes back, is the time of year when children are most likely to have a flare-up of their asthma, so it is important that parents keep an eye on their children's asthma, ensure they take their prescribed preventer medication regularly, and that they always carry their reliever medication with them. It is vital that asthma in children is properly managed in order to avoid asthma emergencies.

Symptoms in young children may include wheezing, persistent coughing or shortness of breath. If these symptoms do not respond to the child's reliever medication, or if reliever medication is needed every day, we are encouraging parents to take their children immediately to a doctor.

Parents also need to ensure that the school their child attends is fully aware he or she has asthma so the school can support the child's health needs.

Although asthma is mild in most children, it can be serious and even life-threatening if it is not properly managed, so it is important that anyone with asthma sees their doctor regularly and develops an asthma action plan so they know what to do when their symptoms worsen.

There is so much to think about when returning to school. It's often difficult to remember everything. Make sure it's not managing your child's asthma appropriately that you forget! Ensure that you see your GP for an update on your child's asthma and be sure to supply your school with an updated Asthma Action Plan.

If parents have any questions, they should call the Asthma Information Line on 1800 645 130 or speak with their doctor.

T: 1800 645 130

E: ask@asthmasw.org.au

A colorful poster for 'ARCHERY OPEN DAY' held on Saturday 21st February at 10am. The poster features several circular images of people archery. Text on the poster includes 'FREE BBQ' in large letters, 'Aim High with PCYC Archery', and details about the activity being fun and low-cost, with equipment supplied by PCYC and instructors accredited by Archery Australia. It also mentions a 'FREE BBQ LUNCH' for those who bring a coupon to the event.

ARCHERY OPEN DAY
10am Saturday 21st February

FREE BBQ

Aim High with PCYC Archery

Fun & challenging, join our new low-cost activity by yourself or with friends. All equipment is supplied by PCYC, and our instructors are accredited by Archery Australia. As you advance, you can join tournaments, travel around NSW, or develop your skills at training clinics run by some of Australia's best archers.

FREE BBQ LUNCH
Present this coupon at Archery Open Day to receive a free BBQ Lunch for you and a friend. (Archery is restricted to ages 7 and up)

ARCHERY AUSTRALIA

Lake Macquarie PCYC, Lake Street, Windale.
For enquiries phone 49486622



BRING HOME A BROTHER OR A SISTER

In July 2009, students, aged 15 – 18 years, from over 15 countries will be arriving in Australia to study at local schools for 5 or 10 months. Opportunities exist to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

Host families help provide our students with the chance to study and experience life in Australia. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill. If your family can offer a friendly, supportive and caring home environment, contact us today.

To learn more about this opportunity call Student Exchange Australia on 1300 135 331 or visit our website: www.studentexchange.org.au