



Mayfield East  
Public School

TERM 3 WEEK 3  
TUESDAY AUGUST 11

# MAYFIELD MESSENGER

*"Providing opportunity and student success through a learning community"*

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## What's on this week:

### Monday 10th—

Chocolate drive starts, boxes can be collected from the canteen.

**Tuesday 11th**—Canteen closed

**Wednesday 12th**—canteen closed

**Friday 14th**—*Book club orders due.* 5.30pm Informal info session - Stephanie Alexander Kitchen Garden. At Figtree Community Garden, Albert St, Wickham.

### Next Week:

**Monday 17th**—normal canteen hours start again this week.

**Thursday 20th**—5pm How does your garden grow? Stephanie Alexander – garden design discussion. Here at MEPS.

### COMING UP:

Environment Week August 31st to September 4th—Earth Hour, Tassie Devils and more.

## Keeping Kids Healthy

*Combating childhood obesity starts at home.*

Parents and carers are important influences on children's eating and exercise habits. There are some subtle lifestyle changes that can be made immediately that will have huge benefits to children's health.

Top tips for parents:

1. Plan family activities to encourage children to stay away from the TV! Go out for a family bike ride or walk, or cook healthy meals together at home.
2. Be a role model—kids will usually follow what you do more than what you say. If they see you enjoying physical activity and having fun, it will motivate them to be more active.
3. Playing together is important. Help your child practice

basic sporting and movement skills such as throwing, catching or kicking a ball.

4. Remember that while exercise burns energy, feeding them junk food or sports drinks may mean they are still taking in more than they burn.
5. And last but not least... make sure active children drink plenty of water!

At Mayfield East Public School we promote a healthy lifestyle and this term we are completing the **Premier's Sporting Challenge**. Please support this program at home by discussing it with your child and supporting good exercise habits.

## Attendance

It is extremely important that your child attends school every day to maintain a continuous learning sequence.

Children who are regularly absent from school will have gaps in their learning and often struggle to catch up.

If your child is sick and absent from school please write a note and give to the class teacher. Thank you for your assistance in this matter.

## Reminder

*Our school hours are 8.55am to 2.50pm.*

A teacher is on duty in the mornings from 8.30am so please ensure that your child is not at school prior to this time. Please be prompt in picking up your child from school in the afternoon. Also use the pedestrian gate to collect them of an afternoon, not the driveway.

Julie Wiblen

Relieving Principal

## TECHNOLOGY—USEFUL WEBSITES

SCHOOL PARENTS—HELPING MUMS AND DADS WITH SCHOOL LIFE. This has been developed by the Department of Education and assists parents with great ideas relating to a range of issues. For example; Health, recycling and the environment, ethics and values, Healthy Lunch box ideas, homework tips, public speaking and the list goes on.

<http://www.schools.nsw.edu.au/news/ezone/yr2009/issue04/index.php>

Here's a great reading website for Junior students. The Starfall website—Learn to Read section is offered free as a public service. It is US based and has 4 sections from ABC to learn to read. Visit [www.starfall.com](http://www.starfall.com).

It has some thematic sections as well. This is a good addition to a book-based reading program that could be used at home.



## “BOOK SAFARI” 2009

We will be holding our Book Week activities in Week 5 of this term. There will be a Book Week Parade for Stage 1. The theme will be animals. Try to use recycled materials where possible. Stage 2 (Yr 3 & 4) will be doing an Art Activity Competition with Mrs Prior. Stage 3 (Yr 5 & 6) will be doing an Art Poster Competition also with Mrs Prior.

There will be a Book Sale on Wednesday 26th August with

new and pre-loved books for sale. Prices start at just \$1 and go up to \$10. There will also be pencils, rubbers, stickers etc. also for sale. Start saving now!

**REMINDER:** please remember to return your books. Students will not be able to borrow until all overdue books are returned. Books can be returned to the office or the library.

## CANTEEN NEWS

### REMINDER!!

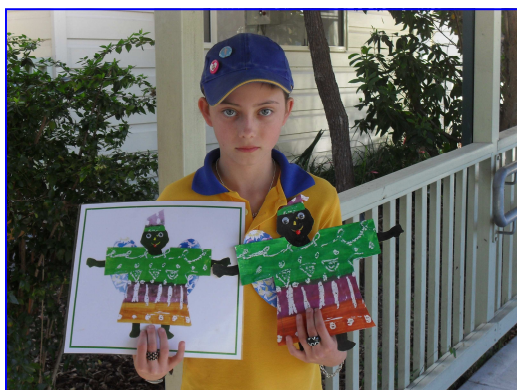
The canteen is **CLOSED ON TUESDAY & WEDNESDAY this week..** There will be lunches ONLY on Monday, Thursday & Friday. Normal canteen hours will resume on **Monday 17th August.**

Students who bring a lunch order on the days the canteen is closed will be provided with a vegemite sandwich only.

Thank you for your co-operation.

## THE ART OF COOKING

Here's Kadiata, Oumoul & Awa's mum. She can to help 3/4/5/KP make an African dish. They used fish (cod), rice and vegetables. The meal was cooked in three parts and assembled on plates when completed. It was a class favourite. It'll be served at Cooksey's Café "Africa, Africa" opening in Book Week. Please come along and try it then.



ABC Radio's Carol Duncan is conducting an Art competition. Last Week Sandra Callahan sent in an entry. It was of an African Angel—these are currently in borders being put around the school display boards.



This week KW & K-1S made Fathers' Day presents using mostly terra cotta clay. They had help from fellow classmates in 3/4/5KP. The results were pleasing and it'll be a happy Fathers' Day for lots of dads this year.



Because lots of countries in Africa use beads and decorate themselves, students have made clay masks and added beads. They look spectacular and will be part of the Book Week display.

## ENVIRONMENTAL GROUP

Enrichment groups have started again for this term. They rotate around to a different activity every 5 weeks. Here is a photo of our keen gardeners this week outside the staff room. They are planting agapanthus with the help of Keely Boyd.



### WORKING BEE

*MEPS will be having its annual working bee on  
Saturday 5th September—bring your gloves, tools and lots of energy  
Help to beautify our school!!*

## CHOCOLATE FUNDRAISING DRIVE

The chocolates have arrived and our Cadbury Fundraiser has started. We are raising funds to outfit the expanding Aerobics Team with team tracksuits and sporting equipment. If you have not collected your carry box of chocolates and wish to participate in this fundraiser please see Melissa Cooper or Michelle Wilkins at the canteen to collect your chocolates. Thank you for your support of our children and look forward to a successful fundraising drive.

## FATHER'S DAY STALL

We are asking for donations of suitable items such as hankies, coffee mugs, sweets, CD cases, stubby holders etc. If everyone were to donate 1 item there would be a great selection of gifts for the students to choose from. We are not able to run these fundraisers without you, and we greatly appreciate your continued support of the students and our school. All donations can be left at the canteen or if closed, the office.

### FOR YOUR INFORMATION:

*Please be aware that the lane way used by many students and parents to access Crebert Street, has recently been littered with needles. For the students safety please speak to your child about this issue and that they should not under any circumstances touch them.*

# BREAKFAST CLUB NEWS

Get a good start to your week at Breakfast Club. Warm up on those chilly Monday mornings with a bowl of hot porridge. Breakfast Club is open to all MEPS students from 8.30am till 8.50am Monday – Friday. Entry is through the office. We also serve Weetbix, toast and oranges. Cost is 20 cents per person. We're always looking for volunteers so if you would like more information please call the Australian Red Cross on 4941 3200.

## ***Amazing Fruit and Veggie Facts***

- Apples contain a natural antiseptic (malic acid) that helps keep your breath fresh
- Most raw fruit and vegetables contain no fat
- A banana plant is really a giant herb
- One tomato gives us 80% of the vitamin C we need each day for healthy gums, muscles and skin
- Potatoes turn green if exposed to the sun
- Eating too many carrots can turn your skin yellow!
- Celery belongs to the parsley family
- Broccoli and cauliflower is a mass of tight flowers
- Red capsicums have at least seven times more vitamin A than green capsicums
- Eating enough fruit and vegetables that are rich in vitamin C, vitamin A and vegetables from the cruciferous family such as cauliflower, broccoli, Brussels spouts and cabbage may help to prevent some forms of cancer
- One bucket of hot chips has 14 times more fat than a baked jacket potato. And potato crisps have 2 times more fat than hot chips. One 50 g packet has 3 teaspoons of fat
- Green beans, cabbage, cauliflower, celery, cucumber, lettuce, zucchini, onion, pumpkin, tomatoes are packed with vitamins and minerals but contain more than 90% water!
- You would need to process more than three apples to make just one glass of apple juice. Since there is no fibre in fruit juice it does not fill you up as much as fresh fruit does. Eat fresh fruit – it has more fibre, vitamins and minerals



*Students enjoying a healthy breakfast with our wonderful volunteer helpers George and Emmanuel.*

## STEPHANIE ALEXANDER KITCHEN GARDEN

***MEPS is applying for a \$60,000 grant to set up a Stephanie Alexander Kitchen Garden.***

The aim of the Kitchen Garden program is pleasurable food education for young children. Alan Watt has asked Vicki Robertson to draft up an application, and Maree Gilchrist and some parents are helping out with that. There's lots to do and lots of ways parents can help get the grant application together.

Interested? 3 things you can do:

1. Let Kris in the office know you're interested - everyone's help is welcome.
2. Come to the Informal info session and hear about the program: 5.30pm Friday 14 August at Figtree Community Garden.
3. Go to the program website for more info: [www.kitchengardenfoundation.org.au](http://www.kitchengardenfoundation.org.au).

Cheers, Liam Phelan

# Waratah-Mayfield Junior Cricket Club



## Registering U/7 – U/17 Boys & Girls

Sat 15 August 11am – 1pm Waratah Shopping Village

Sat 22 August 1pm – 3pm Waratah Shopping Village

New players require proof of age

### Milo Cricket

for under 8's  
(boys & girls)

### Super 8's Cricket

for under 9's

## Competition Cricket U10 – U17

**Girls only cricket – under 9 -13 CricHit**

Enquiries: 0414676725

## Sore Legs or Feet? Ask a Podiatrist

**Ph: 49 677 732**



## Mayfield Family Podiatry

86 Hanbury Street Mayfield NSW 2304  
(Corner of Waratah and Hanbury Street)

## SCHOLASTIC BOOK CLUB

Orders are due back **Friday morning**

**14th August.** We cannot accept any late orders. Please place all orders and money in an envelope into the box provided at the office. If paying by cheque, please make it out to Scholastic Australia. If you have any questions, please see Vanessa Hicklin, Paula Tagg or Marlene Duncan.

Thanks from the Book Club Team



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