

# Toongabbie Public School

## Principal's Report - Craig Brown

Friday 9th August, 2019  
Volume 13



### Dates to Remember:

12th August—P & C Meeting  
16th August—Buzz Assembly  
19th –23rd August—Y5 Camp  
19th– 23 August—Dental Visit  
22nd August—August Visit 3-6  
23rd August—K-4 Book Week  
Incursion  
26th—28th August—Y4 Camp  
28th August—Father's Day Stall  
30th August—Father's Day  
Breakfast

### NOTES

#### PBL Focus Being Safe

Students will be looking at why some children bully others?

Bullies may:

- \* be trying to make others think that they are important and popular and can tell people what to do, and say who can and cannot play
- \* not think about other people's feelings enough and don't understand how much their actions hurt
- \* feel jealous of someone else and want others not to like that person
- \* feel angry with someone who used to be their friend and want to make them feel bad.

Students will then be involved in discussing all the behaviours we would like to see people use to impress others and make friends e.g. cooperating, being kind, helping others.

### Parent Teacher Interviews

Over four hundred interviews were held last week to discuss student progress and plan for their success during Semester Two. The opportunity to include students in the process was well received and the new report format has gained good feedback. Please remember that the staff are always available for further interviews if necessary, but they should be made through the office. I congratulate the staff on the professionalism and thank you all for sharing in the partnership to achieve the best for your children.

### Staffing 2020 & Kindergarten

The school has submitted to the Department of Education anticipated student numbers for 2020. This initial step in the staffing of schools allows preliminary discussion and organisation to commence. As many families are aware, the formation of classes is dependent on the number of children enrolled at each school. If you are aware of a neighbour who currently does not have a student at our school and intends enrolling a child next year, please encourage them to contact the school as we are now preparing for our orientation program.

### P&C

Next P & C Meeting will be held in the staffroom **Monday 12<sup>th</sup> August at 7:00pm.**

### Open Day

Thank you to all the parents, carers and friends who enjoyed the sunshine and came to visit on Open Day. I trust you enjoyed seeing some of the great things which make TPS such a great school to be involved with. Our choirs definitely provided a beautiful voice to the occasion. Parents did a great job of getting around to the classrooms. I was delighted with the positive responses from our visitors. I chatted with both parents and grandparents who had attended our school as students and I was proud that the wonderful reputation that our school has always enjoyed is still very much alive. On Tuesday it was my privilege to take two of our wonderful staff and four students to participate in a very special education week activity in Parramatta. You may have seen photos on Facebook and I have included some more at the end of this newsletter. Congratulations to Mr Carruthers, Mrs Matthews, Chloe, Josh, Tyler and Eloise on their work in promoting the activities we do to support sustainability. The focus was on student voice and I was impressed by both our students and the amazing Year 11 students who were chosen to be 'Secretary for a Day'.



### Hills Performing Arts Festival

It is that time of the year again. Our school will be performing at the Evans Theatre in Penrith on Tuesday September 3<sup>rd</sup>. We have students from our choir, boys dance and girls dance groups. Tickets went on sale on Monday and the show is now sold out. Our band will also be performing as pre-show entertainment before playing two pieces to start the event. Students in the band will leave after they perform. The school and band committee are organising free transport for this group to and from the night. Please contact the office if you have any questions regarding this activity.

## Relieving Deputy Principal's Report - Sue Bownds

Such a busy start to the term. This week saw TPS celebrate Education Week, Open Day, the 2-6 Athletics Carnival, gymnastics, special athletics training and so many other activities. The weather has been kind to us and the students are enjoying playing outside on some quite warm days. Our community enjoyed a wonderful picnic lunch with sausages from the canteen and we were delighted to see so many parents enjoying our school playground.



A reminder that all items of clothing need to be labelled as often the children take them off as the weather becomes warmer and they can easily become lost. If they have a name on it, it can easily be returned. Mr Brown brought a huge pile of items back from Pendle Hill after the carnival so we are hoping these can be claimed as soon as possible. If you have lost something, please check the baskets outside the library and 5M room.

### **Athletics Carnival**

Our postponed Athletics Carnival was held on Monday 5<sup>th</sup> July at Pendle Hill High School. It was a fabulous day with the 800m runners leaving school at 8.30am ready for the first race. The other track events followed and classes were back at school by lunch time. This was largely due to the field events being completed by the 'Be Skilled, Be Fit' team led by Craig Hilton which meant that these events did not have to be run at the carnival. It also meant that all students had been trained in the necessary skills during their weekly athletics sessions so everyone was able to compete. We had some fabulous results in track and field events and Mr Carruthers is currently working on the Zone team. Thank you to Mr Carruthers and all the teachers who worked hard during the day with their multitude of jobs. It was great to see so many parents there to support their children. We are particularly proud to see TPS students always trying their best.



### **Mobile Dental Service From People's Health Care Visit:**

The mobile dentistry van was due to attend our school between 6<sup>th</sup> August and 16<sup>th</sup> August. They have now rescheduled and will be here in Week 5 between the dates of 19<sup>th</sup> and 23<sup>rd</sup> August. As this is when Year 5 are at camp, we are endeavouring to get an extra day as well so that they can see the Year 5 students. We will keep you advised regarding this. All applications have been forwarded to them but we are now still accepting them up until the end of next week. If you would like an application, please see the office.

### **Education Week and Open Day at TPS**

TPS celebrated Education Week this week with an Open Day on Monday and a visit to Parramatta district office for Secretary for the Day.

Our students, teachers, parents, family members and members of our community enjoyed a very successful day on Monday. Our postponed Athletics Carnival was held from 9am-1pm with all 3-6 students and Year 2 students who turned 8 years this year, competing in the track events.

At school, K-2 classes continued with their gymnastics program with lots of parents watching. The photo below is of 2B students, teachers and visitors. In some classes, the parents even had a go. K-2 participated in grade sport between 12 and 1pm and then the whole school participated in a picnic lunch in the grass area where both the Stage 1 and the 3-6 choir sang for lunch time entertainment. From 2-3pm all classrooms, the hall, gymnastics and library were open for family members to visit. This included both the Concert Band and the Training Band who entertained visitors until 4pm. Thank you to everyone involved for making this day so successful. More photos can be found on our Facebook page and in a collage later in the newsletter.



### **Year 5 Camp:**

Year 5 will be going to the Great Aussie Bush Camp on the Central Coast during Week 5. The teachers and students are really looking forward to it. Payments can be made via School Bytes, POP or to the office. Lots of photos will be on Facebook or the next newsletter.

### **Father's Day Breakfast—Friday 30th August**

Our annual Fathers' Day Breakfast will be held on Friday, 30<sup>th</sup> August from 7.30 – 9am. This will be similar to the Fathers' Day breakfasts we have held in past years. We hope that our dads, grandpas, uncles or other family members can join us on this morning. This will be a staff function and the teachers and staff members will organise it and serve you. Please note that it is not a P & C function. The cost is \$5 per family and we hope you can join us on this morning.

**TIME:** 7.30am - 9.00am (Families are welcome to come any time from 7.30am to suit them. There will not be 2 sessions this year)

**VENUE:** School Hall

**COST:** \$5 per family with all family members included in this price.

Breakfast will consist of the traditional sausage, onion and bacon roll, cereals, plus muffins and fruit so this should cater for all dietary requirements. We will also have tea, coffee and juice. A note went home recently regarding this so please return it as soon as possible to the office.

**Playgroup on Thursdays from 9am:**

The TPS Playgroup continues each Thursday and we are having lots of fun. We have a regular group that visit but anyone from our community is welcome. It goes from 9am until around 10.20am. There is no cost and you are welcome to bring friends, relatives and neighbours. It is held in the Before and After School Care Building near the Kindergarten rooms. I look forward to welcoming anyone who would like to attend.

**Kindergarten Enrolments and Orientation:**

We are currently organising our enrolments for 2020. If you have not yet enrolled your child, please do so as soon as possible. Application forms are available from the school office or can be posted. Please call the school office to discuss. Students who turn 5 by 31<sup>st</sup> July 2020 are eligible for school.

Our Orientation program starts this term with an Information Evening for parents and caregivers only on Wednesday 25<sup>th</sup> September from 5.30-7pm in the library. Mrs Otten, our Assistant Principal who looks after Kindergarten is currently finalising the orientation sessions and further details will be in later newsletters and on Facebook.



**Parent Teacher Interviews– Tuesday Week 2:**

In Week 2, we held parent teacher interviews so that parents and teachers could discuss your child's progress after our reports last term. This time we invited the students to be part of the process and the reports from both parents and teachers has been very positive. We appreciate our parents working with us in this learning journey and thank you for your time to meet with us.



**Book Week:**

Also during Week 5, we have Book Week and Mrs Redman has arranged an author visit on 22<sup>nd</sup> August and an Incursion in the school hall for Friday 23<sup>rd</sup> August. Notes have been sent home about this so please check your child's bag and return the payment as soon as possible. Stage 2 will be participating in both activities, whilst Year 6 will attend the author visit as Year 5 are at camp. K-4 will attend the incursion which is centred around the shortlisted books for Book Week. Mrs Redman has introduced the students to these books during library lessons.

**1/2P, 5C and Support Class' Assemblies:**

At TPS we offer lots of opportunities for our students to perform. During the year each class has an opportunity to perform. Over recent weeks, we have had items from 1/2P, 5C and the support classes. Thanks to all the teachers for their efforts and also to Miss Hiron who choreographed the dance in the support unit.



## P&C and Parent Auxiliary

Please consider coming along to the next P&C General Meeting that will be held on Monday 12<sup>th</sup> August at 7pm. All members of the TPS Community are welcome to attend. If you would like anything to be added to the agenda for discussion at this meeting, please email to [toongabbiepublicschoolpandc@gmail.com](mailto:toongabbiepublicschoolpandc@gmail.com).

### Father's Day Stall

Preparations are well under way now for our annual Father's Day Stall. This will be held on Wednesday 28<sup>th</sup> August during class time for all grades except year 4 who will still be on camp. Year 4 will have their turn on Thursday 29<sup>th</sup> August.

If any TPS Families have a local business that would like to donate a prize for the Father's Day raffle, please contact Brooke Arslan via 0405 356 210 or via email [Toongabbiepublicschoolpandc@gmail.com](mailto:Toongabbiepublicschoolpandc@gmail.com).

### 2019 Colour Explosion—Save the Date



After the success of our 2018 Colour Run event, the P&C will be hosting this event again in 2019 but are planning something bigger and better for 2019!! This year it will be a **COLOUR EXPLOSION!**

As the major annual fundraiser for the P&C, the more money we raise the more we can provide for the students through vital school projects, in particular upgrading the play equipment area. The day's focus is on fun and fitness with the added benefit of raising funds for our school.

The School Run4Fun Colour Explosion will be held on FRIDAY 13<sup>th</sup> SEPTEMBER.

A note will go home early next week with all the details and a sponsorship booklet so that you are able to start gathering support from family and friends. The incentive prizes for fundraising are back again this year although only students registered online will be eligible for these gifts.

We will also be asking for 2 parent volunteers from each class to assist with the event and activities. Please look out for the note in your child's bag to find out more about how you might be able to get involved.

The P&C are looking forward to another successful TPS Community event!

Only 35 days to go!!

## P&C Canteen — Rhonda Fogg, Canteen Manager

<b>Mangers Special – Week 3 &amp; 4</b>	Beef Meat Ball Sub with Cheese	\$5.00
<b>Mangers Special – Week 5 &amp; 6</b>	Chicken Schnitzel with Mash & Gravy	\$5.00

### Menu Changes

A reminder that the following products are NO LONGER AVAILABLE:

Hot Popcorn	JJ's (all flavours)	Jelly Cups	Jelly & Custard Cups
Zing Snappers	Paddle Pops	Callipos	Spinach & Ricotta Rolls
Chicken Nibbles	Fantastic Noodles	Chicken Burgers	Red Rock Deli Chips

New Products Available to Order:

• Grilled Chicken Breast Burger (with lettuce and Mayo)	\$4.50
• Mamee Noodle Cups (Beef or Chicken only)	\$3.00
• Large Custard Cup with Fruit	\$1.50
• Koala Air Popped Popcorn	\$1.50
• Ham & Cheese Roll	\$2.00
• Cheese Roll	\$2.00

New Treats			
Fresh Fruit Sticks	50c	Custard Cups	60c
Custard & Fruit Cup	\$1.50	Home made Muffins	\$1.00
Pikelets with butter or jam	\$1.00	Ricecakes with butter, Jam or Vegemite	50c

### **Breakfast**

There will now be a range of Breakfast items available of a morning ranging from 50c - \$2 Some of these items will be able to be ordered before 8am for service at 8:30.

Breakfast Items will include:

Cheese Toasty, Ham Toasty, English Muffins with Vegemite or Cheese, Small Yogurt Cups, or Yogurt Cup with Fruit

### **Fresh for Kids Promotion**

From Monday 12<sup>th</sup> August the canteen will be participating in the Sydney Markets Eat Fresh and WIN Promotion.

Each time your child orders a meal from the canteen that contains FRESH PRODUCE, they will receive a sticker. For every TWO stickers that are collected and returned on an entry form (available from the canteen) they will receive a Stamper Pen. There are 6 different colors to collect.

The entry form will then be sent off to Sydney markets at the end of the campaign where your child will be entered into the draw for some fantastic prizes. There is also a prize for the school with the most entries, so lets get Toonie kids eating healthy foods from our canteen!



#### Fruit

Apples	Avocados	Banana	Cumquat	Grapefruit	Kiwifruit	Lemons
Mandarins	Oranges	Pomelo	Rhubarb	Strawberries	Tangelos	

#### Vegetables

Carrots	Cauliflower	Celeriac	Celery	Fennel	Jerusalem artichokes
Kale	Kohlrabi	Leeks	Okra	Onions	Parsnips
Potatoes	Pumpkin	Silverbeet	Spinach	Swede	Sweet potato
Turnips	Witlof				

### **Friday Lunch Orders—PSSA Alerts**

Many children who participate in PSSA are not including the PSSA ALERT on their Friday lunch order, their will mean that your child's lunch is not ready for them when they leave for sport as these lunches are required to be prepared earlier than all other Friday orders. If your child participates in PSSA, please ensure that this is marked on their lunch orders bag. If you are ordering on Flexischools, please check the ALERTS and mark your child as PSSA. This needs to be completed in the order WITH the food order not separately. So make sure this appears at the checkout when completing the order.

### **Cash Sales**

Please be aware that the canteen does not have change in the mornings for large notes. Please try to have smaller notes or coins for over the counter orders. The canteen is also not able to provide change.

### **Volunteers**

We are still in need of some new canteen volunteers to fill some gaps on our volunteer roster. If you are interested in assisting in the canteen, please contact Rhonda in the canteen.

Existing volunteers should check the roster to ensure that days scheduled for this term are still suitable for your availability. Thankyou in advance for your continued support and time spent in the Canteen.

**Guitar Lessons** - Learn guitar from an accredited and experienced teacher. Learn your favourite songs in a fun, pressure free environment. All styles taught. Beginner to Advanced. Affordable prices. Registered Creative Kids Provider. Available 7 days. Ph. 0433 548 772.

## Reminders From the Office—Freya Ingold—Rel. School Administrative Manager

School Bytes has been launched and has been a huge success. I have had many parents providing feedback on how easy and convenient it is to use. Clicking on the link in the email takes you directly to payment, where you can tick what you wish to pay for. You are not required at all to go through the school website for making a payment.

A frequently asked question is “what is the School Magazine for Years 3, 4, 5 and 6”. This is actually a literacy book which students have been using in class since the beginning of the year. Many parents have thought that this was a magazine which would be handed out at the end of the year.

If you have any questions in relation to any fees which are appearing on your statement, please contact the office and we will gladly assist. If any family is requiring assistance in making these payments, please do not hesitate to speak with myself, Mrs Bownds or Mr Brown.

## Library News—Renata Redman TL

### **Author Visit – Years 3, 4 & 6**

To celebrate Children’s Book Week, award-winning children’s author, Mark Greenwood, will be visiting on Thursday 22<sup>nd</sup> August. Mark is the author of the acclaimed ‘History Mystery’ series and numerous historical picture books. Students in Years 3, 4 and 6 enjoyed studying Mark’s books in Term 2 and we are very much looking forward to Mark’s presentation. Just a reminder, to please ensure payment and permission slips for this incursion have been returned.

### **Premier’s Reading Challenge**

This year’s PRC concludes on **Friday 30<sup>th</sup> August** and students must have their reading records logged by this date. K-2 students complete the Challenge with their class teacher. The Challenge is optional for students in Years 3 to 6. Congratulations and well done to our recent ‘finisher’, Madison Gale. For further information and to log reading records, please visit: <https://online.det.nsw.edu.au/prc/home.html>

### **MS Read-a-thon**

It’s that time of year, when the MS Read-a-thon takes place. Students read for a month, gaining sponsors for their reading, and raising money for Multiple Sclerosis sufferers and research. TPS has supported this worthy cause for a number of years. If your child would like to participate, please visit: <https://www.msreadathon.org.au> for further information and to register.

## ATHLETICS CARNIVAL—MR CARRUTHERS

Chatter echoed in raging waves through the local neighbourhood as a few hundred Toongabbie students trudged up the road to Pendle Hill High School. The expectation and anticipation stifled the air as the 800m runners fought the compounding increase of supporting numbers arriving.

Seemingly, the flood gates opened when the 200m events were called and possibly every junior runner graced the marshalling area in preparation for their race. With an almighty clap of his clapper, Mr Howe repeatedly set the racers on their way to trundle through the pain of a long bend and the distant finish line becoming a reality for the many huffing and puffing competitors.

Once the 100m events were called, the sprinters marshalled and took off towards an excited crowd cheering them home.

With Mr Brown and Miss Costello keeping the fun going in the middle of the track, smiles were replaced by laughter. Soft javelins were thrown and eggs balanced delicately on spoons.

Having parents and grandparents line the side of the track and share the event with their children and their children’s friends makes the day something that build the community. Thanks for the support.

The day ran well due to the assistance from all of the staff, parents and students. A special thanks to Mrs Miles for returning to assist with first aid and Mr John Brown for the hard labour in preparing the venue for the events. We appreciate the support and assistance from the Pendle Hill HS staff and students.

The zone athletics carnival will be held on Thursday 5 September (Week 7) at Blacktown. There is also a 1500m event that will be held on Wednesday 11 September (Week 8). Students can nominate for the 1500m by seeing Mr Carruthers before Wednesday 14 August.

## What's Happening at TPS

### Support Classes

Thank you to all parents and relatives that have joined us at various Education Week activities this week. Our students have enjoyed showcasing their learning with you. STEM challenges were enjoyed by both parents and students alike during our open classroom visits. K-6M and K-6P were involved in LEGO challenges, whilst K-6B designed and constructed their own wind powered boats. Please have a look at our Photo Gallery for some pictures taken at the open day.

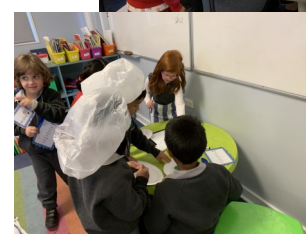
Thank you to parents for your active participation in our review meetings this week. This is a valuable time to discuss progress towards individual learning goals for our students. These meetings will continue on Thursday 15th August and Tuesday 20th August.

We are all very excited to see the completion of our new equipment storage box and seat in the SPA. It is already being put to good use by staff and students.



### Early State One

Each week Kindergarten practice their heart words in fun and exciting ways! This week KE were customers, waiters and chefs in their very own "Heart Word Cafe". The children love to practice reading, saying, writing and creating their heart words to serve up!



### Stage One

What a great start to the week with our Education Week Open Day! While some of our Stage One students competed in our athletics carnival, the rest of Stage One stayed behind and did sports rotations at school which included an obstacle course, skipping, frisbee throwing, games and basketball. Parents watched our gymnastics sessions and we even had brave parents and teachers have a go on the mini trampoline! We had a BBQ picnic lunch and ended the day with open classrooms where parents could visit the library and classrooms to see all the great work we have been doing, watch some lessons and join in different activities.

We have got some more exciting events coming up including a Book Week incursion, dentist visit and Father's Day Breakfast. Keep a look out for information about these events and don't forget to return the required notes/money.

Did you know that water makes up approximately 70% of a person's body weight? And 80% of your brain tissue is made of water? Stage One is learning all about water, how we use it and the need to preserve water in both science and English units this term. We are aiming to increase our water intake for both healthy bodies and minds so don't forget to bring your water bottles for crunch and sip!

## What's Happening at TPS

### Stage Two

It was wonderful to see so many Year 3 and 4 students participating in the track events at this week's athletics carnival. Don't forget that we have two events for Book Week in Week 5, an author talk on Thursday and the performance on Friday. Please get your money and notes in ASAP.

The Year 4 teachers are very excitedly preparing for camp, and will be having a meeting with students next week to discuss some final details. Please read all notes very carefully – and don't hesitate to contact your child's teacher if you have any concerns or questions.

### Stage Three

#### Year 5 Camp

During week 5, 19<sup>th</sup> – 23<sup>rd</sup> August, Year 5 are off on the camp of a lifetime! Leaving their families behind, Year 5 are headed to The Great Aussie Bush Camp and the Australian Reptile Park on the Central Coast. Here they will participate in 5 day's worth of outdoor recreation activities which will challenge their growth mindset and physical abilities, and allow them to take calculated risks in a safe, supportive and secure environment. All the teachers and students are looking forward to a week of fun, laughter and enjoyment, further developing and strengthening relationships. We look forward to returning and sharing our stories of camp with you.

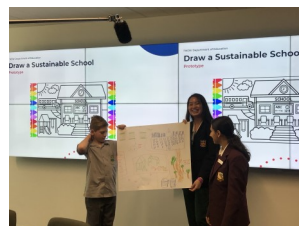
#### Stage 3 Assignments

The busy term continues as Stage 3 engage in three assignments including the Hills Public Speaking Competition, Science Fair Electricity Project and the Beliefs Research Task. The assignments encourage students to engage in independent research and develop time management skills.

We look forward to the presentation of these assignments.

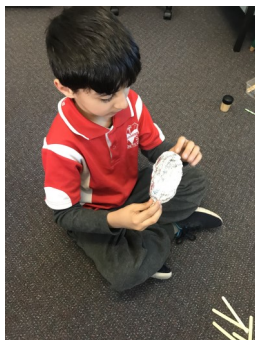
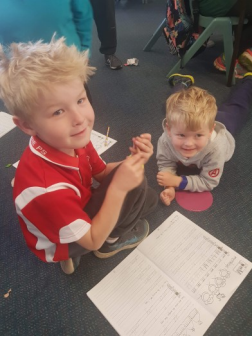
#### Education Week - Parramatta District Office Secretary for the Day

On Tuesday Mr Brown accompanied Mr Carruthers, Mrs Matthews, Chloe, Josh, Tyler and Eloise who did a presentation about our environmental programs at TPS. They all presented exceptionally well and we are especially proud of our students. It was commented on by the staff there that they had several case studies of what schools were currently doing in terms of student voice on the website but did not have one about a primary school. They are looking at publishing our school's environmental work on the Department of Education website. It was commented that they hoped other schools would follow in our wonderful example of minimising their ecological footprint. Well done to our teachers and Mrs Osland who also works with the environmental warriors program. Our students were outstanding during the presentation and showed great confidence as well as passion when speaking.





# Education Week Photo Gallery



Netball	Boys Soccer	Girls Soccer	League-Tag
Beresford Rd v Darcy Yellow @ <b>Bathurst St</b>	Beresford Rd v The Meadows @ <b>Bathurst St</b>	Beresford Rd v Toongabbie @ <b>Binalong Oval</b>	Beresford Rd v Toonie Red @ <b>Binalong Oval</b>
Darcy White v Westmead @ <b>Bathurst St</b>	Darcy White v Warriors @ <b>Daniel St</b>	Darcy White v Warriors @ <b>Pendle Hill Park</b>	Darcy Rd v Pendle Hill @ <b>Binalong Oval</b>
Girra Yellow v Wentworthville @ <b>Girraween PS</b>	Girra Yellow v Metella Blue @ <b>Best Road Oval</b>	Girra Yellow v Metella Rd @ <b>Girraween Oval</b>	Girra Yellow v Metella Rd @ <b>Binalong Oval</b>
Metella Gold v Toonie West @ <b>Binalong Oval</b>	Metella Gold v Girra Green @ <b>Best Road Oval</b>	Toonie West v Girra Greens @ <b>Girraween Oval</b>	The Meadows v Girra Green @ <b>Binalong Oval</b>
Pendle Hill v Toonie Red @ <b>Binalong Oval</b>	Pendle Hill v Darcy Yellow @ <b>Daniel St</b>	Wentworthville v Darcy Yellow @ <b>Harold Read Reserve</b>	Wentworthville v Toonie White @ <b>Binalong Oval</b>
Girra Green v Beresford Blue @ <b>Beresford Rd PS</b>	Toongabbie v Westmead @ <b>Binalong Oval</b>	Westmead v Beresford Blue @ <b>Bathurst St</b>	Westmead v Beresford Blue @ <b>Binalong Oval</b>
Metella Blue v The Meadows @ <b>Best Road Oval</b>	Wentworthville v Toonie West @ <b>Girraween Oval</b>		
Warriors v Toonie White @ <b>Binalong Oval</b>	Bye – Beresford Blue		
Bye – Wanderers			

NSW Department of Education

## Toongabbie Public School Environmental Warriors

**School Information**  
Toongabbie Public School, founded in 1886, has over 640 students from diverse cultural and social backgrounds. The school aims to provide quality education for all in a caring environment where students can achieve their personal best.

**Student Voice approach**  
Students and staff work collaboratively on the environmental committee to improve not only the school environment but that of the wider community. Students and staff have worked together to; create a 'bee hotel', plant trees in the school, minimise landfill with a new waste management system, create videos to support environmental initiatives and engage parents and the community. Student voice is supported throughout the school to empower students to be leaders of their own learning.

**Challenges & solutions**  
Staff and students did 'waste audits' of bins and identified types and quantities of waste. Students and staff were upskilled in sorting waste into four bins located in each classroom; recycling (soft plastics), 'return and earn' (bottles and cans), paper and cardboard and food waste. The environment committee is currently researching solutions to recycle food waste within the school.

Tree planting activity

School details  
<https://toongabbie-p.schools.nsw.gov.au/>



Did you know?

National surveys found that the combined level of overweight and obese children in Australia has more than doubled in recent years.

A major study revealed that the number of overweight and obese children in NSW rose from 1 in 10 in 1985 to 1 in 4 children in 2004.

Obese children have a 25% - 50% chance of going on to be obese adults.

Our busy lifestyles can be hard on our family's health. Rushing to and from school and work can make it difficult to find time to be physically active and eat well. We can also slip into the habit of choosing unhealthy snacks and takeaway foods or spending our free time in front of the TV or computer. However, these choices can be dangerous for our health and our children's health – both now and in the long-term. That's why it's so important to stop, take stock and make a conscious decision to follow a healthy lifestyle.

*Live Life Well @ School* is a collaborative initiative between NSW Ministry of Health and the school sectors in NSW. The NSW Department of Education supports schools to engage with *Live Life Well @ School*, through a variety of resources and professional learning opportunities. *Live Life Well @ School* is supporting Toongabbie Public School to promote healthy eating and physical activity to students. The program aims to get more students, more active, more often and to focus on healthy eating habits.

Attached to this week's newsletter is a fact sheet on 5 ways to a healthy lifestyle. Toongabbie Public School is committed to programs that focus on healthy lifestyle choices in school and at home.



## PENDLE HILL COLTS CRICKET CLUB



**REGISTRATION  
NOW OPEN**

**GO TO  
PLAYCRICKET.COM.AU**

**SEARCH FOR  
"PENDLE HILL COLTS"**



*Come along and enjoy local cricket with your friends!  
Boys & Girls aged Under 10 to Under 16*

**FREE Colts PLAYING SHIRT  
WITH EVERY JUNIOR  
REGISTRATION**

Any questions?

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