Calendar for Week 5 Term 2

Monday – 18 May

- PLPs Week
- Panther Trophy

Tuesday – 19 May

- Support Classes Excursion to Don Bosco

Wednesday – 20 May


Thursday – 21 May

- Zone Cross Country

Friday – 22 May


Pride Goal for next two weeks

Our new pride goal expectation for the next three weeks is:

Honour your commitment to your Pride Goals

Tips for Parents

Too Sick for School?

As the cold weather hits, so do the winter bugs. It’s often hard to know whether to send your child to school or let them stay home to recover, especially when that means an adult cancelling work. For safety's sake, if your child seems unwell you should always keep them home from school and seek medical advice.

School A to Z and the NSW Health have created an at-a-glance chart to help answer your questions about common childhood illness and how long sick kids need to miss school. Find it by typing this link into your web browser www.bit.ly/1hytn2E

STAGE 3 CAMP - SYDNEY SPORTS AND RECREATIONAL ACADEMY

MONDAY 31 AUGUST – WEDNESDAY 2 SEPTEMBER 2015

The cost is $250.00 per child. This cost covers coach transport, accommodation, meals and all activities over the three days. Payment can be made in full or alternatively, a deposit of $50.00 will be required as soon as possible. The balance for the camp will need to be paid by Friday 17 July 2015.

Be a learner, be respectful, be safe
Hebersham Pride

Pride Pin Recipients K-6 Assembly Week 3
We are proud of you!!!!

P & C News

Congratulations to the winners of the P & C’s Mother’s Day Raffle.

1st Prize – Connor (KS)
2nd Prize – Sharnee (S2P)
3rd Prize – Anaua (S3W)

K-2 Home Reading Raffle

Congratulations to the following students who won Week 3’s Home Reading Raffle.

Kindergarten – Dayan (KS)
Year 1 – Elisha (S1T)
Year 2 – Brock (S1R)

No Hat, No Play

There are NO spare hats in the school’s front office. Please ensure that your child has a hat clearly marked with their name in their school bag each day.

Nutrition Snippet

The simplest way

...to work out how much fruit + veg you need.

Eating two serves of fruit and five serves of vegetables every day will help keep you and your kids healthy. But what does a serve look like?

A serve of fruit is 150 grams or:
- 1 medium fruit (apple/banana)
- 1 ½ tablespoons dried fruit (apricots/sultanas)
- 1 cup of chopped or canned fruit (fruit salad)

A serve of veg is 75 grams or:
- ½ cup of cooked veg or
- ½ medium potato or
- 1 cup of salad

Pack fruit and veg every day for school lunches – every bit counts towards your child’s daily total – plus healthy food gives them extra strength to concentrate longer.

For more information visit www.eattottoatit.com.au or join us at facebook.com/eattottoatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.

Be a learner, be respectful, be safe