

**Term 3 Week 10**
until Term 4 Week 4**Public Holiday**Thursday 22 Sept
School will not be open**Last Day of Term 3**

Friday 23 Sept

First Day of Term 4

Monday 10 Oct

Every Tuesday

12:20 - 12:50 Scripture

Every Wednesday**Week 1 - 8 of Term 4**Years 5 & 6
Dance Program**Every Friday Term 4**

Summer PSSA

Thursday 13 OctYear 4 & 6 Attendance
Blitz - Movie Day**Friday 28 Oct**

World Teachers Day

**Payments Due****Year 5 & 6 Dance Program**

Cost: \$5

Final payment due: 10 Oct

Kindergarten to
Calmsley Hill Farm

Cost: \$30

Payment due: 21 Oct

Principal's Message***Welcome to Term 3, Week 10***

Welcome to week 10. What a wonderful term of learning we have experienced.

Some of the experiences have been involved in:

Life Education- Healthy Harold, Drumming program for Stage 3, Spelling Bee trials, Public Speaking, MiniFit -yrs 3-6, Education week, Book week, ICAS assessments, Chicks-R-Us, Crazy Hat and Hair Day, Sydney Aquarium & Zoo excursion, Science incursion- Stage 2 and Swimming Scheme to name a few.

Supervision Before School

Supervision starts at 8:30am when the gates are open. I understand that many parents may have commitments at work which require them to start early. There is a Before and After School Care service available and they operate in our school hall from 7am every morning. Please see our website for details. As an alternative you may be able to make arrangements with friends or neighbours for the supervision of your child in the morning.

Whatever arrangements you make, you need to understand that you remain responsible for the supervision of your children before 8:30am. I ask that you do not leave your child at the school gates before 8:30 especially since they are waiting near the road unsupervised.

Cyber Safety

As we head into holidays children will increase their use of social media and I ask that you are aware of your child's online activity and ensure they are being safe and respectful.

The Commonwealth Office of the Children's eSafety Commissioner has developed a resource for parents which helps parents deal with the connected devices in their children's lives.

The website is <https://www.esafety.gov.au/parents>

If Someone you know is adversely affected by an online experience; free and confidential advice, assistance and support is available from:

The Kids Helpline (ages 5 to 25) on 1800 55 1800

eheadspace (ages 12 to 25) on 1800 650 890

Lifeline on 13 11 14

Seesaw

Last week Seesaw turned off messaging as an inappropriate message was posted (not in our school) while they took down the message and ensured no other users were impacted.

As a school we are going to be looking at refining our use of Seesaw. During last years lock down it was absolutely the best way to communicate with our families. Now we have returned to school we need to go back and look at what is the purpose of using Seesaw.

As of Tuesday 20 September, we are going to stop the messaging function while we revise our purpose and impact.

Of course, you can still contact the teacher through the regular channels of leaving a message at the office or asking the teacher in the afternoon to set up a meeting when convenient. If there is a change in the afternoon of who is picking up your child or a meeting place, then please call the office and they will make sure the message is passed onto your child.



Principal's Message cont.

Approaching Students

Our school is committed to building a safe and happy environment for students, staff, parents and the broader community. If you have a concern about another child interacting with your child at school, please discuss with the classroom teacher. It is natural as parents and carers to feel protective of your children. However, you must not raise those concerns with the child or their parents at school. If a parent or carer directly approaches another child to discuss their concerns, then this may result in the access that person has to the school being restricted or withdrawn. We value the contribution parents, carers and other community members make to the school community and do not wish to take any action that impacts on their participation in school activities.

Permission Notes

When paying online for any event please make sure you send in the permission note with your child and the receipt number for your payment. Even if you have paid for an event, we need the permission note before a child can attend the event.

Attendance

In the month of August, we held the attendance blitz of students attending 85% or more. We had such a wonderful increase in attendance. Let's keep the attendance of students a focus. Students who meet the target will be celebrating with a movie, popcorn, drink sometime this week and the first week back.

P&C

I would like to thank the P&C team (4 wonderful parents) who made sure the Father's Day stall was a success and students had the ability to purchase a gift for a significant man in their lives. This was able to go ahead as it was stock that was purchased in 2021 before the last lockdown.

SchoolStream

Have you got the SchoolStream app? This keeps you up to date with notes and events happening at school.

Contact Details

Are your contact details up to date? If anything has changed, please contact the office and update your details eg address, phone number or email address. It is important for us to be able to contact families especially if it is a medical concern.

Kindergarten 2023

We are enrolling for kindergarten next year. If you have a child turning 5 before 31 July 2023 please enrol now. You can enrol online through our school website or ask for an enrolment form at the office. Since we are over the enrolment cap we accept students in area. If your address is out of area you will need to apply as an out of area application and a panel will look at the application to determine if a place can be offered.

School Dates

Last day of term 3- Friday 23 September

First day of term 4 – Monday 10 October

Karen Goulder
Relieving Principal



Do you have a kindergarten child enrolling in Casula Public School in 2023?

Children enrolling in 2023 must be 5 years old on or before 31 July 2023.

Please follow the below link to submit an online enrolment.

[Enrolment - Casula Public School \(nsw.gov.au\)](https://nsw.gov.au/enrolment-casula-public-school)

If you are unable to process an online enrolment, the enrolment form can be downloaded from the Department's website going to a public school.

[Going to a public school \(nsw.gov.au\)](https://nsw.gov.au/going-to-a-public-school)

LOST PROPERTY



If you believe any of these items belong to your child please come to the office to inspect and/or collect.



School Times

Gate Opens

8.30am Please don't leave children prior to this time

School Starts

9am



RECESS

K - 6 1100am - 1130am

Please be mindful of break times when collecting children. It is quite difficult to locate a child and collect their bag while they are on the playground

LUNCH

K - 2 1pm - 1.30pm

3 - 6 1.30pm - 2pm

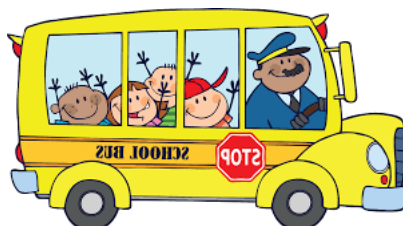


Gate Opens

2.55pm

School Finishes

3pm





We Love Learning In KCE...

We love a fun 'dress up' day!



One of our favourite daily activities is practising our phonemes and making words with the phonemes we know.



We are learning to use our focus and grit to be successful in all of our learning!

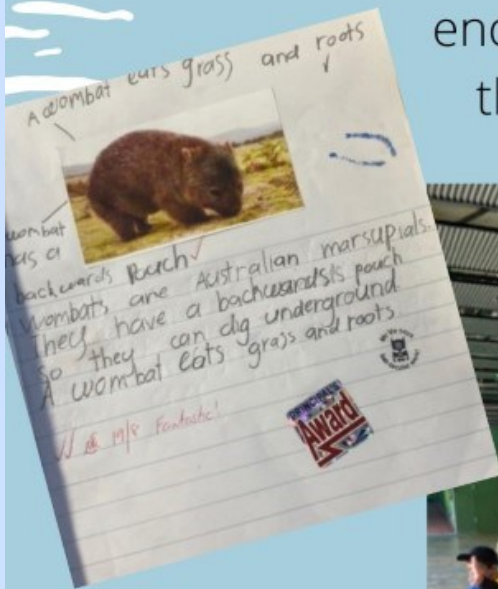


This term, we have been learning about "The Farm" and writing informative texts about farm animals.



A Room with a View Meeting 1JM

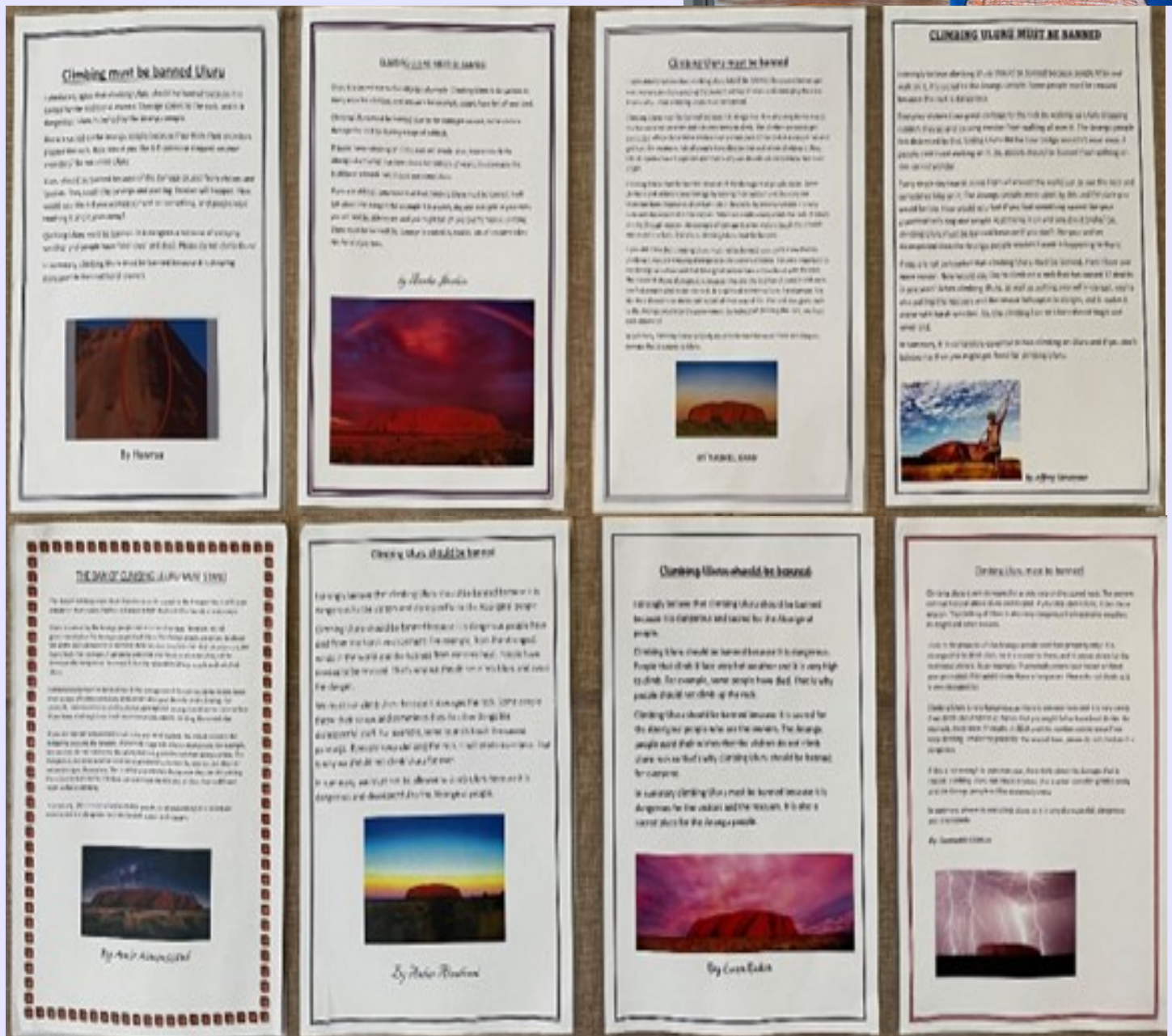
1JM have been learning about the difference between facts and opinions. We have been investigating different land and sea animals and writing informative texts about them. We have even been lucky enough to see some of these animals at the Aquarium and Wild Life Sydney.



A Room with a View Meeting 4M

4M has been engaging in our Geography unit, 'Features of Australia', learning concepts around mapping, famous landmarks, as well as the sustainability of these places and environments. We are weaving this knowledge into our persuasive writing and art around these topics. Our first piece of writing was why, 'The ban to climb Uluru must remain' so it can be a

beautiful place that can be preserved and respected. With that respect extended to the Anangu people, the traditional owners of Uluru! This is some of our work...



A Room with a View

Meeting 6S

6S are continuing to work hard even though we are fast approaching the end of the term. I am so proud of our students who have been so resilient with all the changes to routine. This has included Check-in assessments, topic tests and surveys. Our days have been very busy.



This term we have been learning about information texts. Our students are in the process of completing their newspaper reports and information reports about climate change and how it is affecting our environment. This links in with our Geography unit and how the weather effects people, places and things. It has been exciting to see our students beginning to grasp the importance of these issues and how we can make a difference.



This week we also say goodbye to our MiniFit leaders who have done an amazing job teaching us new ball skills, team building activities and ways to live a healthy life. Our students have really enjoyed the fitness activities and have come together as a team, learning new ways to interact with each other, celebrating each other's successes and accepting of the fact that you can't win all the time. Thank you once again Anthony, Rick and the team.



I can't believe there is only one more week to go.
Till next time

Mrs Stevenson
6S

LZPSSA Athletics Carnival

Forty four students represented Casula at the Liverpool Zone Athletics Carnival on Thursday 18 August at Campbelltown Athletics Stadium. Casula finished in 7th place overall with 101.50 points.

Notable performances on the day included:

Girls 9 Year Old: 100 Metre

2 - Iris C 17.08

Girls 11 Year Old: High Jump

4 - Seham A 1.10m

Girls 11 Year Old: 100 Metre

5 – Aryna T 15.77

Girls 12-13: High Jump

6 – Mia S 1.00m

Girls 12 Year Old: 100 Metre

8 – Promise M 15.59

Girls 8-10: Long Jump

1 – Sophia L 2.84m

Girls 11 Year Old: 200 Metre

7 - Aryna T 34.57

Girls 11 Year Old: Long Jump

8 – Aryna T 2.62m

Girls 12-13: 200 Metre

5 - Promise M 33.39

Girls 8-10: Shot Put

4 - Nabeela A-O 6.01m

6 – Ava M 5.08m

Girls 8-10: 4x100 Metre Relay

6 - Iris C, Chloe C, Zainab A, Alyssa M (72.37)

Girls 11 Year Old: Shot Put

8 - Seham A 5.10m

Girls 11-13: 4x100 Metre Relay

5 – Ella S, Promise M, Sosefina T, Aryna T (67.06)

Girls 8-10: Discus Throw

3 - Nabeela A-O 12.99m

LZPSSA Athletics Carnival cont.

Girls 11 Year Old: Discus Throw

5 – Amira H 10.19m

Girls 12-13: Discus Throw

7 – Amelia H 9.69m

Boys 10 Year Old: 100 Metre

5 – Kamsi M 15.37

Boys 8-10: 200 Metre

6 - Kamsi M 34.02

Boys 12-13: 200 Metre

8 – Ali A 31.10

Boys 8-10: 4x100 Metre Relay

4 – Kamsi M, Darius T, Saeed A, Ali B (67.27)

Boys 11-13: 4x100 Metre Relay

6 – Owais E, Abdallah A D, Ali A, Casey L (64.16)

Boys 11 Year Old: High Jump

4 – Heshel K 1.10m

Boys 12-13: High Jump

7 – Abdallah A D 1.05m

Boys 8-10: Discus Throw

6 – Kamsi M 15.63m

Boys 11 Year Old: Discus Throw

1 – Kaivan T 16.81m

Boys 12-13: Discus Throw

7 – Kabir K 16.03m

Congratulations to the students who have qualified for the Sydney South West Carnival on Wednesday 14 September at Campbelltown Athletics Stadium.

SSW ATHLETICS CHAMPIONSHIPS

The SSW Athletics Championships were held at Campbelltown Stadium on Wednesday 14 September. Well done to our three representatives

Girls 8-10 Long Jump Junior

Sophia L 2.26m (11th place)

Girls 9 Year Olds 100 Metre

Iris C 17.54 (26th place)

Boys 11 Year Olds Discus Throw

Kaivan T 17.45m (8th place)

David King
Sports Co-Ordinator

Book Week Highlights

Class Door Displays

Each class was asked to design and create a book themed display for their classroom door. We then voted on which doors we liked the most. Congratulations to 1G who came first, 3S who came second and 2B in third.



Book Week Highlights

Class Door Displays Cont.



Book Week Highlights

Class Door Displays Cont.



Book Week Highlights

Book Character Parade

On Tuesday Week 6 we dressed up as our favourite book characters for our Book Parade. We had lots of fun discussing who we were! The Teachers even joined in.



Book Week Highlights

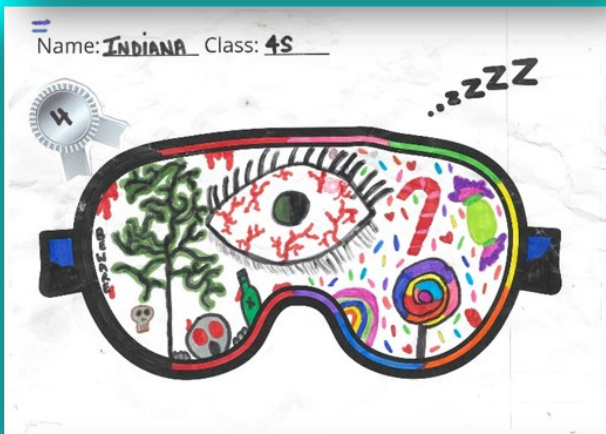
Book Character Parade Cont.



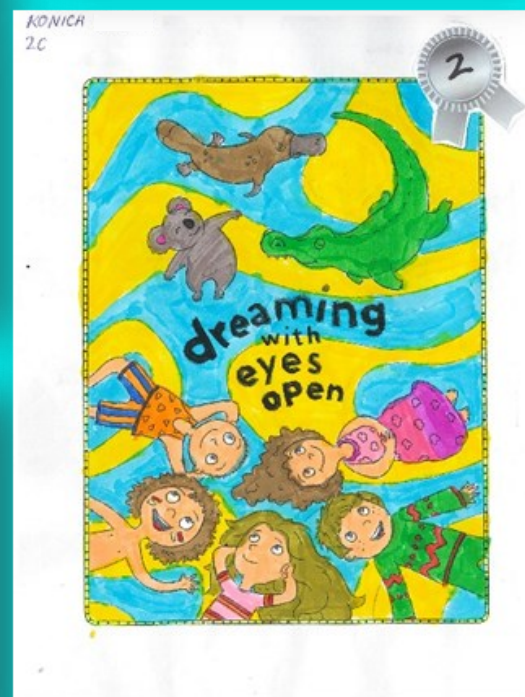
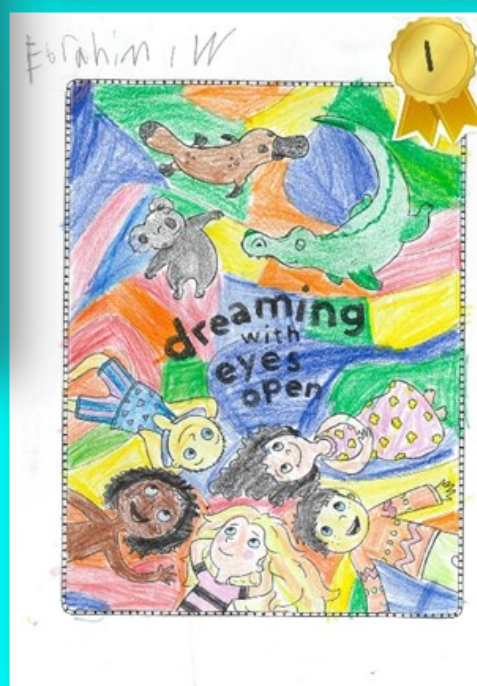
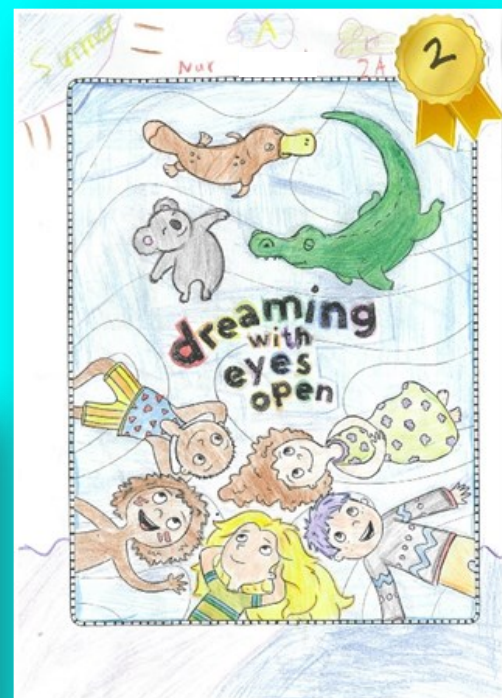
Book Week Highlights

Samples of Work

These are the winners and runner ups of our Book Week Colouring and Design competition. Well done to all these wonderful students!



Book Week Highlights



FREE

Join Go4Fun today!

Term 4
program
starts on
10 October

- Bankstown
- Camden
- Campbelltown
- Fairfield
- Liverpool



**WIN
PRIZES**

A fun 10-week healthy eating lifestyle program for children aged between 7-13 years, and their families.



Nutrition Snippet

BALSAMIC BAKED VEG



Serves: 4

Ingredients:

- 2 carrots, peeled, cut into chunks
- 1 medium sweet potato, peeled, cut into chunks
- ½ butternut pumpkin, peeled, cut into chunks
- 4 medium potatoes, cut into chunks
- 4 cloves garlic, peeled
- ¼ cup water
- 3 tbsp olive oil
- 2 tbsp balsamic vinegar
- ½ tbsp honey
- 1 cup baby spinach

Method:

Preheat oven to 150°C / 130°C fan forced.

Place all of the vegetables (except the baby spinach) in a roasting pan along with the garlic.

Combine the water, olive oil, balsamic vinegar and honey in a jug and drizzle over all of the vegetables.

Bake for 45 minutes or soft and until golden. Toss through the baby spinach leaves.

Tip:

Mix through a tin of drained chickpeas for added protein.

healthylunchbox.com.au



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Live Life Well @ School

What's Happening

September 2022

Fruit & Veg Month: 29 August - 23 September

It's Fruit & Veg Month – let's build fruit and veg communities! Fruit & Veg Month is held during the last four weeks of Term 3 and aims to encourage increased fruit and vegetable consumption among NSW primary school children. Get your school on board to learn more about:

- the benefits of growing your own fruit and vegies,
- who grows what in your local area, and
- native food options.

[Register now for Fruit & Veg Month 2022](#)

Registered schools receive:

- Hardcopy class posters and student stickers.
- Hard and soft copy of the Teacher's Booklet (including tips on involving families, the school canteen and the whole school).
- Curriculum materials for each stage.
- Student competition details.
- Family resources to send the 'eat more fruit and vegetables' message home.



MORE INFO

Looking for online learning activities for children? You can access resources and recipes from last year:

- [Fruit & Veg Month 2021 - Festival of Fruit & Veg.](#)



Around the world in 20 Plates by the Healthy Kids Association

Australia is a vibrant multicultural country and is home to the world's oldest cultures. Since 1945, almost 7 million people have migrated to Australia. (Australian Human Rights Commission, 2014). Embracing different cultures through food is one way to involve families and children from different backgrounds. The resource 'Around the World in 20 Plates' was developed by the Healthy Kids Association. It provides healthy recipes from cuisines from around the world that can be shared with families or used in cooking experiences.



Multicultural Health Week 5 - 11 September

This week aims to raise awareness about health issues experienced by culturally and linguistically diverse communities and ways of addressing these issues.



Each year, there is a different theme. In 2022, the theme of Multicultural Health Week is Cancer Screening. For more information, click [here](#).

Healthy Food Finder

Healthy Food Finder is an online database of packaged food and drinks that allows you to look up a product to see if it meets the [NSW Healthy School Canteen Strategy](#). When you search for a product you will be able to see its classification (Everyday or Occasional), portion size and whether or not it meets the strategy.

For Occasional products, you can find out its Health Star Rating. If you don't have an account, you can register for free. For assistance with your canteen menu, contact the Healthy Food Information Service.

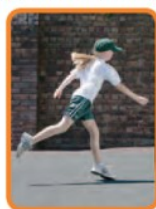
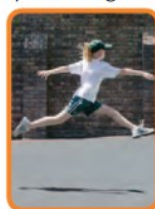
- Phone: 1800 930 966 from 9am-5pm weekdays.
- Email: healthyfood@health.nsw.gov.au



FMS of the Month - leap



The fundamental movement skill of the month is LEAP. Leaping is similar to running except it has a longer and exaggerated flight phase. It requires taking off on one foot and landing on the other.



Check out the skill components (left) to ensure that you can assist 'detect and correct' your students.

Skill components

1. Eyes focused forward throughout the leap.
2. Knee of take-off leg bends.
3. Legs straighten during flight.
4. Arms held in opposition to the legs.
5. Trunk leans slightly forward.
6. Lands on ball of the foot and bends knee to absorb landing.



Active travel

Did you know that there are resources available to help your school support children's active travel?

These include:

- [Active Travel in NSW: Resources for Parents/Carers and Communities.](#)
- [Action Plan template.](#)
- ['Hands up' survey.](#)
- [Active Travel Parent/Carer survey.](#)
- [Facilities review.](#)
- [Parent/Carer Information Pack.](#)
- [Walk/Wheel Once a Week \(WOW\).](#)



These resources can be used to get an idea of how children are currently getting to school, provide information to families about the benefits of active travel and help your school to encourage active travel in your community. [All resources are available here.](#)

Get in touch at SWSLHD-LiveLifeWell@health.nsw.gov.au

Nutrition Snippet

LABEL READING



The supermarket can be overwhelming when you're trying to make healthier choices.

Check out our top tips for understanding food labels to make shopping for healthy food easy.

For more information read our blog healthylunchbox.com.au/blog/label-reading-made-easy.



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Nutrition Snippet

LOVELY LEGUMES

Legumes (chickpeas, beans and lentils) are a nutrient powerhouse that you can easily sneak into your family's diet.



Give these recipes a go:

- [Mushroom, spinach and lentil lasagne](#)
- [Mexican meatballs](#)
- [Crispy roasted chickpeas](#)



For these recipes and more visit:

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

SPRING INTO ACTION!

Buying fruit and veg in season is cheaper, tastier and the quality is better.



Try these recipes:

- [Healthy apple crumble](#)
- [Zucchini slice](#)
- [Beef and broccoli stirfry](#)



For these recipes and more visit:

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

How to reduce your food waste



Did you know the average household throws away over \$40 of edible food every week? How much is food waste costing you? Food Smart is a free seven-week program to help you reduce your food waste and save you money and time.

For recipe ideas and how to store food to keep it fresher for longer, click [here](#).

Ready, set, Go4Fun!

Go4Fun is a free 10-week healthy lifestyle program for kids between 7-13 years of age who are above a healthy weight, and their families. The after-school program teaches families about healthy eating and physical activity through fun games and activities. Term Four starts on 10 October.



Term Four locations in south western Sydney

| Monday | Tuesday | Wednesday | Thursday | Saturday |
|---|---|---------------------------|-----------------------------------|----------------------------------|
| Eagle Vale Leisure Centre, 4.30pm-6.30pm (pool) | Prairiewood Youth and Community Centre, 4pm-6pm | Minto PCYC, 4.30pm-6.30pm | Yagoona Community Centre, 4pm-6pm | Mount Annan YMCA, 1pm-3pm (pool) |
| | | | | Liverpool PCYC, 1pm-3pm |

For more information or to register contact 1800 780 900 or visit go4fun.com.au



How to pack a healthy lunchbox



When packing your child's lunchbox, try and include one item from each of the five food groups outlined in the [Australian Guide to Healthy Eating](#). Make sure to swap out snacks that are high in fat, sugar and salt and low in fibre for healthy alternatives. Images created by Western Sydney Local Health District. For the full fact sheet:

[CLICK HERE](#)

Screen time tips

What is healthy screen use? Raisingchildren.net.au has a great resource to help guide families through managing screen time. Topics include how your approach to screens influences your child, role-modelling healthy screen time habits and social media tips.



[READ MORE](#)

Tips to reduce virus particles in your home

If you have people visiting your home, you can help reduce the amount of virus particles in the air by keeping your home well ventilated. To improve ventilation or air flow in your home:

- Open multiple doors and windows to let fresh air in.
- Use fans near an open window to help move virus particles from inside to outside your home. Even without an open window, fans can improve air flow.
- Turn on central heating/air conditioning that has a filtering system (or an air filter if you have one) to filter the air.
- Ventilate your home for an extra hour after your visitors leave to help remove particles that might still be in the air.



Good ventilation, teamed with other COVID safe behaviours such as washing your hands or using sanitiser, wearing masks, and not inviting people over or visiting others if you aren't feeling well can help prevent you from getting and spreading viruses like COVID-19 and flu.

[Click here for more details.](#)

Multicultural Health Week: 5 - 11 September



This week aims to raise awareness about health issues experienced by culturally and linguistically diverse communities and ways of addressing these issues. Each year, there is a different theme. In 2022, the theme of Multicultural Health Week is Cancer Screening. For more information on cancer screening by topic and language, click [here](#).



Wear a mask for everyone we love

"We are all in this together. Help us to help you and wear a mask for our staff. Wear a mask for everyone we love" Campbelltown Hospital Medical Emergency Team Clinical Nurse Consultant Matthew Laird said. The little things can make a small difference. Wear a mask to help [#protectsouthwest](#)



Focus on vision screening for preschoolers



[Click here to read the brochure in multiple languages.](#)

Call 1300 273 290 to book your child into a clinic.

The [Statewide Eyesight Preschooler Screening \(StEPS\) program](#) is an initiative of NSW Health and offers all four-year-old children going to school next year a free vision screening assessment. NSW Health advises all children to have their vision screened before they start school and strongly recommends that all four-year-olds participate in the screening program. Screening can be accessed through your child's childcare/preschool, the Child & Family Health nurse or StEPS clinics conducted regularly across the district.