

Sherwood Grange Public School

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Our focus is on EVERY CHILD

April 2019

From the Principal

What a busy and enjoyable first term of the year.

In classrooms across the school teachers have worked hard to meet the *academic, social, emotional, creative and physical needs of EVERY CHILD in our care*. This is our *School Purpose* and underpins all that we do at Sherwood Grange.

Our students have applied themselves to their learning and where possible taken advantage of opportunities such as debating, dance group, choir, tech ninjas and sporting teams.

We think of ourselves as a family at Sherwood Grange. "Meet and Mingle" for parents and teachers, Pop Up Cafes, P&C Meetings, Student Progress Meetings and our annual Easter Fair reflect our strong sense of community and inclusion.



Have a wonderful autumn break everyone. Stay safe and enjoy quality time with your family and friends.

Happy Easter to those families who celebrate this significant time of year.



There is a lot to look forward to when we return to school next term.

Teachers return to school on Monday 29th April for a day of professional learning.

Students return to school on Tuesday 30th April.

Warm regards,

Vicki Robertson

Upcoming Events

Term 1 Week 11 2019

Thursday 11/4	Easter Fair
Friday 12/4	Harmony Day
	Last Day of Term 1

Term 2 Week 1 2019

Monday 29/4	Staff Development Day
Tuesday 30/4	Students Return
Friday 3/5	Cross Country

Term 2 Week 2 2019

Thursday 9/5	Mother's Day Stall
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Term 2 Week 3 2019

Tuesday 14/5	NAPLAN
Wednesday 15/5	NAPLAN
Thursday 16/5	NAPLAN

Hats for Sale

Please remember our Sun Safety Rule:

NO HAT NO PLAY

The Administration Office has school hats which can be purchased.

School Bucket Hats cost \$15 (Compulsory for Kindergarten, Year 1 and Year 2 in 2019).

School Caps cost \$12 (In 2019 Year 3-6 students can wear a cap, but for Sun Safety reasons we encourage the bucket style when purchasing a replacement).

Please bring the correct money if you or your child would like to purchase a hat.

Anaphylaxis

The number of children with food allergies in Australia is increasing and it is estimated that 1 in 20 have a food allergy and 1 in 50 have a peanut allergy.



The most common food allergies are peanuts, tree nuts (walnuts, almonds, and cashews), cow's milk, soy, seafood and eggs.

We encourage you **not to** send the following food to school with your children:

- ✗ **Peanut butter sandwiches**
- ✗ **Nutella sandwiches and**
- ✗ **Biscuits/Bars that contain nuts**

At school we teach children:

- *Not to swap food*
- *To wash their hands after eating*
- *To tell the teacher if they are worried about particular foods*
- *To know which friends have an allergy*

Library News



Thank you to all the students who visited the Book Fair and purchased books or other items.

If you have any books at home please bring them in before the holidays.

The Premier's Reading Challenge has commenced, please make sure to collect a card from the library. Please try to find some time to read a book or two during the holidays.

Mrs Parnis
Teacher Librarian

Premiers Sporting Challenge

House captains and SRC members had the wonderful opportunity to attend the Premier's Sporting Challenge Launch at Genea Netball Centre, Sydney Olympic Park.

Sherwood Grange Public School was one of six schools who were privileged enough to attend and participate in the event. The NSW Department of Education Official Party and PSC Ambassadors welcomed all schools and sponsors present.

Sherwood Grange students were coached by professional athletes across six activities including NRL, AFL, football (soccer), cricket, netball and tennis. Towards the end of the event, a bag of goodies was handed to each student and fresh fruit was provided as a post workout snack.

All students had a fabulous day being active, learning new sporting skills and having fun!

Miss H Fares



Birthday cup cakes



We would like to remind you that we are happy to celebrate birthdays within classrooms by singing “Happy Birthday” and handing out cup cakes (enough for each child in the class). Anything else, however, is not appropriate within the school setting.

Do not send candles, party hats, cakes that need to be cut, balloons, lolly bags etc. Please remember, cupcakes only.

Student Absences

Parents/Carers are required to supply an absentee note when their child has been away from school.

A note must be sent in the day the student returns to school or submitted on Skoolbag.

Zone Swimming Carnival

On Tuesday 5th March, 20 swimmers headed off to Merrylands Swimming Pool to compete in the Zone Swimming Carnival. The weather was perfect for a day at the pool. Our students all cheered for their Sherwood Grange team mates and tried their very best. We would like to congratulate all swimmers who made it to this level.



Crazy Hair Day



On Tuesday 19th March our school participated in the World's Greatest Shave fundraiser by coming to school with 'Crazy Hair' and wearing mufti. We had five students who cut or shaved their hair in the days leading up to the event at school. There were some fantastic hairstyles on the day and everyone looked great.

We would like to thank the following students who cut or shaved their hair to support this event.

- Felix C
- Isaac C
- Fatima G
- Alexander H
- Tara T

Isaac C who raised the most towards the Sherwood Grange Fundraising Team. Isaac and his support team managed to raise an incredible \$751.58. Our school community raised \$374.10 on the day. We would like to thank everybody who supported this great cause.



Wellbeing Support Officer

Wellbeing can be defined as a state of being comfortable, healthy or happy. Hopefully this is something that we have all experienced. Often it is easier to identify the times when we are not in this state – feelings of stress, anxiety, being overwhelmed and easily frustrated can take over. Research has shown that there are five key things you can do in order to increase your sense of wellbeing and happiness, this applies to families not just individuals.

1. **Connect** - be intentional about maintaining friendships and relationships with others. This could mean signing up with a sports club, library or community group that will encourage you to make new connections.
2. **Keep Learning** – take time to learn new things. This could be a personal pursuit or something you do as a family, try reading together or listening to family friendly podcasts like ABC's Short and Curly or Brains On.
3. **Be Active** – As little as 20 minutes a day of fresh air and exercise has been proven to increase your mood. Go for a walk around your block, shoot some hoops or kick a footy, being active as a family will help strengthen relationships and wellbeing.
4. **Give** – consider how you can give back to your community. Perhaps volunteering with a local sports club or community group, you don't have to give financial support in order for your giving to be of value to others.
5. **Take Notice** – you may have heard the term mindfulness being used often these days and it is for good reason. Being mindful is simply taking notice of the things both around you and within you – how does your body feel, how does your mind feel, how do you feel within your space at home? App and website Smiling Mind is free and can be helpful if you'd like to spend more time considering mindfulness as a practice.

As the Student Wellbeing Officer I am at school on Mondays and Tuesdays to support students and families.

Mrs K Whale
Wellbeing Support Officer

P&C News

The P&C held a very successful Election Day Cake Stall. Over \$500 was raised. Thank you again for donating cakes, cookies, and slices.

We are looking forward to the Easter Fair. The P&C will be holding a sausage sizzle and drawing the Easter lucky draw. There are 10 wonderful Easter treat baskets to be won - good luck everyone!

We are in the process of forming a P&C Fundraising Committee. We would love you to join!

I encourage you to contact me, Colleen Alford (colleenalford@ymail.com) if you would like to be part of our Fundraising Committee to raise funds for our school and our children. The more people we have helping, the lighter the load. We are currently looking at what events we will be running for the rest of year. We'd love to have more people on board so that we can run some really fun events.

I hope to meet you soon if I haven't already.

Colleen Alford
P&C President



What's happening at SGPS





Sherwood Grange Public School

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Uniform Expectations – 2019

Winter Uniform (Term 2 and Term 3)

Thank you for adhering to our *Uniform Expectations* detailed below. In order to ensure consistency of colour, design and quality across the school; we expect that all items marked with an asterisk * be purchased from the onsite P&C Uniform Shop (limited stock) or by downloading the QKR app and purchasing online.

Girls

- * Short or long sleeve white shirt with school crest on the pocket
 - * Bottle green trousers (no jazz/dance pants or tracksuit pants)
 - * Bottle green skort with bottle green tights
 - * Bottle green fleecy zip up jacket with school crest
- Short white socks (no tennis/low sports socks)
Black shoes with laces, buckle or velcro
Bottle green, white or black hair accessories only

Boys

- * Short or long sleeve grey shirt with school crest on the pocket
 - * Grey long pants (no tracksuit pants)
 - * Bottle green fleecy zip up jacket with school crest
- Short grey socks (no tennis/low sports socks)
Black shoes with laces or Velcro
Bottle green, white or black hair accessories only

Sports Uniform Girls and Boys: All students K-6

- * Sherwood Grange PS sports polo shirt
 - * Sherwood Grange PS black sports shorts with school name
 - * Sherwood Grange PS black tracksuit pants
 - * Bottle green fleecy zip up jacket with school crest
- Sneakers (please try to avoid very bright colours with fluoro laces)
White socks (no tennis/low sports socks)

Please note: students are not to wear lycra shorts or leggings in place of the Sherwood Grange Public School black sports shorts

*Our School Policy is
“No Hat, No Play”*

School Hats

In order to meet the requirements of a **SunSmart** school we are currently transitioning to school hats rather than school caps.

In 2019:

Kindergarten, Year 1 and Year 2 students are expected to wear a School Bucket Hat (Caps are not allowed).

Years 3-6 are allowed to wear School Caps, but for Sun Safety reasons are also encouraged to wear a School Bucket Hat.

Additional Requirements

- Jewellery is to be kept to a minimum
- Students may wear a watch – no bright colours
- Earrings (one piercing per ear only) must be gold or silver, studs or sleepers
- No nail polish, acrylic nails or makeup
- Head scarves should be white or bottle green
- Long hair (boys or girls) must be tied back
- No streaks or coloured hair

Thank you for your support in maintaining our HIGH EXPECTATIONS.

Vicki Robertson

Principal