

Sherwood Grange Public School

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Our focus is on EVERY CHILD

Term 3, 2025

From the Principal

Our School Community

"Alone, we can do so little; together, we can do so much." — Helen Keller



It has been wonderful to have a range of opportunities to involve the whole school community throughout this term. The inclusion of parents and families makes events even more special for the children. Several occasions come to mind.

Education Week Open Day where teachers and students proudly open their classrooms for parents and carers. The Community Picnic on the oval is now a highly valued and enjoyable annual tradition.

Our annual Book Fair and Book Parade during Book Week are always highlights. Celebrating a love of reading and seeing the students dressed up as book characters is an absolute joy. Having parents, extended family and toddlers here adds to the celebration.

Our Years 3-6 Athletics Carnival at Holroyd Sports Ground and our K-2 Athletics Carnival at school drew big crowds. Seeing the children participating and trying their best, while having a lot of fun, makes for a great day.



Many parents headed into the Sydney Opera House on Monday evening to see their children perform as part of the *Gimbawali Festival*. In previous years this event was called *Our Spectacular*. As always, our primary Dance Group and Choir performed superbly.

I look forward to many more occasions when the children, their families, and school staff; come together as a proud school community.

School Holidays

Enjoy your school holidays everyone. Have fun, stay safe and remember to be kind.

Students return on Tuesday 14th October

*** Reminder that this is our Special Interest Group Photo Day. Students are to wear school uniform, and badges if they have one.**



Kind regards,

Vicki Robertson
Principal

Please remember our Sun Safety Rule:

NO HAT NO PLAY

School hats are always available to purchase from the Front Office

Uniform Purchases Oz Fashions

Please be advised that Oz Fashions no longer use the QKR APP. All purchases are to be made via a secure website by either using the QR Code below or by visiting the following website.

sherwoodgrange.uniforms4u.com.au

Password: **sgps2160**

QR Code for Ordering uniforms with Oz Fashions.



All uniform orders are to be finalised by Tuesday afternoon for delivery in the Front Office every Thursday.

Any new uniform orders received are delivered to the students every Thursday.

All students in Kindergarten to Year 2 are required to wear a bucket style hat for Sun Safety.

Birthday Celebrations



For health and safety reasons, children **cannot bring cakes, cupcakes, lolly bags or party gift bags** to school when it is their birthday.

We celebrate birthdays by presenting children with a **birthday badge**. Teachers will do their best to remember when a child has a birthday, but to ensure your child doesn't miss out, please remind them to go to the Front Office to get their birthday badge.

Food Safety

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 ask you to **not** 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:

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

Student Absences



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

A note should be sent in the day the student returns to school or submitted on the Sentral App.

A blue absent note will be sent home with students who have been absent where no explanation has been received. Please complete these forms and return to school as soon as possible.

Principal's Awards

As Term 4 is approaching, please check and see if your child may be eligible for a Principal's Award in 2025. Ms Robertson will be presenting all Principal's Awards on Monday 8th December and all students who have received an award will then be able to attend the Principal's Pizza Party on Tuesday 9th December.

Wellbeing News

Term 3 has been very encouraging. In my role as the Wellbeing Support Officer, I have had the opportunity to spend time with students in the classroom and on the playground. I have also coordinated social skills groups and supported individual students as needed.

We also started our *Pop-Up Café* again. I hope you will drop in some time to chat with me and other parents on Mondays (every second week) at 2:30pm in our *Gathering Space* in the area outside the old canteen.

The school holidays are a great opportunity to enjoy a break from the school routine and prepare for the term ahead. You might like to think about lunchbox ideas with your child/children and what foods they would enjoy at school. I have added a few ideas here alongside some tips on how to ensure the food your child brings along remains safe for them to eat.

I hope you enjoy the school holidays.

Kelly Aston
Wellbeing Support Officer

TIP - food safety

Cooked chicken should not be left out at room temperature for more than 2 hours. In warmer environments (above 32°C), this time is reduced to 1 hour. Bacteria multiply rapidly between 4°C and 60°C, also known as the "Danger Zone".

Here's why and what to do:

Bacteria Growth:

Bacteria like Salmonella and E. coli, commonly found in poultry, can multiply quickly at room temperature, increasing the risk of foodborne illness.

2-Hour Rule:

The 2-hour rule is a general guideline for food safety. Cooked foods or food that is usually kept in the refrigerator should be discarded if held at room temperature for longer than 2 hours.

If you pack your child's food at 8am, they aren't eating it for 3 hours (11am, recess) or 5 hours (1:15pm, lunch).

Some ideas to keep lunch boxes food safe:

Use an insulated food jar or thermos to keep foods like chicken nuggets and fish fingers warm or cold (if already refrigerated) and prevent foodborne illness.

Use an ice brick in an insulated lunchbox to keep food cool and safe.

Lunchbox ideas:

- sandwiches or wraps (fill with ham, turkey, cheese, salad or something simple like vegemite or honey).
- vegetable sticks (carrot, celery) with hummus
- fresh fruit
- home-made banana bread (you can make a loaf and freeze pieces to take to school)
- yogurt
- pasta salad
- fried rice
- sushi rolls

**Spelling Bee**

We would like to congratulate Jordan and Lillian, who represented our school in the Regional Spelling Bee, which was held over Zoom this term. Preparing for a spelling bee takes a great deal of commitment and both students worked hard to get ready for the big day.

During the competition, Jordan and Lillian displayed not only strong spelling skills but also resilience and confidence in front of a large virtual audience. While they did not take home first place, they demonstrated the Sherwood values like participation, excellence and integrity.

We are incredibly proud of their efforts and the way they represented our school with such enthusiasm. Well done, Jordan and Lillian, you are both winners in our eyes!

Miss Javaid

**SRC**

This term our SRC has been working hard to organise the inaugural end of Term 3 school disco, with all funds raised going towards supporting Motor Neuron Disease research. The theme is 'blue' the colour of MND Australia. The disco promises to be a fun-filled afternoon of music, dancing, time with friends, while also contributing to a very important cause.

The disco will take place on the last day of Term 3 and with the enthusiasm and effort shown by our SRC, we are confident it will be a wonderful success.

Events like these not only give our students a chance to come together and celebrate a successful term but also demonstrate the positive impact young people can have when they work as a team to support others.

We thank our SRC for their dedication and leadership, and we look forward to sharing the highlights of the disco in our next newsletter!

Miss Javaid



K-2 Athletics Carnival

The sun was bright and shining down on us for the K-2 Athletics Carnival on 5th September. All Kindergarten, Year 1 and Year 2 students were divided into groups named after Australian animals, fostering fun and team spirit.

Each group enthusiastically participated in six exciting events: sprints, shot put with bean bags and hoops, dribbling with cones and soccer balls, long jump, and the classic egg and spoon race.

Every student gave their absolute best, showing determination and sportsmanship throughout the day. It is hard to pinpoint the highlight – was it the delicious doughnuts enjoyed by all, the thrilling sprint races featuring our parents and carers, or the excitement of every single event? Whatever it was, the day was filled with laughter, energy, and plenty of smiles.

Teachers, students and families all finished the day with huge smiles on their faces after such a fabulous celebration of sport, teamwork and community spirit. We look forward to more wonderful days like this in the future!

Mrs Kean



3-6 Athletics Carnival

On Friday 29th August, our 3–6 Athletics Carnival kicked off at Holroyd Sports Grounds under a gorgeous, clear blue sky that lifted everyone's spirits the moment they arrived.

The atmosphere buzzed with excitement as students gave their all in each event. Parents, teachers and friends lined the sidelines, cheering for every sprint, jump and throw, creating an atmosphere filled with encouragement and joy.

The day was a wonderful success—not only for the smooth running of events but also for the sense of community it fostered.

Students displayed resilience, sportsmanship and determination, making it a day to remember for everyone involved.

A special highlight of the carnival was the breaking of school records by two outstanding athletes. Felix G continued his incredible streak by breaking his own 800m record for the third year in a row, showing not only talent but also remarkable dedication and perseverance.

Liana A also shone brightly, breaking a long-standing school record in the 100m race, first set back in 2017. Both students have inspired their peers and set new standards of excellence for our school community.

Congratulations to all students who participated and contributed to such a memorable day.

Mrs Pham





Zone Athletics Carnival

What an exciting day it was at the Zone Athletics Carnival for our 3–6 students! Despite the hot weather, everyone gave their best in both track and field events, showing incredible teamwork and sportsmanship.

The cheering from the sidelines was loud and proud, with friends encouraging one another through every race and jump.

A special congratulations to our outstanding athletes:

Felix G – 1st in Junior Boys Long Jump

Asmahan E – 1st in 11 Year Old Girls 200m and 100m races

Lachlan F – 1st in 8 Year Old Boys 100m race

Jackson C – 3rd in 9 Year Old Boys 100m race

Liana A – 1st in 9 Year Old Girls 100m race

These incredible results have earned them a place at the Sydney West Parramatta Event on 25th September. What an achievement – we are so proud of you!

Congratulations to all students who participated and gave it their all. You represented our school with pride and enthusiasm.

Mrs Pham



Book Week

Our Annual Book Parade was a fantastic success and a joyful way to launch this year's celebrations. Students and staff enthusiastically dressed up as their favourite book characters and themes, showcasing incredible creativity and vibrant costumes—everyone looked amazing!

Thanks to Ms Robertson for organising the wonderful lucky draw contest, where students were given a **Golden Ticket**, congratulations to all the winners!

We were delighted to see such strong participation from students, staff and families, making the day a memorable and enjoyable experience for everyone.

Thank you to all who contributed to making the Book Parade a wonderful celebration of books, imagination and community spirit!

Mrs Memar





