From the Principal...

EDUCATION WEEK
LEGO
Thank you to our wonderful school community for attending our Open Day last Friday. It never ceases to amaze the staff here how many cars can fit into the car park!

We all had a great day. From open classrooms to Lego displays and a bridge building competition. The Lego displays were amazing and students and adults alike enjoyed building and appreciating the displays. Check out our Facebook site for some great photos of the day.

PRE-SCHOOL ORIENTATION
Last week Miss Melleffont and I ran an orientation for prospective families looking to enrol at Cattai Public School next year. While we only had two families take up the opportunity and view our presentation it was a positive meeting all the same.

Miss Melleffont has already organised visits to the local pre-schools to take part in some reading and simple maths activities, to further strengthen our relationship with the local pre-schools and their families.

Orientation for students and parents starting school in 2015 will be held during Term 4. Invitations will be sent home in the near future to inform parents of dates and times. If you have yet to enrol, or know someone who is going to enrol, please do this ASAP so that we can get invitations organised and sent.

CAMP
Our campers arrived back yesterday afternoon after spending 3 days at Milson Island Sport and Recreation Centre. All reports suggest that this was a really positive experience for students and much fun was had by all.

I won't steal the thunder from the campers as they will write a report for the next Pelican Post, however I would like to thank Mrs Pennyuck for taking the 4/5/6 class away for the two nights, and the class themselves for their behaviour and efforts over the three days. A very Cattai performance indeed.

P&C MEETING
The P&C are meeting this afternoon at school at 2.30pm. We always having extras at these meetings and would love to see you there if you have the time.

CAKE DAY
Just a reminder that cake day will be next Wednesday 13th August. If your family is rostered to supply cakes, could you please bring those in to the front office on Tuesday or Wednesday of next week. Cakes are sold for 50c each and proceeds go to the P&C to support all of the hard work they do to support school programs.

WINDSOR HIGH SCHOOL MATHS PROGRAM
On Monday we will have a teacher visiting from Windsor High School to teach selected Year 4 and 5 students Mathematics. This is an initiative run by Windsor High School to support local Primary Schools in implementing curriculum. Vineyard Public School will also be present on the day to take part and share in the expertise of the Windsor High Mathematics staff.

Matt Carter
Principal
Principal’s Awards
Congratulations to the following students who have received Principal’s Awards this fortnight:

2/3
Randall

4/5/6
Amelia
Beccy

Bronze, Silver and Gold Awards
Congratulations to the following students who have received either a Bronze, Silver or Gold Award this fortnight:

K/1
Hamish
Bailey
Layce

2/3
Jemma
Randall

4/5/6
Marcel

SPORTS NEWS

SMALL SCHOOLS’ ATHLETICS Carnival
Last week we attended the Small Schools’ Athletics Carnival at McMahon’s park to take part in both the track and field events. Our students performed admirably on both days and were a credit to not only themselves, but to the school also.

We had some amazing results, with the following students progressing through to the District Carnival held next Wednesday and Friday, once again at McMahan’s Park.

Jack - 8yrs boys 100m
Riley D - 11yrs boys 200m
Josh R - Junior boys 800m
Emily 11yrs girls 800m
Laura - senior girls 800m
Marcel - high jump senior boys

The following two students finished in the top three, however did not quite make the qualifying distances to progress through to the district carnival. Both commendable efforts just the same.

Cassidy - shot put senior girls
Marcel long jump senior boys

And a big congratulations to all students who competed, Cattai Public School is very proud of you all.

EAT IT TO BEAT IT – NUTRITION SNIPPET

The simplest way
...to eat more fruit & veg

Did you know that eating the right amount of fruit and veg is essential in the fight against cancer?

Try to make them part of every meal, to make sure you get your 2 serves of fruit and 5 serves of veg every day.

At brekkie, add some mushrooms or spinach to your eggs. Eat a piece of fruit at morning tea, and then add a salad to your lunch. Serve vegies with dinner, and have fruit and yoghurt for dessert.

To make lunch boxes as healthy as possible:
- Pack some veggie sticks, like carrot or cucumber
- Cut up fruit into small pieces
- Freeze fruit like grapes and add to the lunch box
- Include left over baked vegies.

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

Apps of the Week

Kiwaka
Doodle
Critter
Maths: Numbers
Kiwaka – Learning can be different. Kiwaka is a game where you will learn about stars and constellations in an entertaining way. Play it in the dark for a more delightful visual experience.

Doodle Critter Maths: Numbers – Help your kids to learn basic number concepts as they play with curious little critters! Kids will build a strong foundation in their number sense through 7 imaginative and inspiring activities.

2/3 CLASS WORK

FLU SEASON IS HERE!
Influenza is spread from person-to-person through the coughing or sneezing of infected people. Remind your child about these good hygiene practices to minimise the spread of infection:

- Anyone who is sick with influenza symptoms should stay home until their symptoms are gone.
- Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the garbage bin after use.
- Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hands cleaners are also effective.
- Avoid touching eyes, nose or mouth. Germs spread that way.

If you or your child develops influenza-like illness, seek the advice of your family doctor as you would with any other illness. The seasonal influenza vaccine, which protects against the pandemic influenza strain as well as two other influenza strains, is now available free to eligible people. More information about the vaccine is available from the NSW Health Immunisation Unit’s vaccination page.

Previous vaccination with the pandemic influenza vaccine, Panvax® is not a barrier to also receiving the seasonal influenza vaccine.

Security – please call 1300 88 00 21

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CAMDEN HIGH SCHOOL EQUESTRIAN CARNIVAL
Is taking place on Saturday 6 September, at Bicentennial Park, Camden. Entry forms are available on the school website. Entries close 22 August, 2014.

HAIRCUTS
Hi everyone just a reminder haircuts at school Thursday. Let me know if you need an appointment.
Thanks Shontelle 0414659236 - 45754052

Dural Sport & Leisure Centre
Summer Sports 2014
20 week competitions
Sept - March
FUTSAL
5-a-side, indoor soccer
6yrs – All Age
Boys • Girls • Men • Ladies • Mixed
Premier competition with 235+ teams
MINIS Come-and-Try Day
Tues 12th August
6yrs & 7yrs 4pm • 8yrs 5pm
NETBALL
7yrs – 15yrs
Thursday & Friday afternoons
Full size courts, outdoor rules, 2 x 20min halves
ALL Team Registrations close 22nd August
See website for details & costs
www.dslc.com.au
MAROOTA MUSTER
MAROOTA PUBLIC SCHOOL
OLD NORTHERN RD, MAROOTA

24th August, 2014
10am - 3pm

Vintage Cars, Antique Machinery, Knight School,
SES, Fire Trucks, Chocolate Wheel, Fire Juggler,
Awesome Rides including Rock Wall, Food Stalls,
Plant Stalls & Amazing Boutique Stalls

PLUS SO MUCH MORE

Come and join in the Spirit of the
Famous Maroota Muster

For more information visit
www.maroota.p.schoolwebsites.com.au

487 Cattai Road. CATTAI NSW 2756 - Ph 4572 8445 - Fax 4572 8760
Email: cattai-p.school@det.nsw.edu.au
www.cattai-p.schools.nsw.edu.au
Talai Estate
Winery Pizza, Pub & Hat Night

Come along in your favourite funny hat, prizes awarded.

Friday the 23rd of August, 6:30pm - 12:00pm Unlimited gourmet wood fired pizzas $25 per head. Beer/wine/spirits/soft drinks available at bar prices. Espresso coffee also available.

No BYO, No Eftpos (cash only)

Please book early as numbers are strictly limited. Call: 45 728 598 or email joroughley@bigpond.com

Due to licensing laws you must be over 18 to attend this venue.

Talai Estate, 748 Wisemans Ferry Rd, South Maroota.
Parents Only -

Cyber-Safety Seminar

Senior Constable Gillen will be conducting a parent only information session for all parents in the Windsor High School community on cyber-safety.

The Seminar will cover the following topics:

- Sexting
- Cyber-safety
- Cyber-crime

Senior Constable Gillen will inform parents on the lurking dangers in the cyber world. He will present a graphic and legal perspective of how young people are misusing social media and the hidden dangers of such misuse.

This presentation is a confronting, eye-opening talk on what is really going on in your child’s social networking world.

We strongly encourage all parents to attend.

Tuesday 26th August 2014 6pm-7pm

Windsor High School Library
Light refreshments will be served

Please RSVP by calling the school on 45877122.

If you require any further information, please contact Mrs Khalid
(Head Teacher Welfare).

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487 Cattai Road, CATTAI NSW 2756 - Ph 4572 8445 - Fax 4572 8760
Email: cattai-p.school@det.nsw.edu.au
www.cattai-p.schools.nsw.edu.au
Richmond Community Services Inc. are pleased to offer a

FREE WORKSHOP

WITH FREE CHILDCARE

Activities ☺Tips ☺Development Information ☺Safety

Why is play necessary for a child’s healthy development?

Learn how infants and toddlers grow and develop.

How can parents use everyday moments to build strong, healthy relationships?

Brainstorm ideas for using safe, everyday household items in play.

WHERE: Richmond Neighbourhood Centre, 20 West Market St WHEN: Monday 8th September 2014 9.30–11.30am BOOKINGS ESSENTIAL!:

Call us on 4588 3555

or e-mail admin@rcsi.ncc.org.au
**Seasons For Growth**

**FREE 9 week group**

*For Kids Dealing with Loss*

This is a FREE 8 week group for primary aged children ages 9—10 years old who are dealing with significant loss or change.

- How to think and respond to change and loss in new ways
- How to understand the grief process
- How to communicate strong feelings
- Decision making and problem solving skills

**9 x Monday afternoons**

*5.30pm 13th, 20th & 27th October, 3rd, 10th, 17th & 24th November & 1st December*, with a Celebration Session on 8th December 2014

**At:**

**Richmond Community Services Inc.**

**20 West**

**Market Street**

**Richmond**

**BOOKING ESSENTIAL!**

Call 02 4588 3555

**e: admin@rcsi.ngo.org.au**
Message from the P&C

Hi All,

Firstly we held our Xmas in July Dinner Dance on the 26th and it was a great night. I would like to thank the P&C team for their hard work pulling this together. Kim Clark for sorting out floats and tickets money, Rebecca Lehrer for sorting out ticket sales, Nicole May for organising the raffles, Kris Waters for advertising, Sarah Telfer for table decorations and Michelle Davies for her beautiful table flowers. Also thanks to Anneriek Favelle, Lisa Miller, Kris Waters, Lisa Merton (Riley and Tiana’s wonderful Aunty), and Michelle Davies, Mrs. Bastian (Elliot’s Grandmother) for all of their donations of items for the silent auction and raffle prizes.

This is our major fundraiser for the year and the money we raise, helps fund the Music Program run for the students by Mrs. Walker, and without this money we would be unable to do this. We also aim to purchase resources for the students such as home readers and iPads. This year we raised around $4700 which is less than in past years but a good result. SO MOST IMPORTANTLY I WOULD LIKE TO THANK THE PARENTS AND THEIR FRIENDS AND THE TEACHERS FOR YOUR SUPPORT BY ATTENDING, IT IS TRULLY APRECIATED, and our children will benefit!! If you have ideas for a major fundraiser for next year or have feedback on this year please let us know.

Secondly, I would like to thank Jo Roughley for her continual behind the scenes work on our uniforms. The new stock is in, so from the beginning of next year the blue and yellow polo shirt we currently call the sports shirt will become the “school shirt” and be worn 5 days a week. Boys will then wear royal blue blocker shorts and ALL the girls will wear the Royal Blue Skort; these are available by using an order form and sending it into the office. In winter the school unisex microfibre tracksuit pant will be worn, these are also in stock. As a result of this we will have a lot of girls’ summer tunics and winter pinafores and pants both from the students and the second hand uniforms cupboard. If anyone knows a school that could use them please contact the school office.

I wanted to take this opportunity to welcome the new families that have joined our school and give you an update on things at the school. As our school does not have a canteen we organise occasions for the students during the year where they can bring and spend money at school.

1. Hot Lunches- these are run to coincide with parent assemblies and are pre-ordered. Our hot lunch coordinator Rebecca Lehrer organizes these for us twice a term (mid-term and end of term). If your children have special dietary requirements, or you have a menu suggestion or would like to help out she is the lady to contact. Also please note that this is a small fundraiser for the school and as such we do not over order. If you would like to order for your child or yourself or any other visitors please do so before the Wednesday before hand, if you are not able too for whatever reason (we know things happen) please just call Rebecca direct and let her know so no-one misses out. Payments for this can be done by EFT if preferred, just send in receipt with the order.

2. Cake Days occur on the first Wednesday of every month (except where they clash with sports events or excursions etc.). At the beginning of each year I put together a roster which includes each family having one date each. On your nominated day you are asked to send into school a dozen cupcakes or slices etc. which the students then purchase for 30c each. Look out in the newsletter for who is on the roster next, as a reminder. Our next one is (due to senior class at camp) Wednesday 13 August Families: May, Smith, Miller, Parsons.

3. Ice Blocks are sold by the year 6 students in the warmer weather in Terms 1 and 4. These sell for 50c each to the students. We order from Home Ice Cream and when they deliver (usually a Friday) the delivery truck is in the car park that afternoon if anyone would like to purchase direct for home.

The P&C meets on the first Thursday of each month under the COLA at 2.30pm, it is a relaxed meeting where the kids have an extra play for the day while we quickly run through things. Come along to meet us or to stay and contribute. If anyone has any concerns or queries please do not hesitate to contact me – Kim Smith on 0419 435 022.

Thank you. Kim