Term 1, Week 3 - 10 February 2016

Diary Dates

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>EVENT/ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>16-Feb</td>
<td>Tuesday</td>
<td>Kindergarten Parents - Meet the Teacher afternoon 3:15pm - 4:15pm</td>
</tr>
<tr>
<td>18-Feb</td>
<td>Thursday</td>
<td>Scripture classes commence</td>
</tr>
<tr>
<td>22-Feb</td>
<td>Monday</td>
<td>Stage 2 Parents - Meet the Teacher afternoon 3:15pm - 4:15pm</td>
</tr>
<tr>
<td>23-Feb</td>
<td>Tuesday</td>
<td>School Swimming Carnival - Years 3 to 6</td>
</tr>
<tr>
<td>24-Feb</td>
<td>Wednesday</td>
<td>Stage 1 Parents - Meet the Teacher afternoon 3:15pm - 4:15pm</td>
</tr>
<tr>
<td>7-Mar</td>
<td>Monday</td>
<td>Year 6 Parents - Meet the Teacher afternoon 3:15pm - 4:15pm</td>
</tr>
</tbody>
</table>

IMPORTANT DATES

School Swimming Carnival Years 3 to 6 - 23 February
P&C Annual General Meeting - Tuesday 1 March at 6:00pm (Note: change of time) - Lecture Theatre

Weekly Activities

**TUESDAYS - PLAYGROUP**
9:15am to 11:15am (during terms) near canteen for Westmead PS parents only, with children aged 0 to 5 years.

**WEDNESDAYS - STUDENT BANKING**
Hand bank book in before 8:55am at the K-2 or 3-6 COLA.

Canteen

- The canteen is open Monday to Friday from 8:30am to 1:45pm.
- Students and/or parents are welcome to place recess and lunch orders daily.
- Please place orders with correct money into the express lunch order box on the counter.
- Fridays - If you participate in PSSA, please write PSSA on your lunch order bag.
Hot foods available at recess:

*garlic bread  *salsa bread  *wedges  *mini hot dogs  
*party pies  *hot noodles  *hash browns

--- Prices start from $1.00 --- Come to the canteen at recess to purchase.

To view the CANTEEN MENU please see the pdf following this article.

**Online Ordering Service for the School Canteen**

The school canteen offers Flexischools online ordering and cashless payment for the purchase of school lunches from your mobile phone or desktop.

Flexischools is the fast and secure way to order and pay at the school canteen. Take advantage of this convenient service.

Click on the Flexischools link below and click REGISTER.

**Please note:** Flexischools is only for our school canteen.

**Principal's Report**

**Welcome to another exciting year at Westmead Public School!**

A special welcome to our 182 Kindergarten students and their families. It has been lovely to watch the students becoming more independent already each day. We thank parents for assisting us to make this transition to ‘bigschool’ smooth. A special thanks also to Miss Dooley, Mrs Khan, The Kinder teachers and Support teachers who have ensured a well organised, yet caring start for our students.

Welcome also to our new Year 1-6 students and their families. We hope you enjoy being part of our school community. Thank you to Miss Campbell and our administrative team for answering numerous parent enquiries during the first days and weeks and for assisting with the successful transition of the large number of students going into and out of our school.

Our current school enrolment is 1224. This is around what we anticipated, but is slightly more than last year. As outlined in the letter home last week, our students have had a smooth start to the year and remain in their current classes at this time. There will be minimal moves in some grades. If your child is moving he/she will bring home a letter this Friday. We invite you to attend our ‘Meet the Teacher’ afternoons in the coming weeks where you can hear about routines, programs and organisation for your child’s class and grade. Please see the note to come and calendar for dates and times. This is a wonderful opportunity for you to be included, informed and to engage with teachers.

**School Plan 2015-2017**

As you are aware all Department of Education schools are in the second year of the 3 year School Plan. This outlines strategic directions for the school and was based on collaborative input and data from the past years. The directions support the achievement of our school vision. *Our school community has a strong focus on excellence. We are diverse, supportive and inclusive. We are committed to delivering quality teaching and learning programs and a well-balanced curriculum. Every student must have the opportunity to grow and achieve their personal best.*
Our strategic directions are…

A full copy of our School Plan is available on our school website. Our milestones or focus areas for this year will be outlined over the coming newsletters.

Positive Behaviour for Learning (PBL)

At our school we aim to have a positive, safe learning environment where everyone knows what is expected. Students are currently learning the school rules, behaviour expectations, rewards and consequences. This K-6 program provides a framework which supports all students. Please speak to your child about the PBL work they are doing in class and about how you can support them and be a role model (e.g. Be safe by using the pedestrian gates and lights or crossings rather than walking through carparks or across roads). We will be outlining more about our PBL program at Meet the Teacher afternoons.

School Website

As part of our ongoing commitment to inform our community (Strategic direction 3) we are in the process of updating our school website. This is a huge and ongoing task and one which our teachers do as an additional job or ‘extra’. Our website has been wonderfully managed by Ms Nipperess for the few past years and we thank her for her efforts and dedication. Mr Creagh has agreed to take on the responsibility for our website this year and he has already spent a lot of his personal time updating the site to reflect current policies and information. I take this opportunity to publicly thank Mr Creagh for his dedication to this role. Please visit our website throughout the year for information about our school.

New Principal

We understand that our new Principal will be appointed to start day one of Term 2, following the merit selection process.

I would like to take this opportunity to thank the executive team and all of our teachers for their support in ensuring a positive start to the year. As always, our emphasis from day one has been on providing excellence in teaching and learning.

I look forward to working as part of this wonderful school community in my new role this term and as always.

*Megan Bridekirk*

*Relieving Principal*
What's Happening At Westmead?

Safety Around Schools
A Road Safety message from Holroyd City Council

As a new school year begins, it is important to keep road safety on the top of your mind.

School Zones can get very busy during drop off and pick up times, it is important for parents and children to remember to take extra care when travelling to and from school.

Here are some tips to keep your children safe.

Pedestrian Safety

STOP
- Always hold hands with younger children.

LOOK
- Look both ways for oncoming traffic before crossing the road.

LISTEN
- Always use a pedestrian crossing where possible.

THINK
- Never call your child across the road, wait for them on the school side.

Parking Safety

Always obey the parking signs eg. No Stopping, No Parking and Bus Zone.

Never park on the nature strip or across a footpath.

Don't park and block driveways.

Never park or near a pedestrian crossing.

Don't double park when picking up or dropping off.

Bike Safety

Children must ALWAYS wear a correctly fitted helmet.

TIP: The helmet should fit so that the 2 fingers fit between the helmet and the eyebrows.

Bicycles should be maintained regularly to ensure they are in good working condition.

Children under 12 years old should ride on the footpath.

Bus Safety

Meet your child at the bus stop. NEVER on the opposite side of the road.

Wait until the bus has driven away before crossing the road.

Teach your child to stand back from the kerb and away from the traffic.

Remind your child if the bus has seatbelts, they must buckle up.

✓ Drive SAFE ✓ Ride SAFE ✓ Walk SAFE
A Road Safety Initiative of Holroyd City Council Road Safety Program
Dear Parents/Caregivers,

In preparation for a busy year of learning, please ensure your child has the following equipment.

- 4 glue sticks - Bostik 35g
- 1 Library bag (You can use your orientation bag or the book bag purchased from the uniform shop)
- 1 box of tissues
- 2 packets of baby wipes
- 1 small pump bottle of hand sanitiser
- 1 pair of headphones labelled with your child’s name.

Thank you for your support in providing resources that enhance the learning experiences of the students.

Principal
November 2015

---

Westmead Public School

CLASSROOM REQUISITES FOR 2016

Years 1 to 6

**Stage 1 (Years 1 and 2)**
- 2 whiteboard markers
- 2 glue sticks
- 6 HB lead pencils
- 1 pencil case (preferable)
- 1 Library bag (with a tag)
- 1 set of headphones

**Stage 2 (Years 3 and 4)**
- 2 glue sticks
- 1 ruler (cm and mm)
- 1 HB lead pencil
- 1 pencil case
- 1 eraser
- 1 pencil sharpener
- 1 pair of scissors
- 1 A4 homework book 128 pages minimum

**Stage 3 (Years 5 and 6)**
- 2 red and 2 blue pens (biro not felt) - minimum
- 1 30cm ruler (cm and mm)
- 1 eraser
- 1 pair of scissors
- 1 A4 homework book, covered in contact - child’s name on front
- 1 pencil case
- 1 geometry set that includes a compass, protractor and set square
- 2 class reading books (borrowed from the local library or from home)
- 1 A5 student diary with one week to a page

Year 1 only
- 1 box of tissues and/or 1 box of baby wipes

Year 2 only
- 2 boxes of tissues
- 1 packet of coloured pencils
- 1 ruler
- 1 eraser (rubber)
- 1 pair of scissors

Year 4 only
- 2 blue pens
- 2 red pens
- 1 library bag (cloth bag preferable)
- 1 packet of pencils (optional)
- 1 plastic envelope folder
- 1 bottle hand sanitiser or hand wash (to share)
- 2 boxes of tissues

---

*** Please CLEARLY LABEL all items with your child’s name. ***

Items which run out, or are lost, will need to be replaced throughout the year.

Principal
November 2015

Assistant Principals

Classroom Teachers
CRUNCH & SIP information for parents

Every child deserves the best start in life. Good eating habits formed during childhood help children grow well and protect them against disease in later life, such as heart disease, diabetes and some cancers.

Too many children are not eating enough of the foods essential to good health. Fruit and vegetable consumption is particularly low. Results of government research on primary school aged children in Western Australia found that, on any given day:

- Three out of five do not eat enough vegetables
- Two out of five do not eat enough fruit
- Nearly half do not meet their daily fluid requirements

The proportion of overweight and obese children has tripled in the last 30 years, with one in four Western Australian children now overweight or obese.

What is Crunch&Sip?®
Crunch&Sip® is a set break to eat fruit or salad vegetables and drink water in the classroom. At Westmead Public School we have regular Crunch&Sip® breaks everyday so students can re-fuel with fruit or vegetables – assisting physical and mental performance and concentration.

Why have Crunch&Sip®?
Crunch&Sip® encourages fruit and vegetable snacking and drinking water. Schools model healthy eating in the classroom, reinforcing the nutrition curriculum. The Crunch&Sip® break gives children the opportunity to eat the piece of fruit that might otherwise be left in their lunchbox or not be eaten at all.

What can parents do?
For the Crunch&Sip® break parents will need to provide their children with:

- An extra piece of fruit or salad vegetables to eat in the classroom
- A small clear plastic water bottle to keep in the classroom

The Crunch&Sip® break does not replace fruit and vegetables eaten at recess or lunch.

Crunch & Sip healthy snack ideas

- Sugar snap peas and tomatoes
- Frozen peas, cherry tomatoes and mushrooms
- Kiwifruit with a spoon
- Green beans and red capsicum
- Grapes and mangoes
- Radish, rocket and cucumber
- Corn, carrots and celery
- Minion balls
**The simplest way**

...to encourage healthy eating.

If you’ve got a fussy eater in the family, a behaviour reward chart can be a great way to get them eating and enjoying new foods and more fruit and veg. Praise from parents or the offer of small rewards is a good motivator for many children.

A behaviour reward chart can work wonders too. Remember to decide on rewards and goals in advance and keep them realistic and motivating.

Want more great tips and strategies to overcome fussy eating? Register for a Fruit & Veg Sense workshop online: eatittobeatit.com.au

Find this chart and others online too.

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

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

---

**The simplest way**

...to keep lunch foods fresh.

Food packed at home in the lunch box needs to stay fresh and safe to eat at school.

Meat, fish, poultry, eggs, noodles, rice, pasta, custard, yoghurt, cheese and milk need to be kept very cold to prevent food poisoning.

Pack lunches in a cooler bag with a cold brick.

Freeze items such as sandwiches, milk poppers, yoghurt, custard tubs, muffins, or fruit segments to pack on hot days.

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

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

---

**The simplest way**

...to protect your skin.

Did you know?
Sun exposure during the first 15 years of life significantly increases your chance of getting skin cancer later in life.

Be SunSmart
Always protect your skin when UV levels are 3 and above.

Slip Slop Slap Seek Slide

Protect yourself in five ways from skin cancer

- Slip on clothing that covers your shoulders, arms and legs.
- Slop on SPF30+ or higher broad spectrum water-resistant sunscreen.
- Slap on a broad brimmed, bucket or legionnaire hat that protects your face, ears and neck.
- Seek shade however you can, especially in the middle of the day.
- Slide on sunglasses that meet Australian Standard (AS1097).

---
Bring Your Own Device
Grades 3 to 6

Dear Parents and Carers

Bring Your Own Device, also called BYOD, refers to the policy of permitting students to bring personally owned devices (laptop and tablet) to school and use those devices to purposefully access information and appropriate apps for learning.

In response to directions outlined in the Australian Curriculum as well as to meet the growing demands of individual student learning needs, teachers at WestmeadPS have successfully embedded an innovative BYOD program for students in years 4-6 to create, investigate and communicate information in all areas of learning.

In 2016 we are extending our very successful BYOD program to students in year 3. Our BYOD program supports future focussed learning in the classroom by empowering students to thrive in a rapidly-changing economy. Students further develop skills needed to –

• enhance critical thinking, creativity, collaboration, and communication;
• apply hands-on knowledge and skills for real-world application;
• enable interdisciplinary and project-based learning; and
• increase engagement, problem solving, and accountability.

A copy of our school BYOD Acceptable Use Policy will be sent home for students to read and understand with their parent/carer. The BYOD User Agreement must be signed and returned to the class teacher before a student brings a device to school. Students are responsible for their device throughout the school day. During recess and lunch devices will be locked in the classroom.

Devices are not to be brought to school on Friday due to sport and will not be used if a casual is on the class.

In order to have an effective BYOD program at WestmeadPS it is necessary that all BYO devices conform to minimum specifications. This is to enable students to work collaboratively in class regardless of the device type. Please find minimum device requirements on the following page.

Class teachers will advise students of their BYOD Start Up day. Aspects of the BYOD program will be addressed further at Meet the Teacher sessions later in the term.

We look forward to your child’s participation in this very rewarding and innovative program.

Special Religious Education (Scripture)

Dear Parents/Caregivers

The teaching of Special Religious Education in government schools by approved religious providers has been part of our system of education in NSW since 1880. The purpose of scripture is to deliver quality educational programs using contemporary teaching methods and suited to the appropriate stage of students’ faith development.


The religious classes we offer at Westmead Public School are:

- Catholic
- Sikhism
- Islamic
- Greek Orthodox
- Hinduism
- Baha’i
- Buddhist
- Serbian Orthodox

We are also offering Ethics classes to Kindergarten students. Students, who are not attending religious or Ethics classes, will attend non scripture classes.

Scripture begins on Thursday 18 February. We encourage parents to update or ensure their child is attending appropriate scripture classes. This information can be updated through the office. Scripture lessons times are:
Ms Eva Eid, the Muslim scripture supervisor, is looking for volunteers to teach Muslim scripture on Thursdays from 11:20am to 12:50pm. All the teaching materials and the syllabus are provided along with full training. If you are interested please contact Eva Eid on 0405 655 065 for more information.

Megan Bridekirk  
Relieving Principal  
8 February 2016

Rehana Khan  
Relieving Deputy Principal and Scripture Co-ordinator

Parent Volunteers and Helpers - Working With Children Check (WWCC)

Subject to conditions under the Child Protection (Working with Children) Act 2012 and the Child Protection (Working with Children) Regulation 2013, all volunteers and helpers are required to meet the following WWCC requirements:

1) School Activities

Parent volunteers and helpers for school activities such as reading, excursions, classroom assistance, transport etc are required to:

i. complete a WWCC Declaration for volunteers and contractors
ii. provide proof of identity that meets the 100 point check
iii. read and sign the Westmead Parent and Community Helper Policy
iv. attend a yearly Westmead Parent Helpers induction

2) WWCC Clearance Number

Parent volunteers and helpers who hold a WWCC clearance number need to provide a copy of their WWCC clearance and number to the school, attend a Westmead Parent Helpers Induction every year and read and sign the Westmead Parent and Community Helper Policy

3) Department of Education Employees

Parent volunteers and helpers who are employees of the Department of Education, employed prior to 2013, are required to provide their employee ID number until the Department transitions to the WWCC compliance in 2017, attend a Westmead Parent Helpers Induction every year and read and sign the Westmead Parent and Community Helper Policy.

Uniform shop hours

Uniform shop hours are as follows:  
(unless otherwise advised)

<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>2:30pm to 3:15pm</td>
</tr>
<tr>
<td>Fridays</td>
<td>8:45am to 9:30am</td>
</tr>
</tbody>
</table>

Helen Newton  
Uniform Shop Co-ordinator

School shoes for sale

Dr Shoe (Max) will be selling school shoes near the uniform shop on Tuesday 1 March from 2:45pm to 3:30pm.
School Information

**IMPORTANT CHANGES TO STUDENT ATTENDANCE AT SCHOOL**

The NSW Department of Education & Communities has made changes to the School Attendance Policy.

These changes include:

- Implementation of the *ACARA National Standards for Student Attendance*
- Parents/Carers are required to explain their child’s absence within seven (7) days
- New criteria for Exemption from Attendance at School

At Westmead Public School

When your child stays at home because they are sick for:

- 1-2 days - write a note for teacher explaining why your child was not at school and include the dates absent
- 3 or more days – telephone the school and obtain a doctor’s certificate

**Travelling or taking holidays during the school terms**

The NSW Department of Education & Communities encourages families to travel during school holidays.

Students who travel or take holidays during the school terms will now have those absences recorded. A certificate of Exemption will no longer be granted.

Parents/Carers will now be required to complete the Application for Extended Leave – Travel (available from the school office) and submit the form to the school principal for consideration. Families travelling overseas should include a copy of the confirmed travel booking.

If approved, a Certificate of Extended Leave – Travel will be issued and the period of absence recorded as L – Leave. The absences will appear on your child’s school report.

If the principal does not approve the application the absence will be recorded as A-Unjustified and appear on your child’s school report.
Change of Address Policy

From 2014, the parents/carers of all students enrolled at Westmead Public School are required to advise the school within 7 (seven) school days of:
- a change of address, telephone contact details or emergency contact information
- any change in the student’s medical condition or a new medical condition.

If the change of address occurs during the school holiday period, the parent/carer will inform the school on the first school day of the new term.

Should a student and their family relocate to an address outside the Westmead Public School catchment area, it is expected that the student will enrol at the primary school local for their new address.

The school office staff will provide the parent/carer with the name of the school, principal and contact details.

When a student changes to an address within the local catchment area, the parent/carer is required to produce evidence of the local address with the following documentation – originals only; no copies or email versions:

- Evidence of Current Utility Bills
- Current Drivers Licence
- Mortgage Payment
- Proof of Home Ownership (Land Title Deed)
- Proof of Rental Agreement

Support documents for IN-AREA change of address

<table>
<thead>
<tr>
<th>List A</th>
<th>List B</th>
</tr>
</thead>
</table>
| If you are the owner of the property: | • Electricity
- Purchase contract for property AND | AND at least 1 (one) of the following:
- Council Rates OR | • Gas
- Water Rates | • Landline phone (not mobile phone)
- If you are renting the property | • Internet connection
1. Signed Rental Agreement stamped by the Leasing Agent – valid for at least 6 (six) months | • Home Contents insurance
2. Rental Bond Lodgment stamped by Leasing Agent |     |
3. Tenant Trust Ledger – must show Rental Bond Lodgment |     |
4. NSW Fair Trading Advice of Lodgement |     |

ALL documents must be:
- In YOUR name
- ORIGINALS – no photocopies
- Current date – no more than 3 (three) months old

Lodge documents at school office
9:30am to 2.00pm - Monday to Friday (during school terms)

Policies - Uniform Shop, Nuts, Student Health, Attendance at School

UNIFORM SHOP EXCHANGE AND REFUND POLICY - Westmead Public School

Exchanges: School uniform items will only be exchanged within five (5) school days if the garment or item is unworn, unmarked, clean and in good condition. Original tags must be intact and garment/item must be in original packaging. Proof of Purchase is required.

Refunds: Refunds will only be issued where the school is satisfied that the garment or item is of faulty manufacture. Proof of Purchase is required and all refunds must be approved by the Principal.

NO NUTS POLICY - Westmead Public School

We have a number of students at Westmead Public School who are allergic to nuts. For these students, contact with nuts can result in a life-threatening anaphylactic reaction.

No peanuts (of any kind) or products/cakes containing nuts, ie muesli bars, chocolate containing nuts etc are to be brought to school. Please assist the staff to keep our students safe.

A REMINDER TO PARENTS TO NOTIFY THE SCHOOL ABOUT YOUR CHILD’S HEALTH

Parents and Caregivers have an obligation to inform the school about their child’s health, even if they are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child’s health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please contact the school office staff who will assist.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

Information you provide to the school will be stored securely and will only be used or disclosed in order to support your son or daughter’s health needs or as otherwise required by law.

ATTENDANCE AT SCHOOL

To view important information about attending school and what to do if your child is too sick to attend class please go to:
schools/westmead_ps_state/images/user_uploads/All_newsletters/Regular_School_Attendance.pdf
If you need this information in another language please go to: http://www.schools.nsw.edu.au/
Have you changed your address or telephone numbers?

It is very important to keep all your contact details (i.e., address and phone numbers) up-to-date in case of an emergency. Also, the names of people you provide as secondary contacts need to be people who live in Sydney.

Does your child need to have medication at school?

Before medication can be given to your child at school, you need to follow these important steps.

Please contact the school if you have any questions.

**Administering prescribed medication at school**

When a medical practitioner has prescribed medication that must be administered during the school day, parents are responsible for:

- bringing this need to the attention of the school
- ensuring that the information is updated if it changes
- supplying the medication and any 'consumables' necessary for its administration in a timely way
- collaborating with the school in working out arrangements for the supply and administration of the prescribed medication.

The administration of such medication forms part the Department's common law duty of care to take reasonable steps to keep students safe while they attend school. This duty of care is fulfilled through its staff members.

The administration of prescribed medication in schools is carried out by staff who volunteer and who are trained. Key points to remember:

- Parents of children who require prescribed medication to be administered at school must complete a written request. The form may be obtained from the school office or downloaded from the Department of Education website which appears at the end of this article.
  If parents have difficulty in completing the form they should ask the principal for assistance.
- Students must not carry medications unless there is a written agreement between the school and the student's parents that this is a planned part of the student's health care support.
  **Please note:** Students' immediate access to prescribed medication is very important for the effective management of conditions such as asthma. Students and parents need to be advised of this requirement so that students are not left without access to critical medication.
  It is the principal's responsibility to fully inform relevant staff of the management implications of students requiring the administration of prescribed medication.
- Except in an emergency, only individual staff members who have volunteered and been trained, will administer prescribed medication to students.
- The principal will oversight implementation of the course of action that he or she has determined is necessary for the support of the student's health needs.
- It is the Principal's responsibility to ensure that all copies of the written medical advice and any other relevant documentation are stored in a secure and confidential manner.
- Advice or further information to assist the principal can be obtained from student welfare consultants and disability programs consultants.

**Self administration of prescribed medication by students**

The common law duty of care does not extend to administering prescribed medication to students who are reasonably able to self administer.

However, if a student self administers prescribed medication the Department has a duty to take reasonable steps to ensure that the self administration is carried out safely.

**Note re emergency care**

Schools do not generally supply or administer medications in an emergency unless they have been provided by parents as part of the negotiated individual health care plan for a specific student.
In an emergency which has not been anticipated in the emergency/response care section of an individual health care plan, staff will provide a general emergency response, eg call an ambulance. Where an emergency response requires the immediate administration of medication to prevent serious illness or injury, staff should administer the medication eg Ventolin for a first asthma attack.

**Non-prescribed medications**

In general, schools do not administer medication which has not been specifically requested by a medical practitioner for an individual student for a specific condition. In some cases the medical practitioner may not write 'aprescription' for such medication because it may be available 'over the counter'. NSW Health advises that this does not mean that the medication is not potentially harmful and that schools should follow the same procedures for such medications as for 'prescribedmedications'.

**Parents & Citizens Association (P & C) News**

P & C

ANNUAL GENERAL MEETING

will be held on

Tuesday 1 March 2016

at

6:00pm

(Please note change of time)

in the

Lecture Theatre (Block Q)

All welcome - please come along

---

**Community News**

Welcome back to new and continuing students, families and staff. I hope you all had an enjoyable and relaxed break and feeling refreshed for this year!

The programs for parents (including grandparents) are being developed and I will be cross-promoting internal and external opportunities, courses, workshops, activities with local organisations. I am currently taking Expressions of Interests for the following activities/courses at Westmead Public School:

- **COOKING & NUTRITION** - "Nutritional Education Sustainable Training (NEST)" - Workshops consist of information sessions/ tips when packing child/ren's lunchbox, preparing quick and low cost meals, cooking sessions, group meals etc.
- **PLAYGROUP**
- **ENGLISH CLASSES** (Beginners & Intermediate)
- **NEW HEALTHY WOMEN** - Women's Heath workshops
- **CONSUMER RIGHTS** - Scams, buying a second hand car, leasing a home, etc.
- **RAISING CHILDREN IN A NEW COUNTRY**
- **FAMILY HARMONY & HEALTHY RELATIONSHIPS**
- **FITTED FOR WORK (RESUME, CV & COVER LETTER WRITING, INTERVIEW SKILLS, FITTING OF WORK ATTIRE ETC)** - Self-Referral or Book an appointment with the hub leader to go through the referral process
- **MULTICULTURAL REFERENCE GROUP** - Seeking Bilingual parents (who speak English and a language other than English) to advocate for your community. See more information below.
- **VOLUNTEER PROGRAM** - Book covering, data entry, assisting with set up/pack up/food preparation at events, Uniform Shop, Working Bee etc. Some of the benefits are: gain local work experience, great foot in the door to enter the workforce, help the community you live in and more!

- **BILINGUAL STORY TELLERS TRAINING FOR NEWLY ARRIVED WOMEN/MIGRANT WOMEN** - Training and support will be provided and you will be assisted in seeking employment as a mobile bilingual storyteller, for libraries, playgroups, early childhood centres etc.

- **ARTS & CRAFTS**

- **SWIMMING LESSONS (Beginners) FOR ADULT MIGRANTS**

- **PARENTS & CITIZENS ASSOCIATION (P&C)** - contribute at P&C meetings regarding school resources, fundraising events/activities for the school's resources etc.

- **YOGA**

Registrations are essential as spaces are limited. To register or if you would like to find out more about the programs above and workshops, please feel free to email lmoscatelli@ssi.org.au or call on 0403 017 271.

If you are on social media be sure to follow "Community Hub Westmead" on Facebook, Twitter, Instagram (the links are available above and below the newsletter). We also have a national Community Hubs website where you can find out more about all the National Community Hubs Program across schools and community centres in New South Wales, Victoria and Queensland.

To SUBSCRIBE to the Community Hub newsletter go to: http://facebook.us8.list-manage.com/subscribe?u=a2c2dfdb61f2ec4b00ce034d8&id=d7abbdc1d6

To VIEW our current newsletter in detail go to: http://eepurl.com/bOZ0BL

Thank you for your continuous support and making this Community Hub a warm and welcoming environment for all.

I look forward to meeting you all.

**LizaMoscatelli**  
Community Hub Leader (Westmead Public School)  
Mobile: 0403 017 271  
Email: lmoscatelli@ssi.org.au