DISTRICT SWIMMING CARNIVAL

Last Friday, Blake Archer, Emily Archer, Joel Burcher, Nicola Lupton, Grace McGovern and Rebekah Spears competed at the District Swimming Carnival at Emerton. All of our swimmers did an amazing job of representing our school. A big thank you to Mrs Du-Ross Smith, for her efforts and support on the day. Massive congratulations must go to both Rebekah and Blake on their tremendous efforts in the pool. They both proved to be strong competitors in their respective events. Rebekah and Blake have qualified to compete at this year’s Regional carnival. Rebekah, so far has qualified to compete in the 50m Freestyle, Backstroke, Breaststroke and Butterfly. Blake will be competing in the 50m Freestyle and Backstroke. We all here at Norths are extremely proud of you!

CONGRATULATIONS!

Last Friday, 3 students from Years 3, 5 and 6, Joshua, Jaiden and Kryzhynn, competed in an Interschool Chess Competition at Penrith High School. We would like to congratulate their amazing effort of achieving third place for our school and playing so well, individually. We would also like to thank the parents of the students who attended for organising the transport and supervision of their children. Without this, the students would not have been able to participate. Well Done and we are so proud of you all.
CHESS INTEREST
Chess has become a real interest of the students of North St Marys with many children attending lunchtime Chess Club and also the outside board and chess pieces are well used at lunchtimes under the Willow COLA. We are still looking for an adult who may also have an interest in Chess and could assist and support these young people to learn and improve their game. If you are interested or know someone who might be could you please drop in at the office and leave your name and phone number.

KIDSMATTER LOLLY BAG DAY
Wow! Thank you, Thank you for all the donations of lollies. Once again the parents, carers and teachers of our school community have done an amazing job of supporting KIDSMATTER. The lolly bags were very popular and such a treat when sold at recess on Thursday! There were many very happy faces delighted with an array of frogs, snakes, jellies of all varieties, bananas and so much more!

WORLD SLEEP DAY
Did you know that this Friday, 14 March is World Sleep Day? The theme is better sleep, better health, better learning. For too long we’ve under-estimated the impact that a good night’s sleep has on children’s well-being, behaviour and their learning.

The keys to better sleep for kids
According to a recent British study into sleep habits, regularity of sleeping habits and routine are the keys to kids’ well-being and better cognitive functioning when it comes to sleep. The sleep clock loves routine & regularity. So do kids – they’re routine junkies. Regularity & routines are the two keys to a good night’s sleep for most kids. Here are 3 tips for a better night’s sleep for kids:
1. **Stick to the one hour variation rule**: Alter bedtimes by no more than one hour on weekends and other nights.
2. **Make the time before bed CEFB-free**: That is no caffeine, no vigorous exercise, no heavy food, no hot baths before bedtime.
3. **Establish sleep-trigger rituals to trick the brain into sleeping**: Stick to tried and true sleep rituals such as reading, or teeth, toilet & story.

Young children often want to stay in the adult world way after they should. Kids need plenty of sleep and parents need their own space and time away from children. Follow these essential guidelines for children’s bedtimes:
- Distinguish between being in bed and being in the bedroom.
- Have a set routine such as ‘quiet time, drink and story’, which signals the end of the day and stick to it.
- Make bedtime enjoyable and fun so they want to go to bed.
- Be firm and resist procrastination and cries for ‘one more story’.
- Return jack-in-the-boxes to their bedrooms.

HARMONY DAY!
Wednesday 19 March is Harmony Day!
Harmony Day is a day when all Australians celebrate our cultural diversity. The continuing message for Harmony Day is “Everyone Belongs”.
To celebrate the day, students are asked to wear orange, symbolising peace and harmony.
All classes will participate in some fun Harmony Day activities.
HAVE YOU JOINED PENRITH PROGRESSION?
Penrith Progression is inviting the local community to be part of shaping how our City will look, feel and grow in the future. As key stakeholders and co-creators in Penrith’s future, community members will work with businesses, investors and Council to explore how to transform the heart of Penrith as a destination to live work and invest in.
We are inviting you to make your mark in realising our collective vision for our City centre. Register now at penrithprogression.com.au. For more information phone Erin Higgins at Penrith Council on 4732 8238 or Ben Artup at Penrith Business Alliance on 4732 5711.

ELECTRICITY MAINTENANCE AND UPGRADE
We have been advised that there will be further maintenance and upgrade works to the overhead electricity in Debrincat Avenue. As a result there will be some traffic disruption and parking restrictions along the school boundary on Thursday 20 March. We have been advised that pedestrian movement can continue as normal. There will be no disruption to the school electricity supply.

GREAT BOOKS FOR TWEENS TO READ
Favourite books from the Premier's Reading Challenge team that will inspire kids aged between nine and 13 to read read read!

SCIENCE ASSIGNMENT STARTERS
Not sure where to go to help your child find out about electricity, natural disasters, the solar system or other science projects? Have a look at our project starters.

SCHOOL HOLIDAY ACTIVITIES
@ Penrith City Library

Tuesday 15 April  Egyptian Art Workshop with Rosalie Thompson
Tuesday 15 April Art workshop with Rosalie Thompson
Wednesday 16 April Beating around the bush with Mark Stewart

Tuesday 22 April Embroidery workshop with Del White
Wednesday 23 April Magic & Juggling workshop with Joel Howlett
Thursday 24 April Chaotic Chemistry with The Crazy Scientist
Thursday 24 April Mad Medicine with The Crazy Scientist

Activities at St Marys Corner

Monday 14 April Lego Robotics workshops with Fizzics Education

For further details contact Elizabeth Barry at Penrith Library – 4732 7891
CRAZY HAIR DAY
Today, we had many, many children at school with very crazy hair! We thank all the helpers at home who sprayed, plaited, jelled and created such an array of crazy hair. All students were asked to bring a gold coin to support the Leukaemia Foundation. We raised $351.00. We also raised a further $291.00 from the Lego raffle, making a total of $641.00 for the Leukaemia Foundation. We thank everyone for their outstanding support.

PLAYGROUND AWARDS - Week 7
Keep our playground tidy

KB  Joshua Baillache
KH  Mia Huikuri
KJ  Kiama-Lee Pagett
KT  Timana Pine
1L  Mickaylah Holden
1V  Tori-Lee Wheeler
1RW Jai Hermann-Barnes
2B  Jordan Bradney
2V  Paul Adriano

2/3A  Harley Day
3C  Regan Hemi
3R  Axle Luland
3/4W  Kimani Tautolo
4D  Leroy Brown
4/5A  Jayden Farr-Robinson
5P  Keat Wilkes
6B  Joel Burcher
6R  Annie Faalago

VALUE AWARDS - Week 7
Co-operation

KB  Tyler Phillips
KH  Mokai Bonser
KJ  Isabella Graham
KT  Aiden Dunn
1L  Craig Doole-McKellar
1V  Bellah Vitnell
1RW  Taylah Sait
2B  Jamie Lee Coles
2V  Miah Baker

2/3A  Avery Ngatoko
3C  Prabhjot
3R  Jayda Taylor-Robati
3/4W  Callum Thoms
4D  Eliza Brooks-Farmer
4/5A  Craig Doole-McKellar
5P  Taina Holden
6B  Ruby Franklin
6R  James Henshaw

Principal's Awards

Emily Clavan
Breanna Hiven
ST MARYS NORTH DISCO

Guest DJ

Prizes to be won

WHEN: FRIDAY 4TH APRIL
WHERE: SCHOOL HALL
TIME: Kindy, Year 1 & Year 2 - 4:30pm to 5:30pm
Years 3, 4, 5 & 6 - 6:00pm to 7:15pm
COST: $5.00 - to be paid on the night of the Disco

All children who attend will receive a drink
Only children who attend St Marys North are able to attend.

Come along and join in the fun.

Entry and exit will be via the Willow Road pedestrian gate.

________________________________________________________

Lets Get into Digital!

Seniors Week Celebration

Wednesday 19th March 2014

10.30am – 1pm

- Introduction to Mobile Technology: a mini workshop to help seniors understand smartphones, ipads & social media.
- Heartmoves & demonstration.
- Massage therapy and a guest speaker.
- Morning tea and refreshments served.

Come and celebrate Seniors week with us!

Phone 9673 3908 for more information.
North St Marys Neighbourhood Centre
Cnr Debrincat Ave & Oleander Rd North St Marys.
Partly funded by NSW Family and Community Services.
During literacy, 1L read a book and recorded their voices. We were able to ourselves read.

During literacy, we practiced writing out our spelling words and wrote sentences.

With this activity, we wrote an interesting sentence and then the XO speaker read out our sentence to us.

In AL, we have been studying the book “The Bear's Lunch” by Pamela Allen. On the XO, we searched 'bears' and then we draw a forest where bears live.
XO Laptops

This year, all Kindergarten and Year 1 students have been given a XO laptop to use at school. This laptop is used to engage children in their own education, allowing children to learn, share and create together.

Kindergarten and Year 1 have been busy using and learning about their new XO laptop.

To find out more information about OLPC, visit this website

http://one.laptop.org/

XO Laptops in 1L

1L have just started using the XO laptops. They are SUPER excited about using them in class. Check out what we have been doing...
Community Event
You are invited to the St Marys Local Area Command

Parent & Community Forum

Topics of Interest
- Cyber Safety
- Road Trauma – Causes & Effects – Crash Unit
- Alcohol & Violence in the Community
- Safety in the Community
- Graffiti – Localised Issues – Police Response

DATE: Thursday 3rd April 2014
TIME: 6.00pm
LOCATION: St Marys Community Centre, located at St Marys Corner. (Cnr Great Western Highway and Mamre Road St Marys). The entry to this venue is via Swanston Street.

To assist with planning, if you are attending this forum could you please RSVP to Constable Kim SINDEL or Senior Constable Danielle CORLISS via one of the following:

Email: sind1kim@police.nsw.gov.au
Email: corldan@police.nsw.gov.au
Phone: 9677-7527 or 9677-7528

Free parent workshop in Penrith LGA

Understanding Bullying

Bullying in Australian schools is a huge concern for teachers, parents and students. While schools are promoted as a safe place for children and anti-bullying policies are in place, there is a gap in linking parents and school professionals to work together in understanding and providing early intervention.

This workshop will assist parents in identifying bullying, the different forms of bullying and what proactive strategies can be implemented. With appropriate support and intervention, the impact of bullying can be lessened and children can feel safe at school.

Date: Wednesday 26th March, 2014
Time: 9:15am—12:15pm
Venue: St Clair Public School
4 Timesweep Drive, St Clair NSW 2759
Cost: FREE for parents and carers

To Register: Call (02) 8568 8200

Supported by
PENRITH CITY COUNCIL

* Proudly supported by Penrith Panther Leagues Club.