Llandilo Public School

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Parents and Citizen’s Association meets second Wednesday of each month
Our Vision
Community and School in a partnership of mutual trust and respect, to ensure all students will thrive as learners, leaders and responsible, productive citizens.

PBL Values
Respect  
Responsibility  
Personal Best

PBL Focus - Playground
Play safely.  
Play by the rules.  
Be in the right place.  
Be a good sport.  
Follow teachers' instructions.  
Look after school property.

P&C Committee 2015  
- President  
Mrs C. Sultana  
- Vice President  
Ms Victoria Coles  
- Secretary  
Ms Heather Rodgers  
- Treasurer  

School Staff 2015
KS - Mrs Sheens  
KN - Mrs Norris  
KF - Ms Foley (AP)  
1C - Mrs Labour  
1B - Mrs Burrell  
1/2F - Mr Fox  
2H - Mrs Holliday  
2/3C - Ms Cockburn  
3S - Miss Sant  
4D - Miss Dolan  
4/5B - Mrs Nicola Giroud (AP)  
5/6A - Mr Andrews  
5/6C - Miss Crammond  
Miss Hogarth (RFF & RR)  
Mrs Quinn (ESL & Library)  
Mrs Kronast – Student Support  
Mrs Bell (RFF)  
Mrs Waugh (STLA & AP)  
Mrs Caloia (Librarian)  
Mr McClue (Vision Support)  
Mrs Williams (SAM)  
Mrs Hogan (SAO)  
Mrs Sherwood (SAO)  
Mrs Cook (SLSO)  
Mrs Gaskin (SLSO)  
Ms Foss (Counsellor)  
Mrs Getley - Principal

Term 4, Week 4  
Friday 6th November  
Friday 13th November  
Wednesday 18th November  
Monday 23rd November  
Tuesday 24th November  
Monday 30th November  

Friday 30th October, 2015  
PELL  
Kindy Orientation  
Kindy Orientation  
Zoosnooze  
Kindy Orientation  
Kindy Orientation

Ballroom Dancing
Well done to the following students for putting a great effort in to their ballroom dancing.
Everson, Isabella, Jamie, Bailey, Sandy, Kiahna, Braycee, Natalie, Beau, Bryson, Jayla, Sarah, Mikayla, Frank, Bianca, Lydia, Madison, Bailey, Yasmin, Ivana & Teigan.
From the Principal......

It's been a busy fortnight at Llandilo as usual. Our bold public speakers went to Werrington County Public School last week to present at the cluster final. Well done to all – they represented our school with pride and dedication - thanks for all your hard work. Looking forward to building on this talent next year.

Our PELL (Pre school Early Learning @ Llandilo) program for our prospective Kindies has been going strong over the last couple of months. They have been enjoying lots of activities in the Library with our current Kindergarten teachers, who are very impressed with this group coming in next year. Our formal Kindergarten Orientation program will commence on Friday 13th November. Details are on our website. If you are aware of anyone who has a Kindy starting next year but has not yet put in an enrolment form, could you please give them a nudge in the direction of our school office ASAP.

The programmed maintenance work has commenced in the back playground. This landscaping has seen some of the old walls around the courtyards at the back of the school tumble, so that we have a seamless vista into the back playground and a much more pleasant place for K-2 classes to eat their recess and lunch. The remaining walls are used for retaining and will be repaired. We will need to rope off the graded area for just a bit longer so that grass can be re-established.

This week has seen a group of students compete in the annual Dance Sport Championships. These students, under the tutelage of Miss Sant and Miss Hogarth, have been learning a variety of ballroom dances, including samba, cha cha and waltz. All dancers did well with two couples progressing to the semis and one to the finals.

On Wednesday, Year 5 attended an excursion, provided by Penrith Council, to Warragamba Dam. I remember many picnics in this area as I was growing up, with the thrill of walking across the dam and the suspension bridge (a piece of history never to return). Students learnt about the ecology of the area, had a tour of the dam and visited other sites to study and discuss the importance of water as a valuable resource and the importance of keeping our waterways clean.

This is crazy weather season - don’t know if it’s going to be hot, cold, windy, raining or all of the above in the space of an hour. The mornings are often a bit cooler, leading to the discarding of outer clothing during the day. Please ensure your child’s name is on their jackets and jumpers as we are getting piles of unnamed lost property. Any unidentified Llandilo logo articles left at the end of the year will be given to the uniform shop for second hand sales. Other items will be donated to the Stewart House used clothing appeal.

Two reminders for student safety:

Please exercise patience and care when picking up your students by car at the end of the day. The 40km/h zone is there for a reason. If you do see someone doing the wrong thing let us know, as we can request the area to be monitored by police and/or council wardens. Unfortunately, there is little else the school can do, but remind parents to be diligent and put student safety way before a deadline.

Dogs are not to be brought onto school grounds, so please do not bring them up to meet your child at the end of the school day. Better to leave them at home and enjoy your walk in peace and at your leisure.

Mini fete day was a great success as usual. The bustle and excitement of setting up carried on throughout the afternoon. Well done Stage 3 students, teachers and families. Not quite so excited about the soaking I got from from the sponge throw!

"If you're not having fun, you're doing something wrong" - Groucho Marx

Yours in learning

Deborah Getley
Dear Parents,

Since our last newsletter, I have received a great deal of response. I am very happy that the parents of Llandilo Public are supporting us. I would especially like to thank Deborah for her immense support to provide Sherpa Kids with the opportunity to be part of the Llandilo Public.

Several parents have enquired about the kind of activities and food Sherpa Kids will supply. For this newsletter, I have provided below a sample weekly menu. In our next newsletter, I will provide a sample weekly activity. We will also be hosting an information night for any parent who may wish to know more about Sherpa Kids. I will advise once a date and time is arranged.

If you have any questions or would like to obtain a copy of the Parents Handbook, please do not hesitate to contact me on 0403 018 038 or via email penrith@sherpa-kids.com.au.

Warm regards

Jones

Weekly Menu - Sample
Breakfast is served at Before School Care each morning consisting of cereals, toast and fruit with a choice of drink

<table>
<thead>
<tr>
<th>Day</th>
<th>Snack</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Hot Dogs or Vegetable Rice Paper Rolls</td>
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<td></td>
<td>BBQ Chicken Flavoured Rice Cakes</td>
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<td></td>
<td>Plain Yogurt and Fresh Fruit x 2</td>
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<td>Tuesday</td>
<td>Buttermilk Pancakes</td>
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<td></td>
<td>Rice Crackers with Carrot and Celery Sticks</td>
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<tr>
<td></td>
<td>Plain Yogurt and Fresh Fruit x 2</td>
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<tr>
<td>Wednesday</td>
<td>Spaghetti Bolognese</td>
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<td></td>
<td>Sun Dried Tomato Flavoured Rice Cakes with Celery Sticks</td>
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<td></td>
<td>Plain Yogurt and Fresh Fruit x 2</td>
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<td>Thursday</td>
<td>Vegetable or Ham &amp; Cucumber Sushi Rolls</td>
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<tr>
<td></td>
<td>Plain Rice Crackers with Cheddar Cheese</td>
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<tr>
<td></td>
<td>Plain Yogurt and Fresh Fruit x 2</td>
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<tr>
<td>Friday</td>
<td>Ham Cheese Tomato or Vegemite Toasties with Carrot, Cucumber and Celery Sticks</td>
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<td></td>
<td>Plain Yogurt and Fresh Fruit x 2</td>
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Uniform Trading Times - Thursdays 8.30am - 9.15am in the school Community Room

Banking - Thursdays

Canteen Meal Deal - Pizza, Garlic Bread and a Popper for $3.50

Please remember to include 10 cents for a brown paper bag.

Sauces are now 30 cents each
Small Steps is a free anxiety awareness program for NSW primary school teachers and parents

Did you know?

- An anxiety disorder affects one in ten children
- Anxiety impacts on a child's social, family and school life
- Early intervention may assist in preventing the onset of more serious problems including depression and substance abuse in adolescence
- Children with anxiety are generally not disruptive in class or at home
- Anxiety disorders can be resolved with timely information, care, treatment and support

Presentations last between one-two hours and cover:

- The difference between normal anxiety and anxiety disorders
- Types of anxiety disorders
- Signs and symptoms of anxiety disorders
- Our free Small Steps presentations involve:
  - A visual presentation by a speaker from Mental Health Association NSW
  - Reference materials and information
  - A recommended reading list
  - A Question and Answer session

We're holding a Small Steps presentation for Parents!

When and Where

Date: Monday 9 November 2015
Time: 1.30pm
Location: Kingswood Park Public School
RSVP: 3 November 2015
Ph: 4721 4414

co-ordinated by The Mental Health Association NSW