



Ironbark Ridge PS

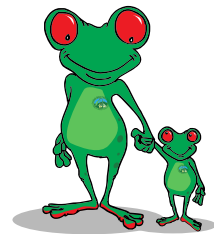
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Nurturing personal growth through inspired learning...



Newsletter 2018

Term 3 Week 5 24th August 2018

Be Safe, Be Responsible, Be Respectful

DATES FOR THE DIARY

AUGUST

27th – Indigenous Incurtion – 5B,5P,5W,6A,6M

29th – 6H & 6A Assembly

30th – Debating Team 1 v BHPS, Debating Team 2 v RHPS, Father's Day Stall & Dad's Hot Dog Day

31st - Winter PSSA, Hawkesbury Eisteddfod K-2 Choir, Jersey Day, 11.30 Constable Rob Stage 3 safety talk, 12.30 K-2 safety talk

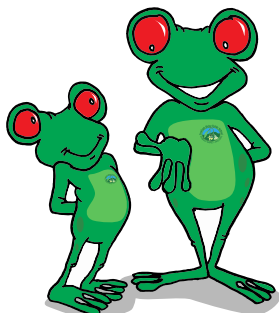
SEPTEMBER

5th - Hills Performing Arts Festival rehearsal @ Evans Theatre, Penrith Buddies Assembly

6th - Hill Pubic Speaking Competiton Finals @SRPS

7th - No PSSA ,K-2 Sports Day 9 – 12pm

*** Subscribe to our 'Ironbark Ridge – Events' Google calendar (see the app or the school website)*



PRINCIPAL'S REPORT

We're more than happy to provide you with a distraction and some alternate reading and viewing to the current political train-wreck currently occurring on screens and across radio-waves!

Welcome to the Week Five, Term Three, Ironbark Ridge Newsletter... where we get to talk about the issues that actually matter in life... your children, our students, the awesome Ironbark Ridgers!

Double Dads Day!

This coming Thursday, 30th August, we hope to be joined here at school by a **huge** group of volunteer dads... to organise and sell presents to our Ironbark Ridge students for their own Fathers (it's Fathers' Day next weekend, 2nd September!!) If not yet done, please make sure you've purchased a voucher (on *FlexiSchools*, before Monday at 4pm!!) for each of your children to use at the Fathers' Day Stall – manned by our fab Dads! The Dads serving at the stall will need to pretend not to watch as their own kids choose the all-important gift!! 😊

And... we're also having lunch together after the stall is done, cooking hotdogs for all of the students who have ordered (also on *FlexiSchools*). This event is an annual one that is both a great fundraiser for our P&C but also a lot of fun for all of the Dads who work shoulder to shoulder with each other to prepare, chat, cook, chat, serve, chat and then eat with the students. Take the day off work and come up for a day at school with your children!

NAPLAN Online Testing... just testing

This coming week we will have a chance to 'test' whether our current fleet of laptops and the school WiFi network can handle the pressure of over 120 students at a time sitting an online test in what is referred to as a 'lock-down browser' – connected to the internet! These tests for our Year 3 and Year 5 students are not a part of the annual literacy and numeracy testing that will shortly be reported on (they sat those tests back in May... on paper). Although fun and engaging for the students, this week's

online testing is simply that – a test of our school infrastructure's ability to cope in 2019 when we expect all Year 3 and Year 5 will sit the *real* NAPLAN online.

Tournament of Minds

This Sunday (26th) a dedicated group of Ironbark Ridge teams from Year 5 and 6 will travel to Western Sydney University to act, sing, collaboratively problem-solve and compete with other brilliant 'Minds' at the annual Tournament of Minds. Preparation has been intense for all of our teams, with little-to-no direct input from teachers allowed, ensuring the presentations and 'impromptu' solutions are truly the work of the students and their teams. Congratulations simply on putting together your solutions to the complex problems posed by the competition organisers. Huge thanks to Mr Maffey, Ms Hoggan and all teachers involved in supporting the students in their preparations. All of Ironbark Ridge wish you the best on Sunday. Go Ironbark!

Excursions and dancers

We've had a busy couple of weeks with ongoing performances from our many dance, choir and performance groups, a Kindy 'Farm' excursion day, and Year 1 and 2 visiting the beautiful Opera House and Botanic Gardens. The weather has been extremely kind to our plans, although a few drops of rain would certainly not be unwelcome even here in Rouse Hill. Excited students, ultra-prepared teaching and support staff (it's always stressful for us taking students 'off-site'), and slightly anxious parents waving goodbye to buses in the mornings! What a great school atmosphere! Although we attempt to keep disruptions to classroom learning routines to a minimum during the year, these occasions provide such valuable learning experiences for our students it is certainly worth the extra mental, emotional and physical effort.



Congratulations to all of our adventurous students as we yet again received praise from non-Ironbarkers for the outstanding manners and behaviour, as well as knowledge and engagement our students showed in their respective activities. Well done to all involved, including our parent supporters ☺

Early morning arrivers

We currently have a large number of students who are arriving at school earlier than our 8.30am start time. This is not an acceptable situation. If you need to drop your child earlier than 8.30am you should use the KTOOSH Before School Care service – a very affordable option and places are available every morning of the week. Teachers will come out to supervise the playground from 8.30am, however before that students are unsupervised.



Ridges Athletics

Our Ironbark Ridge athletics representatives will today (Friday 24th) be competing at the annual Ridges Zone Carnival at Blacktown Athletics Centre. I know our 4 x 100m relay teams have spent some extra time training together. This is an extremely difficult competition as there are many very talented athletes in the local Ridges Zone. We wish the team all the best and hope they have a fun day competing and encouraging each other to better their personal bests!

Martial Artist

Beau (5S) recently competed at the NSW State Taekwondo trials. He won the gold medal, making him State Champion for his division! Beau is now off to compete at the nationals at the end of September – we'll keep you updated with how he goes. Sensational!



Public Speaking excellence

Anna (5/4W) competed this week at the Regional Finals of the State Multicultural Perspectives Public Speaking competition. This is an awesome achievement to progress this far through the competition. Well done, Anna!

Parenting ideas

In our very busy lives we can often forget the huge impact our presence has on our children's growth and development as well as the culture and 'vibe' we develop in our home. A thoughtful change in our personal daily routine can make a huge positive difference to our household.

Have a read through the parentingideas.com.au article included later in this newsletter... and give yourself the best chance to 'Show Up' well for your children.

... and find a free voucher code for the upcoming webinar "*Managing Video Games and the Next Digital Craze*" to be broadcast at 7.30pm on September 13th: **BALANCE** - remember that the voucher code can be used by our school community in the *Parenting Ideas* online shop, where the webinars are sold. The voucher will reduce the webinar cost to \$0 at the checkout. An image of the voucher is later in the newsletter, or use the link:

<https://www.parentingideas.com.au/product/managing-video-games-and-the-next-digital-craze/>

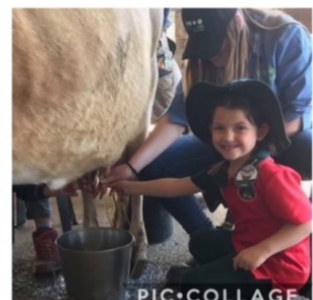
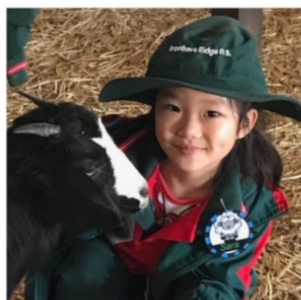
Yours in the never-ending pursuit of growth and understanding,

Nick Thomson
Principal

DEPUTY PRINCIPALS' REPORT

Hive of activity

Our school has been buzzing over the last fortnight with some incredible opportunities for our students. Our SRC raised almost \$4000 for Rural Aid in their 'Fiver for a Farmer' fundraiser. Our Year 1 and Year 2 students have loved their excursions to the city, and Kindergarten became farmers for a day at Calmsley Hill Farm. Our band students performed for their parents during the Chamber Music Evening and Stage 3 enjoyed their Indigenous Infusion incursion. Dance groups performed at Hawkesbury Eisteddfod yesterday, and today our Athletics team are competing against schools at the Ridges Zone Athletics Carnival.



Hours of organisation and preparation goes on behind the scenes by staff to ensure that our students are provided with exceptional learning opportunities, both in and out of the classroom. Thank you to all of our dedicated teaching and office staff, and of course to our parents, for supporting our students' involvements in these events.

Changes to the Term 3 Planner

Please note that the Fete Mufti Day has been moved to Friday 14th September. More information about this will come home shortly. Our K-2 Sports day will be held at Bruce Purser Oval on Friday 7th September. Put the date in your diary if you would like to come along and see our littlest students enjoy a morning of fun and activity!

Group Photos

This year, we have decided to employ The School Photographer to only take photos of our student leaders, house leaders, SRC and whole school. This is to minimise the disruption that the taking of these photos usually cause, with less than 10% of our parent community actually ordering the photos. Mrs Ormsby has kindly taken photos of our dance groups, and these will be shared with dance group parents shortly. Our sport team teachers will take photos of their PSSA teams and share them with team parents during the last term. We apologise for any inconvenience this change has caused.

Starting Kindergarten in 2019?

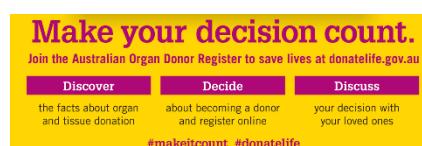
If you have a child starting school next year it is important to enrol your child and to attend our Kindergarten Orientation program held in Term 4. We are currently taking enrolments for 2019 and you are encouraged to contact the office if you have not yet completed an enrolment application or if you require assistance. Our first Parent Information Evening will be held on **Tuesday 11st September at 6pm** in our Kindergarten classrooms. This evening will give you an overview of school readiness and the Best Start process. This evening is for parents only, so please arrange a babysitter and come along to meet our staff, see some Kindergarten rooms and answer any questions you may have.

Student Health and Wellbeing

At Ironbark Ridge, student wellbeing is always our highest priority. We would like to remind all parents and carers that there are students who attend our school who are at risk of an anaphylactic reaction should they come into contact with nuts. Anaphylaxis is a serious allergic reaction that is rapid in onset and requires immediate emergency treatment. We are NOT a "nut free" school; however, we ask that you consider the health and safety of these students and refrain from sending food to school that contains nuts. This includes peanut butter sandwiches, nut bars and other lunch box snacks, along with cakes for birthday celebrations. Finally, please remind your child that at school we do not share food. Your assistance in keeping all our students safe is greatly appreciated.

Jersey Day

We will be recognising Jersey Day on Friday 31 August at Ironbark Ridge. Jersey Day is a simple concept designed to raise awareness of the Organ and Tissue Authority and DONATE LIFE network. Students are encouraged to wear their favourite sporting jersey with their sports shorts to school on Friday to show their support for this cause.



Kerry De Jager and Kerrie Pho
Deputy Principals



Ironbark Ridge Public School

Parent Planner

Term 3

2018

** Note: All dates on this planner are subject to change at the discretion of the school. **Updated 23.8.18**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
6 Aug/Sep	27 Indigenous Incursion – 5B, 5P, 5W, 6A, 6M	28	29 <i>6H & 6A Assembly</i>	30 Father's Day Stall & Dad's Hot Dog Day Debating Team 1 v BHPS Debating Team 2 v RHPS	31 <i>Winter PSSA</i> Hawkesbury Eisteddfod K-2 Choirs Jersey Day 11.30 Constable Rob Stage 3 safety talk 12.30 K-2 safety talk	1/2 Father's Day
7 Sept SASS Week	3	4	5 Hills Performing Arts Festival rehearsal and evening concert @ Evans Theatre, Penrith <i>Buddies Assembly</i>	6 Hills Public Speaking Competition Finals @ SRPS Yr 6 Transition RHHS	7 NO PSSA K-2 Sports Day 9-12pm	8/9
8 Sept	10	11 <i>6pm Kindergarten 2019 Parent Information Evening</i>	12 Book Character Parade & Grandparent's Day <i>No Assembly</i>	13	14 Fete Mufti Day <i>Summer PSSA resumes</i>	15/16 Orange Blossom Festival
9 Sept	17	18	19 <i>KW & KG Assembly</i>	20 Year 6 Fun Day	21 China Trip begins <i>Summer PSSA</i>	22/23 China Trip
10 Sept	24 China Trip	25 China Trip	26 China Trip <i>Whole School Assembly</i>	27 China Trip <i>Debating Team 1 v Team 2</i>	28 China Trip NO PSSA Last day of term	29/30 China Trip (returns Wed 3rd Oct)

Semester 2 Performance Groups

This term, we have many opportunities for our various performance groups to show off their talents and skills. We hope the table below helps clarify the details of their upcoming performances:

What	When	Where	Who	Contact staff member
IRPS Band Chamber Music Evening	Tuesday 14 th August – 6.30pm	IRPS Hall	All band, guitar and percussion ensembles. <i>See Mr Hurley's email.</i>	Mr Ben Hurley
Hawkesbury Eisteddfod – Dance Groups	Thursday 23 rd August – all day	Windsor Function Centre	All dance groups. <i>Notes sent home last week.</i>	Mrs Ingrey
Hawkesbury Eisteddfod – Choirs	Friday 31 st August – 9am- 12pm	Windsor Function Centre	Kindy Choir Stage 1 Choir <i>Notes sent home last week.</i>	Mrs Ingrey
Hills Performing Arts Festival	Wednesday 5 th September – all day rehearsal and evening concert	Evans Theatre, Penrith	Hills Choir Year 3 Dance Year 4 Dance Year 5 Dance Year 6 Dance <i>Notes sent home last week.</i>	Miss Stewart and Miss Fox
Orange Blossom Festival	Sunday 16 th September – Scheduled to perform at 4pm.	Bella Vista Farm Park	Kindy Dance Year 1 Dance Year 2 Dance Year 3 Dance Year 4 Dance	Mrs Ingrey and Mrs Pho
MADD Concert	Tuesday 25 th September – daytime rehearsal and evening concert	Rouse Hill High School	*Pending acceptance* Band Year 5 Dance Year 6 Dance	Mrs De Jager
Ridges Festival of the Arts	Thursday 18 th October – all day rehearsal and evening concert	Hillson, Norwest.	*Pending auditions* K-2 performance groups	Mrs Ingrey and Mrs Pho

Ridgy Didge Awards

WEEK 4

KBB	Luca, Soren, Rayan
KCB	Alyssa, Nuwaan, Adri, Sepanta
KM	Ishan, Joshua, Phumulani, Arianna
KT	Cameron, Archie, Harrison, Nia
1F	Luke, Koby, Enara, Claire
1J	Travis, Katrina, Matthias, Ava
1D	Chloe, Madena, Paige, Yusuf
2/1C	Nikita, Jasper, Ruby, Jemima
2D	Reva, Kiah, Arav, Ryan
2W	Shobhit, Jaden, Jaiveen, Taylor
3H	Alina, Taneisha, Torquay
3F	Elizabeth, Haylie, Morne, Cindy
4/3B	Teegan, Jayson, Srihaan, Olivia
4F	Spencer, Emily, Avani, Sanaa
5/4W	Riley, Eden, Kai, Jonah, Brian, Aarshan
5F	Ivanka, Hayden, Mehrbod, Isabel
5P	Sienna, Vigram, Mihir, Rupak
6A	Harrison, Riley, Eloise, Ansh, Aleisha
6C	Matt, Allura, Harry, Elvin, Christine
6H	Nikhil, Wenny, Daniel, Kaveesh, Naina
Library	5/4W, 3DH, KB, 6A, 4F, 6H, 4/3B, 2D
Chinese	3F, 3H

WEEK 5

KG	Anca, Gabriel, Raphael
KP	Kiah, Bryan, Nathan
KS	Mason, Danni, Sophie
KW	Jaxon, Alisha, Abigail, Ridam
2A	Zac, Benita, Edrea, Nathan
2M	Madison, Ciara, Youssef
2TL	James B, Felix, Zara
3BFG	Nika, Gwyneth, Jeremy, Harrison
3HM	Aks, Ashlee W. Emily
4S	Lana, Arya, Giana, Cruz, Jazzlyn
4T	Sienna, Gerald, Eloise
5S	Oliver, Bilal, Theo
5W	Iona, Jayee, Adam, Kavisha, Kevin
6M	Taylor W, Sienna P, Ella A, Carter J, Charlotte P

****1I, 1R and 1S were on away on excursions on assembly day****

KINDERGARTEN

What a fantastic day we had last Thursday at Calmsley Hill Farm for our very first excursion. Our students represented Ironbark Ridge beautifully, displaying safe, respectful and responsible behaviour at all times. The highlights of our busy day were a bumpy and dusty (but very fun) tractor ride, having a go at milking a cow and watching the whip cracking and sheep round up shows.



STAGE ONE Snippets

On Thursday 16th, Tuesday 21st and Wednesday 22nd August our Stage One students ventured to the city to the Sydney Opera House and Royal Botanical Gardens for their highly anticipated excursion. Students enjoyed a musical and drama filled performance at the Opera House inspired by the Dreaming. There they learned about the seasons of Australia through music, storytelling and dance.

At the Royal Botanical Gardens, students learned about the connection the Gadigal of Eora Nation have to the land of Sydney Harbour. Students had the opportunity to learn how the Aboriginal people used nature in their culture. Students were able to crunch the leaves of lemon myrtle trees, smell the strong scent and learn about its uses, from making lemon myrtle tea to clearing blocked noses. The Stage One teachers were so proud of Ironbark Ridge's behaviour on all days. All students represented our school with pride!

Events

On Friday in Week 7, we will be having the K-2 Sports Day at Bruce Purser Oval. The Sports Day will begin from 9.30am and conclude at 11.30.

Our Book Character Parade is fast approaching. Time to start thinking about a book character your child could dress up as. A first place of inspiration could be your child's class name considering they are inspired by book characters!





STAGE 2 SNIPPETS

It has been another fantastic week of learning for Stage 2 with lots of new experiences and exciting opportunities that the students have embraced.

This week our incredible dancers will be heading off to the Hawkesbury Eisteddfod to showcase their hard work and talent. We were all very impressed with their performances on Open Day and are sure they will make Ironbark proud once again at the eisteddfod. Good luck!



On Friday, our winning athletes will be participating in the Ridges athletics carnival. We wish them all the best as they go for gold!

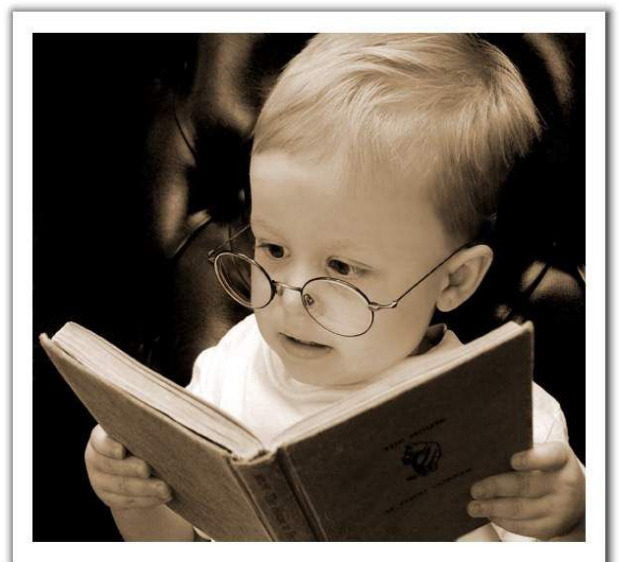
Next Thursday is the Father's Day Stall and Dad's Hot Dog Day. Gifts from the stall, as well as hot dogs for the day, will have to be ordered through FlexiSchools. No cash will be accepted on the day, so make sure to order in advance. Thank you to all the dads who will be attending the day to help out with the stall and hot dogs!

Stage 2 are diving into our science unit 'Beneath Our Feet' where we're beginning to look at our earth and its composition- starting with soil and rocks. Notes have been handed out to the students about what to bring to school for our unit. If you could please double check the note and send in the required resources that would be fantastic. The more rocks and soil we have, the better!

Year 6 Fun Day is creeping up! It will be held on Thursday 20th of September and is a great opportunity for the kids to let loose and have some fun, all whilst raising money for the Year 6 Farewell. The cost is \$10 which includes a showbag. The final date for payment is the 24th of August so get in quickly!

Next week (week 6) Year 3 will be participating in NAPLAN online. This is **not** to collect data or scores, it is simply a readiness test to help students become familiar with the online test process.

A reminder that the Premier's Reading Challenge closes on Friday 31st of August. Head over to <https://online.det.nsw.edu.au/prc/home.html> for information, book lists and reading logs. Students use their school login and password to log their books online. Happy reading!



STAGE 3 SNIPPETS

After all the excitement of Education Week, Open Day and Castle Towers performances, we still have so many thrills coming up.

This Sunday our Year 5's and 6's will be representing our school in the Tournament of the Minds. They have been busily preparing their challenges, spending many lunchtimes and every spare moment in class to be ready and firing on all cylinders. Good luck to everyone involved and special thanks to Mrs Hoggan and Mr Maffey for their time, guidance and support.

Last week we all dressed as farmers to support the Fiver for a Farmer campaign. As well as the moral and financial support, Stage 3 have been using their creative skills to write some poetry about the plight facing the farming community.

In Australia the crops need to grow,
The cattle and sheep come to you, so
slow.
Farmers in stress, working hard.
How will we succeed if no rain comes,
like a late birthday card.

Amira 6A.

As I handfeed my animals everyday,
I wish I could save the day.
Not much hay to go around,
All I have left is on the ground.
I battle this drought with a handful of
men,
This acreage was once good back then.
All I see now is barren land,
I'm waiting for someone to take a stand!

Whilst still on the farming theme, 5 Buckbeak composed Haiku after a visit to the Kindy chickens.

*Bright as the sunrise,
The most adorable thing
Soft as a pillow
Luke 5B*

*Moist, slick, bronze creature
Delicate, hatched in struggle,
Searching for the light.
Freya 5B*

Our Year 5 and 6 Dance Groups did Ironbark Ridge proud at the Hawkesbury Eisteddford. They danced beautifully with lots of enthusiasm and energy. We are eagerly anticipating their next performance at the Hills Performing Arts Festival on 5th of September.

With the term galloping ahead, we have the following events to look forward to. For the Book Week Character Parade, Stage 3 has the marvellous Harry Potter theme, a fabulous inspiration for dressing up, so get those magic wands awaving and conjure up some amazing costumes.

Our Year 6's are busily preparing many awesome events and products for the Year 6 Funday. It is proving to be a highlight of the Ironbark Ridge calendar and celebration of the student community. Thanks to all the Year 6 teachers.

Phew, a quick breath before the fun continues.

Congratulations to the following students on their achievements in the recent ICAS tests:

Digital Technologies

High Distinction

James G Year 4
Kuhu N Year 4
Faris K Year 6

Distinction

Rylan C Year 3
Ariel L Year 3
Ryan S Year 3
Yashvir S Year 3
Jasmin S Year 3
Bowen Z Year 3
Oliver B Year 5

Dylan G Year 5
Adhya N Year 5
Sienna S Year 5
Aryan S Year 5
Patrick Z Year 5
Bryan D Year 6
Giaan L Year 6

Richard L Year 6
Anthony M Year 6
Naina R Year 6
Nithya S Year 6
Lily S Year 6
Kai W Year 6

Science

High Distinction

Victor F (Year 4)
Chenuth G (Year 5)
Nethya L (Year 5)
Aryan S (Year 5)
Patrick Z (Year 5)
Kai W (Year 6)

Distinction

Ishaan A (Year 2)
Smyan A (Year 2)
Isabel B (Year 2)
Hesham H (Year 2)
Shaakshini V (Year 2)
Ryan Y (Year 2)
Alexander Y (Year 2)
Caelan Y (Year 2)
Bhavna R (Year 3)
Rija F (Year 3)
Terry G (Year 3)
Ariel L (Year 3)
Aidan L (Year 3)
Ansh S (Year 3)

Yashvir S (Year 3)
Jasmin S (Year 3)
Charlotte W (Year 3)
Meer B (Year 4)
Giselle C (Year 4)
Kuhu N (Year 4)
Rohin R (Year 4)
Marvin S (Year 4)
Saavir A (Year 5)
Oliver B (Year 5)
Yoona C (Year 5)
Ashley F (Year 5)
Vigramaadiith G (Year 5)
Jonathan J (Year 5)

Prateek M (Year 5)
Ayushi P (Year 5)
Sophia Q (Year 5)
Jason Q (Year 5)
Sanketh S (Year 5)
Isini W (Year 5)
Ryan W (Year 5)
Chantal Shu Lin C (Year 6)
Bryan D (Year 6)
Vishruthi G (Year 6)
Sophy G (Year 6)
Sam H (Year 6)
Adesh S (Year 6)
Lucas Zheng Kai T (Year 6)

Spelling

High Distinction

James G (Year 4)
Anna H (Year 4)
Jonathan J (Year 5)
Aryan S (Year 5)
Nikhil J (Year 6)

Distinction

Jayden C (Year 2)
Hesham H (Year 2)
Alexander Y (Year 2)
Boni Z (Year 2)
Xzyra C (Year 3)
Dhyey P (Year 3)
Ryan S (Year 3)
Bowen Z (Year 3)
Rani Y (Year 4)
Victor F (Year 4)
Mihir N (Year 5)
Aryan A (Year 5)
Saanvi A (Year 5)
Brianna C (Year 5)

Rishona F (Year 5)
Chenuth G (Year 5)
Dylan G (Year 5)
Joon H (Year 5)
Rachit K (Year 5)
Nethya L (Year 5)
Liam L (Year 5)
Adhya N (Year 5)
Rupak P (Year 5)
Ayushi P (Year 5)
Opal S (Year 5)
Sienna S (Year 5)
Satya T (Year 5)
Isini W (Year 5)

Patrick Z (Year 5)
Amudha B (Year 6)
Vishruthi G (Year 6)
Wenny G (Year 6)
Akash G (Year 6)
Sam H (Year 6)
Aadie Reza K (Year 6)
Faris K (Year 6)
Dinali K (Year 6)
Giaan L (Year 6)
Richard L (Year 6)
Aneesh S (Year 6)
Lily S (Year 6)
Adesh S (Year 6)

Writing

High Distinction

Bowen Z (Year 3)
Thiyansa D (Year 4)
Victor F (Year 4)
Anna H (Year 4)
Saanvi A (Year 5)
Dylan G (Year 5)
Jonathan J (Year 5)
Joshua L (Year 5)
Opal S (Year 5)

Distinction

Riane A (Year 3)
Jeremy G (Year 3)
Ariel L (Year 3)
Ryan S (Year 3)
Ansh S (Year 3)
Yashvir S (Year 3)
Jasmin S (Year 3)
Jayson C (Year 4)
James G (Year 4)
Gerald L (Year 4)
Rani Y (Year 4)
Mihir N (Year 5)
Aryan A (Year 5)
Yoon C (Year 5)
Brianna C (Year 5)
Rishona F (Year 5)
Vigramaadiith G (Year 5)

Ryan K (Year 5)
Catherine K (Year 5)
Ian L (Year 5)
Nethya L (Year 5)
Adhya N (Year 5)
Kavisha T (Year 5)
Isini W (Year 5)
Nikhil J (Year 6)
Rachit K (Year 5)
Nethya L (Year 5)
Liam L (Year 5)
Adhya N (Year 5)
Rupak P (Year 5)
Ayushi P (Year 5)
Opal S (Year 5)
Sienna S (Year 5)

Satya T (Year 5)
Isini W (Year 5)
Patrick Z (Year 5)
Amudha B (Year 6)
Vishruthi G (Year 6)
Wenny G (Year 6)
Akash G (Year 6)
Sam H (Year 6)
Aadie Reza K (Year 6)
Faris K (Year 6)
Dinali K (Year 6)
Giaan L (Year 6)
Richard L (Year 6)
Aneesh S (Year 6)
Lily S (Year 6)
Adesh S (Year 6)

Garden Club News



As always, there is lots happening in the IRPS garden. The most exciting thing is the new garden screen that was installed by Rouse Hill Bunnings. It looks so much nicer than a bare fence and will be a great place for our passionfruit plants to grow. We are very grateful for the generous support of our friends at Bunnings!



The Worm Farms are a constant source of fascination for Garden Club. We feed them food scraps and they provide us with wonderful organic fertiliser for our plants (and lots of giggles and squeals of delight!).

Miss Taylor and her Friday Garden Club are working on creating a beautiful flower garden up along the high school fence alongside Mrs Shorten's Kindergarten vegetable garden.



Meet Russell Scarecrow!

We had a great time making our lovely scarecrow. Now he's hard at work protecting our vegetable garden. He probably scares some crows away, but we know for sure he's scared the living daylights out of a lot of teachers too!!



PSSA SPORT – TERM 3

STUDENTS PARTICIPATING IN PSSA TEAMS (EXCEPT NETBALL) ARE REQUIRED TO BE AT SCHOOL ON FRIDAY MORNINGS IN TERM 3 AT 8.45AM FOR AN 8.50AM SHARP DEPARTURE. IF STUDENTS DO NOT ARRIVE ON TIME THE BUS WILL NOT WAIT AND YOUR CHILD WILL NOT PARTICIPATE IN PSSA ON THAT FRIDAY.

WEEK 6

31st August

**BOYS SOCCER
GIRLS SOCCER
NEWCOMBE BALL
RUGBY LEAGUE
NETBALL**

Connor Greasby Park, Perfection Drive, Kellyville
Hills Centenary
BYE
Waite Reserve, Tamarind Drive, Acacia Gardens
Hills Centenary

WEEK 7

7th September - No PSSA

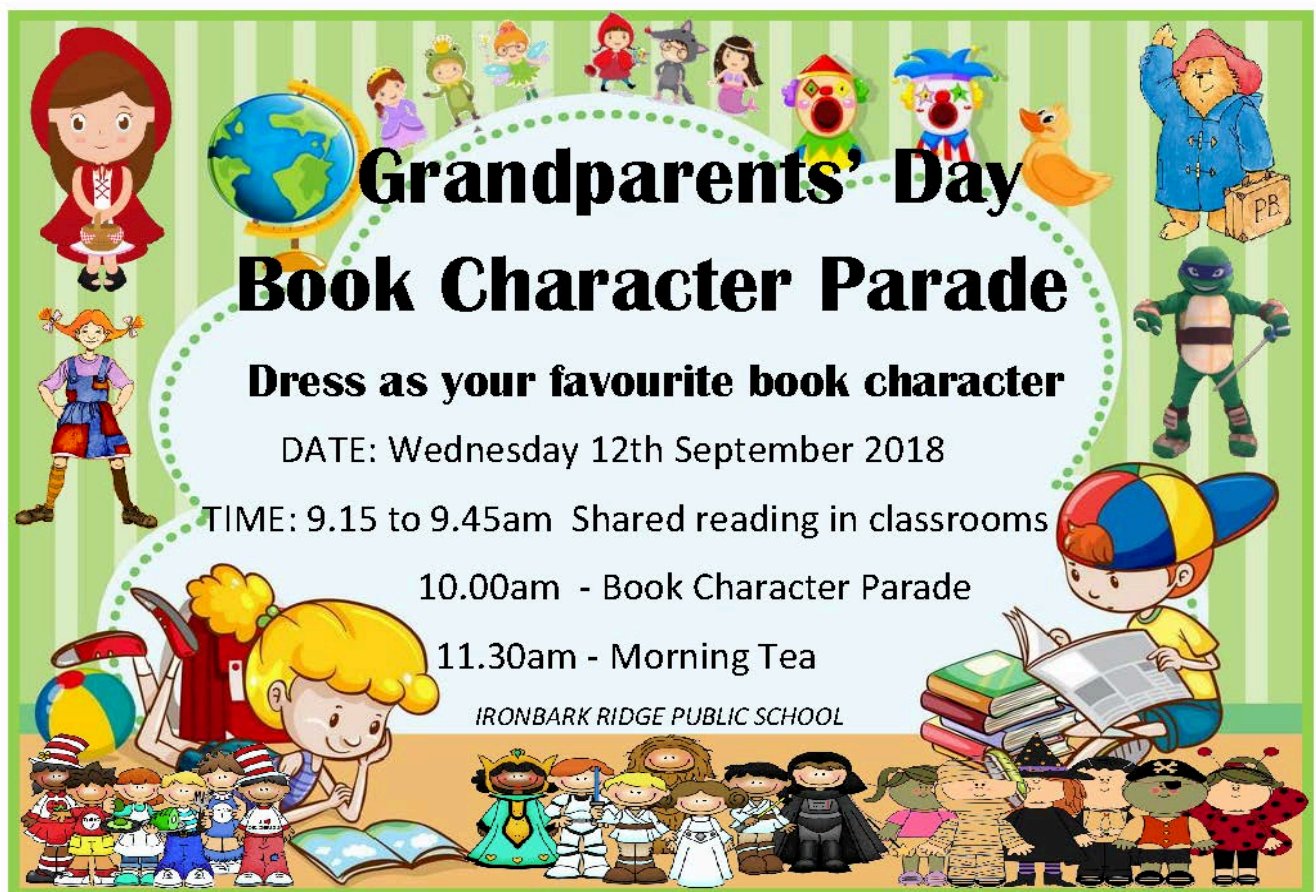
WEEK 8

14th September Summer PSSA STARTS

AFL
SOFTBALL/T-BALL
CRICKET
NRL

Wrights Reserve, Pye Road, Quakers Hill
Hills Centenary
Hills Centenary
Russel Reserve – Field 4 Withers Rd, Rouse Hill

LIBRARY NEWS



CANTEEN NEWS

How to Enter the canteen competition

1. Choose an option from the canteen that contains fresh fruit or vegetables and receive a sticker for your entry form.
2. Collect 2 stickers for your entry form and receive a trading card (7 to collect)
3. Submit your completed entry form to the canteen before Friday 21st September for a chance to win

Doris Cull
Canteen Manager

**ORDER OR BUY ONE OF THESE ITEMS
TO COLLECT YOUR STICKERS**

Corn on a Cob

Spinach & Ricotta

Fruit Packs

Fresh Fruit

Chicken & Veggie Pie

Sushi with Cucumber or Avocado

Burgers with all or 1 Salad

Potato Pie

Fruit Salad Tubs

Munch & Crunch Vegetables

Sandwich or Wrap with any Salad

Salad Tubs

FRESH KIDS
LET THEM SAY YES

PLACE STICKER HERE

PLACE STICKER HERE

Submit your completed entry form to your school canteen or canteen manager by Friday 21st September 2018 for a chance to win.

Name: Age:

School: IRONBARK RIDGE

Suburb: ROUSE HILL State: NSW Postcode: 2155

PLEASE SEE WWW.FRESHFORKIDS.COM.AU FOR FULL TERMS AND CONDITIONS

FIRST ENTRY FORM
RECEIVE STICKERS

Your Parenting Ideas Webinar Voucher

**Webinar: Managing video
games and the next digital
craze**

Guest Speaker: Martine Oglethorpe

13 September 2018 - 07:30pm



VOUCHER CODE
BALANCE

VALID UNTIL 13 OCTOBER 2018

Attend this webinar at no cost

Valued at
\$37

parenting*ideas
schools

PBL Weekly Focus

G'day boys and girls!

We're continuing to look at how exactly we can be safe in our school by this week focusing on the basketball court area. I mean, who doesn't love a ball game!

To keep ourselves and our peers safe on the basketball court we need to walk, play the right game, at the right time, in the right place and use the seating area to eat during play time.

Happy and safe playing everyone!



SAFETY

on the basketball court

Walk

Right game, right place, right time

Use seating area

SAFE RESPECTFUL RESPONSIBLE

PBL Weekly Focus

G'day IRPS community!

We want to make sure that we kick off this term the right way, by being Safe, Respectful and Responsible.

So this week our focus is safety on the grass. To be safe on the grass we need to play the right game, in the right place, at the right time and keep our hands and feet to ourselves.

Have a fantastic week boys and girls!



SAFETY

on the grass

Right game, right place, right time

Hands and feet to self

SAFE RESPECTFUL RESPONSIBLE

insights



How do you show up for your kids?

by Dr Jodi Richardson

Every now and again a meme pops up on social media from a mum who delights in sharing the joys of her trip to the shops alone. No kids. Just her and her handbag. The caption always reads something along the lines of 'You know you're a mum when going to Target alone feels like a holiday'. I always chuckle when I see those, because I can relate. A lot of us can. And not just the mums.

Parenting is incredibly fulfilling and the most important 'job' any of us will ever do, but it can also be demanding, frustrating and exhausting.

I can't tell you the number of times I've arrived home only to be bombarded with requests, questions, stories of what I missed – or all three – before I've even taken my key out of the door. I'm not joking. I tried to implement some sort of buffer for myself so I didn't feel so stretched within the first minute of getting home but it never worked. They'd always be so happy to see me and it didn't seem fair to not be immediately available, despite the fact that it was quite overwhelming. It's not as though I was ever gone that long either. I wasn't even working. I'd only ever been to the supermarket, or Target, lol.

I always found the contrast of time alone and all of the quiet that comes with that, and the – is chaos too harsh? – of walking in the door really difficult to manage, especially because the kids always had stuff absolutely everywhere by the time I got back. I knew they'd always had heaps of fun because the family room always resembled a toy shop. There was never any "Let's put things away as we're finished with them" on Dad's watch!

Whether our kids are little and jump on us the minute they see us or they're that bit older and don't necessarily even come to the door when we get home, it's worth taking time to think about how we want to show up when we see them. It never occurred to me all those years ago that I could better prepare myself for the homecoming. Not once. Sometimes we were just taking each day moment by moment. What I know now is that if we use the time between leaving one place and arriving at another, it can make an astounding difference to how we feel, and to what we bring to our family at the same time.

The Third Space

Dr Adam Fraser calls it the 'Third Space'. It's the space between two places or spaces such as between work and home, between being home alone and the kids arriving home after school, or even between going to the supermarket and home. Tuning into the Third Space is also a brilliant practice to incorporate into a work day, say between your desk and a meeting, or a meeting and an interview.

In the Third Space, we can do three things to ensure we show up the way we want to, every time: reflect, rest and

reset.

Reflection is time spent looking back over the day and contemplating what you've achieved and what went well. It could be that you accomplished something you're proud of, or ticked off a few things on your list. It could be something big or small you reflect upon. It really doesn't matter, it's just about reflecting on a handful of good things about your day.

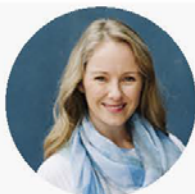
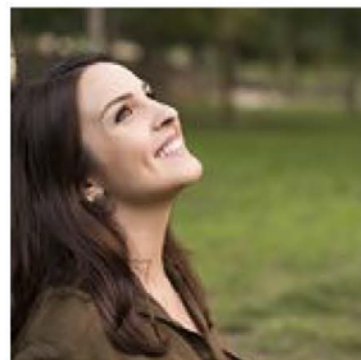
Rest is downtime. You can spend it how you like! You might have a long commute and decide to rest by listening to music, watching a movie, reading the paper or a book. Your rest time might be brief on some days and longer on others. It doesn't matter what you do or for how long, it's just about doing something that recharges your batteries and helps you feel relaxed.

Reset is all about how you're going to show up. How do you want to feel and act when you walk through the door to your home?

When Dr Fraser taught people to use the Third Space model as part of a research project, he measured a huge 41 per cent improvement in behaviours in the home, inevitably having a wonderful impact on relationships and the family as a whole.

In a recent presentation I heard Dr Fraser deliver, he told a story of a dad whose kids would make themselves scarce whenever they heard him come home. He was always like a tornado ripping through the house and they didn't want anything to do with him. When he found out, he was understandably devastated. He made a change and put the Third Space model into practice and turned things around.

It's so easy to let the events of the day affect our time with our family, but they don't have to. Our relationships with our kids and our partners play an important role in our kids' development, happiness and mental health. Let's do what we can to show up for them as our best possible selves. They deserve it, and we do too.



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au

IRPS DOUBLE DAD DAY !! THURS 30TH AUGUST

Dad's Hot Dog Day

COOKED & SERVED BY IRPS DADS

**HOT DOG &
DRINK FOR
ONLY \$5-00**

GLUTEN FREE, VEGETARIAN
& HALAL AVAILABLE



**FATHER'S
DAY STALL**

\$10-00 VOUCHERS ONLY

**ALL ORDERS
(HOT DOG & GIFT VOUCHERS)
ARE FLEXISCHOOLS ONLY**

**** ORDERS CLOSE MONDAY 27TH AUGUST 2018 AT 4PM ****

BTW...

*did we mention our school Fete on Saturday 27th October 4pm?
;)*



Northmead

Creative and Performing Arts High School

Audition Information for Parents and Students

Northmead Creative and Performing Arts High School.

Auditions – Wednesday 17th - Friday 19th October 2018

AUDITIONS FOR YEARS 7 to 11, 2019

Talented students in Dance, Drama, Visual Arts and Music are encouraged to apply for positions in the 2019 specialised pathways in either Dance, Drama, Music or Visual arts.

Local (In Area) students wanting to be part of our selective Creative and Performing Arts program **MUST** also audition.

Northmead Creative and Performing Arts High School has a long tradition as a centre of excellence in the Creative and Performing Arts. An exciting opportunity is available for talented students to audition for placement in our outstanding CAPA programs.

Students in the specialised streams are afforded a wide range of opportunities to excel in their chosen field with extensive co-curricular programs and a whole school approach to fostering our gifted students' talents.

Auditions will be held for Dance, Drama, Music, and Visual Arts on:

Wednesday 17th - Friday 19th October 2018.

The cost of auditions is \$50.00.

Applications close and forms need to be submitted to NCAPAHS Monday 24th September 2018

Please register your interest via our school website or contact Mrs Stepic: on 9630 4116

Email june.stepic@det.nsw.edu.au

Audition Application Forms can also be downloaded from our school website.

Principal: Narelle Vazquez

www.northmead-h.schools.nsw.edu.au

28 Campbell St, Northmead NSW 2152

Ph: 9630 4116

Parking Rules & Penalties

Council's Compliance Officers enforce parking signs at your school.

When it comes to the safety of vulnerable road users like school children, drivers found breaking the law will be met with zero tolerance. **When an offence is detected, you will be fined.**



NO STOPPING

You must not STOP at any time.

Stopping includes when the vehicle is not moving but the engine is still running.

SCHOOL ZONE

Penalty from \$337 and 2 demerit points



BUS ZONES

You must not stop your vehicle in a Bus Zone unless you are driving a public bus.

Stopping includes when the vehicle is not moving but the engine is still running.

SCHOOL ZONE

Penalty from \$337 and 2 demerit points



NO PARKING

You can stop only to drop off or pick up passengers or goods and you must not stop for more than 2 minutes and The driver must stay within 3 metres of your vehicle. Stopping includes when the vehicle is not moving but the engine is still running.

SCHOOL ZONE

Penalty from \$187 and 2 demerit points



DRIVEWAYS

You must not park your car over or block access to a driveway. You can stop in a driveway to drop off or pick up passengers BUT only for less than 2 minutes AND the driver must stay with the car.

SCHOOL ZONE

Penalty from \$337 and 2 demerit points

There are now increased penalties and demerit points associated with all offences in School Zones.

	NO PARKING You have no more than 2 minutes for drop-offs or pick-ups and must stay within 3 metres of your vehicle.	Penalty from \$187 and 2 demerit points
	NO STOPPING Under no circumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.	Penalty from \$337 and 2 demerit points
	BUS ZONE You must not stop your vehicle in the indicated zone unless you are driving a public bus.	Penalty from \$337 and 2 demerit points

Double parking	\$337 & 2 demerit points
Stop on path or nature strip	\$337 & 2 demerit points
Stop on / near marked pedestrian/children's crossing	\$439 & 2 demerit points
Approach children's crossing too quickly to stop safely	\$549 & 4 demerit points
Illegal U turns	\$448 & 4 demerit points
Stop across driveway	\$337 & 2 demerit points
Drive using a hand held mobile phone	\$448 & 4 demerit points
Parallel park close to (within 3 metres) double centre line	\$337 & 2 demerit points

FINES CURRENT AS OF JULY 2018

For a complete list of school zones offences visit www.rms.nsw.gov.au

Parking Rules & Penalties Fact Sheet

DRIVEWAYS

THE
HILLS
Sydney's Garden Shire



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SCHOOL ZONE

Penalty from \$337 and 2 demerit points

Council's Compliance Officers enforce parking signs at your school.

For more information please contact The Hills Shire Council on 9843 0145

The Hills Shire Council
PO Box 75, Castle Hill 1765
Ph: 9843 0555
www.thehills.nsw.gov.au

Parking Rules & Penalties Fact Sheet

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THE
HILLS
Sydney's Garden Shire



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