Thank you to all the staff for making the start to our school year so rewarding to all our students both new and returning. A special thank you to Mrs Healey and Mrs O’Neill who have overseen the process.

Welcome to our new Kindergarten students and families—we look forward to meeting you. Just a reminder that our Kindergarten students finish at 2.55pm from next Monday, 8th February.

ARROWSMITH MEETING will be held in our school hall next Monday, 8th February at 6pm. All parents are welcome to attend this meeting to hear about the Arrowsmith program for children, teenagers and adults. This program trains areas of the brain that we may under utilise. It is also used for children with learning difficulties.

YEAR 3—6 SWIMMING CARNIVAL is on next Wednesday, 10th February at Maitland Pool. All primary students have received a permission note. The cost is $8 each to cover bus and pool entry. Students in Year 2 who turn 8 this year are also invited to attend if they are competent swimmers and can confidently swim 50 metres unaided in their strokes. There will be novelty events (within the pool grounds) for those students who are not participating in the competitive races. Everyone will be busy! Please note: as per DEC guidelines there will be no free swim time. Permission notes for any child in Year 2 turning 8 this year, who feels they are confident to swim 50m competitively can be picked up at the office or on the school website. Please note: this cannot be paid online as the cost is under $10. All notes and payment are due by tomorrow, Friday, 5th February. A copy of the note is available on the school website.

RESOURCE PACKS FOR 2016 will cost $65 per student ($40 for the third or more child). We ask that this is paid by 12th February. Please send payment in an envelope with your child’s name, class and “Resource Pack” written clearly on the front and place envelope in the silver tin at the school office. You may also pay online via the school website. Please enter “Resource Pack” under the payment description. Students will receive their resource pack in class AFTER THE 12th FEBRUARY and some items may stay in the classroom. This cost will include student access to Mathletics.

YEAR 5 & 6 BATHURST EXCURSION REMINDER The full amount of $450 must be paid by Thursday, 11th February or students will be removed from the list and places offered to those students on the waiting list. The medical, behavior and YMCA forms must be returned IMMEDIATELY as venues must be advised of dietary and medical requirements. A camp information night will be held on Tuesday, 9th February (as part of the class information session).

SCHOOL OPAL CARDS have replaced bus passes this year. Please read the information sheet included in this newsletter.

TOYS AND ELECTRONIC DEVICES AT SCHOOL Please keep all toys at home—these do not need to be at school. All electronic devices, e.g mobile phones, iPods etc are to be left at the school office for safe keeping in the morning and are to be picked up at the end of the school day.

Have a successful week, Narelle and Staff.
A REMINDER THAT LOCAL SPORTS AND EXCURSION WALKS and PERMISSION TO PUBLISH notes are to be returned for all students by Friday, 12th February, 2016. Copies of these notes are available from the school office or on our website.

PERMISSION NOTES AND NEWSLETTERS are posted on our school website. Go to ashtonfield-p.schools.nsw.edu.au. All whole school/class notes are posted but individual/sport team notes may not be posted.

A REMINDER THAT PARENT ONLINE PAYMENTS can be made through our school website. Go to ashtonfield-p.schools.nsw.edu.au and click on “Make a Payment” in the menu bar. Follow the prompts to make a payment via Visa or MasterCard. Please ensure you enter the payment description as mentioned in your child’s permission note. Detailed instructions are included on our website under Permission Notes.

STUDENT ABSENCES Parents may phone the school office to advise of their child’s absence. Alternatively, an SMS will automatically be sent to parents each day if their child is marked absent. Parents are asked to reply to that SMS and their child’s reason for absence will be recorded.

A REMINDER that parents and visitors are not permitted to park in the staff car park unless they have a disabled parking permit. Parents, students and visitors are also asked not to walk through the car park for safety reasons.

BOOK CLUB BROCHURES are available from the table in the school foyer. Scholastic has made some changes this year and all students should only need one brochure each. Orders are due by 3pm on Thursday, 11th February. A reminder that all orders must be paid online in the following way:
- www.scholastic.com.au
- Click on Parent Payments (at top of the screen)
- Complete credit card details
- You will be given a receipt number. Please write your receipt number on your scholastic order form.
- Please return your order form to the box in the school foyer with your child’s name and class at the top of each order.

Please do not send cash as it will be returned to your child.

PARENT/TEACHER INFORMATION SESSIONS—Please note these meetings are a general information session only, not individual parent meetings.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>YEARS</th>
<th>ROOM/VENUE</th>
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<tbody>
<tr>
<td>Tuesday, 9th February, 2016</td>
<td>5.30pm</td>
<td>Year 2</td>
<td>Library</td>
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<tr>
<td>Tuesday, 9th February, 2016</td>
<td>6pm</td>
<td>Year 5 and 6 * The Yr 5 &amp; 6 camp information meeting will be included in this session.</td>
<td>Starting in your child’s classroom</td>
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<td>Thursday, 11th February, 2016</td>
<td>5.30pm</td>
<td>Year 3</td>
<td>Library</td>
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<td>Thursday, 11th February, 2016</td>
<td>6pm</td>
<td>Kindergarten</td>
<td>Hall</td>
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<tr>
<td>Thursday, 18th February, 2016</td>
<td>5.30pm</td>
<td>Year 1</td>
<td>Library</td>
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<td>Thursday, 18th February, 2016</td>
<td>6pm</td>
<td>Year 4</td>
<td>4T classroom</td>
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Uniform Focus—Week 3

Black school shoes

will be the uniform focus next week. Please ensure your child is wearing the correct uniform.

Thank you for your co-operation.
PARENT MEETING

We are very fortunate to have Mrs Deb Gilmore an Executive Director of the Arrowsmith Program talking to our community on Monday, 8th February, 2016.

Arrowsmith is a program which began in Canada but which is now world wide. It is a training program for children, teenagers and adults to train areas of the brain which we may under-utilise and for children with learning difficulties in areas which they are not able to use effectively. This program was explained last year on 60 Minutes and several Youtube explanations are available on the Arrowsmith Web Page. What better way to learn about it than from someone directly involved in the program and whose son has undertaken the program. So come along.

**ARROWSMITH PROGRAM – Mrs Deb Gilmore**

**DATE:** Monday, 8th February, 2016  
**TIME:** 6p.m. (Approx 1 hr)  
**VENUE:** School Hall

All welcome. Bring a friend, relative or come alone.

During the holidays Mrs Bower, Mrs Larke and Mrs Ryall attended the Arrowsmith teacher training in Sydney. There were 37 teachers there from all over Australia and New Zealand and we had the opportunity to speak with parents whose children had attended the Arrowsmith school in Canada. It was wonderful to hear the stories about their children’s progress. We are looking forward to setting up the Arrowsmith classroom this term and having our own stories.

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**P&C News**

The next Annual General Meeting will be held on Tuesday, 16th February, 2016 from 7pm in the library. All parents are welcome to attend.

**Canteen News**

The canteen will re-open on Monday, 8th February, 2016. The canteen will operate every Monday and Tuesday. However, this will depend on the number of volunteers available. If you are able to assist please contact Tracy on 0411 184 571.

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<thead>
<tr>
<th>MONDAY, 8th February</th>
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<th>MONDAY, 15th February</th>
<th>TUESDAY, 16th February</th>
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<td>Angella</td>
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**Uniform Shop News**

The Uniform Shop is now open **Tuesdays**, 8.30am—9am and 2.30pm—3pm and **Thursdays**, 8.30am—9am. We are pleased to advise that EFTPos facilities are now available at the Uniform shop ONLY.
### Term 1 2016 Calendar

<table>
<thead>
<tr>
<th>Week</th>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
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<td></td>
<td>6 p.m. Hall ARROWSMITH Parent and community meeting (All Welcome)</td>
<td>Year 2 and Year 5 &amp; 6 Parent Information sessions</td>
<td>Swimming Carnival</td>
<td>Kindergarten and Year 3 Parent Information sessions</td>
<td>Zone Tennis</td>
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<td>P&amp;C</td>
<td>Zone BB</td>
<td>Year 1 and Year 4 Parent Information sessions</td>
<td>Maitland Debating</td>
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<td>Shamrock lunch</td>
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<td>March</td>
<td>Hunter Girls Cricket Trials</td>
<td>Hunter AFL Trials</td>
<td>Hunter Regional Swimming</td>
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<td>P&amp;C</td>
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<td>Hunter AFL Trials</td>
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<td>Zone Netball Hunter RL</td>
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<td></td>
<td>Harmony Day</td>
<td>Hunter AFL Trials</td>
<td>Hunter AFL Trials</td>
<td>Hunter AFL Trials</td>
<td>Good Friday</td>
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<td>28</td>
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<td>31</td>
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<tr>
<td>April</td>
<td>Easter Monday</td>
<td>Shamrock lunch</td>
<td>Hunter AFL Trials</td>
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**LAST DAY OF TERM 1**
Fact sheet: School Opal card

The School Opal card provides free travel to school aged students between home and school on weekdays under the School Student Transport Scheme (SSTS) across the Opal public transport network.

School Opal card can be used:
- On approved travel on school days between the student’s home and school, and
- For travel between 06:30 and 19:00 weekdays (21:30 for TAFE school students).

Who is eligible?
To be eligible a student must be a resident of NSW plus:
- Infant student (K-2) older than 4 years and 6 months who lives any distance between home and school; or
- Primary student (Years 3-6) who lives more than 1.6km (straight line) from school, or 2.3km or more by the most direct practical walking route; or
- Secondary student (Year 7-12) who lives more than 2km (straight line) from school, or 2.9km or more by the most direct practical walking route; or
- TAFE student under 18 years of age at 1 January of the year of application and enrolled in a full-time TAFE course for a minimum of 20 hours a week, and is not employed, lives more than 3.2km from the college by the most direct practical walking route, and attends the college closest to their home where enrolment is available.

School Opal Cards enable a student to travel on:
- Mode(s) of transport most applicable for the student’s travel requirements; train or bus or both. For bus travel, cards are restricted to individual or a combination of bus operators. For approved ferries; and
- School days only.

For travel outside school hours or days a Child/Youth Opal card is available and provides concession fares and other Opal benefits.

How do parents/students get a School Opal card?
Students with school travel passes this year will be not need to apply for a School Opal card unless they are changing schools or their home address or moving from year 2 to 3 or year 6 to 7.
Those students who do not need to apply will have a School Opal card sent to their school for the beginning of the first term in 2016.

For new applications or for students with changing circumstances, the parents, guardians or students over 16 years are required to fill in a form online at www.transportnsw.info/school-students

After filling in the online application they print it off and take it to the school to endorse. Transport for NSW has the data online from the application and waits for the school to then endorse the application and will mail the School Opal card to the applicant’s home address.
Ashtonfield Public School and The Mutual are pleased to continue Bank@school in 2016.

What is Bank@school?
Bank@school is a financial literacy program that encourages students to learn about the importance of saving.

How does it work?
There have been some changes to Bank@school this year.

A representative from The Mutual will visit Ashtonfield Public School each Thursday of the school term. The school banking will be collected and processed at the nearest branch.

Students are invited to open a Mighty Mutual Account and receive their own fun passbook to keep track of their savings. Students can update their passbook anytime by visiting a branch of The Mutual.

A deposit/receipt booklet will be given to each student participating in the Bank@school program. A deposit receipt form will need to be completed each time a deposit is made into the students’ Mighty Mutual Account through the Bank@school program.

The deposit/receipt form will be stamped as confirmation of receiving the funds. Each time a deposit is made a Mutual sticker will be issued for participation in the banking incentive game included in the Mighty Mutual booklet.

Mighty Mutual Account
The Mighty Mutual Account is a fun and interactive way to help kid’s save. Students receive their own fun passbook to help keep track of their savings. The account is free from transaction and monthly account keeping fees and also rewards members with bonus interest for making regular deposits.

You will also receive our 2016 Mighty Mutual activity booklet which is packed with puzzles, games and information to help learn the importance of saving.

If you have any questions regarding Bank@school please call us on 1300 688 825 or simply visit one of our branches.

Uniform items for sale

3 x size 10 girls summer dress - $8 each
1 x size 12 girls maroon sports skort - $8
1 x size 6 Blackett sports shirt - $8
1 x size 8 Blackett sports shirt - $8
1 x size 8 girls teal winter long pants - $8
1 x size 8 girls teal winter dress - $15
1 x size 12 girls teal winter dress - $30 (like new, hardly worn)

Phone: 49332621
The simplest way...

to bake a healthy lunch box treat.

Homemade muffins are a great way to add a fruit or veg-filled treat to lunch boxes.

Apple and date muffins

Ingredients: 3 apples, chopped; 1 cup boiling water; 200g dates, chopped; 50g butter; 2/3 cup brown sugar; 2 tsp mixed spice; 1 egg; 1 tsp baking soda; 1 tsp baking powder; 2 cups wholemeal flour.

Method: Preheat oven (180°C). Chop apples and dates. Add boiling water, butter and sugar. Mix until butter melts and sugar dissolves. Add spice and allow to cool. When fruit mixture is warm, not hot, add spice and egg. Mix well. Add baking soda, baking powder and flour. Mix, but do not overbeat. If mixture is too dry, add a little milk. Spoon into the prepared muffin tin. Bake for about 15 minutes.

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

Good for Kids good for life

PACKING A HEALTHY LUNCHBOX

Many products marketed as being a healthy lunchbox addition can be high in sugar and fat, and low in nutrients. Here are some healthy options to consider swapping in your child’s lunchbox:

- An apple or banana instead of a fruit roll-up.
- Swap chips for unsalted air-popped popcorn.
- Include low-fat plain milk instead of drinks high in sugar such as sports drinks and fruit drinks with less than 99% juice.
- Swap sugary snacks, such as cake or biscuits, for a low-fat plain/fruit-based yoghurt.
- Use wholemeal or multi-grain bread instead of white bread for sandwiches.
It’s not too late.
Contact Chisholm Regional Office 49338918

3 February 2016

RE: Preparation Program for Children to receive the Catholic Sacraments in 2016

Dear Parents,

This is an invitation to families who would like to prepare their children for the Catholic Sacraments of Initiation: Confirmation and Holy Communion and the Sacrament of Reconciliation in 2016.

Meeting dates and times:

All 7 p.m

16th February – St Paul’s Catholic Church Rutherford
17th February – Our Lady of Lourdes Church Beresfield
18th February – St Joseph’s Church East Maitland

If you feel as a family that you are ready to commit to the process, you will be invited to attend the second parent only meeting to be held February, 2016. At this meeting a more detailed explanation of the process will be given and resources needed to support you during the preparation process will be given out.

We look forward to meeting you and providing support to you and your children in this very special time in their journey of faith.

Yours sincerely,

Fr Paul O’Neill and the Sacraments of Initiation Team for the Maitland Area