

The Wangar News

Every child, every opportunity

Term 4
Week 6

Nov 2020



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🐦 @AshfieldPS

🚩 School Tours Monday 9:30am
To book please call 9798 4400



 **Ashfield**
PUBLIC SCHOOL



Education &
Communities

Welcome to our School

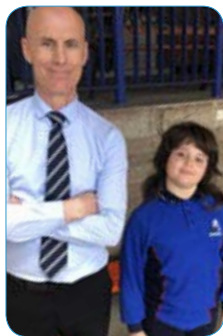
We are a multicultural community.

*We acknowledge the Wangal people
who are the traditional custodians
of this place we call Ashfield.*

*Together we are responsible for
taking care of the land.*



From the Principal's Desk



“Metacognition: thinking about thinking”

Blooms Taxonomy helps teachers to understand how students think, and guides effective teaching practices. The taxonomy describes aspects of thinking by arranging six cognitive (thinking) skills into a hierarchy:

1. Knowledge – remembering information

This is about recognising, recalling and retrieving information. It includes memorising information through repetition, such as the names of people, places and things. For example, memorising sight words in the early stages of learning to read and write. Remembering sight words builds confidence to engage with the written word, and helps to focus on the tougher words that require strong decoding skills.

2. Comprehension – understanding or interpreting information

This is about giving meaning to information. It includes visualising concepts, determining the main ideas, summarising and retelling. For example, interpreting an Exit Sign will have a slightly different meaning depending on its context, such as mid-flight onboard an aeroplane, at an emergency access point in a department store, or at a gate in a children's playground.

3. Analysis – identifying underlying reasons

This is about breaking down complex information into simpler parts, points of view and attitudes. It includes an investigative approach and asking why and developing hypotheses. For example, collecting data on barriers to participation in sport and understanding why, perhaps, girls drop out at two times the rate of boys.

4. Application – transferring information to new contexts and situations

This is about transferring and using knowledge in new situations. It includes activating and using prior knowledge and making connections to a new situation to make it better understood. For example, comparing the functioning of the human heart to the functioning of a one-way valve in a mechanical pump. Connecting what is known to new concepts and ideas sharpens focus and deepens understanding.

5. Evaluation – judging the accuracy and worth of the information

This is about making judgments based on facts, criteria and standards. It includes identifying and considering the authority, accuracy and relevance of information. For example, appraising a news story posted online and questioning its authenticity, potential for bias and the credible presentation of facts before trusting that it's a valid and dependable source of information.

6. Creating – combining information to make a new idea

The is about being innovative and creative and reorganising information into a new pattern or structure. It includes seeking possibilities, considering alternatives and solving problems. For example, finding solutions for environmental, health and social issues.

At Ashfield Public School, Blooms Taxonomy provides teachers with a framework for effective teaching. In all Key Learning Areas, new concepts are introduced by building knowledge and understanding. Then, with increasing complexity, knowledge and understanding is applied to new situations, analysed and evaluated. The ultimate aim is for students to be deep, creative, innovative and resourceful thinkers who are informed, articulate, able to solve problems and make worthwhile contributions.

Damien Moran Principal

education.nsw.gov.au/teaching-and-learning/student-assessment/smart-teaching-strategies/literacy/reading/inferential-comprehension

www.australiancurriculum.edu.au/f-10-curriculum/general-capabilities/critical-and-creative-thinking

www.cac.ca.gov/programs/program_files/1112/ais/Blooms-Taxonomy-2011.pdf

Principal's Recognition

These students have been chosen by their teachers to share their best work or commitment to learning with the Principal.



Class	Name	Reason
6P	Lei	For displaying exceptional classroom behaviour and being a role model for others
5/6O	Max	For being a diligent learner with a strong work ethic towards his learning
5/6M	Eray	Persistent learner working on his writing
5/6PB	Naimah	Perseverance with her learning in all areas
5/6S	Samuel	For his positive attitude towards his learning in all areas
5K	Jessica	Always showing initiative and being an inclusive and compassionate student
3/4S	Lachlan	A diligent learner who takes on challenges in the classroom
3/4H	Adhiraj	For improvement in being a resilient and independent student
3/4M	Lyra	For always being a great peer-mentor and a keen and enthusiastic learner!
3/4T	August	A dedicated and committed learner
2R	Felix	For being a respectful and resilient learner
2E	Niva	For always making respectful choices with her teachers and peers
2X	Isabel	For being a dedicated learner and a kind friend
1/2P	Alira	A diligent and focused learner
1M	Michelle	For being kind to her peers and always trying her best
1A	Parnika	For being cooperative and responsive to others
1S	Dhruv	For showing resilience during swimming lessons
K-3F	Aura	For engaging respectfully with school routines
KK	Atharv	Enthusiastic swimming
KM	Tashi	Always demonstrating a positive attitude towards all school activities

Kindergarten

Stage Page

We are all learning to swim!! What a fantastic swimming program we have been participating in this term.

The Kindergarten and Year One children have been lucky enough to attend the Annette Kellerman learn to swim program for 5 days. There have been some less confident children along with some super excited ones. It is wonderful to see those less confident children grow in confidence and skill over the week to the point where they too are super excited!! We have been very proud of every child who has participated with a huge "can do" attitude.

Gymnastics has been another highlight of Term 4 with lots of skills being learnt and perfected each week. We are very impressed at the way every child has concentrated on improving landing on their motorbikes.

We have nearly completed the second semester of Kindergarten 2020 and have just met the Kindergarten 2021 children at transition. The year is flying past. Next stop Santa!



Stage 1

Stage Page

Our final term is well underway and Stage One students are as busy as ever!

Year One have thoroughly enjoyed their swimming lessons. We were so impressed with the students' increased water confidence and safety. A special thanks to parents and carers for their support.

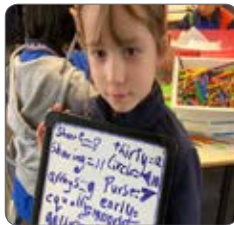
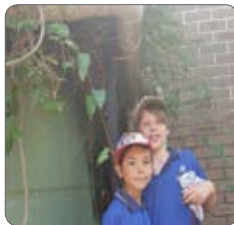
We are having so much fun in gymnastics this term. Stage One students are developing a range of fundamental movement skills with a different focus each week. We have rotations that change every week designed to challenge and further skill development. What an adaptable and skilled group of students we have, well done!

Thank you for your support for Make it Bright for Ability Day. It was truly wonderful to see an ocean of pink and purple across the school. This was yet another opportunity to celebrate our varying abilities and embrace the diversity across our community.

This term, we are working on writing to entertain. We are exploring a range of imaginative texts including our favourite fairy tales and using these to inspire our writing. We are also exploring these stories and characters in Drama. Stage One teachers and students have been thoroughly entertained by each other's dramatic performances so far. Keep up the outstanding effort and focus!

Stage One are looking forward to the school talent quest, Ashfield's Got Talent. Many students representing our stage have already signed up and are regularly practising. We cannot wait to see all of the performances. Stay tuned to eNews on how this event will be shared with current restrictions!

All classes are collecting donations of Christmas gifts for the SSI initiative which will be passed on to those who are newly arrived to Australia with Refugee backgrounds. Thank you to those who have already donated. We are sure these will be well received and look forward to more donations being sent to classrooms.



Stage 2

Stage Page

Stage 2 students enjoyed the Make it Bright for Ability Day. The students learnt about ways to celebrate varying abilities and embrace the diversity across our community. Stage 2 students looked amazing in pink and purple to celebrate the day.

The Class Gardens are being nurtured and we are now reaping the fruits of our hard work and patience. Fresh organic vegetables and herbs are now ready to be harvested. All the produce grown has been donated to the Rev. Bill Crews Foundation to provide ingredients for free meals to the needy and disadvantaged every day. The students really enjoy taking a book to read in the garden.

The students are enjoying the highly engaging and comprehensive gymnastics program provided by Dancefever Multisport. Along with learning motion skills and developing balance and strength, the students are further enhancing their team working skills and resilience.

Coming soon to Ashfield is the famous Ashfield's Got Talent. Each year Ashfield PS showcases the amazing talent we have by hosting this marvellous event. It provides students with the opportunity to collaborate with their peers and showcase their talents and creativity. Ashfield's Got Talent reminds students of how fabulous they are and how inclusive we are as a school.

Remember to keep donating for the Christmas gifts for the SSI initiative which will be passed on to those who are newly arrived to Australia with Refugee backgrounds.



Stage 3

Stage Page

What an amazing term we have had so far, looking forward to the last 5 weeks of term! So many exciting things coming up. Be sure to check Enews for updates!

The Stage 3 garden beds have been harvested and all the wonderful produce grown has been donated to the Bill Crews Reading Club. Thank you to our Stage 3 Reading Club participants for harvesting and donating the herbs and vegetables.

5K has been enjoying the weekly sessions at Fort Street High School. We have finished up the mathematics part of the term and now we are moving on to science. Looking forward to conducting experiments and investigations in the science labs.

Massive congratulations to our brilliant Mia, Violet and Grace for winning 'The Cool Controller Competition!' The judges absolutely loved their design, explanation and fabulous video! We are so proud of you girls and are so excited to use your SparkFun Inventor's Kit for micro:bit Lab Packs!

Year 6 had a fabulous Week 5. From the engaging Amazing Me program, where they learned lots about puberty then to the hilariously entertaining Movie Night. Lots of popcorn, beanbags and a delicious BBQ dinner, with exciting games run by Dance Fever Multi Sport. It was definitely a night to remember for Year 6. We are looking forward to our graduation dinner and fun day later in the term!



The News Room



Reading with your child at home: Ideas for parents of young children

What you can do at home to help

- Be yourself. Involve children in everyday conversations.
- Read aloud to children. It helps them to learn the language of books and will encourage them to enjoy books and reading.
- Talk about books, read together and make reading an enjoyable, shared activity.
- Make sure there is a wide range of reading material for your child at home, both fiction and non-fiction.
- It is important to read to your child in your home language if your first language is not English. Experience shows that using your home language will help your child to learn to read in English.
- Try not to let television or screens intrude on reading time. Make a special time for reading with your child, away from interruption.
- Listen to your child every day, even for a short time.
- Give books as treats and presents.

Hints for listening to your child read

- Before reading, talk about the cover, the title, the pictures, and discuss what the book may be about.



Thomas 3/4H Jasmine 1S



Nicholas	1/2P	Shahmeer	3/4S
Kanna	1/2P	Caitlin	3/4S
Freya	2R	Adhiraj	3/4H
Ryan	2R	Srishti	1S
Ariana	2R	Dylan	1S
Anindya	2X	Jasmine	1S
Tashi	KM	Jenna	1S
Xinfei	3/4S		



Sayuki	KA	Ruby x3	1/2P
Lynn	KK	Jacinta	1/2P
Fletcher	1M	Sofia	1/2P
Natasha	1M	Jasmine	1/2P
Olivia	1M	Nehir	1/2P
Srishti	1S	Nirvan	1/2P
Khana	1S	Arnav	1/2P
Dylan	1S	Lucas	1/2P
Jenna	1S	Jensen	1/2P
Elise	1S	Samuel	1/2P
Alex	1S	Mac x3	2E
Jasmine	1S	Hochi x2	2E
Nathan	1S	Majdi x2	2E
Dhruv	1S	Aradhya	2E
Jayver	1S	Liam	2R
Jay	1S	Ryan	2R
Chloe	1S	Ariana	2R
Rithanya	3/4S	Guru	2R
May Ying	3/4S	Emanuela	2R
Wren	3/4S	Kenneth	2X
Savar	3/4S	Emily	2X
Caitlin	3/4S	Gean	2X
Iniya	3/4S	Priya	2X
Natchitra	3/4S	Jayden	2X
Jessica	3/4S	Azucena	KM
Arlo	3/4H	Sri Vaishnavi	KM
Adhiraj	3/4H	En Qi	KM
Thomas	3/4H	Javish	KM
Rasna	3/4H	Hochi	2E
Gede	1/2P	Sascha	2E

- During reading, discuss what has been read up to that point, and imagine what will happen next time.
- After reading is finished, talk and ask questions about the story and the pictures.
- When reading a harder book together, take turns. Beginning readers can read the repetitive parts and more experienced readers can read a paragraph or a page.
- On finding an unknown word: Pause to give your child time to work out the word
- Prompt – go back to the beginning of the sentence, or read past the difficult word to the end of the sentence. – look for a clue in the picture or the words – look at the first letter and think about what the words could be – ask “Does this make sense?” – try to sound out the word – if necessary tell your child the word
- Praise your child for trying even if mistakes are made.

What to read and do

- Tell and re-tell stories of all kinds including favourite stories, fairy tales, movie plots, local news items and family history.
- Ask your child to read out simple recipes while you cook together.
- Read comics, magazines, short stories, poems and rhymes, including nursery rhymes.
- Do crosswords & other word puzzles together.
- Read directions and signs when driving and shopping.
- Read and write notes and letters to family members.
- Provide plastic letters, crayons, pencils, pens and writing paper.

And do remember...

- Discuss the meaning of stories and words.
- Encourage your child to read anywhere and at any time.
- Let your child see you enjoy reading.
- Visit and use a library near you. Borrow books for yourself as well as your child.
- Talk to your child’s classroom teacher or the principal for further help and advice.
- Enjoy reading – it should be fun.

Contact your child’s school and get more information on how to help you child read.



150 Nights of Reading

Jasmine	1S	Khana	1S
Dylan	1S		



100 Nights of Reading

Aadhav	KM	Dhruv	1S
Elise	1S	Zhiqi	1S



50 Nights of Reading

Emily	2E	Charlie	KM
Zeren	2E	Aarnav	2E

House Points

FREEMAN	6,788
RILEY	6,385
COOMBS	6,210
PERIS	6,851

Remember to collect house points for your house. You can do this by doing the right thing in class and many other things. Principal’s Disco is in week ten!



By Joline and Lara

Wellbeing with your Family



Connect

- Try to eat dinner each night as a family with no devices or television
- Organise a weekly family games night - inside or outside games where everyone can have fun together

Be active

- Walk, ride, jog or swim together before or after school
- Take a bus or train ride
- Find somewhere to go for a hike
- Explore your neighbourhood.

Take notice

- Encourage your child to think of three things they are grateful for each day
- Teach your child how to meditate, listen to relaxing music or sit still
- Teach your child do things that make them happy

Keep learning

- Take up a new hobby as a family and learn together
- Get your child to teach you something they are learning at school
- Go to a restaurant and learn about different cultural foods
- Visit a museum or art gallery
- Learn about the history of your community
- Find out about your family history

Give

- Give your time as a family to a cause that is important to you
- Support elderly neighbours
- Clean
- Challenge everyone in the family to do something kind for someone else.

Diet

- Eat healthy, nutritional food to support both their physical and mental development. Eat regularly and drink plenty of water.

Sleep

- Set a regular bed time and stick to it.
- Have a wind down before bed time such as reading your child a story

education.nsw.gov.au/parents-and-carers/wellbeing/mental-health/develop-a-family-



November Birthdays

David	3rd	Iniya	16th
Perry	3rd	Neelaw	16th
Clint	4th	Feynman	17th
Ella	4th	Alicia	18th
Sri	6th	Clark	19th
Marcus	7th	Sascha	19th
James	7th	Aadhav	20th
Sharrenah	7th	Matthew	23rd
Josh	7th	Chinana	23rd
Rachel	8th	Ernesto	23rd
Anthony	8th	Sushal	23rd
Caitlin	10th	Sonali	24th
Oscar	12th	Javish	27th
Mariah	12th	Lydia	27th
Jaden	15th	Nehir	28th
Evelyn	16th	Chelsea	29th

Word of the Week



XENOCRYST

An igneous rock when magma is fluid enough to flow round more solid rock.



By Oscar

Deadly Kids Report

We have recently received a new edition to the Ashfield public school library collection of traditional First Nations artefacts. It is drum roll, please.... Two Aboriginal smoking pipes which originated from Eastern Arnhem Land. Its Aboriginal name is Lunginy. It was used to smoke tobacco. It seems that tobacco came to the First nations people by way of the Macasans who came to find trepang which is a type of sea cucumber, the Macassans brought Tobacco along with a spirit called arrack. Our wonderful librarian, Miss Drummond found the pipes at a market in the north coast; it originally belonged to a man from Eastern Arnhem Land who gifted it to the seller's husband.



-Aston

Huge thanks to Miss Drummond, Ms Palour and Miss Wilson this article wouldn't have been possible without them.

Book Report



How to Train Your Dragon
by Cressida Cowell

There was once a boy named Hiccup who lived on the island of Berk. Hiccup was a rather unusual boy due to the fact that he could talk to dragons. Attempting to train the mischievous Toothless he learns that the best way to train a dragon is to not yell at them and (in Toothless case) telling them jokes could be pretty useful (and the occasional treat). When a ginormous dragon washes up on the beach it's up to hiccup to talk to the beast. But what will they do when the dragon doesn't want to negotiate?

Cultures of the Week

Remembrance Day



On the eleventh day of the eleventh month, 1918 the guns fell silent, the pain of death ceased and four long, hard years of war came to an end. The shadow of that terrible war still looms over us now, we acknowledge the 330,000 Australians who served us in the war. We also acknowledge those who didn't come back but died an honourable death serving Australia with pride.

As part of Remembrance day we stand in complete silence for one minute at the eleventh hour. This year we will also stand for one minute silence, however due to Covid-19 this year's assembly will look a little different. We will be doing the remembrance assembly on zoom.

Diwali



Onto another cultural festival, The famous 'festival of light'. Diwali is a popular festival in Hinduism lasting for five days, Diwali celebrates the win of 'good' over 'evil' or 'light' over 'darkness' and is symbolised by the defeat of the demon king Ravana by Ram.

During Diwali Hindus, Jains and Sikhs decorate their homes to let Lakshmi goddess of prosperity, wealth and happiness into our homes and lives. We celebrate Diwali by lighting lights or 'diyas' around our house and decorating our house with pretty rangoli (patterns made by fine coloured sand). We also light firecrackers, eat sweets and buy new clothes for family and friends

Technology Report



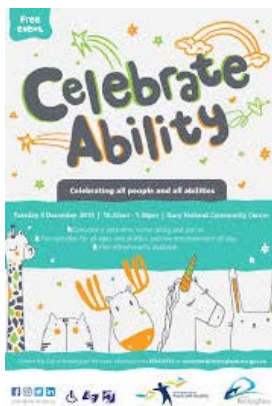
It has an A14 Bionic that's better than every other smartphone chip. The Pro camera system brings photography to the next level, with the iPhone 12 Pro Max even better. It has a Ceramic Shield that is four times better for dropping. The iPhone 12 Pro Max is 6.7-inch and the iPhone 12 Pro is 6.1-inch. It's made of stainless steel and is also waterproof. We rate this 4/5

By Ethan and Justin

PSSA Report

PSSA is cancelled and will be for the rest of the term as we have mentioned in the past newsletters. The weather the past few days have been quite stormy and rainy. So the chances of sport on Friday are quite low however try your best to still stay healthy and exercise indoors. On Friday if there is no rain you will go to the park. The timetables for the park have changed quite a bit. For example instead of Stage 3 going in the afternoon they will go in the morning now.

By Louis Wang 6P Natcha Rugsat 5/60



Hello everyone! We have had a great term of learning so far, and have had a very fun and exciting start to Term 4! We would like to start by saying a humongous congratulations to our new SRC executives for 2021, who are: Ali Bunyadi, Ziggy Cherkas, Fergus Daly, Anthony Ly, Lucas Ross, Zixuan Yang, Ada Guzel, Isabella Yu, Kewalin Jeremy, and

Mariah Zreika. Also a big congratulations for all of the candidates who tried out. You all had excellent speeches, we are all very proud. In week 4 we had 'make it bright for ability' day. You all looked fabulous in your pink and purple clothes! We are also still looking for Christmas gifts and presents for the SSI Christmas appeal. We aim to donate 1000 presents to refugees this Christmas. So keep those presents coming! Please also remember that you can bring in packaged food and toys, please bring them in unwrapped.

Also remember to put all your suggestions and ideas in the suggestion box (which is located next to the grammar challenge, outside the foyer/office)



Your SRC executives 2020,

Violet, Mia, Grace, Mohammad, Robert, Ishani, Athi, and James



School Report

We're over halfway through the last term of school for 2020! Lots of things have happened and even more things will happen soon, so look out for that.

In Week 3, we had our SRC election for 2021. Congratulations to our 10 new SRC's: Ali Bunyadi, Lucas Ross, Fergus Daly, Ziggy Cherkas Anthony Ly, Zixuan Yang, Ada Guzel, Isabela Yu, Kelawin Jeremy and Mariah Zreika!

Just a reminder that our annual Ashfield's Got Talent is coming up soon! We'll be having our auditions this week, so good luck to all students who will be attending that. The main performance will be on the last day of school, so look forward to it!

Recipe of the Week

Baked eggs in bread



Ingredients

- 6 Sliced bread
- 12 Eggs
- ½ cup Cheese
- 1/2 tablespoon parsley chopped
- Pepper
- Salt

Method

1. Preheat oven to 375°F & spray the tin with olive oil spray.
2. Slice your bread into 2 triangles and stuff them into the muffin tray.
3. After all of the sliced bread is put into the tray, crack in the eggs into each of the breads.
4. Chop you parsley.
5. Season it with salt and pepper.
6. Sprinkle the parsley on the eggs.
7. Put it into the oven and cook for 10-15 min.
8. Take it out of the oven and place it on a plate and Enjoy!

Creative Story

An unfortunate event



In the late 1950's in London a rat called Remy scuttled along looking for food. He wandered hungry into a shop. There he found apples and tomatoes. He hurriedly started to nibble them, his empty belly filling with happiness.

Suddenly a shadow covered him. A cat! Remy let a piece of apple fall from his trembling paws. The cat hissed. Remy scurried off.

The cat followed, chasing him through the shop and out into the streets. Remy escaped into a drainpipe and then back into the darkness.

By Sam (with some help from Reyna & Rasna) 3/4H



Dear Discouraged Dixie,

We recommend you to take the risk and ask her to join you! If she looks lonely then we're sure she wouldn't mind some company. Everyone deserves to have friends and to be part of a group regardless of who they are. Thanks for being so considerate!

Best wishes, Moralistic Michelle and Vivacious Veya

Dear Moralistic Michelle and Vivacious Veya,

There is a new girl in our class and she seems to be lonely. I want to ask her to sit with us but I'm afraid my friends won't be as accepting. What should I do?

From Discouraged Dixie



SCHOOL UNIFORM DONATIONS NEEDED

Please consider donating unwanted uniforms that are clean and useable to the second hand uniform stall. Your donations help to give a family an affordable uniform and raise money to support the school at the same time! Uniforms can be dropped at the front office or handed in at the stall Wednesday and Friday mornings from 8:30am (next to assembly).



GARDEN CLUB

Gardening is a wonderful opportunity to be in a multi-sensory environment where children can touch and feel plants and be exposed to the amazing scents of growing herbs.

We look forward to planting some more vegetables next term with the generous voucher provided to us by Bunnings Ashfield.



BADALYA: DELICIOUS

EVERYDAY LUNCH CHOICES

Tucker Boxes: \$5

Honey Soy Chicken Drumstick - Served with 1/4 Lebanese bread and a side of cheese, crackers, tomato, cucumber and carrot sticks with a hummus dip

Veggie Burger Patty - Served with 1/4 Lebanese bread and a side of cheese, crackers, tomato, cucumber and carrot sticks with a hummus dip

Boiled Egg - Served with 1/4 Lebanese bread and a side of cheese, crackers, tomato, cucumber and carrot sticks with a hummus dip

Ham - Served with 1/4 Lebanese bread and a side of cheese, crackers, tomato, cucumber and carrot sticks with a hummus dip

Add extra: Cheese & Crackers, Lebanese Bread, Hummus, an Egg or Ham for \$1 / Chicken Drumstick or Veggie Burger Patty \$2

Badalya Chicken Salad Bowl: \$5

Asian inspired chicken salad with crunchy greens

Homemade Pizza: Whole \$7 / Half \$3.50

Ham or Margherita Pizza

TOASTIES: From \$2

- Vegemite, Jam or Honey: **\$2.00**
- Cheese: **\$3.00**
- Cheese and Tomato: **\$3.50**
- Ham & Tomato: **\$3.50**



Gluten Free / Dairy Free options available for all meal options

ALL CHICKEN IS HALAL

OUR HEALTHY FOOD



MONDAY MUNCHIES

Badalya Crunchy Chicken Bowl: \$5

Asian inspired chicken with rice and crunchy greens

TEMPTING TUESDAY

Sushi: \$4

- Teriyaki Chicken
- Teriyaki Chicken with Avo
- Teriyaki Chicken with Cucumber
- Tuna with Cucumber
- Tuna with Avo
- Sushi Baby Box: 8 bite size rolls of avocado
- Sushi Baby Box: 8 bite size rolls of tuna
- Sushi Baby Box: 8 bite size rolls of cucumber



WACKY WEDNESDAY

100% Homemade Burgers: \$5

- Beef Burger
- Chicken Burger
- Veggie Burger

All Burgers are served with: Lettuce, Cheese and Homemade Tomato Veggie Sauce.

Add extra: Tomato, Lettuce, Cucumber for 50c each

THANKFUL THURSDAY

Tacos: \$5

- Beef Taco
- Chicken Taco
- Veggie Taco

All Taco's served with shredded lettuce and Grated Cheese.

Add extra: Guacamole for 50c extra

FANTASTIC FRIDAY

Home cooked Pasta: \$5

- Bolognese with grated parmesan cheese
- Napolitana Sauce and grated parmesan cheese
- Cheesy Chicken Bake

SNACKS

- Fresh Fruit salad cups: **\$1.50**
- Fresh or Frozen Watermelon Wedges: **\$1.00**
- Veggie Sticks: **\$1.00**
- Veggie Sticks Dip cup with Hummus: **\$1.50**
- Cheese slices with 8 crackers: **\$1.00**
- Cheese Melt - Toasted half bread roll with homemade tomato sauce veggie and grilled cheese: **\$1.50**
- Garlic bread - Toasted half bread roll with garlic: **\$1.00**
- A free range hard Boiled Egg: **\$1.00**
- Freshly Baked Fruit Muffins - Banana: **\$1.50**
- Anzac biscuits: **\$0.50**
- Bliss Bomb - Raw, melt in your mouth balls of dates, coconut and coco: **\$0.50**
- Fresh Popped Popcorn: **\$0.50**
- Apple Slinky: **\$1.00**
- Frozen Orange wedges (2 wedges): **\$0.50**

DRINKS

- Smoothies: Banana or Strawberry: **\$2.50**
- Watermelon Juice: **\$2**
- Bottled Water: **\$2**



Orders must be placed in person at the canteen OR online at www.quickcliq.com.au

Cut off for meal orders is 8.30am each morning.

All meals break 1, smoothies break 2 only.

Any extra packaging or cutlery \$0.20c extra.

For Pantry items, Take Home Meals & Birthday Treats, please see www.quickcliq.com.au or contact the canteen

For enquiries or feedback, email badalya@yahoo.com

Menu developed in conjunction with The School Food Project.

Photos of The Week

Lego Club

















Student Work



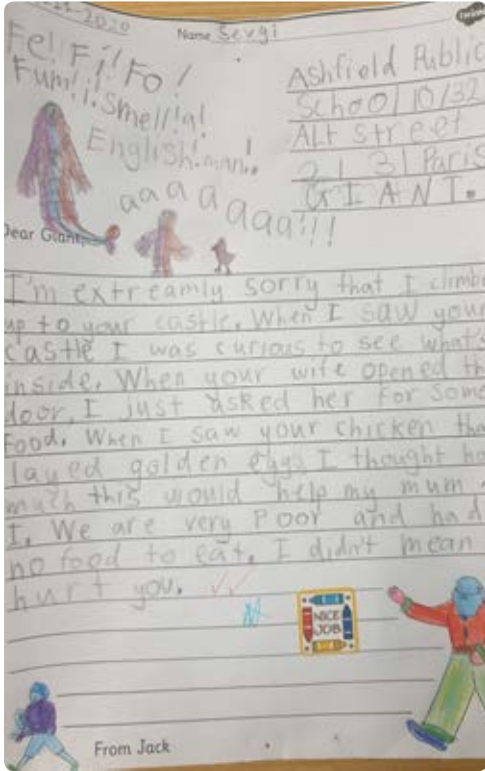
By Elynn - My job is Artist in residence



Charlie 2R



Elisse



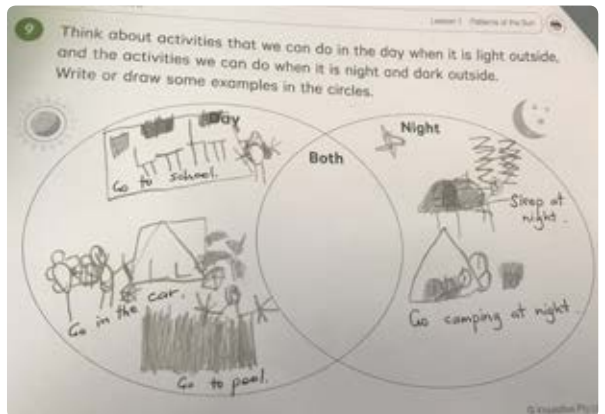
Sevgi 2R



Majdi 2E



Stage 1



Ronny 12P

Community News

Homework help

Do you struggle to understand your child's homework? Does your child need to practice their spelling and times tables? Are you looking for inspiration for projects and assignments?

The free **School A to Z app** has been created by the Department of Education and Communities to help parents and their school-aged children, wherever and whenever they have homework and study questions.

Find out more: www.schoolatoz.nsw.edu.au/about/mobile-applications/school-a-to-z

Homework and multi-tasking

Somewhere along the line we seemed to have absorbed the idea that teenagers can multi-task perfectly because they're digital natives. Can kids really do their homework and multi-task?

Find out more: www.schoolatoz.nsw.edu.au/technology/using-technology/homework-and-multitasking-can-it-be-done

When lunch comes home again – uneaten

Almost nine out of 10 Australian parents say children's resistance is a major obstacle in their efforts to provide a healthy diet, and in many cases school lunches are one of the battlegrounds.

But it's a battle families can do without and there are some simple steps to help avoid it.

Find out more: www.schoolatoz.nsw.edu.au/wellbeing/food/when-lunch-comes-homeagain

Help with English

Does your child need help with spelling or writing? Here are some resources that may help.

Find out more: www.schoolatoz.nsw.edu.au/homework-and-study/english

Maths

Struggling to remember everything you learnt in maths? If you need a refresher course, here are some tips and tools to help you to help your child.

Find out more: www.schoolatoz.nsw.edu.au/homework-and-study/mathematics



Officially Endorsed By:



2020 SUMMER SIXES TOURNAMENT

3 NOV - 10 DEC 2020 & 2 FEB - 25 FEB 2021

HAMMOND PARK, ASHFIELD

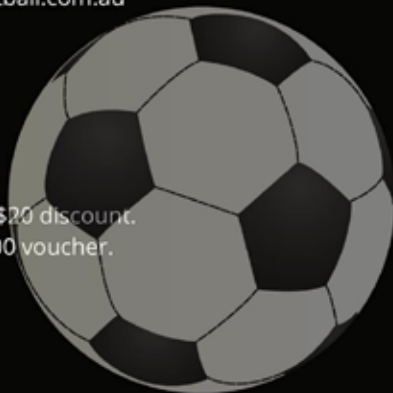
- Age groups: Under 5 - Under 14's.
- Boys, Girls & Mixed teams.
- All players supplied with shirt, shorts & socks plus medal.
- All teams supplied with one match ball.
- All Under 8's and above games will have Official referees
- Registration can be done on www.PlayFootball.com.au
- Under 5 - 14's - \$180 per player

Team Registration:

- Under 5 - Under 7's: \$150 per team
- Under 8 - Under 11's: \$160 per team
- Under 12 - Under 14's: \$180 per team
- Early Bird - Register by 06th October for a \$20 discount.
- Active Kids Voucher - You can use your \$100 voucher.

Game Days

- Under 5 - 7's: Tuesday - 5.00 - 6.00pm
 - Under 8 - 9's: Tuesday - 6.00 - 8.00pm
 - Under 10-14's - Thursday - 5.00pm - 8.00pm
- *Schedule might change due to team numbers



REGISTRATIONS NOW OPEN

For further details, please visit: www.piratesfc.com.au

Phone: 0411 4111 42 or E-mail: summersixes@piratesfc.com.au

Put the kids' lessons to good use!
Join the Ashfield Amateur Swim Club at the new Aquatic Centre



Ashfield AMATEUR Swim Club

Website: <http://aasc.asn.au/wp/>

Email: ashfieldswim@gmail.com

Facebook: Ashfield Amateur Swim Club

- Family friendly club for all swimming levels
- From ages 4 to 94
- Under 7s free
- 20m, 30m, 50m, 100m, 200m and 400m races
- Swim and Survive program
- Social events
- Access to Swimming NSW carnivals
- Starts Saturday 24th October 2020

October to March 7:00am - 8:45am Ashfield Aquatic Centre

G40 Grains

YOUR LOCAL THAI FEAST

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SPECIALS

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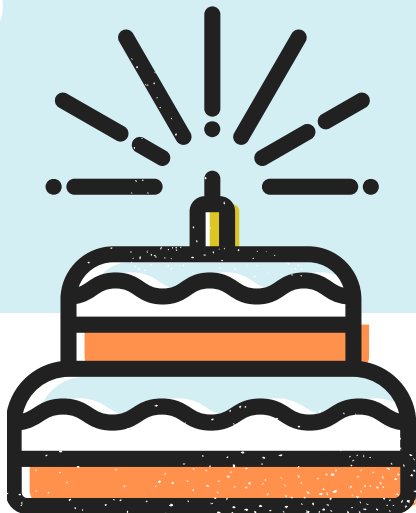
Shop 2/ 168 Liverpool Rd, Ashfield, 2131

8:30am - 3:30pm

WWW.CAKESTOP1.COM

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SUMMER HILL GYM

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www.summerhillgym.com.au

info@summerhillgym.com.au

@summerhillgym



Two photographs showing gym activities: the top one shows a group of people participating in a red resistance band exercise, and the bottom one shows a man performing a deadlift with a barbell.



This is what I need in my bag...

Crunch & Sip

10:00 - 10:15



Break One

11am - 11:30am



Break Two

1:25pm - 2:10pm



Other



Library Bag



School hat



Reading Folder

Triple E initiatives

(Engagement, Enrichment & Extension)

Day	Time	Activity	Teacher	Contact	
Monday	7:30am – 8:30am	Tennis	Paul Xu	0450 484 759	
	8am – 1pm	Music Tuition	Laura Caloia	0416 614 821	
	11am to 11:30am	Junior Choir	Ross Marsh	SCHOOL	
		Eisteddfod	Ritu Talwar		
	1:25pm – 2:10pm	Drumming Club	Laura Caloia	0416 614 821	
	1:25pm – 2:10pm	Senior Recorder	Xara Perrin-Murphy	SCHOOL	
3pm to 4pm	Ukulele	Anni Chi	SCHOOL		
Tuesday	7:30am – 8:30am	Tennis	Paul Xu	0450 484 759	
	8am – 1pm	Music Tuition	Laura Caloia	0416 614 821	
	8am – 8:45am	String Ensemble	Cheryl Gurney	SCHOOL	
		Typing	Anes Kim		
		Chess	Adrian Miranda		9745 1170
	1:25pm – 2:10pm	Junior Drama	Emma Pressman	SCHOOL	
		Stage 2 Robotics	Sara Origlio		
		Operation Art	Liz Howard		
	3pm – 4pm	Timetables Club	Denise TeAwa		
		Robotics (Stage 3)	Claire Pryke		
3pm – 3:45pm	German Class	Michaela Krenn	0411 631 426		
3pm – 4:30pm	Dance Class	Sandra Malone	0419 483 108.		
Wednesday	7:30am – 8:30am	Tennis	Paul Xu	0450 484 759	
	8am – 6pm	Music Tuition	Laura Caloia	0416 614 821	
	8am – 8:45am	Computer Coding	Kasandra Skitarelic	SCHOOL	
	1:35pm – 2:10pm	Stage One Recorder	Mee York Wong		
		Debating	Rebecca Melia		
	1:35pm – 2:10pm	Senior Choir	Xara Perrin-Murphy		
3pm – 3:45pm	School Band	Ben Hingley	0413 428 424		
3pm – 4:30pm	Art Class Years Yr 3-6	Michelle Menzer	0415 331 575		
Thursday	7:30am – 8:30am	Tennis	Paul Xu	0450 484 759	
	8am – 8:45am	Lego Club	Nikola Moore	SCHOOL	
		Spellodrome	Ritu Talwar		
		Training Band	Ben Hingley	0413 428 424	
	7am – 2pm	Music Tuition	Laura Caloia	0416 614 821	
	11am – 11:30am	Glee Club	Christine Kassabian	SCHOOL	
		1:35pm – 2:10pm	Kindergarten Recorder		MeeYork Wong
			Senior Drama		Shirley Peshos
		Badminton	Anni Chi		
3pm – 4pm	Gardening	Gemma Miller			
3pm – 4:15pm	Art Class Years K-2	Michelle Menzer	0415 331 575		
3pm – 4:30pm	Homework Club	Joan Drummond	SCHOOL		
Friday	7:30am – 8:30am	Tennis	Paul Xu	0450 484 759	
	7am – 2pm	Private Music Tuition	Laura Caloia	0416 614 821	
	8am – 9am	Typing Class	Georgie Balmain	SCHOOL	
	3pm – 3:45pm	German Class	Michaela Krenn	0411 631 426	

10 Wellbeing Choices





SIMPLY BEAUTIFUL FOOD

OPEN 7 DAYS!

Lunch | 11:30am- 3.00pm | Dinner | 5.30pm- 9:00pm

*Hours subject to changes

BAREFOOT BOWLS

\$10 PER PERSON

AVAILABLE 7 DAYS A WEEK!



*Conditions apply



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