


# The Wangal News

Every child, every opportunity

Term 2 Week 6 - May 2021



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-  @AshfieldPS
-  School Tours Monday 9:30am  
To book please call 9798 4400



# *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



## *Accommodations and adjustments: providing each individual with what's needed to succeed alongside others*

The NSW Education Standards Authority (NESA) oversees the primary school curriculum with syllabuses that describe the learning expected at each stage of development. The curriculum is structured with increasingly sophisticated content across the school years, from Kindergarten to Year Six. A sequence of learning enables all students to develop their knowledge, understanding, and skills at progressively challenging levels.

It is the role of the school to make decisions about any accommodations or adjustments to the curriculum that are required to support student learning, progress and achievement.

1) Accommodations are changes to how a student learns the material. For example, a group of students with lower reading ages might have a Student Learning Support Officer (SLSO) read the book to them, with unfamiliar vocabulary explained and more complex themes discussed. But it's still the same book that the rest of the class is reading. Another example is a student who has trouble with sustained focus having a schedule of brain breaks throughout the day to be active and move around, but still being required to do all the regular class activities.

2) Adjustments are changes to what a student is expected to learn. For example, high performing students, students who experience a disability, or who are learning to speak English, may need changes to the content. A group of students in a Maths class could be assigned an enrichment and extension activity while other students focus on developing a specific skill. Similarly, some students might be assigned shorter or easier reading tasks, or homework that's different from the rest of the class. Students who receive adjustments are not expected to learn the same material as their classmates.

Accommodations and adjustments must be fair and reasonable and not disadvantage the student or deny them access to the curriculum on the same basis of other students. They must account for the student's assessed learning needs and should be the result of consultation and collaboration with parents and teachers, sometimes professionals such as Occupational Therapists, and typically the school's Learning Support Team.

Accommodations and adjustments are articulated on an Individual Education Plan and Behaviour Support Plan, and are described as supplementary, substantial or extensive across the broad categories of four broad categories of physical, cognitive, sensory, and social/emotional. Monitoring and reviewing the impact of accommodations and adjustments is ongoing with changes made as required.

An effective school creates the conditions where all students can connect, succeed and thrive. It facilitates and develops quality teaching practices and systems that are responsive to the different needs of students. Accommodations and adjustments to the curriculum according to the ability of the individual are therefore essential if every student is to make significant growth, have high achievement, and be successful.

**Damien Moran**  
**Principal**

[www.education.vic.gov.au/Documents/school/principals/health/nccdlevelofadjustmenttable.pdf](http://www.education.vic.gov.au/Documents/school/principals/health/nccdlevelofadjustmenttable.pdf)

[educationstandards.nsw.edu.au/wps/portal/nesa/k-10/understanding-the-curriculum/k-6-curriculum-requirements](http://educationstandards.nsw.edu.au/wps/portal/nesa/k-10/understanding-the-curriculum/k-6-curriculum-requirements)

[www.understood.org/en/learning-thinking-differences/treatments-approaches/educational-strategies/the-difference-between-accommodations-and-modifications](http://www.understood.org/en/learning-thinking-differences/treatments-approaches/educational-strategies/the-difference-between-accommodations-and-modifications)

## 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
6B	Chelsea	For showing enthusiasm and determination during soccer on Fridays
5/6K	Chinana	For presenting an engaging and enthusiastic division 1 speech about foxes.
5/6J	Leith	For showing consideration and kindness towards his peers.
5/6D	Fergus	For being such a responsible Year 6 buddy during the Walkathon.
5T	Nina	For her outstanding speech on multicultural perspectives
4-6C	Emilia	For having a consistently positive approach to learning.
3/4O	Zacharia	For making valuable contributions to class discussions.
3/4M	Sarah	For showing kindness and inclusivity to all her peers.
3/4H	Jayden	For being a focused and responsible student
2/3C	Clark	For showing initiative in the classroom and being a great friend.
2P	Lucas	For being a focused, independent learner and on task at all times.
1S	Sayuki	For showing support and encouragement towards your friends.
1L	Liam	For showing motivation and focus when completing activities.
K/2C	Billie	For being enthusiastic in all areas of learning
KA	Thomas	A great effort on his speech.
KM	Wei	For his enthusiastic participation in the cross-country run and walkathon.
KB	Prajay	Having dedication to his learning in all areas.



# Kindergarten

## Stage Page

It has been an eventful few weeks for Kindergarten. On Monday of Week 5, we visited the Royal Botanic Gardens to follow the trail from the beloved Pamela Allen story, 'Alexander's Outing'. Students toured the beautiful gardens in the fine weather, identifying landmarks from the story along the way. There were many opportunities for students to use their critical and mathematical thinking to make observations and solve problems. It was such a lovely day out and Kindergarten students were excited to be on their first real excursion!

The walkathon was held the very next day! Students walked around the track for half an hour and collected marks on their hands as they passed each checkpoint. We also managed to hold a fun run cross-country event, with students running a whole 400 metres! Upon our return to school, students were excited to count how many checkpoints they had tallied and calculate how much their sponsors might be able to donate. We look forward to seeing their fundraising efforts over the next few weeks.

Our whole school public speaking competition concludes this week. Students have been presenting their speeches to their class and all teachers have been impressed with their efforts to connect with the audience and stay on topic. Our finalists competed on Monday of Week 6 and teachers were proud of their ability to present in front of a larger audience.



# Stage 1

## Stage Page

Stage One classes undertook Road Safety lessons on the busy streets of Ashfield in the lead up to Walk Safely to School Day. Students shared observations and recommendations for acting safely near roads. This week culminated in our Walk Safely to School event with many students joining teachers in the walk to school. Well done to all participants!

Our Walkathon was a huge success! Students enthusiastically walked around the track for 30 minutes and proudly collected tally marks along the way. We were also able to hold our 400m Fun Run Cross Country event. These events combined with the journey to and from Ashfield Park made for a huge day and Stage One took it in their stride! It was fabulous to have parents and carers along to spectate and partake.

We are continuing our weekly Athletics session with the Dancefever crew. Students are highly engaged in athletics activities that develop their fundamental movement skills in a fun and inclusive environment. Thank you to all parents for your support of this program.

We are underway with the Public Speaking Competition. Students have presented their speech to the class and all teachers were impressed with the depth of knowledge shared with the class. We look forward to the Final round this week!

Students are continuing to attend a broad range of Triple E activities with dedication and enthusiasm! We enjoy choir, ukulele, recorder, music lessons, robotics, times tables clubs, language schools, tennis, coding, drama and many more! Keep up the great effort!

A reminder to get connected and check in on See-saw for photos and updates from each class as well as to stay up to date with School eNews for permission forms, notes and important information.





# Stage 2

## Stage Page

On the 14th of May, it was Walk Safely to School Day. It's an annual event to promote road safety, health, public transport and the environment. It was great to see so many students from Stage Two participating in the event and promoting safety when walking to school.

This term, all students have been participating in the Dancefever Multisport weekly athletics program. It is a fun and engaging way to develop their gross motor skills, take turns and have fun with their friends.

All classes have been presenting some amazing speeches in preparation for the Public Speaking Competition. Stage 2 have some very talented public speakers. We are excited to see the finals next week and enjoy watching the interesting speeches.

Finally, after numerous postponements due to both smoke hazards and rain, students were able to participate in the Ashfield Public School Walkathon on the 18th of May. Many fun and enjoyable laps were completed by the conclusion of the Walkathon and we are predicting plentiful fundraising donations to be collected over the next week.



## Stage 3

### Stage Page

Ashfield Public School had an amazing time at the Walkathon on Tuesday 18th. The weather was perfect and all of Stage 3 buddied up with either a Kindergarten or Year 1 child, demonstrating just how responsible we are. Our school is aiming to raise \$10,000, which will be used to enhance the school equipment. We'll announce the money raised in the next newsletter.

In Week 4, Year 5's completed the 4 NAPLAN tests. We are confident in their excellent outcome! During this time Year 6s were moved out of flight deck and completed various projects around the school.

During Week 5 our Year 5 girls and Year 6s took part in the Amazing Me program. We were enriched with so much information, preparing us for puberty and beyond.

The recent cross country champions had proudly represented our school on the 26th of May in zone cross country. Despite the long and tiring course, the Ashfield representatives ran with amazing results! We congratulate all runners for their effort!

We are also super excited for our upcoming incursion. The Bell Shakespeare production will be coming to our school and presenting their student friendly version of Shakespeare's Classic: Romeo and Juliet! This will cost \$15 per student attending. Please pay via the office.





## The News Room



### Critical thinking is a 21st-century essential - here's how to help kids learn it

Apr 24, 2019 / Mary Halton

If we want children to thrive in our complicated world, we need to teach them how to think, says educator Brian Oshiro. And we can do it with 4 simple questions.

We all want the young people in our lives to thrive, but there's no clear consensus about what will best put them on the path to future success. Should every child be taught to code? Attain fluency in Mandarin, Spanish, Hindi and English?

Those are great, but they're not enough, says educator and teacher trainer Brian Oshiro. If we want our children to have flexible minds that can readily absorb new information and respond to complex problems, he says, we need to develop their critical thinking skills.

In adult life, "we all have to deal with questions that are a lot more complicated than those found on a multiple-choice test," he says in a TEDxGiguan talk. "We need to give students an opportunity to grapple with questions that don't necessarily have one correct answer. This is more realistic of the types of situations that they're likely to face when they get outside the classroom."

How can we encourage kids to think critically from an early age? Through an activity that every child is already an expert at — asking questions.

#### 1. Go beyond "what?" — and ask "how?" and "why?"

Let's say your child is learning about climate change in school. Their teacher may ask them a question like "What are the main causes of climate



### School Trophy

Alex	2/3C	Samuel	3/4O
Chloe	2/3C	Jensen	3/4H



### School Medal

Hanming	1L	Alex	2/3C
Vishal	1S	Chloe	2/3C
Valentina	1S	Jasmine	2P
Sri V.	1S	Samuel	3/4O
Miriam	1S	Jensen	3/4H



### School Awards

Atharv	1L	Scott	1S
Opal	1L	Emma	K-2C
Ezra	1L	Francis	2P
Maddison	1L	Jenna	2P
Liam	1L	Jasmine	2P
Hanming	1L	Natasha	2P
Mikayla	1L	Rose	2P
Annabel	1L	William	2P
Harrison	1L	Sofia	2/3C
Diya	1L	Chloe	2/3C
Oliver	1L	Dhruv	2/3C
Carson	1L	Yvette	3/4O
Vishal	1S	Savar	3/4O
Intra	1S	Iniya	3/4O
Aaryav	1S	Maya	3/4O
Robin	1S	Clovis	3/4H
Pia	1S	Jensen	3/4H
Aadhav	1S	Easton	3/4H
Lenny	1S	Yolanda	KM
Sri V.	1S	Mokshitha	KM
Miriam	1S	Shanvika	KM
Isaiah	1S	Alisha	KM
Sayuki	1S	Ivy	KM



### 100 nights of Reading

Leon	1S
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### 50 nights of Reading

Intra	1S	Sri V.	1S
Aaryav	1S	Miriam	1S
Josslynne	1S	Isaiah	1S
Jonason	1S	Kento	1S
Valentina	1S	Sayuki	1S
Kieran	1S	Parker	1S

change?" Oshiro says there are two problems with this question — it can be answered with a quick web search, and being able to answer it gives people a false sense of security; it makes them feel like they know a topic, but their knowledge is superficial.

At home, prompt your kid to answer questions such as **"How** exactly does X cause climate change?" and **"Why** should we worry about it?" To answer, they'll need to go beyond the bare facts and really think about a subject.

Other great questions: **"How** will climate change affect where we live?" or **"Why** should our town in particular worry about climate change?" Localizing questions gives kids, says Oshiro, "an opportunity to connect whatever knowledge they have to something personal in their lives."

## 2. Follow it up with "How do you know this?"

Oshiro says, "They have to provide some sort of evidence and be able to defend their answer against some logical attack." Answering this question requires kids to reflect on their previous statements and assess where they're getting their information from.

## 3. Prompt them to think about how their perspective may differ from other people's.

Ask a question like "How will climate change affect people living in X country or X city?" or "Why should people living in X country or X city worry about it?" Kids will be pushed to think about the priorities and concerns of others, says Oshiro, and to try to understand their perspectives — essential elements of creative problem-solving.

## 4. Finally, ask them how to solve this problem.

But be sure to focus the question. For example, rather than ask "How can we solve climate change?" — which is too big for anyone to wrap their mind around — ask "How could we address and solve cause X of climate change?" Answering this question will require kids to synthesize their knowledge. Nudge them to come up with a variety of approaches: What scientific solution could address cause X? What's a financial solution? Political solution?

You can start this project any time on any topic; you don't have to be an expert on what your kids are studying. This is about teaching them to think for themselves. Your role is to direct their questions, listen and respond. Meanwhile, your kids "have to think about how they're going to put this into digestible pieces for you to understand it," says Oshiro. "It's a great way to consolidate learning."

Critical thinking isn't just for the young, of course. He says, "If you're a lifelong learner, ask yourself these types of questions in order to test your assumptions about what you think you already know." As he adds, "We can all improve and support critical thinking by asking a few extra questions each day."



## Game of the Week

### POKEMON XENOVERSE



A fan made game made by The WEEDLE team. It starts with a young Pokémon Trainer who begins their journey in the Eldiw Region in order to find their missing father. After your dad goes missing you have a choice to pick three different Pokémon which are called Shyleon the Grass Fairy type, Trishout the Fire Sound type and Shulong the Water Dragon type. Some of the Pokémon have different forms and they are called X Pokémon that appear from an interdimensional fault called Xenoverse.

We rate it **4.95/5** as it has a great storyline.

By Ivan, Orlando, Brando & Lucien



## House Points

**FREEMAN** 860

**RILEY** 790

**COOMBS**

**PERIS** 730



## Library News



Each stage studies different outcomes of the curriculum when they visit the Library weekly. Literature, History and Geography have a heavy emphasis.

Stage 3, for example, have been investigating migration trends to Australia which changed after World War 2 and the impact of government policies on people who are attracted to come and live in our beautiful country.

Stage 2 have been reading and discussing an informative text called *Strangers on Country* which covers the true accounts of five early explorers and their interaction with Aboriginal tribes in northern Queensland during the 1700s.

Stage 1 have been exploring the many concepts covered in the History unit on *Past, Present and Future*.

Kindergarten are enjoying discovering a different celebration each week ranging from ANZAC TO World Bee Day.

All classes are covering Future Focus and scientific concepts with Mrs Wong in their lesson every week.

The Library is a fantastic place to visit at lunch times if you are in Years 3-6 or drop in before or after school. You will find a quiet spot even with all the activities that are offered to our students.

Mrs Drummond

## Technology Report

### New iPad Pro



The new iPad Pro is another model of the iPad from the Apple Company. It has officially been announced that it will be released by May 21st this year. This new iPad features the breakthrough M1 chip, ultra-fast 5G and a stunning 12.9 inch XDR display. The M1 chip has the fastest single



## May Birthdays

Alira	1st	Sherry	17th
Natasha	4th	Nathan	20th
Nickole	4th	Stella	20th
Kieran	7th	Abbie	21st
Brando	7th	Fergus	22nd
Prashidda	8th	Charlie	22nd
Michael	9th	Aerin	23rd
Lucas	10th	May Ying	23rd
Chauncey	13th	Danica	23rd
Sam	13th	Nicholas	23rd
Dean	14th	Olivia	24th
Nahoma	14th	Moyun	24th
Ryan	16th	Nadine	25th
Sebastian	16th	Diya	25th
Elliot	17th	Michael	26th
Bowen	17th	Lyra	26th



## Word of the Week

### CAVIL

**Word Group:** Verb

**Pronunciation:** ka-v-il

**Definition:** to make petty or unnecessary objections

**Synonyms:** complain, carp, whine, bleat

**Antonyms:** articulate, clarify



**Sentence:** The picky little child would constantly cavil about eating his vegetables.

**Etymology:** mid-16th century: from

French caviller, from Latin cavillari, from cavilla 'mockery'.

By Alice and Imogen



## Jokes of the Week

I will never forget my grandpa's last words, they were: "are you still holding the ladder?"

What do pre-teen ducks hate?  
Voice quacks

I could not figure out why the baseball kept getting bigger, then it hit me.



performance of any chip and the multi-core isn't too far off from some of the Apple desktops. The Liquid Retina XDR display brings the spectacular performance of the Pro Display XDR to the 12.9 inch iPad Pro.

With a cutting-edge design that uses over 10,000 LED lights across the entire back of the display and a phenomenal 1-million-to 1 contrast ratio. It has a 50 percent faster CPU performance and 40% faster graphics than the previous iPad Pro. It has an ultra-wide camera with a centre stage all and it displays a 122 degree field of view. The new iPad Pro has a price from \$1649 all the way to \$3299, so it is a little bit expensive but it is an all-round great product and worth the price. We give it a rating of 4.5 stars.

By Jack and Sameer

## Sport Report

### National Rugby Premiership



With the NRL Magic Round kicking off, The Panthers lead all the teams by keeping their 9 game winning streak going. In recent week 9, they smashed the sharks by a landslide with 48 to 0. With Ryan Sutton playing against the Newcastle knights, he injured his elbow and Joseph Tapine injured his knee playing for the Canberra Raiders. 11 Sin Bins happened during the round and 3 players were sent off.

## Gardening News

It has been raining lately so the plants do not need to be watered since they have been thriving during wet weather. Everyone is welcomed to pick fruits, vegetables and herbs.

Some of the plants have been soaked from the wet weather with all the rain so be careful when you water them when your teacher tells you to do so.

Since it has been raining there might be some furry

caterpillars trotting around near the vegetables so be careful when you are feeling the plants and watering them!

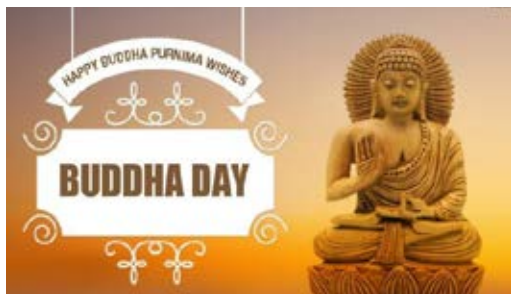
There are many different types of plants growing in the vegetable garden and the fruit garden as well. We hope you all enjoy planting vegetables, herbs and fruits!!



Happy Gardening Everybody!!

## Culture of the Week

### Buddhism



Celebrated this year on the 16th of May, a festive and religious celebration occurs, this is Vesak! Vesak, also widely known as Buddha Jayanti, Buddha Purnima and Buddha Day is an especially religious holiday that is celebrated by people of Hindu and Buddhist faith.

The holiday of Vesak celebrates the birthday of Buddha, and is also a time of reflecting his teachings and what it means to be Buddhist. People tend to also meditate, observe the eight precepts, and bathe a Buddha statue. This is done as a sign of purification and rebirth and also the purgation of our sins. During this festive holiday, lanterns are released into the starry sky at night, and drift off into the distance.

Vesak is usually celebrated in temples or shrines and is extremely common in the countries India, Korea, and Thailand. Because of this a great variety of food is eaten during his time. These scrumptious meals are eaten usually with a group of people (the family) and includes Potato and Egg Rendang, Miso Udon Soup, Vegetarian Burgers, Mixed Vegetable Crumble, and etc.

Vesak is a very special celebration for many Buddhist people, it is also a very beautiful celebration. The dim lights of the lanterns illuminating the sky is a wonderful view and a great way for Buddhist people to show respect and love to Buddha.

By Renata and Jessica

## SRC Report



Greetings parents, students and carers. We hoped that everyone had a great time at the Walkathon. We thank everyone for asking parents, carers, grandparents and siblings for sponsors and contributing towards our \$10,000 goal, another suggestion is for a handball competition the second one we're having, and the SRC are working on this so stay tuned.

Thank You!

By Ziggy, Ali, Ada

## Recipe of the Week

### Sausage Rolls

#### Ingredients

- $\frac{3}{4}$  cup flour
- 62 grams butter
- 1 tablespoon of cold water
- 226 grams sausage meat



#### How to make

1. Preheat the oven to 233\*
2. Put  $\frac{3}{4}$  cup of flour into a bowl with a pinch of salt
3. Add 62 grams of butter, cut into small cubed pieces
4. With your fingers mix the flour with the butter until like wet sand texture
5. When it feels like sand add 1 tablespoons of cold water
6. Then mix around with a table knife and then mix with your hand until you can lift it out in a lump
7. Sprinkle a little flour on a piece of baking paper and place the lump of dough on it
8. Roll with a rolling pin. Keep turning the dough and forming it into an oblong shape
9. Cut the dough in half and roll into a strip of approximately 10cm by 30cm.
10. Sprinkle some flour over the sausage meat, take half and shape it into a roll that fits down the middle of the dough
11. Wet the edges of the pastry with water and fold into a roll and neatly press together.
12. Cut the roll into 5cm lengths
13. Spread a sheet of baking paper on a baking tray then place the rolls onto the baking tray.
14. Bake in oven for 10 to 15 minutes or until golden brown.

Enjoy your sausage rolls

By Jack and Vaibav





Dear Advice Box,

I feel so bored at school. My teacher is great and the lessons are fun but I still find it hard to concentrate and keep on task. I keep getting in trouble because I get so distracted when I talk to my friends around me. I talk to my friends when I'm not supposed to, but I just can't help it! I just don't understand how everybody else stay focused. It's just too hard!

From Paityn

Dear Paityn,

We all understand what that feeling! Sometimes we might just want to chat and have a laugh with our friends, or vice versa. However, it is important that we concentrate during class and talk when it's our turn. Imagine how hard it is when a student or teacher is trying to talk, but everyone is joking around and not paying attention. If you always get distracted and keep talking, try sitting away from your friends during class. Remember, you never know what lesson may lead you to success!

From The Advice Box





Ashfield  
Public School  
P&C

## P&C News Room

### P&C Trivia Night!

**Lock the 14th of August** in your calendars!  
Portia Turbo is coming to Ashfield Public School P&C Trivia Night!

Get ready for an adults-only night of trivia, fun, food, drinks, prizes, silent auction and more! Start talking to all your friends and organising who's going to be on your team of eight. Don't have a team? No problem, individuals/couples are encouraged to come along too and will be allocated to a table/team. The night will be held at **Ashfield Boys High School** and more details, including how to book will be coming. All funds raised from the evening will go towards cooling the school – in particular Block B, which consistently reaches temperatures of 30-35+ degrees during summer and remains stifling hot overnight. This will be done through window tinting, removing the felt from the walls, air-con (when sufficient funds have been raised) and other techniques.



[www.ashfieldpandc.com.au](http://www.ashfieldpandc.com.au)




@AshfieldPandC



Ashfield Public School P&C



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ASHFIELD PUBLIC SCHOOL  
PARENTS AND CITIZENS  
ASSOCIATION PRESENTS

# TRIVIA NIGHT

HOSTED BY PORTIA TURBO  
**14TH AUG 2021**  
**7PM / ASHFIELD BOYS HIGH SCHOOL**  
HELP US  
COOL THE SCHOOL

## 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: \$6.00

**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, Egg or Ham: **\$1.00**

Chicken Drumstick or Veggie Burger Patty: **\$2.50**

### Badalya Chicken Salad Bowl: \$6.00

Asian inspired chicken salad with crunchy greens

### Soup of the week: \$5.00

Served with a warm wholemeal roll

### TOASTIES: From \$2.00

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



Menu developed in conjunction with The School Food Project.

## IS HEALTHY FOOD



**WE'RE  
COVID  
SAFE**

### MONDAY MUNCHIES

#### Homemade Pizza

Half: \$3.50 | whole pizza: \$7.00

- Margherita
- Ham

### TEMPTING TUESDAY

Sushi: \$4 | Soy Sauce: .20c

- Inari - Pack of 2
- Teriyaki Chicken
- Teriyaki Chicken with Avo
- Teriyaki Chicken with Cucumber
- Tuna
- 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

Homemade Beef Cottage Pie: \$6.00

### THANKFUL THURSDAY

Quesadillas: \$6.00

- Beef
- Chicken
- Veggie

Baked Potatoes: \$6.00

- Beef
- Chicken
- Veggie

### FANTASTIC FRIDAY

Home cooked Pasta: \$6.00

- Bolognese with grated parmesan cheese
- Napolitana Sauce and grated parmesan cheese

**Gluten Free / Dairy Free options  
available for all meal options**

**ALL CHICKEN IS HALAL**



### SNACKS

- Fresh Fruit salad cups: **\$1.50**
- Apple Slinky: **\$1.50**
- Fresh or Frozen Watermelon Wedges: **\$1.00**
- Frozen Orange wedges (2 wedges): **.50c**
- Veggie Sticks: **\$1.00**
- Veggie Sticks Dip cup with Hummus: **\$1.50**
- 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: **\$1.50**
- Anzac biscuits: **.50c**
- Bliss Bomb - Raw, melt in your mouth balls of dates, coconut and coco: **.50c**
- Crackers: **8 for .70c or 16 for \$1.00**
- Cheese: **8 slices for .70c or 16 for \$1.00**
- Cheese slices with 8 crackers: **\$1.00**
- Honey Soy Chicken Drumstick: **\$2.50**

### DRINKS

- Warm Cocoa & Milk: **\$3.00**
- Bottled Water: **\$2.00**



Orders must be placed in person at the canteen OR online at [www.quickcliq.com.au](http://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](http://www.quickcliq.com.au) or contact the canteen

For enquiries or feedback, email [badalya@yahoo.com](mailto:badalya@yahoo.com)



# Photos of The Week

## Walkathon

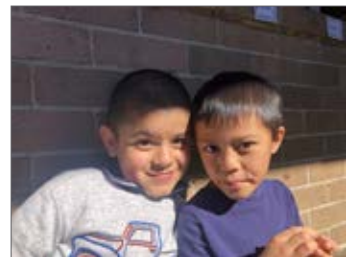














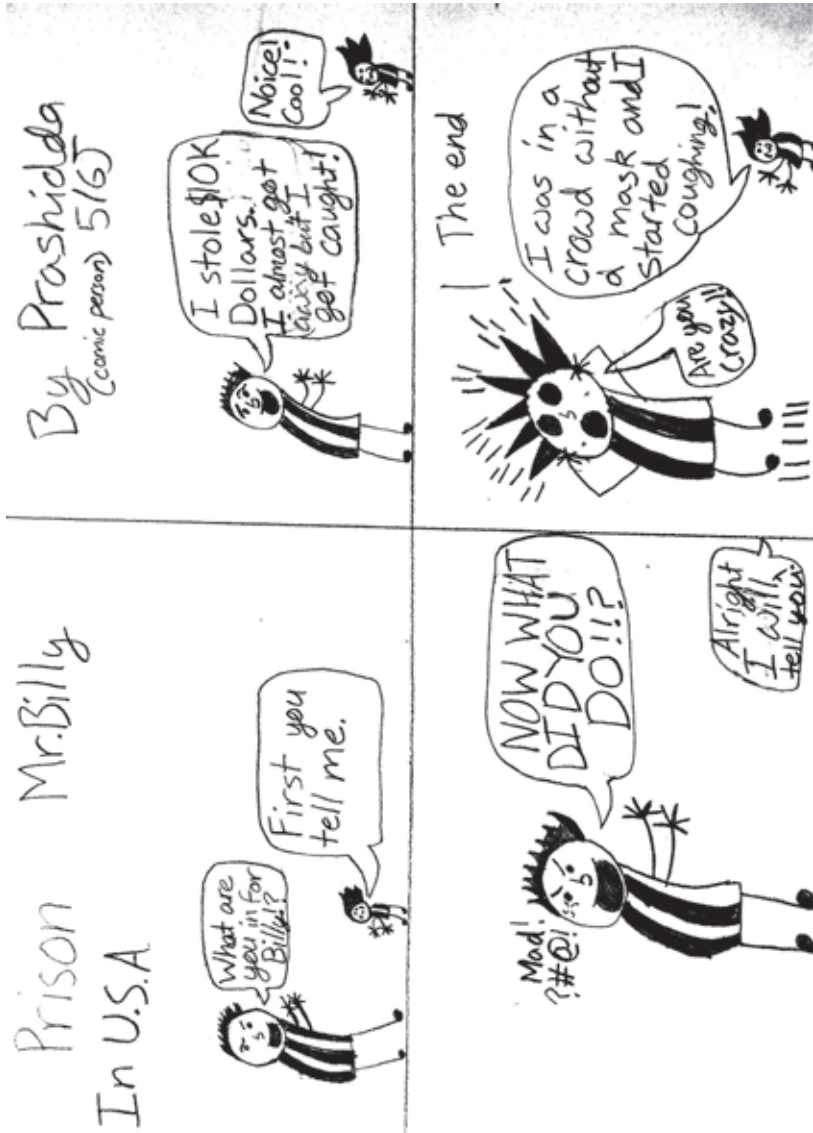






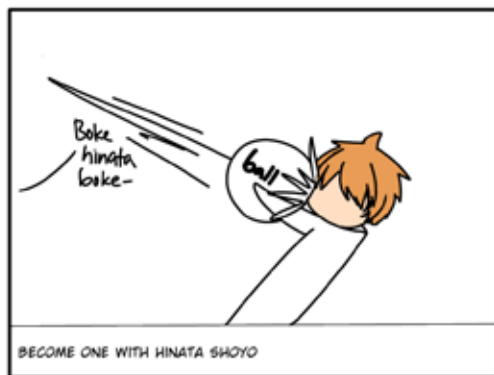
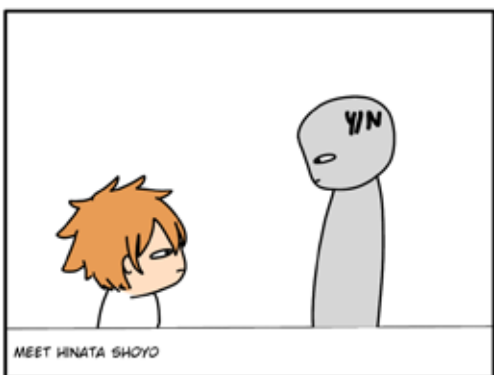
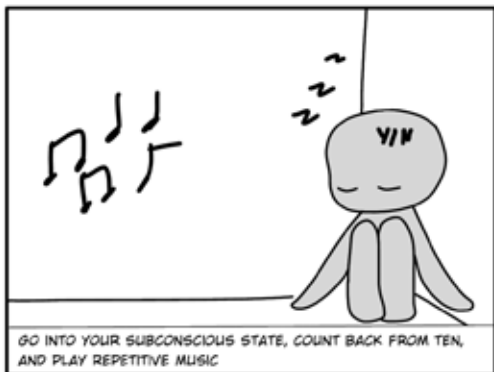


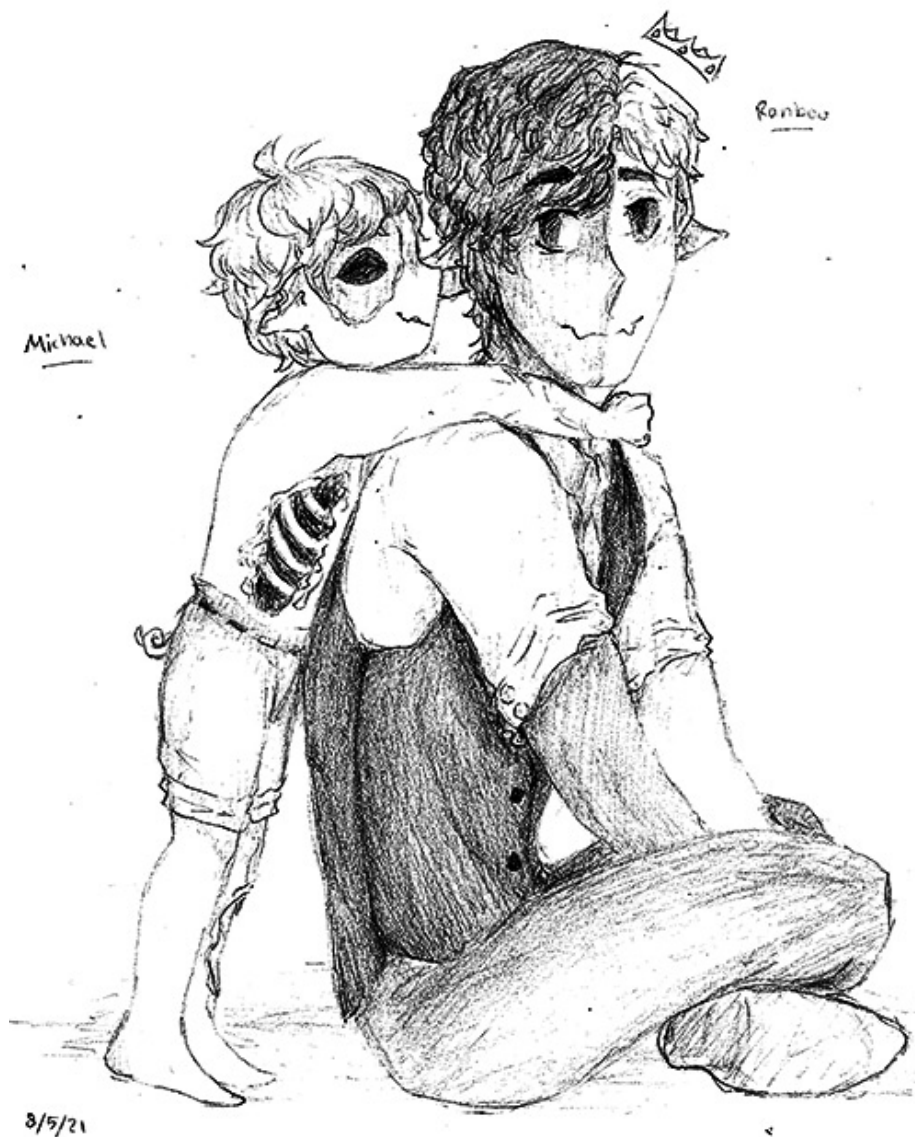
# Student Work



By Prashidda

## HOW TO DO A FACE RECEIVE (TUTORIALN'T)





By Naimah-5/6D



# 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](http://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](http://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](http://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](http://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](http://www.schoolatoz.nsw.edu.au/homework-and-study/mathematics)



## Proudly Supporting Our Local Community

Our Ashfield team have helped members of the community get the justice and compensation they deserve for more than 20 years.

For a no-obligation discussion, drop by our office on Holden St.

We can help with:

- + Motor Vehicle Accidents
- + Workers' Compensation
- + Public Liability Claims
- + ComCare
- + Super/TPD Claims
- + Asbestos Claims
- + Medical Negligence
- + Employment Law

### Slater and Gordon Ashfield

Monday - Friday  
8.30am - 5.30pm  
Ground Floor, 6-8 Holden Street  
Ashfield

 9799 5611

 [slatergordon.com.au](http://slatergordon.com.au)



# HUDSON McHUGH

Proudly Supporting  
The Inner West

9560 2040 | [hmch.com.au](http://hmch.com.au)

# Caring for young eyes

Being able to see clearly is incredibly important to your child's overall development, which is why we take your child's eyesight seriously at Specsavers

Most young children have their eyesight assessed as part of their routine development checks. While these are very important, they aren't as thorough as a complete eye test by an optometrist. Its best for your child to have this more comprehensive assessment by the age of three and again around the age of five (before they start school), so we can identify conditions like squints (turned eye) and amblyopia (lazy eye) earlier and treat them more effectively.

## Testing young eyes:

At Specsavers, children's eye tests are different to adults. We use specially designed charts that allows children to recognise shapes and pictures, or even match letters, rather than the traditional charts that you might be familiar with. This means that we can test children's eyes even if they are unable to read.



**Specsavers**

Specsavers Ashfield  
Ashfield Mall  
(Level 4, near Woolworths)  
Tel 9011 6988





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

# 40 Grains

YOUR LOCAL THAI FEAST

DINE IN  
MENU

CHEF'S  
JOSH  
SPECIALS

TAKEAWAY  
MENU



TAKEAWAY & HOME DELIVERY ONLY

SHOP 2/11-13 LACKEY STREET,  
SUMMER HILL NSW 2031

PHONE

02 8054 7888

/

0468 649 888

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eat@40grains.com.au

# Triple E initiatives 2021

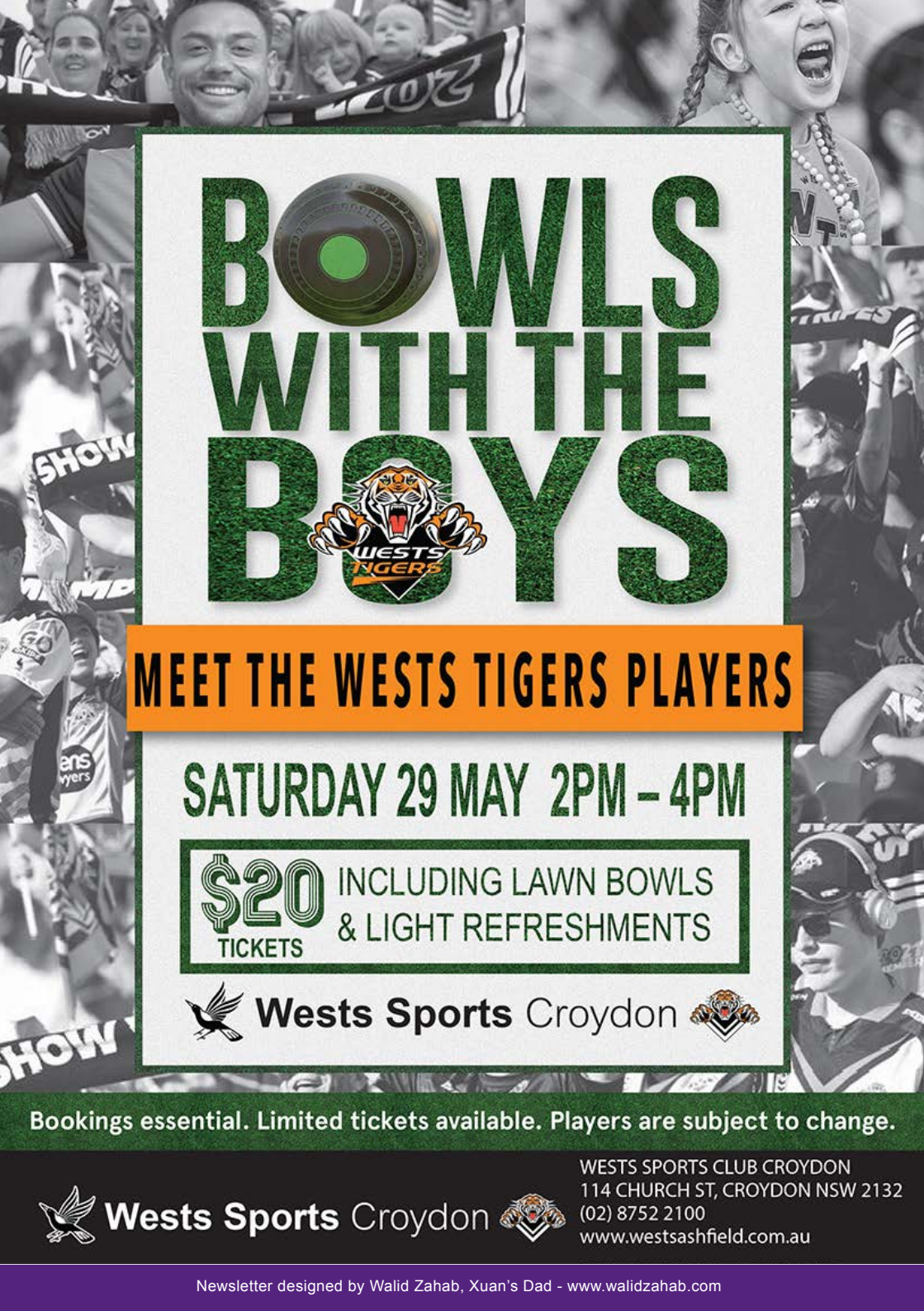
(Engagement, Enrichment & Extension)

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		SCHOOL
		Senior Recorder	Xara Perrin-Murphy	SCHOOL
Tuesday	3pm to 4pm	Ukulele	Anni Chi	SCHOOL
	8am – 1pm	Music Tuition	Laura Caloia	0416 614 821
	8am – 8:45am	Typing	Georgie Balmain	SCHOOL
		Chess	Adrian Miranda	9745 1170
	1:40pm – 2:10pm	Junior Drama	Shirley Peshos	SCHOOL
		Robotics (K-2)	Georgie Balmain	
		Robotics (3-4)	Sara Origlio	
		Operation Art	Liz Howard	
	3pm – 4pm	Timetables Club	Denise TeAwa	SCHOOL
		Robotics (5-6)	Christine Kassabian	
	3pm – 4:30pm	Dance Class	Sandra Malone	0419 483 108
	8am – 6pm	Music Tuition	Laura Caloia	0416 614 821
Wednesday	8am – 8:45am	Computer Coding	Marivic Murray	SCHOOL
	1:35pm – 2:10pm	Stage One Recorder	Mee York Wong	
		Debating	Rebecca Melia	
		Senior Choir	Xara Perrin-Murphy	
	3pm – 3:45pm	School Band	Ben Hingley	0413 428 474
	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	String Ensemble	Julian Monasterio	0466 691 732
	8am – 8:45am	Lego Club	Luisa Leonardi	SCHOOL
		Training Band	Ben Hingley	0413 428 474
	8am – 9am	Typing Class	Georgie Balmain	SCHOOL
	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	Praneeti Cyril	SCHOOL
	3pm – 4:15pm	Art Class Years K-2	Michelle Menzer	
	3pm – 4:30pm	Homework Club	Joan Drummond	
Friday	7:30am – 8:30am	Volleyball	Harry Squires	0420 892 414
	8am – 8:45am	Spellodrome	Sara Origlio	SCHOOL
	7am – 2pm	Private Music Tuition	Laura Caloia	0416 614 821



## 10 Wellbeing Choices





# BOWLS WITH THE BOYS



**MEET THE WESTS TIGERS PLAYERS**

**SATURDAY 29 MAY 2PM - 4PM**

**\$20**  
TICKETS

INCLUDING LAWN BOWLS  
& LIGHT REFRESHMENTS



**Wests Sports** Croydon



**Bookings essential. Limited tickets available. Players are subject to change.**



**Wests Sports** Croydon



WESTS SPORTS CLUB CROYDON  
114 CHURCH ST, CROYDON NSW 2132  
(02) 8752 2100  
[www.westsashfield.com.au](http://www.westsashfield.com.au)