

34 Trinity Drive

Cambridge Gardens NSW 2747

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7 November 2023

Principal's Report

What a great two weeks we have had at Cambridge Gardens Public School!

Kindness

It is always important that we remember to be kind. As the year comes to a close, we have been reminding our students to treat each other with kindness. In doing this, we have been discussing what it feels like when others are kind to us, and what it feels like when we are kind to others. I would also encourage our community to remember to treat each other and the school with kindness, which includes interactions via phone or email. This ensures that we continue positive relationships between the school and our families in order to support the success of our students.

Superhero Theme Fundraiser

What an amazing superhero spectacular! We were blown

away and incredibly touched by the kindness and generosity on display. We were very thankful of the local businesses that donated to the day to ensure the success. We received donations from Krispy Kreme Penrith, Coles at Cambridge Gardens, Winmalee Quality Meats and Finer Things Deli and Butchery Blaxland. The community raised over \$2900 for the Adams-Bennett family who are very grateful to have the support of the school and community behind them. I couldn't be prouder of the efforts of our teachers particularly Mrs Patrick, Miss Vella and Mr Bale, for their hard work in organising the day. Events like this always remind us that the heart of the community starts at school.

Click on photo to enlarge:





P and C AGM

Unfortunately, the P and C will not be running their annual AGM tonight but will still be running their normal November meeting in the staffroom at 7pm. The details regarding the AGM will be sent out shortly.

Staffing

We wanted to inform you that there will be a temporary change in the teaching arrangements for Pompeii Class for a short period. Mrs Patrick will be taking leave commencing from

Thursday 9th November and will return on Tuesday 5th December. During Mrs Patrick's absence, we are fortunate that Mrs Antonelli, one of our Assistant Principals, will be stepping in to teach the class. She will continue to supervise Kindergarten during this time.

Have a wonderful two weeks!

Shanan Wood Relieving Principal

Current Notes

Please follow the links to all current notes and please note their closing date. Please ensure you put your child's full name and class name on all notes.

Event

Date

Closing Date

Reading Eggs 2023 - for all students

Click here to download the Reading Eggs Note

Mathletics 2023-for all students

Click here to download the Mathletics Note

General Voluntary Contributions

Click here to download the Voluntary Contribution Note

Please note:

For any above Excursion/Incursion Notes attached, ALL Notes must be returned by the return date of the note for the purpose of Risk Management, confirming numbers with Venues/Performers and payments received.

Online Payments cannot be made after the return date of the note. Only Cash will be accepted after the return date, as long as the note has been returned on time.

REFUNDS are not possible after the return/closing date as all above Excursions/Incursions are priced and planned to include all students.

Kindergarten 2024 Enrolments



Kindergarten Students for 2024

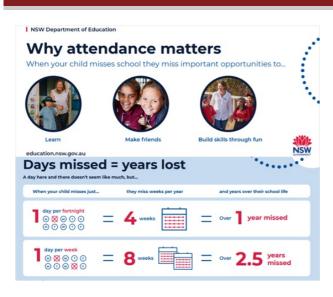
This is a reminder that the orientation for all students beginning in Kindergarten 2024 will be held on Friday 17th November starting at 10:30. Parents and students are invited to attend. This session will be an insightful look into meeting and greeting various staff members, familiarising the students with various learning and play spaces within our school and allowing students and parents to meet the families of the Kindergarten 2024 cohort.

Looking forward to a successful and fun orientation.

Rose Antonelli

Kindergarten Assistant Principal

Attendance Matters









Julie Cheetham

Gardening Club Coordinator

Kindergarten News

On Thursday 16th November from 9:30am, the Kindergarten classes will have their last Open Classroom for the year. All parents and various family members are invited to attend and assist their child with some Art and writing activities during this session. The support shown from all families with our Open Classrooms has been wonderful and your interaction and exposure to your child's education shows them that education is valued and supported.

Thank you Parents.

Rose Antonelli Kindergarten Assistant Principal

Gardening Club News

After the weeding, the planting and all the watering, we are finally eating our lovely fresh beans! Some children ate them raw and compared the taste of the yellow butter beans with the green beans. Others took them home to be cooked for dinner. Lots of fun!

Stage 1 Fun!

Last Tuesday 31 st October, we had an absolute blast during our Stage 1 Open Classrooms. It was fantastic to witness so many smiling faces, including mums, dads, grandparents, aunties, uncles, friends and neighbours, all gathered to celebrate the incredible learning journey taking place in our Year 1 and Year 2 classes. The origami boats were a big hit and it was fantastic to see the children's (and parents!) enthusiasm and creativity shine. These open classrooms are such a wonderful opportunity for us to showcase the incredible progress and dedication of our students.

In addition to the exciting activities, we are committed to reinforcing our school expectations with our

students. We continue to emphasise the importance of being a safe, respectful, proud learner and the significance of keeping our hands, feet and mouths to ourselves. Kindness is at the heart of what we do and we strive to embody that every day. We encourage you to engage in conversations with your children about these expectations to reinforce our shared values and create a respectful and inclusive learning environment. Our joint effort helps us provide the best possible educational experience for our students.

We are looking forward to a fantastic couple of weeks in Stage 1!

Click on photo to enlarge:





Alanna Vella Relieving Assistant Principal - Stage 1

Superhero Spectacular Fundraiser

Our recent Superhero Spectacular was a day filled with joy and unity and we couldn't be prouder of the generous spirit of those within our school community. The sight of everyone dressed up as their favourite superheroes was a true delight and our students' enthusiasm and creativity shone brightly! Your generosity was equally impressive as you selflessly donated towards the Adams-Bennett family in support of Thomas.



Our sausage sizzles and cakes were flying off the shelves and our talented face painters transformed our kids into mini superheroes, all contributing towards our fundraising efforts. Thanks to your unwavering support, we raised just under \$3000 for the Adams-Bennett family. Your contributions will go a long way in making a positive impact in their lives. We want to extend our heartfelt gratitude to every member of our community who played a part in this success. A special shoutout goes to our dedicated staff members who tirelessly offered their time and efforts to ensure the day's success.

We would also like to express our deepest thanks to some local businesses who generously contributed to our cause: Coles Cambridge Gardens, Krispy Kreme Penrith, Finer Meats Blaxland, Winmalee Butcher and J&T Bakery Cambridge Park. Your support made a significant difference and we are thankful for your partnership.

Together we have proven once again that our school community is a force for creating positive change. Thank you for being part of this incredible journey.

Click on photo to enlarge:





Official Opening of The Trinity Drive Reserve Playspace

On Tuesday 24th October the School Leaders and the School Representative students attended the official opening of the Trinity Drive Reserve, Junior and Mixed Recreation Playspace. In attendance at this formal ceremony were the Honourable Paul Scully, the Minister for Planning and Public Spaces, the Member for Penrith Karen McKeown OAM MP and various Council representatives and local community advocates of the park.

The students learnt that the advocate to initiate the building of the park was an ex-student of Cambridge Gardens Public School, Brock Jurd. Brock when in year 6 at our school, had a vision of a spectacular play space at the rear of our school which the whole community could utilise. With the help of his neighbour, Bob petitioned to the community and council to transform this community space into the wonderful play area that exists now for all Cambridge Gardens children and teenagers to utilise.

It was very touching after hearing Brock's story to witness him and Bob cut the ribbon and officially open the mixed recreation playspace. The students were encouraged by Karen McKeown to utilise their vision and voice in the future to help community projects come to fruition.

The Trinity Drive Reserve Playspace is a wonderful asset to the local community and will be utilised by many generations today and in the future.

Click on photo to enlarge:





Smiling Mind: Savouring

Another practise way to mindfulness is through the act of 'savouring'. There have been studies around positive psychology of savouring experiences. ability exercising our 'savour', we can slow down and pay full attention to different experiences.



Here are some ways you can practise the act of 'savouring' at home:

- Listen to the guided meditation "Exploring Tastes" on the free Smiling Mind App! The narrator will talk you through the exercise (you will need a small piece of chocolate).
- Have a mindful meal or snack! Eat a meal or snack slowly and try to activate all 5 senses while doing so.
 Write down 5 things you noticed while eating mindfully.

Gemma Barbagallo
Smiling Mind Group Coordinator

<mark>Nut</mark>rition Snippet

SANDWICH FILLING IDEAS

Are the kids getting sick of the same old sandwich fillings? Look no further!





Use leftovers from dinner to make a delicious sandwich or wrap filling such as:

- Salmon pattie and salad sandwich
- · Falafel, hummus and tabouli wrap
- <u>Bolognaise</u> roll

Check out more super sandwich filling ideas.

healthylunchbox.com.au



Cancer Council Healthy Lunch Box

Nutrition Snippet

VEGIE AND PEPITA MUFFINS

VEGIE/AIND I EI II/AI-IOI I II



Prep time: 15 mins Cooking time: 25 mins Ingredients

- 1 cup pumpkin, cut into 1cm dice 1 zucchini, grated & liquid squeezed out 3 spring onions, finely sliced 1 cup baby spinach leaves, chopped
- 1 cup reduced-fat milk

2 eggs

- 1/2 cup sunflower oil
- 1 cup wholemeal flour
- 1 cup plain flour 2 tsp baking powder 2 tbsp pumpkin seeds
- ethod Salt & pepp

Step 1: Preheat oven to 180°C. Line a muffin tray with muffin cases.

Step 2: Place pumpkin in a microwave-safe bowl, cover with water and cook in the microwave for 3 minutes or until slightly softened. Drain and mash.

Step 3: Add the zucchini, spring onions and spinach to the pumpkin and mix.

<u>Step 4:</u> Lightly beat together theeggs, milk and oil and pour over the vegetables. Season with a pinch of salt and pepper.

<u>Step 5:</u> Sift the flours and baking powder over the top and stir until just combined.

 $\underline{Step~6};~Spoon~the~mixture~into~the~muffin~cases~and~sprinkle~with~pumpkin~seeds.~Bake~for~25~minutes~or~until~cooked~through~and~golden.$

healthylunchbox.com.au



P&C News

P&C NEWSLETTER

As you may be aware, our P&C annual general meeting (AGM) is coming up, date TBA. We are looking for new members to join our team. We need people who are passionate about their child's education and are keen to work with the school, and other members of the P&C, to help plan for and support learning and lend a hand to plan for and run P&C events. An added bonus is the opportunity to help choose (and run) the fundraising activities P&C host during the school year.

7:00pm November General Meeting 7.00pm in the staff room.



AGM - TBA

A BIG THANK YOU TO EVERYONE WHO DID FUNDRASING FOR THE BIG SHOW. PRIZES HAVE NOW BEEN ORDERED. ONCE THEY ARRIVE TO SCHOOL THEY WILL BE HANDED OUT TO THE WIDS



PAYMENTS BEFORE THE AGM CAN BE MADE TO: CAMBRIDGE GARDENS P&C BSB 062 589 ACC 00908028

THERE WILL BE A UNIFORM POP UP SHOP ON FRIDAY 10TH NOVEMBER AT 8.45



Contact Us

P&C are more than happy to discuss matters pertaining to the P&C. Please get in touch via Facebook or email cambridgegardenspublicschoolpandcaffiliate.org.au and we will get back to you as soon as possible. For all matters pertaining to school business, please discuss with the school via telephone or direct message on Facebook.

Katy

On behalf of the P&C

Canteen - Kids Pantry Canteens



SIPS oured Milk \$3.00

- Juice \$2.00
 Juice Bomb \$3.00
 Milo \$2.50
 Up & Go \$3.00
- · Smoothie \$2.50 · Water \$2.00

NIBBLIES

Cheese Snack \$2.50
Chocolate Mousse \$1.50
 Custard Cup \$1.50

Chips \$2.50 • Fruit Salad \$2.00 Fruit Salda \$2.00
 Fruit Snacks \$1.00
 Grazing Platter \$5.00
 Hash Brown \$1.50

· Ham & Cheese Pocket \$2.00 Jelly Cup \$0.50 Muffin \$0.50 • Pikelets \$0.50

• Popcorn \$2.00 Vegetable Sticks \$1.50
 Whole Fruit \$2.00 · Yoghurt Pouch \$1.50

CONNECT

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HOT BITES
Beef Pie \$4,00
Chiese Breast Nuggets (6) \$4.50
Chicken Burger \$5.00
Chicken Wings & Rice \$5.00
Chicken Chiesen Wings & Rice \$5.00

· Chicken Quesadilla \$5.00

 Garlic Bread \$1.50 (V)
 Hamburger \$5.00
 Hot Dog \$5.00 Lasagne \$5.00
 Nachos \$5.00

Noodles \$4.00 (V) Mac 'n' Cheese \$5.00
 Penne Bolognese \$5.00
 Potato Gems \$2.50 (V) Sausage Roll \$4.00 Spring Rolls (3) \$3.50 Sauce \$0.50 Cutlery \$0.50

P 1 Z Z A
Tomato OR BBQ base
Garlic and Cheese \$3.50
Hawaiian \$4.50
Margarita \$5.50 (V) Meat Lovers \$5.00 Pepperoni \$5.00 Supreme \$5.00

SANDWICHES & WRAPS

Toosted odd 50c

* Assorted Spreads \$2.50 (V)

* Cheese \$3.00 (V)

Chicken, Lettuce and Mayo
\$5.00

• Egg, Lettuce and Mayo

\$4.00 (V)

*Ham, Cheese & Tomato
\$4.00

*Salad \$4.00 (V) Sweet Chilli Chicken \$5.00 Add Chicken \$2.50

SALADS

Garden Salad \$4.00
 Caesar Salad \$5.00
 Greek Salad \$5.00
 Add Chicken \$2.00
 Dressing \$0.50

FROZEN

BITES
Frozen Juice Cup
\$2.00 (V)
Ice Mony \$2.00 (V)
Moosie \$2.00

· Quelch Stick \$1.20 (V)

Smoothie Bite \$0.50 (V)
Snap Stix \$2.00 (V)
wisted Frozen Yoghurt \$2.50 Vanilla Ice Cream Cup \$2.00 (V)





OUR SCHOOL TUCKSHOP IS NOW ONLINE!

Download the free app or access www.myschoolconnect.com.au



I. REGISTER YOUR ACCOUNT

Register on any device, simply login to www.myschoolconnect.com.au and click on "Create Account", follow the prompts to add your email and password.

2. ADD YOUR STUDENT

And make sure that you select your school and classroom details.





3. SELECT "TOP UP"

To add money to your account via Credit Card or Paypal, you can choose Direct Deposit but allow 3-5 working days to process prior to ordering. You can also pay as you go, simply skip the pop up screen for adding funds and start ordering.



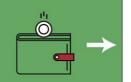
4. ORDER

To start ordering lunches simply select your Student and click "Buy Now", and you can order for the day, week. It's that simple!

5. CHECKOUT

Once you have completed your order, view your order summary in the "cart" and proceed to "checkout". Select your preferred form of payment and submit, all orders are confirmed via email.





NOTE ON PAID ORDERS

Note that only paid orders will be sent to your canteen, not those still sitting in your cart. To start ordering lunches simply select your Student and click "Buy Now", and you can order for the day, week. It's that simple!





My School Connect has a 7 day a week Support Line, contact 1300 030 915

Camp Australia







Activities

coming up

R Your OSHC. ROCKETEERS

Cambridge Gardens Public School A message from your Coordinator

03/11/2023

Make a booking

Mairaj & OSHC Team

Register free and book in 24/7 via our app

To attend our program, you must register your child. You can register an account with us at po_campaustralis_com.au or by downloading our Camp, Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.







Uniforms - Back to Basics

Go4Fun Programs

UNIFORMS BACK TO SCHOOL 2024





SHOP INSTORE OR ONLINE

Monday to Friday - 8:00AM to 4:30PM Saturday - 9:00AM to 12:00PM

Our stores will be closed from December 21st 2023 and will reopen on January 3RD 2024

JANUARY TRADING HOURS 2024

Monday to Friday - 8:00AM to 5:00PM (Closed Australia Day - Friday 26TH of January)

Saturdays	SAT	SAT	SAT	27 TH
9AM - 3PM	6 TH	13 TH	20 TH	
Sundays	SUN	SUN	SUN 21 ST	SUN
10AM - 1PM	7 TH	14 TH		28 TH

BACK TO BASICS SCHOOLWEAR

52 Cox Ave Kingswood 2747 Ph: (02) 4721 7422

basics@backtobasicsschoolwear.com.au - www.cowanlewis.com.au COWAN & LEWIS PTY LTD ABN 76 000 412 779

Go4Fun is coming to Penrith Term 4, 2023

Starts 12 October 2023 | Thursdays | 4:30pm to 6:30pm Nepean Aquatic Centre



Healthy active happy kids

Go4Fun is a free 10 week healthy lifestyle program for 7-13 year old children and their families to become fitter, healthier and happier!

To check your eligibility and register: visit, go4fun.com.au or call 1800 780 900





NSW Department of Education - School Infrastructure

Cambridge Gardens Public School upgrade

Project update | October 2023

Investing in our schools

As part of the NSW Government's plan to rebuild essential services, the 2023-24 Budget is delivering a record \$3.5 billion for new and upgraded schools in Western Sydney. This targeted investment in growing communities will ensure working familiase get access to a world class public education.

The 2023-24 Budget committed funding to progress with an upgrade to Cambridge Gardens Public School.

Cambridge Gardens Public School upgrade

These funds will help Cambridge Gardens Public School by delivering new and upgraded facilities, including upgraded playground surfacing, a basketball court and student restroom facilities.

The selection of surfacing will depend on the individual site and its needs. All new playground surfacing will comply with current Australian Standards.

Early planning has begun.

How can I get involved?

We are committed to working together with our school communities and stakeholders to deliver the best learning facilities for students. As the project progresses from the planning phase, we will share details with the community for feedback.

A dedicated project page has been published on the School Infrastructure NSW website, which is updated as the project progresses. You can also contact us via our community information line and email using the details below.

Want to know more about how we build and upgrade schools?

To learn more about School infrastructure NSW, and how we deliver new and upgraded schools, simply scan the QR Code, or visit edu.nsw.link/SchoolShowcase.



School Infrastructure NSW
Email: schoolinfrastructure@det.nsw.edu.au
Phone: 1300 482 651
www.schoolinfrastructure.nsw.gov.au





Gateway Family Services - Term 4 2023

Gateway Family Services Term 4, 2023 Parenting Programs Summary



Program	Date & Time	Location	Registration
Cool Little Kids Cool Little Kids is a 6 week program that gives parents skills to help their child manage and overcome anxiety.	Every Friday 27th Oct—1st Dec 10:00am—11:30am	Tanderra OOSH 14 Raymond Road SPRINGWOOD	Ph: 4720 6500 OR Email groups@gatewayfamily services.org.au
Circle of Security Learn how to be a strong, wiser & kinder parent with your kids. Suitable for parents of 0-12 year old.	Every Monday 23rd Oct—4th Dec 10:00am—12:00pm * Childcare available - must register *	Nepean Multicultural Access Building 1, 29 Swanston Street ST MARYS	Ph: 4720 6500 OR Email groups@gatewayfamily services.org.au
Tuning in to Teens—ONLINE Tuning in To Teens is a 6 week program that supports you to help your adolescent develop emotional intelligence.	Every Monday 23rd Oct—27th Nov 6:30pm—8:30pm	Online via ZOOM	Ph: 4720 6500 OR Email groups@gatewayfamily services.org.au

www.gatewayfamilyservices.org.au or www.facebook.com/GatewayFS

Gateway Family Services parenting programs are funded by DSS and DCJ.
way works collaboratively with community partners to bring parent groups to com
St Marys to Blackheath.

Gateway encourages, supports & respects diversity in families & comm





Cool Little Kids Program

6 week parenting program - FREE to register



Cool Little Kids is a 6 week program that gives parents skills to help their child manage and overcome anxiety.

If you have a 3-6 year old child with excessive shyness, anxiety or fears, this program will equip you with skills to help support them.

The program will cover:

- Understanding anxiety and shyness
- · Causes and risk factors for anxiety
- · How to respond to your child's anxiety · Skills and strategies to deal with fear
- Dealing with setbacks and difficulties
- Maintaining resilience long term



Help your child manage anxiety, excessive shyness and fears



REGISTER NOW



Register at 4720 6500 or groups@gatewayfamilyservices.org.au





We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.





Circle of Security Parenting

7 week parenting program - FREE to register



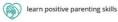
Circle of Security Parenting helps parents develop secure relationships and stronger bonds with their children.

The Circle of Security course helps parents and carers of children aged 0-12 years learn:

- How to help your child feel more confident and secure
- How to help your child manage their emotional responses
- · How to better understand your child's



build stronger parent/child bonds





promote secure attachments

VENUE:

Nepean Multicultural Access Building 1, 29 Swanston Street, St Marys





Register at 4720 6500 or groups@gatewayfamilyservices.org.au





We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people



Missing File - Tuning into Teens Parenting Program Flyer

2023

2023

Date	Event Description
06.11.2023	Stage 3 Overnight Excursion – Leaving 06.11.2023 and return 09.11.2023
09.11.2023	Schools Spectacular Choir Rehearsal – Departing at 7am at Penrith Station & returning approximately at 4:30pm Penrith Station
09.11.2023	Stage 3 Overnight Excursion – students return keep updated on the School Facebook page for arrival time.
10.11.2023	Principal's Assembly Term 4 Week 5 – 9:30am enter via Gate A, held in Area 4 on the Artificial Grassed Area. All are welcome to attend.
13.11.2023	Schools Spectacular Dance Rehearsal – Departing at 7am at Penrith Station & returning approximately at 4:31pm Penrith Station
15.11.2023	Year 6 Fun Day
16.11.2023	Open Classrooms Kindergarten – 9:30am to 11am
17.11.2023	Years 3-6 Assembly – Hosted by Class Neolithic in the hall at 9:30am
21.11.2023	Schools Spectacular Dance Rehearsal – Departing at 7am at Penrith Station & returning approximately at 4:31pm Penrith Station
22.11.2023	Schools Spectacular Choir Rehearsal – Departing at 7am at Penrith Station & returning approximately at 4:30pm Penrith Station
23.11.2023	Schools Spectacular Choir & Dance Dress Rehearsal – TBC
27.11.2023	Open Classrooms Stage 3 – 9:30am to 11am
28.11.2023	Cambridge Gardens In-School Chess Tournament
28.11.2023	Aboriginal and Torres Strait Islander PLP Presentation Afternoon – 3:30pm to 4:30pm
29.11.2023	2024 Student Leadership Speeches Assembly – 9:30am to 11am
01.12.2023	Award Booklets Due for the final Principal's Assembly for 2023. Booklets are to be given to class teachers to add to the recipient list.
01.12.2023	Years K-2 Assembly – Hosted by Class Waterloo in the hall at 9:30am

06.12.2023

Christmas Picnic

08.12.2023	Final Principal's Assembly for 2023 - 9:30am enter via Gate A, held in Area 4 on the Artificial Grassed Area. All are welcome to attend.
11.12.2023	Year 6 Farewell – Penrith Panthers Leagues Club 5pm to 8:30pm
12.12.2023	Christmas Coin Day Count Off-Dress Up – P & C
13.12.2023	Presentation Day – 9:45am to 11:45am
15.12.2023	Last Day of Term 4 – Students only
18.12.2023	Staff Development Day – Staff only
19.12.2023	Staff Development Day – Staff only

Date	Event Description
30.01.2024	Staff Development Day – Staff only
31.01.2024	Staff Development Day – Staff only
01.02.2024	School commences Term 1 – Yrs 1-6 Students & Staff