Dates for Your Diary

- **4 and 5 February** – Tea and Tissues outside the school hall
- **5 February** – Recorder program commences student in Yrs 1-4
- **8 February** – Swimming Carnival Yr 2 (8yrs) all Yrs 3 - 6
- **13 February** – P & C meeting 7pm in the school Library
- **20 February** – Meet the Teacher night
- **8 March** – Welcome to CPPS disco
- **13 March** – P & C meeting 7pm in the school Library

From the Principal’s Desk

**All at CPPS value respect, responsibility, caring, fairness and cooperation.**

**Dear Parents and Carers**

**Welcome Back**

A very warm welcome back to Croydon Park Public School for 2013 and a big happy new year to all!!!!! I hope you enjoyed a wonderful holiday break doing those things you enjoy, shared with family and friends. A special welcome to all our new families, especially parents of our Kindergarten children, many of whom are experiencing school life with their first child at school. Our P&C will be welcoming families with delicious homemade treats, “tea and tissues” and shared words of wisdom with our first time parents next Monday and Tuesday morning after they drop off their little one. All parents are most welcome to join in the community spirit, come along and provide support to our new families.

**Changes**

2013 will see a number of changes to school routines and programs implemented. This decision was made in order to fully maximise valuable learning time for students. As a result, the 2 hour morning session before recess each day will be dedicated to literacy and numeracy activities only. This will affect activities such as scripture, recorder and PE classes that were traditionally held in the morning. These classes have been rescheduled to a time later in the day.

**Classes**

We have begun the year with fifteen classes. These classes however, are temporary. Permanent classes will be confirmed when we have confirmed all enrolments and numbers of students. Should the need arise to alter classes; I will try to make as few changes as possible. You will be informed beforehand should changes affect your child. If you have any concerns please don’t hesitate to contact me. In saying this we are very close to forming a sixteenth class and so I will keep you informed should this occur.

**2013 Student Leaders**

Congratulations to our newly elected leadership team; Keanu, Georgia, Claire, Casey, Evie, Niamh, Zahra and Feauini. We look forward to their many contributions to school life throughout the year.
From the Principal’s Desk

Staffing
Congratulations to Mr Grennan who was successful in obtaining the classroom teacher position left vacant as a result of Mrs Thomas’ appointment as Assistant Principal at CPPS at the end of last year. Many thanks to the selection panel Mrs Denise Broadhead, Ms Nicole Cunningham, Mr Costello who, along with myself ensured the right person was chosen for the job.

We welcome Ms Hyde and Ms Bain to the CPPS community. Ms Hyde transferred to CPPS from Blaxcell Street Public School and joins us in a permanent capacity. Ms Bain has been employed in a temporary capacity for the 2013 school year. Both are excellent teachers and have much to give the students of CPPS. I trust you will join staff in welcoming them both to our community.

We also welcome Ms Maclaurin to CPPS who is our new school counselor. Ms Maclaurin will be at CPPS every Thursday and for half a day every second Friday (even weeks).

Band, Violin and Recorder Program
Commencing week 2 Ms Crossley will be joining the CPPS community, teaching recorder to all students in Yrs 1-4 classes. The program will run weekly on Tuesday and Wednesdays after recess and consists of a 30 minute lesson. A bulk order of recorders will be made & families will be able to purchase a recorder from the school. A notice outlining costs will be distributed to families asap.

I am very pleased to announce that Mrs Isaac (Miss Arnold) will be taking over the school band program. Mrs Isaac, who has a wealth of expertise in music and the arts will bring a new and fresh perspective to our band program. An expression of interest to join the school band will also be distributed to primary students very soon.

Violin classes will commence next Wednesday with Mr Avila. Parents who are keen for their child to join the program should contact Ms Cheryl in the office.

Safety Audit (repeat)
At the end of last year Burwood Council undertook a road safety audit of Seymour Street and Beresford Avenue, Croydon Park. The inspections were undertaken on 20 and 26 November at 9:00am and 3:00pm.

A report was provided to the school with recommendations for council and community (parents) action. Burwood Council will be taking measures to improve signage as well as road markings and the pedestrian crossing.

Quite a number of frightening observations, supported by photographic evidence, regarding the behaviour of our community were made. The following is a summary of the observations made by the audit team that directly concern our community.

- Motorists are conducting U-turns and 3 point turns in the vicinity of the school zone, particularly near the Pick Up and Drop Off Zones in Seymour and Beresford Ave causing delays for other motorists.
- Parents are double parking to pick up and drop off students. This poses a safety risk as students are not able to be seen by other motorists as they exit the car.
- Parents are waiting in the Drop Off and Pick up zones longer than the permitted 2 minutes. Cars are also left unattended.
- Parents were observed crossing Beresford Ave with multiple children in peak time traffic and children were entering cars from the wrong side of the car.

This is not the first time I have informed the community about unsafe motorist’s practices that are occurring during peak times at the school. I am concerned that it will take a serious accident to occur before behaviour changes. Let’s start the year off with good practices. Parents I urge you AGAIN to always consider safety over convenience when picking up or dropping off your children.

2013 is certainly going to be an exciting year for all at CPPS, where students are valued and encouraged to try hard to achieve their personal best. I look forward to speaking to many parents out and about at school and at our upcoming swimming carnival on 8 February.

As always, warmest regards
Sandra Angel
School House Names

The school houses were named some years ago after extensive research and community consultation. The four people’s names chosen were of local identities and reflected the history of the local area.

**Pemulwuy** (yellow) – Pemulwuy was an early Aboriginal resistance leader in the area.

**Nelson** (green) – Dorothy Nelson, was from a local family and the first female principal of the school.

**Quong Tart** (red) – Quong Tart emigrated to Australia as a young boy in the mid 1800s. He worked hard to establish successful businesses one of which was in the Queen Victoria Building. He lived locally.

**Downing** (blue) – Helen ‘Nellie’ Downing was the first teacher in the school 1886. She worked with Captain Dart, the first principal.

Canteen News

Welcome back to all Students and Parents, I hope you all had a great holiday and are ready for a great year. In the next couple of days the students will receive this year’s menu there is also a new menu on the school’s website. Just to make mention that Sushi will be available on Wednesday and Friday only.

I will no longer be doing the meal deal combos however I have daily black board specials. If you have any queries in regard to anything on the menu please feel free to come and see me. Looking forward to a great year.

Keep Smiling

Pina
DMS Catering
The Go4Fun Program targets children 7-13 years who are overweight or obese. The program is funded by NSW Health and is FREE for eligible families.

**Background**

The Go4Fun Program is a family based healthy lifestyle program. The program is based on the MEND program, an evidence based multi-disciplinary program which places equal emphasis on (M)ind, (E)xercise and (N)utrition and combines this with the ability to motivate parents and children to (D)o It! The program includes family involvement, practical education in nutrition, increasing physical activity and behaviour change.

**Results**

Published peer reviewed research in the UK reports that participation in the MEND program is associated with significant reductions in adiposity as well as improvements in indicators of cardiovascular health and psychological well-being. Waist circumference reduced by 4.1cm and BMI reduced by 1.2kg/m² at 6 months post intervention in the intervention group compared to the control group (Sacher et al, 2010)

**Who is eligible for the Program?**

- Children aged 7-13 years
- Overweight and obese (BMI > 85th percentile)
- Who are otherwise well (with no co-morbidities); and
- Have a parent or carer able to attend all program sessions

**Program outline**

- 2 x 2 hour group sessions each week over 10 weeks
- Measurements are taken pre and post program (weight, height, BMI, waist circumference, step test & questionnaires on nutrition, self esteem and physical activity)

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<td>Education on nutrition or mind</td>
<td>Exercise (land or water based)</td>
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<td><strong>Parents &amp; Carers</strong></td>
<td>Education on nutrition or mind (with children)</td>
<td>Discussion on nutrition or mind</td>
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**Where**

The program is held in community venues (eg. Schools, leisure centres, community centres) after school. The Go4Fun Program is being run in multiple Local Government Areas across Sydney and South Western Sydney Local Health Districts.

**How do families register?**

To register families simply need to call **1800 780 900**. They will check the child’s eligibility and register the family for the program. They can also register online at [www.mendcentral.org](http://www.mendcentral.org)

*Co-operation – Pride – Success*