From the Principal’s Desk...

Last week Years 3 and 5 students participated in NAPLAN, a national assessment of literacy and numeracy skills. This “snap shot on a day” assessment provides parents and the school with some diagnostic information (available towards the end of Term 3) looking at strengths and areas for improvement. It also compares our students to those across the state in terms of results. I was very proud of the way the students and staff approached this important date on the school calendar. In the lead up to the day there was not an over-emphasis on the assessment and the strict protocols were adhered to. A very ethical approach indeed! Of course, as I have stated on many occasions, school is more, much more than the result of effort in NAPLAN. Our activity over the last few weeks (some elaborated upon below) is testament to that.

As part of the Compass Program, our Year 3 students went on an excursion to Sydney University. They had a tour of the university grounds and buildings. Many students felt the Great Hall resembled Hogwarts! Following the tour, students participated in a variety of activities which reflected the various areas of study that can be undertaken at university. It was wonderful to hear that student behaviour was excellent and that everyone had a fantastic time. This Friday there will be a “Phase 3” follow up visit at the school by Compass personnel for the Year 3 students. We value the Compass Social Inclusion Program enormously and are very fortunate that our students have these opportunities. A big thank you must be extended to all teachers involved for the organisation and supervision on the day.

I attended the District Cross Country Carnival held on Tuesday at Padstow North PS on a beautiful Autumn Day and was lucky enough to be able to present certificates to a few of our age race “place-getters”. I would like to congratulate all our Cross Country participants not only for their participation but also for their sportsmanship and excellent behaviour. Another “thank you” to the teachers who escorted the students and also the many parents who were there to cheer our squad on.

This Friday our Debaters will have their first debate for the year. They will be debating students from Narwee PS in A Block Hall. Mrs Cameron and Miss Glover are coaching the students this year in what is fast becoming an embedded program at Panania PS. Wonderful opportunities indeed.

Our Season 1 PSSA teams will be playing in the finals on Friday. We would like to wish the netball and rugby league teams involved in the finals good luck and, above all, a good game. Season 2 PSSA trials will be held next week on Thursday, 29 May and Friday, 30 May with 2 staff members involved in the selection of each team. Please read the Sport Report section of Chatterbox for more detail.

As well as additional activities that make our curriculum so rich, we highlight and participate in broader community events. This connects our school to the wider community and highlights for our students that we need to be looking outward to support others and to improve our experiences. Three recent events are Walk Safely to School Day (held this Friday), Crunch&Sip (now a K-6 program) and attendance at the Sydney Writer’s Festival event at the Riverside Theatre in Parramatta. Please read information on these initiatives later in Chatterbox. Finally, we are trialling “eating with our classes” this term. Our aims for this are many and varied. We want to reduce the amount of litter in the school and the lost lunch boxes as well as capitalise on the Crunch&Sip program in relation to supporting healthy choices for lunch. I know from experience that teachers can influence healthy choices for lunch boxes and support those parents who have very fussy eaters. Class discussions about “what is in my lunch box” encourage students to take more notice and perhaps to try different foods.

With my best wishes

Sandra Palmer.

Congratulations to the following students who have received Gold Awards at Assembly:

Meghan Battams (4M), Mariah Papacharalambous (5TS).

Writing Awards...

Congratulations to:

- Isabelle Smee 3SH for a well written narrative about the theme “Found”.
- Jack Cassar 2D for creating an original and informative text reflecting upon his own Anzac Day Ceremony experience.

Writing samples can be viewed on the Writer’s Wall of Fame near the School Office.
Students of the Week…

Term 2 Week 2

Congratulations to:

KH: Cameron Kuhn
KAS: Ellen Walsh
1G: Daniel Strezovski
1M: Sera Beattie
1H: Max Tarrant
2E: Alexander Bruno
2D: Liam Wells
2WB: Cali Lynch
3R: Ryan Klem
3SH: Olivia Kington
4A: Dylan Cutting
4M: Emily Wells
5S: Kristen Lazarevski, Cate Janssen
5TS: Erin Davis
5/6P: Ryan Wasilewski
6C: Mikayla Kuhn
6M: Shania Summers

Term 2 Week 3

Congratulations to:

KM: Jayden Clonaris
KH: Ella Whitham
KAS: Kiana Gisby
1G: Bree Whitehall
1M: Sienna Janceska
1H: Chloe Bruckner
2E: Isabella Clonaris
2D: William Hofmann
2WB: Alexia Baltimas
3R: Caleb Divan
3SH: Emily Wedgwood
4A: Charlotte Kieler
4M: Ziad Ayad
5S: Nour Zakki
5TS: Eireann Hobbert
5/6P: Sarah Barbey
6C: Joelle Forest-Jones
6M: Max Giardina

Pre-service Teachers…

This term Panania Public School is again welcoming pre-service teachers who will be visiting and working with our staff. Mrs Grace Evans, from Swinburne University is working with Mrs Rowland on 3R for a total of four weeks. Mrs Sawsan Nassou, from Curtin University is working with Ms Morris on 4M for three weeks, and Miss Daniella Knezevic is with Miss Parkes on 5/6P for all of Term Two.

During the last two weeks of Term Two and the first two weeks of Term Three, Mrs Rowland will also be working with Miss Jo Morris from University of New England. Please help to make these students feel welcome in our school.

Mrs K Ernsteins,
Practicum Teacher Co ordinator.

Canteen…

We have some new items that are now available!
Fried Rice $3.20
Potato Bake $3.20
Ovaleenies $0.80

Corn cobs $0.70 are back for winter too!
Price increases effective as at June 1, 2014.

Mrs K Ryder,
Canteen Manager.

Health Matters…

What is Asthma?

Asthma is a condition that affects the airways. Children with asthma have sensitive airways which react to certain triggers, causing them to have asthma symptoms. Common symptoms include coughing, wheezing, shortness of breath, tightness in the chest and a persistent cough, especially at night, early in the morning, or with exercise or activity.

How is Asthma Treated?

To treat children with asthma, a doctor will prescribe medications such as relievers and preventers. Relievers like Bricanyl and Ventolin are fast acting inhaled medications that give quick relief of asthma symptoms. They relax the muscle around the outside of the airway, opening it up. All children with asthma should carry a reliever puffer. Some children also need to take a preventer medication to get their asthma under control. These need to be taken at home every day to reduce symptoms and asthma attacks.

What is an Asthma Action Plan?

All children with asthma should have an Asthma Action Plan. It is a written set of instructions prepared with their doctor or nurse that helps to recognise when their asthma is getting worse, and what to do about it.

What is Asthma First Aid?

The 4x4 First Aid Plan is information for anyone about how to respond to an asthma attack. It is safe for adults and children. You can view the Asthma First Aid poster by going to the Asthma Foundation NSW’s website http://www.asthmaaustralia.org.au

The School Office has copies of the Asthma Action Plan that we use at school for your doctor to fill in. A copy of the Asthma Action Plan must then be given to the school.

Mrs M Murphy,
Assistant Principal.
Crunch&Sip....

K-2 students have been involved in this program following teacher attendance at professional learning in 2013 and the arrival of a new member of staff who was keen to implement it.

The SRC Executive met with me last week and discussed taking this initiative across the school. Of course I was in agreement with this important health initiative and so the next step is up to you and your children.

We are committed to improving children’s health through education and by supporting the Department of Health’s Crunch&Sip initiative.

Crunch&Sip is a set break for students to eat fruit or salad vegetables and drink water in the classroom.

We invite you to support your child to participate in Crunch&Sip by providing a clean water bottle to sit on the desk and a piece of fruit or vegetable each day for Crunch&Sip.

Research has shown that drinking water and eating fruit and vegetables is essential for good health and can help concentration throughout the day.

More information on Crunch&Sip is available at www.crunchandsip.com.au

Class Showcase...

This year our class “Showcasing” activity will not be a part of the paper Chatterbox that goes home. It will be uploaded to our website and will allow for more diversity in what the classes showcase for you. We encourage you to access the website regularly. It is available at: http://www.panania-p.schools.nsw.edu.au

This edition 5S are Showcasing.
Check the website for their work on recent class activities.
Our thanks to 5S, Miss Simpson and Miss Archibald for this “Showcase.”

What foods are allowed in the classroom?

**Fruit:**
- all fresh fruit (eg whole fruits, chopped melon etc)

**Vegetables:**
- all fresh vegetables (eg. Celery, carrot sticks, broccoli bits etc)

**Water:**
- only plain water

What foods are not allowed in the classroom?

**Drinks:**
- drinks other than plain water are not permitted
- all other drinks (including waters with added vitamins, minerals, or carbonates)
- fruit or vegetable juices or fruit juice drink
- fruit cordial or mineral waters

All other foods are not permitted including:
- fruit products (eg. Fruit leather, fruit roll-ups, fruit metres or similar)
- fruit jams or jellies
- fruit pies or cakes
- fruit canned in syrup or with artificial sweeteners
- canned or processed vegetables
- vegetable or potato crisps, hot potato chips, olives
- vegetable pastries (pies, pasties, sausage rolls)
- baked vegetable breads
- vegetable cakes, fritters, quiches or similar
- popcorn
Sport Report
Cross Country...

Panania conducted its annual Cross-Country Carnival on Tuesday, 6 May. Students from all grades participated in races with the students from Kindergarten completing a shorter course and the students from Year 3 to Year 6 completing the harder two lap course of the school.

The weather was fantastic and everyone had a great afternoon both competing and spectating. The carnival was a very close event; on the day Mars was the winning house on 135 points. Following very closely in second was Saturn on 130 and then Venus followed very closely by Jupiter.

Below are the top 6 results for the carnival. Students who finished in the top six were able to compete at the East Hills District Cross Country Carnival. A big thanks to the students, parents and friends who assisted with the pack up and clean up after the carnival.

9 Years Boys
Liam Nolan
Oliver Brodie
Owen Forest-Jones
Jarrod Vangent
Connor Tarrant
Noah Burke

10 Years Boys
Daniel Walsh
Beau Collins
Luke Hallowes
Jack Gallagher
Tommy Frangos
Kane Rowlings

11 Years Boys
Brayden Morris
Jack Wedgwood
Alex Stengos
Benjamin Wedgwood
Ben Gallagher
Jason Parmaxidis

Open Boys
Connor Perez
Max Simpson
Kade McWilliams
William Webber
Dane Loutsos

9 Years Girls
Larissa Kuhn
Kayla Whitehall
Bella Smith
Emily Wedgwood
Nicolette Manetas
Grace Janssen

10 Years Girls
Tahlia Gow
Louisa Gargoura
Chanelle Arfanis
Eireann Hobbert
Cate Janssen
Roha Tipene

11 Years Girls
Emily Parmaxidis
Janaia Donovan
Mikayla Kuhn
Hannah Bunyon
Bonnie Padron
Ashley Petersen

Open Girls
Renae Edmunds
Samantha Battams
Maria Kiourkas
Angela Kiourkas
Jessica Swibel
Danelle Moon

District Cross Country...

The East Hills District Cross Carnival was held at Padstow North Public School on Tuesday, 20 May where students competed against ten primary schools in our district. All competitors made a fantastic effort on the day, both on and off the field with great support from family and friends.

As always the Picnic Point and Panania teams were very competitive with Picnic Point winning the carnival by 9 points from Panania. Every single member of the team made a fantastic effort, with every competitor finishing their event and contributing to Panania taking second place on the day. In addition to this fantastic result Panania won the Percentage Shield for this year’s Carnival.

In addition to the students who finished in the top 6 at the school carnival we would also like to thank the following reserves. Kiana Donovan, Kya Garvey and Shania Summers for replacing runners who were unable to compete at the carnival.

Students who finish in the top eight are eligible to represent East Hills at the Sydney South West Cross-Country Carnival to be held at Hurlstone Agricultural High School on Thursday, 12 June. We wish them the best of luck.

8/9 Years Boys
3rd Liam Nolan
4th Owen Forest-Jones
5th Oliver Brodie

8/9 Years Girls
6th Kayla Whitehall

10 Years Boys
2nd Daniel Walsh
6th Luke Hallowes

10 Years Girls
9th Tahlia Gow

11 Years Boys
2nd Brayden Morris
4th Jack Wedgwood

11 Years Girls
1st Emily Parmaxidis
4th Hannah Bunyon

Open Boys
5th Connor Perez
7th Max Simpson

Open Girls
1st Samantha Battams
3rd Renae Edmunds
5th Maria Kiourkas
6th Danelle Moon
7th Angela Kiourkas

Congratulations to the entire team! Well done!

Mr B Dodd & Mr S Beattie
Cross Country Coordinators.
PSSA Selection...

There will be two trials for Season 2 PSSA team selection. They will be held next week on **Thursday, 29 May** and **Friday, 30 May**. As per our Sporting Selection Policy, these are the only two opportunities available for team selection and there will be two teachers supporting the selection of each sport team. Season 2 PSSA Sports are:

- Basketball (Mrs Cameron supported by Mrs Rowland)
- Boys Football (Mr Dodd)
- Girls Football (Miss Simpson)
- Tennis (Mrs Apostolovski).

Please support us as we use our professional judgement to select teams. There are limited spaces and many students wanting to be involved. As I mentioned last year, the rules of logic will mean that many more students will not make a particular team than make it. As hard as it may sound...that is life. **Team selection will be a joint teacher decision and will be final.**

We have an excellent School Sport Program for students who do not go to PSSA. Please note also that students do not have to be competent tennis players to try out for Tennis. We do not play against other schools for this sport. It is purely an extra option for our students to develop skills in another sport.

Sandra Palmer,
(For all teachers involved in team selection).

Sydney Writer’s Festival...

On Monday, 19 May some students in Stage 3 and late Stage 2 went to the Sydney Writer’s Festival at Riverside Theatre Parramatta.

At the Writer’s Festival we met Felice Arena, Cornelia Funke, Ursula Dubosarsky and Steven Herrick. They are all authors. There was one illustrator, Andrew Joyner who was one of the best drawers I have ever seen. We went into the theatre and PPS was right at the back so we could see well.

Ursula and Andrew work together so they came onto the stage and read their book “There Are Too Many Elephants in This House”.

All of the authors told us how they became an author or illustrator and what kind of books they like to write. Cornelia Funke likes to write about knights and ghosts. Felice Arena likes to write about sports. Steven Herrick is a poet so he was very funny. He was the best there all day. He cracked the whole crowd up and we nearly fell off our chairs with laughter.

If you’re in Year 5 next year you would love to go and see different authors. It will be the best time of your life. Written by **Sarah Swibel 5TS**

Other students from 5TS’s thoughts about the Writer’s Festival:

I personally thought it was amazing and I recommend going there any day. You’ll love it. It’s for children and adults. **Declan Whitley**

The day was funny and exciting and if I get the chance to go again I would definitely go. **Luke Wedgewood**

It was a FANTASTIC day and if you’re in Year 4 and might be going next year I think you will love it as much as I did. **Tannaya Coombes**

It was great fun. If you didn’t go this year I would definitely recommend that you go next year. **Jacalia Fenton**

Overall, I loved going. I would go again for sure and I will recommend this to all my friends. So if you get a chance to go don’t turn it down because it was so much fun for me and I guarantee you will feel the same about it. **Erin Davis**

Near the end of the day we got some autographs but sadly we had to leave. This was a great experience. I would recommend this for Year 5. **Charlotte Wells**

I really thought that the Sydney Writers’ Festival was a memory that I will never forget as it was really fun and entertaining. It is a great experience. **Brooke Xuereb**

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National Simultaneous Storytime is an important annual campaign that aims to encourage more young Australians to read and enjoy books. Now in its 14th successful year it is a colourful, vibrant, fun event that aims to promote the value of reading and literacy using an Australian children's book that explores age appropriate themes, and addresses key learning areas of the National Curriculum.

Too Many Elephants in This House written by Ursula Dubosarsky and illustrated by Andrew Joyner was the book chosen for this year’s event. Once again Panania will be participating in this event and all the classes will be reading this book together on the day as another way of encouraging and valuing reading as an enjoyable recreational activity.

If you would like more information about this event you can visit their website [https://www.alia.org.au/nss](https://www.alia.org.au/nss).

Mr S Beattie, Coordinator.
National Walk Safely to School Day...

Walk Safely to School Day (WSTSD) is an annual, national event where all Primary School children are encouraged to walk and commute safely to school. It is a community event seeking to promote Road Safety, Health, Public Transport and the Environment.

Panania Public School will be participating in this event on Friday, 23 May.

Following are some safe school travel tips for parents and carers:

- use a pedestrian crossing where possible; and
- children aged up to 10 years old should always hold an adult’s hand when crossing the road or walking near traffic.

A free app is available to track your walk on the day. This can be downloaded from the Apple store (iphone) or Google Play store (androids). Simply search WSTSD to download.

Miss S Glover and Miss S Heness, Coordinators.

Value of the Fortnight Participation

Please support us at home by having discussions with your child/children about what ‘Participation’ means at home, at school and in the community.

Rule of the Fortnight

The rule we are focusing on for Term 2, Weeks 4 & 5 is: Be Safe

You can support us at home by having discussions with your child/children about what “Being Safe” means and what this rule means in different settings.

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