Dear Parents,

Firstly I’d like to begin this newsletter by thanking all of the members of the Prairievale PS for their patience and understanding during the start of this year. It is always a busy time and we are happy to finally be able to commence our Community Language, Library and Support programs this week.

Lots of terrific things happening again at Prairievale PS. Keep up to date on our website: http://www.prairieval-p.schools.nsw.edu.au/

Or download the skoolbag app from itunes or google playstore - just search “Prairievale Public School”

Parent Teacher Interviews

This year we will be holding our parent teacher interviews in Term 1 again. We believe that this will allow teachers and parents to discuss student progress much earlier in the year, and allow us to form better partnerships in your child’s learning. Notes will be sent home in the next few weeks.

(Note: Reports will still be completed in Term 2).

Next P&C meeting and AGM

Wednesday 9th March 2016 at 2pm
Congratulations
We are happy to announce that Mrs Karavellas and her husband welcomed a new baby girl into their family. Elleni was born just before Christmas and is healthy and very beautiful! We look forward to when she comes to visit us at school very soon.

Also congratulations to Mrs Noonan and her husband who are expecting their first baby in May. Mrs Noonan will take leave from Term 2.

Student Safety
Thank you to all students and parents who have been avoiding the car park when coming to and leaving school. This is especially important with our new Kindergarten students as little people are often difficult to see when cars are reversing and we want to keep all children as safe as possible here at school.

Please remember that any parents wishing to enter the school between 9:30am and 2:30pm should come to the front office for a visitors sticker. Any parent wishing to drop off hats, jackets or lunches can leave them with Mrs Culmone at the office and she will ensure that it gets delivered to your child. Please do not go directly to the classrooms. This is a child protection issue.

Uniform
We would like to remind parents that students are expected to wear correct school uniform (including shoes, socks and hats) every day. Uniforms can be ordered in the front office and will be ready for collection within 2 days. The office also has sample uniforms for sizing.

Swimming Carnival
Last week, we held our Annual Swimming Carnival at Prairiewood Leisure Centre. It was a fantastic day! Thanks go out to all of the students who participated in swimming and novelty events. There was a great amount of sportsmanship and it was terrific to see so many students having a go. It was also great to see so many parents coming out to support us on the day, and thank you to the teachers for their hard work including Mrs Noonan, Mrs Pham, Mrs Naim and Mrs Allum and their team for their organisation, and Mrs Davis and Mrs Lawrence who were our terrific lifeguards. We couldn’t have had such a great day without you. I have included photos of the day later in this newsletter.
Parent Helper Workshop

This year there are new requirements for any volunteers working with children. If you are thinking about volunteering this year at school (such as a classroom helper, with the P&C, at sport, or dance groups) you will need to attend a meeting this Monday 22 February at 9am in the library.

Have a good couple of weeks,

Nikki Perrin - Principal

---

Water is the best drink for anyone who is thirsty. Water is a good choice as it does not have any added sugar.

In Australia, water is safe to drink straight from the tap or boiled if you prefer. In most areas, tap water contains fluoride, which helps children to develop strong teeth.

**Tips to help your child to drink more water**
- Take a refillable bottle of water when you go out.
- Put a bottle of water in with your child's lunch.
- Keep cold water in the fridge at home.
- Give your child a water bottle when they play sport.
- Serve water for everyone with the family meal.
- Show your child that you enjoy drinking water.

**The facts about fruit juice**
- Fruit juice is high in natural sugar and can contain added sugar too.
- Eating a piece of fruit is much better than having a glass of juice.
- Children do not need any fruit juice at all.
- ½ cup of fruit juice each day is enough for your child, if you choose to provide it.

**Milk is another healthy option**
- Milk helps your child develop strong teeth and bones.
- Children over 2 years of age can drink reduced fat (not skim) milk.
- Reduced fat milk has less fat than full cream milk but still has all the nutrients that young children need.
- Soy milk is suitable if needed. Choose one that is high in added calcium.

---

For more information and ideas on healthy eating and physical activity go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)
Dear Parents

Reading is one of the most important skills your child will learn at school. Like all skills, reading gets better with practice. Prairievale Public School library has a wide range of books for students to borrow for reading practice, to find information and just enjoy.

Classes visit the library once a week. They choose books that they like to read. Please encourage your child to read at home every day. You can help by reading to them or sharing the reading with them.

Remember to ask questions about the story and why they liked it or did not like it.

Some things to remember:

★ Students are responsible for borrowing and returning books on time and in good condition.
★ Your child is expected to look after the books as they are for everyone to share.
★ Please keep books away from food, drinks and pets.
★ If you damage a book by accident, please return to the library just the way it is.
★ If books are lost, cost to replace may be requested from parents.
★ Students take books home to read for one week. If more time is needed to finish reading, they can re-borrow them.
★ If your family plans to move away from the local area, please make sure all library books are returned to school so other students can enjoy them too.
★ All students must have a library bag to carry and store books. You can get your own bag or buy one from the library for $2.

We hope your child will read and enjoy many books as they improve their reading skills whilst attending Prairievale Public School.

Happy reading!

Mrs Rajapakse
Teacher Librarian
Swimming Carnival
<table>
<thead>
<tr>
<th>PRAIRIEVALE PS UNIFORM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What is everyday uniform</strong></td>
</tr>
</tbody>
</table>
| Yellow short sleeved polo with school logo  
  (Girls and Boys) | Plain yellow or blue polo shirts |
| Yellow long sleeved *polos*  
  (Girls and Boys) | Yellow skivvies under short sleeved shirts  
  other long sleeved shirts of any colour |
| Navy blue skort  
  (Girls) | Shorts or Netball skirts |
| Plain Navy blue shorts  
  (Boys) | Cargo shorts (with many pockets) |
| Plain black joggers or school shoes  
  (Girls and Boys) | White or coloured shoes or joggers |
| White Socks  
  (Girls and Boys) | Any other coloured socks or socks that cannot be seen under the shoes  
  Sports socks with logos |
| Dark blue stockings  
  Note: socks do not need to be worn if wearing stockings  
  (Girls) | Any other coloured stockings |
| Summer dress  
  May be worn with dark blue stockings  
  (Girls) | Bike tights or long pants under the dress. |
| Dark blue trousers/slacks  
  Straight leg with side pockets  
  (Girls and Boys) | Cargo pants (with many pockets) tights or leggings, track suit pants. |
| Dark blue fleecy top with school logo  
  Zip or Pulllover  
  (parachute jacket with school logo) | Plain blue jumpers or jackets  
  Any other coloured jackets or jumpers |

<table>
<thead>
<tr>
<th><strong>What is sports uniform</strong></th>
<th><strong>What is NOT sports uniform</strong></th>
</tr>
</thead>
</table>
| Blue and gold shirt with school logo  
  (Girls and Boys) | School shirt, plain blue shirt, plain gold shirt |
| Sport shorts with school logo  
  (Girls and Boys) | Plain dark blue shorts or skorts |
| Dark blue fleecy top with school logo  
  (parachute jacket with school logo)  
  (Girls and Boys) | Plain blue jumpers or jackets  
  Any other coloured jackets or jumpers |
| Dark blue plain track suit pants  
  (Girls and Boys) | Tights, patterned track suit pants |
| Joggers  
  (Girls and Boys) | School shoes |
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 18</td>
<td>Parent information session - Speech</td>
</tr>
<tr>
<td>Monday 22</td>
<td>Parent Helper Workshop @ 9am</td>
</tr>
<tr>
<td>Tuesday 23</td>
<td>School Photos</td>
</tr>
</tbody>
</table>

**March**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 4</td>
<td>Clean up Prairievale Day</td>
</tr>
<tr>
<td>Thursday 17</td>
<td>Stage 3 Incursion</td>
</tr>
<tr>
<td>Thursday 24</td>
<td>Easter Hat Parade</td>
</tr>
</tbody>
</table>

**April**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 8</td>
<td>Last day of Term 1</td>
</tr>
<tr>
<td>Wednesday 27</td>
<td>First day back for Term 2</td>
</tr>
<tr>
<td></td>
<td>ANZAC service</td>
</tr>
</tbody>
</table>