

Ilford Public School

Ilford Insights

Term 3, Week 9

Principal's Message



Spring as definitely sprung. It was nice to have some warm weather upon us the past few weeks.

Our 150th is nearly here. So many people have put hours and hours of work into ensuring the day is a success and I'm sure it will be.

With this our last newsletter before the holidays I wish everyone an enjoyable break. As always, if you are travelling, travel safe.

Principal

Mr Lindsay

Book Week

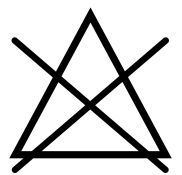


We are holding our Book Week stall on Friday 19th October in the library. Students will have an opportunity to have a look at the stall on Thursday afternoon and write down the title and cost of the books they would like. They will then be called down Tuesday as their names are drawn from a hat. Books range in price from \$3 - \$15.

We will also be having our Book Week Dress Up Parade. Students are to come dressed as their favourite book character.

No Triangles

At the last P&C meeting I spoke about a presentation I watch regarding communication in organisations. The theme of the presentation was No Triangles. What this means is that if we have an issue or a problem with someone we make direct contact with them. We don't talk about the issue behind their back and then have that person we spoke too speak to them, hence causing a communication triangle. Dealing with people directly shows common courtesy and decency. Having honest and civil discussion shows the value of respect and doesn't bring others into your problems. Triangle occur because the individuals lack the courage or confidence to speak directly to other people. By allowing the triangles to occur we acknowledge this gossiping or complaining as acceptable behaviour which ultimately damages friendships and relationships. By implementing No Triangles in an organisation it allows for direct feedback that values honesty and integrity. "As a school we



are good and without triangles we can be better.”

As mentioned, direct conversations creates No Triangles. Unfortunately, we have to be uncomfortable having difficult conversations but we must always keep in mind that the end result will be for the best.

Change takes times and to enable change we must commit to the behaviour of No Communication Triangles.

Ilford School 150th

Our 150th celebrations are quickly looming. We need many volunteers to help out on the day. If you can spare an hour or two to help run the bbq, cake stall or other P & C stalls on the day please let us know.

All students are expected to arrive at school on Saturday by 9.30am dressed in either their costumes or school uniform (depending on their role in the play).

The P & C will be having a raffle at the dinner and are seeking donations from families for the raffle. Any goods or vouchers will be accepted. Please send in donations by Thursday.

P and C

Our next P and C meeting will be held next term, Monday 29th October at 4pm.

The P and C have asked that all payments to them for uniforms, fundraisers etc be paid in cash or preferably direct deposit into their account. Please do not pay by cheque. Account details are below.

Ilford P and C
BSB: 062 763
Ac No:10034537

Assembly

Next terms assemblies will be announced in the first newsletter after the holidays.

Western Athletics Carnival

Last Friday 14th September a small number of our students travelled to Dubbo to compete in the Western Region athletics carnival.

Amelia competed in high jump, Billy in high jump and shot put, Stevie Lee in discus and our relay team made up of Billy, Amelia, Jacob and Joshua also competed on the day.

All of these students are to be commended for their efforts on the day. They gave their all and represented our school with pride.

A big thank you to the parents of these students who transported their children to Dubbo for the day.

Green Day



On Thursday the 13th of September at Green Day we were lucky enough to listen to our guest speaker Craig Reucassel talk about how we can save the planet. Craig is the host of the ABC television show 'War on Waste'. He talked to us about how we can also recycle.

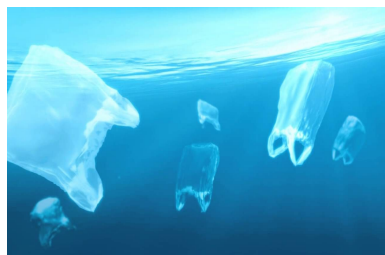
If we want to save our marine animals from dying **we must do something now!!**

All of us can make simple everyday changes to our everyday lives and this will make a huge difference to our marine life. If we choose to do nothing then by **2050 there will be more plastic in the ocean than fish**. Plastic is designed to last forever but we often only use it once and only for an average of 12 minutes. We can all start by recycling properly we can also pack our lunches in containers instead of using Glad Wrap and plastic Sandwich Bags. **START TODAY !!**

1 billion plastic water bottles are bought in Australia every year. and only 20% are recycled.



WHAT ARE YOU DOING TO HELP SAVE THE PLANET?



WE SEE PLASTIC BAGS A TURTLE SEES JELLY FISH



By Matthew and MacAlister

Year 6 - 7 Transition

Mrs Leanne Besant will be the 2019 Year 7 advisor. Below are tentative dates for transition.

Periods 1 & 2 on the Fridays of Weeks 4-7 Term 4
Full day transition on the Friday of Week 8 Term 4.

Once confirmed we'll pass on all the details.

Mudgee Small Schools Eisteddfod

Our Small Schools Eisteddfod will be held on Wednesday 26th September at the Mudgee Town Hall.

Please arrive by 9.15am. It is hoped that the day will conclude by 3pm.

As with all of our out of school activities a level of behaviour is expected on the day. We ask that **all** members of the audience have the respect to not talk during the performances. A lot of rehearsal time has gone in to each and every performance and it is quite distracting for the students when audience members talk during their performance.

We understand that it is a long day for little ones. If your child is unsettled please feel free to take them for a walk. All staff have a run sheet of the day and can give you some idea of when your child's performance is expected to happen so you do not miss it.

All school children are to sit with their school.

Canteen

Our next canteen will be held on Thursday 27 September.

Orders need to be returned by the morning of Monday 24 September.

Salad sandwich (tomato, beetroot, lettuce,
cheese, carrot and cucumber) \$4

Sausage roll \$3

Pop top (apple or apple/blackcurrant) \$2A

Some poems by the 3-6 Class

Shining

Next to the white clouds
of day

A sun light
the darkening sky,
bright

until it fades

By MacAlister

Shining Stream

Under the shining stream
of light

a dolphin
the mercy sea,
soundles

like the ocean

By Dylan

Exercise Class

There will be an exercise class from 3:30 to 4:30 on Tuesday and Thursday afternoons.

Cost is \$8 and children free.

A GAME

Across the lonely sky
of light
a dolphin splashes in
the glistening ocean,
plafull
like a puppy.

By Roxy



Kandos Rylstone Swimming Club would like to invite new and current members to an Information and Registration evening at Kandos Olympic Pool on Wednesday 17th October @ 6pm. DJ Murphy will be in the house along with games and a sausage sizzle. Come and see our new 'WYLAS' timing system and amazing TV display. We are 1 of only 10 clubs worldwide with a system like this. U/7 Dolphins are free to Register as long as they can get themselves 15m. We can help with the rest. You can use your ACTIVE KIDS Voucher with us, you just need to register with Service NSW. Like us on Facebook at Kandos-Rylstone Swimming Club and keep up to date with all that's happening in our club. Come Join the FUN this Season!!! For further details please contact Club Secretary Graham McCouat on 0416032219.

Live Life Well @ School is a whole of school approach to get students 'more active, more often' and focus on healthy eating.



HOW WE LIVE LIFE WELL @ OUR SCHOOL

HEALTHY EATING

Our school is striving towards creating a healthy eating environment by:

- Providing students with opportunity to 'Crunch n Sip' during a fruit, vegetable and water break in class.
- Teaching students about healthy eating in the classroom.



PHYSICAL ACTIVITY

We aim to get our students more active, more often by working towards:

- Students having dedicated time each week for physical activity.
- Students getting active in the playground during recess and lunch.
- Encouraging active travel such as walking, biking or skating.

Live Life Well @ School 

This resource was developed by the Western NSW Local Health District

Go4Fun ONLINE



FREE

Fun program for kids to become fitter, healthier and happier

Help your 7–13 year old child get healthy, active and happy with Go4Fun® Online.

Go4Fun® Online is a free 10 week healthy lifestyle program for children aged 7–13 years who are above a healthy weight, and their families.

Registrations are now open.
Call to find out more about the program, or visit our website.



TO REGISTER: VISIT
www.go4funonline.com.au

SMS 0427 218 523 for a call back
FREE CALL 1800 780 900

www.facebook.com/go4funprogram/



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Dates to Remember

21 September RDO
22 September 150th Celebrations
26 September MSS Eisteddfod
27 September Canteen, Last day of term
28 September RDO
15 October Staff and students return
19 October Book Fair and Parade

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Find us on the Web:

<http://www.ilford-p.schools.nsw.edu.au>

Find us on

