



Maroota Matters

Tuesday, 25 July 2017
Volume 17, Issue 12

Maroota Public School students are

Safe, Respectful, Responsible **Learners**.

This fortnight our focus is on being **learners**. Please join in the discussion with your child on how we can be **learners** in the classroom, in the playground, in the Library, on the equipment, on the basketball court, in the hall, on the oval, in MOOSH and in the Maker Space.

Grandparents Day

We will be hosting our annual Grandparents Day on Tuesday 1st August combined with the Book Character Parade and a visit to the Book Fair.

Program:

9:30-10am	Classroom visits
10-10:40am	Book Character Parade.
10:40- 11:20am	Morning tea and Book Fair (Pulsford Hall)
11:30-12:30pm	STEM (Science, Technology, Engineering & Mathematics) Family Challenge



We are looking forward to sharing our achievements with our families. All students will have the opportunity to tell our guests all about the inspiration for their costumes. Please bring a plate of homemade treats to share for morning tea.

Maroota Public School Spelling Bee

Congratulations to all students who participated in the Maroota Public School Spelling Bee. In consideration of the Spelling Bee results and achievement in class the following students have been selected to compete at the Regional Premier's Spelling Bee. Regional details will be forwarded to schools soon.



Junior: Cristian and Mathew

Senior: Brooke and Charlie

Week 2

Wednesday 26 July

Waste Free Wednesday

Thursday 27/7

- Scripture
- Kindy Court Hawkesbury Gazette

Friday

- Sport
- **NO Tuckshop**
- Small Schools Track Events Day - Kurrajong

Week 3

Monday 31 July

- 9am Flag Raising

Tuesday 1 August

- Grandparents Day
- Book Character Parade
- Book Fair

Wednesday 2 August

Waste Free Wednesday

Thursday 3 August

- Scripture

Friday 4 August

- Tuckshop
- Sport

Maroota MUSTER 20th August



There is excitement in the air as we countdown the days until the Maroota MUSTER! If you have not done so already please contact the P&C to see where you can help out. This wonderful community event provides financial support for our school of which every child benefits. I encourage all families to help out where they can even if it's only for an hour or two, every little bit counts towards the overall success of the MUSTER.

Naomi James Principal

Education Week 31 July – 4 August



This year's theme is I Learn, We Learn. It is a celebration of our schools' commitment to ensuring:



System-wide improvement

Every student, every teacher, every leader and every school will improve every year.



High expectations for all

A culture of high expectations for our students and our educators sets high standards, which leads to high achievement.



Personalised student learning

By teaching to the strengths and needs of each individual, students will be better able to reach and exceed their potential.



Wellbeing

Every student will be known, cared for and respected.



Creating stronger ties with local communities

Parents and carers are our schools' partners in the education and wellbeing of each student. Partnerships with local businesses and industry create opportunities for our students to contribute to and thrive in society.



2017
Grandparents
Day
Tuesday
1st August



MOOSH

Maroota Out of
School Hours Care

4540 Old Northern
Rd - Maroota 2756

MOOSH Mobile

0490 850 738

7AM—8.40AM

3PM-6PM

Breakfast and
afternoon tea
provided



Life Education Program

During Term 3 K-2 and 3-6 will be participating in PD/H/PE lessons with Mrs Chivers. These lessons will focus on the Life Education Programs. If you have any questions about the program content please contact Mrs Chivers.

K-2 Growing Good Friends

Years 3-4 Bcycberwise

Years 5-6 Decisions





SPOTLIGHT ON

SRC Crazy Hair and Socks Day fundraiser for Cystic Fibrosis



HAPPY
BIRTHDAY

JACK M 10



ASSEMBLY

9:15AM

11 AUGUST

WANTED PLASTIC LIDS



SPORTS REPORT



Small Schools Athletics Carnival

Thank you to everyone who assisted in making our school athletics carnival such a success. A big congratulations to Year 6 who won the annual Parents v Year 6 relay, I'm sure Mrs Graham has commenced training for 2018.

This week our school athletics team will be competing at the Small Schools Athletics Carnival. Best wishes to Matilda, Charlie M, Cristian S, Sienna, Kyra, Charlie R, Brooke, Charleigh, Jack B, Mathew, Madeline, Lucy, Jett, Arryn, Clayton and Darcy.

Maroota Public School athletics carnival ribbons will be presented at the school assembly on Friday 11th August commencing at 9:15am.

Our Nepean Hockey Representatives

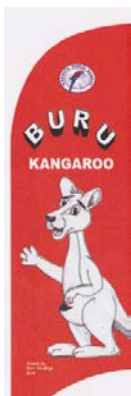
Congratulations and best wishes to Mrs Dorbis and Mrs James who will be representing Nepean Hockey Association at the NSW MASTERS Championships in Grafton.



Phone: 4574 9200



House Points



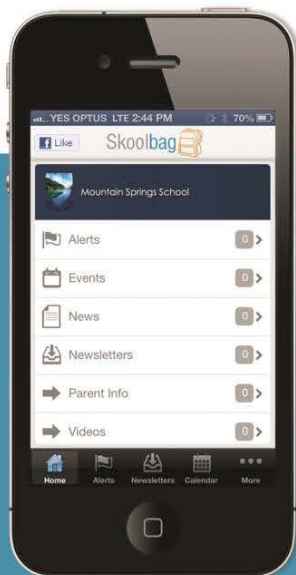
BURU
1000



JAMAL
2505



MARIONG
1850



Skoolbag

Smartphone school to parent communication

Skoolbag is a mobile App for your school to communicate directly to both parents and students. It works through both smart phones and smart devices (such as iPads and Android Tablets). Ideal for:

- > School, free push notification alerts
- > School events
- > School newsletters
- > School documents
- > School RSS feeds
- > School social media (Facebook, Twitter)

Skoolbag delivers school notices directly to parents and students



How To Install Skoolbag On Your Smartphone

iPhone & iPad Users

1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. If iPhone, you will see your school appear, click "Free" then "install".
4. If iPad, change the drop list to "iPhone Apps", your school will then be visible, click "Free" then "install".
5. When installed click "Open"
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you.



Android Users

You must first have signed up with a Google Account before installing the app.

1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you.



Don't forget to like us on Facebook! 

Find out more at www.skoolbag.com.au

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STALL HOLDERS WANTED!



MARROOTA MUSTER

MARROOTA PUBLIC SCHOOL FUNDRAISER

SUNDAY 20 AUGUST 2017 - 10AM TIL 3PM

The Marroota Muster is a family funday held on the grounds of the school. There are rides, amusements, showbags, great food, entertainment, tractors, trucks, machinery and more!


The Muster attracts a large crowd of people every year from surrounding suburbs, as well as from afar. We are proud of the fact that many of our stall holders return each year and we try our best to help them promote their products/stalls in the lead up to the event.

If you would like more information on having a stall please email us at stalls@marrootamuster.com.au or message us via our Facebook page.



MARROOTA PUBLIC SCHOOL
4540 OLD NORTHERN ROAD
MARROOTA NSW 2756





We would love you to
JOIN US
 at the
Glenorie RSL
 for
Maroota RFS
Annual Dinner
 on the 29th of July, starting at 6pm

Jojo the Clown
 is back by popular demand!
 She will entertain the children with party games,
 face painting, tattoos, cartoon balloons
 and much much more!

Tickets: Adults \$35 Child 12yrs & under \$10
 Family & friends are very welcome!

Paypal Maroota.rfsa.org.au
 No tickets at the door

RSVP to Diane by 23rd July
 0427 893273 or diane777@oracletelecom.net.au



Wednesday 9th August 2017

Maroota MUSTER Meeting:

12:30pm

P&C Meeting from 1:30pm

AUSSIE BUSH DANCE

featuring
SWAMP DAWKINS

Special thanks to: our sponsors KLS and Turtle Nursery

*** 29th JULY 2017 * 5pm START ***
 @ South Maroota Hall

\$20 Adult - \$15 Child
\$60 Family up to 4 kids!

For Tickets, contact Rebecca 0430 022 820

The Cattai School P & C will be
 selling BBQ'd food, drinks, cakes
 and glow sticks on the night.

CASH only on the night
 This is a NO ALCOHOL event

All children must be
 supervised by an adult.

EBENEZER ART & CRAFT FAIR

OPENING NIGHT 7:00PM
FRIDAY 11TH AUGUST
 Tickets are \$25 and will be available at the door - sorry no children

SATURDAY 12TH AUGUST
10:00AM - 3:00PM

- Auction @ 12:00pm
- Art & Craft Stalls
- Entertainment
- Monster Raffle
- Local Artists
- Plants
- Show Bags
- BMX Display
- Monster Truck
- Antique Machinery
- Local Fire Brigade



**EBENEZER
ART SHOW**
 celebrating 40 years

- Inflatable Obstacle Course
- Kiddle Karts Go Karts
- Jumping Castle
- Onimal Farm
- Sumo Suits
- Nachos
- Sausage Sizzle
- Cakes & Coffee
- Corn on the Cob
- Fairy Floss & Slushies
- Old Fashioned Lemonade

EBENEZER PUBLIC SCHOOL
 531 SACKVILLE ROAD, EBENEZER

ebenezerartshow.com.au

 Like us on Facebook @EbenezerArtShow



6 tips

to increase fruit and vegetables at home

- 1 Be a role model**
Let your kids see you enjoying fruit, vegetables and water.
- 2 Get the kids involved**
Grow, shop and cook with your kids. They're more likely to eat something they've helped prepare.
- 3 Make it accessible**
At home, keep ready to eat fruit and vegetables in easy to see and reach places. For example, place a fruit bowl on the counter and have ready chopped veggie sticks or fruit at kids' eye level in the fridge.
- 4 Try Crunch&Sip® at home**
Make time on weekends or during school holidays for a quick snack of fruit or veggies.



- 5 Keep trying!**
Kids might need to be offered new foods up to ten times before they try them, so don't give up if a new food is rejected first time!
- 6 Include it in every meal**
Think about how you can add vegetables to all your meals. For instance, add grated vegetables such as carrot and zucchini to bolognese, shepherd's pie, pasta sauce and burger patties.



Crunch&Sip®

Information for parents

What is Crunch&Sip®?

Crunch&Sip® is a primary school program where children crunch on fruit and/or vegetables and sip water at a set time during class every day.

Why it matters:

Crunch&Sip® encourages children to choose fruit and vegetables as a snack and water as a drink. It enables them to 'refuel' and rehydrate, which helps improve concentration and mental and physical performance. Children rarely drink enough water and often forget to drink unless reminded, which can cause headaches and irritability. Crunch&Sip® gives them the opportunity to drink water, avoiding dehydration.

Crunch&Sip® helps ensure the fruit or vegetables you pack are eaten when they otherwise may not be. It is a great opportunity to promote vegetables as research shows children don't eat enough veggies, whereas they often eat enough fruit. Fruit and vegetables provide vital nutrients for kids, which are important for good health, both now and in the future.

What you need to do:

Send your child to school with a water bottle and some fruit or vegetables so they can participate in Crunch&Sip®. The fruit or vegetables need to be ready to eat in the classroom. See overleaf for suggestions.

what to pack

A bottle of plain water

When it comes to thirst, choose water first! Give your child a bottle of water to take to school every day.

A whole piece of fruit or veg

Choose an easy to eat fruit or vegetable that isn't messy, such as a carrot, apple, mandarin or banana.

Several whole, smaller fruit or veg

Use a container or bag to pack snow peas, corn, mushrooms, strawberries or grapes, for example.

Chopped fruit or veg

Pack a container of bite sized pieces of fruit or vegetables such as watermelon, mango, broccoli or cauliflower. If needed, remember to include a fork or spoon to avoid sticky fingers.

Veggie sticks

Cucumber, capsicum, celery and carrot are great options.

Canned fruit

Fresh fruit and veg are best, but fruit canned in water or natural juice is OK every now and then.

Dried fruit

For example, apple, mango, apricots or sultanas, a **maximum of once a week**.



Helpful tips for Crunch&Sip®

- 1 Only fruit and vegetables are suitable for Crunch&Sip®. The following are NOT suitable: fruit juice; fruit products such as roll-ups, leathers or straps; potato or veggie chips; olives; fruit canned in syrup; popcorn.
- 2 Crunch&Sip® is a good opportunity to encourage your child to eat a variety of fruit and vegetables. Variety packs look great and are a good way to introduce new fruit and vegetables alongside more familiar or accepted ones.
- 3 Make sure whatever you pack is a suitable amount for your child and ready for them to eat. No chopping or preparing can be done at school. Include a fork or spoon when needed.
- 4 Prepare Crunch&Sip® snacks in advance. Plan for the week ahead by chopping all the snacks needed for Crunch&Sip® at one time. Or, simply cut extra vegetables when preparing dinner the night before.
- 5 Crunch&Sip® is an excellent opportunity to encourage vegetables. Research shows that most kids eat enough fruit, but they need to increase the amount of vegetables they eat every day. Raw veggies make a great snack for Crunch&Sip®.
- 6 Dried fruit should only be eaten occasionally, such as a maximum of once a week, as it sticks to teeth increasing the risk of tooth decay. Encourage your child to swish water around their mouth after eating dried fruit to help prevent tooth decay.

Note: Your child's school may request some food items not be brought to school where there are students with severe allergies.