DATE | EVENT
--- | ---
**Term 1**
27 February | Opening of School Parliament – 11.30am
2 March | School Clean Up Day
P&C Annual General Meeting – 7pm
3 March | Zone Swimming Carnival
5 March | Bandaged Bear Breakfast – 8am
6 March | PSSA Sport begins – Round 1
12 March | Selective High School test
13 March | Book club due

**PRINCIPAL’S MESSAGE**

**ASSEMBLY**
There **will not** be an assembly this Friday 27 February as we are having Parliament.

**P&C AGM**
The P&C Annual General Meeting will be held on Monday 2 March 2015, followed by the P&C meeting. Please come along to the school library at 7.00pm and share your ideas.

**THE TELL THEM FROM ME STUDENT FEEDBACK SURVEY**
I am delighted that this term, our school, like many others in the State, will participate in a Department of Education and Communities initiative: the *Tell Them From Me* student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.


The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

I want to assure you that the survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 9 March and 2 April. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey was sent home with students this week. If you **do not** want your child or children to participate, please return the form to school by **Friday 27 February**. Copies of the form and FAQs are available from the website above.

This survey is for students in Year 4-6.

**PSSA SPORT**

**CHANGE OF DATE:**

Netball and Boys’ Touch football will begin on Friday 6 March 2015.
PARENT INFORMATION MEETINGS
Thank you to the parents who attended the Parent Information Meetings on Tuesday afternoon. The teachers were able to outline plans for the year and answer any questions.

VALUE OF THE WEEK PROGRAM
This week’s Value of the Week is Respect. Some ideas to help discussions at home.

Talk to each other about what respect sounds like. Are we going to hear encouragement and praise or put downs and offensive words? Next, what does respect look like? Will we see people caring for each other and making sure everyone feels included?

For more information please go to www.studentengagement.com.au.

ZONE SWIMMING CARNIVAL
Congratulations to the students who will be representing Tower Street Public School next Tuesday at the East Hills Zone Swimming Carnival. A note was given out this week to the students competing. I know you join me in wishing the students good luck for the carnival. I’m sure they will represent the school by trying their best and competing with great sportsmanship.

REMINDER-EMAIL ADDRESSES
To assist in the distribution of the electronic copy of Tower Talk we ask that parents and carers please provide the school with an updated email address so the school can include you in our distribution list.
You can update the school with your email address via the school admin email – towerst-p.admin@det.nsw.edu.au.

SWIM SCHOOL
Swim School for students in Years 2-6 begins on Monday 16 March and goes for 2 weeks. Notes have been sent out. The cost of this activity is only the entry fee to the pool. The Department of Education and Communities does not charge for this activity. If your child cannot swim 25 metres, please encourage them to participate in this activity.

Gold Award recipients

Platinum Award recipients

Students who achieved 1st 2nd 3rd Place at the Swimming Carnival

Barbara Hornung
Principal
HEALTHY SNACKS HELP KIDS AND TEENS REFUEL
Healthy snacks in between main meals help kids and teens meet their daily nutritional needs.

Young children have smaller stomachs than adults, so they need to eat every few hours to keep up their energy levels and get the right amount of nutrients. Teens get particularly hungry during periods of fast development and snacks are important. Snacks based on fruit and vegies, reduced fat dairy products and whole grains are the healthiest choices. It is important to limit snacks that are high in sugar, salt or saturated fats – such as chips, cakes and chocolate– which can cause children to put on excess weight.

These ‘extra foods’ should only be offered occasionally.

WHAT MAKES A HEALTHY SNACK?
Here are some simple ideas for healthy snacks that you can make at home or add to lunchboxes:
* Fruit muffins or slices, baked using monounsaturated or polyunsaturated oils and margarine instead of butter
* Fresh, frozen, canned (in natural or unsweetened juice) or occasionally dried fruit
* Raisin or fruit toast
* Toasted English muffins, preferably wholemeal or wholegrain
* Reduced fat custard with fruit
* Rice crackers or corn cakes
* Plain popcorn (unbuttered and without sugar or salt coating)
* Muesli and fruit bars – look for the healthier choices or those with the Heart Foundation Tick
* Scones or pikelets (plain, fruit or savoury).

For more information and ideas on healthy eating and physical activity, go to www.healthykids.nsw.gov.au.

BANDAGED BEAR BREAKFAST
On Thursday 5 March the Community Parliamentary portfolio are holding a BBQ breakfast for The Children’s Hospital at Westmead. This is our first fundraiser of the year which Tower Street Public Street students support.

The BBQ breakfast starts at 8:00 a.m. Prices start at $3 for a bacon or sausage and egg roll.

Bring your soft bear or toy to be bandaged. Bandages are 50c to $3 – depending on toy size. Tax deductible donations will also be greatly received on the day.

Stage 3 students
Class Times:
Padbury Uniting Church
Tuesday & Thursday
   Toddlers  3-4.45  4-4.45
   4-5.45  5-5.45  6-5.45
   6-7.30  7-5.30  6-6.30
   7-8.15  8-4.30  7-7.30

Revesby Workers
Physie & Dance
FITNESS. FUNK. FRIENDSHIP
Call Rhondaa 0411 490 266
or Diane 0418 220 260
www.revesbyworkersphysieanddance.com

"Care and Commitment"
OPEN NIGHT 2015
Wednesday 4th March
6.00-9.00pm beginning in the School Auditorium

- Hear about the excellent education our school provides
- Talk to teachers and students about their experience of our school
- Engage in Science experiments, work with wood, use our technology, including multi-media, see hospitality students in action (and taste their cuisine!), hear our school musicians and vocal ensemble, watch drama students perform ......
- ...... and much more

Come and see what Menai High School
will offer your child in 2016

---

Picnic Point High School
Year 5 and 6 Students and Parents Open Night
61 Kennedy Street
Picnic Point
Tuesday 3 March 2015 6.30pm to 8.30pm
Principal’s Address 6.30pm

Picnic Point High School is a dynamic, educational environment within a caring community that encourages all students to achieve their personal best and become responsible, informed citizens. This is achieved through:

- Proven outstanding academic success
  Once again the HSC results at Picnic Point High School have been outstanding. Congratulations to the 2014 School Dux, Emily Rotszelski with an ATAR of 96.55 and to Chloie Larcombe with an ATAR of 94.25 and Kevin Lim with an ATAR score of 93.
  - In the 2014 Higher School Certificate:
    - Students achieved 10 band 6’s and 136 band 5’s and 6’s; and
    - 21 student results were published on the NSW Board of Studies Teaching and Education Standards Distinguished Achievers list.
  - A diverse, challenging and full curriculum catering to all student needs
  - The highest academic levels are offered in all subjects including classes in Music, Drama, Dance and Languages and three Vocational (VET) subjects in HSC level.
  - We recognise the learning and motivational needs of all students in reaching their full learning potential.
- Success at highest levels in the Performing Arts and Sport
  - Our Dance Ensembles, Drama Troops and Bands celebrate outstanding success in State festivals, competitions and the Schools Spectacular. The school’s Talented Sports Program has resulted in improved standards and increased levels of participation and success in sport at local, regional and state levels.
- Establishing a co-operative and supportive learning environment
  - We foster in our students independent learning skills, respect and concern for all staff and each other, a sense of responsibility for their own actions, pride in school representation and respect for the school and the wider environment.

---

East Hills Girls Technology High School
"EDUCATING GIRLS FOR A TECHNOLOGICAL FUTURE"

ENROLMENTS FOR YEAR 7, 2016
An invitation is extended to parents of Year 6 girls to meet staff, students and parents on -

Wednesday, 25th February 2015 at 1pm
or
Wednesday, 25th February 2015 at 6pm

Please arrive at 6pm to view students’ work and our excellent school facilities
Information session will begin at 7 pm

Our school, white honouring its heritage and traditions, is future-focused. It offers a technology rich learning environment which inspires girls and young women to aim high and achieve their potential. Our school has an excellent reputation for high academic achievement, innovation and student leadership. There is an extensive curriculum with a wide range of course choices and opportunities in the arts and sports. Last year our school celebrated 80 years of exceptional education.

We invite you to visit our school
Lucas Road, Panania
Phone: 9773 9160 Fax: 9792 3833
Email: easthills-g.h.school@det.nsw.edu.au