Bronze Super Stars
Jayden, Mitchell S, Ella C, Amira, Shafa, Marko, Aisha, Nihaal, Jessica F, Suhaan, Isabella G, Srikrishna, Wenny and Luke G were awarded a bronze certificate at last Friday’s Excellence Assembly in recognition of the great manner in which they actively model one or more of our school aspirations - integrity, excellence and innovation. Congratulations!

Summer PSSA Report for Week 5 & 6

Week 5
The Oz Tag teams played Quakers Hill East PS. The seniors won 20-12 and the player of the match was Mitch C. The juniors won 12-8 and the player of the match was Dean M.

The AFL teams played Quakers Hill East PS. The seniors lost 20-18 and the player of the match was Jackson D. The juniors won 55-0 and the player of the match was Ella R.

The Cricket teams played Parklea PS. The seniors won 81-72 and the player of the match was Rahul K. The juniors lost 126-105 and the player of the match was Benjamin W.

The senior Softball and junior T-Ball teams played Kellyville Ridge PS. The seniors lost 6-3 and the player of the match was Ashley V. The juniors lost 12-10 and the player of the match was Chloe V.

Week 6
The Oz Tag teams played Parklea PS. The seniors drew 16 all and the player of the match was Connor S. The juniors won 16-8 and the player of the match was Riley M.

The AFL teams played Riverbank PS. The seniors lost 15-6 and the player of the match was Harry J. The juniors won 73-0 and the player of the match was Max W.

The Cricket teams played Parklea PS. The seniors lost 94-65 and the player of the match was Sidharth D. The juniors lost 88-71 and the player of the match was Alan S.

The senior Softball and junior T-Ball teams played Ironbark Ridge PS. The seniors lost 5-4 and the player of the match was Tashna L. The juniors won 15-5 and the player of the match was Grace S.

For draws and results please visit the Ridges website:
www.ridgespssa.com.au

The Ridges Swimming Carnival
John Palmer PS achieved its best results ever at the Ridges Swimming Carnival on Tuesday last week. We had a highly competitive team whose outstanding achievements resulted us in coming 4th overall in the carnival which is a remarkable achievement for us.

Emily P continued her winning streak and was named the Ridges 12 Year Girls Swimming Champion. Emily was presented with her medal at our Excellence Assembly today by Mr Hogan, President of the Ridges PSSA and also one of our Deputy Principals. Congratulations Emily!

Other fantastic results at the carnival were:
Emily P 1st Open 100m freestyle
1st Snr 50m backstroke
1st 12yrs 50m freestyle
1st Snr 50m breaststroke
1st Snr 50m butterfly
1st Snr 200m IM
3rd Snr 4x50m relay

Mackenzie T 1st Jnr 50m backstroke
1st Jnr 50m butterfly
<table>
<thead>
<tr>
<th>Name</th>
<th>Age Group</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Riley M</td>
<td>2nd Jnr 50m butterfly</td>
<td></td>
</tr>
<tr>
<td>Olivia P</td>
<td>1st 8yrs 50m freestyle</td>
<td></td>
</tr>
<tr>
<td>Jasper D</td>
<td>1st 8yrs 50m freestyle, 2nd Jnr 4x50m relay</td>
<td></td>
</tr>
<tr>
<td>Harrison N</td>
<td>2nd 8yrs 50m freestyle, 2nd Jnr 4x50m relay</td>
<td></td>
</tr>
<tr>
<td>Oliver D</td>
<td>3rd 9yrs 50m freestyle, 2nd Jnr 4x50m relay</td>
<td></td>
</tr>
<tr>
<td>Lachlan N</td>
<td>2nd Jnr 4x50m relay</td>
<td></td>
</tr>
<tr>
<td>Max W</td>
<td>2nd Jnr 4x50m relay</td>
<td></td>
</tr>
<tr>
<td>Lauren M</td>
<td>3rd Snr 4x50m relay</td>
<td></td>
</tr>
<tr>
<td>Brooke V</td>
<td>3rd Snr 4x50m relay</td>
<td></td>
</tr>
<tr>
<td>Paige W</td>
<td>3rd Snr 4x50m relay</td>
<td></td>
</tr>
</tbody>
</table>

All of these students will be representing the Ridges Zone at the Sydney West Swimming Carnival at Homebush Olympic Park this coming Monday. We wish them every success!

Thank you to Mrs Deane for taking these great photos for us.
Coming up in the next bulletin on 27th March:

- Results from the Sydney West Swimming Carnival
- A report from our Jnr and Snr Futsal teams
- Harmony Day
- Our new pencils
- Our singing superstar- Violeta

Keep up to date with what's happening at school

Our school has a FREE mobile phone app! Amongst other things, the app sends push notifications of upcoming events, instant access to newsletters, the ability to send a note to the teacher if your child is absent, place a lunch order and much more. Make sure you download it to your smart phone and have a look at some of the things available to you.

How to install our app:

On Apple:
- On your iPhone, open the app store
- Search for John Palmer Public School
- Press install
- Enter your iTunes password
- It will commence downloading immediately

On Android:
- On your smart phone open the Android/Google Play market
- Search for John Palmer Public School
- Press install
- Your app will start installing instantly

To open our app:
- Look for our school’s app icon on your phone screen
- Press the icon once – it will open automatically
- When prompted, select yes to receive notifications and use your location. This will make sure Google Maps and pop-up alerts work for you.

Having trouble?
- Shut down the app and/or your phone to refresh the phone’s memory
- Uninstall the app and reinstall it

Anaphylaxis

All Department of Education and Communities schools have a general use adrenaline autoinjector (an EpiPen) in their first aid kit.

This does not replace the need for parents to continue to provide the school with an adrenaline autoinjector and ASCIA Action Plan for Anaphylaxis signed and dated by their doctor when their child has been diagnosed with anaphylaxis.

Instead the general use adrenaline autoinjector is intended to be used if:
- An undiagnosed student has an anaphylactic reaction at school
- There is a misfire of the adrenaline autoinjector that has been prescribed for a student
- A student requires further adrenaline autoinjector to be administered after his or her own adrenaline autoinjector has been administered.

Please contact Mr Hogan (Deputy Principal) if you would like further information in relation to this matter.

Extremely Important Notice

We currently have a number of students enrolled at our school who suffer from anaphylaxis. Anaphylaxis is a life threatening allergic reaction to certain foods. In all cases, the trigger food is peanuts/nuts.

We are therefore requesting that students assist us in keeping all students safe by not bringing foods to school which contain peanuts/nuts as one of the listed ingredients eg. peanut butter, nutella.

One of our students is highly anaphylactic so we ask that students who have eaten nut products, including nutella and peanut butter for breakfast, wash their face and hands thoroughly before coming to school.

Many products contain a warning that they may contain traces of peanut or nuts and these are fine to bring to school.

Birthday cakes

Some families like to send cake or a special treat on or near their child’s birthday to share with the class. It is important that if you would like to do this, that the cake or treat is already in individual portions (eg donuts or cupcakes) or a large cake that is already pre-sliced. Please also send a class set of serviettes or a roll of paper towels to assist with serving.

Due to the large number of students we now have in our school with food allergies, cakes and treats will not be shared unless a list of ingredients has been provided. Many of the prepackaged cakes from major supermarkets contain a list of ingredients and the bakery section is happy to provide you with a list if it is not already on the product.

In order to avoid disappointing your child, please ensure that the ingredient list is provided.

Phoning the office

Our school office is extraordinarily busy between 8.30 and 9.30am and 2.30 and 3.30pm. If you need to phone the office it would be greatly appreciated if you could do so outside of these peak times unless it is an emergency.

We encourage the use of our app for notifying of a child’s absence or making an appointment with a teacher.

Dogs at school

Dogs and other animals are not permitted on the school grounds at any time without prior written approval from the Principal.

Parents who walk their dog to school need to be mindful that many children, particularly the younger ones, are terrified of dogs. Please keep well away from the gates and busy areas if you have your dog with you.
Copies
School personnel invest a significant amount of time in printing and providing receipts for payments, student reports, NAPLAN reports and the like in hard copy format.

It is important that families value these documents and keep them in a secure place for future reference such as tax time and moving on to high school. Additional copies of these items will incur a $2 printing and administration fee per page so please keep the originals safe.

Update bulletin
Our ‘Update’ bulletin will be available on our website at www.johnpalmer-p.schools.nsw.edu.au on the following Fridays in 2015. Remember that you can also access the newsletter easily through our app.

27 March
24 April
8 May
22 May
5 June
19 June
17 July
31 July
14 August
28 August
11 September
9 October
23 October
6 November
20 November
4 December

Very occasionally, issues with technology cause a delay in the upload of the bulletin to the website.

Excellence assemblies
Our Excellence Assemblies are held on Fridays in the hall, commencing at 11.30am. Parents and carers of the class presenting the assembly are welcome to join us.

Excellence Assemblies give us an opportunity to publicly recognise students within our school who are achieving great things in learning, sport, the arts and citizenship.

Younger siblings are welcome at the assembly but must be under direct parent supervision (in pram, on a lap, or the seat next to you) at all times. Please do not allow your child to play outdoors while the assembly is on. As a courtesy to the class presenting the assembly, we ask that the audience is quiet. These simple requests should ensure that our Excellence Assemblies are excellent!

Assemblies will be hosted by the following classes in 2015:

K-2:
20 March 1B
27 March 2A
1 May 1T
15 May KR
29 May 2E
12 June KJ
26 June KP
24 July 1R
7 August KA
21 August 2D
4 September KC
18 September 1V
16 October KG
29 October 1X
13 November KB
27 November 2P

Year 3-6:
8 May 4B
22 May 3M
5 June 5/6T
19 June 4P
14 August 3G
28 August 4M
11 September 4D
23 October 5/6C
6 November 3H
20 November 5/6J
4 December 5/6L

Special Assemblies:
24 March Harmony Day (see separate note)
24 April ANZAC Assembly
31 July Education Week Assembly
11 December Annual Excellence Assembly

Canteen news
Special meal deals are available each fortnight from the canteen. You can easily find what the next meal deal will be by clicking on the drop down menu from the homepage on our website. Go to Home ➔ More News ➔ Canteen (on left hand side of page) ➔ Meal Deal

Meal Deal 1 $ 4.50
Chicken, lettuce & mayo sandwich
Juice Pop Top
Rice crackers

Meal Deal 2 $ 4.50
Sausage Roll
Flavoured Milk
Icy Money Ice Block

- Canteen opens at 8.30am.
- All orders are to be made online at www.flexischools.com.au or handed to the canteen staff or put in the order baskets on the counter. The online order cut off time has been extended to 9.00am.
- All orders made at the canteen should be written on a brown lunch bag. If orders come in envelopes, please ensure they are well sealed at the sides.
- Orders need to have your child’s name, class and whether it is a recess or lunch order.
- Recess orders are collected from the canteen
- Lunch orders are sent to the individual classes in lunch baskets
- Any ice blocks ordered with lunch are given to students when they return their lunch order bag to the canteen
- If you are ordering Halal products, please write ‘Halal’ on the bag.

If you have any questions regarding the canteen, please feel free to come and speak to Bronwyn.
Important school information

Please add the following information to your diary or address book and remember to program the school’s number into your mobile phone. If you have downloaded our app, there is a direct call link on the home page.

John Palmer Public School
85 The Ponds Boulevard
The Ponds NSW 2769

Phone: 8882 9480
Fax: 8882 9479
Email: johnpalmer.p.school@det.nsw.edu.au

Term dates for 2015

Term 1
Thursday 2 April  Last day of Term 1 for all students

Term 2
Monday 20 April  School Development Day (pupil free)
Tuesday 21 April  K-6 students return
Monday 8 June  Queen’s Birthday Public Holiday
Friday 26 June  Last day of Term 2 for all students

Term 3
Monday 13 July  School Development Day (pupil free)
Tuesday 14 July  K-6 students return
Friday 18 September  Last day of Term 3 for all students

Term 4
Monday 5 October  Labour Day (public holiday)
Tuesday 6 October  K-6 students return (please note that there is no School Development Day at the beginning of Term 4)
Wednesday 16 December  Last day of school for 2015 for students
Friday 18 December  Last day for 2015 for teachers

Term 1 calendar- events are correct as at 13/03/15 and are subject to change or additions without notice

<table>
<thead>
<tr>
<th>Week 8</th>
<th>Event/Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-23 March</td>
<td>Life Education- each class will visit the Life Education van on a set day.</td>
</tr>
<tr>
<td>16 March</td>
<td>Glenwood HS information evening for Year 7 extension class 2016. Contact high school for details.</td>
</tr>
<tr>
<td></td>
<td>Sydney West Swimming Carnival at Homebush</td>
</tr>
<tr>
<td>20 March</td>
<td>11.30am Excellence Assembly hosted by 1B</td>
</tr>
<tr>
<td></td>
<td>P&amp;C Disco K-2 6.45-7.45, Yr 3-6 8.00-9.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 9</th>
<th>Event/Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>23 March</td>
<td>Young Leaders Day (for School Captains and Vice Captains)</td>
</tr>
<tr>
<td>24 March</td>
<td>Harmony Day Celebrations (see separate note)</td>
</tr>
<tr>
<td>25 March</td>
<td>Paul Kelly Cup</td>
</tr>
<tr>
<td>27 March</td>
<td>11.30am Excellence Assembly hosted by 2A</td>
</tr>
<tr>
<td>28 March</td>
<td>NSW State Election. The hall at JPPS is a polling booth.</td>
</tr>
</tbody>
</table>

Week 10

<table>
<thead>
<tr>
<th>Event/Activity</th>
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</thead>
<tbody>
<tr>
<td>31 March</td>
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<tr>
<td>1 April</td>
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<tr>
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<tr>
<td></td>
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<tr>
<td>2 April</td>
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<tr>
<td>3 April</td>
</tr>
</tbody>
</table>

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Gold Sponsors

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Kellyville NSW 2155
 reality@ljhooker.com.au
www.kellyville.ljhooker.com.au

LJ Hooker Stanhope Gardens
36-38 Tony Street
3/2 Tony Street Stanhope Gardens NSW 2766
stanshopesales@ljhooker.com
www.stanshopesales.ljhooker.com.au

LJ Hooker North West Group

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Little Fishes Opening Times Tuesday to Friday 9am – 7pm
* Saturday 9am – 2pm
* Sunday 10.00am – 12.30pm

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contact us on
02 9625 0701
8 Florence Street, OAKHURST
admin@littlefishesswimschool.com.au
www.littlefishesswimschool.com.au
Northwest Community Baptist Church runs Kid-specific programs, throughout the school term every Sunday, 9:30am at Quakers Hill High.

Kid’s programs are provided for:
- Make Friends
- Have Fun with Games
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E: info@northwestcorporatecars.com.au
W: www.sydneycitylimos.com.au
E: info@sydneycitylimos.com.au

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For bookings phone us on: 9626 6711

7 NIRIMBA DRIVE, QUAKERS HILL NSW 2763
Is your child anxious? Struggling to fit in socially? Feeling bullied? Struggling with learning? Are they flat or depressed? Avoidant or withdrawn? Having trouble sleeping? Do you want your child to cope better with stress? Cope with separation or other family changes? Learn skills to thrive in school?

Are you finding difficulties setting boundaries and disciplining your children? Fighting or drifting apart in your relationship? Having difficulties with trust or intimacy? Going through a separation? Preparing to move in together? Experiencing interference from the extended family? Are you struggling to parent after your separation? Trying to establish a blended family?

Are you feeling depressed? Worrying too much? Feeling anxious, overwhelmed or out of control? Having interrupted sleep or difficulty making decisions? Are you comfort eating or struggling to reach your goals?

If you answered yes to any of these questions then Creating Change Psychology and Counselling’s enthusiastic and highly skilled team of clinical psychologists and couple counsellors are here to assist. Located in the Norwest Business Park we are ready to help you achieve your goals of a healthy and meaningful future. Creating Change can assist you to navigate a new pathway. Contact us on 02 8860 9551 or take a look at www.creatingchange.net.au.