



Meadow Matters

Welcome to the newsletter of Fairy Meadow Demonstration School

Week 4, Term 4 - Monday 31st October, 2016

Principal's Report

"The strength of the team is each individual member. The strength of each member is the team."

Count Us In Australia Wide Sing-a-long and Book Fair Success !!

Over recent weeks our children have been rehearsing to participate in the Australia wide schools "Count Us In" program this Thursday at 12.30 pm. Mrs Nowotny (as she does) has been enthusiastically preparing our children for this very special event. Our very talented students will also be performing their song at next week's Whole School Assembly, 9th. November, at 2.15 pm. Well done to our students and mums and dads who are now busy reading wonderful new books after Mr Prior's tireless effort with our Book Fair.

Congratulations Swimming Program and Aiden B. – Skateboarder Champion

Congratulations to our many swimmers who completed their swimming over the past 2 weeks and thank you to Mrs Whalan and Mrs McCrimmon for their expert support. Many of our students will no doubt be excited about the newly transformed skatepark, in particular our Aiden B who has shown himself to be a very talented champion skate boarder. Well done Aiden and it was great to have you invited to be part of the opening ceremony.

2016 End of Year Evaluation

We are now evaluating 2016 and planning for an even better 2017 to make FMDS the best school possible for our children. I urge all parents and carers to complete our simple anonymous and confidential Parent Survey attached to this newsletter. Students and staff have also completed their surveys as part of our 2016 school evaluation. Please return this anonymous survey to the letter box in the foyer. Your feedback and opinions are very important to us.

PBL Message - Full School Uniform and Hat for Summer

I remind all parents and children of our school uniform expectations and that we all need to look our best with our school on show every day (includes black school shoes Monday to Thursday, joggers on Friday for sport). With the warmer and sunny weather now with us children need to wear a hat or they will be instructed to sit under the COLA in the shade. Our hardworking P&C are in the process of purchasing new school caps, hopefully ready for the hotter and sunnier summer months to come.

FMDS Website, Facebook Page, School Sign and SkoolBag App

I hope everyone is having a look at our school website and exciting Facebook Page which are both full of amazing photos, stories and comments from hundreds of viewers showcasing the many talents of our students and staff. With so much happening at FMDS our website, Facebook, School Sign and SkoolBag App show it all.

Phone: 4284 2009

Email: fairymeado-p.schools@det.nsw.edu.au

Delivering excellence, success and opportunity

What's happening @ FMDS?

Week 5

- 7 Last Kinder Orientation, Session 6, 9.10-11.00
- 9 Whole School Assembly, 2.15-3.00 (Southern Stars Dancers, Count Us In Song) P&C Meeting, 7.00
- 11 Remembrance Day
Gala Day
K-2 + K-4W Gymsports
Recreation Sport 3-6, 1.30-3.00
- 12 ELECTION DAY – Saturday

Week 6

- 14 Selective H.S. Online Applications Close
Assembly 3-6, 2.15-3.00
- 15 Assembly K-2, 2.15-3.00 (KM)
- 18 K-2 + K-4W Gymsports
Recreation Sport 3-6, 1.30-3.00

Week 7

- 21 Presidents Speeches for 2017
- 24 Yr 6 Inter-Uni visit UOW
Kidzwhish Christmas Party Support Classes
- 25 K-2 + K-4W Gymsports
Recreation Sport 3-6, 1.30-3.00

Week 8

- 30 SRC Colour Run Walkathon 1.15-3.00
STEM Year 4 with KHS at FMDS 9.00-12.00
- 2 Sports Assembly 9.15
K-2 + K-4W Gymsports
Recreation Sport 3-6, 1.30-3.00

Week 9

- 5 P-2 Christmas Assembly rehearsal
PBL Extra Play Reward Week
RC Colour Run Walkathon 1.15-3.00
- 6 P-2 Christmas Assembly, 9.15
Year 6 to Year 7 Orientation Day
- 7 P&C Meeting, AG
- 9 Presentation Assembly, 9.15
Choirs sing in Fairy Meadow

2016 SWIM SCHEME



We are participating in Nude Food Day 2016!

Nude Food Day, supported by Nude Food Movers and in partnership with Nutrition Australia, creates a globally recognised day in which we can all come together and show our support towards healthy eating and waste reduction. On Thursday 17th November (week 6), we are encouraging all students to bring fresh, healthy, rubbish free lunches to our school in support of Nude Food Day.

Please refer to the attached information sheets or visit www.nudefoodday.com.au/resources/ for more information on how to pack a rubbish free lunch.

Thank you,

Zac Horan, SRC environmental committee
Ms Dirou, SRC teacher representative

Phone: 4284 2009

Email: fairymeado-p.schools@det.nsw.edu.au

Delivering excellence, success and opportunity

FAIRY MEADOW DEMONSTRATION SCHOOL

PARENT SURVEY 2016

Dear Parents and Carers,

Your observations, feedback and comments are so important to the ongoing evaluation and improvement of our school in making Fairy Meadow Demonstration School the best school it can be.

Please return this survey in a sealed envelope or the one page folded to the office foyer in the box marked "Parent Surveys" by Friday, 11th November.

Thanking you for your support.
Paul Brightwell

1. *On a scale of zero to ten, how likely is it that you would recommend Fairy Meadow Demonstration School to family members (who do not already attend the school), friends or colleagues?*

Not at all likely						Extremely Likely				
0	1	2	3	4	5	6	7	8	9	10

2. *Why did you rate us the way that you did?*
Please feel free to add a written comment/s or simply circle a number above.

WHAT IS NUDE FOOD?

NUDE FOOD is simply food that is not wrapped in foil, plastic or commercial packaging.

The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious **PLUS** environmentally friendly.

Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health). You might be amazed with how enthused your child can become on this...

✓ TO PACK A NUDE FOOD LUNCH OR SNACK, YOU WILL NEED:

- Cutlery from home is better than throwaway plastic ones
- Plastic or metal drink bottles are recommended for refilling with water
- Reusable containers for putting all of your food, snacks and drinks into
- Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers

TIPS FOR PACKING NUDE FOOD LUNCHES:

- Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
- Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
- If your child normally enjoys chips, yoghurt or other prepackaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
- If your child does enjoy chips, why not try making your own veggie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
- Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the environment as well as to your budget, as less fuels are used to transport it into your supermarket.
- Go to www.nudefoodday.com.au/resources for Nude Food recipe ideas.

✗ TRY TO AVOID:

- Zip lock or plastic bags, plastic wrap or aluminium foil
- Tetra packed drinks, single serve yoghurts and cheese
- Single use plastic forks and spoons
- Prepackaged food, i.e. biscuits, snack bars and chips

