From the Relieving Principal’s Desk

Each week we often say goodbye to some students and welcome others. Welcome to the following students: Adam, Rabie, Harry and Ryan. We hope you enjoy your time at Casula!

P&C AGM

The P&C Annual General Meeting was held on the first Tuesday in March. I am really pleased to report that we now have 18 financial members for 2015. This is the largest membership in a long time and I thank the parents who have signed up and shown an interest in what is happening at Casula.

Congratulations to:

President: Cheryl Whitehead
Vice Presidents: Rebecca Whitehead and Randa Saleh Moussa
Secretary: Christina Pendozis
Treasurer: Jacinta Tran

We are looking at finding a Treasurer to replace Jacinta. If you are interested in taking on the role please talk to a P&C member.

Year 6 High School Applications

Thank you to all the parents that came to the information sessions regarding high school placement. The forms MUST be returned to Mrs Lloyd by Friday, 20 March.

Year 6 Footy Colours Fundraiser

Our Footy Colours day was a great success. There were lots of colours and codes represented on the day. The kids really loved it. $700 was raised for the Year 6 Farewell. Thank you to all families that donated a gold coin. Much appreciated!

Professional Learning

All teachers take part in Professional Learning across many areas. These include Behaviour management, Mathematics, English, Science, planning days, technology and much more. It is imperative for staff to participate in this learning as we are all lifelong learners and always striving to improve what we do each and every day. Occasionally, teachers do have time off their classes to attend courses and training. We think carefully about the casuals we put on classes and the classroom program continues as normal during this time.
I had the privilege of attending the Zone swimming carnival at Macquarie Fields Aquatics Centre. Seventeen of our best swimmers proudly represented our school. Congratulations to:


These students are representing our school in individual events and relays at the SWS Regional Carnival on March 17th. I was extremely proud of all the students on the day and you all looked fantastic in your new caps.

School Plan 2015 - 2017

Our School Plan is well on its way to being completed by the end of Term 1. Together with staff, students and parents we have identified three strategic directions that our school will be taking over the next 3 years – STUDENT SUCCESS, TEACHER QUALITY and COMMUNITY PARTNERSHIPS. When the plan is finished it will be uploaded onto our school website.

Parent Forum – Mathematics

A reminder that this Friday, 20th March we are offering a Parent Forum to parents of students in Years 3-6. A representative from Maths Online will assist parents with using the program at home. Mrs Denner and Mrs Goetz will also provide a workshop on assisting your child to learn their times tables. The forum begins at 9.15am in the school hall.
SRC assembly

Congratulations to our newly elected Student Representative Council for 2015. This is a group of confident, well-liked, articulate students from Years 2-6. A special assembly was held last Monday to present each student with their SRC badge. Thank you to Mrs Weston for her organisation of the assembly.

<table>
<thead>
<tr>
<th>Class</th>
<th>Student Representative Council</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2D</td>
<td>Jamie Webb</td>
</tr>
<tr>
<td>2C</td>
<td>Eric Zhang</td>
</tr>
<tr>
<td>2D</td>
<td>Ali Abdul-Rahman</td>
</tr>
<tr>
<td>2MI</td>
<td>Lachlan Atkins</td>
</tr>
<tr>
<td>2W</td>
<td>Jai Patel</td>
</tr>
<tr>
<td>2/3G</td>
<td>Hadi Assaad</td>
</tr>
<tr>
<td>3A</td>
<td>Khaled Ahmed</td>
</tr>
<tr>
<td>3C</td>
<td>Jeremy Harkins</td>
</tr>
<tr>
<td>3M</td>
<td>Royce Walasek-Oguri</td>
</tr>
<tr>
<td>3/4L</td>
<td>Giovanni Velasco</td>
</tr>
<tr>
<td>4C</td>
<td>Kaitlin Rattenbury</td>
</tr>
<tr>
<td>4M</td>
<td>Taj O’Shana Brookbanks</td>
</tr>
<tr>
<td>4N</td>
<td>Tarik Mesa</td>
</tr>
<tr>
<td>4/5C</td>
<td>Evan Boyle</td>
</tr>
<tr>
<td>5S</td>
<td>Avish Chandra</td>
</tr>
<tr>
<td>5W</td>
<td>Jaydan Lu</td>
</tr>
<tr>
<td>5/6B</td>
<td>Sophie Vasic</td>
</tr>
<tr>
<td>5/6D</td>
<td>Vyom Namuati</td>
</tr>
<tr>
<td>6L</td>
<td>Taneesha Swamy</td>
</tr>
<tr>
<td>6R</td>
<td>Mahmoud Alameddine</td>
</tr>
<tr>
<td>6W</td>
<td>Dennis Pilarinos</td>
</tr>
</tbody>
</table>

Mufti Day – Please donate a gold coin

Tomorrow we are having a Mufti Day to raise money for our annual P&C Easter Raffle. If your child comes out of uniform tomorrow please donate a gold coin. The money will go towards buying Easter eggs for our Easter Raffle. Attached to this newsletter are some tickets. Please sell the tickets and return the money to the school office. Tickets are $1 each or 3 for $2.

Easter Hat Parade!

Our K-4 Easter Hat Parade will be held on Thursday 2nd April. Each year all the students do a fabulous job of creating Easter Hat masterpieces, and we’re sure this year will be no exception! The P&C will be drawing their raffle during the parade and students will participate in a range of Easter themed activities on the day.

School Photos

School photos will be taken on **Wednesday 1st April**. A note has been sent home. If you need an envelope please see the school office. It is important that on the day students wear their SUMMER uniform, not the sports shirt. BLACK SCHOOL SHOES must be worn. If you want to pay by cash, money will be accepted until the day of the photos. Online payments can be made up to 5 days AFTER the photo day. If you are paying for family photos online this payment MUST be made 48 hours before.

VOLUNTEERS NEEDED – School Banking

We are looking for two volunteers to help with student banking every Friday from 9.10 – 10am. Please see Mrs Graham at the office if you can help. It would be much appreciated.
Kindergarten 2015

As you may have noticed our Kinder area is looking fantastic. We have some very keen gardeners and they are loving their new space. Thank you to Mrs Edwards for her continued enthusiasm with this project. It is looking fabulous.

Have a great fortnight,

Mrs Diamond
KG enjoy learning through the use of fun and engaging iPad activities.

**KG are Wild about Learning!**

We are expressing ourselves and being creative in the writing centre.

KG are also learning new letters and words every day!
Stage 3 Photography Group

The stage 3 photography group have been looking at all different techniques for taking effective photos. Some of these techniques include the rule of thirds, angles and frame within a frame. All of these photos have been taken within the school grounds.
## PSSA RESULTS

### WEEK 2

#### OZTAG

<table>
<thead>
<tr>
<th>Level</th>
<th>Game 1</th>
<th>Opponent</th>
<th>Score</th>
<th>Player of the Match</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUNIOR A</td>
<td></td>
<td>Vs Prestons</td>
<td>3-1</td>
<td>James Kasovski</td>
</tr>
<tr>
<td>JUNIOR A</td>
<td></td>
<td>Vs Dalmeny B</td>
<td>8-0</td>
<td>Chris Kasovski</td>
</tr>
<tr>
<td>JUNIOR B</td>
<td></td>
<td>Vs Marsden</td>
<td>0-0</td>
<td>Yash Swamy</td>
</tr>
<tr>
<td>JUNIOR B</td>
<td></td>
<td>Vs Prestons</td>
<td>0-6</td>
<td>Kavi Janardan</td>
</tr>
<tr>
<td>SENIOR A</td>
<td></td>
<td>Vs Prestons</td>
<td>0-0</td>
<td>Tehillah Vaeluaga</td>
</tr>
<tr>
<td>SENIOR A</td>
<td></td>
<td>Vs Dalmeny B</td>
<td>1-1</td>
<td>Faith Tofa lua-lua</td>
</tr>
<tr>
<td>SENIOR B</td>
<td></td>
<td>Vs Marsden</td>
<td>0-0</td>
<td>Imran Sakr</td>
</tr>
<tr>
<td>SENIOR B</td>
<td></td>
<td>Vs Prestons</td>
<td>1-3</td>
<td>Bilal Gheneim</td>
</tr>
</tbody>
</table>

#### AFL

<table>
<thead>
<tr>
<th>Level</th>
<th>Game</th>
<th>Opponent</th>
<th>Score</th>
<th>Player of the Match</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUNIOR</td>
<td></td>
<td>Vs Holsworthy</td>
<td>Win 16-3</td>
<td>Royce Walasek/Zaid Al Mubareki</td>
</tr>
<tr>
<td>SENIOR</td>
<td></td>
<td>Vs Holsworthy</td>
<td>Win 12-6</td>
<td>Cody Campbell-Voncina</td>
</tr>
</tbody>
</table>

#### NEWCOMEBALL

<table>
<thead>
<tr>
<th>Level</th>
<th>Game 1</th>
<th>Opponent</th>
<th>Score</th>
<th>Player of the Match</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUNIOR</td>
<td></td>
<td>Vs Liverpool West Green</td>
<td>Loss 0-2 sets</td>
<td>Kayne Peterson</td>
</tr>
<tr>
<td>JUNIOR</td>
<td></td>
<td>Vs Dalmeny B</td>
<td>Loss 0-2 sets</td>
<td>Kaitlin Rattenbury</td>
</tr>
<tr>
<td>SENIOR</td>
<td></td>
<td>Vs Liverpool West Green</td>
<td>Loss 9-11 sets</td>
<td>Nisha Arcot</td>
</tr>
<tr>
<td>SENIOR</td>
<td></td>
<td>Vs Dalmeny B</td>
<td>Draw 1-1 set</td>
<td>Sophia Ricchiuti</td>
</tr>
</tbody>
</table>

#### GIRLS T BALL / SOFTBALL

<table>
<thead>
<tr>
<th>Level</th>
<th>Game</th>
<th>Opponent</th>
<th>Score</th>
<th>Player of the Match</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUNIOR</td>
<td></td>
<td>Vs Wattle Grove</td>
<td>Loss 10-20</td>
<td>Lauren Phan</td>
</tr>
<tr>
<td>SENIOR</td>
<td></td>
<td>Vs Wattle Grove</td>
<td>Loss 3-16</td>
<td>Tianna Henare</td>
</tr>
</tbody>
</table>

### WEEK 3

#### OZTAG

<table>
<thead>
<tr>
<th>Level</th>
<th>Game 1</th>
<th>Opponent</th>
<th>Score</th>
<th>Player of the Match</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUNIOR A</td>
<td></td>
<td>Vs Chipping Norton A</td>
<td>9-2</td>
<td>Tarik Mesa</td>
</tr>
<tr>
<td>JUNIOR A</td>
<td></td>
<td>Vs Dalmeny A</td>
<td>2-0</td>
<td>Joel Murphy</td>
</tr>
<tr>
<td>JUNIOR B</td>
<td></td>
<td>Vs Dalmeny B</td>
<td>2-2</td>
<td>Radhwaan Allam</td>
</tr>
<tr>
<td>JUNIOR B</td>
<td></td>
<td>Vs Chipping Norton A</td>
<td>2-5</td>
<td>Kavi Janardan</td>
</tr>
<tr>
<td>SENIOR A</td>
<td></td>
<td>Vs Chipping Norton A</td>
<td>4-0</td>
<td>Usamah Eliaali</td>
</tr>
<tr>
<td>SENIOR A</td>
<td></td>
<td>Vs Dalmeny A</td>
<td>2-4</td>
<td>Tehillah Vaeluaga</td>
</tr>
</tbody>
</table>
### Senior B

<table>
<thead>
<tr>
<th>Game</th>
<th>Opponent</th>
<th>Score</th>
<th>Coach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Game 1</td>
<td>Vs Dalmeny B</td>
<td>3-2</td>
<td>Rupert Hosking</td>
</tr>
<tr>
<td>Game 2</td>
<td>Vs Chipping Norton A</td>
<td>2-3</td>
<td>Bilal Gheneim</td>
</tr>
</tbody>
</table>

### Cricket

<table>
<thead>
<tr>
<th>Grade</th>
<th>Game</th>
<th>Opponent</th>
<th>Score</th>
<th>Coach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior</td>
<td>Game</td>
<td>Vs Sackville</td>
<td>Loss 2</td>
<td>Jorja Barker</td>
</tr>
<tr>
<td>Senior</td>
<td>Game</td>
<td>Vs Sackville</td>
<td>Loss 2</td>
<td>Rayburn Chen</td>
</tr>
</tbody>
</table>

### Newcombe Ball

<table>
<thead>
<tr>
<th>Grade</th>
<th>Game 1</th>
<th>Bye</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior</td>
<td>Game 2</td>
<td>Vs Wattle Grove A</td>
<td>Loss 2 sets</td>
<td>Pereesae Shahzad</td>
</tr>
<tr>
<td>Senior</td>
<td>Game 1</td>
<td>Bye</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Senior</td>
<td>Game 2</td>
<td>Vs Wattle Grove A</td>
<td>Loss 2 sets</td>
<td>Kayla Truong</td>
</tr>
</tbody>
</table>

### Girls T Ball / Softball

<table>
<thead>
<tr>
<th>Grade</th>
<th>Game</th>
<th>Opponent</th>
<th>Score</th>
<th>Coach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior</td>
<td>Game</td>
<td>Vs Holsworthy</td>
<td>Loss 10-12</td>
<td>Rayanne Rifai</td>
</tr>
<tr>
<td>Senior</td>
<td>Game</td>
<td>Vs Holsworthy</td>
<td>Win 9-0</td>
<td>Katelyn Soeterboek</td>
</tr>
</tbody>
</table>

### AFL

<table>
<thead>
<tr>
<th>Grade</th>
<th>Game</th>
<th>Opponent</th>
<th>Score</th>
<th>Coach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior</td>
<td>Game</td>
<td>Vs Chipping Norton</td>
<td>Loss 20-14</td>
<td>Mason Chea</td>
</tr>
<tr>
<td>Senior</td>
<td>Game</td>
<td>Vs Chipping Norton</td>
<td>Win 40-8</td>
<td>Daniel Gaeta/Anthony Da Costa</td>
</tr>
</tbody>
</table>

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**Casula High School Update**

This week at Casula High:

- It’s a knockout! Sports teams are representing the school in a full range of activities. Soccer, cricket, volleyball, rugby league and more. There has been some great results as well.
- Casula High will be an active participant in the History Knowledge Bee. An international competition that will see us pit our skill and expertise against the best schools in Asia-Pacific.
- Some of our Science students recently attended a lecture with renowned Australian scientist Dr Cvetoejic. It was out of this world!
- The Aboriginal garden is up and running. It has been a fantastic way for our students to connect to Aboriginal culture and heritage.
- The Homework Centre will be operational in the near future. It is wonderful to see our students pushing themselves to do better.
- Past students and interested community members are invited to buy memorial pavers. What a great chance to leave your legacy at our school. See the website for details.
- For more updates on our exciting achievements why not like us on Facebook? Find us at [www.facebook.com/casulahighschool](http://www.facebook.com/casulahighschool). If you have any queries please contact the school on 9602-4270. Simon O’Donnell, Reliving Transition Co-ordinator
Casula Public School has a number of children with food allergies and/or a condition known as 'anaphylaxis'.

Nut products such as peanut butter and Nutella can cause severe life-threatening reactions in these children where they cannot breathe. Some children are extremely sensitive to nuts and cannot eat, touch or even smell nut products.

Our school has procedures in place to respond to these reactions.

How we can help?

Avoid giving your child peanut butter sandwiches and Nutella.

Discuss with your child about NOT sharing their food at recess and lunch.
Raising calm kids

With childhood and adolescent anxiety on the rise there's a simple but powerful technique that all kids should practice. Parenting ideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isabella. From her first day of childcare, Isabella would cry when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isabella started missing school.

The second child is James, who was always a bundle of energy. He had continuous 'fists in his pants'. His hyperactivity led him to be assessed for ADHD, a diagnosis that was eventually ruled out. His teachers found him a classroom management difficult, he would constantly distract the other kids and make a fuss. James ended up being suspended from school.

As you can see, Isabella and James were two very different kids. But the challenge they faced was eventually recognized as being the same: anxiety.

While not always as severe as that suffered by Isabella and James, anxiety – especially in those under 25 – is increasing at an alarming rate. It's thought that the constant pressure of modern life, with little or no down time, is part of this problem. New technology allows us to stay connected with each other constantly, but paradoxically this has led to some instances of huge increases in isolation – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out in a constantly changing world for what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it's making them feel bad or sad. You can teach your kids how to enjoy quiet time. Here's a technique that works well.

**TIPS FOR QUIET TIME**

1. Choose a time that suits you and your child. Morning or around lunch, just what works best for you and your family.
2. Schedule it in to fifteen minutes for the practice. You may need to start with just two to four minutes at first.
3. Find a place that allows your child to stay quiet. This could be their bedroom, another room in the house that they like being in, and in which they can feel relaxed.
4. They can choose to sit or lie down on a blanket or rug on the floor. Try to avoid their bed as they may feel tired, which isn't the purpose of the exercise. Do gently close their eyes or look down towards the ground. Now it's time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.
5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next two breaths, direct their focus to the rising and falling of the chest or to the tummy.
6. The next sequence requires them to notice any tension in the shoulders, tummy or elsewhere and then on each breath out, to let all this tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.
7. Continue with the breathing exercise until you reach the end of your allotted time. When it's time to stop, your child can just open their eyes, wiggle their toes and fingers a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.
Stepping Out School of Dance

Unit 9/45-47 Whyalla Pl,

Prestons NSW 2170

www.steppingoutdance.com

e-mail: rain.drops@bigpond.com

Christine PH: 96057472

Mobile 0409548396

Jazz Hip Hop Tap Ballet Irish Drama Singing

Acrobatics/Tumbling
HELP ............

My Child is Anxious

Presented by
Megan Taylor

Megan is a Clinical Psychologist with over eighteen years experience working with adults, adolescents, young children and their families.

This program aims to inform parents about the nature of anxiety and to give parents practical strategies to work with their children in reducing anxiety thoughts and behaviour.

This session is suitable for parents of primary school aged children and the strategies presented will be general.

The program will also look at ideas for parenting in a way which encourages confidence, resilience and a positive outlook.

Bookings are essential and places are limited. Please call 4007 708 626 to book your place.

Families Together is for parents.
Children's service workers, teachers, family support workers and other professionals will not be given a place. Families Together is in no way linked to the local government area of Fairfield. It is funded and delivered.

DATE: Thursday 26th March 2015
TIME: 6:30 - 9:00pm
PLACE: Casley Heights RSL and Sporting Club
26 Humphreys Rd
Widnes
CHILD MISHAPS is not available for this course. Children are not permitted in school.

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FITNESS WITH PURPOSE

- Learn Self Defence
- Develop Self Discipline
- Increase Focus & Concentration
- Build Strength, Coordination & Fitness
- Generate Positive Self Esteem & Confidence

BEGINNERS GROUPS STARTING NOW

Casula Public School, Casula
Monday: 6:30-8:00pm Tuesday: 6:30-7:30pm

$12 per session
Pay as you go
No lock in contracts

$95 Registration Promotional Offer for a 4 month trial

FREE Karate Uniform* (valued at $55)
*First 20 students
FREE Upgrade to Gold (lifetime) Membership (valued at $250)

For more information, or to ask about our family discounts:
Lachlan Carr
0438446385

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AUSTRALIAN TAE KWON DO GROUP
LEARN MARTIAL ARTS

Visit us at www.otztaekwondo.com.au

Tae Kwon Do is a sport for the whole family, visit us at any of these locations below and try Tae Kwon Do for yourself.

- Self Control
- Co-ordination
- Mental Attitude
- Physical Attitude

- Self Defence
- Flexibility
- Reflexes
- Respect

For further information please contact - 0413 146 301

MONDAY CLASS
LOCATION: PRESTONS
Dalmary Public School
Cnr Dalmary Drive & San Marin Drive, Prestons.
Classes held in School Hall
TIME: 6:15pm - 7:00pm

TUESDAY CLASSES
LOCATION: CHIPPING NORTON
Chipping Norton Public School
Central Avenue, Chipping Norton.
Classes held in School Hall
Class 1: 5:15pm - 6:00pm
Class 2: 6:00pm - 6:45pm

WEDNESDAY CLASS
LOCATION: HINCHBROOK
Hinckbrook Community Centre
Cnr Whittingale Ave & Partridge Ave, Hinchbrook.
Class 1: 6:15pm - 7:00pm
Class 2: 7:00pm - 7:45pm

THURSDAY CLASSES
LOCATION: PRESTONS
Prestons Public School
Cnr Kempsey Rd & Box Hill, Prestons.
Classes held in School Hall
Class 1: 6:15pm - 7:00pm
Class 2: 7:00pm - 7:45pm

FIRST LESSON FREE
FREE UNIFORM
NO CONTRACTS
NO JOINING FEES

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