Welcome to Week 8 and the lovely Autumn weather.
Please remember that the Premier’s Reading Challenge is now up and running. Start reading and log those books online when completed. Good luck and happy reading.

**Working Bee**
The school working bee is organised for this Saturday 22nd March commencing at 8am.
The two major projects for the working bee will be:
- The current vegetable gardens.
- Spreading the three large piles of mulch.
If time, or there are plenty of volunteers, we will also be attempting to weed current garden beds.
If there are families who have access to mini-tingo (or similar) please contact Mr Giles to discuss using it for spreading the mulch piles around. This part of the job could be done after school this week if that is more convenient, which will then leave spreading it around on Saturday.

Other useful tools during the morning are wheelbarrows, rakes, shovels / spades. Thank you to everyone who is able to join in during the morning.

**Thank you to:**
- To all students for their magnificent behaviour during our photo day. Both photographers were very impressed with your manners and willingness to cooperate.
- Mrs Sowter for coordinating the photo day and all staff for their patience and flexibility during the 2 sessions that were needed to complete the photos.

**Congratulations to:**
- Brodie, Piper and Lanie for their inclusion into the Blaxland HS Dance Transition group.

**School Assemblies**
Friday 21st March – Infants (2pm)
Friday 4th April – Captains’ Assembly (1:45pm)

---

**What’s Happening At Our School ……**

**WEEK 8**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 20th March</td>
<td>Regional Swimming Carnival</td>
</tr>
<tr>
<td></td>
<td>Backyard League – Day 2</td>
</tr>
<tr>
<td>Friday 21st March</td>
<td>National Day of Action Against Bullying</td>
</tr>
<tr>
<td></td>
<td>2015 High School Forms Due</td>
</tr>
<tr>
<td></td>
<td>Infants Assembly – 2pm</td>
</tr>
<tr>
<td>Saturday 22nd March</td>
<td>Working Bee – 8am</td>
</tr>
</tbody>
</table>

**WEEK 9**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 26th March</td>
<td>Debating Camp – Blaxland East</td>
</tr>
<tr>
<td>Thursday 27th March</td>
<td>Aboriginal Artist in Schools – 5/6H Backyard League – Day 3</td>
</tr>
<tr>
<td>Friday 28th March</td>
<td>Hot Cross Bun Orders Due</td>
</tr>
<tr>
<td></td>
<td>P&amp;C Easter Egg Multi-Day</td>
</tr>
<tr>
<td></td>
<td>Easter Egg Raffle Tickets Due</td>
</tr>
</tbody>
</table>

**WEEK 10**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 31st March</td>
<td>Young Leaders Day</td>
</tr>
<tr>
<td>Friday 4th April</td>
<td>Captains’ Assembly – 1:45pm</td>
</tr>
<tr>
<td>Saturday 5th April</td>
<td>Aboriginal Artist in Schools Art Exhibition.</td>
</tr>
</tbody>
</table>

**WEEK 11**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 8th April</td>
<td>P&amp;C Meeting – 8pm</td>
</tr>
<tr>
<td>9th &amp; 10th April</td>
<td>Peer Support Camp (Yr6 only)</td>
</tr>
<tr>
<td>Friday 11th April</td>
<td>Pedlars’ Parade</td>
</tr>
<tr>
<td></td>
<td>Stewart House Envelopes Due</td>
</tr>
<tr>
<td></td>
<td>End of Term 1</td>
</tr>
</tbody>
</table>

**TERM 2 – WEEK 1**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 28th April</td>
<td>Term 2 Begins – Staff Return</td>
</tr>
<tr>
<td>Tuesday 29th April</td>
<td>Term 2 Begins – Students Return</td>
</tr>
<tr>
<td>Thursday 1st May</td>
<td>P&amp;C Mother’s Day Multi-day</td>
</tr>
<tr>
<td>Friday 2nd May</td>
<td>School Cross Country</td>
</tr>
</tbody>
</table>

**TERM 2 – WEEK 2**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8th &amp; 9th May</td>
<td>Mothers’ Day Stall</td>
</tr>
<tr>
<td>Friday 9th May</td>
<td>Cross Country Back-Up date</td>
</tr>
</tbody>
</table>

**TERM 2 – WEEK 3**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>13th – 15th May</td>
<td>NAPLAN – Years 3 &amp; 5</td>
</tr>
</tbody>
</table>
IMPORTANT NEWS – Educom

As discussed at the last P&C meeting, we will begin sending the Educom home electronically (email and the school website) as the main point of distribution from the start of Term 2. Aside from the saving in paper used, this will also save the school approximately $1000 per year in printing costs.

Obviously for this to be effective the school will need to have up to date email addresses for families. If you are unsure as to whether we have your correct email address please send a note in with your child/ren with the correct email address on it.

Finally, we realise that some families are not in a position to receive the newsletter electronically so a print option will remain for those families. Please return the attached slip if this applies to you. If there are any questions regarding this change, please talk to Mr Giles.

Stewart House Clothing Drive

Stewart House are conducting their annual donation drive this month and are offering a $4000 family holiday to one lucky family who donate over $2 this year.

Stewart House has been in operation since 1931 with one charter – to care for public school children in need in NSW and the ACT. Each year, 1800 children stay at Stewart House. During their stay, children are provided with optometric, dental and medical treatment as well as emotional support. This is balanced with health and educational programs and out of school activities to boost their self-esteem and to promote a healthier lifestyle.

Traditionally, teachers, staff and children of public education raise about half of what is needed to run Stewart House each year. This donation drive is part of this fundraising.

If you are interested in donating to Stewart House this year please place your donation inside the attached envelope, complete the details on the back and return it to school by Friday 11th April. All donations over $2 will include automatic entry in the family holiday draw.

National Day of Action Against Bullying

Friday 21st March, 2014

Our school has registered to be part of the 2014 National Day of Action Against Bullying and Violence, being held nationwide this Friday 21st March.

The National Day of Action Against Bullying and Violence is Australia’s key anti-bullying event for schools. It’s a day where school communities across Australia ‘take a stand together’ against bullying and violence.

Mount Riverview Public School is dedicated to creating supportive environments, free from bullying, harassment and violence. By working together we are sending a clear message to young people that bullying and violence, in or outside of school, are not okay at any time.

The National Day of Action is an initiative of all Australian education ministers and is coordinated by the Safe and Supportive Communities (SSSC) Working Group, with representatives from all Australian educational authorities.

The SSSC is also responsible for the ‘Bullying. No Way!’ website which offers practical resources and information to help schools, parents and students counter bullying, harassment and violence.

Also available on the website is the Take a Stand app for iPhone, iPad and Android to keep tips and advice on dealing with bullying close at hand, as well as The Allen Adventure app, designed for children under 8 years.

Download these free apps now in the Student’s section of www.bullyingnoway.gov.au.
Anzac Day Ceremony

Anzac Day for 2014 will fall in the last week of the school holidays (Friday 25th April). The school will be marching once again this year in the Glenbrook RSL Anzac Day service. Traditionally we have a great turn-out of students who represent the school at this solemn occasion. Students wishing to take part in the march with the school should be dressed in full school uniform and meet Mr Giles in Glenbrook (opposite the shops) by 9:30am. If there are any questions please contact the school.

P&C Easter Mufti-Day

Next Friday 28th March, will be the P&C’s Easter Mufti-Day.

Children are allowed to wear casual clothes instead of their uniforms in exchange for Easter eggs or gold coin donations. The P&C will collect the Easter eggs and basket them up for the Easter raffle which will be drawn at the Pedlars’ Parade assembly. Any gold coins collected will be used to buy “top up” eggs for the prizes.

Please remember that children should be dressed sensibly (shoulders and belly-buttons covered), including shoes, socks and a hat.

Pedlars’ Parade

Friday 11th April is the date for our Pedlars’ Parade this year. This is one of the most popular days with our students and I know many of them are already thinking about the character they are going to dress up as and the ‘goods’ they are going to sell. If you have other questions you could ask your class teacher or the office.

School Banking News

This term’s competition, between the lower mountains schools, is to win a marquee for our school. Every student who completes a minimum of three school banking deposits in Term 1 will be in the running to win a $50 credit into their account. The school with the highest percentage of active students at the end of Term 1 will win the marquee for the school.

We are looking for another parent to help with school banking. If you are interested please come and talk to us. Banking day is Thursday.

Banking Coordinators

P&C News

Next Meeting – Tuesday 8th April
8pm – School Library

The P&C held their AGM last Tuesday 11th March and elected their committees for the 2014 school year.

Thank you to the 2013 people who did an amazing job on their respective committees. It is wonderful to have such a dedicated group of people volunteering every year to help coordinate P&C activities as everything that is done during the year is to benefit the students of our school.

President - Phillip Handley
Vice President 1 - Mark Cheeseman
Vice President 2 – Gabby Stanek-Joynes
Treasurer - Amy Wilson
Secretary - Lynn Wiezel
Canteen Co-ordinator - Sharon Gatt
Canteen Roster Co-ordinator - Michelle Finneran
Canteen Purchasing Officer - Marn Harrex
Canteen Treasurer – Kim McGoogan
Uniform Pool Co-ordinator - Jeannie Martin
Uniform Pool Purchasing Officer – Taryn Hackney

We will always be in need for parents to help out, especially in our canteen and when we are running events. Please let us know if want to help in any way!

Thank you

P&C Executive

School Volunteers

A reminder that if you are considering helping out with any activity at school please remember that a Working With Children (WWC) form will need to be completed and returned to the office. When completing the form you will need 100pts of identification which will need to be sighted when handing in the form.

Both the required form and a list of ID which can be used has gone home in previous newletters but is also available on the school website on the Notes page.

If you have already registered through the Kids Guardian website then all we will need is the clearance number you were given. If there are any questions please contact the office.
Thank You From Blaxland High

Thank you to all the students and parents who attended the Blaxland High School Open Night. We had over 300 guests on a very positive and successful evening.

The winner of the $50 voucher for the BHS Uniform Shop was the Dalton family from Mount Riverview PS.

Absent From School?

If your child/ren is away from school a note explaining the reason for the absence is required to be sent to school within 7 days of them returning to school.

If you know your family is going to be away for an extended period (a family trip for eg) then an “Exemption from Attendance at School” should be applied for. Contact the office for further details. If a student has high absenteeism during the school year a referral will be made to the Home School Liaison Officer.

If there are any questions regarding school attendance please contact Mr Giles.

Student Assistance, We Can Help

During the course of the school year there are many financial demands upon parents. Excursions, uniforms, shows and textbooks are just a few. As a parent I understand the constant pressure that these costs can bring to a family budget and that as parents we want to provide our children with all opportunities made available to them. Each year the school is provided with a small budget to help any parents who may require some financial assistance for school related expenses. **If parents require any assistance with school related expenses please contact Mr Giles or your child’s teacher. All enquiries are confidential.**

School Voluntary Contributions

Each year the school asks families to consider paying the voluntary contribution if they are in a position to do so. Money raised with the voluntary contributions is used to help provide additional funding for programs that the school runs. Voluntary contributions for 2014 are $50 per student or $70 per family.

Anaphylaxis – a shared responsibility

Being the start of a new school year it is just the right time to remind everyone about this issue. We now have a couple of students at our school who have a severe allergic reaction to peanuts. This anaphylactic reaction is likely to be life-threatening. For this reason we ask that peanuts are not brought to school. This includes peanut butter, nut spreads (nutella), and nut bars.

The inconvenience to some children is recognised and appreciated, but the consequences to children with this severe allergy are extremely serious.

All members of our school community are asked to be aware of the dangers of even the slightest contact with peanuts or tree nuts for these children.

To help minimise the risk, simply washing hands and cleaning teeth before coming to school would really help.

---

UWS PENRITH OBSERVATORY
Great Western Highway, Werrington North (Building AO)

**Family Astronomy Night**
Saturday 22 March  (8pm – 10pm)

**DADS & KIDS NIGHT**

Kids and dads also include grandfathers, kids and grandkids. So it is for everyone. Age is no barrier to spending an evening with the family and the stars.

The night will include a multimedia presentation, a 3D astronomy movie and viewing of the night sky through the University’s 0.6 metre and 0.25 telescopes (weather permitting).

---

**Cost:** $15 adult, $10 child/concession & $40 family

**Bookings essential:**

**Enquiries:**
Phone:  (02) 4736 0135 (Mon, Wed or Thurs)
Email:  r.mccourt@uws.edu.au
Lost A Copy Of A Past Educom Issue??

The Educom Is On the Internet

Our bi-weekly Educom can be accessed from the internet on our web site - www.mtrivervie-p.schools.nsw.edu.au

If you are not receiving your fortnightly issue of the Educom from your child please feel free to come up to the office for another copy or go to our website. It is important that our school news reaches you.

School Security, You Can Help

If parents or community members observe any destructive or suspicious behaviour in the school grounds please ring the School Security phone number listed below. All reports are treated discreetly; names do not have to be left with the operator.

School Security - 1300 880 021

EDUCOM – New Delivery Arrangements from Term 2

Due to an inability to access the internet or email I would like to still receive a printed copy of the EDUCOM each fortnight.

Name
Dear Parents and Caregivers,

The P&C is organising an Easter bun drive to raise money for our school. The hot cross buns will be baked by East Blaxland Bakery on Thursday 10th April morning.

The bakery makes great Hot Cross Buns and by ordering through here you are helping to support both a local business and your school! Ask your friends and neighbours to support this too!!

We will require all order forms and the appropriate money to be returned NO LATER THAN FRIDAY 28th MARCH. Hot Cross buns will be available for collection on Thursday 10th April. They will be sent home with your child.

We encourage everyone to actively get as many orders as possible. The more we sell, the more money we can raise!!

Hot cross buns are $5 for a bag of 6.

Thanks for your generous support

Mt Riverview P&C

---

Easter Hot Cross Buns Order

Child’s Name___________________ Class_____

I would like to order ________ half dozen buns at $5.00. Total cash enclosed = $ __________
It’s time for the annual P&C Easter Raffle to raise much needed funds for our school.

Attached to this note are 20 tickets for you to sell for $1 each. Please write purchaser’s name and phone number on each ticket and return them, with money, in an envelope labelled Easter Raffle to the school office by Wednesday 9th April 2014.

Raffle will be drawn at the Pedlars’ Parade 11th April 2014.

Additional tickets are available from school office.

Mt Riverview P & C Easter Mufti Day

To fund our P & C Easter Raffle we are holding a Mufti Day. All proceeds from the day will go towards creating the prizes for the Easter Raffle drawn at the Pedlars’ Parade.

When: - Friday 28th March 2013

What: - Children wear mufti of their choice.

(Please ensure children wear appropriate footwear)

Cost: - an Easter egg or gold coin donation
is a healthy lifestyle program for children aged 7-13, who are above a healthy weight range. The program is run after school for a 10 week term and is FREE for eligible families.

GO4FUN programs in Nepean Blue Mountains LHD:

- Penrith YMCA—Tuesday & Thursday 4-6pm
- Springwood—Venue & Days to be confirmed
- North Richmond— Monday & Wednesday 4:30-6:30pm
- St Marys Ripples Aquatic Centre—Monday OR Wednesday 4-6pm OR 4:30-6:30pm

Starts 28th February 2014!

⇒ Fun & interactive exercises!
⇒ Practical nutrition sessions!
⇒ Make sustainable changes!

FREE kid’s pack & prizes

‘Good and easy approach to healthy eating & keeping active’
‘Helps to strengthen the family bond’

- Past Go4Fun graduates

For more information or to register:

- FREE call 1800 780 900
- SMS 0409 745 645 for a call back
- Visit: www.go4fun.com.au
- Speak to program co-ordinator: Ada Kwan 4734 3305 ada.kwan@health.nsw.gov.au
An honest person will likely admit that at some time in their childhood, they were given this rule. In fact, many parents will admit they continue to pass this rule onto their own children. Yet, in the same breath, we might encourage our children to talk to the supermarket cashier, the salesperson or the long lost relative. All of these people fit the definition of a stranger, but for some unknown reason it is okay for the child to talk to them. At best, this rule sends mixed messages to our kids.

There is a strong shift away from the old rule of “never talk to strangers” to “never go anywhere with anyone without asking permission first”. A child who has been taught to never talk to strangers may feel they have nowhere to go if they find themselves lost in a shopping centre or other public place.

As parents we need to emphasise who is a “stranger”. Your definition and your child’s may be quite different. Engage with your children to help them understand that a stranger is simply someone whom they do not know. We do not know if someone is good or bad just by looking at them. Rather, we need to teach our children about “strangeness”.

Five ways to enforce the new rule:

1. Never go anywhere with anyone without asking permission first
This is the new fundamental rule to keeping kids safe. This rule must NEVER be broken. Regardless of if it is a school, public or family function, work with your children to ensure they always ask an adult for permission before going off with ANYONE.

Classic “what if” scenarios are worth their weight in gold. “You are at school and walking back to class after snack when a man comes up to you and says he is looking for his son’s class. He asks you to go with him to show him where it is. Do you go?”

Use tempting scenarios that are relevant to your child, such as puppies or toys, and discuss safe options and strategies in each case.
2. Your personal alarm
Children have an innate sensitive personal alarm, which we can teach them to use. This is their natural defence system. Work with them to identify and recognise the physical and environmental signals that cause their alarm to sound. Knowing that a rush of adrenalin will cause physiological changes in our bodies and activate our personal alarm is a good start. A child’s personal alarm will present the same physical and emotional cues that an adult’s will.

3. Trust your instincts
Have you ever gotten “the creeps”? Maybe it’s the idea of snakes, mice or heights that does it for your child. Encourage them to draw on how it feels when they get the creeps. Instincts are those feelings you get when something or someone makes you feel uncomfortable. Instincts are the physiological changes that happen to our body when our personal alarm goes off. Physiological changes include noticing that you feel scared or nervous, your tummy feels upset and your heart is racing. And you know what? Our personal alarm is right 100% of the time.

4. Personal space vs. safety zone
Most kids understand the concept of personal space. How many times have we heard, “Stop invading my personal space!” Most people feel comfortable within an arm’s length of others. However, do your kids recognise their safety zone? Teach your child to be aware of their surroundings. If a “strange” person is too close, suggest they back away and maintain their safety zone. A safety zone is much bigger than your personal space – at least three giant steps bigger.

5. Safe places, safe people
There are times when a child must ask for help quickly and instinctively. We already know that not all strangers are bad, that most strangers will help a child who is lost or upset. It is situations that are safe, not places. Talk with your child and reinforce that he or she must ALWAYS use his or her skills with ALL people, including those presumed safe. Encourage your child to tell an adult they trust when someone or something has frightened them.

As parents we need to empower our children with self-confidence and trust in their ability to sense when something is just not right. It doesn’t matter if they can articulate it; they just have to feel it.

Catherine Gerhardt, Kidproof Melbourne
Kidproof provides proactive and preventative child and family education programs. We work with schools, community groups and other child centric organisations. We provide peace of mind for parents and create safer communities for everyone.

- www.kidproofsafety.com.au
- melbourne@kidproofsafety.com
- 1 300 577 663