Dear Parents and Caregivers,

My first week at Mimosa has been very enjoyable as I’ve had the opportunity to meet the brilliant students and supportive parents and work with the wonderful staff. Everyone has been very welcoming and enormously helpful as I come to learn everything I can about the school.

Last week our students in Years 1-6 moved into their new classes with much excitement but mixed with a few nerves! All our teachers are working hard with our students, setting up class routines, planning the teaching and learning programs and organising classroom resources. The first few weeks can be a little unsettling for some students as they get to know their new teachers, get to know their classmates and come to understand how things are done in their new grade! Some students come into their new classes full of confidence and ready to start the year. Teachers, however, are very aware and sensitive to the needs of those students who need a little more time to settle and will work hard to help them build their confidence. Staying positive at home is also helpful, assisting your child build resilience and helping him/her to cope with change. Below is an article about ‘composite’ or ‘stage classes’ that might be interesting reading for all parents, regardless of whether your child is in a stage class or not. All classes contain students at varying levels and as educators it is our job to cater for all individual needs, a job teachers at Mimosa do particularly well. It’s early days but we are looking forward to a great year at Mimosa for everyone!

On Monday we welcomed 72 new Kindergarten students as they began their school careers! We have a confident, happy group of students in Early Stage 1 who are really enjoying being at ‘big school’ although understandably a little tired by the end of the day! Our Stage 3 buddies have done a wonderful job of looking after their young charges and showing them around the school.

Last week our swimming carnival was held at Manly Pool. Many thanks to Louise Grigg and Wendy Campbell who organised the event so well and ensured the children had a great day. Many thanks to the teachers who worked hard officiating at the carnival and to the wonderful parents who volunteered their time to help with timekeeping, water safety, refreshments, etc. Your support is always appreciated.

Well done to all the swimmers who took part in the carnival and tried their best in the races. It was great to see such team spirit on the day. The behaviour from our students must also be mentioned. It was exemplary and we are all very proud of how our students conducted themselves in this public forum. We had very positive comments from the pool management, lifeguards and canteen staff who all commented on the students’ excellent manners and behaviour. Congratulations to all of you!

Food Allergies
You might have seen in the news this week that a Kindy child at another school had a terrible first day as she ate food that contained nuts and became very unwell. Fortunately she is now ok and well again but it was no doubt very worrying for both her parents and the school. It is therefore timely to remind everyone that at Mimosa PS we ask that parents be vigilant and NOT sent food to school that contains any nuts or nut products. We have quite a number of students who are severely allergic to nut products and could potentially have an anaphylactic
reaction if exposed to foods containing nuts. Anaphylaxis is a life threatening illness and needs to be carefully managed. All our staff members are trained in treating Anaphylaxis however, as a school, we can reduce the risk dramatically with your support. We are a 'nut free' environment and ask that no food is sent to school that contains nuts, nuts spreads (like peanut butter or Nutella) or packaged foods that might contain nuts. Similarly, if you are sending in birthday cakes or treats to your child’s class, please make sure that they do not contain nuts. We thank you for your support and understanding with this matter.

School Development Day
This term the teachers will be taking part in a School Development Day on the last day, Friday 11 April. Along with staff from our local Community of Schools, Mimosa teachers will be working with educational specialists on maths and the new curriculum. This day is being held this term as opposed to the first day back in Term 2 which is traditionally when the School Development Day is held. Students therefore will finish Term 1 on Thursday 10 April and return to school for Term 2 on Monday 28 April.

Meet the Teacher Night
A reminder that next week’s Meet the Teacher night will be held on Wednesday 12 February. On this night, teachers will meet with parents in the classrooms to outline plans for the year, explain class routines and Stage organisation. The night is an information session and teachers won’t be able to discuss individual students or conduct parent/teacher interviews. Formal Parent/Teacher interviews will take place in Week 10 of this term. For this event, we will be trialling a new online booking system, so please watch this space for news of that system closer to the time. If at any time, however, you would like to discuss your child’s progress with his/her class teacher or have any concerns, please don’t hesitate to make an appointment to speak with the teacher at a mutually convenient time.

Yours Sincerely,
Matthew Fuller
R/Principal

What to look for in this newsletter…

- Term 1 Calendar
- Scripture & Ethics Information
- Swimming Carnival Results
- 2014 Canteen Menu
Stage or Composite Classes

Stage or composite classes can cause some concern for parents and students as the new school year begins. Our education system is, however, much different to what it was a few decades ago. Every class, in reality, is already a composite class in terms of the 18-month range in school starting ages and students’ different academic abilities. In NSW, children as young as 4 can go to school and must be in a class by age six. Add to that variation in maturity and a curriculum that emphasises "stages" of learning development rather than strict age limits, and stage classes or composite classes are now as common as single grades like Year 2, Year 3 and Year 4. Socially, the benefits are just as practical. Advocates argue that students in composite classes are better able to make friends across age groups, are more confident and assertive and are comfortable in a group. In the long term, they become more adept at problem-solving and independent learning. Contemporary teaching strategies accommodate the individual needs of a student whether that child is in a 'straight' class or a composite class. Teachers are trained to differentiate teaching and learning in order to move their students along the continuums of learning in literacy and numeracy.

Latest research on the impact of composite classes shows that by the end of Grade 6, along the bell curve there is no statistically significant difference between students from composite or straight classes in terms of academic performance. But in results for social indicators like tolerance of others, showing empathy and adaptability there was a positive statistically significant difference for children who had been taught in composite classrooms.

The start of a new school year can be an anxious time for students and it is important for us and for you as parents to be as positive as possible. They will need time, reassurance and positive steps by you to make new friends and feel comfortable in their new classes. Forming new friendships is a lifetime pursuit and to learn those skills at this young age will benefit them in their journey through the various stages of education. Often children have far more resilience than we give them credit for.

Scripture and Ethics 2014

This year Scripture and Ethics lessons will take place later in the day. This is so that teachers and students can make the most of the valuable learning time in the morning. Scripture and Ethics will begin on Wednesday 26th February-week 5. The session times are below:
11:35-12:15pm – Stage 3
12:15-12:55pm – Stage 2
1:50-2:35 – Early Stage 1 and Stage 1

Students will stay in the same Scripture or Ethics group they were in last year. If you would like your child to change groups you will need to send in a written note to his/her class teacher.

Kindergarten parents will receive a Scripture form to fill in at the Parent Information Night. Please indicate on this note the group you would like your child to attend and return the note to your child’s class teacher.

Thank you,
Clare Dawson

Office News

If you moved or changed contact numbers over the holidays, please contact the office so that we can keep our records up to date. This is important if we need to contact you regarding your child.
<table>
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<tr>
<th>WEEK</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY/SUNDAY</th>
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<td>Australia Day Holiday</td>
<td>Term 1 School Development Day</td>
<td>Years 1-6 return for Term 1 2013</td>
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<td>Selective HS (2014) Test</td>
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<td>Parent Teacher Interviews</td>
<td>Year 3 Excursion</td>
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<td>P. &amp; C. Meeting</td>
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<td>State Swimming Carnival Students last day of Term 1</td>
<td>School Development Day</td>
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<td>Staff and Students return to School</td>
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These dates were correct at the time of publication. The dates are not exhaustive and may be added to or amended as the term progresses. All communication regarding variations to the Term 1 Calendar will be communicated to parents through Mimosa Matters or in specific school notes.
## 2014 Swimming Results

### BOYS

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<tr>
<th>Event Type</th>
<th>Event Name</th>
<th>Swimmers</th>
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<tbody>
<tr>
<td>100m Freestyle</td>
<td></td>
<td>Zach Murphy, Ben Watman, Liam O’Brien, Luke Irwin</td>
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<td>12yrs 50m Freestyle</td>
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<td>Zach Murphy, Cameron Caswell, Joel Hayward, Christopher Thomas</td>
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<tr>
<td>11yrs Backstroke</td>
<td></td>
<td>Liam O’Brien, Ben Mackinlay, Liam Hore, Thomas Kenny</td>
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<tr>
<td>Junior Medley</td>
<td></td>
<td>Luke Irwin, Hayden Link</td>
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<tr>
<td>8yrs 50m Freestyle</td>
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<td>Will Hamilton, Ashton Kiehne, Mitchell Hatfield, Joshua Ashley</td>
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<tr>
<td>Junior Breaststroke</td>
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<td>Maxwell Glackin, Francesco Parrino, Ben Watman, Luke Irwin</td>
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<tr>
<td>12yrs Backstroke</td>
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<td>Zach Murphy, Jake Rattigan, Cameron Caswell, Rory Brown</td>
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<tr>
<td>Senior Medley</td>
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<td>Zach Murphy</td>
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<tr>
<td>9yrs 50m Freestyle</td>
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<td>Cooper Joyce, Lachlan Greig, Braedon Ferguson, Zach Caswell</td>
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<tr>
<td>11yrs Breaststroke</td>
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<td>Liam O’Brien, Liam Hore, Mitchell Bamford, Jack MacGregor</td>
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<td>Junior Butterfly</td>
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<td>Corey Hayward, Luke Irwin</td>
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<tr>
<td>Junior Relay</td>
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<td>Acacia, Boronia, Waratah, Banksia</td>
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<td>10yrs 50m Freestyle</td>
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<td>Ben Leach, Ben Watman, Corey Hayward, Finn Jackson</td>
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<tr>
<td>12yrs Breaststroke</td>
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<td>Zach Murphy, Joel Hayward, Jake Rattigan, Christopher Thomas</td>
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<td>11yrs Butterfly</td>
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<td>Senior Relay</td>
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<td>Waratah, Boronia, Banksia, Acacia</td>
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<td>11yrs 50m Freestyle</td>
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<td>Liam O’Brien, Mitchell Bamford, Liam Hore, Jack MacGregor</td>
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<tr>
<td>Junior Backstroke</td>
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<td>Ben Watman, Nicholas Romandy, Braedon Ferguson, Lachlan Greig</td>
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<tr>
<td>12yrs Butterfly</td>
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<td>Zach Murphy, Joel Hayward</td>
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# 2014 Swimming Results

## GIRLS

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<tr>
<th>Event</th>
<th>10yrs 50m Freestyle</th>
<th>11yrs Backstroke</th>
<th>12yrs 50m Freestyle</th>
<th>Junior Medley</th>
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<tr>
<td>100m Freestyle</td>
<td>Lauren Warburton</td>
<td>Madeleine Wallace</td>
<td>Lauren Warburton</td>
<td>Junior Medley</td>
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<td>Annalise Waldon</td>
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<td>Rachel Colville</td>
<td>Jacqueline Bashford</td>
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<td>Sasha Page</td>
<td>Paige Warner</td>
<td>Ellie Warrington</td>
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<td>8yrs 50m Freestyle</td>
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<td>Aanya Salier</td>
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<td>Brooke Bashford</td>
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<td>Makayla Cragg</td>
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<td>Charlie Dickerson</td>
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<td>10yrs 50m Freestyle</td>
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<td>11yrs 50m Freestyle</td>
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HOUSE POINTS:

Congratulations to Boronia and Acacia! What a close finish!

1st - Boronia (384 points)
2nd - Acacia (279 points)
3rd - Waratah (181 points)
4th - Banksia (141 points)

AGE CHAMPIONS:

Boys Junior Age Champion - Ben Watman
Boys 11yrs Age Champion - Liam O’Brien
Boys 12yrs Age Champion - Zach Murphy

Girls Junior Age Champion - Elise Wallace
Girls 11yrs Age Champion - Madeleine Wallace
Girls 12yrs Age Champion - Lauren Warburton

THANK YOU PARENT HELPERS!

A special mention needs to go all the WONDERFUL parents who kindly offered to assist with the carnival. Everyone did a fantastic job which enabled the day to run smoothly. We cannot run a carnival without you, so thank you for giving up your time to help.
**Mimosa Canteen Menu 2014**

**Hot Recess Snacks**
Various mini hot snacks are available to purchase over the counter during recess @ 50c per piece.
See Blackboard for specials (Eg: Chicken breast crackles, mini pizzas, garlic bread, mini spring rolls)
Lunch order bags $0.10

**Sandwiches, Rolls & Wraps**
Sandwiches are spread with low fat margarine & made with wholemeal bread
Bread Roll or Wrap (add .50c)
- Jam, Honey or Vegemite $1.50
- Cheese $2.00
- Ham $2.50
- Egg $2.00
- Chicken, Lettuce & Mayo $3.00
- Add Salad to any above $1.00
- Extra's Individually
  - tomato, lettuce, carrot, cucumber, beetroot, cheese $0.50

**Hot Food**
- Chicken Burger $3.50
- Lettuce & mayonnaise $3.50
- Beef Burger $3.50
- Lettuce, tomato, cheese & tomato sauce $3.50
- Sweet Chilli Chicken Tender Wrap $3.50
- Chicken Tender, lettuce, tomato & mayonnaise $3.50
- Homemade* Twista Pasta with Bolognese sauce $3.50
- Homemade* Macaroni Cheese with light milk, cheese & ham $3.50
- Homemade* Fried Rice $3.50
- Lite Meat Pie $3.40
- Mini Meat Pie $1.50
- Lite Sausage Roll $2.70
- Pizza Rounder (ham & cheese) $2.70
- Fantastic Noodles in cup $2.30
- Chicken Nuggets & Small Salad $2.60
- 3 nuggets $2.60
- 5 nuggets $3.20
- Hot Cheese Rolls Half $1.00 Full $2.00
- Add Ham/Tomato Each $0.50
- Tomato sauce portion $0.25

**TERM ONE**

**Salad Boxes & Fruit**
- Salad box $3.00
  - Lettuce, tomato, carrot, cucumber, beetroot
- Add meat/tuna (add $1.00 each) $3.00
- Egg/cheese (add $0.50 each) $2.50
- Piece of fruit (incl slinky apple) $1.20
- Fruit Salad small $1.20

'Homemade' means made on the premises of the canteen.

**Snack Items**
- Hard Boiled Egg $1.00
- Jumpy's (Chicken/S&V/BBQ) $1.00
- Real McCoy Chips $1.00
- Cookie $0.70
- Ginger Bread Man $1.40
- Jelly/Yoghurt frogs (max 4) each $0.10
- Popcorn $1.00
- Noodle Snacks $0.50

**Drinks**
- Water - (600 ml) $0.70
- Juice Popper 100% (250ml) $1.00
- Flavoured Milk 300ml $1.60
- Chocolate or Strawberry $0.70
- Quench Sparkling Flavoured Water (various flavours) $1.70
- Play Water - Still Water (various flavours) $1.70

**Frozen Snack Items**
- Frozen Fruit Jellies $0.40
- Frozen Fruit Yoghurt $1.50
- Fruit stacks $0.60
- Bulla Ice Cream tubs $1.10
- Mooisies (chocolate/strawberry) $1.20
- Paddle Pops $1.50
- Berri Fruit Cups $0.70
- Calippo $0.80
- Juices Apple/Blackcurrant $0.50

**SUSHI WEDNESDAY**
- Chicken Teriyaki Roll $3.00
- Cooked Tuna & Cucumber Roll $3.00
- Raw Salmon & Avocado Roll $3.00
- Mini Avocado Box $4.00
- Mini Cooked Tuna Box $4.00
- Mini Cucumber Box $4.00

**CANTEEN OPEN**
Monday, Wednesday & Friday
Recess from 11.15am - 11.35am
Lunch from 12.35pm - 1.55pm

Green = indicates more healthy & nutritious food/drink choices.

Amber = foods that are not as healthy for you, so go SLOW and choose carefully, but better than red!

Please ensure lunch order bags are large enough to hold the order – bags available to purchase at canteen.
(10c)
(Any change due will be taped to the front of the lunch bag).

**Please note:**
- Water is included in the price of the salad box and other items.

**This is an interim menu for 2014 and items and prices may change as required. Any changes will be notified through the P&C or School Newsletter. If you have any comments or suggestions please email: mimosacanteen@gmail.com**
BRING A BUDDY

FOREST LIONS EXCLUSIVE SWANS NIGHT

- Come and join us on TUESDAY 4TH MARCH at 5.00pm for a great night of AFL at Lionell Watts Oval on Blackbuts Rd, Belrose.
- Every Forest Lions player is encouraged to bring a buddy (or 2) and have some fun – they don’t have to members of the club.
- There will be drills and training activities done in conjunction with Swans players.
- Then when the drills finish at 6.30pm each child will received a sausage sandwich and drink (for FREE!)
- Also the Swans players will be interviewed and kids can ask questions before they’re able to get autographs (pens provided).
- The evening finishes at 7.00pm, but the season is just beginning!

TUESDAY 4TH MARCH
BRING A BUDDY AND HAVE SOME FUN!

MEET THE SYDNEY SWANS AT BROOKVALE OVAL

AFL NSW/ACT would like to invite you, your family and friends to an evening of AFL at Brookvale Oval on Monday, February 10.

There will be plenty of activity for the whole family to enjoy, including:
- Junior AFL Come and Try Clinic from 4pm
- AFL 9s CELEBRITY match from 5pm
- Northern Beaches AFL 9s competition games from 6pm
- Opportunity to meet, get autograph and photo with a Sydney Swan Superstar
- FREE BBQ

Monday 10th February 2014
4pm – 5pm – Come and Try Junior Clinic
5pm-6pm – AFL 9s Celebrity Match
6pm-9pm – Northern Beaches AFL 9s Competition

Brookvale Oval, Pittwater Road, Brookvale
Interested in playing netball in 2014? Join

Wakehurst Netball
Registration

Funnet (6 & 7 yrs)  Nettas (8 & 9 yrs)  Juniors (10 - 17 yrs)  Seniors (18 yrs+)

REGISTRATION DAY 2014

11am – 4pm
Saturday 1 February 2014
Belrose Rugby League Clubhouse, Blackbutts Rd, Frenchs Forest

CONTACT US

For further information, refer to our website  www.wakehurstnetball.com.au

or contact the Registrar at  registrar@wakehurstnetball.com.au

Wakehurst Rugby Club
Summer Touch Rugby

Fridays from
14th February to 7th March 2014
5.30pm — 8.30pm

- Safe, friendly touch rugby games
- No tackling
- Ages 6–14
- Boys & girls welcome
- Age appropriate games
- Free attendance
- Sausage sizzle
- Great social atmosphere
- Licensed bar

No need to register, just come along...

wakehurst rugby club
Cnr Walden Rd & Forest Way Belrose

More info: wakehurstrugbycomms@gmail.com
Or call Karen Morris on 0408 538 400