



# Blaxcell Matters

Blaxcell Street Public School  
Blaxcell Street GRANVILLE NSW 2142  
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## Term 3 Newsletter

### Important Dates

Friday 27 September	Last day of Term 3
Monday 14 October	First day of Term 4
Tuesday 5 November	Fathers & Successful Learners Evening
Monday 11 and 18 November	2020 Kindergarten Transition Program
Thursday 5 December	Sports & Extra-Curricular Presentation Day
Monday 9 December	K-2 Presentation Day
Tuesday 10 December	3-6 Presentation Day
Wednesday 11 December	Year 6 Graduation Ceremony
Tuesday 17 December	Year 6 Farewell Evening
Wednesday 18 December	Last day of Term 4

### Message from the Principal

Dear Parents and Carers,

I take this opportunity to thank parents, students, volunteers and staff for their commitment and dedication to our school. Term 3 has been extremely busy and students should be commended for their efforts throughout the term. Our teachers have continued to support and extend your children in all learning areas which will in-turn lead to individual success during term 4. I hope that families have a safe and restful holiday enjoying the company of loved ones.

#### School Uniform - Term 4

**The School Uniform Shop is open Monday, Tuesday & Thursday 8:30am - 9:30am.** With the warmer weather it is important to ensure that your child continues to wear full school uniform each day. We often receive comments from the general public about how well presented our students are in their school uniform. Plain black shoes should be worn as part of the school uniform with the exception being days when your child participates in sports activities. **Please ensure your child has plain black shoes for the start of Term 4.** I thank parents for supporting the uniform policy.

#### School App

To support direct parent communication, Blaxcell Street Public School has a school app. Information and download instructions accompany this newsletter.

#### Entering school grounds

To ensure the safety and well-being of our students, I take this opportunity to remind all parents/carers to proceed directly to the office when entering school grounds between 9:00am and 2:30pm. Parents/carers are not permitted to go directly to classrooms as this is a safety and security breach. In addition, I remind parents that you should not be in the school grounds until 2:30pm. At that time, parents/carers are to wait under the big tree or the COLA until the students are dismissed at 2:45pm.

Regards,  
Mr Zahra  
Principal





# Blaxcell Street Public School

Blaxcell Street GRANVILLE NSW 2142

*Our Vision:*

*At Blaxcell Street Public School, every student must achieve success.*

T: 02 9632 8162

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## Blaxcell Street Public School

### 2019 COMPULSORY UNIFORM REQUIREMENTS FOR ALL STUDENTS

The parents of Blaxcell Street Public School have agreed to the following items as compulsory uniform for our students. It is an expectation that students wear full school uniform each day

#### BOYS

- Royal Blue shorts – cargo style
- Royal Blue pants – cargo style
- Blaxcell Street PS original polo with crest embroidery (**ONLY available from the uniform shop**)
- Blaxcell Street PS 2016 polo with crest embroidery (**ONLY available from the uniform shop**)
- Blaxcell Street PS jackets with crest embroidery (**ONLY available from the uniform shop**)
- White plain socks
- Black shoes (must be plain black and should be leather - no colours on shoes)
- **NO** ¾ tights or compression tights such as Skins

#### GIRLS

- Blaxcell Street PS dress (**ONLY NAVY BLUE** stockings permitted)
- **ONLY** white under garments (for arms) permitted for religious purposes under the school dress
- Royal Blue skorts
- Royal Blue A-Line full length skirt
- Royal Blue formal school uniform pants
- Blaxcell Street PS original polo with crest embroidery (**ONLY available from the uniform shop**)
- Blaxcell Street PS 2016 polo with crest embroidery (**ONLY available from the uniform shop**)
- Blaxcell Street PS jackets with crest embroidery (**ONLY available from the uniform shop**)
- Blaxcell Street PS white hijab, if worn (**ONLY available at the uniform shop**)
- White plain socks
- Black shoes (must be plain black and should be leather - no colours on shoes)
- **NO** ¾ tights or compression tights such as Skins

### SPORTS UNIFORM FOR BOYS

- Blaxcell Street PS Royal Blue shorts (**ONLY available at the uniform shop**)
- Blaxcell Street PS original polo with crest embroidery (**ONLY available from the uniform shop**)
- Blaxcell Street PS 2016 polo with crest embroidery (**ONLY available from the uniform shop**)
- Blaxcell Street PS 2016 Tracksuit (**ONLY available from the uniform shop**)
- White sports socks
- Sports shoes e.g. runners – **PLEASE NOTE canvas shoes such as Converse are not sports shoes**
- **NO** ¾ tights or compression tights such as Skins

### SPORTS UNIFORM FOR GIRLS

- Blaxcell Street PS Royal Blue shorts (**ONLY available at the uniform shop**)
- Blaxcell Street PS original polo with crest embroidery (**ONLY available from the uniform shop**)
- Blaxcell Street PS 2016 polo with crest embroidery (**ONLY available from the uniform shop**)
- Blaxcell Street PS 2016 Tracksuit (**ONLY available from the uniform shop**)
- Royal Blue yoga style pants (**ONLY available from the uniform shop**)
- White sports socks
- Sports shoes e.g. runners – **PLEASE NOTE canvas shoes such as Converse are not sports shoes**
- **NO** ¾ tights or compression tights such as Skins

### HATS (**ONLY available at the uniform shop and front office**)

- **K-2** students must wear the **wide brimmed** Blaxcell Street PS hat
- **3-6** students may wear the wide brimmed Blaxcell Street PS hat OR the Blaxcell Street PS cap

Examples of black shoes appropriate for school:





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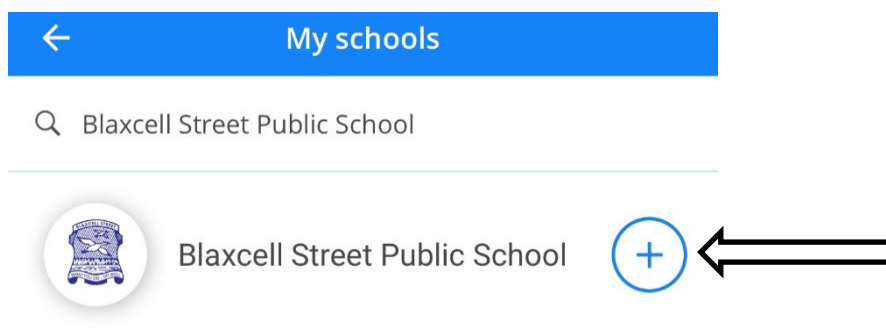
[blaxcellst-p.school@det.nsw.edu.au](mailto:blaxcellst-p.school@det.nsw.edu.au)

Dear Parents,

To support direct parent communication, Blaxcell Street Public School has a school app. The SkoolBag app will provide you with immediate access to notes, newsletters and information on upcoming school events. All notes and newsletters will be available for direct access to your mobile phone or tablet. The app is available for download to mobile devices. It can be easily accessed from the Google Play Store and Apple's App Store.

## How to Install the SkoolBag app

1. Get your favourite mobile device.
2. Open the App Store/Play Store.
3. Search for "SkoolBag".
4. Download the free app.
5. Open the app and add Blaxcell Street Public School.



Regards,

Mr Zahra  
Principal



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### **BLAXCELL STREET SCHOOL CANTEEN**

*Blaxcell Street Canteen is a P&C run canteen that endeavours to provide healthy and nutritious food at a reasonable price for all students.*

*All profit made by our canteen goes to our school.*

*Our Canteen Manager is Lyn Connolly. For the canteen to run efficiently she need volunteers, if you can help out any morning or lunchtime, please come to see Lyn at the canteen for a chat.*

*All hot food must be ordered by the 9.00am bell.*

*After this time only standard sandwiches orders will be taken as lunch is served at 11.10am and there will not be adequate time to heat or prepare other food.*



Education  
Public Schools



**Fresh Sandwiches**

<i>Plain buttered</i>	<i>1.20</i>
<i>Honey</i>	<i>1.80</i>
<i>Vegemite</i>	<i>1.80</i>
<i>Cheese</i>	<i>2.70</i>
<i>Tomato</i>	<i>2.70</i>
<i>Cheese &amp; tomato</i>	<i>2.70</i>
<i>Egg</i>	<i>2.70</i>
<i>Tuna</i>	<i>3.80</i>
<i>Salmon</i>	<i>3.80</i>
<i>Chicken (H)</i>	<i>3.80</i>
<i>Ham</i>	<i>3.80</i>
<i>Salad</i>	<i>3.80</i>
<i>Tuna &amp; salad</i>	<i>4.30</i>
<i>Salmon &amp; salad</i>	<i>4.30</i>
<i>Chicken &amp; salad (H)</i>	<i>4.30</i>
<i>Ham &amp; salad</i>	<i>4.30</i>
<i>Egg &amp; salad</i>	<i>4.30</i>

**Fresh Salad Boxes**

<i>Salad box</i>	<i>5.50</i>
<i>Tuna &amp; salad</i>	<i>6.50</i>
<i>Salmon &amp; salad</i>	<i>6.50</i>
<i>Chicken &amp; salad</i>	<i>6.50</i>

**Fresh Rolls**

<i>Salad roll</i>	<i>4.20</i>
<i>Tuna &amp; salad</i>	<i>4.70</i>
<i>Salmon &amp; salad</i>	<i>4.70</i>
<i>Chicken &amp; salad (H)</i>	<i>4.70</i>
<i>Ham &amp; salad</i>	<i>4.70</i>
<i>Egg &amp; salad</i>	<i>4.70</i>

**Drinks**

<i>Small water bottle</i>	<i>1.50</i>
<i>Large water bottle</i>	<i>2.00</i>
<i>Juice popper</i>	<i>2.00</i>
<i>Strawberry milk</i>	<i>2.70</i>
<i>Chocolate milk</i>	<i>2.70</i>

**Snacks***Fresh Fruit Seasonal Prices*

<i>Sultanas Various</i>	<i>1.00</i>
<i>Plain Popcorn</i>	<i>1.00</i>
<i>Snack Biscuits</i>	<i>1.00</i>
<i>Sea Salt Potato Chips</i>	<i>1.10</i>
<i>Cheese Sticks</i>	<i>1.20</i>
<i>Barbeque Popcorn</i>	<i>1.70</i>

**Hot Food - Halal (H)**

<i>Garlic Bread</i>	<i>1.20</i>
<i>Corn Cob</i>	<i>1.30</i>
<i>Sausage Roll (H)</i>	<i>3.00</i>
<i>Pie (H)</i>	<i>3.70</i>
<i>Beef Burger (H)</i>	<i>4.00</i>
<i>Lasagne (H)</i>	<i>4.30</i>
<i>Pasta Twist (H)</i>	<i>4.30</i>
<i>Macaroni Cheese</i>	<i>4.30</i>
<i>Vegetarian Fried Rice</i>	<i>4.30</i>

**Iced Treats**

<i>Frozen Ice Cups</i>	<i>1.00</i>
<i>Juicies</i>	<i>1.00</i>
<i>Vanilla Ice Cream Tub</i>	<i>2.00</i>
<i>Frozen Yoghurt</i>	<i>2.70</i>

**MONDAY & THURSDAY ONLY**

<i>Chicken Burger (H)</i>	<i>4.00</i>
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**TUESDAY & WEDNESDAY ONLY**

<i>Pizza Wraps</i>	<i>4.00</i>
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## Year 6 Fete

The Blaxcell Street Public School annual Year 6 Fete was held on Wednesday 11th of September. The School Fete is one of the highlights of the school year, and the money raised from this day is used to fund the Year 6 Farewell, so that all students have an opportunity to formally celebrate their graduation from Primary School with friends at an amazing place.

It was a glorious, sunny, warm day, and fun was had by all the students and parents. The teachers who volunteered at the Sponge Throw Stall were especially glad for the sunshine, from being soaking wet. We had many new stalls like the Haunted House (that was in 6W) and Ms Shakoush's amazing toffee apples and cookies that were a big hit.

It was fantastic to see so many people enjoying themselves and having fun. The Year 6 students, and their teachers, would like to thank all who supported the fete through generous donations, and by turning up and spending their money on the day. A big thank you also goes to all of the staff who worked so hard on the day.

Also a special thanks to Mr Neville, Ms Connelly, Mr Sukkarieh, the wonderful women in the office, and of course all the fabulous Year 6 teachers who worked extremely hard for months to make the day so successful.

See you all again at next year's Fete!

By Alex Chen & Jessica Deng 6W





# Regional Spelling Bee Report

In 2019 Blaxcell Street Public School was once again involved in the NSW Arts Unit Spelling Bee Competition.

It all started in late Term 2 when students competed to represent their Spelling Mastery classes in the school Spelling Bee final held in early Term 3.

At this school final, Dahlia Hawat 3G, Abdul Hakim Fakhreldine 4A were selected as Stage 2 representatives after placing in the Top 2, whilst Tyrone He 5J and Eason Chen 6N placed Top 2 and were selected for Stage 3. Eason had other Year 6 commitments so his place was taken by another highly credentialed candidate, Basharat Kamel 5A. These four students earned the right to be our school representatives at the Regional Final held at Guildford Public School on Wednesday 11 September.

At the Final, Dahlia, Abdul and Tyrone all performed admirably and gave it their best shot against some red-hot spellers. They are all eligible to try out again next year and see if they can again represent our school at the 2020 Regional Final. They know that competition for places will be tough but they are up for the challenge.

A special mention to Basharat Kamel (5A) who achieved a Top 5 place in the **Senior Category** of the **Regional Spelling Bee!** This is quite an achievement as he was able to hold his nerve against 37 of the best Stage 3 spellers in South-West Sydney.

Both the Junior and Senior competitions went well beyond the allocated time resulting in a later than expected return to school. This late finish demonstrates the fierce competitiveness and talent of all the spellers involved, earning high praise from the adjudicator who was in awe of the high standard.

This was another proud day for Blaxcell Street Public School and our four representatives. Competing against the top spellers from 18 other schools in the district is a fitting reward for the school-wide effort put in to raising our spelling standards, which strengthens with each passing year.

Mr Cioffi and Mr Simpson  
Spelling Bee Coordinators



# Winter PSSA

Week 8 marked the end of winter PSSA, in which our students represented our school with pride and great sportsmanship. We had another outstanding season with 12 teams being part of the action and fun. It was obvious throughout the season that BSPS students were respectful however highly competitive, as 6 of our teams made the grand final this year. These teams were: junior and senior girls' soccer, junior and senior boys' soccer, senior Newcombe ball and junior girls' league tag. Despite the determination of both the boys' soccer teams, junior girls' soccer and junior girls' league tag in their grand final battle, they walked away as runners up. However, the senior girls' soccer team and the senior Newcombe ball team were successful and crowned the premiers.

Congratulations to all of our 2019 winter PSSA students for a fantastic season. Keep up the training for an even better 2020!



# Book Week

## Character Parade

This term we held our annual Book Week Character Parade. Both students and teachers wore some amazing character costumes. Congratulations to all students who dressed up as their favourite character to celebrate Book Week.



## Book Fair

Our annual Book Fair was a great success. Many students visited the library and purchased books to take home and enjoy. The school receives a commission from all the books sold in the Book Fair. This year we earned \$1900. These funds are used to buy fantastic new books for our school library.

# Author Visit – Matt Stanton



We were fortunate to have Australian author Matt Stanton visit our school this term. He was a very entertaining storyteller and had our students and teachers in fits of laughter. As well as reading some of his works, he explained the process of writing and illustrating books to our students.

There is now a buzz around the school, and students are keen to borrow his books. Some new copies have just landed on our shelves, including his latest release – Funny Kid Next Level.



## Cumberland Council Library Competition Winners

During Book Week, Cumberland Council ran a writing, colouring and design competition related to the CBCA shortlisted books. All of our students had the opportunity to enter the competition. We had 2 talented winners from our school. Congratulations to Stephanie Hu from 4B and Ayesha Khatib from 1S.

To find out more about other programs and resources the Cumberland Council Libraries offer drop into a branch or visit their website <https://www.cumberland.nsw.gov.au/library>

# Premier's Reading Challenge

This year we are proud to announce that 628 of our Blaxcell Street readers have completed the challenge! This is a huge accomplishment; and one that students, teachers, and parents should be very proud of. In years K-2, students read 30 books with their classroom teacher; and in years 3-6, students were required to independently read 20 books at their grade challenge level. Well done to all students who completed the PRC in 2019! Remember you can continue to log books and they will count towards your next year's challenge.

## Library Borrowing

Well done to all students who have consistently borrowed this term. Encouraging your children to borrow from the school library is one of the most convenient, cost-effective contributions you can make to their education.

Students in years K-2 attend library every week for 30 minutes, while students in years 3-6 attend for 1 hour each fortnight. Please encourage your children to remember their fabric library bag on their library day. Bags can be fabric shopper bags, a clean pillow case or a BSPS logo library bag available from the uniform shop.

If your child has an overdue book, they will bring home a reminder sheet with the title that they need to look for. If the book cannot be found, this sheet also has the replacement cost of the book. It can be paid for in the front office. Unfortunately students with overdue library books are unable to borrow until the books are returned or paid for.

We are always updating our library catalogue with new titles. We are looking forward to sending these home with your children next term.

## The Premier's Debating Challenge

This year, Blaxcell Street Public School's Debating Team was a great success! Our excellent team of orators included: Aarohee Hirachan (6W), Alika Chen (6W), Angela Han (6W), Ashvin Rajkumar (6W), Zihni Mursith (6W), Vihaan Rajit (5J), Jaeda Melad (5J) and Amara Alameddine (5A). All our debaters were confident speakers, and it is no doubt why Blaxcell Street Public School's Debating Team won all four local debates and became the Zone Champions! Being crowned Zone Champions is a fantastic achievement, as over 900 Primary Schools participated in the challenge this year. Two of our debaters, Alika and Ashvin made it to the State Debating Trials, where they further enhanced their debating skills. All in all, it was a great experience for everyone and we wish the best of luck to the Year 5 Debaters in their future debates! A big thank you to our debating coaches Miss Dandashli and Mr Westcott, for taking time out of your lunchtimes (and sometimes at home on Google Classroom), your guidance and encouragement allowed us to flourish and achieve the successes we did.

By Ashvin 6W



# ShipEd Hackathon

On the 30th of August, 15 students from 6W partook on an experience of a lifetime, these students, randomly selected, journeyed to the Sydney CBD and competed in the 4th Hackathon hosted by Atlassian (Australia's most innovative and successful tech company) at their head office on the 29<sup>th</sup> floor . Many other High Schools also attended this event and our school was split into 3 teams: The Choice Project, Woof Woof and Pikachu.

The Choice Project: Yvonna, Mia, Sean, Aahil and James L

Woof Woof: Lina, Joshua, Wilson, Jessica and Riya

Pikachu: Collin, James D, Matthew, Sanjit and Barenya

Atlassian staff taught us the fundamental skills for the 21st century, and the years to come. Adapt, Build, Collaborate, Dig, Engage and Flourish. Now that's an A-F grading scale kids will love! Each of these characteristics teaches us how to learn, relearn and unlearn, which is necessary for the ever changing future ahead.

On the day we were given a task to solve: how to future-proof a school? Atlassian staff worked alongside us, teaching us the process of how an idea comes to life: thinking of ideas, pitching the idea, testing the idea and refining the idea. The Choice Project and the Woof Woof team had a three way tie with another school (of teachers only) which was voted upon by Atlassian staff and all competing teams. To top of a great day of design thinking we were given free shirts, pizza, soda and lollies by the team at Atlassians.

By Yvonna, Sean & Aahil 6W





# INVITATION

Fathers and Successful Learners present

**'Kids and Dads' Night'**  
**Blaxcell Street Public School**  
**& Boronia Multicultural services**  
invite you to a special night



*When: Tuesday 5 Nov 2019*

*Register: 5:15pm for 5:30pm start*

*Where: Blaxcell St Public School*

RSVP: Please return this slip to the Community Engagement Officer Mr Khaled Sukkariéh

Student's name: \_\_\_\_\_ Class: \_\_\_\_\_

Dad's name: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Number of people attending: \_\_\_\_\_



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Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Number of people attending: \_\_\_\_\_





المجلس الإسلامي لولاية نيوساوث ويلز  
Islamic Council of New South Wales Inc.

**Do you want to do something rewarding?**

**The Islamic Council of NSW is a service provider registered with the Department of Education to deliver Islamic scripture lessons in public schools. We run the project named Islamic Special religious Education (ISRE).**

**ISRE is calling for volunteers to teach Islamic knowledge at Blaxcell Street Public School on Tuesdays from 1:10 to 2:45pm.**

**You will need to speak English, have basic Islamic knowledge and have a working with Children Check (WWCC) or be able to get one.**

**Training and Syllabus Material provided.**

**If you have 30 minutes or more to spare per week and have the passion and drive to do something great and are interested please contact Ebtesam or Mariam at our office via:**

**Email: [info@isre.org.au](mailto:info@isre.org.au)**

**Phone: 02 9708 0880**

# Turn off the TV or computer and get active

## Did you know?

- ★ Spending too much sedentary or 'still' time watching TV, surfing online or playing computer or electronic hand-held games is linked to children becoming overweight or obese.
- ★ Children who watch TV for more than 2 hours every day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to be physically active.
- ★ Nearly half of children aged between 5 and 15 years spend more than 2 hours every day on 'small screen' entertainment.
- ★ Children are more likely to snack on foods that are high in sugar, salt or saturated fat when they're watching TV.

## How much time in front of the screen?

When kids and teens spend time in front of small screens – whether it's the TV, computer or hand-held games – it takes away from the time they could spend playing sport, games or being active.

Australian guidelines recommend that kids and teens should minimise the time they spend being sedentary (still) every day.\*

Kids and teens should spend no more than 2 hours each day using small screen entertainment. Long periods of use should be broken up as often as possible.

While computers and TV can be valuable for education and learning, the health benefits, skills and enjoyment that kids and teens get from being physically active are just as important.

**“Set limits for computer games and being online”**



## Tips for parents

- Before you switch on the TV or the computer for your children, stop and think – could they spend the time being active and have some 'small screen' time later on?
- Set limits on TV viewing. If there is a specific program that your child wants to watch, turn the TV off once it has finished. Alternatively, record the program and watch it together later on.
- Set limits for computer games and being online – no more than 2 hours a day and not during daylight hours when they could be outside and active.
- Don't allow a TV or computer in your child's bedroom. Keep them in a common area of the family home so you can monitor use.
- Have a list of active indoor and outdoor games or activities for your children, so you can suggest alternatives to watching TV or playing on the computer.

For more information and ideas on healthy eating and physical activity, go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

\*The recommendations are based on Australia's Physical Activity and Sedentary Behaviour Guidelines for children (5-12 years) and young people (13-17 years).

# Eat fewer snacks and select healthier alternatives

## Did you know?

- ★ Around 1 in 5 young people in NSW report eating potato crisps or other salty snacks at least 4 times per week.
- ★ Over a quarter of young people in NSW eat confectionary at least 4 times per week.
- ★ Most young children eat enough fruit every day, but only about half of children aged 9-15 years have the recommended daily amount.

## Healthy snacks help kids and teens refuel

Healthy snacks in between main meals help kids and teens meet their daily nutritional needs.

Young children have smaller stomachs than adults, so they need to eat every few hours to keep up their energy levels and get the right amount of nutrients. Teens get particularly hungry during periods of fast development and snacks are important.

Snacks based on fruit and vegies, reduced fat dairy products and whole grains are the healthiest choices.

It is important to limit snacks that are high in sugar, salt or saturated fats – such as chips, cakes and chocolate – which can cause children to put on excess weight. These ‘extra foods’ should only be offered occasionally.

**“Stock the pantry, fruit bowl and fridge with healthy snacks”**



## Ideas to help kids and teens ‘snack smart’

The simplest way to limit unhealthy snacks is not to buy them. Instead, stock the pantry, fruit bowl and fridge with healthy snacks, and include them in lunchboxes.

Commercial snack foods available in the supermarket have varying nutritional value. When choosing grain-based snacks, look for the healthier options which are high in fibre and whole grains – and look for products with the Heart Foundation Tick.

Put a clear limit on the number of less healthy snack foods eaten each week, such as lollies; chocolate; donuts; some fruit, cereal and muesli bars; potato and corn chips; hot chips; and savoury and sweet biscuits.

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# Eat more fruit and vegies

## Did you know?

- ★ 56% of primary and 80% of secondary school students do not eat the recommended daily amount of vegetables.
- ★ Research shows that watching a lot of TV is associated with children and teenagers drinking more soft drink and not eating enough fruit and vegetables.
- ★ Fruit and vegetables are a great source of vitamins, minerals and dietary fibre.
- ★ Eating fruit and vegetables every day helps children and teenagers grow and develop, boosts their vitality and can reduce the risk of many chronic diseases - such as heart disease, high blood pressure, some forms of cancer and being overweight or obese.

## How many serves do kids and teens need?

All of us need to eat a variety of different coloured fruit and vegies every day – both raw and cooked. The recommended daily amount for kids and teens depends on their age, appetite and activity levels – see table below.

Age (years)	Fruit (serves/day*)		Vegies (serves/day#)	
	girls	boys	girls	boys
2-3	1	1	2½	2½
4-8	1½	1½	4½	4½
9-11	2	2	5	5
12-18	2	2	5	5½

\*One serve of fruit is 150 grams (equal to 1 medium-sized apple; 2 smaller pieces (e.g. apricots); 1 cup of canned or chopped fruit; ½ cup (125ml) 99% unsweetened fruit juice; or 1½ tablespoons dried fruit).

#One serve of vegetables is 75 grams (equal to ½ cup cooked vegetables; ½ medium potato; 1 cup of salad vegetables; or ½ cup cooked legumes (dried beans, peas or lentils))



## Fresh fruit is a better choice than juice

While whole fruit contains some natural sugars that make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice.

One small glass of juice provides a child's recommended daily amount of vitamin C. Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.

**“Children may need to try new fruits and vegies up to 10 times before they accept them”**

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**motiv8sports**

**EXCLUSIVE**  
**AFTER SCHOOL**  
**PROGRAM**

Motiv8sports accepts Service NSW Active Kids vouchers for our sports clinics

**Blaxcell Street Public School**  
**Monday afternoons**  
**2:45pm - 4:15pm**  
**Term 4, 2019**

**“Experimental studies offer evidence that exercise can improve cognition and suggest effects on school performance and classroom behavior”**

*Catherine L. Davis, PhD; Norman K. Pollock, PhD*

**Motiv8sports Parramatta will be offering an exclusive after school program for the students of Blaxcell Street Public School in Term 4, 2019**

The program will be hosted at Blaxcell Street Public School straight after school until 4:15pm. Motiv8sports have a variety of modified sports combining game play from basketball, soccer, cricket, hockey, athletics, touch footy, netball, dodgeball and awesome water games on a hot day to get children active, have a great time and improve cognitive performance.

## **8 week program**



**ACTIVE  
KIDS**



**No charge when using your  
Active Kids Voucher\***

- program cost \$100 for 8 weeks  
\*booking fee applies



## Dear Parent/s

I would love to invite your son/daughter to experience Motiv8sports at Blaxcell Street PS in Term 4, 2019. My name is Tim Beitsch and I am the Director of Motiv8sports Parramatta. For 17 years Motiv8sports has motiv8ted thousands of children across Sydney with our innov8tive approach to sport.

Regardless of your child's athletic ability Motiv8sports caters to everyone. Most importantly we are not looking to turn your child into the next sporting superstar. Motiv8sports is about developing your child's confidence, self-esteem and motiv8tion to achieve anything they put their mind to. My team of amazing coaches would love the opportunity to Motiv8 your child every Monday on school grounds at Blaxcell Street PS. Parents can relax knowing that Motiv8sports coaches meet your child on school grounds, complete a roll call and provide complete supervision in a safe environment rain, hail or shine every Monday afternoon until 4.15pm.

Please visit <https://motiv8sports.com.au/franchise/parramatta/> for more information or give me a call on my mobile 0438 697 279 if you have any questions. I look forward to the opportunity to motiv8 the children of Blaxcell Street PS in Term 4, 2019.

***Take care & stay Motiv8ted***

**Coach Tim**

**BOOK NOW: <https://motiv8sports.com.au/franchise/parramatta/>**



**Term 4 / 2019**  
**MONDAY 8-WEEK MULTI-SPORTS CLINIC**  
**at Blaxcell Street PS**



**STARTS: MONDAY 21st OCTOBER 2019**  
**TIME: 2:45pm to 4.15pm every MONDAY**  
**COST: \$100 for the 8-week clinic (includes Rookie Jersey)**

**ACTIVE KIDS VOUCHER ACCEPTED**

**AGE: Kindy to Yr 6**  
**VENUE: Blaxcell Street PS - Kids to meet under the COLA**  
**BOOK ONLINE or email: [parramatta@motiv8sports.com.au](mailto:parramatta@motiv8sports.com.au)**

**Motiv8sports**  
**SCHOOL HOLIDAY PROGRAM**  
**October Holidays**



Your Active School holiday solutions all sorted by the Motiv8 Crew

Creative Kids Vouchers  
 accepted for Camps

**Event 1: 1 Day Footy Fanatics Tournament**  
 30/9 @ The Kings School, North Parramatta  
 Limited team entries available



**Event 2: 2 Day Megacamp**  
 3rd and 4th October @ Macarthur Girls High, Parramatta  
 \*\*\*\$50 tickets for Clinic schools only\*\*\*  
 Use code: clinicsspecial

**Event 3: 2 Day Megacamp**  
 10th and 11th October @ Muirfield High School, North Rocks  
 Tickets almost sold out

