



# NEWSLETTER

TERM 3 2007



## Healthy Choices

Healthy eating is a habit. Like all habits it takes some time and effort to develop, but once developed it can last a lifetime. The best thing we can do for our children is to set up the conditions (at home, at school or anywhere) in which they can develop this habit for themselves.

A young child should have about 2 serves of fruit and 4 serves of vegetables a day, and a teenager should have up to 4 serves of fruit and 7 serves of vegetables.

Everyone knows that fresh fruit and vegetables are good for you, but how do we get kids making the right choice once they reach the canteen counter?

The answer is simple! Cut up fruit and vegetables are their own form of advertising. Nothing draws people closer than a freshly sliced piece of rock melon, watermelon, mango or even an apple.

Selling fruit and vegetables doesn't have to be so hard. Why not go straight

to the source, ask the students what healthy options they would like to see on the menu board. Remember each school has different needs and wants when it comes to their students. As a daily provider of food canteens need to distinguish which fruit and vegetables appeal to their students.

**"Kids love bright and colourful things, don't be scared to be creative ... it might even be a little fun!"**

Having a good relationship with your local greengrocer may help in achieving those goals. They not only are a provider of quality fresh fruit and vegetables but also a great source of information, especially when it comes to finding out what is in season.

Canteen Managers are encouraged to contact Sydney Markets or visit their award winning website [www.freshforkids.com.au](http://www.freshforkids.com.au) to discuss cost effective and innovative ways of promoting fresh fruit and vegetables to school canteens. Some ideas include.

- Ensure the fruit bowl is at eye level. The best place is at the counter where kids can see the different pieces of fruit on offer. Remember to change the fruit in the fruit

bowl regularly, removing old and browning produce.

- Infants or kindy kids plates per classroom at a set price \$2 per plate
- Have a \$5 healthy food voucher which is awarded to students during an assembly.
- Feature a 'new' product, which is in season each week. i.e. Tangeloes cut up a tangelo or two into small pieces and place on a plate to offer to kids to try free. If the kids like the fruit on offer utilize it in a fruit salad.
- Get the parents involved. Run a competition asking parents and carers for their all time favourite fruit and vegetable recipes – promote it via the school newsletter and reward their children with a healthy lunch voucher.

These are just a few examples of how you can begin the process of encouraging children to eat healthily.



*Source: Sydney Markets Limited, Fresh for Kids program. For more information visit [www.freshforkids.com.au](http://www.freshforkids.com.au)*



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## Fundraising..

At this time of the year, most schools will be preparing for end of year celebrations and school formals. The majority of schools will be organising fundraising events to cover some of the costs involved in venue hire, travel, and party supplies.



The key to successful fund-raising is planning. A good plan that is properly executed will produce memorable and successful events. Following are some helpful hints to get the most out of your fundraising events;

- Begin planning large events at least 3 months ahead of your scheduled date. Don't be afraid to think outside the box, there are loads of great new ideas for fundraising on the internet,
- Prepare a realistic budget,
- Charge an appropriate ticket price; it is impossible to raise money with cheap tickets. For example, if you are hosting a trivia night, factor into the ticket price the cost of hiring your venue and food,
- Big Names attract Big Bucks!! Ask your local corporate and community leaders to attend your event, and

don't be afraid to request a donation or sponsorship,

- Spread the Word. Make sure all necessary information is included; date, time, location and an RSVP date. Make use of your local services, set up a local radio announcement and place an advertisement in your local paper,
- Ensure you make mention of your VIP guests at the event and send them a thank you letter.

One very important thing to keep in mind is the collection of money. For security reasons you must ensure you keep your money in a secure petty cash tin out of sight. These can be purchased at any stationary supplier.

Contact the Federation if you would like more information.

## Frequent Questions & Answers

The Federation of Parents and Citizens' Associations of New South Wales receives enquiries every day from callers asking questions about the running of their P&C Associations. The following are answers to some frequently asked questions.

### **Q) Do we need an Australian Business Number (ABN)?**

A) Yes, whether incorporated or not, all P&C Associations require an

ABN. Without one they will not be regarded as an income tax exempt, not for profit organisation and may be liable for income tax on all profits made. If you are unsure whether your P&C Association has an ABN, you can check on [www.abr.gov.au](http://www.abr.gov.au), and click on the search register link,

### **Q) Where can I get the most current version of the canteen wage rates?**

A) This information can be found on Federation's website, or call the office and request that this be faxed or emailed to you.

### **Q) Who is responsible for changing the school uniform?**

A) According to the Department of Education and Training's policy, School Uniforms and General Standards of Dress, the school principal is responsible, in consultation with the school community, for both general standards of dress and detailed decisions about the school uniform or any change to the school uniform in terms of fabric, colour and style. Whether the uniform is being adopted in the first instance or being altered, the principal should ensure that the views of parents are sought on the proposed uniform via

the established parent organisation at the school.

The parent organisation is at liberty to express its viewpoint on this matter and convey that viewpoint to the school principal, but it has no authority to impose its preferred choices about uniforms.

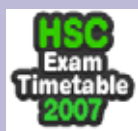
The Department asserts that "any change in school uniforms should be announced, early in the school year proceeding the year in which the change is to be introduced". The policy goes on to assert that "all parents and, as far as practicable, the retailers concerned must be notified of the change in good time". A period of transition in excess of a full school year is not unreasonable.

## HSC Timetable

The 2007 Higher School Certificate (HSC) examination timetable is now available for students to download from the Board of Studies' website.

[www.boardofstudies.nsw.edu.au](http://www.boardofstudies.nsw.edu.au)

**The HSC examination period is from Thursday 18 October 2007 to Tuesday 13 November 2007.**



## Basic Skills Test - Year 3 and 5

31 July 2007

The Basic Skills test is for all students in Years 3 and 5 and will begin on 31 July 2007.

It consists of a literacy and numeracy component. The second day of testing will be on the 2 August 2007.

# Anti-Bullying...

**Bullying is behaviour not tolerated by NSW Public Schools.**

**Bullying can happen anywhere:** at school, in sporting teams, between neighbours, and on the internet. Bullying can take on various forms including giving nasty looks, making rude gestures, calling names, being rude and impolite, spreading stories and rumours and teasing.

## **This behaviour may include:**

- keeping someone out of a group
- acting in an unpleasant way near someone
- 'mucking about' that goes too far
- harassment or any form of discrimination based on disability, gender, race or religion.

Hurting someone physically is a form of bullying. Every public school has its own discipline policy which includes codes of conduct to ensure students are free from bullying and intimidation. We believe students have a right to be safe and happy at school.

Our schools have anti-bullying policies in place to deal with bullying promptly and effectively by involving mediation, disciplinary action, warnings, social skills programs, counselling and parental involvement. For more information on bullying in schools visit [www.det.nsw.edu.au](http://www.det.nsw.edu.au).

Young people have fully embraced the use of information and communication technologies to maintain contact with friends and make new ones. They send emails, create their own web sites, post intimate personal news in blogs (online interactive diaries), send text messages and images via mobile phone, message each other through MSN (instant messages), chat in chatrooms, post to discussion boards, and seek out new friends in teen community sites.

While most interactions are positive, there are increasing reports of these technologies being used to harass and intimidate others. This has become known as cyber bullying.

Many young people say that they wouldn't report cyber bullying because most adults don't know that they have a cyber life - and if they report, then the technology will be taken away from them. They are also likely to take the position that their online activities are their business. But parents have a moral, as well as a legal, responsibility to ensure that their children engage in safe and responsible behaviour - including online behaviour.

## **So what can parents do?**

Get involved and be aware

Learn everything you can about information and communication technologies and how your child is using them. Talk to them about the places they go online and the activities that they are involved in.

Encourage your child to come to you if anybody says or does something that makes them feel uncomfortable or threatened. Stay calm and keep the lines of communication and trust open. If you "freak out" they won't turn to you for help when they need it.

Take action if your daughter or son is being bullied online. Watch out for signs that your child is being bullied online - a reluctance to use the computer or go to school may be an indication.

If the bullying is coming from a student at the same school, meet with school officials and ask for help in resolving the situation.

Report any incident of online harassment and physical threats to your local police and your Internet Service Provider (ISP).

If your child is bullied through a mobile phone, report the problem to your phone service provider. If it's a persistent problem you can change the phone number.

For more information on cyber bullying visit [www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)

# Presidents Message...

The Term 3 Newsletter is looking bright and fresh. It is hoped that you will photocopy this newsletter and share it with your P&C members, subscribe to receive it by email or visit our website and read it online.



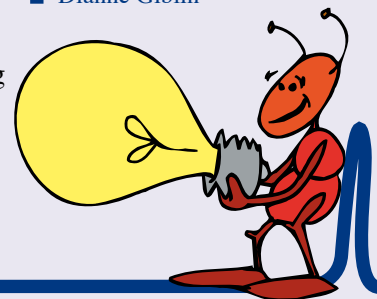
Over the past twelve months, Officers of the Federation have conducted Information Days around the State. Information Days give P&C members an opportunity to find out about how meetings can be effective, the roles and responsibilities of office bearers and members and many other aspects in regards to participation in the P&C. Please consider attending one of these Information Days when they are conducted in your Region. If you would like the Federation to consider holding an Information Day in your area please email our Senior Vice - President on [svp@pandc.org.au](mailto:svp@pandc.org.au).

The Federation is currently undergoing an external review. This review is examining the functions and operations of our organisation and the ways in which we can serve you, our affiliates, better. While the review is largely focussed on how the Federation operates its business, there are some equally important discussions to be had around the governance of the volunteer arm. By the time this newsletter is received, the Annual Conference of the Federation will have discussed a number of items as printed in the Agenda. It is essential for the Federation to keep abreast of changes and meet the challenges presented to us in the 21st Century.

Do not forget the forthcoming Federal Election and ensure that your voice is heard in relation to Public Education. Lobby your local member. Discuss the election promises at your P&C meetings - ensure Public Education is the Number 1 priority!

This year, more than any other, Public Education needs our support - thank you for all you do.

Dianne Giblin



## Diary Dates...

### July 2007

27, 28 and 29

Annual Conference 2007

30 – Central Coast Council  
Regional Council Meeting,  
7.30pm Toukley Public School

### August 2007

18 – Lower North Coast Sub  
Regional Council Meeting

29 – Mid North Coast Sub  
Regional Council Meeting

### September 2007

20 – Riverina  
Regional  
Council

Teleconference, 6.00pm

27 – Western Sydney  
Regional Council Meeting  
St Mary's Senior High School

### October 2007

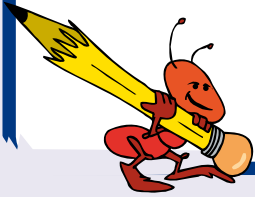
29 – Central Coast Council  
Regional Council Meeting  
7.30pm Kincumber Public School

### November 2007

27 – Western Sydney  
Regional Council Meeting  
St Mary's Senior High School

### December 2007

4 – Riverina Regional Council  
Teleconference, 6.00pm



## P&C Day 2008

The Federation of Parents and Citizens' Association of New South Wales would like to announce the inaugural P&C Day on Wednesday 5 March 2008. Following are a couple of ways to prepare for the day;

- Host a community breakfast, morning tea or barbeque. This has the added benefit of promoting the P&C amongst the teachers and staff of the school and raising your profile with some parts of the school community that may not fully understand what a P&C is all about.
- Your school may wish to hold a special fund raising event such as a dinner or trivia night to mark the occasion.

## Federal Election 2007..

As with previous federal elections, the issue of federal funding continues to be hotly debated. The Federal Government continues to allocate disproportionate levels of funding to the private sector. Far from engaging in "private school envy", as the Prime Minister has previously stated, Public School parents are demanding their rightful access to higher levels of federal funding to ensure the best learning environments for our kids into the 21st Century.

The Term 2 & Term 3 P&C Journal features a number of

articles in relation to federal issues. We urge all P&C Associations to give some time to discussion of these issues at their regular P&C Meetings. We also encourage you to send delegations to local federal members and to meet with local candidates as they are announced. Let's make sure that Public Education is clearly on the agenda this election.

The Federation is currently in the process of creating promotional material to assist your P&C Associations in their lobbying for Public Education.

## Illawarra and South East Regional Council

**P&C Federation** is a state wide organisation that represents the parents and community members of local P&C Associations across the State. Over the past four years the Federation has been working on the development of Regional Councils in order to enhance the representative nature of the organisation.

At the same time that the Federation began to work on this structure, the Department of Education and Training also developed a more regionalised structure. Regional Councils gives the Federation an opportunity to work in partnership with the Department of Education and Training (DET) at this level.

Part of the role of the Regional Councils is to work locally to encourage and broaden parent participation at both the local and regional levels. The DET Regions have many committees to which the Regional Councils provide representatives.

By attending your Regional Council meeting, your local P&C Association will increase its awareness of and have input into the broader issues affecting your Region. It's an opportunity for P&C members to discuss and share information with other P&C Association members on issues that are similar or pertaining to your local area.

Regional Council meetings are attended by either the Regional Director or Schools Education Directors of the Region. They provide valuable insight into issues and initiatives within the Region.

For the Federation itself, it is also important that within the responses to government that we provide a regional perspective. Ongoing two way communication with the Regional Councils enables this to happen.

Regular teleconference of Regional Presidents with the Federation's officers ensures that there is feedback from Regions to the State Body.

Regional Councils meet at least once per term. Contact your Regional President for the time and venue of your next meeting.

### Convenor

Sally Ray

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