



Week 9, Tuesday, 18th September 2018

Just a reminder please do NOT bring rice or nut products to school due to the severe Anaphylactic allergic reactions to some of our students - *thank you*.

## 2018 Calendar Term 3

Week 9	18/9 19/9	Stage 3 Sydney Excursion P & C Meeting 6pm
Week 10	28/9	Last day of Term 3

## Important Dates for Term 4

26th Oct - 7th Dec	Swimming for Friday Sport
26th Nov - 7th Dec	Swimming Scheme Years 1 & 2 or older non swimmers
12th Dec	Year 6 Farewell

## Uniform Shop News

the uniform Shop is open on  
**Thursdays only**  
8:40 am to 9:40 am

## From the Principal

Dear parents and caregivers

### Spectacular thank you!!

Wow! What a great night! It was just so pleasing to see all our students performing last Wednesday night in the 2018 Spectacular- "Escape from Vertigo". I know you were as proud as I was at the high standard of the production. There were so many great moments; it will be such a beautiful memory for all the audience members and performers alike.

Thank you to:

- All the students who performed - with a special mention of The Senior Dance Group, Nick McMurrugh, Dilara Peacock Kurt and the Super Heroes.
- Mrs Melville for writing, directing, choreographing and coordinating the whole production - what a champion!
- Mrs Tyrrell ( film and video producer) and all the teachers from Swansea Public School who worked so hard to ensure that the Spectacular was a superb night's entertainment – they also organised the ticket sales and managed the Canteen on the night.
- The office staff, especially Gloria who organised information, coordinated the purchasing of items for the production, sent out invitations and assisted parents and carers.
- Steve Low who coordinated all the sound and videos on the night.
- Sarah Clack for building props and helping with costumes.
- Rod Carter, Teacher for Swansea High School.
- Bernie, the General Assistant from Swansea High School.

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### from the Principal continued ....

- Swansea High School "Backstage Boys".
- Mrs Anderson and our "Backstage Kids", especially Bradley Allen.
- P & C, especially Susan Morgan for organising donations for 30 raffle prizes.

Congratulations to Ella Hill (Year 5) and Harrison Cutmore (Year 1) who won the competition for the program cover.

**Miss Fletcher has had a baby boy!!** Congratulations to Carissah and her partner Matt, on the birth of their beautiful baby boy, Eli Paul Gilbert. He was born on the 14 September and weighed 2.8 kilograms. 4/3F are looking forward to meeting little Eli in the next few weeks.

### NAPLAN 2018

The results from this year's NAPLAN for students in Years 3 and 5 are on their way to your home, as they have been posted out to parents/carers.

NAPLAN happens each year for participating students in Years 3, 5, 7 and 9 for all students across all systems of education in all states and territories. They undertake assessments in Reading, Writing, Spelling, Grammar and Punctuation & Numeracy.

Please make an appointment if you would like either myself or another staff member to help you analyse your child's results - phone 49711267.

There have been some issues with this year's results, especially with the Writing results, because of the move to online assessment for many of the participating schools. Schools have been advised to 'take care' when analysing school progress as there are a number of key issues comparing the results of schools who completed the assessments online, versus schools who did the pencil and paper style assessments. At Swansea Public School we elected to continue with the paper assessments. This means that in 2018 our analysis of the results will mostly focus on the results of individual students.

At a first glance, I make the following initial statements:

- In Year 3, 36% (8 students) of students scored in the two top skill bands (Bands 5 and 6) in one or more of the assessments;
- In Year 5, 38% (12 students) of students scored in the two top skill bands (Bands 7 and 8) in one or more of the assessments.
- Congratulations to these students, keep up the great work!
- In Year 3, 50 % (11 students) scored in lowest skill band ( Band 1) in one or more of the assessments;
- In Year 5, 22% (7 students) scored in the lowest band (Band 3) in one or more of the assessments.
- These students will be provided with an individual Learning Plan that will detail learning activities including extra individual or small group assistance.
- Overall, students had strong results in Numeracy, whilst Grammar and Punctuation and Writing will need to continue to be a whole school focus to try to achieve results that are closer to the national average.



# Peer Support

## Week 9

The final session summarises skills learnt in previous sessions and provides an opportunity to plan to implement further initiatives across the school.

Students will be able to identify personal and whole of school goals to further address bullying and build their own resilience.



## San Choy Bau



### INGREDIENTS:

- 12 lettuce leaves, washed and pat dry
- 1 cucumber
- 2 green onions (shallots)
- 2 tablespoons of oyster sauce
- 1 tablespoon water
- 1 carrot, peeled
- 1 tablespoon olive oil
- 500g of mince (beef, chicken, turkey, vegetarian)
- 1 tablespoon soy sauce

### METHOD:

1. Place the oil in a large fry pan, add the onion and cook.
2. Add the mince and cook until well browned.
3. Place the oyster sauce, soy and water in a jug and mix together, then mix the sauce into the meat mixture and simmer for 1 minute.
4. Separate the lettuce leaves and place them on a plate ready to serve like lettuce cups.
5. Peel the carrot and cucumber into ribbons, fill the lettuce cups with a spoonful of mixture and top with a ribbon of carrot and cucumber.
6. Serve with some fresh herbs and a squeeze of lime juice.



# Community Notices

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Hi, I'm Stephanie your local personal travel manager based in Swansea.

Are you looking at planning your next holiday? As your personal travel manager I will endeavour to make your holiday truly memorable. My business is mobile, so I can come to you at a time that's convenient. Perhaps we can discuss your holiday plans over a coffee at your local cafe. Let's meet and talk travel.



 Travel  
Managers  
As individual  
as you are



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Part of the House of Travel Group: AGL 113 065 426 Member: IATA, APTA, CLIA



Health  
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Health

**FREE & fun program for fitter, healthier, happier kids!**

**Are you worried about your child's weight?**

Go to [www.go4fun.com.au](http://www.go4fun.com.au) to see if your child could do Go4Fun.

Go4Fun is a FREE 10 week program which runs over one school term after school hours. During the program children and their families get involved in fun games and activities and learn about delicious nutritious foods they can eat every day.

Children need to be 7-13 years old and a parent or carer also needs to attend. Younger and/or older siblings are encouraged to attend.

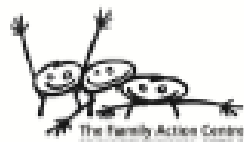
Go to [www.go4fun.com.au](http://www.go4fun.com.au) or call 1800 780 900 to see if your child could do Go4Fun.



In partnership with the New South Wales AECG.



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Another great workshop from  
The Family Action Centre &  
Swansea Community Cottage



# Succeeding with Your Teens

For parents of teenagers  
or children who are nearly teenagers

**Succeeding with Your Teens** is for parents who are walking into the teenage phase of parenting or who are already raising teenagers. This program has a particular emphasis on developing and maintaining the parent/teen relationship.

**Venue:** Swansea Community Cottage

**Date:** Thurs 25 Oct, 1 & 8 Nov 2018

**Time:** Either 12.30–2.30pm or 5.30–7.30pm

Depending on interest will be depend on what time the program is delivered.

To express your interest, please contact:

Annie – 4971 1229 or Roger – 4921 6795

**Registration into the program is essential**

## Topics covered include:

- Brain, body and identity development of the adolescent
- Impulsiveness and self-regulation
- How to develop and maintain relationships with teens
- Also included in the program will be opportunities for parents to discuss specific issues surrounding current circumstances with their teens.



[www.newcastle.edu.au/research-and-innovation/centre/fac/about-us](http://www.newcastle.edu.au/research-and-innovation/centre/fac/about-us)

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## TERM 3 EVENTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 9	17	18 Stage 3 Sydney Excursion	19 P & C Meeting 6pm	20	21	22/23
Week 10	24	25	26	27	28 Last day of Term 3	29/30

*Thank You*  
*to our Sponsors!*

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IGA Caves Beach	Seeds Café
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Bunnings Warehouse	Blacksmith Timber & Hardware
Freestyle Hair	Sweet Annie
Caves Beach Gym	Treetops Adventure Park
Swansea Worker's Club	Swansea RSL
Swansea Hotel	Rise Up Personal Training
Escape Cafe	Treetops Adventure Park
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