



# SWANSEA PUBLIC SCHOOL NEWSLETTER

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October 18, 2016



Swansea Public School is an innovative school promoting quality programs to its community. The school offers a wide variety of programs which enhance citizenship, teamwork, equality, social justice and tolerance.

## Calendar

### Week 3

- Wed 26/10: Orders for Grandparents Day due to canteen.  
Fri 28/10: Swimming for Sport (Primary)  
Grandparents Day/Fun Run

### Week 4

- Tues 1/11: Cake Stall  
Wed 2/11: Halloween Disco (**New Time**)  
K-2: 5.30-6.45pm  
3-6: 6.45-8.00pm  
Aboriginal Education Committee Meeting, Swansea PS 2pm  
Thur 3/11: Kindy Orientation 2-3pm  
Fri 4/11: Swimming for Sport (Primary)

### Week 5

- Wed 9/11: P&C Meeting 6.30pm  
Thur 10/11: Learning Support Meetings  
Fri 11/11: Swimming for Sport (Primary)  
Remembrance Service

### Week 6

- Thur 17/11: Kindy Orientation 9.30-11am  
Fri 18/11: Swimming for Sport (Primary)  
Responsible Pet Program

### Week 7

- Intensive Swimming**  
Fri 25/11: Swimming for Sport (Primary)

### Week 8

- Intensive Swimming**  
Tues 29/11: Christmas Scripture Service  
Fri 2/12: Swimming for Sport (Primary)

### Week 9

- Tues 6/12: Hello High School (Year 6)  
Wed 7/12: Year 6 Farewell  
Thur 8/12: PBL Rewards Day



Mrs Holt will be away all week at "Stronger, Smarter" training.



## Fun Run/Grandparents Day

The FUN RUN is on this Friday 28 October. We are looking forward to a great day. Parents can come along to share lunch at 12.30-1.30 and then the Fun Run. Grandparents are invited to come at 11.30am. See you there.

The canteen ask that grandparent orders for lunch on that day be returned to the canteen by Wednesday morning as they will be short staffed and need to make prior preparation for this day to run smoothly. If you have some time available on the Friday morning to help in the canteen it would be very much appreciated.

## National Kidsafe Week

This week is time when we think about our children's safety. Please talk to your child about road safety, bike safety and wearing seatbelts.

## Child Protection

Child Protection is a mandatory component of our curriculum. Lessons include talking about inappropriate touching, body parts in the older grades and how to keep safe. Your children may want to discuss these topics with you. Please contact the teacher if you have any concerns

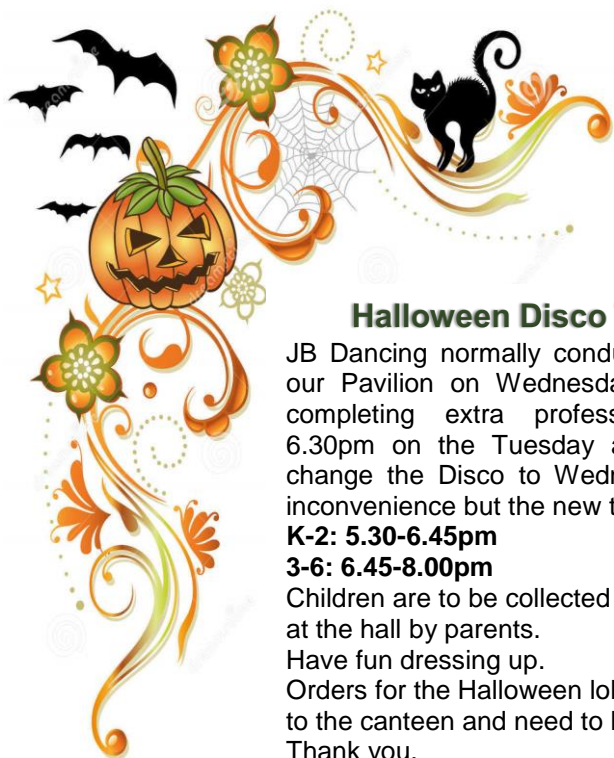
## Kinder Orientation

Last Thursday we welcomed our Kinder students for 2017 to their first Orientation session. The children were introduced to their buddy and given a taster lesson as an introduction to big school. Our next Orientation Day is Thursday 3 November, 2-3pm. We ask that any outstanding documentation be brought to the office to finalise the enrolment procedure. Thank you.



# PBL Focus of the Week

## Speaking positively



### Halloween Disco Time Change

JB Dancing normally conducts dance lessons in our Pavilion on Wednesdays. Due to the staff completing extra professional learning until 6.30pm on the Tuesday afternoon, we had to change the Disco to Wednesday. Sorry for any inconvenience but the new times for the Disco are

**K-2: 5.30-6.45pm**

**3-6: 6.45-8.00pm**

Children are to be collected at the hall by parents.

Have fun dressing up.

Orders for the Halloween lolly bags are to be sent to the canteen and need to be paid for by cash.

Thank you.



### Cake Stall

Stage 3 students will be holding a cake stall on Tuesday, 1 November as a fundraiser for the Year 6 Farewell. They will be bringing in cakes to sell at recess. The prices will start from 50c and up. So bring your spare change and support the Stage 3 fundraiser!



Yum Yum

### Debating

Swansea Public School debated against Booragul Public School last Friday. The topic was "The dollar rules" and we were the affirmative. The Swansea Public School team of O'Hara, Tori, Ricada, Jeslyn and Bella used their time well to win the debate with detailed arguments and rebuttals. Well done team.







**Very soon  
the Responsible Pet Education Program  
is coming to visit you at your school!**



My pet dog will be coming to help teach you how to be safe around dogs and how to say hello to dog with their owners!



There will be lots of listening, role plays, singing and some dancing.



My dog may even meet you during the visit.

## Events

Additional events including Lake Mac Libraries and Lake Macquarie City Art Gallery programs are available at [www.lakemac.com.au](http://www.lakemac.com.au)

DATE	EVENT	LOCATION	CONTACT
<b>October</b>			
30 September, 1 and 2 October	2016 NSW Aboriginal Knockout	Leichhardt Oval and four other grounds	<a href="http://www.leichhardt.nsw.gov.au">www.leichhardt.nsw.gov.au</a>
	Your Kidding Me programs	Various Lake Mac Libraries	Bookings essential at <a href="http://www.library.lakemac.com.au/events">www.library.lakemac.com.au/events</a>
6 October 10.30am	Family Relax Yoga	Belmont Library	Bookings essential at <a href="http://www.library.lakemac.com.au/events">www.library.lakemac.com.au/events</a>
12 October 10am	Babies into Books	Toronto Library	Bookings essential at <a href="http://www.library.lakemac.com.au/events">www.library.lakemac.com.au/events</a>
13 October 10am	Babies into Books	Swansea Library	Bookings essential at <a href="http://www.library.lakemac.com.au/events">www.library.lakemac.com.au/events</a>
20 October 10.30am	Preschool Music - Organic School Readiness	Cardiff Library	Bookings essential at <a href="http://www.library.lakemac.com.au/events">www.library.lakemac.com.au/events</a>
31 October 11am	Play for Development and Learning	Charlestown Library	Bookings essential at <a href="http://www.library.lakemac.com.au/events">www.library.lakemac.com.au/events</a>
<b>November</b>			
TBA	2017 Youth Week Grants Open towards the end of November	Information on Council's website closer to the date	<a href="http://www.lakemac.com.au">www.lakemac.com.au</a> 4921 0333
3 November 5pm	The Nervous Anxious Child	Toronto Library	Bookings essential at <a href="http://www.library.lakemac.com.au/events">www.library.lakemac.com.au/events</a>
<b>December</b>			
Sunday 11 Noon til 9pm	Lake Macquarie Carols by Candlelight	Information on Council's website closer to the date	<a href="http://www.lakemac.com.au">www.lakemac.com.au</a> 4921 0333



Nutrition Snippet

## The simplest way

...to eat your teeth clean.

Poor snack choices affect your child's weight, teeth and overall health. Try this activity to see what different foods do to teeth.

Eat the following foods, in order, in front of a mirror to see:

**Oreo biscuit** – a “sticky sweet” food that will fall in to all the grooves of the teeth;  
**Carrot** – a firm textured, unprocessed food that increases saliva flow and will remove the Oreo particles;  
**Cheese cube** – a powerful protector of teeth that neutralises mouth acid and remineralises the enamel coating of your teeth.

So stick with “firm favourites” (e.g. fruit and veg) and “powerful protectors” (e.g. cheese, milk, water) and avoid “sticky sweet” foods (e.g. biscuits, cakes, muesli bars, lollies). “Sweet acidic” juice, cordial, sport and soft drinks can attack teeth too.

Courtesy of: Hunter New England Health, Oral Health Promotion Unit, “Healthy Tums Healthy Gums” program.



For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
 or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)

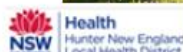


## Good for Kids good for life

LONGER DAYS = MORE OUTDOOR PLAY!

Outdoor play gives children the opportunity to experience the natural environment and have adventures! Now that daylight savings has started children have even more opportunity to get outside before school, after school and on the weekends.

Make the most of the sunlight by having some outdoor activities planned in advance. Consider installing a basketball hoop for summer evenings or planning to build a cubby house on the weekends. Playing outdoors with neighbourhood play mates is a great after school activity. Family activities could include a bushwalk or beach cricket day.



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