



SWANSEA PUBLIC SCHOOL NEWSLETTER

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March 15, 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 8

Wed 16/3: Yr 6 High School Taster Lessons
Thur 17/3: Parent Public Speaking Workshop
9.15-10.15am
Fri 18/3: Payment due K-2 Reptile Park Exc

Week 9

Mon 21/3: Harmony Day
Tue 22/3: Peer Support Training Yrs 5-6
Wed 23/3: Peer Support Training Yrs 5-6
Thur 24/3: Easter Hat Parade
Fri 25/3: Good Friday

Week 10

Mon 28/3: Easter Monday
Thur 31/3: Reptile Park Excursion Kindy-Yr2

Week 11

Thur 7/4: Anzac Day Service
"You Can Do It" Performance
Fri 8/4: Last Day of Term 1



Principal's Message

The Greatest Shave Day was held today and the gold coin donation is greatly appreciated by the CANCER COUNCIL.

Mr Helliers once a year hair cut looks great.

A reminder to pay for your child/childrens book pack. Teachers have started the program and ALL students need their books to work in. Please pay at the office ASAP, even if it is \$5 a week. We don't want any students to be disadvantaged. Parents providing any transport for our students MUST present their drivers licence and car registration and sign the declaration. This is Department of Education Policy. Thank you for your support. This procedure will only need to be completed once a year or when your registration/licence is due. It is for the safety and welfare of all students and parents. Year 6 Taster Lessons this Wednesday at the High School. I'm sure they will have lots of fun.

Congratulations on the great sportsmanship of the Swansea PS students at the Rugby 7's competition and Cricket against Caves Beach. Well done! Thank you Mr Hellier, Mr Brown and Mr Rose.

Sue Holt

Relieving Principal

Due to enrolled children's life threatening anaphylactic allergic reactions to all nuts and peanut products, we would like to encourage families not to send these products to school with their children. These include peanut butter, Nutella, sesame seeds, loose nuts, muesli, nut or chocolate bars or any products containing any type of nuts



PBL Focus of the Week

Ask First

Peer Support Training

Year 5&6 will be participating in training next Tuesday and Wednesday at Caves Beach Surf Club. Please refer to note sent home for years 5&6.

Parent Public Speaking Workshop

9.15 Thursday 17 March. Come along and learn how to help your child/children prepare and deliver speeches in class

Thank you Mrs Anderson.

P&C News

Easter Raffle



The P&C Association are holding an Easter Raffle which will be drawn at the Easter Hat Parade on Thur 24 March 2016. Each year we ask students to donate one egg towards our Easter Raffle. The hampers are always amazing and we thank you for your continued support. We ask that each student give their egg donation to their teacher and in return receive a mini award. Raffle tickets have been sent home and are \$1.00 each. More available from the office.

Easter Hat Making Day

Friday 18th March. Please send materials along to help make our hats (Kinder will be helped by their buddies)

1. Please start collecting bits and pieces for your child to decorate their hat/basket/mask. We are encouraging children to use recycled materials as this does not cost anything and it is also helping our environment. Please DO NOT send in chocolate eggs or lollies for decorations.
2. Make the shape at home out of cardboard, a cereal box or from a heavy duty cardboard material.

Here are some shapes ideas:



3. Put the shape and decorations into a bag. Please write your child's name clearly on the bag.
4. Please send the bag and items along to school by no later than **Wednesday 16 March**.

Ideas for decorations:

- Old ribbons, wool or curling ribbon-curved or tie into interesting shapes
- Cut out pictures from catalogues
- Used wrapping paper-children can cut them into interesting shapes.
- Pictures or paintings done by the children

Thanks for all your help and we hope to see you at the Parade on Thursday 24 March, a separate note will go home.

From the Office

A reminder to all parents/caregivers that money needs to be returned to the office in a sealed envelope/zip lock bag with the child's name, class, note and amount of money enclosed. All change can be collected in the afternoon from the office. We realise that the beginning of the school term is a costly time, it is very important that all students have their text books as lessons have now begun using these. **All or part payment would be appreciated so that your child does not miss out on his/her lesson.**

High School Taster notes need to be returned Wed 16 March, parents transporting children need to leave copies of drivers licence and car registration at the office as children are still on school business.

Fri 18 March is final day for K-2 Excursion to Reptile Park payment.

Peer Support notes and money to be returned by Fri 18 March

We thank you for your patience and understanding as we transition to our new finance system. If you have any further questions, please contact the office on 49711267.



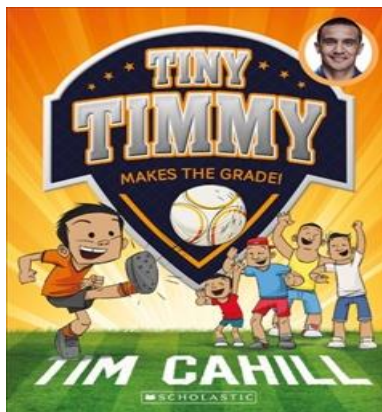
Uniform Shop News

As of the end of term 1. I will be resigning from the position of Uniform Coordinator, therefore we require the help of someone to run the uniform shop. I am happy to help anyone who decides to take on this position. This position requires up to 1-2 hours per week requires you to order, sell and stocktake in the Uniform Shop.

Harmony Day Diversity is Our Strength

Next Monday, 21 March 2016 our school will be celebrating Harmony Day and students are asked to come dressed in orange. It can be an orange shirt or shorts for example. We believe that the diversity in our community makes individuals and our community stronger (this year's theme). It is important to encourage and support cultural, religious and linguistic diversity. We will be making a giant map of Australia on our school lawn where the students will be placing the flags from different countries that they have decorated. Many of these flags represent the diverse culture and heritage of our students. Please take the time on Monday afternoon to have a look with your child/ren and discuss the importance of having an awareness of different cultures and ways of life within Australia.

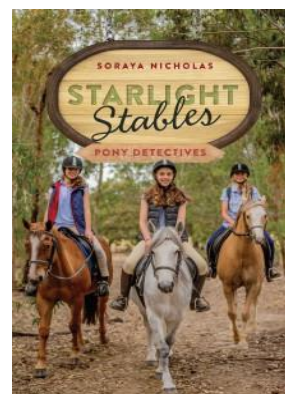
New Books in the Library



Timmy Makes the Grade is book 2 in the series Tiny Timmy, written by real-life soccer superstar, Tim Cahill, all-time top goal scorer for the Australian national football team. In this book Timmy is playing in the school team and he's in the running for the local rep team, can he make it? Of course he can! Find in the Fiction section.

Our highlighted title this month is the first book in a new series called **Starlight Stables**. Book 1 is called Pony Detectives. This lovely book is about a little girl called Poppy who is thrilled when her uncle and aunty, who own Starlight Stables, give Poppy her very own horse. The book is full of adventure, mystery, friendship and lots of action.

For some beautiful horse pictures and lovely horse quotes go to <http://www.sorayanicholas.com/books/> find in the Fiction section.



SunSmart Snippet



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Did you know?
Sun exposure during the first 15 years of life significantly increases your chance of getting skin cancer later in life.

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Slip Slop Slap Seek Slide



Protect yourself in five ways from skin cancer

- **Slip** on clothing that covers your shoulders, arms and legs.
- **Slop** on SPF30+ or higher broad spectrum water-resistant sunscreen.
- **Slap** on a broad brimmed, bucket or legionnaire hat that protects your face, ears and neck.
- **Seek** shade however you can, especially in the middle of the day.
- **Slide** on sunglasses that meet Australian Standard (AS1067).

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au



Good for Kids good for life

START THE DAY RIGHT WITH BREAKFAST

We've all heard that breakfast is the most important meal of the day and it's true! Research has shown that children who eat breakfast before school have higher levels of concentration and are less likely to feel lethargic.

Below are some ideas for a nutritious breakfast:

- Wholegrain cereals such as Weetbix, Cheerios and Sultana Bran
- untoasted muesli topped with low fat yoghurt
- Wholegrain toast topped with avocado, tomato or low fat cheese
- Raisin toast
- Fruit & vegetable smoothies



If you're short on time, some quick ideas to send to school with your child includes: a tub of low fat yoghurt, cereal to munch such as fruity bites, breakfast drinks such as Up & Go or some fruit.



Health
Hunter New England
Local Health District

PHONE 4924 6499



HEALTHY KIDS PROGRAM



GO4FUN FOR FAMILIES

Go4Fun is a healthy kids program for kids aged 7-13 above a healthy weight and their families.

At Go4Fun kids and parents learn about healthy eating and exercise using fun, up-beat activities and games.

Go4Fun also helps build self-esteem and confidence in an encouraging and supportive environment.

Go4Fun runs after school during the school term for 10 weeks.

ACTIVITIES AT GO4FUN:

GAMES & FUN ACTIVITIES

BEING AN ACTIVE FAMILY

LEARNING DIFFERENT
FOODS & INGREDIENTS

UNDERSTANDING FOOD
FEELINGS AND TRIGGERS

BEING A 'FOOD DETECTIVE' AT
THE SUPERMARKET TOUR

WHAT HAPPENS AT GO4FUN?



HOUR

1

PARENTS & KIDS TOGETHER:
NUTRITION & MIND THEORY
SESSION

PARENTS DO:
NUTRITION &
FAMILY LIFESTYLE
CHAT SESSIONS

HOUR

2

KIDS DO:
FUN EXERCISE
& GAMES
SESSIONS





More info
for families



WHY SHOULD KIDS DO GO4FUN?

Being overweight can contribute to health problems like asthma, diabetes and heart problems, as well as affect a child's self-esteem, willingness to participate in activities and can affect friendships with peers.

Poor body image may also prevent a child from reaching their full potential. A poor diet can affect concentration and therefore learning and school ability. Poor body image and self-esteem may also affect school attendance and behaviour.

WHAT IS ABOVE HEALTHY WEIGHT?

Approximately 25 per cent of children in NSW are overweight or obese. Kids who could be above a healthy weight include those that:

- Wear clothes sizes for an older age group
- Spend over two hours watching television (or using a computer) per day
- Are physically active for less than one hour per day
- Eat unbalanced meals, large portion sizes or more than one unhealthy snack per day.

BENEFITS OF GO4FUN?

- Builds self-esteem and confidence
- Improves sporting skills and fitness
- Builds team work and communication skills
- Balanced diet helping learning and mood
- A healthier child!

DOES GO4FUN WORK?

Independent clinical studies show Go4Fun can help children reach a healthier weight, increase time spent being active, improve fitness and help raise self-esteem.

Measurement of height and weight is collected before and after Go4Fun to help track improvements of children as a result of Go4Fun.

Go4Fun meets current Australian guidelines and National Health and Medical Research Council (NHMRC) recommendations for managing overweight and obesity in children.

WHERE?

Held in sports and community centres, as well as schools in most council areas of NSW

WHEN?

Run after school in school term (10 weeks), usually starting at 4:00pm, 4:30pm or 5:00pm

COST?

FREE. Kids get a free t-shirt, drawstring bag, bouncy ball, water bottle and info folder

Register on **1800 780 900**
Or **go4fun.com.au**



J&B DANCE

**New Dance classes @ Swansea School!
Come Try your First week free!**

Wednesday

3:30pm 5-12 Yrs Jazz Technique

4:00pm 5-12 Yrs Jazz Concert

4:30pm 5-12 Yrs Concert Hip Hop

5:00pm 5-12 Yrs Concert Contemporary

Classes from \$5.50!

Please go to www.jbdance.com.au to enrol

0401 473 457 / jessie@jbdance.com.au

BOYS CREW

@

Newcastle Premier Dance Co

High energy boys only Hip Hop classes for ages 4 - 16 years.
Join our Boys Crew today and build new friendships in a fun and supportive environment.



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FOR
2016**

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2/24 Strathmore Rd, Caves Beach



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