



SWANSEA PUBLIC SCHOOL NEWSLETTER

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May 24, 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 5

- Wed 25/5: Sydney Symphony Excursion
(Recorder Group)
Swansea Library Visit (K-Y1)
- Fri 27/5: Sport in School
CAPapillar Day (Select students)

Week 6

- Tues 31/5: Newcastle Dog & Cat Rescue
Fundraiser (Out of uniform, gold coin
donation)
- Fri 3/6: Sport in School

Week 8

- Mon 13/6: Queens Birthday Long Weekend
- Thur 16/6: U/10 Knights K/O
- Fri 17/6: Sport in School

Week 9

- Mon 20/6: Galgabba Cup-Soccer
- Wed 22/6: School Photos
School Disco
- Thur 23/6: Athletics Carnival
- Fri 24/6: Sport in School

Week 10

- Mon 27/6: NAIDOC Week Opening
- Wed 29/6: NAIDOC Week Activities
- Fri 1/7: Sport in School
Last day of Term 2

Congratulations

Charlie Druminson will be representing Swansea P.S and Eastlakes Zone at the Hunter Region Cross Country Race in June. Good Luck Charlie!

Congratulations also to our wonderful Stage 2 campers. Staff were full of praise for all of our students! Well done. Thank you to Mrs Dallaway, Mr Hellier and Robyn. See camp photos in the newsletter.

The school Senior Rugby team played very well to get to the Knights Knockout final last week and were only beaten by Scone Grammar in the final. Great effort boys and thanks to Mr Hellier and Mark Mason.

Students are enjoying the team building and gymnastics activities.

Office News

As we are approaching our LMBR rollover, we ask that if you have any outstanding fees or excursion deposit money, could you please have it finalised by this Friday 27 May. We will not be receipting between Monday 30 May and Wednesday 15 June.

Online payments cannot be accepted during this time as we will be setting up a new bank account and it will be extremely difficult to retrieve any money that goes into the old bank account.

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, permission note and amount of money enclosed. All change can be collected in the afternoon from the office.

If you have any further questions, please contact the office on 49711267

Thank you for your understanding and patience during this time.

The office staff.



PBL Focus of the Week

Keeping Our Playground Clean

Assembly Awards

Term 2 Week 4

KA	Parkah Stewart
KB	Lily Spiteri
1T	Makayla Cook
2/1G	Zac Yule-Smith
2B	Kiarna Cribb

Best Class 2/1G



Peer Support

This week in Peer Support the children will identify their strengths. Children will explore the following important strengths – curiosity, kindness and teamwork. Through the activities, children will be able to recognise which strength they possess. They will realise how important it is to use their strengths in different situations. During the week encourage your child to share their strengths with you.



SCHOOL SPECTACULAR

2016

The Invasion of Swansea

Wednesday 7, September 2016

Swansea High School Hall at
7.00pm

Stay tuned for further
information and the date tickets
go on sale



Stage 3 Science Fair students who have just started their projects for the Science Fair. They are eagerly awaiting the modification of their first experiments as they strive to discover the answer for "what happens If?"



Knights Knockout

A big thank you to all the parents and the players who made it to the Knights Knockout last Thursday. Also a big thank you to Mark, who gives up his time for the love of the game and to see the kids enjoying themselves. The boys were very competitive, reaching the finals unbeaten, to go down by three tries in the final. We had no luck in the final and were beaten by the better team on the day. A great day was had by all and the way the children played and conducted themselves is to be commended.

Mr Hellier.



Parking

The council are in the process of creating a "Drop and Go" zone for parents to drive in to, drop their children and go. Signs have been erected warning of a no parking area at certain times. Please obey the signs as safety is paramount.



Gate Entry

We have started opening the extra gate at the front of the school in readiness for the side gate closure. Please use this gate, utilise the extra exercise, while we create a new safer entry point for our families. Thank you.

Parents

For our children's safety could you please wait near the Pavilion or the walkways in the afternoon. Please do NOT wait outside the classrooms in the morning or the afternoon.

Good for Kids good for life

HEALTHY LUNCHBOX INSPIRATION

When packing lunchboxes it's easy to fall into a routine. It can be difficult to think of new, interesting and healthy options to include. Why not try some of the following healthy ideas in your child's lunchbox?

- Pita pockets with tuna/corn/mayo mix
- Sushi rolls
- Rice cakes with low fat cheese and tomato
- Savoury muffins packed with vegetables
- Vegetable fried rice
- Mini pizzas from dinner leftovers
- Triple decker sandwich fingers
- Cheesy tomato vegetable pasta



For more healthy lunchbox ideas visit the "Packing Healthy Lunchboxes" section of the Good for Kids website:

www.goodforkids.nsw.gov.au



PHONE 4924 6499

Pet Care

Nutrition is important to your pets' health. It is important to learn what your pet needs to stay healthy, happy and active. Making sure your pet eats what he should and not what he wants is the best way to ensure these needs.

What's the importance of good nutrition?

A complete and balanced diet is essential to maintain your pet in good health. He needs fresh water, protein, fats, minerals, vitamins and carbohydrates. This is best done by buying your pets food that is designed especially for them. Cats should eat cat food and dogs should eat dog food. Dogs and cats should not eat the same food as cats need different things than dogs. Same as kittens and puppies need different nutrition to adult cats and dogs.

Water is by far the most important nutrition your pet requires. An adult dogs' body is 60% water and even higher in puppies (84%), so always make sure your pets have lots of cool water available at all times.

Why shouldn't I just feed my pet table scraps?

Table scraps do not offer the nutrition that they need. The more you give them human food the less likely he/she is to eat their own. Your pet will get less of the vitamins and minerals he needs and probably more of those he does not need.

Foods to avoid: Chocolate, coffee, tea, grapes or sultanas, citrus extracts, dairy products, onions, garlic, sugar, especially no bones that splinter easily (cooked), and keep your pet away from high-fat, greasy foods.

Remember, our fundraising day for Newcastle Dog and Cat Rescue is next Tuesday 31 May. Come dressed up as your favourite animal (dinosaurs allowed) and donate a gold coin and/or supplies to donate. We have a donation box in the Office for food, beds, towels, collars and leads. Please bring what you can.

Thank you from Trinity and D'lane 4/3D

Beauty Enhanced Swansea PH:49721202

FRIDAYS SPECIAL ONLY \$25

Eyebrows shaped tint and eyelashes tinted

Mini Make Over



• EYEBROWS SHAPED TINTED
• EYELASHES TINTED



Treat yourself and be amazed with how much difference your eyes will make you feel and look great. Every Friday this special is available till end of June 2016

In partnership with the New South Wales AECG.



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