



SWANSEA PUBLIC SCHOOL NEWSLETTER

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June 14, 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

Mon 13/6: Queen's Birthday Long Weekend
Wed 15/6: State K/O Rugby League Game
Parbury Park
Thu 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 **K-2: 5.00-6.30pm**
3-6: 6.30-8.00pm
Thu 23/6: Athletics Carnival
Fri 24/6: Sport in School

Week 10

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

Senior Debating Team Success

Congratulations to our Senior Debating Team for their first win against Wangi Public school. They will be involved in the Lake Macquarie Debating Competition which is held over three terms. Thank you to Mrs Armstrong and Mrs Clack for helping prepare and transport our team.



From the Office

Today our office begins using a new financial system. It will take some time to input the necessary information into the new system and as such we would appreciate if interruptions could be kept to a minimum at this time. Please check the newsletter/skoobag app before ringing the office. We will be able to begin receipting money from Monday 20 June. Thank you for your understanding and patience as we transition to LMBR

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

Looking After Equipment

School Disco

A School Disco will be held on Wednesday 22 June

K-2: 5.00-6.30pm

3-6: 6.30-8.00pm

Please note the change in times.

Cost is \$5.00 per student which pays for entry a drink and snack.

Please be prompt at pick-up times. Thank you.



School Photos

School Photo envelopes have been sent home. Please take the time to read them carefully. Family envelopes are available at the school office upon request. **Return your envelope with the correct money (as no change will be given) on Photo Day Wednesday 22 June 2016**

Please ensure your child/children are wearing their correct school uniform including white socks and black joggers/shoes



Athletics Carnival



We are looking forward to our K-6 Athletics carnival on Thursday 23 June. Students wear sports uniform, hat, sunscreen and bring a rug/towel to sit on if possible. We will start at 9.15am so please be prompt to school so that we can organise all students. This year there will be no high jump due to safety issues. Spectators welcome. Thank you Mr Hellier for organising the day.

MATHLETICS

Leaning and Having Fun with Mathletics

Swansea Public School is currently trialling Mathletics K-6. Students can use this program at school and at home. Teachers have pre-set activities for their class to do. To access this, go to www.mathletics.com.au. All students have been given their logins and passwords.



This week in Peer Support the children will learn how important it is to take small steps towards achieving a goal. The children will develop a range of strategies and different ways of thinking to help them stay optimistic. Ask your child to share their goal and discuss ways you can provide encouragement.

School Parking



The KISS and RIDE signs have been attached to the NO PARKING signs. The council are not going to repaint the road as a drive through area. You ARE allowed to stop in the three spaces only to pick up or drop off your child/children and go. Drivers are not allowed to bring their child/children into the school when stopped at the KISS and RIDE times.

You are allowed to park in the three spaces available outside of the drop off times. 9.30am-2.30pm

Galgabba Cup



An expression of interest note has been sent home for the Galgabba Cup for stage 2 soccer players (boys & girls). It will be held on Monday 20 June. Please return note to school ASAP if interested in playing in this team.

NAIDOC Week Activities

We will hold our opening ceremony on Monday 27 June at 10.00am-11.00am. All parent/carers are welcome. On Wednesday 29 June Aboriginal students and a friend from each of our local primary and High schools will be attending our wonderful day organised by Mrs Stewart, Mrs Cutmore and helpers. Students will be provided with a range of activities and some special gifts. A BBQ will be available for students but if your child does not eat sausages you will need to provide lunch for them. Drinks will be available at the canteen. Come along and join the fun.



What's New At Hunter Imaging Group?

Belmont BULK BILLS at brand new location
General X-ray, General Ultrasound & Vascular Ultrasound
527 Pacific Highway, Belmont.
Next to Liquorland.

What's Coming Soon?
New state-of-the-art PET CT & MRI on the campus of Lake Macquarie Private Hospital, Sydney Street, Gateshead.

Patient Services
Our Patient Services Consultants are available to take your calls Monday to Friday 7am to 7pm and Saturday morning 8am to 12.30pm.

Express Referrals
Try our new Express Referral Upload feature by visiting www.hunterimaging.com.au & source your appointment fast & efficiently. No need to pick up the phone. We'll call you!



The largest & most experienced provider in Newcastle & The Hunter
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Patient Services 132 336
hunterimaging.com.au



Wednesday's Special Beauty Enhanced Swansea

Pamper yourself with an express facial followed by a relaxing head massage..... only \$30

An intense cleansing facial for busy people, designed to leave skin thoroughly decongested, cleansed, toned and hydrated. Restore vitality with this effective facial. Finishing with a relaxing head massage to assist with de-stressing.



Special available till July 2016

Ph: (02) 49721202

Shop 23, Swansea Central
172 Pacific Hwy, Swansea

Best parking is behind the Swansea Hotel

Stage 3 students worked with their Year 10 mentors on their Science Fair project today. Thank you to the Year 10 students from Swansea High School.



msp
photography
Capturing School Moments

say cheese

School Photo Day is 22 June 2016

Have your child's school memories captured forever

Please take time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:

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- Don't seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on photo day
- Family envelopes are available at the school office upon request
- Please enclose correct money as no change is given. Cash and money orders only (sorry no credit card accepted)

For any enquiries, please feel free to contact us

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Nutrition Snippet

The simplest way

...to create healthy food swaps.

Make snacks healthy with an added fruit and veg boost! Try these simple swaps:



SWAP THIS:	FOR THIS:
Fruit juice – has very little fibre.	Smoothie – using a whole piece of fruit and keeping all the fibre.
Flavoured yoghurt – can be high in sugar.	Reduced-fat natural yoghurt with fruit – reduces sugar and fat, boosts fruit.
Packaged potato chips – high in fat and salt.	Homemade potato chips – thinly slice potato (or sweet potato), grill on lightly-greased tray until golden.
Muesli bar – can be high in fat and sugar.	Poppletana – unsalted popcorn + dried apple + sultana = nibble mix.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

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