



# SWANSEA PUBLIC SCHOOL NEWSLETTER

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June 21, 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 9

Wed 22/6: School Photos  
School Disco  
**(Postponed till next term)**  
Thu 23/6: Athletics Carnival  
Fri 24/6: Sport in School

### Week 10

Mon 27/6: NAIDOC Week Opening Ceremony  
Tues 28/6: Bahtabah Oztag Gala Day  
Wed 29/6: NAIDOC Week Activities with BBQ  
Fri 1/7: Sport in School  
Last day of Term



## School News Disco

**Due to the State Of Origin on Wednesday night and the construction outside the pavilion we have decided to postpone our Disco until early next term. Sorry for any inconvenience.**

At Swansea Public School we have two very busy weeks ahead. Please keep an eye on the newsletter and Skoolbag app for any updates especially as the weather is capable of changing our plans.

The Skoolbag App is available for download for phones at the app store. Installation guide available at the office.

## School Photos



Children are to return their photo envelope with the correct money (as no change will be given) on Photo Day Wednesday 22 June 2016 and give to their class teacher.

**Family envelopes are available at the school office.**

Please ensure your child or children are at school on time and wearing the correct uniform. Green headbands or ribbons, white shirts, green skorts, white socks and black shoes for girls. White shirts, grey shorts, grey socks, black shoes for boys.

Green tracksuits can be worn to school as it will be cool.

## Bunnings Donation

A huge thank you to **Bunnings at Belmont** for donating the timber for one of our new gardens at the front of the school. We are currently revamping our gardens for the Stephanie Alexander Kitchen Garden/Cooking Program.

## New Walkways

Our new walkways will be installed over the next two weeks. Please refrain from using the side gate where the workmen are parking and working.

## Water Safety Program

This program runs for Kinder, Year 3 and year 6 on Thursday 30 June.

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

## Walk on Hard Surfaces

### Sporting Success

**Congratulations** to the Senior State Knock-out Rugby League Team after defeating Belmont Public School last Wednesday. We continue the journey next term.

The U/10 boys Junior Rugby League had a great day at the Knights Knock-out Gala Day.

Thank you to all the parents for transporting the children and for your great support on the day. Thank you to Mr Hellier for coordinating and organisation and of these events.



### ASSEMBLY AWARDS

#### Term 2 Week 8

KA	Mitchell Bennet
KB	Jackson Kirby
1T	Ava Gray
2/1G	Dakota Nancarrow
2B	Tristan Smith

#### Best Class KB



### ATHLETICS CARNIVAL

We are looking forward to our K-6 Athletics carnival on Thursday 23 June. (Weather permitting) Students wear sports uniform, hat, and bring a rug/towel to sit on if possible.

We will start at 9.15am with the March Past. Please be prompt to school so that we can organise all students.

This year there will be no high jump due to safety issues. Come along and share the day with our students and school community. Thank you Mr Hellier and Mr Hartley for all of your preparation.



### CANTEEN

The Canteen is providing a special menu for the day and a copy is included in this newsletter.

Thank you to Sharon and Mel.

### SCHOOL REPORTS



Semester one student reports will go home on Thursday 30 June. If you would like to discuss the report with your child's teacher, please speak to the teacher to arrange a suitable time.

### 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.

### NAIDOC Week Activities

We will hold our opening ceremony on Monday 27 June at 10.00am-11.00am.

Everyone is welcome and invitations should be in your child's bag today.

On Wednesday 29 June Swansea Public School will be hosting the Galgabba Songlines

NAIDOC Celebrations.



Aboriginal students and a friend from our local schools and Swansea High will come together to celebrate Aboriginal heritage and culture. All students from Swansea Public school will be involved and we will have approximately 380 students here on the day. Mrs Stewart has worked tirelessly to coordinate workers, support and funding for the day. We look forward to sharing lunch with parents and families at 11.15am on the day.



### 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



Stage 2 students have been learning about Macquarie Island, based on a hybrid text "One Small Island" by Alison Lester and Coral Tulloch which explores the impact of human factors on the environment of Macquarie Island.

Last Tuesday 14 June, they had the opportunity to speak to Chris Howard, Ranger in charge of Macquarie Island (2016-2017), Tasmania Parks and Wildlife via satellite phone. It was very exciting to hear Chris and his team chat about penguins, weather conditions, what they eat, various jobs they do, auroras, marine pollution and how they count penguins!



Please have orders for Meal Deals at the canteen by 9.00am to enable our volunteers to have the meals ready for lunch. Thank you.



## Meal Deals

Muffin / Banana Bread &  
Coffee or Tea = \$3.00

Bacon & Egg Roll with drink  
\$6.00

Chicken Caesar Roll & drink  
\$6.00

Ham & Salad Roll & drink  
\$6.00

## BADALYA HUT

### Canteen Menu

**Athletics Carnival - 23 June 2016**

#### Drinks

Coffee/Tea/Fizzy/Water  
\$2.00



#### Tasty Treats

Anzac Cookie Tubs = \$3.00  
Mars Bar Slice = \$1.00  
Apple Cinnamon Muffin / Blueberry Muffin  
Banana Bread = \$2.00



#### Confectionary

Sour straps, Mixed lollies, Yoghurt Stix,  
Redskins, Milkos, Cupcakes, Musticks,  
Fizzers, Gummy Bears





## Stephanie Alexander Kitchen Garden

### Zucchini and Corn Muffins

#### Ingredients:

2 cups of Self Raising Flour  
1 Medium zucchini, grated  
½ cup corn kernels  
2 green spring onions  
1 cup of grated cheese  
1 cup of milk  
¼ cup of olive oil  
2 eggs, lightly beaten  
Salt and pepper to taste  
150g bacon, finely diced



#### Method

Grease a 12 cup muffin tin  
Fry bacon until golden brown and set aside  
Combine flour, zucchini, corn, spring onions, bacon and cheese in large bowl.  
Combine milk, oil and eggs in a medium jug, season with salt and pepper. Pour into flour mixture and gently stir to combine ingredients. Divide mixture among pan holes.  
Cook in hot oven (200 degrees Celsius) for 25 minutes.

### 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



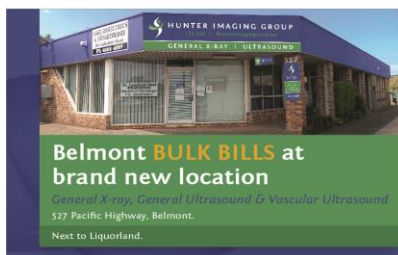
## Enrol Now for Term 3

Classes at: Swansea Public School  
Address: Rawson St

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

**Try your First week Free, Classes from \$5.50!**  
go to [www.jbdance.com.au](http://www.jbdance.com.au) or call 0401473457

### 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](http://www.hunterimaging.com.au) & source your appointment fast & efficiently. No need to pick up the phone... We'll call you!



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Nutrition Snippet

## The simplest way

...to eat extra veg every day.

Think a daily dose of five veg sounds like a lot? It's not, with these quick and easy ways to eat extra veg every day!



**Baked beans** on toast for breakfast (legumes count as veg).

**Veg snacks:** carrot and celery sticks; corn on the cob (hot or cold); leftover baked pumpkin or sweet potato (great on sandwiches too).

Spread **avocado** on toast or sandwiches.



**Veggie sandwich:** cucumber slices sandwiched together with reduced-fat cream cheese.



**Salad on sandwiches:** grated carrot, lettuce, tomato and cucumber; or tabbouleh.

**Veg-oodles:** long thin strands of grated zucchini, carrot, sweet potato or parsnip mixed with wheat-based pasta or noodles.

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

**Eat It To Beat It**

