



# SWANSEA PUBLIC SCHOOL NEWSLETTER

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June 7, 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 7

Wed 8/6: P&C Meeting 6.30pm – Come along and meet our new executive team.

### Week 8

Mon 13/6: Queen's Birthday Long Weekend  
Wed 15/6: 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  
Thu 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



## 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:



- 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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[www.msp.com.au](http://www.msp.com.au)

## RUGBY LEAGUE

Apologies for the change of date for the rugby league game. It is now on Wednesday 15 June at Parbury Park. Our school team will verse Belmont PS in the third round of the State Knockout. Good luck to all the boys!

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



[www.facebook.com/swanseapublicschool](https://www.facebook.com/swanseapublicschool)

In partnership with the New South Wales AECG.



# PBL Focus of the Week

## Being a Good Friend

### Assembly Awards

#### Term 2 Week 6

KA	Lawson Baxter
KB	Taya Bourke
1T	Riley Ferguson
2/1G	Ava Towers
2B	Adrian Keene

#### Best Class – KB



### From the Office

#### LMBR

We have now approached our LMBR rollover week, as you already know we will not be receipting any money now until Monday 20 June 2016. During the next two weeks the department 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. Receipting of money will commence from Monday 20 June and the Pay Online service (POP) will also be available for use via the school website. We thank you for your patience and understanding at this time whilst we implement the new finance and wellbeing system into our school.

#### School Photos

School Photo envelopes are being sent home today. 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



Learning and Having Fun with Mathletics

Swansea Public School is currently trialing 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](http://www.mathletics.com.au). All students have been given their logins and passwords.



This week's Peer Support session focuses on positive self-talk. Children need to practice talking positively to themselves. Your child will also learn to persevere, which will encourage them to keep trying in challenging situations. During the week encourage your child to use positive self-talk.

### 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!



The largest & most experienced provider in Newcastle & The Hunter  
Broadmeadow, Cardiff, Charlestown, East Maitland, Gateshead, Maitland, Muswellbrook, Nelson Bay,  
New Lambton, Raymond Terrace, Seaham, Sydney, Singleton, Tarnworth & Toronto



Patient Services 132 336  
[hunterimaging.com.au](http://hunterimaging.com.au)



## The simplest way

...to protect your skin

#### Did you know?

Our faces are exposed to ultraviolet (UV) radiation every day of the year. Wearing the right hat can protect skin from damage and reduce by 50% the amount of UV radiation reaching our eyes.



#### Choosing the right hat

The right hat will protect your face, head and ears and the back of the neck. Make sure it has: a broad brim to shade the whole face; close-weave fabric; a dark lining to reduce UV reflection; good ventilation; and is not a safety risk (i.e. with cords or toggles that may get caught during physical activity).

#### Sun-safe hats:

- ✓ **Broad-brimmed hat:** brims should be at least 7.5cm for adults and 6cm for children.
- ✓ **Bucket hat:** should have a deep crown and sit low on the head.
- ✓ **Legionnaire-style hat:** should have a flap that covers the back of the neck.
- ✗ **Baseball caps and sun visors do not** protect the cheeks, ears and back of the neck and therefore are **not** recommended.

To help keep your kids safe in the sun, check your school's SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)





## New Book to the Library

### SKYFIRE

The first book of The Seven Signs, an exciting new action thriller series.



## Stephanie Alexander Kitchen Garden



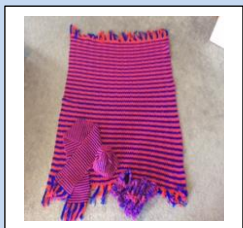
## Vegetable Fritters

### Ingredients

- 2 Potatoes
- 1 Carrot
- 2 Zucchini's
- 125g Corn kernels
- 1 Onion finely chopped
- ½ cup self-raising flour
- ½ teaspoon salt
- 3 eggs separated
- 2 tablespoons olive oil

### Method

Peel potatoes and carrots. Grate into a bowl. Add zucchini, corn, onion, flour, salt and egg yolks into a bowl. Stir to combine. Place egg whites into a bowl and beat until stiff peaks form. Fold through vegetable mixture. Heat large frypan over medium heat. Add a little oil. Using a ladle put mixture into the pan making little pan cake sized fritters. Fry until golden brown. Enjoy



## Knights Supporters Pack Raffle

Swansea Hotel Social Club is holding a raffle to raise funds for the local schools.

The prize is a beautiful Knights hand knitted rug, scarf, beanie and slippers. Tickets will be available on Election Day at the school run BBQ.

The fresh alternative for a healthy family

## Miss Melons Fruit & Veg

Market fresh fruit and veg direct to your door

Order online

Mob: 0491 106 649

[www.missmelons.com.au](http://www.missmelons.com.au)

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Miss Melons is offering a 10% discount to family and friends of Swansea Public School.

Use discount code Swansea P.S at online checkout.

**CAVES BEACH GYM**  
15 Strathmore Rd,  
Caves Beach  
Contact: Natalie Hood  
0425 208 288 or [natwaz@tpg.com.au](mailto:natwaz@tpg.com.au)

## Time for you with friends who understand

**FIRST MEETING**  
**11.30am Tues 21 June**  
**at above location.**  
**Contact Natalie on above details.**

MyTime is for parents and carers of children with a disability, developmental delay or chronic medical condition.

It's a place for you to unwind and talk about your experiences. It's a world away from appointments and therapy. It's support for you. And while you attend your group led by a trained facilitator, a play helper engages your child.

- Skilled guidance from facilitators to help you adjust to your child's diagnosis
- Information about local services and resources
- MyTime is free

**Find a group [mytime.net.au](http://mytime.net.au)**

