



SWANSEA PUBLIC SCHOOL NEWSLETTER

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August 16, 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

Term 3

Week 5 Public Speaking Finals

Tues 16/8: AECG Meeting@
Hunter Sports High 6.00pm
Wed 17/8: Zone Athletics
Thur 18/8: Zone Athletics
Fri 19/8: Jobquest

Week 6 Book Week

Tues 23/8: Book Fair/Book Parade
Thur 25/8: Spelling Bee Stage 2-3
Fri 26/8: Science-Engineering Challenge

Week 7

Tues 30/8: Galgabba Spelling Bee
Wed 31/8: Spectacular rehearsal at school
Thur 1/9: Father and Friends Breakfast
(7.30-9.00am) Fathers Day Stall
Fri 2/9: Jobquest Uni visit

Week 8

Mon 5/9: Spectacular full dress rehearsal at
Swansea High School
Wed 7/9: School Spectacular 7.00pm

Week 9

Mon 12/9: Kinder Parent Orientation 6.30pm
Tues 13/9: Kinder Parent Orientation 9.30am
Wed 14/9: Stage 3 Bathurst/Dubbo Excursion



School News

Thank you to the parents who completed our KidsMatter survey!

Good luck to our Public Speakers at the Zone Finals this week. Separate notes were sent home to the individual students.

Our Robogals visit last week went really well. Thank you to Mrs Chensee and Yasmin Catley for attending as community representative.

Zone athletics will be held at Baxter Oval Marks Point on Wednesday and Thursday this week. Notes were sent home last week. Please check with your child.

Jobquest students will attend an off-site visit this Friday. Permission notes must be returned by this Thursday 18 August.

Next week is Book Week and our parade and Book Fair is next Tuesday. We look forward to welcoming our parents, carers, grandparents and friends on this day.

The Science and Engineering Challenge for stage 3 will be held next week on Friday. Keep an eye out for the information note.

Stage 3 excursion to Bathurst/Dubbo is just under 5 weeks away, medical notes have been sent home and need to be returned as soon as possible. Payment for camp needs to be finalised by Friday 2 September.

A big thank you to the supporters of the school Rugby League Team from all the players for a great day of football and fun. Without your support these days would not happen and your support and encouragement is greatly appreciated.

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

Using the Toilets Correctly



Swansea Public School
Kindergarten 2017

We would like to invite families with children starting Kindergarten in 2017 to visit our school, take a tour and enrol your child.

Our first Kindergarten parent meeting is on Monday September 12 at 6.30pm or Tuesday September 13 at 9.30am.

Please contact our school for more information.

Swansea Public School
Rawson St, Swansea
NSW 2281

t. 4971 1267 f. 4972 1354
e. swansea-p.school@det.nsw.edu.au
w. www.swansea-p.schools.nsw.edu.au

facebook.com/SwanseaPublicSchool/events



Assembly Awards

Term 3 Week 3

KA	Bella Sneddon
KB	Jessica Ruhl
1T	Jasmin Bos
2/1G	Braye Trevithick
2B	Ciaran Cocklin

Best Class 2/1G



Sickness

Unfortunately we are in the grip of a variety of illnesses at the moment. Our students and staff have been suffering from influenza with severe coughing, headaches, vomiting and other viruses. Please monitor your child's temperature and ensure they are well when they come to school to avoid spreading germs. Ensure frequent hand washing at this time, hopefully all your family will not be affected too.

We have had one reported case of Slapped Cheek. It is a virus with headaches, runny nose and a temperature. It is infectious for 4-20 days before the red cheek appears. Pregnant women need to be especially careful.

SCHOOL SPECTACULAR 2016 The Invasion of Swansea

Wednesday 7, September
2016.

Swansea High School Hall at
7.00pm.

Cost: \$15.00

Tickets on sale Tuesday,
Wednesday, Thursday and
Friday mornings 8.30-9.00am in
the Pavilion until sold.

P&C News

P&C Positions 2016/17

President:	Kylie Stevens
Vice President:	Melissa Grech
Secretary:	Vicki Reid
Treasurer:	Ben Hague
Uniform	
Co-ordinator:	Kirsti Haracz

Next meeting Wednesday 14
September, 6.30pm in the
school Staff Room.
All welcome

YOGA

Students enjoyed a fun collection of short yoga classes during KidsMatter Day on Wednesday 3rd August. Each class was varied depending on the age and energy levels. Some students practiced forward bends, head stands, balances and strength exercises, while the kinder kids showed us their best stillness lying down in Corpse pose. Studies have shown children of all ages concentrate better, experience less anxiety, have increased self-esteem and self-confidence and are happier if they attend Yoga. Yoga, yoga breathing and relaxation are great activities for kids of all ages and even a child who is not as athletic or graceful might find that yoga gives them a sense of positivity about their own bodies and what they can do! At Sacred Place we take a fun approach, with an emphasis on building a child's confidence and gaining skills to stay relaxed and focused.

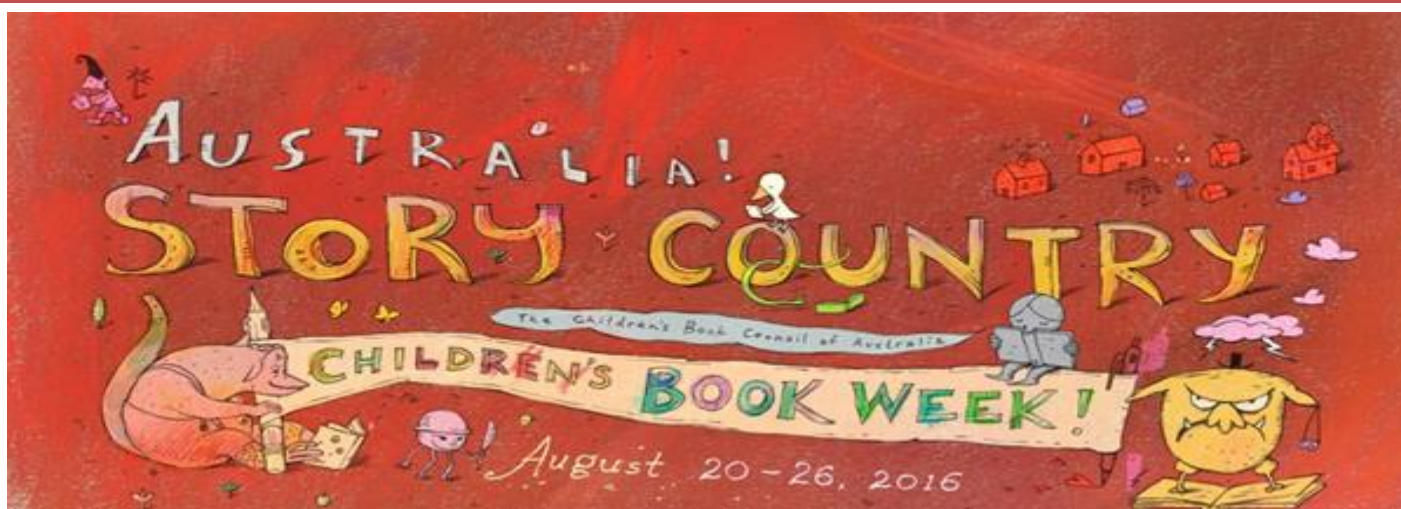
Yoga helps improve balance and promotes confidence through corrective techniques presented in a fun way. The classes, adapted for the strengths and weakness of each group are structured, yet flexible and can include games, stories, music and props. Yoga helps with mental health and behavioural problems by specifically targeting certain energy meridians in the body.

In addition to our extensive timetable offering classes for adults – of all ages, shapes, sizes and levels of experience – Sacred Place Yoga is offering Kids Yoga Classes from 8th August to 12th of September on Monday afternoons. Check our Facebook page for details – kids of ages 4 and up are suitable and at only \$12.00 a class (or \$60.00 for the full 6 week term) its a valuable introduction to both mindfulness, and the yoga moves!

Ages 4 to 9 – 4 to 5pm

Ages 10+ - 5 to 6pm





Library News

Well the time has come for our annual Book Week Parade and Book Fair at Swansea Public School!

The students have been asking about it since Term 1!

Here's the plan:

Monday 22nd August : Students will visit the Book Fair books with their class at scheduled times throughout the day. They will be able to see all the wonderful books for sale from Scholastic and all the great 2nd hand books available for purchase. They will be given a wish list to fill in with the books they wish to buy.

NO BOOKS WILL BE FOR SALE ON MONDAY!

Tuesday 23rd August : **8am – Book Fair will open in the Library for purchases.**

In the morning session students will work on various shortlisted books with Class Teachers, with an emphasis on activities encouraging critical and creative thinking skills.

11 -11.45am: Lunch. **Parents are welcome to come during Lunch time to peruse the Book Fair.**

12 noon: Book Parade begins! As usual, there will be a best dressed competition for each class, 'curly wurly moments' and loads of fun. Parents are encouraged to dress up as there will be a competition for you too! Children love to see adults fully participating in the day's activities and it creates some wonderful memories.

1 – 1.15pm: Recess. Please feel free to stay with your children, see the activities the students have completed in the morning, purchase books from the Book Fair, or just enjoy the excitement of this day.

2-3pm: Whole school will participate in reading activities whether small group, individual or peer reading. Some students will go to younger classes for shared reading opportunities. The Book Fair will be open during this time.

3-4pm: Book Fair in the Library will remain open for after school purchases.

Information about Book Fair

Scholastic Books can be purchased with **Eftpos, PAYWAVE, credit card and cash.**

2nd Hand Books can only be purchased with **CASH**. We have books for sale starting at 5c.

Information about Dress up

The theme for 2016 Book Week is Australia! Story Country.

This year's Book Week theme poster was created by celebrated Australian artist, writer and filmmaker Shaun Tan (see above). His quirky and vibrant illustration is a wonderful celebration of 70 Years of the CBCA Book of the Year Awards. It references many iconic Australian children's books and traditional Indigenous legends.

Dress up costumes are **NOT** restricted to the Book Week Theme.

Swansea Public School believes Book Week is a time to celebrate all our favourite books. So the dress up theme is any book character.

Students without costumes will be asked to arrive in a solid colour, eg. Black pants and black jumper. I have some lovely costumes that can be borrowed for the day so that all students can participate.

Thank you to all those who have donated old books for the 2nd hand sale and unwanted costumes to share.

I am looking forward to a busy and wonderful day!

Hope to see you there.



Stephanie Alexander Kitchen Garden Program Stir Fry

Ingredients:

- 1 ½ tablespoons olive oil
- 2 garlic cloves, thinly sliced
- 4 spring onions, cut into small lengths
- 1 bunch of bok choy, chopped into 2cm chunks.
- 2 carrots, cut into match stick sized pieces
- 4 small zucchini, cut into chunks.
- 1 red capsicum, cut into match stick sized pieces.
- 1 tbs fish sauce
- 1 tbs soy sauce
- 1 long red chilli, thinly sliced
- 1 ½ cups rice

Method:

Step 1: Cook rice in rice cooker

Step 2: Heat the oil in a wok over high heat. Stir-fry the garlic and spring onion for 30 seconds.

Step 3: Add bok choy, carrots, zucchini and capsicum, stir-fry for 1 minute.

Step 4: Add 1/4 cup (60ml) warm water and stir-fry for 2 minutes until the vegetables are bright green and almost tender.

Step 5: Add fish sauce, soy sauce and sliced chilli, then stir-fry for a further 30 seconds or until heated through.

Chirp! Chirp! Chirp! What's that we hear?

Henny Penny Hatching has arrived at Swansea Public School. Over the next week students will be able to observe the chicks hatching from their eggs and learn about the lifecycle of chickens. We have the hatchery here until Friday 26th August. Families are welcome to call in and visit the hatchery in KB (Room 1) before or after school on Wednesday, Thursday or Friday. Come and see the chicks!



Robogals

Ben, Georgia and May, student volunteers from Robogals University of Newcastle ran a workshop for our Stage 3 girls. The students had great fun working together while programming robots to circumnavigate Mars three times and race each other in a maze!

Yasmine Catley MP, member for Swansea also joined us for the workshop on the day. This is our second visit from Robogals.



SWANSEA-CAVES
CRICKET CLUB

SEASON 2016/17 REGISTRATION

DATE: MONDAY 22ND AUGUST 2016
MONDAY 29TH AUGUST 2016

TIME: 4.00PM – 6.00PM

ADDRESS: 43 LAKE ROAD SWANSEA

REGO COST: T/20 BLAST - \$130
Under 11's - \$130
Under 12 to 18's - \$150
(noweekly fees)

New players need to bring copy of Birth Certificate.

Contact: Lorraine Anderson 0466 915 490



Solving friendship problems

Children develop friendship skills through playing with other children. Because they are learning, they are sure to have times when things do not go as they would like. Sometimes they blame themselves for what has happened.

They may say, "Nobody likes me 'coz I can't run as fast as they can." Sometimes they blame everyone else for the problem and, like Rebecca, say, "The girls are all mean to me." Even though they blame the other children they may still think of it as a problem they cannot change.

How parents and carers can help

First and foremost you can help children by listening to them talk about the everyday joys and troubles that arise out of their friendships. Asking what might have led to others' reactions can help the child, with your assistance, to think of possible solutions.

Try a problem-solving approach

When problems arise in friendships it is important not to blame children but to show them how to find a solution. A problem-solving approach is often helpful.

- 1 Encourage the child to describe what has happened.
- 2 Ask about how they felt.
- 3 Ask them how they think the other person might see it and how they might be feeling.
- 4 Get them to think of ways they could do things differently next time.
- 5 Encourage them to try the new approach – get them to practise with you so they feel more confident.
- 6 Check back with your child to see how things turned out.



This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au



Australian Government
Department of Health and Ageing



Principals
Australia
Institute
Learning. Leading.

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In partnership with the New South Wales AECG.



Get ready for Summer



Learn to Swim starts earlier this season at **Swansa Swim Centre**.

Join us from Monday 22 August and boost your children's confidence in the water.

Call the centre on 4971 1518 to book!

Classes are held Monday to Saturday, and range from beginner levels through to transition levels. Learn to Swim is suitable for children aged six months and older.

Want to find out more?

Contact your local Lake Mac Swim Centre on:

• Charlestown 4943 7041 • West Wallisend 4953 2299 • Swansea 4971 1518

Brochures are available at reception or online at lakemac.com.au/recreation/swim-centres

learnfun
fitness



lakemac.com.au



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[@lakemac](https://twitter.com/lakemac)

BEFORE & AFTER SCHOOL CARE FUN @ SWANSEA OUT OF SCHOOL HOURS CENTRE (SWOOSH)

SWOOSH SERVICES & SUPPORTS SWANSEA, MARKS POINT, BLACKSMITHS & PELICAN SCHOOLS

Do you need help in the mornings or afternoons with care for your children? Are you working or studying and trying to juggle it all? Do the children just want to have fun of afternoon playing and making new friends?

Swansea Before and After School Care (SWOOSH) is located on the grounds of Swansea Public School and services 4 local primary schools. We accept children from Kindergarten up to and including Year 6 and they can attend on a regular or casual basis. A mini bus helps transport the children to and from school with our trained and experienced child care educators.

SWOOSH operates each school day both mornings and afternoons, opening from 7am in the morning until school commencement and then collects the children in the afternoon with care provided up until 6pm in the evening. Breakfast is available if required of a morning whilst afternoons include a varied healthy menu of snacks ranging from pasta and rice dishes, to toasted sandwiches along with fruit and vegetable platters.

If you would like to find out more about SWOOSH or take a tour of our Centre, please contact Narelle – our Nominated Supervisor on 49710022 to arrange a suitable time.

