



# SWANSEA PUBLIC SCHOOL NEWSLETTER

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September 13, 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.

## Calender

Wed 14/9: Stage 3 Bathurst/Dubbo Excursion  
P&C Meeting 6.30 in Staffroom

### Week 10

Wed 21/9: Touch Football Gala Day (Stage 3)  
Fri 23/9: Last day of term.

### Term 4

Mon 10/10: All students return to school  
Fri 14/10: Swimming for Sport (Primary)



### This is the last newsletter for this term

Thank you to everyone for a fabulous term 3. We look forward to a very busy term 4. School will resume on Monday 10 October for all staff and students. We hope you have a safe and happy holiday.

### 2017 Enrolments

We will soon be looking at classes for 2017 and we ask that if you are yet to enrol a child in Kindergarten for next year or if you know of a neighbour please ask them to enrol as soon as possible.

If you are moving out of the area please let us know when and where you will be moving to.

### Kindergarten Parents 2017

Our information sessions were held on Monday night and this morning. If you missed the sessions please contact the school so that we can ensure you have all of next terms orientation information.

### P&C Meeting

The monthly P&C meeting will be held this Wednesday 14 September at 6.30pm. All welcome.

## Galgabba Spelling Bee

Congratulations to Jeslyn Bowman who won the stage 3 competition held at Swansea High School last Tuesday. Well done also to Hayley Dews (S3), Telisha Lovett and Tyrell Cheeseman (S2) for trying their best when representing Swansea Public School.

### Stage 3 Bathurst/Dubbo Excursion.

We wish our year 5-6 students a wonderful trip as they set off tomorrow morning for three days to Bathurst and Dubbo. Students must be at school at 7.00am so that bags can be packed onto the bus ready to leave at 7.30am sharp. Please remember NO mobiles phones are to be taken on the excursion by students. An update of the events from the excursion will be posted on the Skoolbag app. Any changes to return time on Friday night will also be posted on Skoolbag. Enjoy!

### Staffing 2017

Swansea Public School currently has two permanent teaching positions vacant. We are in the process of working with the Department of Education staffing unit to fill both positions. The two teachers will start at Swansea Public School in 2017.

We look forward to welcoming the two new teachers to our school. There will not be any changes of staff until 2017.

### Week 10

Our teachers will spend a day in the last week collaboratively planning for next term. The classes will have casual teachers and we expect our children to maintain their wonderful behavior all week.



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

## Keeping Our Playground Clean

### SPECTACULAR

Thank you to all of the families who came along to support our wonderful Spectacular. Everyone enjoyed a fabulous night! Well done to Mrs Melville, Mrs Tyrrell and the wonderful staff at Swansea Public School.

The spectacular committee would like to apologise for 3C being left off the program. During the editing process of the Spectacular Program, 3C's item was inadvertently deleted. Our sincere apologies to 3C. Congratulations on your wonderful performance to "Jailbreak" and "I walk alone".



### Swimming for Sport

Term 4 will see the commencement of primary students participating in swimming for sport on Friday mornings starting week 1. This program will run for 6 weeks and the cost is \$30.00 or \$26.00 pensioner. All primary students are expected to attend these invaluable lessons. Notes were sent home last week and payment needs to be received with permission note and swimming ability by Tuesday 11 October.

### You Can Do It Too

The "You Can Do It Too" performance will be at the school next term in Week 2. This is a follow up performance of our Peer Support Program that the students participated in earlier in the year. Notes were sent home with students today. This performance is for all students and the cost is \$5.00 which needs to be returned with the permission slip to the school office by Monday 17 October.

## Survey

### Tell Them from Me Parent Surveys

We would like to gain feedback through the "Tell Them from Me Survey" in order to give us future directions for the improvement and wellbeing of everyone at Swansea Public School. This survey is anonymous and it would be appreciated if you could find some time to complete it. The password is as follows:

<https://nsw.tellthemfromme.com/ctw8r>

The computer room will be available for parents to use each afternoon and a teacher will be there to provide assistance if needed. We thank you for your support.

***The survey is now open and it will close on Thursday, 20<sup>th</sup> October, 2016.***



## SEPTEMBER ARTICLE

### Reading Fluency for Struggling Readers

*"Fluency is defined as the ability to read with speed, accuracy and proper expression" (Reading Rockets).*

With fluent reading comes confidence and comprehension. If students take a long time to read a passage, lack expression and have trouble decoding too many words, they lose motivation, become frustrated and struggle to keep up with their peers as the reading expectations continue to rise.

The following are tips for parents and teachers to improve reading for struggling readers:

- The child follows the passage as the parent/teacher reads it, then the child reads it.
  - Read together, take turns on sentences.
  - Read aloud so the child hears fluent reading being modelled.
  - Practice different emotions when reading, eg. excitement, sadness, etc.
  - Listen to the parent/teacher say a sentence with expression and have the child copy it.
  - Read favourite books again and again to practice expression.
  - Use audio books and allow the child to follow the print as they listen.
  - Provide books that the child can read easily and without too much decoding.
  - Re-read passages and let the child map their fluency progress with each reading.
  - Check with the teacher if issues with sight words and decoding need to be addressed.
  - Allow plenty of time for the child to practice reading daily (without distractions).
  - Select reading material that interests the child.
  - Encourage the child to re-read sentences if they have had trouble decoding a number of words.
  - Encourage re-reading in general and explain the benefits (better comprehension, check for answers, reminder of what just happened, etc).
- Reference: "Fluency" (www.readingrockets.org) "Modeling and Teaching Fluent Reading" & "Struggling Readers need to Learn to Read with Fluency" (www.thisreadingmama.com).*

Have you read this article... Does autism have a place in the mainstream classroom: <http://www.news.com.au/lifestyle/parenting/school-life/does-autism-have-a-place-in-the-mainstream-classroom/news-story/4b26439bee383f51a7261a7f9dc5379b>

Have you seen this book...

The Talkabout Highway Code for Social Skills . by A Kelly  
Available from [www.silvereye.com.au](http://www.silvereye.com.au) \$33.95 Using clear graphics, this guide provides a quick and easy reference for 29 core social skills.

Have you googled this website... [www.aahkiddystock.com](http://www.aahkiddystock.com)  
This website provides a safe space to share stories, as well as educate those who live and work with ADHD kids about the condition.



**02 9806 9960**

PO Box 140 Westmead 2145

F: 02 9689 2871

E: [info@ldc.org.au](mailto:info@ldc.org.au)

W: [www.ldc.org.au](http://www.ldc.org.au)

Please contact the LDC office if you would like Helpline brochures/posters for your school.

#### MEMBERSHIP COSTS

1 year School M ship \$55  
3 year School M ship \$150

#### MEMBERSHIP BENEFITS

##### INCLUDE:

- A Quarterly Newsletter
- Fortnightly Member Updates relating to LD.
- Discount on LDC resources
- Discount on entry to LDC seminars

#### RESOURCE HIGHLIGHT



**ADHD TOOLKIT**  
This booklet on ADHD covers areas such as the nature of ADHD, Behaviour Management, Learning Support & Social Skills. It includes strategies for parents, teachers and health professionals.

\$12 for LDC members  
\$17 for non members  
+ P/H (see website)

See [www.ldc.org.au](http://www.ldc.org.au) for details

### School is a place for adults to make new friends too!

Having opportunities to get to know other parents and carers, to find out how to support children's learning, or to get involved in class activities can help parents and carers feel connected to the school.

Working together is the best way to support children's mental health and wellbeing.

### How parents and carers can get connected to the school

- Make contact with your child's teacher and keep in touch. Ask for help if you don't understand something.
- Check for notices that are sent home and keep informed about school activities through the school newsletter.
- Attend information sessions and social activities at the school whenever you can.
- Make contact with other parents and carers at your school. Perhaps meet up informally with parents or carers of other children in your child's class, find out about parent social groups that meet at or near the school, or join a parent committee.
- Take an interest in the school council and consider joining it if you have the time and skills.



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](http://www.kidsmatter.edu.au)



Department of Health and Ageing





Healthy • Active • Happy • Kids



Health  
Population  
Health

**FREE & fun program for fitter, healthier, happier kids!**

**Are you worried about your child's weight?**

**Go to [www.go4fun.com.au](http://www.go4fun.com.au) to see if your child could do Go4Fun.**

Go4Fun is a FREE healthy lifestyle program for kids over a healthy weight to improve health, fitness, self-esteem and confidence. Term 4 programs will run in Maryland, Tenambit and Belmont.

### What is the Go4Fun program?

Go4Fun is a FREE 10 week program which runs over one school term after school hours. During the program children and their families get involved in fun games and activities to get more physically active and they learn about delicious nutritious foods they can eat every day.

Children need to be 7-13 years old and a parent or carer also needs to attend. Younger and/or older siblings are encouraged to attend.

To find out more contact **1800 780 900** or visit [www.go4fun.com.au](http://www.go4fun.com.au)

## DESPERATELY SEEKING SWIMMERS



Jamie's Swim Club is a small club focusing on swimmers of every level. It is social as well as swimmers getting experience for school and other swim carnivals.  
It doesn't matter where you TRAIN or IF you train;  
EVERYONE is welcome at JSC.

Each Season – SUMMER & WINTER we run a club night on TUESDAY and at the end of each season; every swimmer eligible receives a trophy and a gift. These gifts have included a rugby jersey, towel, chair, swimmers, jacket, jumper, hoodie, etc.

Registration is \$95 per swimmer (\$2 months) and one parent gets free membership.

**Junior Dolphins has been brought in this year for 7years & Under and they will get FREE membership;** parents need to pay \$30 as an associate member for insurance purposes.

**TUESDAY 11<sup>TH</sup> OCTOBER 2016 is our FAMILY FUN NIGHT @ 6.30PM held at Jamie's Swim School - 141 Floraville Rd Floraville.**

The kids can have a swim, parents can have a chat, register your swimmer and meet everyone; this is also our Winter Club Presentation Night so you will also see the trophies and gifts our Winter Swimmers will receive.

### REGISTRATION PRICES

\$95 per swimmer\* Non Swimmer/Parent Associate \$30

**Junior Dolphin 7&U as at 11/10/16 FREE**

Second Claim Member \$35 Transfer \$35

\*One parent/non swimmer included for first swimmer. Any swimmer under the age of 18 is required to have a parent joined as a member of Swimming NSW. Cost covers insurances and coverage to swim with Swimming Australia, Swimming NSW and Coast & Valley Swimming Association

ALL monies raised go directly back to our swimmers in gifts/apparel.

**Club Night:** Every Tuesday - 6.45pm for 7pm START

**\$5 Weekly Fee\*** – Every Child receives a Raffle Ticket

JSS – 141 Floraville Rd Floraville

Speers Point Swim Centre – Park Rd Speers Point

**ALL WELCOME – 3 to 103 – We cater for ALL levels**

**4946 9729** **Jamie's Swim Club**

# VACATION CARE

HunterSports  
Centre

**COME & JOIN US THESE SCHOOL HOLIDAYS, WE WILL HAVE YOU REACHING NEW HEIGHTS PARTICIPATING IN PROGRAMS SUCH AS:**

GYMNASTICS	TRAMPOLINING	ATHLETICS	TEAM CHALLENGES
TABLOIDS	ART/CRAFT	BUSHWALKING	DRAMA
			SCIENCE

**Vacation Care is available from  
MONDAY 26th SEPTEMBER -  
FRIDAY 7th OCTOBER**

(closed Fri 30th Sept due to major event & Mon 3rd Oct due to public holiday)

**7.30am - 6.00pm Meals Included**

**The Hunter Sports Centre also runs  
Gymnastics Holiday Programs & Skills Clinics  
For further information visit our website**

The Hunter Sports Centre has achieved a Meeting National Quality Standards rating under the National Quality Framework.



**BOOKINGS FOR ALL PROGRAMS ESSENTIAL**

Contact the Centre  
PO Box 3187 • Glendale NSW  
P: 4953 6366 • F: 4953 6587

[www.hsc.org.au](http://www.hsc.org.au)



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

In partnership with the New South Wales AECG.





# 10 WAYS TO HELP CHILDREN SHIFT THEIR MOODS



parentingideasclub.com.au

**Parenting Ideas Club**  
Becoming Better Parents



Nutrition Snippet

## The simplest way

...to serve spring salads.

Spring brings sunshine ... and salads!

A salad is a great way to enjoy a light and lovely meal packed full of veg. Enjoy as a side dish or add some lean meat, fish, cheese or hard-boiled egg and make a meal of it.

Here are five of our spring salad favourites (for full recipes go to [eatittobeatit.com.au](http://eatittobeatit.com.au)):

- Tabbouleh.
- Thai beef salad.
- Asian chicken salad.
- Basic garden salad.
- Mixed bean salad.



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



**Merewether High School**  
An academically selective school for gifted and talented students

Information session – The Application Process  
Year 7 2018

Parents of Year 5 students 2016 are invited to attend an information session about the procedures for applying for entry in an academically selective school for Year 7 2018.

When: Tuesday 11<sup>th</sup> October 2016  
Where: Bensley Hall – Merewether High school  
Chatham Road Broadmeadow  
Time: 4.00pm



**Seasons for Growth Parent Program:**  
Supporting your child following the death of someone they love

### PARENT INVITATION

We are delighted to be offering a new program for parents this term – the *Seasons for Growth* Parent Program: Supporting your child following the death of someone they love.

Since 1996 the highly successful *Seasons for Growth* program for children and young people has been offered across our region through schools and other agencies. For many years, parents whose children have participated in the *Seasons for Growth* Children and Young People's Program have been asking 'Is there a program that can help parents, too?'

The *Seasons for Growth* Parent Program has been developed to meet this need. The program provides an **opportunity for you to reflect on the experience of bereavement from your child's perspective**, and to explore ideas and strategies that might help you support your child/ren through the loss and change they are experiencing.

The *Seasons for Growth* Parent Program: Supporting your child following the death of someone they love is offered in one session (2.5hrs) for 5-12 parents and is for parents only.

Date	Time	Venue	RSVP
Monday 19 <sup>th</sup> September	9.30am - 12.00pm	Floraville Public School Floraville Road Belmont	14 <sup>th</sup> September 4979 1355 <a href="mailto:seasonsforgrowth@mn.catholic.org.au">seasonsforgrowth@mn.catholic.org.au</a>
Monday 19 <sup>th</sup> September	6.30pm - 9.00pm	Callinan Centre St John Vianney Parish 60 Yambo St Morisset	14 <sup>th</sup> September 4973 6859 <a href="mailto:morparish@mn.catholic.org.au">morparish@mn.catholic.org.au</a>
Tuesday 20 <sup>th</sup> September	10.00am - 12.30pm	Mum's Cottage 29 St Helen St Holmesville	15 <sup>th</sup> September 4953 4105 <a href="mailto:admin@mumscottage.org.au">admin@mumscottage.org.au</a>
Wednesday 21 <sup>st</sup> September	3.30pm - 6.00pm	St Joseph's Primary School, Marquet Street Merriwa	16 <sup>th</sup> September 6548 2035 <a href="mailto:admin@merriwa.catholic.edu.au">admin@merriwa.catholic.edu.au</a>
Thursday 22 <sup>nd</sup> September	1.30pm - 4.00pm	Port Stephens Family and Neighbourhood Services 5 Phillip Road Raymond Terrace	17 <sup>th</sup> September 4979 1355 <a href="mailto:seasonsforgrowth@mn.catholic.org.au">seasonsforgrowth@mn.catholic.org.au</a>

For more information please contact:

Information: Jenny, Zoe or Benita  
Phone 4979 1355  
Email: [seasonsforgrowth@mn.catholic.org.au](mailto:seasonsforgrowth@mn.catholic.org.au)

