



Week 2, Tuesday, October 16, 2017

## NEWSLETTER WEEK 2 TERM 4

### Calendar Term 4

#### Week 2

Wed 18/10: RockCave Guitar Lesson  
(makeup class from T3)

Thu 19/10: Transition to School  
Session #1 9.30-10.45am

Fri 20/10: Swimming for Sport  
commences

#### Week 4

Mon 30/10: Life Education Program  
Commences

Thu 2/11: Transition to School  
Session #2 9.30-10.45am

Fri 3/11: Fun Run/Grandparents Day

#### Week 6

Thu 16/11: Transition to School  
Session #3 9.30-10.45am

#### Week 8

Thu 30/11: Transition to School  
Session #4 9.30-10.30am

#### Week 9

Wed 6/12: Year 6 Farewell  
Fri 8/12: Presentation Day

### FROM THE PRINCIPAL

Today we hosted Principals from Forster and Wyong to review our Self-Assessment against the School Excellence Framework. It was a great experience to reflect on all the wonderful things that happen daily in our classrooms to improve outcomes for our students. I would also like to take the time to thank the work the School Leadership team, Mrs Stewart, Mrs Morante, Mr Gaul and Mrs Smith, for the work they put into the submission for this meeting.

At the last P&C meeting we discussed the variety of sport offered to students at Swansea Public School. This week our 3-6 students commence swimming for sport. Students also participate in the development of fundamental movement skills to allow them to participate in modified games and sports across the year. Mrs Melville delivers a coordinated K-6 PE program through the RFF roster.

Recently I received confirmation the Mrs Patterson will continue in her roll delivering professional learning in the new LMBR systems and I will remain as Relieving Principal for the remainder of the year.

### Swimming for Sport

Swimming for Sport will commence this Friday **20<sup>th</sup> October**. This program will run for 7 weeks and the cost is \$35.00. All primary students are expected to attend these invaluable lessons. Notes were sent home last term and payment needs to be received with permission note and swimming ability by **tomorrow, Wednesday 18 October**.

Children are reminded to make sure they bring their swimmers, goggles, sunscreen, towel and plastic bag for wet clothes on Friday mornings.



### HOMEWORK CENTRE

Homework Centre will commence back tomorrow

**Wednesday 18<sup>th</sup> October 2017**



Homework CENTRE

## REMINDER

Money and Permission notes  
due to the office tomorrow  
**Wednesday 18 October 2018**  
for Swimming for Sport which  
commences on Friday



## FUN RUN GRANDPARENTS DAY

On Friday 3 November, K-2 grandparents and great grandparents are invited to celebrate National Grandparents Week with our children. Grandparents and Grandfriends are different in each family. We understand that some of our children do not have grandparents or they may live far away. If your child is upset by their grandparents not being able to attend then the parents can attend in their place. Parents and grandparents are invited to lunch and the Fun Run. Grandparents and Grandfriends are invited to come along at 11.30am. They will be entertained by our K-2 students and then invited into their classrooms. If the grandparents would like to also visit the children in years 3-6 they will be welcomed into their rooms too. We will be having lunch at 12.30-1.30pm followed by the Fun Run.

Please find attached a Pre-order form for those Parents/Grandparents/Carers who would like lunch on the day. Please place your order and correct money in an envelope and hand to the office by  
**Wednesday 1<sup>st</sup> November 2017**



## GALGABBA CUP

Last Friday, 26 of our Stage Two and Stage Three students attended the Galgabba Cup at Bell Swans Oval at Pelican. All students actively participated in two games of soccer and should be commended on their growing skills in the game of soccer and the outstanding sportsmanship they showed on the day.  
Well done!



Cerebral Palsy Alliance  
KRAZY KOSCI KLIMB



Successfully one of our students Isabella Petersen has been accepted to participate in the Krazy Kosci Klimb, an empowering challenge event for young people living with cerebral palsy or other disability. Assisted by her support team Isabella will be walking the summit track from Charlotte Pass to the top of Mt Kosciuszko.

We would like to Congratulate Isabella and wish her all the very best.

## **YEAR 5 PARENTS SELECTIVE HIGH SCHOOL APPLICATIONS**

Applications for selective High school placement for 2019 are open now online. Contact the school office regarding more information if required.

Selective high schools cater for the specific needs of high achieving gifted students who may otherwise be without sufficient classmates at their own academic and social level. Selective schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level. Parents apply when the student is in Year 5. The students sit the test in March of Year 6.

To be considered for placement students must sit the Selective High School Placement Test. For information about applying and the placement process go to:

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

Some selective high schools have vacancies in Years 8 to 12. Applications open in late June for placement the following year. For information about applying and the placement process go to:

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/years-8-to-12>

## **PEER SUPPORT**

### **Peer Support**

Peer Support commenced the first week of the term. The program aims to provide a positive and safe learning environment for all. It empowers students to:

- Take responsibility for their own well being
- Deal positively, proactively and resiliently with their life experiences
- Be actively involved in their community

All participating students benefit by:

- Building confidence to actively participate
- Learning life skills through fun and safe activities
- Forming positive relationships
- Practising cooperation and collaboration

If you would like a brochure outlining our unit 'Keeping Friends' for this term, it is available from the office. We will outline the theme for each week in the coming newsletters. We are looking forward to positive achievements.

Rebecca Welch and Jemma Daley

## **CANBERRA / PACER**

### **Canberra Year Five and Six Excursion**

At the end of last term Year Five and Year Six students went to Canberra for their excursion. While there they went to Parliament House, Old Parliament House, Questacon, Telstra Tower and the Institute of Sport. Students learnt more on government and should be congratulated on the way in which they represented our school while at Canberra.

At the beginning of the year we also applied for a Pacer rebate for our Canberra excursion, this was taken in to consideration when costing the camp. Thank fully we have be granted this rebate. We would like to acknowledge and thank the Australian Government for their funding and support for this activity.





## POSITIVE BEHAVIOUR FOR LEARNING (PBL) - WHAT'S THE BUZZ THIS WEEK?



### Focus: Recess: assembly time at recess and playing safely

The first 10 minutes at recess time is for eating. It is important students are sitting with their class and have time to eat their recess. At the end, when asked by the teacher, students put their rubbish in the bin and forward off to play. We are focusing on students leaving and returning to the assembly areas safely, that is walking and then being ready for the second bell. This is so students can return to class as quickly as possible for the afternoon session.

Our buzzy bees are swarming around giving teachers lots of 'Gotchas' for all the students showing the 3Bs.

**WE ARE VERY PROUD OF YOUR IMPROVED BEHAVIOUR!** We hope to spot you!

This week it is the students turn to be surveyed. They will get to have their say in how PBL is working and offer ideas and suggestions on how it can be improved within the school. The PBL team is continuing to collate all information and will be presenting proposed adjustments in the coming weeks. All adjustments will begin at the start of 2018.

Thank you again for your continued support and helping to make PBL the best it can be in benefiting the students of Swansea PS.


Positive Behaviour for Learning reaches beyond the school grounds- we need your support and involvement to make our community the best it can be!

We greatly appreciate the work that all parents and family helpers contribute to Swansea PS. Working together as a team in the will support the education and wellbeing of all of our students.

**At Swansea Public School we would like to give a shout out to  
Mrs Julia Taperell.**

A big thank you for your continued support in making our Home Reading program a success.




**Nutrition Snippet**

## The simplest way

...to make tasty tabouli.

**Serves: 6 | Preparation: 10mins | Cooking: 30-60mins**


**Ingredients**  
½ cup uncooked bulgar\*  
2 cups reduced-salt chicken or vegetable stock, hot  
2 bunches Italian flat leaf parsley, chopped  
1 bunch mint, chopped  
3 shallots, chopped  
3 Roma tomatoes, chopped  
2 tbsp olive oil  
2 tbsp lemon juice



**Method**  
1. In a large bowl, pour the boiling stock over the bulgur. Let sit for 30-60 minutes until softened and then strain through a fine mesh sieve. Cool.  
2. Combine the bulgur, parsley, mint, shallots and tomatoes in a large bowl. In a small bowl, combine the olive oil, lemon juice and pinch of salt. Pour over the bulgur mix and toss to mix well.

\* Bulgar is a cereal made from whole wheat partially boiled then dried. It can be substituted with couscous or quinoa.

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



## Good for Kids good for life

### HEALTHY LUNCHBOXES

Pack your child a **HEALTHY LUNCH BOX**

Choose a variety of foods from each food group

Fruit	
Vegetables	
Dairy	
Wholegrains	
Lean meat & alternatives	

**A Healthy Lunch Box**

Source: Northern Sydney Local Health District

**Health**  
Hunter New England  
Local Health District

PHONE 4924 6499





# K-6 PE PROGRAM









Swansea Public School will be holding a Bunnings BBQ at Belmont on Saturday December 2. We have been able to secure the first Saturday in summer! This will be an absolutely fantastic fundraising opportunity and all proceeds of the BBQ will go to our school.

We are expecting such a big crowd that we are already looking for helpers to assist on the day. We are hoping that you can offer an hour of your weekend to support the school. A final roster of helpers will be finalised closer to the day.

If you are able to support the school, please complete the below form and return it to Mr Gaul or the school office.

✂ \_\_\_\_\_

### **I can be a Bunnings BBQ Helper at Belmont on Saturday December 2!**

Name: \_\_\_\_\_ Mobile: \_\_\_\_\_

My child/ren and their class/es:

\_\_\_\_\_

I can assist at the following sessions(please tick):

\_\_\_ 7am – 8am                      \_\_\_ 12pm – 1pm

\_\_\_ 8am – 9am                      \_\_\_ 1pm – 2pm

\_\_\_ 9am – 10am                      \_\_\_ 2pm – 3pm

\_\_\_ 10am – 11pm                      \_\_\_ 3pm – 4pm

\_\_\_ 11am – 12pm                      \_\_\_ Packing up from 4pm







**Badalya Hut**  
**GrandParents Day / Adidas Fun Run**  
**Friday 3 November**  
**PREORDER MENU**



Scones with Jam and Cream with Coffee/Tea	\$4.00
Banana Bread	\$2.00
Ham Salad Wrap and Juice	\$6.00
Chicken Caesar Wrap and Juice	\$6.00

**Please place order in envelope with name & correct money  
and hand to Office  
by Wednesday 1<sup>st</sup> November**

**Badalya Hut Order Form**

**Grandparents / Adidas Fun Run – 3 November  
2018**

Grandparent Name/s.....

Child's Name..... Class.....

Scones with Jam and Cream with Coffee/Tea	\$4.00	<input type="checkbox"/>
Banana Bread	\$2.00	<input type="checkbox"/>
Ham Salad Wrap and Juice	\$6.00	<input type="checkbox"/>
Chicken Caesar Wrap and Juice	\$6.00	<input type="checkbox"/>

Total amount enclosed: \$

**All orders will be available for pick up outside the canteen from 1pm**