



Week 4, Tuesday, October 31, 2017

## NEWSLETTER WEEK 4 TERM 4

### Calendar Term 4

#### Week 4

- Wed 1/11 Life Education Program
- Wed 1/11 Homework Centre cancelled
- Thu 2/11: Transition to School  
Session #2 9.30-10.45am
- Fri 3/11: Fun Run/Grandparents Day

#### Week 6

- Tue 14/11: Year 6 Fair & Sausage Sizzle
- Thu 16/11: Transition to School  
Session #3 9.30-10.45am

#### Week 7

- Mon 20/11: Intensive Swimming Program  
20 Nov- 1 Dec 2017

#### Week 8

- Mon 27/11: Intensive Swimming Program  
20 Nov- 1 Dec 2017
- 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

This week a large group of our students participated in Life Education lessons as part of our PDHPE syllabus outcomes. I know all the students enjoyed this experience and meeting Harold the Life Education mascot.

Thursday is the second 2018 Kindergarten Orientation morning. You may see our new students at school wearing the transition to school shirt they received on their first visit.

Friday is our annual Grandparents Day celebration, where students will perform and open their classrooms to show their grandparents all the wonderful things we do at Swansea Public School.

This will be followed by the P&C Fun Run which will raise funds to support programs offered by the school. The P&C committee is a hardworking group of parents who work closely with school staff to provide improved resources and experiences for students. Joining the P&C is a wonderful way to learn about the school and its strategic directions, support the programs offered at the school and meet other parents. The P&C is your voice in school decision making. I know that the current committee is always seeking the support of parents and welcomes new parents to its organisation.

### Grandparents Day & Fun Run

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 again a Pre-order form for those who would like lunch on the day. Please place your order and correct money in an envelope and hand to the office

**NO LATER THAN**  
**Wednesday 1<sup>st</sup> November 2017**

### REMINDER

Money and order form due to the office tomorrow  
**Wednesday 1<sup>st</sup> November**  
for Badalya Hut Lunch Order for Grandparents Day on Friday



# MASTERCHEF

## Round #2



### ENGAGING ADOLESCENTS™

#### INVITATION TO PARENTS OF TEENS

Learn strategies and skills to improve parent – teen relationships

A three-session program for parents and carers  
By Allambi Care & Belmont Neighbourhood Centre  
359 Pacific Highway Belmont North

When: Wednesday Evenings 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup> November 2017

Time: 6pm – 8.30pm, 3 consecutive sessions

Cost: \$20 for Workbooks and light refreshments. (Concessions available).

#### Registration is required

Limited spaces are available, please register for this course by contacting Michael Burke on 0408 474 602.



ALLAMBI CARE

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

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Tomorrow is a Mystery  
Today is a Gift that's why we call it the Present

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# POSITIVE BEHAVIOUR for LEARNING (PBL) - What's the buzz this week?



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

Our buzzy bees are swarming around giving teachers lots of 'Gotchas' and all the teachers are looking out for the students showing the 3Bs. We are continuing the focus on assemblies this week to ensure all students demonstrate the expected behaviour especially when teachers are at the front delivering messages.

**KEEP IT UP SWANSEA PS!  
WE WANT TO SPOT YOU THIS WEEK!**

## Peer Support

Congratulations to the Year 5 and 6 students in leading their Peer Support groups. The leaders are demonstrating the 3Bs in leading their peer support groups. Continue the fantastic effort! Look out next week for photos of the Peer Support groups in action.

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 Tony Lundy**

A big thank you for your enthusiasm, passion and amazing ideas in making cooking fun, simple and delicious. You inspire the students to enjoy healthy, tasty meals and your dedication to the Stephanie Alexander Kitchen Garden program is admirable.



## Intensive Swimming - Water Safety Program

Notes have been issued to all Year 2 students and weaker swimmers in the Primary grades, to participate in the Intensive Swimming Program at Swansea Pool from Monday 20<sup>th</sup> November to Friday 1<sup>st</sup> December 2017.

Payment for the 2 week program is \$35.00 and must be paid no later than the 10<sup>th</sup> November 2017. Numbers are limited to 60 students. Any parent/Guardian that believes their child needs to participate in the program and has not been issued a note is asked to please see Mrs Tyrrell as soon as possible.

Co-ordinator Mrs Tyrrell





# COMMUNITY NOTICE

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 **Nutrition Snippet**

### The simplest way

...to download our free resources.

We have a bunch of great resources on our website for you to print out – free – to help make your whole family healthier.

- Reward your kids using our **My Fruit and Vegetable Chart**.
- Plan ahead, save time and money with your **Family Menu Planner**.
- Make packing lunches easier with our **Healthy Lunch Box Planner**.
- Learn how to manage fussy eaters with our **Strategies for Fussy Eaters Guide**.
- Get new ideas for healthy snacks with our **Fruit and Vegetables Snacks Guide**.
- Find out when to buy your fruit and vegies in our **Seasonality Guide**.

Visit <https://tinyurl.com/vcp5a89a> to download.

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

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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):

- |                                      |                                              |
|--------------------------------------|----------------------------------------------|
| <input type="checkbox"/> 7am – 8am   | <input type="checkbox"/> 12pm – 1pm          |
| <input type="checkbox"/> 8am – 9am   | <input type="checkbox"/> 1pm – 2pm           |
| <input type="checkbox"/> 9am – 10am  | <input type="checkbox"/> 2pm – 3pm           |
| <input type="checkbox"/> 10am – 11pm | <input type="checkbox"/> 3pm – 4pm           |
| <input type="checkbox"/> 11am – 12pm | <input type="checkbox"/> 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**

