



# SWANSEA PUBLIC SCHOOL NEWSLETTER

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Week 5, February 21, 2017



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.

**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**

## Positive Affirmation

**I accept  
myself  
even though I  
sometimes  
make  
mistakes.**

### Swansea Public School Office Open

8.30am-3.15pm

Student Information Detail  
report due back

### Swansea Public School P&C Uniform Shop

Located next to the library  
Open Tuesday mornings  
8.40-9.40am.

Cash or cheque payments  
only

### Swansea Public School P&C

Meetings held 2nd Wed of  
each month at 6.30pm in  
the staffroom.

### Swansea Public School Canteen Open

Mon, Wed, Thur, Fri  
8.30-2.00pm

Tues to be confirmed

## SCHOOL NEWS

Our Kinders are settling into school life. Please leave as quickly as possible to help your child settle.

Reminder for equipment pack payment. Thank you to all of those parents that have already paid!

## OLIVER LIBRARY SYSTEM

This week on Wednesday we go "LIVE" with our new library administration system. Dr Henry and Mrs Ham have been working hard to learn the new system and preparing for the data transfer.

Dr Henry will be on leave for 3 weeks and Mrs Armstrong will be filling her role until she returns. Welcome back Mrs Armstrong.

## GREATEST SHAVE DAY (Fri 17 March)

Once again this year we will support this event with a cancer fundraiser. If your child would like to shave or colour spray their hair on the day a note will come home in the next few weeks.

We will also have a sausage sizzle on the day with those funds also going towards the Cancer research.

## PARENT TEACHER CONFERENCES

Will be held in the weeks from 27 Feb-10 Mar. Your child's teacher has sent a form home for parents to indicate suitable times to come and meet their child's teacher. We are looking forward to meeting every parent/family.

## GOOD FOR KIDS GOOD FOR LIFE

Teachers will be involved in a workshop this afternoon designed to increase physical activity at our school.

## ZONE SWIMMING

Good luck to all of our students attending the carnival this week. GO SWANSEA! Miss Welch will be accompanying our students.

## COACHES WANTED

At Swansea Public School we would like to organize more opportunity for our students to be involved in sporting teams.

We need any Level I coaching parents or community members who have 40 min at 11.10-11.50am Mon, Wed or Thurs to possibly coach soccer, netball or softball. Please see Mrs Holt if you have the Level I coaching qualifications and the time to help our students.



## HEAD LICE

A number of cases of head lice have been reported to the school. It is imperative that parents continue to check and treat any signs of head lice.

## NEWSLETTER

Our newsletter is delivered to our parents/carers via our Website, Facebook page and our SkoolBag app. If you would like a hard copy please send in a written request to the school office.



Nutrition Snippet

## The simplest way

...to get kids eating more fruit and veg.

Learn how to create easy, budget-friendly family meals, entice fussy eaters and eat well to prevent cancer.

Cancer Council NSW's *Eat It To Beat It* program hosts free Fruit & Veg Sense workshops at schools across NSW.



In these 90-minute workshops we give you simple tips and ideas on:

- saving money by eating more fruit and veg;
- changing family favourites into healthy meals; and
- learning clever ways to entice fussy eaters.

All participants receive a FREE recipe book.

We have proven results that this workshop helps parents to eat more fruit and veg. And if you eat more fruit and veg, your children will too!

Ask your school to register via [eatittobeatit.com.au](http://eatittobeatit.com.au).

For more information visit

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

or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



**ENROL NOW FOR 2017**

Classes Held in Swansea School Hall  
Classes from \$5.50 \* Try your First Week FREE!

Wednesday  
3:30 PM 5-12 Yrs Jazz Technique  
4:00 PM 5-12 Yrs Jazz Concert  
4:30 PM 5-12 Yrs Concert Hip Hop  
5:00 PM 5-12 Yrs Concert Contemporary  
5:30 PM 5-12 Yrs Acrobatics



0401473 457 / [www.jbdance.com.au](http://www.jbdance.com.au) / [jessie@jbdance.com.au](mailto:jessie@jbdance.com.au)

## Good for Kids good for life

### WATERMELON ICE BLOCKS

INGREDIENTS	QUANTITY
Diced Watermelon	2 cups
Fresh strawberries (hulled)	10
Lemon Juice	1 x lemon
Water (optional)	1/2 cup

#### METHOD

1. Combine all ingredients in blender and blend until smooth
2. Pour into ice block moulds
3. Freeze until hard
4. Enjoy on a sunny summer day!



Health  
Hunter New England  
Local Health District

PHONE 4-924 6499

## KB Hard at Play



In partnership with the New South Wales AECG.



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



	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>Week 4</b>	Feb 13	14	15 Parent Information Sessions K: 3.15pm Yrs 1-2: 4.00pm Yrs 3-4: 4.30pm Yrs 5-6: 5.00pm	16	17 Aboriginal Education Parent Meeting 2.00pm	18/19
<b>Week 5</b>	20	21	22 Zone Swimming Day 1	23 Zone Swimming Day 2	24	25/26
<b>Week 6</b>	27	28	Mar 1	2	3 Clean up Australia Day	4/5
<b>Week 7</b>	6	7	8 P&C AGM 6.30pm	9	10	11/12
<b>Week 8</b>	13	14	15	16 Aboriginal Education Parent Meeting 2.00pm	17 Greatest Shave Day Sausage Sizzle  High School Expression of Interest Form returned to school.	18/19
<b>Week 9</b>	20	21	22	23	24 School Photos	25/26
<b>Week 10</b>	27	28 School Disco	29	30	31	Apr 1/2
<b>Week 11</b>	3	4	5 Easter Hat Parade	6	7 Last day of term	8/9

