



# SWANSEA PUBLIC SCHOOL NEWSLETTER

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Week 6, February 28, 2017

## Clean Up



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



#### 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

### OFFICE NEWS

**High School Expressions of Interest:** These forms are needed back to the school office by Friday, 17 March.

**School Essentials Book Pack:** A kindly reminder for payment.

**Kitchen Garden Program:** Years 3&4 A kindly reminder for payment.

**School Photos:** Money to be handed in on the day, please refer to payment option later in the newsletter.

**Student Detail Report:** Thank you to the parents that have returned their forms. It is a requirement of the department that these are updated each year as the information is used to allocate funding to the school as well as updating all contact details in the office.

### SCRIPTURE

Scripture, Ethics and Non Scripture classes started last week. Thank you to parents who have contacted their child's teacher regarding scripture. We have now reformed our groups and no further changes will be made to the scripture groups.

### CLEAN UP AUSTRALIA DAY

Students are reminded to bring gloves and a plastic bag on Friday. Please return permission slip to the teacher by Friday morning.

### ZONE SWIMMING

A big congratulations to Ricada Jones for 4 great results. Now she will represent the Eastlakes Zone at the Hunter Region Carnival. Good Luck Ricada. Thank you Ms Welch for organising our school.

### HOMEWORK CENTRE

Our Homework Centre will begin next Wednesday 8 March. Notes will be sent home to participating students this week.

### 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.

### UNIFORM

A reminder that all students need to wear black shoes/joggers Mon-Thurs. Boys wear grey/white socks not black socks. Girls hair accessories need to be green or white headbands or elastics not coloured flower headbands. Thank you for supporting Be Respectful of our school expectations.



### Zone Swimming

Last Wednesday and Thursday, 13 students from Swansea Public School went to Swansea Pool to compete in the East Lake Macquarie Zone Swimming Carnival. They should be commended on the sportsmanship and impressive behaviour they showed over at the carnival.

Congratulations to Ricada who came first in 11 year girls backstroke, 11 year girls freestyle, 11 year girls butterfly and second in the individual medley. She will now be going to regionals to compete in the 11 year girls butterfly and 11 year girls freestyle. Good luck Ricada!



### CANTEEN

The canteen will be open on Tuesday's as of next week the 7 March 2017. Thank you to the volunteers for your ..

#### Kitchen Garden Program

##### Bean Flautas

Better than tacos- use tinned beans or soak your own and save more money

400 grams black bean,  
400 grams mixed beans

2 large onions

1 teaspoon chilli powder or more if you like

2 teaspoons of cumin 2

teaspoons of garlic

fresh corn kernels or a tin of sweet corn

The juice of a lime

12 flour tortillas

##### METHOD

PRE HEAT THE OVEN TO 220 degrees celsius

Slice and fry onion, garlic and spices till onion softens.

Add beans and heat

After it all heats up smash up all the beans and add the sweet corn

Now roll the mixture into long flute like shapes. Use a bit of the mixture as a glue to hold them together

Bake for 10 minutes and then turn them and bake the other side

Serve with salsa, sour cream and lettuce

CHEATERS TIP ---tell the kids its mince inside or just add some mince after the onion has softened. It is cheap it is healthy and easily changed and tweaked.

We hope you like our flautas



# J&B DANCE



## 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)



Nutrition Snippet

## The simplest way

...to help parents *Eat It To Beat It.*

Want to learn more about getting your family to eat well to reduce cancer risk, and empower other parents to do the same?

Join Cancer Council NSW's *Eat It To Beat* program as a volunteer Program Facilitator.

We will train and support you to deliver free Healthy Lunch Box sessions and Fruit & Veg Sense workshops that:

- Help families to reduce their cancer risk.
- Make a difference in your community.
- Increase your confidence and improve your presentation skills.

For more information email [eatittobeatit@nswcc.org.au](mailto:eatittobeatit@nswcc.org.au) or phone (02) 4923 0710.

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)



Eat It To Beat It

### SWANSEA CAVES JUNIOR RUGBY LEAGUE CLUB REGISTRATIONS ARE NOW OPEN

I would like to inform all our previous players and new players that we have started training on Tuesday and Thursday afternoons from 4-30pm at Padbury Oval, Swansea. Our club have teams ageing from Under 6 to Under 17. Registrations fees starting from \$50- for U/6's & U/7's, including shorts and socks.

For more information please visit our Facebook page or you can contact the club on [swanseacavesjrllfc@hotmail.com](mailto:swanseacavesjrllfc@hotmail.com) or myself on 0413121927. CHERYL MURPHY (PRESIDENT)



In partnership with the New South Wales AECG.



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

# General Information



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## Payments:

- Parents can pay for all of their children's orders in one envelope. However each child requires their own envelope on photo day to ensure their order is placed and processed (even if the payment is in a sibling's envelope).
- Payments can be made by cash, cheque, or money orders only.
- Online payments can be made through our website [www.msp.com.au](http://www.msp.com.au) using Credit or Debit cards from Mastercard or Visa. The website will display an order reference code, which should be noted on the o the back of the envelope in the box provided. Each child will require their empty envelope on photo day. Orders can be placed online up to one week after photo day.

## Envelopes:

- Spare order envelopes are provided for the school office. These can be handed out upon request to any new students, or anyone that has misplaced the original.
- Family Photo envelopes are provided for the school office to be handed out on request. These photographs are for school aged students attending your school only (i.e. no babies or parents can be accommodated in these photographs)

## Products:

- The products on the envelopes come as is and are the only packages that we have available. Unfortunately the packages cannot be altered in any way.
- Photographs are delivered approximately 4 weeks after photo day.

## Single Parent Families:

- Parents can place multiple orders for children by either:
  - Placing all the orders on the one envelope
  - Handing in multiple order envelopes (they can collect a spare one from the school office and complete it as usual). If this is the chosen method, it may be worth having them label the envelope as either "Mums Copy" or "Dads Copy", so upon delivery the correct photo order is returned to the correct parent.

Please feel free to pass on our Contact Detail Slips to parents, as we are more than happy to help with any queries that they may have.



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

