



SWANSEA PUBLIC SCHOOL NEWSLETTER

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Week 10, March 28, 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



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

OFFICE NEWS

School Essentials Book Pack: A kindly reminder for payment. Outstanding invoices were sent home last week

A big thank you to all the families who have paid for their book packs. Our students have all the necessary equipment to help them be organised to learn.

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

Canberra Excursion (Yrs 5-6): A note with an expression of interest was sent home last week. A \$50 deposit is required to the office by Fri 7 April. We need at least 50 students for the excursion to go ahead.

University of NSW Tests: Fri 31 March last day for entries

Are you paying attention: Congratulations to Alliyah Towers last week's winner to find the Lucky Coin.

ANZAC SERVICE

Swansea RSL Sub-Branch has again organised plans for the commemoration march. School leaders and students will march representing our school. Full school uniform to be worn and students meet at Swansea McDonalds between 10.30-10.45am Tuesday 26 April.

SCHOOL HATS

It is of vital importance that all students have a hat every day. There has been an increasing number of students not wearing or bringing their hat to school. Department of Education Policy states NO HAT, NO PLAY. Our students need to be exercising and playing in the fresh air. We appreciate your support in ensuring that your child has their school hat EVERY Day.

DISCO

The school DISCO is on tonight, Tuesday 28 March. K-2: 5.00-6.15pm. Years 3-6: 6.30-8.00pm. The cost will be \$5.00 per student and notes have been sent home. Please be prompt when collecting your child/children.

EASTER RAFFLE

The P & C Association are holding an Easter Raffle which will be drawn at the Easter Hat Parade on Wednesday, 5 April 2017. Each year we ask students to donate one egg towards our Easter Raffle. Tickets have been sent home. The hampers are always amazing and we thank you for your continued support to make this a success each year.

If students could give their egg donation to their teacher they will receive a one mini award.



Kitchen Garden Recipe Week 9

Fruit Salad

Ingredients

Whatever fruit is in season.

Passionfruit and pears are in season NOW.

Add some apples and fruits of your choice.

Chop up your fruit, add the passionfruit pulp.

Taste it and if it is too sweet add some lime juice. If it is not sweet enough just add honey. It doesn't get much easier than that.

Bean and Beetroot Salad

Ingredients

1 red onion finely sliced. 1 tin of rinsed three or four or five bean mix. 1 small tin of drained and chopped beetroot. 1 crispy apple (Fuji apples or whatever is on special). Some basil and coriander, (your choice of herbs), Some sliced green leafy vegetables...boring lettuce will do but Chinese Pak or Buck Choy are better choices. Chinese cabbage (WOMBOK) is good too. Go with what is in season.

Method

Add all ingredients to a salad bowl. Add some olive oil and lime juice.

Taste it! Add more lime or honey.

Add some Sumac, or cumin to your dressing.

Add chilli if you like. It is your creation, after all.

Corn kernels can be added. Corn is cheap at the moment. Just peel the cob and slice off the kernels.



Nutrition Snippet

The simplest way

...to try healthy Easter treats.

Before the kids get too crazy on chocolate, why not mix up the Easter treats with some fun but healthy festive fare?



Egg-cellent surprises: fill brightly-coloured plastic eggs with the kids' favourite fruit and veg.

Breakfast bunny: add fruit adornments to pancakes to create a "you-beaut" bunny.



Or try carrot pot plants and fruity chicks.



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

Eat It To Beat It

Good for Kids good for life

KEEP CRUNCHING ON THE WEEKENDS

Most NSW primary schools have incorporated Crunch & Sip® as a regular part of their school day.

Crunch & Sip® helps children to meet their recommendations for vegetable and fruit intake as well as an opportunity to introduce new vegetables and fruits to children.

The benefits of Crunch & Sip® can happen at home as well as at schools. Keep kids eating healthy snacks of fruit and vegetables no matter the day, this could include on the weekends, during sporting events etc.



Health
Hunter New England
Local Health District

PHONE 4924 6499



ASSEMBLY AWARDS

Term 1 Week 9

KB	Spencer Douglas
1/KM	Hollie Hutchinson-Green
2/1T	Brody Ruhan
2/1G	Mitchell Bennett



Best Class – KB



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 10th April -

Monday 24th April

(closed public holidays)

7.30am - 6.00pm Meals Included

The Hunter Sports Centre also runs a
 Trampoline Holiday Program & 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

HunterSports
 Centre



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



In partnership with the New South Wales AECG.



www.facebook.com/swanseapublicschool

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 4	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
Week 5	20	21	22 Zone Swimming Day 1	23 Zone Swimming Day 2	24	25/26
Week 6	27	28	Mar 1	2	3 Clean up Australia Day	4/5
Week 7	6	7	8 P&C AGM 6.30pm Homework Centre	9	10	11/12
Week 8	13	14	15 Homework Centre 3.15-4.30	16 Paul Harrigan Cup Aboriginal Education Parent Meeting 2.00pm	17 Greatest Shave Day Sausage Sizzle 1pm High School Expression of Interest Form returned to school.	18/19
Week 9	20	21 Harmony Day	22 Homework Centre Taste of High School 1.50-3pm	23	24 School Photos Tell Them From Me Survey	25/26
Week 10	27	28 School Disco Senior Cricket 9.30am	29 Homework Centre	30	31 Paul Harrigan Cup	Apr 1/2
Week 11	3	4 Puppet Show 1pm	5 Easter Hat Parade	6	7 Rewards Day Stage 3 Excursion Prepayment due Last day of term	8/9

