



SWANSEA PUBLIC SCHOOL NEWSLETTER

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Week 4, May 16, 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 am Wonderfully made I am Calm
I am Unique I am Blessed I am fun
I ENJOY LEARNING I am Thankful I am Kind
I AM AWESOME *I am honest*
I am confident *I am happy with my body*
I AM FRIENDLY **I AM BRAVE** **I AM WISE**
I AM SMART **I am Thoughtful**
I am Bold I am creative I AM ME

Swansea Public School

Office Open

8.30am-3.15pm

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, Thurs, Fri
8.30-2.00pm

OFFICE NEWS

Canberra Excursion invoices have been sent home this week.

FROM THE PRINCIPAL

It was wonderful to see so many mothers, grandmothers and carers attend our Mother's Day Afternoon tea last Friday. The students had a wonderful time decorating their cupcakes ready for the afternoon. It was a very successful fundraiser for Year 6 and their organisation and confidence when working with the other students demonstrated their continued leadership within our school. I know they would like to thank Mrs Dallaway and Mrs Stewart for their support in organising the day and also Sharon Baxter and Darlene Peterson who helped make the icing for the cupcakes. Sharon also donated the lovely bouquet of chocolates that was raffled on Friday afternoon. The bouquet was won by Ms Rebecca Giles who's daughter Kaitlyn is in 1/KM.

UNIFORM SHOP

The Uniform Shop will be closed next Tuesday 23 May due to the coordinator having work commitments.

SPORT

Congratulations to the boys for the effort they put in yesterday at the PSSA Boys Soccer Knockout Gala Day. The boys showed great sportsmanship and team spirit in all their games. Well done team.

Good luck to all our school representatives in the Zone Cross Country today. The school will be sending a team to compete in the State Knockout Rugby League competition this Thursday against Caves Beach, we wish the boys the best of luck in their game.

The boys league team will be backing up their efforts on Friday 19 May in the Paul Harragon Cup. We wish the team all the best.

WALK SAFELY TO SCHOOL

This Friday sees the Walk Safely to School Program. Please read the following flyer for details and advise.





Nutrition Snippet

The simplest way

...to join Australia's Biggest Morning Tea.

Host a morning tea to help Cancer Council fund vital cancer research, prevention programs, advocacy and support services for those affected by cancer.

The official date for Australia's Biggest Morning Tea is May 25, but you can host a tea any time in May or June.

Hold it at school or home.

Every dollar makes a difference to funding Cancer Council's vital research, prevention and support service programs.

For information, registration and recipes go to: biggestmorningtea.com.au.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit



Good for Kids good for life

KEEPING ACTIVE IN WINTER!

As the temperature starts to drop, it's important that your kids are still physically active through the colder months.

Here are some tips for keeping kids active when it's cold or wet outside:

Freestyle dancing – turn the radio or MP3 player on and encourage your children to make up a dance to the music	
Balloon Volleyball – tossing a balloon up in the air across a make shift net made of pillows	
Story time doesn't have to be sitting still and quiet. Choose a common word in the story and an activity that you do every time that word is read e.g. The word chosen is "car" and every time car is read out the kids zoom around the house making car sounds on their hands and knees.	
If it's wet outside take advantage of the muddy puddles by putting on your rain coat and gum boots and splashing, stomping and jumping in muddy puddles	



Phone 4924 6499



Small changes, big differences.



FREE Triple P Seminars 3-8 Years **The Power of Positive Parenting**

There's no such thing as 'one size fits all' when it comes to parenting.
Triple P is an approach to parenting that emphasises the positive.

We can help you -

- Encourage behaviour you would like from your child
- Deal consistently and decisively with problem behaviour
- Take the stress out of parenting

When: 8th and 15th June

Where: Marks Point Public School (Community Room)

When: 10:00 – 12:00

Cost: FREE – Morning tea provided

**RSVP: Registrations essential: Please contact Family Insight on
4961 0700**





FRIDAY 19 MAY 2017

ACTIVE KIDS ARE SMARTER KIDS

National Walk Safely to School Day (WSTSD) is on Friday 19 May 2017. Now in its 18th year, it is a campaign and annual event when all primary school children, their parents and carers are encouraged to walk and commute regularly and safely to school. It is a community event seeking to promote Road Safety, Health, Public Transport and the Environment.

Australian children are becoming less active. One substantial contributor is the decline in walking and/or taking public transport to school. Children who are regularly physically active are healthier, perform better academically and less likely to be obese or overweight, which can lead to the long-term and costly risks of heart disease and diabetes etc.. Walking regularly is the best exercise because you can build it into your daily routine.

The Objectives of National Walk Safely to School Day are:

- To encourage parents and carers to walk to school with primary school age children
- To promote the health benefits of walking and create regular walking habits
- To help children develop vital road crossing skills and ensure children up to the age of 10 years hold an adult's hand when crossing the road
- To help children develop the vital road-crossing skills they will need as they become mature pedestrians
- To reduce car dependency and traffic congestion
- To reduce the level of air pollution created by motor vehicles
- To promote the use of public transport

How your School and Council can be involved (detailed information is at walk.com.au):

Enclosed is the WSTSD kit which contains stickers and posters for school and council noticeboards. We ask that every student wears a sticker on the day to help promote this important community event. Other ideas include:

- Use the teachers' tool-kit and publish our information in your school's newsletter
- Display the poster on your noticeboard and around school (print more from our web-site)
- Print and colour in the online poster
- Ask your P&C and council to help promote and support the campaign and event
- Host a Healthy Breakfast (ask your P&C, council and local businesses to sponsor a breakfast at your school)
- Tell your parents, friends, carers, teachers and local businesses about the event
- Encourage parents or carers who have to drive, to park at least 1km away and walk to school
- Register your school as a WSTSD Ambassador and assist with publicity
- Complete the online questionnaire
- Find us on Facebook, Instagram and Twitter

Thank you for your support and participation.

Pedestrian Council of Australia



Until they're ten, children must always hold an adult's hand when crossing the road

WALK.COM.AU



SUPPORTED BY THE AUSTRALIAN GOVERNMENT AND ALL STATE, TERRITORY AND LOCAL GOVERNMENTS





FREE! Saturday 20th May

Outdoor movie!

Brought to you by Murrays Beach

THE JUNGLE BOOK (2016)

3.30pm – 6pm

Sausage sizzle, Karate demonstration,
bouncy castle and more

6pm – 9pm

Movie screening adjacent to the Sales Centre
11 Shoreside Row, Murrays Beach
(Bring blankets, low chairs and cushions)

m
murraysbeach

LAKE MACQUARIE

For more information head to 'Murrays Beach Outdoor Movie' Facebook page.

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 3	8	9 NAPLAN (Yrs 3/5)	10 NAPLAN (Yrs 3/5) Homework Centre P&C Meeting 6.30pm	11 NAPLAN (Yrs 3/5) High School Taster (Yr 6)	12 Mother's Day Stall Mother's Day Afternoon Tea 2.30pm	13/14
Week 4	15 Soccer Gala (Boys)	16 Zone Cross Country	17 Homework Centre	18 State Knockout Rugby League	19 Walk Safely to School Day Paul Harragon Cup	20/21
Week 5	22 Soccer Gala (Girls)	23	24 Homework Centre	25	26	27/28
Week 6	29	30	31 Homework Centre	1	2	3/4
Week 7	5	6	7 Homework Centre P&C Meeting	8	9	10/11
Week 8	12 Queens B/D	13	14 Homework Centre	15	16	17/18
Week 9	19	20	21 Homework Centre	22 Athletics Carnival	23	24/25
Week 10	26	27 Disco	28	29	30	

