



SWANSEA PUBLIC SCHOOL NEWSLETTER

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Week 5, May 23, 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

positive thoughts
generate
positive feelings
and attract
positive life
experiences

**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

FROM THE PRINCIPAL

I had the pleasure of attending the final of the Paul Harragon Cup on Friday afternoon. Swansea showed great sportsmanship throughout the day and their great play was rewarded with a win over Tanilba Bay in the final. Congratulations boys. Our girls soccer team represented Swansea Public School in a gala day on Monday. The girls had a great day and learned a lot of new skills as they day progressed. Our Aboriginal Dance Group are busy rehearsing to perform for participants at the Connecting to Country professional learning run by the Minimbah AECG next week. It is a wonderful experience for our students. Friday is National Sorry Day. Swansea Public staff and students will acknowledge the day with an activity involving all of our students on the day. This is an important day in our National calendar. Last week Mrs Dallaway, Mrs Morante and Mr Gaul attended a PBL Conference in Coffs Harbour. They have come back with lost of ideas and we look forward to them building on the wonderful work of previous PBL Committees to ensure this valuable program continues to drive positive behaviour in the school.



National Sorry Day is an Australia-wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. Stolen generations refer to Indigenous Australians who were forcibly removed from their families and communities

Good luck to Isaac this week as a team member of the Hunter Region AFL Team.



QUICKSMART WORKSHOP

QuickSmart Workshop / Information Session

will be held on **Wednesday, 24th May at 1:30 - 3:00pm.**

See office staff on arrival for the location and to sign in. This session will provide an overview of the QuickSmart Numeracy Program, as well as ideas to help consolidate your child's maths improvements at home. All parents/carers are welcome, but it is especially suitable for parents/carers of children in Stage 2.

We apologise if this time is inconvenient. All efforts were made to select a time that would accommodate the majority of those who returned their expression of interest. If you cannot attend, but would like to receive a copy of any material distributed in the session, or you would like to arrange a separate time to talk to a member of the QuickSmart team, please leave your contact details at the office.

quicksmart

HELP

Help needed for Home Reading Program. Are you able to help? We require some assistance with our home reading program. If you can spare 1 hour on a Monday morning to help please see the office.

Good for Kids good for life

RECIPE: BROCCOLI & SPINACH FRITTATA



INGREDIENTS	QUANTITY
OLIVE OIL COOKING SPRAY	-
BROCCOLI, CUT INTO SMALL FLORETS	1 CUP
SPRING ONIONS (SHALLOTS), CHOPPED	2
SPINACH LEAVES, READY-TO-EAT	1/4 CUP
EGGS	4
REDUCED FAT CHEDDAR CHEESE, GRATED	50G

METHOD:

1. PREHEAT OVEN TO 180°C AND GREASE A MUFFIN TRAY WITH COOKING SPRAY. LINE THE BASES WITH SOME BAKING PAPER.
2. STEAM, MICROWAVE OR BOIL BROCCOLI UNTIL TENDER; DRAIN AND COOL SLIGHTLY.
3. SPRAY A NON-STICK PAN WITH COOKING SPRAY AND SAUTE ONIONS OVER MEDIUM HEAT FOR TWO MINUTES.
4. MIX EGGS AND GRATED CHEESE TOGETHER. STIR THROUGH ONIONS, COOLED BROCCOLI AND SPINACH LEAVES
5. SPOON FRITTATA MIXTURE EVENLY BETWEEN THE MUFFIN TINS AND BAKE FOR 30 MINUTES, OR UNTIL SET AND GOLDEN ON TOP.
6. STAND IN THE TIN FOR FIVE MINUTES. BEF ORE REMOVING. SERVE WARM.

Adapted from: National Heart Foundation of Australia

 **Health**
Hunter New England
Local Health District

Phone 4924 6499





VEGETABLE SLICE

INGREDIENTS

1 small red onion
1 medium carrot
1 small capsicum
6 eggs
1 cup self-raising flour
50g shredded baby spinach leaves
200g diced bacon
1 1/2 cups grated cheddar cheese
60ml vegetable oil

METHOD

1. Preheat the oven to 180°C (160°C fan-forced). Grease a 20cm x 30cm slice pan, line base with baking paper.
2. Grate onion, carrot and capsicum
3. Whisk the eggs and flour in a large bowl until combined. Season with salt and pepper. Add all the vegetables, bacon, cheese and oil; stir until combined.
4. Pour into the prepared pan and bake for 25 minutes or until set.
5. Cool in the dish and cut into 12 pieces with a sharp knife.

COOKING REVIEW

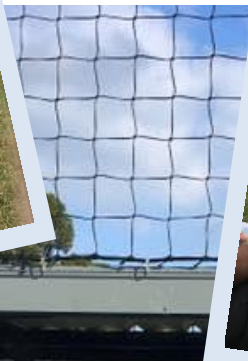
First we got all of the ingredients & equipment to start our vegetable slices then began to start our dish. First four people started to grate some carrots & zucchini, after we finished that, Mrs Melville called up some more people to grate some cheese. We put them into bowls & put them to the side, & then we went to start the next thing. We called the next person to dice the capsicum, then two people to dice the onion & someone started on the bacon. Now that we finished, we went on to the next thing, which was cracking eggs. We finished the 1 cup of flour & also the spinach. We tipped all of the ingredients into a large bowl & started to mix it all together, we poured it all into a pan & we let it bake for 25 minutes in the oven. While we were waiting we cleaned up all of the things we used until our dish was ready. When our vegetable slices were done, Mrs Melville cut them up for us & we put them on our plates ready to eat. Everybody thought they were delicious & I would agree. It was defiantly a 10/10 dish. Telisha Photos: Ashunti and Zac





Congratulations to the Rugby League Team for their success over the past two weeks! In the Paul Harragon Cup they won the A Division Grand Final. The rugby league team also successfully moved onto the third round of the PSSA Rugby League competition after beating Belmont Public School.

The Boys and Girls Soccer Teams also competed in the PSSA Knockout Soccer Competition over the past two weeks. The boys played three tight games and unfortunately lost all three games. The girls won one of the three games that they competed in. Congratulations to all three sports teams on the sportsmanship they showed in their matches and thank you to all parents and coaches who helped on the day.



	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 AECG Belmont North PS 6pm	24 Homework Centre	25	26 National Sorry Day	27/28
Week 6	29	30 PaTCH Information Session 9-10am Premiers Sporting Challenge (Selected students)	31 Homework Centre	1	2	3/4
Week 7	5 PaTCH Welcome 2.50-3.30pm	6	7 Homework Centre P&C Meeting	8	9	10/11
Week 8	12 Queens B/D	13	14 Homework Centre PaTCH Session 1 9- 11am	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	

