



SWANSEA PUBLIC SCHOOL NEWSLETTER

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Week 2, May 2, 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 can *Learn* Anything
I can *Know* Anything
I can *Be* Anything!

**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

School Essentials Book Pack: A kindly reminder for payment.

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 was sent home last week to students attending the Canberra Excursion with details of cost and payment options.

FROM THE PRINCIPAL

Last week we welcomed 3 new students into our school community. I must congratulate our students who do such a wonderful job in welcoming new students to our school.

Next week Year 3 and 5 students will sit the annual NAPLAN assessments over 3 days, Tuesday (Language and Writing), Wednesday (Reading) and Thursday (Numeracy). Please ensure your child arrives on time and has had a healthy breakfast.

We have a number of children who are late to school. Students are expected to be at school by 9:00am. This enables your child to start the day with their peers and reduces disruption to the class. Late students must be signed in by a parent.

Regards
Kris Carey

ABORIGINAL EDUCATION COMMITTEE MEETING

The committee meeting will be held this Friday 5 May at 2pm in the school staffroom. All aboriginal families are welcome to attend to discuss the concept plan of Swansea Public School "Yarning Circle" project.

HOMEREADING

Our school Home Reading Program runs on a Monday morning from 9.00am, if you are able to volunteer an hour of your time please leave your name at the office. Thank you.

MOTHERS DAY STALL

The P&C will be holding their Mother's Day Stall next Friday. Gifts will be available for students to purchase from \$1- \$10.



EVERY MINUTE COUNTS....

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

Your child's best learning time is at the beginning of the day...

**Check the time
your school
starts.
DON'T BE LATE!**



Nutrition Snippet

The simplest way

...to choose the best lunch box drink.

When it comes to packing a lunch box drink, water is the best choice!

Milk is a great drink too – add a plain milk popper to the lunch box as well to give kids a calcium boost.



Drinks such as fruit juice, cordial, flavoured mineral water, soft drink and sports drinks are high in sugar and low in nutritional value. So limit or avoid these drinks. It is best to only drink juice occasionally and it should not be packed in the lunch box. Avoid "fruit drinks" as these are just sugar water and a little juice.

Remember, water is essential so make sure you pack a bottle of it in the lunch box every day.

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



Kitchen Garden Recipe Week 1

TOMATO , PUMPKIN, CHICKPEA CURRY WITH BOILED RICE

INGREDIENTS

- 2 tbs sunflower oil. 1 onion, peeled and finely sliced. 3 garlic cloves, finely chopped. 500g truss tomatoes, chopped. 1 small pumpkin, peeled and cut into 3cm pieces. 1 tsp each ground cumin, ground coriander, garam masala, ground turmeric. 400ml can coconut milk. 400g can chickpeas, drained and rinsed. Juice of 1 lemon

- Jasmine rice, Boiled

METHOD

- 1 Heat the oil in a saucepan over medium-high heat. Add the onion and cook for 2-3 minutes until softened, then add the garlic and cook for 1 minute until fragrant. Add the tomatoes and pumpkin, and continue to cook for 3-4 minutes. Add the spices and cook for 1-2 minutes until they become aromatic.
- 2 Add the coconut milk, 1 cup (250ml) water and the chickpeas, then reduce the heat to a gentle simmer. Season to taste with salt and pepper and cook for 15 minutes or until the sauce has thickened and the pumpkin is tender.
- 3 Remove from the heat and stir through the lemon juice. Top with flaked almonds, mint and coriander, and serve with rice.

ROCK CAVE MUSIC

We are pleased to advise that Aaron will be holding Guitar Lessons in term 2. A note is available at the office if your child is interested and will begin next Monday 8 May. The cost is \$80 and needs to be paid in full prior to the lessons.



Mother's Day Stall

The P & C Association will hold a Mother's Day Stall on **Friday 12 May 2017**. All gifts are priced between \$1.00 and \$10.00. Gifts will also be available for Nans/Grandmas.

Please note one gift per child. If there are gifts leftover there will be an opportunity to buy a second gift at lunch.

Parents if you can spare a few hours on the day to help run the Mother's Day Stall we would love to welcome you. For further information please contact Kylie Stevens on 0498 385 380.



Personal. The way travel should be



Hi, I'm Stephanie your local personal travel manager based in Swansea.

Are you looking at planning your next holiday? As your personal travel manager I will endeavour to make your holiday truly memorable. My business is mobile, so I can come to you at a time that's convenient. Perhaps we can discuss your holiday plans over a coffee at your local cafe. Let's meet and talk travel.



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TEACUP SPEECH PATHOLOGY

A Spoonful of Therapy

Ph: 0425 318 362

TeacupSpeechPathology.webs.com



50% off
First Session!

0425 318 362

Tips for parents in reducing the spread of head lice

As infestations are particularly common in primary schools, it is best to choose a treatment that can be used over time. There is no single solution to eradication, only persistence.

- regularly check your children's hair
- teach older children to check their own hair
- tie back and braid long hair
- keep a fine tooth head lice comb in the bathroom and encourage all family members to use it when they wash their hair.



Monday**Tuesday****Wednesday****Thursday****Friday****Sat/Sun****Week 2****1****2****3****Homework Centre****4****Knights K/O****5****Netball****Aboriginal
Education
Committee Meeting
2pm****6/7****Week 3****8****9**
NAPLAN (Yrs 3/5)**10**

NAPLAN (Yrs 3/5)

Homework Centre

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**19****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

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**