



# SWANSEA PUBLIC SCHOOL NEWSLETTER

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Week 3, May 9, 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

Today  
is going to be  
a really, really  
Good Day.

**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:** Invoices have been sent home this week. Please check your child's bag.

## FROM THE PRINCIPAL

Last week we had a number of our senior students participating in sporting events outside of school. I was impressed by the reports back indicating that our students displayed excellent sportsmanship and resilience when things did not go their way. Good luck to the students attending Zone Cross Country next week.

Friday is our annual Mother's Day Stall. The Mother's Day Stall is run by our hardworking P&C Committee and the students and staff are appreciative of their support of the school and students. I look forward to meeting those of you who are attending the Mother's Day Afternoon Tea. I know the students are very excited to share the afternoon with you. Mother's are welcome to arrive from 2.15pm.

Yesterday I worked with Principals from across the Lake Macquarie Network on school planning. Our current plan finishes at the end of this year and marks an exciting time for our school community as we celebrate our successes and plan our future directions.

On Friday I attended the planning meeting for the Yarning Circle. The concept plans that were presented look exciting and it will be a wonderful additional school space for our community when completed. Thank you to Michelle and Peter Cutmore for the work they have completed on the initial design.

## MOTHER'S DAY AFTERNOON TEA

This Friday afternoon at 2.30pm we invite all mothers, grandmothers, aunts and carers to attend our school Mother's Day Afternoon Tea. Come and enjoy a cuppa and some quality time with your child in their classroom.

## P&C COMMITTEE MEETING

The committee meeting will be held this Wednesday night at 6.30pm in the school staffroom. All welcome to attend.

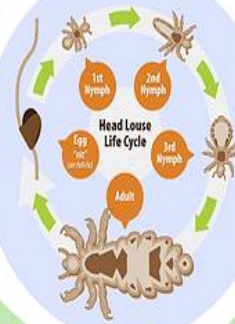
## MOTHERS DAY STALL

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



## The Life Cycle of a Head Louse

If you suspect someone in your family has head lice, it's important to act quickly so that those pesky lice don't spread!



### Know What You Are Looking For!

#### Eggs:

Nits are head lice eggs. They are hard to see and are often confused for dandruff or hair spray droplets. Nits may be found at the base of the hair shaft nearest the scalp. They are 0.8 mm by 0.3 mm, oval and usually yellow to white. Nitstake about 1 week to hatch (range 6 to 9 days).

#### Nymphs:

The egg hatches to release a nymph. The nit shell then becomes a more visible dull yellow and remains attached to the hair shaft. The nymph looks like an adult head louse, but is about the size of a pinhead. Nymphs mature after three molts and become adults about 7 days after hatching.

#### Adults:

The adult louse is about the size of a sesame seed, has 6 legs (each with claws), and is tan to grayish-white. In persons with dark hair, the adult louse will appear darker. The females can lay up to 8 nits per day. Adult lice can live up to 30 days on a person's head. To live, adult lice need to feed on blood several times daily. Without blood meals, the louse will die within 1 to 2 days off the human host.

## Good for Kids good for life

### INCIDENTAL PHYSICAL ACTIVITY

It all adds up! Physical activity doesn't just mean team sports. There are simple and cheap ways to get your kids active.

Children should be getting at least 60 minutes of moderate to vigorous activity (that is activity that makes them "huff and puff") across the day. Whether it be walking, riding a scooter, cycling or even playing hide and seek! It all adds up.

Here are some ideas to keep your kids entertained during those cold winter months:

- Playing games like 'Simon Says', and 'Hide and Seek' in the backyard
- Walking or cycling to and from the local park, shops or school
- Taking the dog for a walk
- Playing games with siblings such as skipping, hopscotch or handball

These activities don't require any uniforms, expensive sporting equipment or registrations.

Check out this activity diary to keep track of how much physical activity your kids are getting. <https://www.healthkids.nsw.gov.au/Kids-teens/kids-activities/activity-diary.aspx>





### YEAR 5 OPPORTUNITY CLASS 2018

2017 Selection Procedure for Year 5 Opportunity Class Placement in 2018

Online applications opened on Tuesday 26 April 2017 and will close on Friday 12 May 2017.

For further information please contact the office.

### HIGH SCHOOL TASTER

The Year 6 students will be attending their final transition to high school session tomorrow and will need to be picked up from school at 1.40pm and transported to the high school. Students will then need to be picked up from the high school at 3.00pm.

## 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.



### ROCK CAVE MUSIC

Due to NAPLAN this week, guitar lessons will commence next week. The lessons will be held on Monday afternoons as this is more suitable for most of the students to attend without disrupting class time. A refund of \$10 will be sent home with the students who have paid today.



### NAPLAN TESTING

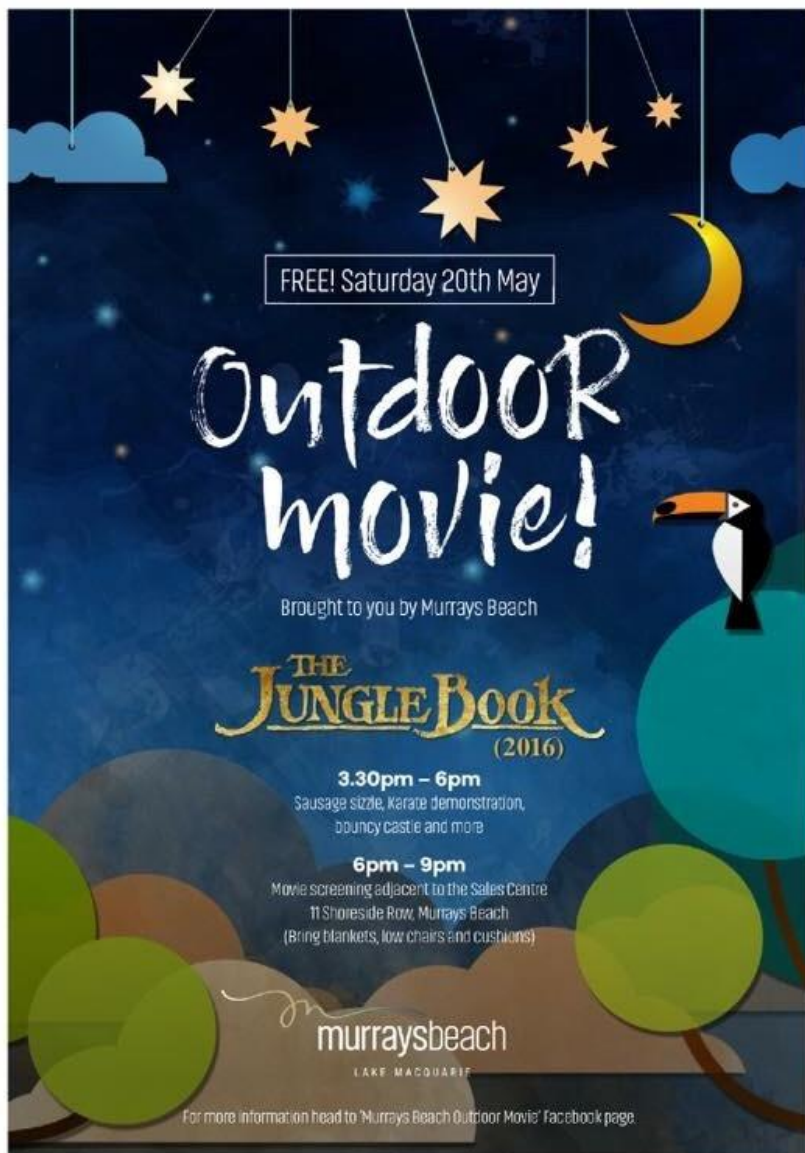
Students from years 3 & 5 are undertaking NAPLAN testing today, Wednesday and Thursday this week. We ask that children arrive on time as instructions are given at the beginning of the class and we need to limit interruption to these sessions.

### 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.



# PATCH

## PARENTS AS TEACHERS & CLASSROOM HELPERS

Are you interested in being trained  
as a K-2 classroom helper at our  
school?

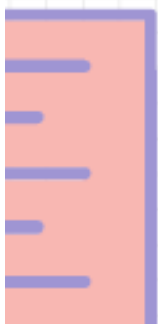
Come along to our information session

**Tuesday 16th May**

**2.30-3.00 pm**  
**Programs Room**

**LIGHT AFTERNOON TEA PROVIDED**

See Mrs Smith for more details





Congratulations to the Senior Rugby League team for making it to the finals of their division of the Knights Knockout. The game ended in a draw and went to extra time with the opposing team winning with a golden point. Well done for a great effort team.

The schools Netball team played against Caves Beach in the PSSA Knockout competition. Unfortunately they lost to a better side. Both the netball and rugby teams can be commended for their sportsmanship and team spirit.

We would like to thank the coaches for the time and dedication they give in coaching our teams. Thank you.

# SPS Netball

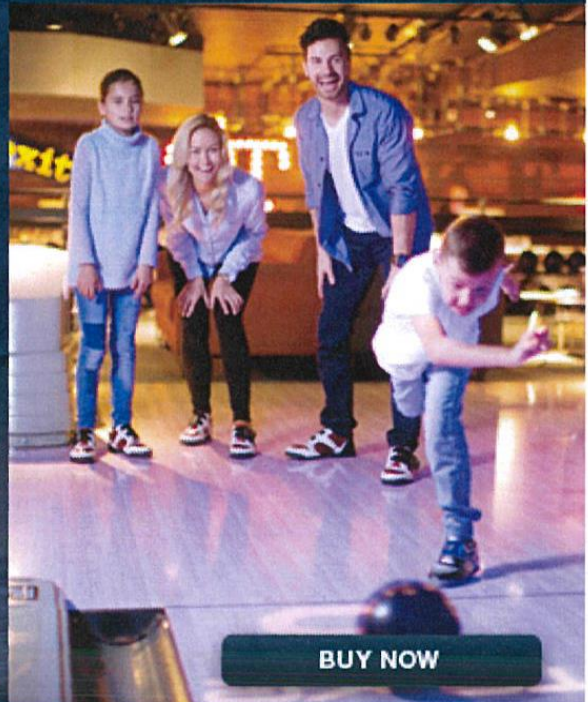






*entertainment*

Keep the family 'entertained'  
these school holidays.



Available NOW, find hundreds of ideas to keep everyone 'Entertained' these School Holidays with a NEW 2017 | 2018 Entertainment Membership. For only \$65, get over \$20,000 worth of valuable offers for hotels and resorts, travel, attractions, dining, shopping and more.

Purchase your Entertainment Memberships from **Swansea Public School** to support our fundraising efforts for the school library.

**BUY NOW**

<https://www.entertainmentbook.com.au/orderbooks/346k53>

If you would like to purchase a Newcastle, Central Coast and Hunter 2017 | 2018 Entertainment book (digital or hard copy) please click on the link. If you would like to purchase a hard copy, choose the **pick up** option as I have several hard copies at school.

**ONLY ONLINE PAYMENT** is being ACCEPTED!

**SORRY, NO CASH.**

Thank you for supporting our school library.



	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>Week 2</b>	1	2	3 Homework Centre	4 Knights K/O	5 Netball  Aboriginal Education Committee Meeting 2pm	6/7
<b>Week 3</b>	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
<b>Week 4</b>	15 Soccer Gala (Boys)	16 Zone Cross Country	17 Homework Centre	18	19	20/21
<b>Week 5</b>	22 Soccer Gala (Girls)	23	24 Homework Centre	25	26	27/28
<b>Week 6</b>	29	30	31 Homework Centre	1	2	3/4
<b>Week 7</b>	5	6	7 Homework Centre	8	9	10/11
<b>Week 8</b>	12 Queens B/D	13	14 Homework Centre	15	16	17/18
<b>Week 9</b>	19	20	21 Homework Centre	22 Athletics Carnival	23	24/25