



SWANSEA PUBLIC SCHOOL NEWSLETTER

Phone: 49 711 267
Fax: 49 721 354
Email: swansea-p.school@det.nsw.edu.au
Website: www.swansea-p.school.nsw.edu.au

Week 6, May 30, 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

Imagine
With all
Believe
your mind.
With all
Achieve
your heart.
With all
your might.

**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

Today a group of our Year 6 students attended Swansea High to participate in the Premier's Sporting Challenge Leadership program with other primary schools from the Galgamba Community of Schools. They worked with students from the high school in a series of workshops through the Learning to Lead program. This is an exciting opportunity for our senior leaders and I know they will have had a great day learning new skills while participating in a variety of different sports. We look forward to the skills they will bring back to our school.

As the weather cools this week it is an opportunity to remind you that all school clothing should be labelled. There are a number of jumpers left in the playground as students take them off during the day. If they are labelled they can be returned to their owner.
Have a great week.

NATIONAL SORRY DAY

Our student leaders recognised National Sorry Day by explaining its meaning to the rest of the school at our Friday morning assembly. National Sorry Day is an Australia-wide observance that acknowledges the impact of Australia's Stolen Generations.

All students and staff acknowledged National Sorry Day by creating a sea of hands in the Aboriginal flag colours of black, red and yellow. Each class mounted their coloured hands on to a wall and have since been displayed the work in the foyer.

Thank you to everyone who participated in this event.
Mrs Stewart
Aboriginal Education Coordinator

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.



Guitars for Sale

The school has a number of guitars for sale at \$50 each. They are in need of new strings but are in VERY reasonable condition. Please see the office for further information.



Good Luck to Lochie and Jake who are representing the Hunter Region in Rugby League this week.



Nutrition Snippet

The simplest way

...to save money and improve your health.

Including two serves of fruit and five serves of vegetables in your daily diet can help prevent cancer and save you money too.

Reducing the amount of expensive meat ingredients and increasing the amount of cheaper vegetable ingredients in recipes is a great way to boost your veg intake and reduce the grocery bill.



Try it with:

Pizza – limit or avoid processed meats and add more mushrooms, capsicum, onion or leftover roast vegies.

Stir fries – reduce the meat and add extra capsicum, broccoli, snow peas and bok choy.

Bolognese – use less mince and more grated or chopped carrot, celery and zucchini or add canned lentils or kidney beans.

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





Kitchen Garden Program



POTATO AND PUMPKIN CURRY

- *Makes 4 generous servings*

3 cups / 310 gr pumpkin, diced. 2 potatoes, peeled and diced.

- 2 tablespoons finely grated fresh ginger. 2 tablespoons olive oil
2 cloves garlic, finely chopped. 2 medium onions, chopped
1 small bunch cilantro, chopped. 400 gr can diced tomatoes
1 teaspoon garam masala. 1 teaspoon chilli powder (use more or less depending how hot you want it)
1 teaspoon fine grain sea salt, 1 dry bay leaf
¼ cup water. 1 teaspoon ground cumin

Directions

In large pan heat 1 tablespoon of olive oil, add the onion, garlic, ginger, and half of the cilantro. Fry until the onion turns golden. Add the tomato, garam masala, chili powder, bay leaf), stir well. Add the pumpkin and the potato with ¼ cup of water and salt. Cover and cook on low heat for about 25 to 30 minutes, until the potato is tender but not soft, and the water has been absorbed. Then move the mixture to the edges of the pan and add the cumin to the mixture and fry for a few seconds before stirring it throughout. If it looks too dry, adjust by adding more water

YELLOW RICE

2 Cups Rice ,one large onion, 5 pods of crushed cardamom pod and 1 teaspoon turmeric

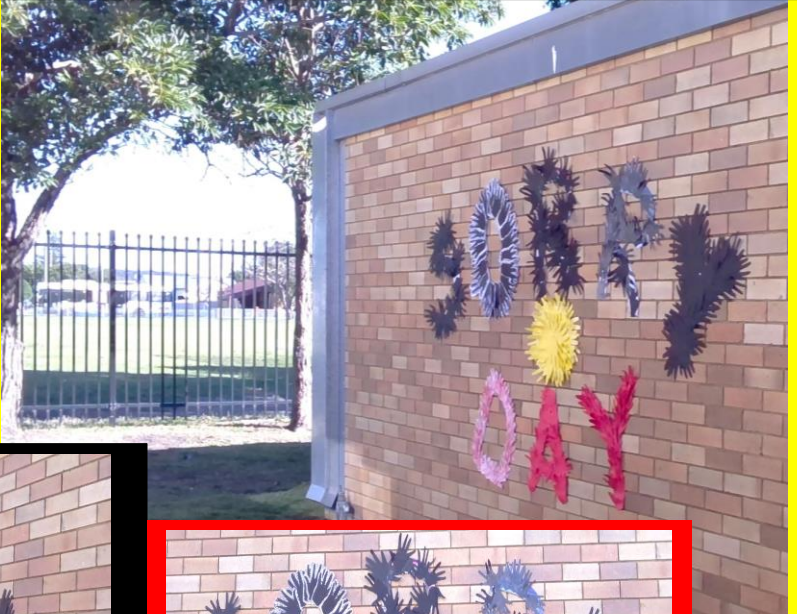
METHOD

Cook finely diced onion in oil.
Cook rice using your preferred method.
Mix rice onion and turmeric

Delicious with your choice of curry



National Sorry Day



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.



Travel
Managers
As individual
as you are



Stephanie Spiteri

Your personal travel manager

M: 0402 201 451 | T: 4971 5358

E: stephanie.spiteri@travelmanagers.com.au

f facebook.com/TravelManagersStephanieSpiteri

travelmanagers.com.au/StephanieSpiteri

Part of the House of Travel Group ACN: 113 085 626 Member: IATA, AFTA, CLIA

In partnership with the New South Wales AECG.



www.facebook.com/swanseapublicschool

	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 State Knockout Rugby League	3/4
Week 7	5 PaTCH Welcome 2.50-3.30pm	6	7 Homework Centre P&C Meeting	8 Junior Knights Knockout	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	

