



SWANSEA PUBLIC SCHOOL NEWSLETTER

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Week 7, June 6, 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



**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

Yesterday we hosted teachers from the Galgabba Community of Schools for Professional Learning around the delivery of STEM in our schools. STEM stands for Science, Technology, Engineering and Mathematics and provides students with the opportunities to integrate these key learning areas to solve real world problems. STEM will be the focus of the Galgabba Expo next term and our Stage 3 students are working together on their projects for presentation at the Expo. Thank you to our wonderful enrichment teacher Pei Ling Chensee who is leading this professional learning across our community of schools.

If you have a pre-schooler or know of one who will be enrolling to start school in 2018 we would love you to come and start the enrolment process. This information helps us plan for 2018 and the Kindergarten Transition to School Program. Please call past the office and collect an enrolment form.

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.

The P&C Meeting that was scheduled for this Wednesday has been postponed to next Wednesday 14 June at 6.30pm in the staffroom. All welcome to attend.



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.



BOOKCLUB

Please return orders to the office by Wednesday 7 June.



SPORT

The senior boy's Rugby League team played in round 3 of the Jarrod Mullen Cup last Friday against Jewells winning 24-4 and will progress through to round 4. Well done boys.



Swansea Public School Kindergarten 2018

Swansea Public School is now enrolling for Kindergarten 2018.

If you have a child who will be starting Kindy next year or know of a family who have a child ready for Kindy next year please contact the school office or call in and collect an enrolment form.



Please contact our school for more information.

Swansea Public School
Rawson St, Swansea
NSW 2281

t. 4971 1267 f. 4972 1354
e. swansea-p.school@det.nsw.edu.au
w. www.swansea-p.schools.nsw.edu.au



facebook.com/SwanseaPublicSchool/events

Canteen News

Check out the delicious new menu items in our school canteen! Now available ham and pineapple pizzas and vegetarian pasta to keep you warm over winter. Freshly made banana bread is now available recess and lunch on Mondays to Thursdays. Bananas contain vitamin C, vitamin B6, vitamin A, potassium & magnesium which help us to stay healthy. They are also a quick and easy snack for fruit break.

Calling all parents and grandparents! Would you be free to spare a few hours on a Friday morning to help serve our polite SPS students? Our busiest canteen day is Friday when lots of students have a treat to celebrate the end of the week.

If you can spare 1-2 hours please call or text Sonya 0433 095 903, Canteen Coordinator.



Swansea Public School Canteen

Badalya Hut Winter Menu

Hot Food

Available to order recess or lunch

Vegetarian Pasta	\$3.00
Beef pie	\$2.50
Sausage roll	\$2.00
Fried rice	\$3.00
Chicken nuggets	\$0.50
Chicken fingers	\$0.50
Hot dog	\$2.50
Plain nachos	\$2.50
Chicken nachos	\$3.00
Chicken pizza	\$2.00
Ham & pineapple pizza	\$2.00
Chicken burger	\$3.50
Garlic bread	\$1.50
Hash brown	\$0.50

Please remember to put your child's name and class and if the order is recess or lunch on a brown paper bag when ordering at the canteen. All orders must be in by 9.00am.

Sandwiches & Salads

Vegemite sandwich	\$2.00
Cheese or Tuna sandwich	\$2.00
Chicken or Ham sandwich	\$2.50
Ham and cheese sandwich	\$2.70
Egg and lettuce sandwich	\$3.00
Salad sandwich	\$3.50
Salad tub	\$4.00
Chicken, Ham or Tuna salad tub	\$4.50
Salad wrap	\$4.00
Chicken finger wrap	\$3.50

Snacks

Banana bread Mon-Thurs only	\$1.50
Fresh popped popcorn bags	\$1.00
Fruit & yoghurt cup	\$1.50
Jelly cup	\$0.60
Fruit (whole)	\$1.00
Fruit pieces	\$0.50
Yoghurt cup	\$1.00
Chips: honey soy or plain	\$1.50
Fruit sticks	\$0.50
Cheese	\$0.50
Crackers	\$0.50
Vegetable sticks	\$0.50
Cupcakes -Friday only	\$1.00

Meal Deals \$6.00

1. Hot dog & sauce, fruit or chips, drink
2. Pie & sauce, fruit or chips, a drink
3. Ham or chicken salad roll, drink
4. Chicken burger, fruit or chips, drink
5. 6 x Chicken nuggets/fingers, fruit or chips, drink

Drinks

Chocolate/Strawberry Milk	\$2.00
Up & Go's	\$2.00
Quench	\$2.00
Juices (apple, apple & blackcurrant, orange)	\$2.00

Frozen Snacks

Juicies	\$1.00
Moosies	\$1.50

The simplest way

...to swap out sugary lunch box snacks.

Did you know that out of more than 260 kids' packaged snacks available on the market only three scored a top rating of five health stars?*



With plugs like 'real fruit,' and 'no artificial colours or flavours' you could unknowingly be serving six or more teaspoons of sugar in one lunch box snack.

Swap the lunch box sugar with some of these healthy snacks that are tasty and easy to make:

- Veggie sticks with hummus or avocado dip.
- Homemade muesli bars and muffins.
- Plain popcorn, nuts or roasted chickpeas.
- Plain rice crackers.
- Baked pita bread with roast veg dip.
- Stewed apple with cinnamon and sultanas.

For more snack ideas visit: eatittobeatit.com.au.

*Miranda Herron. 2016. Kids' lunchbox snacks. CHOICE Available at: <https://www.choice.com.au>. [Accessed April 2017]

For more information visit

www.eatittobeatit.com.au

or join us at facebook.com/eatittobeatit



VACATION CARE

HunterSports
Centre

COME & JOIN US THESE SCHOOL HOLIDAYS, WE WILL HAVE YOU REACHING NEW HEIGHTS PARTICIPATING IN PROGRAMS SUCH AS:

GYMNASTICS	TRAMPOLINING	ATHLETICS	TEAM CHALLENGES
TABLOIDS	ART/CRAFT	BUSHWALKING	DRAMA
			SCIENCE

Vacation Care is available from
MONDAY 3rd July -
Friday 14th
(closed public holiday)
7.30am - 6.00pm Meals Included

The Hunter Sports Centre also runs a
Trampoline Holiday Program & Skills Clinics
For further information visit our website

The Hunter Sports Centre has achieved a Meeting National Quality Standards rating under the National Quality Framework.



HunterSports
Centre

BOOKINGS FOR ALL PROGRAMS ESSENTIAL

Contact the Centre
PO Box 3187 • Glendale NSW
P: 4953 6366 • F: 4953 6587

www.hsc.org.au





Kitchen Garden Program



Tomato and lentil stew...Winter Warmer

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, peeled and diced
- 2 cloves garlic, minced
- 1 1/2 teaspoons dried rosemary
- 1 teaspoon sea salt
- 1/4 teaspoon crushed red pepper flakes or to taste
- 1 cup uncooked French green lentils, thoroughly rinsed and picked through
- 1 crushed tomatoes
- 2 cups water
- 1 1/2 tablespoons tamari or sweet soy sauce
- 2 teaspoons balsamic vinegar
- 2 sprigs of fresh thyme

Instructions

1. Heat the olive oil in a large pan over medium heat. Add the onion and cook until soft and translucent. Add the garlic, dried rosemary, sea salt, and red pepper flakes, and cook until the garlic softens, stirring frequently.
2. Add the French lentils, crushed tomatoes, water, tamari, and balsamic. Stir to combine and nestle the sprigs of thyme into the liquid. Increase heat to medium-high and bring to a rapid boil. Then, reduce.
3. Serve with rice when lentils are soft.
4. Please feel free to throw in other veggies and even some meat for a more hearty meal



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PREMIER DANCE CO.



02 4972 1549

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Caves Beach

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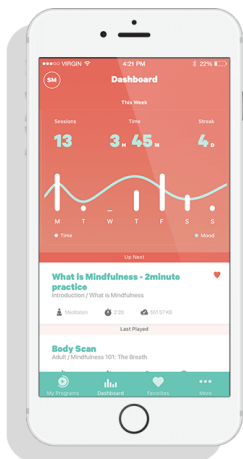
www.npdc.net.au

Follow us on



Many Parents/Carers have asked me about the meditation tools the staff and I have been successfully using with the students since the launch of Kidsmatter in 2016. This is a free age appropriate program of mindful meditations to help calm the mind and body. Here are the details so you can use it with your children at home.

Dr N. Henry



Free Guided Meditation App

Smiling Mind is modern meditation. This simple tool helps put a smile on your mind, anytime, anywhere and every day.

Download the app for free

[Download on the AppStore](#)

[Get it on GooglePlay](#)



	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	8 Junior Knights Knockout AECG Swansea PS 2pm	9	10/11
Week 8	12 Queens B/D	13	14 Homework Centre PaTCH Session 1 9-11am P&C Meeting 6.30pm	15	16	17/18
Week 9	19	20	21 Homework Centre	22 Athletics Carnival	23 Brain Cancer Awareness Day	24/25
Week 10	26	27 Disco	28	29	30	

