



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 3, August 1, 2017



Our Languages Matter

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



Parenting Creed

A child who is respected, will become **respectful**.
A child who is loved, will become **loving**.
A child who is treated with fairness, will become **just**.
A child who is listened to, will become **a great listener**.
A child who is given choices, will become **responsible**.
A child who is treated with kindness, will become **a great friend**.
A child who is nourished in all these ways, will become **a leader**.



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

Welcome to Education Week 2017.

The theme for this year is I learn, We Learn. At Swansea Public School we are committed to ensuring every student, every teacher and every leader in our school continues to learn every year. The wonderful relationships we develop ensures every student will be known, cared for and respected.

Yesterday we opened Education Week with our NAIDOC Assembly. It highlighted the positive cultural identity our Indigenous staff and students bring to our school community. We celebrated the outstanding attendance of a group of our students. The school leadership of Swansea is committed to building productive relationships with parents, caregivers and community to ensure all our students are given the best opportunity to succeed through regular school attendance.

Today students participated in Jolly Bops Science Show and other cultural activities. I would like to thank the Swansea Public School P&C for supporting students to attend this wonderful event by subsidising the cost for students. The P&C work tirelessly behind the scenes to raise funds to supplement the education of all students at the school.

I would like to thank Mrs Stewart and Mrs Armstrong for the work they put into ensuring the assembly and NAIDOC activities ran smoothly and the students engaged in developing cultural awareness.

GALGABBA PUBLIC SPEAKING COMPETITION

Well done to all of our finalists that went along to Caves Beach Public School on Wednesday 26th July for the Galgabba Public Speaking Competition. They competed against ten other students from five other schools in the local area. Congratulations to Harrison in Kindergarten and Telisha in Year 4 who won their stage finals and Bliss and Hannah who received a highly commended for their efforts.



PBL Focus of the Week

Being Respectful in Assembly Lines

OAKVALE FARM EXCURSION

Excursion notes have been sent home, could you please return permission notes and payment to the school by Friday 25 August.

CANBERRA EXCURSION MEDICAL FORM

Our Stage 3 excursion to Canberra is fast approaching. The Excursion medical form needs to be returned to the school by this Wednesday 26 July.



Swansea Public School
Kindergarten 2018

Swansea Public School is now taking details for Kindergarten enrolment 2018.

If you have a child or know of a family that have children ready to start Kindergarten next year please contact the school office.



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

Swansea Public School will be participating in the Woolworths Earn & Learn that begins this week. Children will be able to collect the stickers and stick onto sticker sheets and return the sheet to the school and place in the box in the office foyer. The school earns fantastic resources from Modern Teaching Aids.



TERM 3 GUITAR LESSONS AT SWANSEA PUBLIC SCHOOL

Term 3 guitar lessons will start back on Monday 31st July and Fees for Term 3 are \$80. Please put your note and money in an envelope with your name on it and either take it to the office or bring it with you to the first lesson on Monday.

Make sure to bring your guitar and a display folder with you to your lessons. If you are in need of a guitar, please call me as sometimes I have 2nd hand guitars for students to buy.

If you have any questions about fees or your lesson please feel free to give me a call.

Regards, Aaron
Mob: 0410466670

ROCK CAVE MUSIC – TERM 3 - GUITAR LESSONS AT SWANSEA PUBLIC SCHOOL

STUDENT NAME: _____ AGE: _____ CLASS: _____

PARENTS SIGNATURE: _____

PARENTS NAME (Print): _____



Bok Choy And Vegetable Salad

Steam bok choy until wilted. Cool and mix with broccoli, asparagus, baby corn, thinly sliced red capsicum, thinly sliced water chestnuts and shallots. Season French dressing with sesame oil, soy sauce and garlic. Drizzle over salad with roasted cashews.

Bok Choy Quiche

Pan-fry one bunch of chopped bok choy leaves and one diced onion until soft. Drain and spread in prepared pastry case. Sprinkle with tasty cheese. Mix 2 beaten eggs, 2/3 cups cream and 1/3 cup milk and pour over bok choy. Bake in moderate oven for 35 minutes or until filling is set.

Bok Choy Stir-fry

Stir-fry 1 clove minced garlic with 3 cups of chopped vegetables (carrot, celery, capsicum, zucchini, snow peas, beans) in 2 tablespoons peanut oil and 1 teaspoon sesame oil. Add 1 bunch chopped bok choy and cook until just wilted. Stir in 2 tablespoons salt-reduced soy sauce and 1 tablespoon sweet chilli sauce. Serve hot sprinkled with roasted sesame seeds. Pan-fry beef, chicken or fish for added variety.

Bok Choy salad

- Bok Choy salad
- 1/2 cup olive oil
- ☐ 1/4 cup white vinegar
- ☐ 1/3 cup white sugar
- ☐ 3 tablespoons soy sauce
- ALL MIXED UP BY SHAKING IT IN A JAR
- ☐ 2 bunches baby bok choy, cleaned and sliced
- ☐ 1 bunch green onions, chopped
- ☐ 1/8 cup slivered almonds, toasted or sunflower seeds
- ☐ 1/2 (6 ounce) package chow mein noodles
- ☐ Transfer ingredients into a bowl and add the dressing the dressing





NAIDOC ASSEMBLY



Good for Kids good for life

EAT A RAINBOW

Fruit and vegetables come in all the colours of the rainbow! But did you know that each colour provides different nutrients so why not pack a different colour for each day of the week?

- Red:** Red capsicum sticks, cherry tomatoes, strawberries, red grapes
- Orange/Yellow:** Carrot sticks, yellow capsicum sticks, oranges, mandarins, pineapple
- Green:** Cucumber sticks, celery sticks, snow peas, green beans, kiwi fruit
- Purple/Blue:** Red cabbage in salads, plums, blueberries
- Brown/White:** Mushrooms, cauliflower rice, banana



Nutrition Snippet

The simplest way

...to pack a lunch box.

With the kids back to school for Term 3, here are a few tips to make packing and eating lunches easy for you and your child.

- Allocate a drawer or area of the kitchen where lunch boxes and containers are kept, so you can streamline packing.
- If you get food coming home uneaten, ask your child why, as there might be a simple reason, like it's getting soggy in the lunch box, it takes too long to eat or you are packing a little too much for them.
- Remember to include a fork or spoon when needed.
- Prevent soggy sandwiches – pack fillings such as tomato and cucumber slices separately to be added to bread at lunch time, or pat slices dry with paper towel at home before adding to a sandwich.
- For small appetites or younger children, packing smaller serves can help; like cutting sandwiches into quarters and chopping up fruit.
- Open tinned food like corn, baked beans and tuna at home and send in the lunchbox in a plastic container. Tins can be hard to open at school and are sharp on little fingers.



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



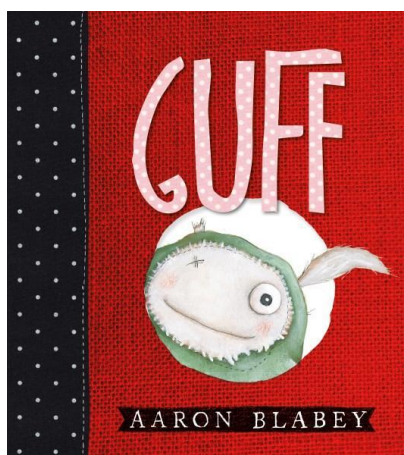


Artwork by Freya Blackwood © Copyright CBCA

ESCAPE TO EVERYWHERE
CBCA BOOK WEEK 19-26 AUGUST 2017



Well it's getting close to one of our favourite times of the school year....**BOOK WEEK!!**
Dress up, book fair, book parade and curly wurly moments are all planned again this year.
The day has changed to **Thursday 24th August**, so please make a note in your diaries and calendars.
The students will have a chance to view the books and fill in their wish lists before the big day! There will be eftpos and cash payment options for the Scholastic Books and the Library monitors will be selling second hand books for **cash only**. We have had some wonderful donations from the community and these will start at 50c.
Donations to our school Library are **very much needed** this year. If possible please consider donating a book for all of our students to share and enjoy. Your name will be printed inside the donated book so all will know of your generosity to the school Library and our learning community. More details will be in the following newsletters but don't hesitate to ask me.
Looking forward to a great day, as always.
Dr N. Henry



Great Raffle For Book Week

Aaron Blabey has released a brand new picture book called **Guff**. I have managed to get an autographed copy and have decided to raffle it off to a lucky person. Tickets are \$1 each and will be sold in the Library in the mornings. The raffle will be drawn at the Book Parade. Good luck!



MARKS POINT PUBLIC COMMUNITY PLAYGROUP!



Everybody
welcome!

Beginning 3rd August 2017
Thursday afternoons
2pm-3pm
Marks Point Public School
Community Hall

Lots of great stories,
toys, craft sessions,
activities and fun!

Literacy groups with
Family Insight-
puppets, felt and
interactive stories

Come along for a chat and a play.

For more information contact Marks
Point Public School;

02 4945 4433

Markspoint-p.school@det.nsw.edu.au



NEWCASTLE GIRLS AUSKICK CENTRE
"the region's only GIRLS ONLY centre"

WHERE: No.1 Sportsground, Newcastle West

DAYS: Fridays

DATES: July 28 to Aug 18 inclusive

TIME: 4.30pm – 5.30pm

COST: \$20.00

Four weeks of NAB AFL Auskick Tuition and activities (girls aged 5-12)

PLUS an AFL Girls Pack (includes pink football & water bottle, a "Littlest Pet Shop" toy & a Little Miss AFL T-shirt)

To register and pay online go to www.aflauskick.com.au

Enter the postcode 2302

Click on Newcastle Girls Only Auskick Centre & follow the prompts

For more information please email
craig.golledge@aflnswact.com.au



Belle Glamping & Décor is a local mobile business that we aim to create a glamorous boutique and memorable Glamping experience in one of our 5 metre Bell Tents at your chosen location at either the scenic Lower Hunter & Newcastle area or on the pristine Central Coast

Whether it be for children's birthday parties or any other special occasion Belle Glamping & Décor will make it memorable for you. Visit our webpage www.belleglamping.com.au or check us out on Facebook, or Phone Michelle on 0402 100 240

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 2	24	25	26 Galgabba Public Speaking @ Caves Beach PS	27 6D Information Evening 5pm	28	29/30
Week 3	31 NAIDOC Assembly 10-11am	1 Jolly Bops Science Show NAIDOC Activities Sausage Sizzle	2 GATS Camp	3 GATS Camp	4 Canley Vale PS Visit	5/6
Week 4	7	8	9 Zone Athletics P&C Meeting 6.30pm	10 Zone Athletics	11 Jobquest Excursion Woolies	12/13
Week 5	14	15 AECG Meeting UNSW Maths Test	16 Newcastle Permanent Maths Test	17	18	19/20
Week 6	21 Book Fair Viewing	22	23	24 Book Parade	25	26/27
Week 7	28	29	30	31	1 Blokes Breakfast	2/3
Week 8	4	5	6	7 U/10 Rugby League	8 K-2 Excursion Oakvale Farm	9/10
Week 9	11	12	13 Stage 3 Excursion Canberra	14 Stage 3 Excursion Canberra	15 Stage 3 Excursion Canberra	16

