



# SWANSEA PUBLIC SCHOOL NEWSLETTER

Phone: 49 711 267  
Fax: 49 721 354  
Email: [swansea-p.school@det.nsw.edu.au](mailto:swansea-p.school@det.nsw.edu.au)  
Website: [www.swansea-p.school.nsw.edu.au](http://www.swansea-p.school.nsw.edu.au)

Week 6, August 22, 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

positive thoughts  
generate  
positive feelings  
and attract  
positive life  
experiences

**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

### Book Week 2017!

Escape to Everywhere 2017. Swansea Public School are celebrating Book Week with lots of different events happening this Thursday. Students will have the opportunity to view the Scholastic Book Fair books on Wednesday with sales on Thursday. Thursday is also our Book Parade with students, teachers and parents having the chance to dress up as their favourite book character.

We will also have Bring a Rug and Read. This is an opportunity for you to read with your children and share a love of books. Hopefully the weather will be kind and we can sit in the sunshine.

Last Thursday our Knockout Rugby League Team travelled to Foster to play Tanilba Bay and then Scone. The students showed fine sportsmanship and played very well as a team. Unfortunately they were unable to win against Scone and have been knocked out. The boys have done very well to progress this far in the competition. Thank you to Mr Hellier and Ms Welch for their support of the boys throughout the competition.

Swansea Public School participates in the Healthy Canteen Strategy for NSW Schools. As part of this strategy we are required to review our canteen menu to ensure it meets the new guidelines. The P&C and Canteen Supervisor have worked very hard to construct a menu that is healthy.

I know that sometimes parents drop food off for students during the day. If at all possible we would prefer that students had healthy drinks rather than soft drink to support the school in the programs we are running to educate students about the importance of healthy eating.

## HOMEWORK CENTRE

Homework Centre is cancelled this Wednesday 23 August due to the Staff Development course running from 3-6pm.

## P&C MEETING

The P&C Meeting will be held on Monday 28 August at 5.30pm. All welcome to attend.

## BLOKES BREAKFAST

We will be having our annual Bloses Breakfast on Friday 1 September at 8.00am. A note will be sent home with an expression of interest that will need to be returned to the school by Wednesday 30 August.



# PBL Focus of the Month

## Keeping Hands and Feet to Yourself

### 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

Our Stage 3 excursion to Canberra is fast approaching. **Final payments due Wednesday 30 August**.

## INVITATION - P & C MEETING

**MONDAY, 28 AUGUST 2017 @5.30PM - 7.00PM - SWANSEA PUBLIC SCHOOL - STAFF ROOM**

### POSITION VACANT - TREASURER

#### We need your help

The role of Treasurer is now vacant. If we are unable to fill this role the P & C Association is unable to operate. This will have a huge impact on Swansea Public School. This includes:

- \* The closure of the School Canteen and Uniform Shop
- \* No contribution towards excursions, technology, resources, equipment, rewards day
- \* No Mother's Day or Father's Day stall

**We have two weeks to find a volunteer. If you can help please call Kylie Stevens on 0459 862 359**

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.



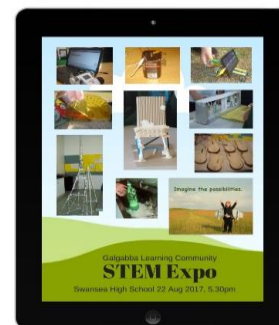
Once again it's time to wear our Pyjama's to school next Tuesday 29 August to raise awareness and money for Cerebral Palsy. Please bring a gold coin donation. The canteen will be open for lunch and recess and we will be selling lots of yummy treats and lollies on this day. Thank you for supporting Isabella Peterson from 5W in raising money for our local Cerebral Palsy Alliance

### Sport News

**Congratulations to Ricada Jones, School Girls Aerobics (Primary Girls 2017)  
State 1<sup>st</sup> State Individual Routine, 1<sup>st</sup> State Audition  
National 3<sup>rd</sup> National Audition, Final Individual Routine.**

Swansea Public School  
STEM Expo 2017  
Tuesday 22nd August 2017  
5.30-7.00pm

A group of Stage 3 students will be presenting their STEM projects at the STEM Expo 2017 at Swansea High School. They will need to be at the High School at 5.00pm to set up. This is an exciting opportunity for students to present their STEM projects and show how they solved real life challenges using Science, Technology, Engineering and Maths. There will be STEM projects from the Galgabba Learning Community of Schools, paper plane finals and special guests from Engineers Australia, TAFE NSW and the Engineering and Science Challenge team.



Parents will be responsible for arranging transport for their child to the High School and will also be responsible for picking them up from the High School. Parents are welcome to stay and join the students at the Expo. Students will need to be in their school uniform. Looking forward to an exciting STEM Expo.

Mrs Chensee

## Vegetable Frittata

### Ingredients:

4 large eggs  
2 tsp olive oil  
50 ml milk or cream  
Handful of grated cheese  
1 tbsp fresh herbs (parsley) chopped  
10 cherry tomatoes cut in half  
½ red capsicum cut into small pieces  
Handful of frozen peas  
50g broccoli cut into pieces  
Any other vegetables you wish (spinach, sweet potato, pumpkin, corn kernels, zucchini)

### Method:

1. Rub oil over the inside of an oven proof dish or muffin tin.
2. Crack all eggs into a bowl and add the milk. Whisk together with a fork until light and fluffy.
3. Add half of the cheese and the chopped herbs. Mix together.
5. Place the chopped vegetables into the oven proof dish. Pour the egg and cheese mixture onto the vegetables and sprinkle the rest of the cheese on top.
6. Place the dish into the oven for 20 minutes so that the frittata is golden brown and set. Check that it is cooked in the middle by poking it with a fork.
7. Leave to cool a little before removing from the tin. You can eat it warm or cold.







Artwork by Freya Blackwood © Copyright CBCA

ESCAPE TO EVERYWHERE  
CBCA BOOK WEEK 19-26 AUGUST 2017



The countdown is on for 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 24<sup>th</sup> August**, so please make a note in your diaries and calendars.

#### **Book Parade Schedule**

The whole school Book Parade will **begin at 12noon** and all Parents/ Carers and loved ones are welcome to join the fun! Please come dressed up too! There will be musical performances, dances and prizes for the best dressed in each class.

The Book Fair will be open early on Thursday morning for purchases. In the morning session students will enjoy some great learning activities with class teachers using the CBCA short listed prize books for 2017.

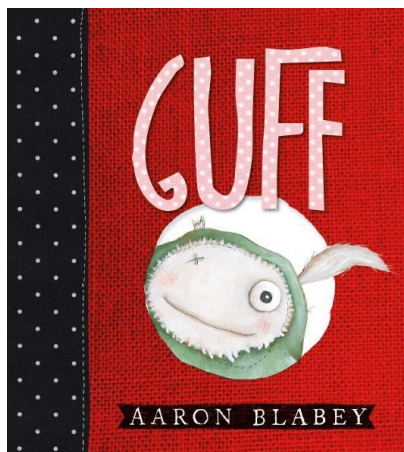
After the Book Parade, Parents/Carers are welcome to stay for recess.

For the afternoon session we will be trying something new- **Bring a rug and read**. If you have a favourite book or two, please bring these along with a comfy rug and children will be invited to sit on the rug and listen to you read. You may even wish to share a book purchased at the Book Fair on the day. Class teachers will have similar reading available in their rooms but it would be wonderful for students to hear lots of different adults reading their favourite stories. **This is how a love of reading is ignited in children.**

After school the Book Fair will remain open for purchases until 4.30pm.

As per usual, 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.



#### **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!

Looking forward to a fun and happy day, as always.  
Dr N. Henry



# Turn off the TV or computer and get active

## Did you know?

- ★ Spending too much sedentary or 'still' time watching TV, surfing online or playing computer or electronic hand-held games is linked to children becoming overweight or obese.
- ★ Children who watch TV for more than 2 hours every day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to be physically active.
- ★ Nearly half of children aged between 5 and 15 years spend more than 2 hours every day on 'small screen' entertainment.
- ★ Children are more likely to snack on foods that are high in sugar, salt or saturated fat when they're watching TV.

## How much time in front of the screen?

When kids and teens spend time in front of small screens – whether it's the TV, computer or hand-held games – it takes away from the time they could spend playing sport, games or being active.

Australian guidelines recommend that kids and teens should minimise the time they spend being sedentary (still) every day.\*

Kids and teens should spend no more than 2 hours each day using small screen entertainment. Long periods of use should be broken up as often as possible.

While computers and TV can be valuable for education and learning, the health benefits, skills and enjoyment that kids and teens get from being physically active are just as important.

**"Set limits for computer games and being online"**



## Tips for parents

- Before you switch on the TV or the computer for your children, stop and think – could they spend the time being active and have some 'small screen' time later on?
- Set limits on TV viewing. If there is a specific program that your child wants to watch, turn the TV off once it has finished. Alternatively, record the program and watch it together later on.
- Set limits for computer games and being online – no more than 2 hours a day and not during daylight hours when they could be outside and active.
- Don't allow a TV or computer in your child's bedroom. Keep them in a common area of the family home so you can monitor use.
- Have a list of active indoor and outdoor games or activities for your children, so you can suggest alternatives to watching TV or playing on the computer.

For more information and ideas on healthy eating and physical activity, go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

\*The recommendations are based on Australia's Physical Activity and Sedentary Behaviour Guidelines for children (5-12 years) and young people (13-17 years).



## MARKS POINT PUBLIC COMMUNITY PLAYGROUP!



Everybody  
welcome!

Beginning 3<sup>rd</sup> 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



## BABY BEACHES

GREATER RUGBY COMMUNITIES PROGRAM

Proudly supported by

GreaterBank

### PARTICIPATION PACK

Each child will receive food and  
drink after each session, as well  
as a certificate and participation  
pack including:

- Greater Shoe String Kit Bag
- Greater Squeeze Rugby Ball
- Greater Water Bottle
- Greater Sunscreen
- Greater \$5 Life Saver Account
- GRRAB & Rhino T-Shirt



### PROGRAM DETAILS

Professionally run introduction into  
Sport & Rugby for boys and girls  
aged 3 to 8.

Children will develop:

- Gross Motor Sports Skills.
- Movement Skills for Rugby  
and Sports.
- Modified Game Skills.

### LOCATION

1A Willow Rd,  
Gateshead  
NSW 2290

### DATES

4-Week Program  
FRIDAYS  
6.00pm - 7.00pm

- 1st September
- 8th September
- 15th September
- 22nd September



BROUGHT TO YOU BY

REGISTER ONLINE AT  
[www.grra8.com.au](http://www.grra8.com.au)

LIMITED SPACES BOOK EARLY TO SECURE

SALE ON FOR 4 WEEKS ONLY

- 20% OFF STOCKED ITEMS  
(EXCLUDING WOOLLEN JUMMERS, SLAZERS & BACKPACKS)
- NO RETURNS OR EXCHANGES  
(UNLESS GARMENT IS FAULTY)
- NO RAUNCHCHECKS

DURING NORMAL SHOP HOURS

MONDAY 21st AUGUST  
TO  
FRIDAY 15th SEPTEMBER

MANUFACTURING CO.

DAYLIGHT  
SCHOOLWEAR



20% OFF SALE\*

UNIFORM SHOP

HIGH SCHOOL



	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>Week 3</b>	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
<b>Week 4</b>	7	8	9 Zone Athletics  P&C Meeting Postponed	10 Zone Athletics	11 Jobquest Excursion Woolies	12/13
<b>Week 5</b>	14	15 AECG Meeting  UNSW Maths Test	16 Science Week Activities	17 State K/O League	18	19/20
<b>Week 6</b>	21	22	23 Book Fair Viewing  Kinder 2018 Interviews  Newcastle Permanent Maths Test	24 Book Parade	25 Oakvale Farm Payment due 6789	26/27
<b>Week 7</b>	28 P&C Meeting 5.30pm	29 Pyjama Day for Cerebral Palsy Day	30 Spelling Bee Canberra final payment due	31 Rebels Cup	1 Blokes Breakfast	2/3
<b>Week 8</b>	4	5	6	7 U/10 Rugby League	8 K-2 Excursion Oakvale Farm	9/10
<b>Week 9</b>	11	12	13 Stage 3 Excursion Canberra	14 Stage 3 Excursion Canberra	15 Stage 3 Excursion Canberra	16/17
<b>Week 10</b>	18	19	20	21 Disco	22 PBL Rewards Day	23/24

