



# SWANSEA PUBLIC SCHOOL NEWSLETTER

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Week 4, August 8, 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

**Learning is  
FUN and  
EXCITING**

POSITIVEMOTIVATION.net

**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

Last week we celebrated Education Week as well as NAIDOC. It was wonderful to see the students engaging in a day of exciting activities. Thank you to our community members who supported the school with our celebrations.

We acknowledged the outstanding attendance of a number of our student's last week. It is a good time to remind parents of the importance of attendance. Every morning we have a number of students who arrive late to school and miss important learning time focused on the teaching of explicit skills. It is disruptive for all our students to have interruptions during this time. Wherever possible student should arrive prior to 9:00am so they have time to chat to friends before the school day starts.

## P&C MEETING POSTPONED

The P&C Meeting scheduled for tonight has been postponed to Monday 28 August. All welcome to attend.



**Our Languages  
Matter**



Ngaba – Yes  
Keyawai - No

**In the Zone**  
*W*  
**Athletics**

Good Luck to all the children representing Swansea Public School at Zone Athletics this week.



# PBL Focus of the Month

## 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

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



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

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w. [www.swansea-p.schools.nsw.edu.au](http://www.swansea-p.schools.nsw.edu.au)



[facebook.com/SwanseaPublicSchool/events](https://facebook.com/SwanseaPublicSchool/events)



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.



### Swansea Vs Kurri Kurri Round 4 State K/O League.

Yesterday we played against Kurri Kurri and won 42-10. We played a great defensive game to keep Kurri to a score of 10. A great team performance by all to score 42 points against a competitive team. The girls played really well for their first game in our team as we were down on numbers but held their own on the field.  
Jonah



## SPINACH AND RICOTTA TRIANGLES

### INGREDIENTS

8 cups baby spinach  
1 can creamed corn  
1 cup ricotta cheese  
1/3 cup herbs of choice  
1 clove garlic crushed  
4 free-range eggs lightly beaten  
Pepper  
8 sheets filo pastry  
2 tbsp melted butter or oil to brush the pastry



### INSTRUCTIONS

1. Preheat oven to 180C.
2. Place spinach in a microwave safe bowl, Microwave on high until spinach has wilted. Allow to cool on some paper towel. Then finely chop the lot.
3. Place spinach and all other ingredients in a bowl and combine,
- 4 Cut filo pastry into quarters. Fill one side of the pastry with the mixture, leaving room to seal the edges
5. Place triangles on a lined baking tray and bake for 20 minutes or until puffed and golden. Allow to cool slightly before serving.

## Swansea High School Uniform Shop Sale

**UNIFORM SHOP**

**20% OFF SALE\***

**20% OFF**

**DAYLIGHT  
SCHOOLWEAR**

MANUFACTURING CO.

**MONDAY 21st AUGUST  
TO**

**FRIDAY 15th SEPTEMBER**

**DURING NORMAL SHOP HOURS**

• 20% OFF STOCKED ITEMS  
(EXCLUDING WOOLLEN JUMPERS BLAZERS & BACKPACKS)

• NO REFUNDS OR EXCHANGES  
(UNLESS GARMENT IS FAULTY)

• NO RAINCHECKS

**20% OFF**

**SALE ON FOR 4 WEEKS ONLY**





Last week Bella Clack, Loretta Payne and Declan Logie attended the Hunter GATS Camp at Point Wolstoncroft Sport and Recreation Center.

The best thing was the high ropes but the worst was the beds-Declan

The thing I liked most was rock climbing and the food - Bella

I really liked the giant swing and Physics-Loretta

**GATS CAMP 2017**

## Good for Kids good for life

### WHY DOES OUR SCHOOL HAVE HEALTHY EATING AND PHYSICAL ACTIVITY PROGRAMS?

- Good nutrition and physical activity improves students' concentration and behaviour and boosts school performance.
- Below are some examples of strategies schools are implementing to promote healthy eating and physical activity:
  - Crunch&Sip® – a daily fruit, vegetable and water program
  - NSW Healthy School Canteen Strategy – revised canteen strategy replacing Fresh Tastes @ School
  - PE lessons have a focus on developing students' fundamental movement skills
  - Students have access to physical activity equipment during breaks
  - Teachers have been trained in the Live Life Well @ School Program
  - Teachers are regularly incorporating healthy eating and physical activity into their lessons



## The simplest way

...to be SunSmart at the snow!

Surfaces such as snow can reflect up to 90% of ultraviolet (UV) radiation. Also, the atmosphere is thinner at high altitude and absorbs less UV radiation. UV radiation intensity increases by about 10–12% for every 1000m increase in altitude. This means you can get a double dose of UV at the snow and you need to remember to protect yourself!



### SunSmart tips at the snow:

- Slap on a winter hat such as a balaclava, hood or a beanie with flaps to cover your ears.
- Slide on goggles or wrap-around sunglasses.
- Slap on some SPF30+ or higher, broad spectrum and water resistant sunscreen and lip balm at least 20 minutes before going outside. Re-apply every two hours.
- Take a break from the slopes during the middle of the day

Don't forget to be a SunSmart role model for your children and have a great winter!





### CANLEY VALE PUBLIC SCHOOL VISIT

Canley Vale Public School visited our school on Friday. Students became aware of the cultural differences within our schools.

Canley Vale has 1000 students in comparison to our school of 220. Students performed a variety of cultural dances in spectacular costumes and this highlighted the Asian culture on the day. Thank you to Mrs Morante for organising this interschool visit which will be reciprocated next term when some of our students will be given the opportunity to visit Canley Vale.





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.

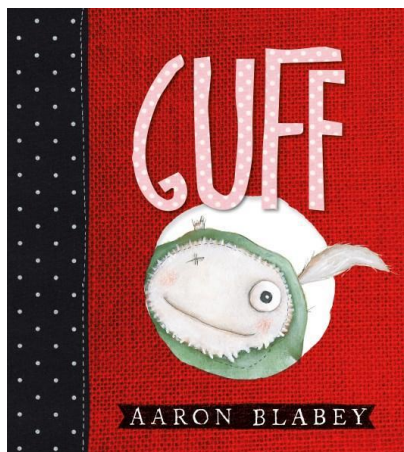
After the Book Parade, Parents/Carers are welcome to stay for recess.

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



## 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
- GRRAS & 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



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[www.grras.com.au](http://www.grras.com.au)  
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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  
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or check us out on Facebook, or  
Phone Michelle on 0402 100 240

	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 <b>Zone Athletics</b>  <b>P&amp;C Meeting Postponed</b>	10 <b>Zone Athletics</b>	11 <b>Jobquest Excursion Woolies</b>	12/13
<b>Week 5</b>	14	15 AECG Meeting  UNSW Maths Test	16 Newcastle Permanent Maths Test  Science Week Activities	17 State K/O League	18	19/20
<b>Week 6</b>	21 Book Fair Viewing	22	23 Book Fair Viewing	24 Book Parade	25	26/27
<b>Week 7</b>	28 P&C Meeting 6.30pm	29 Cerebral Palsy Day	30	31 <b>Rebels Cup</b>	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

