



Week 6, Tuesday, 6th March 2018

Newsletter Week 6 Term 1

Due to enrolled children's life threatening anaphylactic allergic reactions to eggs, 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.

# Easter Raffle

## From the Principal

The P&C Easter Raffle will be drawn at the Easter Hat Parade Thurs 29th March.

Each year we ask students to donate one egg towards our raffle. Raffle tickets will go home today.



We thank you for your continued support as the hampers are always amazing! Egg donations should be given to class teacher.

Dear Parents and Carers

Thanks to Mrs Carey and the school executive team (Mrs Stewart, Mrs Smith, Mrs Morante and Mr Gaul) for the school's great School Plan for 2018 to 2020. This School Plan describes all the improvements that will be happening so that there is considerable progress and growth in students' learning.

All staff, including teachers share the values and vision, directions of the plan and they will all be involved in activities to ensure that we meet our improvement measures. The School Plan will be published by the beginning of second term and will be placed onto our school's website once it has been endorsed by our Director, Public School NSW (Steve Harris).

On Wednesday 14 March at our P and C meeting I will present the draft form of this plan and I am very willing to listen to the responses or suggestions from the parents/carers who attend this meeting.

Year 6 have selected their Year 6 shirt- WOW!! They look wonderful. I won't give away the surprise, however they are very different from other Year t-shirts of the past. I have also suggested that Year 6 (only Year 6) may like to wear BLACK shorts with their new shirt. This will assist us as we discuss and make decisions about the uniform. E.g. are black shorts better than grey shorts or do girls like the black shorts rather than the green skort? Just one request- can the black shorts not be "short shorts"?

## 2018 Calendar Term 1

Week 7	14/3	P&C AGM Meeting 6pm
	14/3	Newcastle Knights Legend Cup
	16/3	Stage 2 Healthy Eating Productions
	16/3	Worlds Greatest Shave
Week 8	21/3	<b>Harmony Day Out of Uniform</b>
	22/3	Easter Hat making
Week 9	27/3	Head Lice check K-6
	29/3	Easter Hat Parade
	30/3	Good Friday
Week 10	2/4	Easter Monday
	6/4	Athletics Carnival
Week 11	10/4	K-2 Blackbutt Excursion
	11/4	P&C Meeting 6pm
	12/4	ANZAC Day Presentation
	12/4	School Disco
	13/4	Last Day of Term 1



## ... every school day counts

To get the most out of education, children need to go to school every day. Students who attend school regularly are more likely to achieve better results at school and are more likely to complete their schooling.

It is important to remember all Australian states and territories have legislation that requires parents to ensure their children attend school. **Please explain any absences within 7 days in writing or via the Skoolbag app.** If you are having attendance issues with your child, please contact us so we can work together to improve attendance at school.

*Give your child every chance to succeed.....*



A big thank you to all of the community who have bought in **coles** Sports for Schools Vouchers this week.

So far we have collected 7 119 vouchers! Let's see how many more we can collect this fortnight towards new sports equipment for our school!

## Office Procedures

**Office Hours:** 8:30 am to 3:30 pm Mon to Fri

**Visiting Parents/Carers:** ALL parents and visitors must report to the Office when visiting the school.

**Payments:** PARENT ONLINE PAYMENT (POP) can be made to the school for amounts owing for students, via a secure payment hosted by Westpac. Payments can be made using either Visa or Mastercard credit or debit card. The payment page is accessed from the front page of the schools website by selecting "\$ Make a Payment". **Minimum payment is \$10** and you can only pay for one child on each transaction or via our Skoolbag app.

Payments can also be made at the Office by cash, EFTPOS or cheque. EFTPOS card must be presented to the Office. If cash, simply post the payment in the slot at the Office counter in an envelope or provided plastic bag with your payment details.

**Medication:** If medication is required during school hours then parents must complete a medication form available at the Office. The prescribed medication must be in a chemist container and labeled by the Chemist with the student's name and dosage information.

## Health Risk

Your school is Eggs, nuts and nut products free zone. Nut products such as Nutella and Peanut Butter should not be sent to school. Please ensure that the food your children bring to school contains no egg or nut products.

We appreciate your support in our efforts to ensure the health and well-being of our students at risk. Each issue of the newsletter shows this message in red on our front page to reinforce this life saving message.



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# Zone Swimming Carnival



On Thursday 22<sup>nd</sup> and Friday 23<sup>rd</sup> February, thirteen students from Swansea Public School represented our school at the East Lake Macquarie Zone Swimming Carnival.

They competed in backstroke and freestyle events at the carnival.



Congratulations  
to the students  
on their efforts  
and  
sportsmanship  
on the day.



## Yummy Healthy Recipe from 6/5H

### SPINACH HUMMUS

1. 1 can (425g) chickpeas drained, but reserve the liquid
2. 2 cups baby spinach leaves
3. 1/3 cup tahini
4. 3 tablespoons freshly squeezed lemon juice
5. 2 medium garlic cloves, minced.
6. 1/2 teaspoon salt, plus more to taste
7. 1/2 teaspoon cumin (optional)
8. Olive oil and paprika for topping, if desired
9. Combine all ingredients in a food processor and blend until smooth



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# Internet Safety Advice

A constable from the Belmont Police Station recently came to our school to discuss Cyber Safety with our Stage Three students.

The key message relayed about Cyber Safety is that as a parent, you can help your child and encourage them to take control of the issue. Talk to them about cyberbullying before it happens. Together you should work out strategies to address any potential issues and reassure your child that you will be there to support them.



For more information on Cyber Safety go to : <https://www.esafety.gov.au/>.



Thanks to more than 292 schools across NSW, we absolutely smashed last year's record - 47,920 students crunched at 10 am on Thursday 1st March with a further 11,915 students crunching at other times over Vegetable Week.



## Thanks for CRUNCHING!

with Vegetable Week &  
The Big Vegie Crunch

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# The Big Vegie Crunch = healthy & happy kids!



Sip and Crunch is set time in primary schools for student to “Refuel” on vegetables, salad and fruit and “rehydrate” with water. The NSW Government initiative is to have the most number of students in NSW eating fruit & vegies at the same time and on the same day. This great event was held at 10am on Thursday 1st March.





# PBL



## Positive Behaviour for Learning (PBL) - What's the buzz this week?

Focus: Assemblies and Recess (in the park)

Just a reminder, our new 3Bs are:

- Be Respectful
- Be an Active Learner
- Be Safe and Responsible

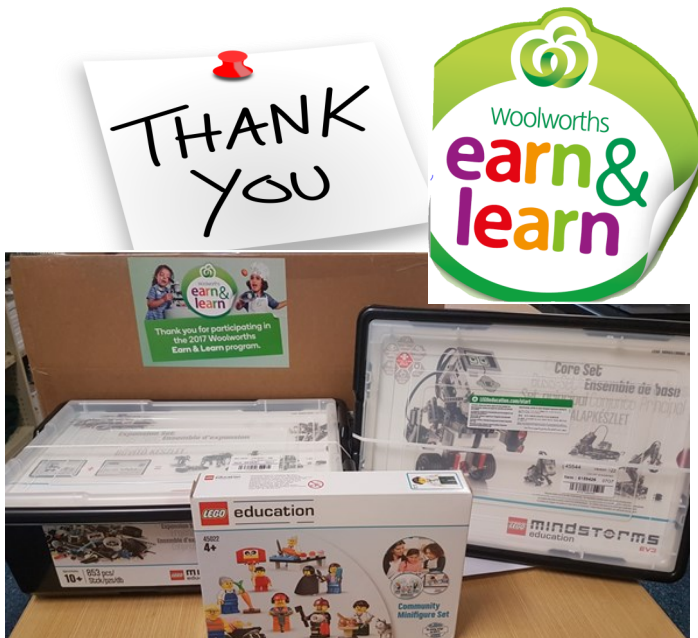
Swansea PS will be learning about the 3Bs every Tuesday afternoon from 2.30-3pm.

This week we are trialling recess playtime in the park. This will give the opportunity for students to run around and play. We are practising being back to class lines ready for the second bell. It is expected students will return to lines in time (being safe and responsible) and be ready for the second bell (being respectful).

On Friday, teachers discuss with students individually if they have met the expected behaviour of the 3Bs, both in the classroom and the playground. As per information sent home, this is the new rewards system. If you would like further information or clarification, please don't hesitate to speak to your class teacher.

The changes in PBL have resulted from extensive consultation with students, teachers, families and the community.

**Thank you again for your continued support and helping make PBL the best it can be in benefiting all the students of Swansea PS.**



A big thank you to everyone in the community for your efforts in Woolworths Earn and Learn 2017 program where we collected 22,860 stickers for our school.

Our students will certainly enjoy their 6 tubs of colourful play dough and Lego Mini Figures in their lunch time social games.

A set of LEGO® MINDSTORMS® EV3 was also purchased where students have the opportunity to build robotic LEGO creatures and inventions which will be displayed during Education Week.

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# Harmony Day

In two weeks, our school will be celebrating Harmony Day and students are asked to come dressed in **orange**. It can be an orange shirt or shorts for example. Students will participate in a variety of rotational activities on this day related to increasing their understanding of diversity.

We believe that the diversity in our community makes individuals and our community stronger. This year's theme is 'Belonging' inclusiveness, respect and a sense of belonging for everyone. Students will be bringing home a questionnaire to do with their families to learn more about diversity.

We appreciate you taking the time to fill this in with your child. During Harmony Day week there will be class discussion about diversity within our local community.



**FUNKY Hair Day**  
Friday 16 March 2018

*Sport some colour in your hair or an awesome hairstyle because....*

**It's Funky Hair Day!!!**

On Friday 16 March come to school with the funkiest of hairstyles, you can gel it, tease it, wear a wig/accessories or colour it!!

We ask you to bring a gold coin donation or more because all the money being raised will be going to the Leukaemia Foundation to support those who are affected by cancer.  
**School Sport Uniform must still be worn!**

Thank you  
S. Patterson - Principal



## Blackbutt Reserve K-2 excursion.....

**Just a reminder  
your permission note and payment  
MUST be returned to the Office  
no later than 29th March**



# Easter Hat Parade

**The Easter Hat Parade will start at 12pm, families can arrive from 11.30am** (please not before this time as it will be recess and students will be returning to classes).

We would like to encourage families to make use of any materials as suggested in the hat making note that you can reuse and repurpose for your child's Easter Hat. Please ensure all hat shapes and decorations are in a **labelled bag** and brought to school **by Monday 19<sup>th</sup> March** (Week 8) as we will have a whole school hat making afternoon on **Thursday 22<sup>nd</sup> March**. This is always a fun afternoon where students can be very creative in decorating their own hat. Kindergarten will enjoy having their Year 6 buddies help them. Thank you for your support in this event.

# Community Notices



Nutrition Snippet

## The simplest way

...to pack a lunch box is here!

The task of packing a healthy school lunch is now easier with the launch of our exciting new Healthy Lunch Box website [healthylunchbox.com.au](http://healthylunchbox.com.au)

The new website shows how easy it can be to pack a healthy lunch box that your kids will love.



It features an interactive lunch box builder that enables you to plan your kids' lunches on your phone, desktop or tablet - it's quick, easy and the kids will love helping too!

Healthy recipes and tips on adding more fruit and veg to lunch boxes will help set your child on a path of lifelong healthy eating to reduce their cancer risk.

Visit [healthylunchbox.com.au](http://healthylunchbox.com.au) for recipes & information you can trust.



The task of packing healthy school lunch your kids will love is now easier with Cancer Council NSW's new Healthy Lunch Box website ([healthylunchbox.com.au](http://healthylunchbox.com.au)).

We know that 93% of children don't eat enough vegetables and 22% are overweight.

The website includes recipes and tips on how to include more fruit and veg in the family's diet and is complete with an interactive lunch box builder to involve the kids, at home, or on the move with a smartphone or tablet.

The website has been launched as part of Cancer Council NSW's *Eat It To Beat It* program which runs free sessions and workshops for parents of primary aged school children, helping them to understand why fruit and vegetables are so important.

Visit [healthylunchbox.com.au](http://healthylunchbox.com.au) to pack a quick and healthy lunch box today!



**Try your First Week Free!**  
**Classes from \$5.50**

## Classes at Swansea Public School

### Wednesday

3:15 pm - 5 to 12 Yrs Jazz Technique

3:45 pm - 5 to 12 Yrs Jazz

4:15 pm - 5 to 12 Yrs Hip Hop

4:45 pm - 5 to 12 Yrs Contemporary



Go to **[WWW.JBDANCE.COM.AU](http://WWW.JBDANCE.COM.AU)**

## Monday's Special

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Eyelash  
Lift \$59**

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# 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](mailto:stephanie.spiteri@travelmanagers.com.au)

f [facebook.com/TravelManagersStephanieSpiteri](https://facebook.com/TravelManagersStephanieSpiteri)

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# TERM 1 EVENTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>W e e k</b>	5	6	7	8	9	10/11
<b>W e e k 7</b>	12	13	14 P&C AGM 6pm Newcastle Knights Legend Cup	15	16 Stage 2 Healthy Eating Productions 12pm Worlds Greatest Shave 1pm	17/18
<b>W e e k</b>	19	20	21 Harmony Day wear Orange to school	22 Easter Hat Making Day	23	4/25
<b>W e e k 9</b>	26	27 Head lice check K-6	28	29 Easter Hat Parade 11:30 to 1 pm Last Day of payment K-2 Blackbutt excursion	30 Good Friday	31/1 Easter Weekend
<b>W e e k 1</b>	2 Easter Monday	3 April	4	5	6 Athletics Carnival	7/8
<b>W e e k 1 1</b>	9	10 K-2 Blackbutt Excursion	11 P&C Meeting 6pm	12 ANZAC Day Ceremony School Disco	13 Last Day of Term 1	4/15

Be Respectful



Be an Active  
Learner



Be Safe and  
Responsible

