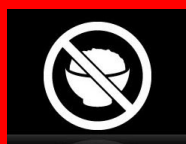




Week 1, Tuesday, 1st May 2018

Newsletter Week 1 Term 2

Due to enrolled children's life threatening anaphylactic allergic reactions to rice and 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.



## 2018 Calendar Term 2

Week 2	8/5 9/5 9/5 11/5	Zone Cross Country Library Visit Yrs 3 to Yrs 6 P&C Meeting 6:30pm Mothers Day Stall
Week 3	14 - 18/5 16/5 17/5	NAPLAN Yr 6 Taste of Swansea High WESTPAC Rescue Helicopter
Week 4	21/5 22/5 23/5	Day 1 Morisset Camp Day 2 Morisset Camp Day 3 Morisset Camp
Week 5	29/5 31/5	ICAS Science Test Awabakal Hearing Test
Week 6	4/6 5/6	Boys Soccer Gala Day Girls Soccer Gala Day
Week 7	11/6 13/6 14/6	Queen's Birthday holiday ICAS Spelling Test ICAS Writing Test

## From the Principal

Dear Parents and carers

I hope that you have had a restful break with your children - we are ready for an event -filled term here at Swansea Public School, so I hope you are too!

During the holidays we had a number of students involved in two special events:

Our school choir sang at the "Feast Fest" at Blacksmiths on Saturday 21 April. They were so beautiful and I was very proud of their efforts. Well done choir! Thank you to Mrs Armstrong for her work with our choir. Let's hope we hear from them again soon.

We had a number of students who marched in the annual Anzac Day service on April 25. Many thanks to Mr Hellier who organised our school's participation in this very special national day. Mr Hellier also organised our school's Anzac Day service.

In term 2, we have a number of staff changes that I wish to highlight:

- ♦ Mr Gaul is to be replaced by Miss Meiners on 4/3G - I am sure you will welcome her to our school in a full time capacity
- ♦ Mrs Tonkin will continue teaching 5/4R as Mrs Rippon remains on leave for Term 2
- ♦ Mrs Morante is on leave until 14 May and Ms Jackson will be teaching 2/1M.

***Principal's message continued next page .....***



# Westpac Helicopter Visit



**The community's own  
Rescue Helicopter**

Proudly providing a FREE service



Swansea Public  
School is getting a  
visit from the West-  
pac Helicopter on  
Thursday 17th  
May!

## Good for Kids good for life

### 7 REASONS TO LIMIT SMALL SCREENS

Nearly half of all children aged between 5-15 years spend more than 2 hours every day on small screen entertainment such as TV, smartphones and tablets.

Children who spend more than 2 hours on screen time per day are more likely to:

- Have an unbalanced diet.
- Be less physically active.
- Have sleep problems.
- Drink more sugary drinks.
- Snack on foods high in sugar, salt and fat.
- Have fewer social interactions.
- Develop poor posture.

Setting up good habits while children are young can make all the difference to their habits and health in later life.

Source: Murrumbidgee Local Health District Quick Bites



PHONE 49246299

## From the Principal continued....

Please parents and carers, our thoughts are with Mrs Armstrong who will be absent this week as her little daughter Poppie is in hospital. All the best Poppie!

Time is drawing near for our Stage 2 camp to the Great Aussie Bush Camp. This is a great experience for all students with a lot of wonderful indoor and outdoor activities. I love going so much that I am going along with Miss Fletcher and Miss Meiners. Come along all Stage 2 kids!! A statement of account will be sent out this week to parents/carers who have made a payment or who still need to make a part payment - the last day for payment has been set down for Friday 11 May.

This Wednesday (2 May) at 6pm we will be holding our first formal meeting to make decisions about a revamped or new school uniform. Please come along and help with this very important school issue.

## Mother's Day Stall Friday, 11 May 2018

The P & C Association will hold a Mother's Day Stall on Friday 11 May 2018. All gifts are priced between \$1.00 and \$10.00. Gifts will be available for Mums / Nans / Grandmas. Please note one gift per child. If there are gifts leftover there will be an opportunity to buy a second gift at lunch. Parents if you can spare a few hours on the day to help run the Mother's Day Stall we would love to welcome you. For further information please contact Kylie Stevens on 0459 862 359.



In partnership with the New South Wales AECG.



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# Blackbutt Excursion



On Tuesday 10<sup>th</sup> April, Kindergarten, Year 1 and Year 2 students attended Blackbutt Reserve.

The students participated in a variety of activities including designing and making a habitat for their animal, matching wet and dry environments for different animals and learning about snakes and blue tongue lizards. There were many birds, wombats, koalas and emus the students were able to observe. We finished the day having fun on the play equipment.

Students were congratulated on their behaviour and their enthusiastic participation during the excursion!



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# Term 2 Canteen Menu

## Swansea Public School Canteen Badalya Hut Summer Menu

Hot Food	
Available to order recess or lunch	
Vegetarian Pasta ☺	\$3.00
Beef pie	\$3.00
Sausage roll	\$2.50
Fried rice ☺	\$3.00
Chicken nuggets	\$0.60
Chicken nuggets x 6	\$3.50
Chicken fingers	\$0.60
Chicken fingers x 6	\$3.50
Hash brown	\$0.50
Plain nachos	\$2.50
Chicken nachos	\$3.00
Homemade Chicken pizza ☺	\$3.00
Homemade Ham & pineapple pizza ☺	\$3.00
Chicken burger	\$4.00
Homemade Garlic bread	\$1.50

Snacks	
Fresh baked banana bread ☺	\$1.50
Fresh popcorn bags ☺	\$1.00
Fruit & yoghurt cup ☺	\$1.50
Fruit (whole) ☺	\$1.00
Fruit pieces ☺	\$0.50
Yoghurt cup ☺	\$1.00
Chips: honey soy or plain	\$1.50
Cheese ☺	\$0.50
Crackers ☺	\$0.50
Vegetable sticks ☺	\$0.50
Cupcakes - Friday only	\$1.00

Please remember to put your child's name and class and if the order is recess or lunch on a 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

Drinks	
Plain milk ☺	\$2.00
Flavoured milk	\$2.50
Juices (apple, apple & blackcurrant, orange)	\$2.50
Bottled water ☺	\$1.50

Frozen Snacks	
Juicies	\$1.50
Moosies	\$1.50

Extras	
Sauce	\$0.30
Mayonnaise	\$0.30

### BIRTHDAY CUPCAKES

Iced cupcakes	\$25.00
Enough cupcakes for the entire class!	
Order and pay 3 days prior at Canteen	

☺ = Every Day Healthy Food Option





## School Fundraiser

The Library is selling the local Newcastle, Central Coast and Hunter Entertainment Books this year. You will receive great discounts and 2 for 1 deals, to be used throughout 2018 and to the end of June 2019.

The Entertainment Books offer savings on family restaurants, shopping and activities. Each book, hard copy or digital, **costs \$65**. If you would like to purchase an Entertainment Book, go to Swansea Public School's special link:

<https://www.entertainmentbook.com.au/orderbooks/346k53>

Choose a digital copy or a hard copy.

Unfortunately we will only be accepting  
**ONLINE PAYMENTS!**

There will be **NO CASH PURCHASES!**

If you have purchased a digital copy you will be able to access it immediately.

If you have purchased a hard copy, an email will come to me and you can collect it from the Office, from Monday 9<sup>th</sup> April, or it will be sent home with your child/ren. As most people purchase digital copies, I will only have a limited amount of hard copies at school until Term 2 holidays.

just \$65



Thank you for your continued support.  
Keep reading.  
Dr Henry (Teacher/librarian)



# Lest We Forget....



Thank you to  
all those  
Swansea  
Public School  
people who  
marched on  
ANZAC Day



In partnership with the New South Wales AECG.



[www.facebook.com/swanseapublicschool](https://www.facebook.com/swanseapublicschool)

# Community Notices

## Rachael Best Naturopathy

Naturopath/Nutritionist/Herbalist

*Does your child suffer from any of the following?*

- Digestive complaints
- Headaches
- Sleep issues
- Eczema, allergies
- Ear infections, frequent colds
- Fussy eating
- Behaviour problems
- Attention and learning difficulties

*I can help you! Through diet, lifestyle and supplementation these conditions can be corrected.*



Please contact me on:  
0481 146 041

[rachaelbestnaturopathy@gmail.com](mailto:rachaelbestnaturopathy@gmail.com)

Mention this ad to receive \$10 off  
your first consultation

## Monday's Special

BEAUTY  
ENHANCED  
SWANSEA  
PH:49721202

**Eyebrow  
Shape &  
Eyelash  
Lift \$59**

**EYELASH  
EXTENSIONS \$49**



**Enhancing your natural lashes for 6-8 weeks.**

**No more Curler or Mascara**

**You will have longer fuller Natural looking lashes**

**Suitable for short or long eyelashes**

**Mink natural fibre lash. Soft  
natural looking lashes.**

In partnership with the New South Wales AECG.



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# The simplest way

...to stock lunch box basics.

Stocking the fridge, freezer and pantry with lunch box staples really helps with preparing quick and easy healthy lunches. It can also help save time during the morning rush!



Suggested lunch box staples include:

- Dried fruit – apricots, banana chips, currants, sultanas, raisins, dates
- Canned fruit in natural juice
- Baked beans
- Canned cannellini beans, chickpeas and lentils
- Pepitas
- Canned tuna or salmon
- Cheese block – cut into cubes or slices.
- Wholegrain crackers
- Crispbread or corn thins;
- Long-life milk poppers;
- Cottage cheese
- Hummus
- Natural yoghurt tubs
- Boiled eggs
- Healthy baked snacks from the freezer
- Wholegrain pasta
- Wholegrain/wholemeal bread and wraps.

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



# The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat. Here are our top tips:



Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.

Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- Salad.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- Tasty cheese.
- Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.

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



## 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)

[travelmanagers.com.au/StephanieSpiteri](http://travelmanagers.com.au/StephanieSpiteri)

# TERM 2 EVENTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>W e e k  2</b>	7	8  ICAS Digital Technology Test  Zone Cross Country 	9  Library Visit Yrs 3 & 4 - 10am Yrs 5 & 6 - 12pm  P&C Meeting 6 pm	10	11  Mothers Day Stall  	12/13
<b>W e e k  3</b>	14	15  NAPLAN Yrs 3 & 5	16  NAPLAN Yrs 3 & 5  SHS Taste of High School 1:50pm to 3pm	17  NAPLAN Yrs 3 & 5  WESTPAC Helicopter Visit	18  NAPLAN Yrs 3 & 5	19/20
<b>W e e k  4</b>	21  Stage 2 Camp Morisset Day 1 	22  Stage 2 Camp Morisset Day 2 	23  Stage 2 Camp Morisset Day 3 	24	24	26/27
<b>W e e k  5</b>	28	29  ICAS Science Test	30	31  Awabakal Hearing Tests	1 June	2/3
<b>W e e k  6</b>	4  Boys Soccer Gala Day 	5  Girls Soccer Gala Day 	6	7	8	9/10
<b>W e e k  7</b>	11  Queens Birthday Holiday 	12	13  Lockdown Practice  ICAS Spelling Test	14  ICAS Writing Test	15	16/17
<b>W e e k  8</b>	18  Peer Support Training Yrs 5 & 6 at Caves Beach SLSC	19  Peer Support Training Yrs 5 & 6 at Caves Beach SLSC	20	21  CAPAPILLAR Day at Caves Beach PS	22	23/24
<b>W e e k  9</b>	25	26	27  Evacuation Drill  Netball Gala Day	28  Spelling Bee at Blacksmiths PS  Yrs 3 - 6 Water Safety Program	29	30/1 July
<b>W e e k  10</b>	2	3	4	5	6  Last day of Term 2	7/8





SWANSEA PUBLIC SCHOOL  
Rawson Street, Swansea 2281

Phone: (02) 49711267  
(02) 49711899  
Fax: (02) 49721354  
Email: [swansea-p.school@det.nsw.edu.au](mailto:swansea-p.school@det.nsw.edu.au)

**SWANSEA PUBLIC SCHOOL**  
**Swansea Library Visit**

Dear Parents/Caregivers

The children in Years 3-6 have been invited to Swansea Library on Wednesday 9 May 2018 for the Hunter Water Expo.

The staff from Hunter water will be hosting a session for the students. The session will include the history of Hunter water and they will have a chance to view some of Hunter Water's most prized historical memorabilia. They will talk about how our water gets from the dam to our taps and the students will also have the opportunity to access the virtual reality headsets.

**Date:** 9 May 2018

**Time:** Years 3 & 4 10am - Leaving school at approx. 9:45am  
Years 5 & 6 12pm - Leaving school at approx. 11:45am

**Venue:** Swansea Library

**Transport:** The students will be walking to the Library

**Cost:** No Cost

**Uniform:** Full School Uniform, including hat

Please return permission notes to the front office by Monday 7<sup>th</sup> May 2018

Sandra Patterson  
Principal – SPS  
01/05/2018



**SWANSEA PUBLIC SCHOOL**  
**Swansea Library Visit**

I give permission for my Child \_\_\_\_\_ of class \_\_\_\_\_ to attend the excursion to Swansea Library – Hunter Water Expo on Wednesday 9<sup>th</sup> May 2018.

I understand that my child will be walking from school to the Swansea Library.

Signed: \_\_\_\_\_ (Parent/Caregiver) Print: \_\_\_\_\_

Date: \_\_\_\_\_